

NUTRITION



FAT LOSS PLAN (1200-1500 CALORIES)




ANDREW TERMAN

Andrew Terman strongly believes that there is no one singular action or path you can take towards athletic excellence or better health. Since beginning his career in 2006 he has taken a 360° approach to health and wellness. Andrew places a hyper focus on biomechanics, bodybuilding, and functional strength and conditioning within the gym while educating others on the benefits of pharmaceutical-grade vitamins, unprocessed, and unrefined ingredients and nutrition outside of the gym. His clients range from women looking to tone and shape, to professional athletes looking to up their game.

Andrew touts certifications as a Functional Diagnostic Nutritionist®, a Holistic Health Practitioner (AADP), and an Apeiron Epigenetic's Coach as well as personal training certifications from the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM), and the USAW.

His achievements include providing corporate wellness services for companies such as Merrill Lynch in partnership with Reveal Vitality as well as providing nutrition services to the Colombian Davis Cup Team in 2013. Andrew has also received numerous awards as the best local nutritionist (2013 and 2015 - Bradenton's Best as well as 2020 Best of Bradenton)



A top-down photograph of a white ceramic plate centered on a dark, rustic wooden table. To the left of the plate is a silver fork, and to the right is a silver spoon. The text 'Food is fuel. Not therapy.' is printed in a clean, black, sans-serif font in the center of the plate.

Food is
fuel.
Not
therapy.

MACRONUTRIENTS

Macronutrients are molecules that our bodies use to create energy. They are found in varying amounts in all foods, are measured in grams, and each of the three main macronutrients has a different calorie count per gram. This is part of why eating 100 calories of a doughnut is less superior to eating 100 calories of rich green vegetables. While there are only three macronutrients, fat, carbs, and protein, each individual's body and goals dictate how much of each is necessary to reach their fitness and health goals.

FATS

Fats have the most calories of all macronutrients, but your body needs fats for critical functions such as nutrient absorption, and hormone production.

Example: oils, butter, avocado, nuts, fatty fish, meats

CARBOHYDRATES

Carbohydrates include sugars, starches, and fibers. Most carbs are broken down into glucose which your body uses for energy or stores as glycogen in your liver and muscles

Example: starches, vegetables and fruits

PROTEINS

Proteins are vital for cell signaling, immune function, and the building of tissues, hormones, and enzymes.

