



Iron Tribe Nutrition Program



Welcome to Iron Tribe!



Chances are you are opening this manual shortly after leaving a consultation with your Iron Tribe Fitness Director. You likely just signed up for our program and you are willing and ready to put in the effort to becoming the BEST version of yourself! If so...

CONGRATULATIONS! You've taken the first step in an incredible process. As you start your brand new program with us, we want to jump right in and prime your nutrition "engine." Use this manual as a dietary road map – it will guide you through all the twists, turns, ups and downs of the dietary adjustments we will be implementing during your time here at Iron Tribe. We have designed this manual to help you make small dietary changes that will progress you towards a clean and supportive way of eating.

Unfortunately, obesity in America is at epidemic proportions. More than 66 million American adults are obese. How did it get this bad? The main causes for this epidemic of obesity are two fold. First, a lack of exercise combined with an increasing rate of sedentary behavior. Second, dietary model that encourages Americans to consume excess refined, highly-processed and nutritionally void foods.

How do you avoid or reverse obesity? By joining Iron Tribe, you just took the first step. Becoming active will help give you more energy, boost your metabolism, and begin to build new toned muscle.

The next choice to tackle... is this manual. The food you eat (or don't eat...) will largely determine your body composition. Body composition is simply

how much of you is fat and how much is muscle. The truth is that muscles don't make you bulky. Fat does. The "toned" look that people want is created by TWO things: strong muscle and little fat covering those muscles!

To get you there requires effort on your part, but it also requires assistance, encouragement and guidance...that's where we come in, and more specifically, that's where this manual comes in.

Beginning a new exercise program and making dietary changes can be painful, hard to follow and scary.

Sometimes, they may make you feel worse before you start to feel better. We understand. Really, we do. That's why we'll be with you every step of the way. By being armed with this manual, you will gain the knowledge and power toward being free from fad diets forever and on the path to becoming the healthiest version of yourself! This manual will give you the most advanced, simple and tangible tools and information available to help you along this journey towards increased health and fitness.

Welcome to Iron Tribe! Let's get started.

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**We will be
with you
every step
of the way.**

Forrest Walden

Iron Tribe Fitness Founder, CEO
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How should you eat?

Every person's Iron Tribe Nutrition roadmap will look slightly different. You and your coach will determine your journey and outline the best course of action to propel you toward achieving your goals.

This program has been strategically created to be flexible based on how you progress. This will not only get you results, but will get you results that last!

However, this roadmap is up to you. While failure is by no means frowned upon (if you fail, then it shows you tried!), half-way doing it will not benefit anyone. Your coaches are here to help you, but you have to ensure you are prepared to give yourself the effort you deserve. Use your coaches as a resource; you are not alone. They are the experts for a reason, so lean in and trust them to help you!

Our program will not equate to a magic pill or secret sauce, and it will be hard work with intentional choices. Nevertheless, We strive to empower you to be proud of yourself every single day!

We've outlined the guidelines for your success below, with each Focus is in your hands. Your coach will teach and encourage you, but you must put in the work before moving onto the next phase.

We take this seriously, and we want you to take it seriously. You would not have joined Iron Tribe if you were not ready to make changes. We have removed the guesswork and have laid out the path for your success one step at a time, and we can tweak them along the way. We just need YOU to give it your all!

Are you ready?

Iron Tribe Nutrition Overview:

Focus 1: Habits and Nutritional Awareness (Your first 2-4 weeks)..... Pg. 1-12

Focus 1 simply and elegantly removes the issues of conventional dieting, allowing you to understand the importance of nutrition and begin the process of working towards Clean Eating. "Real food" is what our bodies are designed to eat. When you feed your body in a manner consistent with its design, your body becomes lean and healthy, and you become happy.

Suggested Duration: _____ weeks.

Focus 2: Portion Control..... Pg. 10 - 13

How much should I put on my plate? What amount of food should I be eating?

Suggested Duration: _____ weeks.

Focus 3: Macros 101..... Pg. 14 - 17

A guide to navigating calorie balance, protein, carbs and fat! The remaining Focuses are up to you, your progress, and your commitment - there is no 'one' Focus greater than the other. You may get to Focus 3, reach your goals, and want to stay there, and that is totally fine. This is about you! No pressure. These are simply resources, processes, and tools to fine tune your nutrition as your goals progress.

Suggested Duration: _____ weeks.

Focus 4: How and When to Prepare and Eat Your Meals

(Make a Progress Appointment!)

Let's put all of this together and talk about when to eat to give you an extra boost in reaching your goals. Here, we'll learn how to weigh, time and measure our healthful foods through meal prepping to achieve new goals!

Suggested Duration: _____ weeks.

Focus 5: Supplementation

(Make a Progress Appointment!)

Types, timing, quantity and quality. Here, we discuss supplementation to take your results to the next level.

Suggested Duration: _____ weeks.

Focus 6: Optimal Nutrition and Performance Phasing

(Make a Progress Appointment!)

You're now a nutrition rock star! What and when to eat down to an exact science for supreme results.

Suggested Duration: _____ weeks.



What to Expect When You're Trying to Losing Weight!

This is a new journey for you, and we're certain you'll have some questions along the way. Let's get started tackling some FAQ's one at a time!

“What's your why?”

We're extremely proud of you for taking this step in wanting to improve your physical health. Wanting to be healthy is a great thing. But we're all adults here. We know that if we do good things for the wrong reasons, there can be serious consequences. So let's dissect your reasons for wanting to lose weight before we dive into how to lose weight.

Bad reasons to alter what you eat generally flow from negative emotions and expectations for unrealistically drastic and dramatic life change and newfound happiness. Bad reasons include because you: want the approval of someone else, hate yourself and your body as is, think you'll be MUCH happier with a new body, and a million other reasons. Even if you reach your goal, you will not be satisfied if the motivation flowed from negative emotion.

Good reasons to change your eating habits are only good if they're good for you! Not all of the following examples may apply to you, but try to pick out a couple or come up with your own. Your why will keep you working hard long after your brain and your heart have tempted you to give up. Some good reasons include because you: want to improve your health, want to have more energy for your kids, enjoy fitness and leading a healthful lifestyle, take pleasure in accomplishing goals, want to see what your body is capable of doing, etc. Again, not all of these may apply to you, and this list is not exhaustive.

Create your own list and find your why, make sure you're doing this for the right reasons for you, and set goals that are challenging yet possible to accomplish.

My Reasons to Lose Weight:

» _____

» _____

» _____

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» _____

Tribe Story



“I have spent so many years thinking that I could not ever do anything athletic, but all it took was a few very special coaches to convince me and show me otherwise..”
—Gena Mueller, age 40, lost 80 pounds

