

# Rocky Point Fitness:

## Quick-Start Nutrition Guide

Welcome to [Rocky Point Fitness](#)! Our goal is to help you get stronger, leaner, and healthier through smart workouts and — just as important — supportive nutrition habits. This document will guide you through the basics of **why nutrition matters**, the **three big pillars** (quality, quantity, and timing), and some **actionable steps** to take immediately.



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## 1. Why Nutrition Matters

### 1. Health and Longevity

Good nutrition lowers your risk of chronic diseases like Type 2 diabetes, heart disease,

and high blood pressure. When you're eating well, you're not just adding years to your life, you're improving the quality of those years too.

2. **Boosted Energy and Workout Performance**

Food is fuel. Quality nutrients supply long-lasting energy, help your body recover from workouts, and keep your muscles and brain firing on all cylinders. Poor food choices, on the other hand, can make you feel sluggish and slow your progress in the gym.

3. **Body Composition and Weight Control**

By controlling your food intake — both the type and how much you eat — you can improve lean muscle mass and reduce unwanted body fat. This isn't about "dieting" so much as fueling yourself to look, feel, and perform your best.

4. **Better Mood and Stress Management**

Food can influence hormones and neurotransmitters, which impact how we feel day to day. Eating the right foods at consistent intervals can help stabilize your mood and manage stress.

5. **Higher Quality of Life**

It's not just about losing weight or lifting more — it's about enjoying everyday activities, whether that's playing with your kids, hiking with friends, or simply walking up the stairs without getting winded.

**Your coach at Rocky Point Fitness** is here to help you develop a balanced, personalized nutrition plan so you can stay healthy, motivated, and see the best possible results from your training. This resource acts as a guide. For faster results and a personalized experience, consider investing in more time with your coach.





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## 2. The Three Big Pillars: Quality, Quantity, and Timing

### A. Nutrient Quality



- **Quality Comes First:** Prioritize foods in their natural, unprocessed state. Think fresh produce, lean proteins, healthy fats, and complex carbohydrates.
- **Limit or Avoid:** Refined sugars, sugary beverages, processed snacks, and excess starch (like white bread, pasta, white rice) as they spike insulin levels and can lead to unwanted fat gain.
- ***“Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar.”***

**What It Is:** The type of food you eat — “real, whole foods” versus processed or refined foods.

- **Why It Matters:**
  - Whole foods (lean proteins, vegetables, fruits, nuts, seeds) keep blood sugar and hormones like insulin under control, leading to steadier energy and improved fat loss.

- Processed foods (soft drinks, chips, candy) tend to be low in nutrients yet high in sugar, salt, and unhealthy fats.
- **General Guidelines:**
  - **Lean Proteins:** Chicken, fish, turkey, quality red meats, eggs (or plant-based alternatives like tofu, tempeh, beans).
  - **Colorful Veggies & Fruits:** Aim for a variety of produce daily. Focus on more veggies than fruits for lower sugar intake.
  - **Healthy Fats:** Avocados, olive oil, coconut oil, nuts, seeds, fatty fish like salmon.
  - **Limit:** Refined grains (white bread, white pasta, pastries), sugary drinks, and sweets.

## B. Nutrient Quantity



- **Support Exercise, Not Excess Body Fat:** You need enough energy to crush your workouts and remain healthy, but not so much you store additional fat.
- **Portion Awareness:**
  - *“Eyeball” Method:* Fill half your plate with non-starchy vegetables; keep protein portions about the size of your palm; add a moderate portion of healthy fats (like a small handful of nuts).



- *Weighing & Measuring*: For those who like more precision, try tracking macros (protein, carbs, fats) using a simple app or a food scale. It can give you a better sense of what “right-sized” eating feels like.

**What It Is:** How much food you eat — “portions” and macronutrient balance (protein, carbohydrates, and fats).

- **Why It Matters:**

- Eating more calories than you burn can lead to excess body fat and slow fitness gains.
- Eating too few calories can impair recovery, cause fatigue, and stall progress.

- **General Guidelines:**

- **Protein:** Often the single most important macro to focus on first. Adequate protein helps build muscle, support recovery, and manage appetite.
- **Carbs & Fats:** Use more moderate amounts depending on your activity level, metabolic needs, and personal preference or tolerance.

- **Coach’s Role:**

Your coach can help you figure out an ideal starting point for daily protein, carb, and fat intake, then fine-tune those numbers as you progress. [Request a free consultation today.](#)

## C. Nutrient Timing



**What It Is:** When and how frequently you eat — spacing out meals, pre- and post-workout nutrition, or practices like intermittent fasting.