Example: eggs, fish, beef, poultry



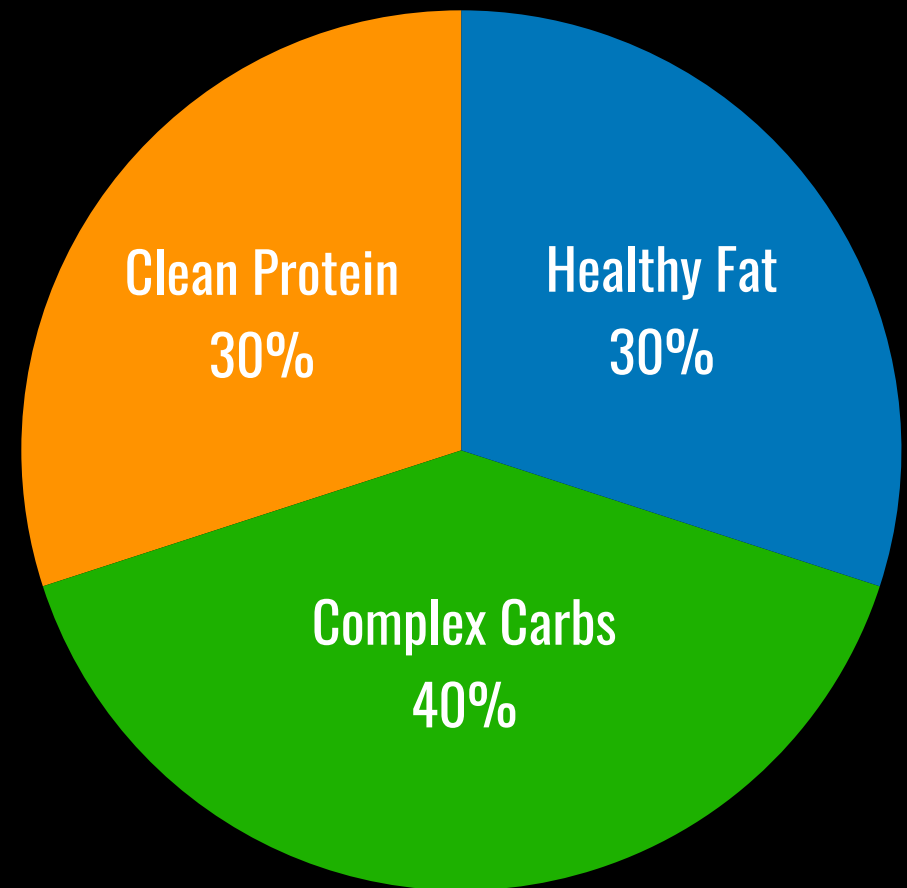


FAT LOSS

The diet will improve your health and aid in fat loss by eliminating, soy, gluten, sugar, artificial ingredients & processed foods that have little nutritional value and too many calories. This plan emphasizes loading up on fruits, vegetables and real whole foods that are bursting with healthy vitamins, minerals, and fiber, which fills you up faster so you eat less, helping curb weight gain.

Our Action Plan for the Fat Loss Program:

1. Find the right food and supplement plan
2. Factor in your genetics, metabolism, and any sensitivities
3. Identify areas for accountability to ensure that you are reaching your goals.





BREAKFAST

Options 1-5

	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5
MEAL RECOMMENDATION	<p><u>Greek Yogurt & Granola</u> 1 cup plain greek yogurt w/ 1 tbsp. almond butter & 1/4 cup gluten free granola</p> <p><u>Nutrition Facts</u> 330 calories 26.5g carbs 13.5g fat 28.8g protein</p>	<p><u>Eggs & Sausage</u> 2 eggs, 2 sausage patties, 1 avocado (cook w/ 1 tsp. coconut oil)</p> <p><u>Nutrition Facts</u> 340 calories 3g carbs 29.5g fat 17g protein</p>	<p><u>Overnight Oats & Protein Shake</u> 1 cup overnight oats, 1/2 cup almond milk, 1/3 cup blueberries</p> <p><u>Nutrition Facts</u> 285 calories 41.9g carbs 8.9g fat 9.8g protein</p>	<p><u>Baked Egg in Prosciutto Cups (make 2 cups)</u> 2 slices prosciutto, 2 eggs, 1 tsp. heavy cream, 1 tsp. chives, fresh ground pepper, bake in 2 ramekins or muffin tins</p> <p><u>Nutrition Facts</u> 313 calories 2.3g carbs 24g fat 28g protein</p>	<p><u>Sunny Side Up Eggs & Bacon</u> 2 eggs over easy, 1/2 cup sliced tomatoes, 1/2 avocado, 2 strips bacon, cook in 1 tbsp. avocado oil</p> <p><u>Nutrition Facts</u> 339 calories 9.5g carbs 27.2g fat 18.6g protein</p>



BREAKFAST

Options 6-10

	OPTION 6	OPTION 7	OPTION 8	OPTION 9	OPTION 10
MEAL RECOMENDATIONS	<p><u>Breakfast Burrito</u> 1 gluten-free wrap, 1/4 sliced avocado, 1/2 cup panfried diced sweet potatoes (fried in 1 tbsp. Virgin olive oil), 1 cup romaine lettuce, 1/2 green pepper sliced & hot sauce or salsa</p> <p><u>Nutrition Facts</u> 300 calories 38.7g carbs 17.5g fat 5.8g protein</p>	<p><u>Mediterranean Omelette</u> 2 Egg omelette w/, 1/4 avocado, 2 tbsp. diced tomatoes, 2 tbsp. peppers, cooked in 1 tbsp. avocado oil</p> <p><u>Nutrition Facts</u> 342 calories 9.7g carbs 29.7g fat 14.2g protein</p>	<p><u>Shake & Pork Rinds</u> 1 Orgain Shake (dark blue label), 1 oz. Epic Pork Rinds/Crackling</p> <p><u>Nutrition Facts</u> 290 calories 13g carbs 14g fat 32g protein</p>	<p><u>Smoked Salmon & Fruit</u> 4 oz. smoked salmon w/ 1 oz. almond based cream cheese, 1/2 cup strawberries & 1/4 cup olives</p> <p><u>Nutrition Facts</u> 274 calories 6.8g carbs 12.2g fat 28.5g protein</p>	<p><u>Hard Boiled Egg w/ Cheesy Avocado</u> 1 hard boiled egg, 1/2 avocado microwaved, topped w melted Grass-fed cheese</p> <p><u>Nutrition Facts</u> 310 calories 7.4g carbs 26g fat 14.5g protein</p>



