



# **Month 1**

**Hero Nutrition Habits**

# How 'Bout Some Fun Legal Stuff?

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# Hero Habits — Month 1

Have you ever failed to accomplish a goal because you were too overwhelmed with information and action steps? Yeah, me too.

It doesn't just happen to the best of us — it happens to all of us.

We get excited about accomplishing a task, so we voraciously gather and stockpile information then jump headfirst into the thick of it with an “all or nothing” mentality.

But this gung-ho attitude only allows us to tread water. We have the illusion of moving forward when we're really sinking under all the self-imposed responsibility. We try to change too many things at once and weigh ourselves down.

Eventually, we drown.

There is a better way — in fact it's the only way — to make true progress toward your goal.

If you read the [Hero Handbook](#), you'll remember the best way to achieve any goal is to break it down into a series of habits (or behaviors) that lead to the thing you want to accomplish.

This is exactly what we're doing here.

Over the next few months I'm going to introduce some nutrition habits to you.

They're fairly straightforward (and some may seem alarmingly simple), but I really need you to commit to adopting each habit and doing it every day.

Each month's habits will stack on top of each other and will take you closer to building your version of the Hero body.

**One word of caution:** if you don't build a stable base, all of the habits will topple over and you won't accomplish much. Your first instinct will be to cram all of the lessons from all of the months in at one time. Going month-by-month, you'll tell yourself, is a waste of time.

You must fight that urge to jump ahead.

Just focus on Month 1.

When you get to Month 2, *then* you can add those habits to what you've learned in Month 1.

That's how they stack on top of each other. That's how real progress is made. That's how you're going to build a great-looking, badass-performing body.

So let's get to it.

# **Base Habit #1 — Eat at Least Four Times Per Day**

Eating four times per day will keep your metabolism in overdrive and will allow a "constant stream" of nutrients to help feed your muscles.

I recommend eating at the following times:

- **Within an hour after waking up**
- **Mid-morning**
- **Lunch**
- **Dinner**

(If you find that you're hungry between Lunch and Dinner you can add another meal.)

## **Base Habit #2 — Have Two Fists of Protein With Every Meal.**

Protein is thermogenic by nature, which means it helps burn more body fat than carbohydrates or fat. Protein is also the "building blocks" of muscle, so consuming more will help you build more lean muscle mass. (Plus it's tasty.)

For this habit, you'll need to have two "fists" of protein with each meal. I use "fists", by the way, because it's easy to measure. (Thank you, [Precision Nutrition](#).)

Simply make a fist with each hand and look at them. You need that much protein with every meal. Sure beats counting protein grams, huh?

In terms of protein, I'd like you to choose from the following list:

<b>Beef</b>	<b>Poultry</b>	<b>Pork &amp; Lamb</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Eggs/Dairy</b>
Brisket	Any part of chicken	Ham	Clams	Anchovy	Eggs
		Canadian	Crab	Cod	Cottage cheese
Any cut of steak (eye round, filet mignon	(breast, leg, thigh, wing, etc.)	Bacon	Oysters	Flounder	
		Lamb leg	Scallops	Halibut	Non-fat yogurt (no added sugar!)
		Ground lamb	Shrimp	Haddock	
			Lobster	Herring	
New York strip, flank, skirt, sirloin etc.)	Any part of turkey (breast, leg, sausage, etc.)	Pork loin		Mackerel	
		Pork Chop		Orange	Protein Powder
		Pork Tenderloin		Roughy	
				Salmon	
				Sea Bass	with less than 10 grams of carbs per serving
Ground beef (burgers)				Snapper	
				Tilapia	
				Tuna, Fresh	
				Tuna, Canned	

## **Base Habit #3 — Only Eat Bread, Rice, Potatoes or Other "Starchy" Carbs With Your First Meal Or With a Meal Immediately After Your Workout.**

It's been my experience that most people don't react well with carbs and most of the starchy carbs are best left alone or for special occasions.

If you're trying to gain muscle or fuel performance carbs are definitely needed, though not in the amounts you may think.



But you do need *some* carbs. Below is a list you can choose from.

<b>Legumes</b>	<b>Fruits</b>	<b>Other Veggies</b>	<b>Whole-grain breads</b>	<b>Other Starches</b>
Black beans	Apple	Artichoke	100% Whole	Barley
Black-eyed peas	Apricot	Beets	Wheat	Buckwheat
Chickpeas	Blackberries	Carrots	Multigrain	Quinoa
Green Peas	Blueberries	Pumpkin	Oat Bran	Oatmeal
Kidney beans	Cantaloupe	Rutabaga	Pita (100% Whole Wheat)	Oat Bran
Lentils	Cherries	Squash	Pumpernickel	Sweet Potato
Lima Beans	Cranberries		Rye	Yams
Navy beans	Grapefruit		Tortilla wrap	
Pinto beans	Grapes		(100% Whole Wheat)	
White beans	Honeydew			
	Kiwi			
	Mango			
	Orange			
	Peach			
	Pear			
	Pineapple			
	Plum			
	Raspberries			
	Rhubarb			
	Strawberries			
	Watermelon			

The following list of veggies are "free", meaning you can have them at each and every meal. In fact, I'd like you to try and have some sort of vegetable at every meal.