- **Why It Matters:**

- Spreading meals/snacks evenly can help maintain stable energy and better recovery.
- Pre-workout carbs and protein can improve performance; post-workout nutrients can speed recovery.
- Intermittent fasting (IF) can be a helpful strategy for some people, but it's not for everyone.

- **General Guidelines:**

- If you're new to nutrition habits, **focus first on quality and quantity** before worrying about timing.
- If you've already nailed those two basics, then adding a timing strategy might give you the extra boost in fat loss, muscle gains, or performance.

**Your coach** will help you identify the pillar that will make the biggest difference for you right now, so you're not overwhelmed by too many changes at once.

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## 3. Actionable Steps: Start Here

Below are three straightforward steps you can take immediately. After reading, check in with your Rocky Point Fitness coach to decide which step will have the **biggest** impact on your current situation.

### Step 1: Swap One Processed Food for a Whole-Food Alternative

1. **Identify a “Trouble” Item:** Common culprits include sugary breakfast cereal, soda, candy, potato chips, etc.
2. **Choose a Whole-Food Replacement:** For instance:
  - Replace sugary cereal with scrambled eggs.

- Swap soda for fruit-infused water.
- Trade chips for carrot sticks, cucumbers, or nuts (in moderation).

### 3. **Keep It Sustainable:**

- Consistency over perfection. Make one or two swaps each week, then layer on more as the changes become natural.

## **Step 2: Calculate Your Protein Needs**

1. **Basic Formula:** A good starting point is roughly **0.7–1.0 grams of protein per pound of body weight**.
  - Example: A 150-lb. person might aim for 105–150g of protein/day.
2. **Practical Example:**
  - A palm-sized portion of chicken breast or salmon is about 20–30g of protein.
3. **Simple Goal:**
  - Eat your protein first, at every snack and meal.

This helps stabilize hunger, energy, and muscle recovery.

## **Step 3: Consider Meal Timing or Intermittent Fasting**

1. **Start Simple:**
  - If you struggle with late-night snacking, set a “kitchen closed” rule after dinner.
  - If you tend to skip breakfast, a 16:8 IF approach may happen naturally (where you eat within an 8-hour window each day).
2. **Key Points:**
  - IF can reduce overall caloric intake and help manage insulin levels for some people, but it’s not mandatory.
  - Focus first on **Step 1 (protein intake)** and **Step 2 (swaps)** before tackling IF, unless your coach thinks timing is your best lever.

### 3. Listen to Your Body:

- If you're unusually fatigued or see performance drop, you may need to adjust your timing strategy.

**After trying these steps for a week or two, set aside some time to chat with your Rocky Point Fitness coach:**

- What worked well?
- What felt challenging?
- Which area (quality, quantity, timing) needs the most attention next?

Your coach will help you **prioritize** changes so you keep moving toward your goals at a steady, manageable pace! [Request a free consultation today.](#)

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## 4. Measure Progress

- **Look Beyond the Scale:** Assess energy levels, mood, gym performance, and how your clothes fit.
- **Body Measurements:** If you want data, try a monthly waist measurement or use a body-fat test.
- **Lab Markers:** Blood sugar, blood pressure, resting heart rate, and blood lipids can all improve with consistent attention to nutrition and exercise.





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## 5. Keep It Fun & Enjoy the Process

- **Try New Recipes:** Experiment with spices, flavors, and seasonal produce.
- **Involve Others:** Cook with friends or family, swap healthy meal ideas, and hold each other accountable.
- **Reward Good Habits:** Celebrate small wins like hitting a personal best in a workout or prepping healthy lunches all week.



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## 6. Wrapping Up

- **Nutrition is Foundational:** It underpins everything you do in the gym (and life!).
- **Focus on the Big Wins:** Quality first, then quantity, then timing if needed.
- **One Step at a Time:** Adopt small, consistent actions you can sustain for the long haul.

We're excited to see you grow stronger, healthier, and happier. Remember: **We're here to help!** Don't hesitate to reach out with questions, concerns, or just to celebrate a milestone. If you want to speed up your results, our coaches are here to help with personalization and added accountability. [Request a free consultation today.](#)

Welcome again to the Rocky Point Fitness family. We look forward to seeing you optimize your health, happiness, and physical freedom!

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**Disclaimer:** *This guide is for educational purposes only and should not replace medical advice. Consult a health professional before making major dietary changes, especially if you have health conditions.*

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