LUNCH

Options 1-5

	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5
MEAL RECOMMENDATION	<p><u>English Muffin & Almond Butter</u> 1/2 Food for Life Gluten Free English Muffin toasted w/ 2 tbsp. Almond butter</p> <p><u>Nutrition Facts</u> 300 calories 30g carbs 18.5g fat 8g protein</p>	<p><u>Cobb Egg Salad</u> 2 hard boiled eggs (cut into 8 pieces), 2 strips bacon (cooked & crumbled), 2 cups romaine lettuce, 1/2 avocado thinly sliced, 1 tbsp. crumbled blue cheese & 1 tbsp. freshly chopped chives</p> <p><u>Nutrition Facts</u> 315 calories 7.2g carbs 26.9g fat 15g protein</p>	<p><u>Beef & Rice Lettuce Wraps</u> (makes 3 wraps) 3 oz. grass-fed ground beef, 1/2 cup cauliflower rice, 3 romaine lettuce leaves, 1/4 avocado diced, 1/8 cup salsa, 1 tbsp. black olives</p> <p><u>Nutrition Facts</u> 347 calories 6.8g carbs 24.9g fat 24.9g protein</p>	<p><u>Wild Alaskan Salmon & Cauliflower Rice Bowl</u> 1 cup cauliflower rice, juice of 2 lemons, 1 garlic clove minced, 1 tbsp. Extra virgin olive oil, 1/4 cucumber slices, 1 cup chopped fresh parsley, 4 oz. wild caught Alaskan salmon, fresh basil & tarragon</p> <p><u>Nutrition Facts</u> 332 calories 5.2g carbs 24.3g fat 27.3g protein</p>	<p><u>Grilled Lemon-Herb Chicken Avocado Salad</u> 4 oz. grilled chicken, 1 tbsp. Olive oil, zest & juice of 2 lemons, 2 cups of red leaf lettuce, 1/2 cup cherry tomatoes, 1/8 cup red onion thinly sliced & oregano</p> <p><u>Nutrition Facts</u> 307 calories 6.8g carbs 23.3g fat 23.3g protein</p>



LUNCH

Options 6-10

	OPTION 6	OPTION 7	OPTION 8	OPTION 9	OPTION 10
MEAL RECOMMENDATION	<p><u>Wild Alaskan Salmon & Beet Salad</u></p> <p>3 oz. Grilled or Baked Wild Alaskan Salmon sprinkling of lemon juice and side salad w/ 2 cups arugula, 1/4 cup olives 1/4 cup picked beets, 1/8 cup crumbled goat cheese & 1 tbsp. balsamic vinaigrette</p> <p><u>Nutrition Facts</u> 331 calories 15.7g carbs 16.4g fat 21.9g protein</p>	<p><u>Hard Boiled Egg, Olive & Quinoa Bowl</u></p> <p>1/4 cup quinoa, 1/8 cup feta cheese, 1/4 cup olives, 2 chopped hard boiled eggs, 1 cup spinach, 1/4 cup sliced cucumber, juice of 1/2 lemon, fresh basil & parsley</p> <p><u>Nutrition Facts</u> 305 calories 12.5g carbs 16.4g fat 17.8g protein</p>	<p><u>Heirloom Tomato & Cucumber Wrap</u></p> <p>1 gluten-free wrap, 1 small heirloom tomato, 1/4 cup cucumber diced, 1 tsp. olive oil, 2 tsp. low-fat whipped cream cheese, 1 tbsp. balsamic glaze, oregano & garlic powder</p> <p><u>Nutrition Facts</u> 252 calories 29.9g carbs 14.9g fat 5.4g protein</p>	<p><u>Wild Alaskan Salmon & Quinoa Bowl</u></p> <p>1/2 cup quinoa, juice of 2 lemons, 1 garlic clove minced, 2 tsp. olive oil, 1/4 cucumber slices, 1 cup chopped fresh parsley, 4 oz. wild caught salmon, fresh basil & tarragon</p> <p><u>Nutrition Facts</u> 328 calories 22.9g carbs 13.9g fat 29.9 protein</p>	<p><u>Chicken Thigh, Broccoli & Sweet Potato Wedges</u></p> <p>1 baked or grilled chicken thigh, 1 cup broccoli (topped w/ 1 tsp. extra virgin olive oil), 1/2 sweet potato (cut into wedges & baked), seasoned w/ sea salt & pepper</p> <p><u>Nutrition Facts</u> 282 calories 19.1g carbs 15.8g fat 30.9 protein</p>