***Free Vegetables***

Arugula	Okra
Asparagus	Onion
Broccoli	Peppers
Brussels Sprouts	Radish
Cabbage	Snow Peas
Cauliflower	Spinach
Cucumber	Tomato
Eggplant	Watercress
Lettuce	Zucchini
Mushroom	

## **Base Habit # 4 — Only Drink Beverages That Contain 0 Calories**

While you're probably not a huge soft drink junkie, I recommend that you switch to diet soda or ditch soft drinks altogether.

Water, obviously, is the best choice.

Also, don't drink sports drinks like Powerade, since they just add a bunch of useless calories from sugar.

If you drink coffee, don't add a ton of cream or sugar. A little cream is fine, but if you choose to sweeten it, use a small amount of "natural" sugar. Or, as Tim Ferriss says, use some vanilla extract and some high-quality cinnamon.

Green tea (or any tea) is a good choice as long as it has zero calories.

Finally, if you drink alcohol, limit yourself to one drink per night or a total of five for the week.

# Let's Go Over The 4 Base Habits Once More

**Base Habit #1** — Eat at Least Four Times Per Day

**Base Habit #2** — Have Two Fists of Protein With Every Meal.

**Base Habit #3** — Only Eat Bread, Rice, Potatoes or Other "Starchy" Carbs With Your First Meal Or With a Meal Immediately After Your Workout.

**Base Habit #4** — Only Drink Beverages That Contain 0 Calories

# So, What's A Good Meal Look Like?

Using our habits, we can start to see what a decent meal looks like. I encourage you to run through the four Base Habits with every meal and see how you stack up. Let's take a look at a few different options and see how they match.

## A "Bad" Breakfast

- Bagel with cream cheese
- Juice

### Why It's Bad

If you run the four Base Habits up against this meal you quickly see it falls short. First of all, there's no protein in sight. A bagel isn't the best choice for carbs, but we can forgive that for now. The juice—considering it's probably

processed and not freshly squeezed—is probably loaded with sugar.

## **A Good Breakfast**

- Three whole scrambled eggs
- 1 slice of Whole-wheat toast
- Handful of strawberries and blueberries
- Water and coffee

### **Why It's Good**

Here we have two fists' worth of protein with the eggs. The toast is fine because it's 100% whole wheat, and is being eaten in the first meal of the day. The strawberries and blueberries are good choices, too. Both the water and coffee contain zero calories.

Let's look at one more example.

## **A "Bad" Lunch/Dinner**

- Pasta with meatballs
- Snapple Ice Tea

## Why It's Bad

Again, if you run the four Base Habits up against this meal you quickly see it falls short. First of all, pasta is a starchy carbohydrate. Unless you're eating this meal directly after a workout session, it doesn't fit with our habits. The meatballs are our protein source, which is a decent option, and the Snapple is violating the 0 calorie habit (unless it's a Diet Snapple).

## A Good Lunch/Dinner

- Starter salad with olive oil
- Seasoned chicken, fish, or beef
- Steamed veggies
- 1 glass of beer
- Water

## Why It's Good

We have the two fists' of protein, along with some high-quality "free" veggies. Although the beer is violating the "0 calories" habit, it's OK to have one alcoholic drink per day. And water, obviously, is a healthy choice.

These are just a few examples, but by using the food lists above you can create a ton of healthy, tasty meals.

The simple thing to remember is this: *check every meal you eat against the four Base Habits. If it meets every habit, you're good to go.*



# Shakes to Save the Day

To make it a little easier to get all four (or five) of your meals in, **one meal** can be a Super Shake. A Super Shake contains a bunch of healthy ingredients and can be easily made in a blender in less than five minutes.

To make a Super Shake, you'll need a high-quality protein powder. I suggest either [Metabolic Drive](#) from Biotest or [Nitrean](#) protein from AtLarge Nutrition. A bottle of protein should last you about a month or so and generally costs less than \$35. The price turns some people off but once you break down the cost, it's actually an inexpensive option.

Check it out:

- Bottle of Protein Powder - \$35
- 30 servings per bottle
- $\$35 / 30 \text{ servings} = \$1.17 \text{ per serving}$

Not too shabby, huh?

The possibilities with Super Shakes are endless, but here's one of my favorite recipes:

# Nate's Super Shake

- 1 cup cottage cheese
- 1 cup unsweetened almond milk
- 2 scoops chocolate protein powder
- 1 banana
- Ice

You can also try adding different vegetables to your shakes like spinach and broccoli. It sounds weird, but you actually can't taste them. And it's a great way to make your shake even healthier.

Let's run our Super Shake against the four Base Habits.

- 1 cup cottage cheese - Protein
- 2 scoops chocolate protein powder — Protein
- 1 banana — Good carbohydrate, especially if made in the morning
- Ice

For over 100 more SuperShake ideas, [check out this blog post.](#)

# That's it for now.

"But what about a post-workout shake? What about fasted cardio? What about cheat days?"

All of these are "wondering and worrying" questions that you should forget for now. I'll address some of these concerns over the next few months, but believe me: that stuff isn't nearly as important as following your four base habits consistently.

The fact remains: the more compliant you are, the more success you'll have. Everyone messes up occasionally. It's to be expected. But if you can do things right 80% of the time (or more) you're going to be on track to building a badass body.

Stay on track and only follow your Month 1 habits.

-Nate

PS — Thanks to [Roman](#) for the inspiration for the food charts.