



# FIGHTER PILOT FOOD PLAN

## FUEL YOUR JET FOR TAKEOFF

### 5-6 YEAR OLDS

#### Eat This

Plain Yogurt w/ Fresh Fruit  
Eggs  
1 cup cereal  
Water  
Plain Oatmeal w/ Berries  
Whole Wheat Toast  
Tuna Fish Sandwich  
Grilled Chicken  
Homemade Chicken Nuggets\*  
Oranges  
Apples  
Veggies!!!

#### Not That

Gogurt  
Pancakes  
Giant Bowl  
Juice Boxes  
Flavored oatmeal packets  
Pop-Tarts  
Peanut Butter and Jelly  
Chef Boyardee  
Store Bought Nuggets  
Orange Juice  
Apple Juice  
Easy Mac n Cheese

### 7-11 YEAR OLDS

#### Eat This

Protein Pancakes\*  
Eggs  
Whole Wheat Bread  
Fruit  
Grilled Chicken  
Fish Tacos from home  
Water  
Broccoli w/ Melted Cheese  
String Cheese  
Tuna Fish  
Grilled Chicken  
Oatmeal w/ berries  
Protein Shake \*  
Granola Bar  
Homemade Hamburger  
Vegetables w/ Dip

#### Not That

Pop Tarts  
Sugary Cereal  
Pancakes/Waffles  
Candy  
Chef Boyardee  
Taco Bell  
Soda/Juice  
Cheese Fries  
Chips  
Peanut Butter & Jelly  
Fried Chicken  
Sugary Oatmeal Packets  
Milkshake  
Snickers Bar  
McDonald's  
Dorito's

### TEENS

#### Eat This

Whole Egg/Egg White Omelet  
Protein Oatmeal  
Water  
Protein Bar/Shake  
Seltzer Water  
Tuna Fish Sandwich  
Bring Your Lunch  
Fruit  
Homemade Food  
Single Serving Chips  
Salad w/ Grilled Chicken  
4oz of steak w/ veggies  
Seafood  
Homemade Pizza

#### Not That

Pop-Tarts or Cereal  
Waffles  
Orange/Apple Juice/Iced Tea  
Granola Bar  
Soda  
Lunch Meat Sandwich  
School Lunch  
Chips  
Fast Food  
French Fries  
Deep Fried Chicken Sandwich  
Chicken Wings  
Hot Dogs  
Frozen Pizza

*Drink Half Your Bodyweight In Ounces of Water (150lbs = 75oz water daily)*

**\*Food For Thought:** When going out with friends, you know where you generally go. If you go to Wawa a lot, start looking at what can be your staple food items so you can decide ahead of time what you are going to get. The wraps in the refrigerated section have the calorie count on them, but the made to order screen does not. Ask yourself if the chips that you get for the side will really make you feel more full than if you didn't get them. Do you really need that calorie ridden drink that will not fill you up any more than getting a water. A 400 calorie wrap can easily turn into an 800+ calorie meal because of all the extras that you get. Not only that, but the high calorie processed food will make you feel more sluggish an hour later than if you didn't get them at all.

### ADULTS

Instead of a list of **This or That** (you can steal from the lists on the left), I'm going to encourage some awareness around certain things.

#### Habits you can begin to think about:

Have protein with every meal. Stop eating like a child!! You don't have to pick eggs or egg whites, you can do 1 or 2 eggs with a bunch of egg whites to get the protein higher without as many calories and fat.

#### Stop drinking calories!

If you drink soda, switch to diet, and eventually to water only. Fake sugar can have a negative effect on your gut biome when consumed too much, so try to limit it. If you do cream and sugar with coffee, switch to a flavored creamer and no sugar added, then maybe transition to black over time. Preparing meals at home is cheaper and takes less time than ordering food and waiting for it to be delivered. Start tracking your food, like you track your money. You know what your paycheck is, you deserve to know how many calories you are consuming. Drink half your bodyweight in water daily, and between half your bodyweight and up to your bodyweight in protein.

*(150lbs = 75oz of water and 75-150g of protein a day)*

#### Know what your goal is!

Lose weight? Perform Better? Live a LOOONG time? Then act accordingly. You can lose weight with poor food decisions, but you won't feel/perform well and won't live long. Trying to get super lean or a super high physical performer will take a toll on longevity. These goals can change...

- Eat 2 pieces of fruit and 3-5 servings of veggies everyday.
- Eat a BIG SALAD once a day with a protein source.
- Eat from a plate at a table with as many meals as possible.
- Use a smaller plate.
- Don't feel the need to finish your plate.
- Are you still hungry or do you just like tasting the food toward the end of the meal?
- Eat the protein and veggies before you have the other stuff.
- Intuitive Eating means you eat what you need, not whatever you want!
- If you have cravings for something, google what that might mean.
- It usually means your body needs certain micronutrients or minerals.
- Feed what you need!
- Get as consistent sleep as possible everyday.
- Similar bedtime, similar wake time. Not getting enough sleep affects hormone production which will increase stress and hunger.
- Focus on stress reduction. You must give your body permission to lose weight if that is the goal. Stress has a drastic effect on calorie output. The more stress you have, the less calories you will burn. Taking walks outside has more of a positive effect on your life then you will ever realize, until you start doing it.
- Download an app like Headspace or Wim Hof Method for help with this.
- Think about the availability of foods that you and your kids struggle with.
- If you can't control portion sizes on certain things, don't have it in the house. Say no once in the grocery store or you will have to try to say no everyday in the house!

The habits you create now will be passed down to your kids. The things you struggle with as an adult will be passed down to your kids. It's never too late to change that. If you start eating to fuel your body and feel good, your kids will develop a better relationship with food. It's all in the delivery... You're not changing lifestyle/habits to lose weight, you're changing to feel good.

*Food suggestions by Jimmy Nutrition, B.S. in Health and Exercise Science*