DINNER

Options 1-5

	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5
MEAL RECOMMENDATION	<p><u>Gluten-Free Chicken, Guacamole & Veggie Wrap</u></p> <p>1 gluten-free w/ 4 oz. grilled chicken strips, ¼ cup spinach, 3 slices cucumbers, 2 tbsp. guacamole , ½ cup cheddar cheese & 2 tbsp. mayo</p> <p><u>Nutrition Facts</u> 321 calories 5.9g carbs 16.1g fat 36.9g protein</p>	<p><u>Steak & Arugala Salad</u></p> <p>4 oz. grass-fed steak, 1 cup arugula salad topped w/ ⅓ cup sliced tomatoes, ⅓ cup sliced cucumber, ⅓ cup feta cheese & 2 tbsp. Balsamic vinaigrette</p> <p><u>Nutrition Facts</u> 303 calories 15.2g carbs 17.6g fat 17.3g protein</p>	<p><u>Portobello Burgers w/ Sweet Potato Fries</u></p> <p>3 oz. grilled or pan fried ground beef patty seasoned w/ sea salt & pepper, 1 grilled or pan fried portobello mushroom seasoned w/ sea salt & pepper, 1/2 sweet potato cut into wedges baked w/ 1/8 cup coconut oil seasoned w/ sea salt, oregano & garlic powder</p> <p><u>Nutrition Facts</u> 305 calories 12.5g carbs 16.4g fat 17.8g protein</p>	<p><u>Wild Alaskan Salmon & Side Salad</u></p> <p>4 oz. Grilled or Baked Wild Alaskan Salmon and 2 cups romaine lettuce, 2 tbsp. Parmesan cheese, 1 cup cucumber thinly sliced, topped w/ 2 tbsp. olives & 2 tbsp. Balsamic vinaigrette</p> <p><u>Nutrition Facts</u> 295 calories 9.5g carbs 12.5g fat 29.1g protein</p>	<p><u>Seared Tuna & Kale Salad</u></p> <p>2 cups kale topped w/ ⅓ cup sliced tomatoes, 1 tbsp. coconut aminos, 2 tbsp. pumpkin seeds, 1/4 cup diced avocado & 3 oz. wild caught sushi grade tuna</p> <p><u>Nutrition Facts</u> 354 calories 29.4g carbs 13.4g fat 37g protein</p>



