

## **Nutrition Principles for Building and Sculpting a Firm and Fit Body**

- 1) Eating nutritious foods packed with health promoting calories is rule number one. The way of eating that I've outlined in The Blow-Torch 'Diet' illustrates the type of nutrition habits you should be following in order to build the parts of your body that you desire, with some easy modifications.
- 2) Strategically add calories by small increases in certain foods. For example, Instead of just eating 1 ounce of almonds or peanuts for a between meal snack – make it 2 or 3 ounces. Another example is by adding an extra tablespoon of olive oil to your salads or veggies.
- 3) Start your meals early in the day if possible. For example, if you are used to skipping breakfast or eating a late breakfast – start getting into the habit of eating an early breakfast – even if its only a small one. A few extra calories here and a few extra calories there will allow the body to build more of itself which is the goal you are after.
- 4) Add healthy carbohydrates into your meals. For example whole grain or multi grain breads and bagels are great for this. Brown rice and multi grain pastas are also an easy way to do this. Just don't overdo it at one sitting – the body assimilates calories more efficiently when you don't "eat too much" at any given meal.
- 5) Feel free to add simple smoothies for a healthy calorie boost. Making your own is always the best way to go. If you get yours at a smoothie store – be sure to stay away from the artificial sweeteners and opt for organic sugars and/or stevia for added flavor.
- 6) Don't miss your pre-bedtime snacks – just make sure they are healthy choices as outlined in my 'Secrets Seven' list – and feel free to take some extra with stuffing yourself right before bed.
- 7) If you are unsure about your dietary needs or if you have a specific condition that requires you to follow a certain way of eating – be sure to review these tips with your physician or health care practitioner.

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