DINNER

Options 6-10

	OPTION 6	OPTION 7	OPTION 8	OPTION 9	OPTION 10
MEAL RECOMMENDATION	<p><u>Portobello Burgers w/ Sweet Potato Fries</u></p> <p>3 oz. grilled or pan fried ground beef patty seasoned w/ sea salt & pepper, 1 grilled or pan fried portobello mushrooms seasoned w/ sea salt & pepper, 1/2 sweet potato cut into wedges baked w/ 1 tsp. coconut oil seasoned w/ sea salt, oregano & garlic powder</p> <p><u>Nutrition Facts</u> 329 calories 13.1g carbs 21.5g fat 18.5g protein</p>	<p><u>Skillet Chicken Thigh & Butternut Squash</u></p> <p>2 strips bacon (pan fry first), 1 chicken thigh (bake first), 1/2 cup cubed butternut squash (bake first), finish in skillet w/ 1 tsp. Coconut oil, season w/ fresh sage chopped, sea salt & pepper</p> <p><u>Nutrition Facts</u> 345 calories 17g carbs 31.9g fat 19.7g protein</p>	<p><u>Steak, Spinach Salad & Baked Sweet Potato</u></p> <p>2 cups spinach topped w/ 3 oz. grass-fed steak sliced, 1/3 cup sliced tomatoes, 1/3 cup sliced cucumber, 1 tsp. extra virgin olive oil & 1/2 baked sweet potato topped w/ 1 tsp. butter</p> <p><u>Nutrition Facts</u> 345 calories 15.3g carbs 23.3g fat 20g protein</p>	<p><u>Pork Power Bowl</u></p> <p>1/2 cup cubed baked yams, 3 oz. grilled or pan fried cubed pork, 1/2 green apple cubed, 1/4 avocado sliced, 2 cups sautéed kale, 1 tbsp. chopped walnuts w/ 2 tbsp. balsamic vinaigrette</p> <p><u>Nutrition Facts</u> 341 calories 36.4g carbs 14.5g fat 18.8g protein</p>	<p><u>Wild Caught Shrimp & Kale Salad</u></p> <p>2 cups kale topped w/ 1/2 cup sliced tomatoes, 1/4 avocado sliced, 1/2 cup sliced cucumber, 2 tbsp. balsamic vinaigrette & 4 oz. wild caught shrimp</p> <p><u>Nutrition Facts</u> 332 calories 25.8g carbs 13.7g fat 30.9g protein</p>



SNACKS

	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5
SNACK RECOMMENDATION	1 hard boiled egg & 1/2 cup blueberries <u>Nutrition Facts</u> 107 calories 11.1g carbs 4.6g fat 6.1g protein	.5 oz. almonds & 1 green apple <u>Nutrition Facts</u> 132 calories 15g carbs 7.7g fat 3.2g protein	1 tbsp. pumpkin seeds & 1/2 cup raspberries <u>Nutrition Facts</u> 104 calories 9.3g carbs 6.4g fat 9.7g protein	4 medium celery sticks w/ 1 tbsp. almond butter <u>Nutrition Facts</u> 110 calories 7g carbs 7.5g fat 4g protein	.5 oz. pistachios & 1/2 cup strawberries halves <u>Nutrition Facts</u> 105 calories 9.9g carbs 6.8g fat 3.5g protein
	OPTION 6	OPTION 7	OPTION 8	OPTION 9	OPTION 10
	1 oz. beef jerky & 1/4 avocado <u>Nutrition Facts</u> 140 calories 6.2g carbs 6.5g fat 15.8g protein	6 macadamia nuts & 1 cup cherries <u>Nutrition Facts</u> 120 calories 13.4g carbs 7.7g fat 1.7g protein	3 Brazil nuts & 10 olives <u>Nutrition Facts</u> 144 calories 2.5g carbs 8.4g fat 2g protein	2 oz. pork rinds & 1/2 pear <u>Nutrition Facts</u> 131 calories 13.6g carbs 5.1g fat 8.3g protein	1 oz. salmon jerky & 1/2 orange <u>Nutrition Facts</u> 121 calories 12.7g carbs 7.7g fat 12.6g protein



SUPPLEMENTS

	SUPPLEMENT 1	SUPPLEMENT 2	SUPPLEMENT 3	SUPPLEMENT 4	SUPPLEMENT 5	SUPPLEMENT 6
	Omega-3	Probiotic	Multi Vitamin	Vitamin D3	Vitamin K2	Magnesium
DOSE	1-2 grams of EPA & DHA	30-50 Billion CFUs	Dependent on product	2,000-5,000 IU/day	1 mg/day	400-600 mg/day
NOTES	Pharmaceutical grade, marine based	Pharmaceutical grade, needs to contain particular strains of bacteria	Pharmaceutical grade	Pharmaceutical grade	Pharmaceutical grade	Pharmaceutical grade, chelated form

SHOPPING LIST



FRUITS

Strawberries
Raspberries
Blueberries
Blackberries
Cherries
Grapes
Pears
Oranges
Green apples
Avocado
Olives
Dates
Coconut
Bananas
Grapefruit
Plum
Kiwi

* organic and local if possible

STARCH/ROOT VEGETABLES

Squash
Sweet potato
White rice
Quinoa
Beets

VEGETABLES

Tomatoes
Peppers
Bok choy
Celery
Onions
Cucumbers
Broccoli
Cauliflower

* organic and local if possible

Spinach
Romaine lettuce
Kale
Brussels sprouts
Asparagus
Zucchini
Arugula



SHOPPING LIST



HEALTHY FATS / OILS

- Avocado Oil
 - Olive Oil (organic & virgin for cooking, organic & extra virgin for everything else)
 - Macadamia nuts
 - Brazil nuts
 - Almonds
 - Almond butter
 - Pumpkin seeds
 - Coconut Oil
 - Cream (sour cream & whipping cream)
 - Bone Broth
 - Ghee
- *organic, grass-fed, antibiotic & hormone free



DAIRY/EGGS

- Full fat plain yogurt
 - Cheese
 - Eggs
- *organic, grass-fed, antibiotic & hormone free

SHOPPING LIST



FIT CREW
BRADENTON

MEAT & POULTRY

- Chicken
- Beef
- Pork
- Bison
- Lamb
- Duck
- Turkey
- Venison

*free-range, grass-fed, pastured, organic, antibiotic & hormone free

HERBS/SPICES/CONDIMENTS

- | | |
|----------|---------------------|
| Basil | Garlic powder |
| Cilantro | Sea salt |
| Tarragon | Pepper |
| Oregano | Coconut Aminos |
| Rosemary | Apple Cider Vinegar |
| Parsley | *organic |
| Mint | |

*these are some suggestions, there are other acceptable foods available

SEAFOOD

- Salmon (wild caught Alaskan)
- Anchovies
- Sardines
- White Fish
- Shellfish
- Tuna, sushi grade, canned or jarred (pole & line caught, FAD free, olive oil packed)

*wild caught, not farm raised



SUBSTITUTIONS



FRUITS

Replace with similar low glycemic index fruit of same quantity.

Example:

Plan calls for 1/2 cup blueberries, substitute with 1/2 cup strawberries

VEGETABLES

Replace with similar vegetable of same quantity.

Example:

Plan calls for 2 cups kale, substitute with 2 cups spinach

HEALTHY FATS / OILS

Replace with similar fat or oil of same quantity.

Example:

Plan calls for 1 tbsp. Avocado oil, substitute with 1 tbsp. Extra virgin olive oil

STARCH/ROOT VEGETABLES

Replace with similar starch or root of same quantity.

Example:

Plan calls for 1/2 cup white rice, substitute with 1/2 cup quinoa

DAIRY/EGGS

Replace with similar dairy/egg product of same quantity.

Example #1:

Plan calls for 2 eggs sunny side up, substitute with 2 eggs scrambled

Example #2:

Plan calls for 1 cup greek yogurt, substitute with 1 cup full fat plain yogurt

MEAT & POULTRY

Replace with similar meat/poultry product of same quantity.

Example:

Plan calls for 4 oz. beef, substitute with 4 oz. chicken

SEAFOOD

Replace with similar seafood of same quantity.

Example:

Plan calls for 4 oz. salmon, substitute with 4 oz. grouper

DISCLAIMER



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Andrew Terman/Fit Crew is not a licensed medical practitioner, physician, or medical professional. He offers no medical treatments, or diagnoses.




Under his certifications he is not trained to provide medical care, and no recommendation or suggestion should be used as medical protocol. Nutritional coaching should not replace physicians advice. Nutrition coaching should not be construed as treatment for a medical diagnoses, treatment, cure, or prevention of any disease.

DISCLAIMER



NEXT STEPS

For a personal one-to-one nutrition consultation with Andrew and his team

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-  fitcrewbradenton.com

Pricing

30 Minutes	One Hour	Six Week Program	12 Week Program	One Year Program
\$149	\$249	\$599	\$1099	\$1799