



**BELLY BLASTING**  
**NUTRITION**  
***GUIDE***

Before you embark on any physical fitness program, please consult a doctor. This book may not be reproduced or recorded in any form without permission from the author.

In other words, have FUN but use COMMON SENSE in your training and nutrition. Also, don't steal stuff without asking. Piracy is not a good idea, and legal action will be taken if illegal activity is discovered.

Have integrity. Be smart. Have fun.

# INTRODUCTION

Alright guys and gals, first thing's first: you need a little dose of reality. (Don't take this personally, because almost everyone in every situation does).

You're not where you want or need to be right now health and fitness-wise or you wouldn't be reading this guide. The first step here is to be honest with yourself and decide where your physical weak points are (we all have them) and then base your plan of action on the idea of attacking (CRUSHING) those weaknesses.

Here are a couple of FACTS that you NEED to learn and live by:

#1: You can't flex bone. Strength (and muscle) is the foundation of all human movement (and muscle mass, as a result of increased STRENGTH, improves your metabolism—win win).

#2: Fat—in regards to the excess adipose (FAT) tissue stored on your body, is a home for toxins, a driving force in pain and inflammation, a leading cause of depression and anxiety over the way you look, and one of your biggest enemies if you want to live a long, disease free, healthy, happy life. Bottom line--the extra fat on your body is your arch nemesis! You're in luck, though, you don't have to fight this battle alone: *I'm here to put you on my back, give you all I've got, get you the key to every "secret" to your success, and carry you to the finish line, VICTORIOUS in your fight for your life back.*

Find what motivates you! Maybe you aren't "that" overweight or even overweight at all--but you're so poorly out of shape you can't even chase your

kids around the backyard for 2 minutes without getting winded. Maybe that extra fat has kept you from enjoying the ski slopes because you're just too weak and your joints hurt too badly to carve up the slopes without feeling like you're about to rip a knee to pieces or have a heart attack...

*Find whatever it is that drives YOU and use it to your advantage.*

These nutrition cheat sheets are just one tool in the toolbox for helping you get the results you've been dreaming about. These cheat sheets will help you find meals that healthy, tasty, and fit "the plan" for turning back the clock and getting your health and fitness under control.

As always, you should consult with a doctor before making any changes.

## **BEFORE JUMPING IN... WHAT KIND OF PERSON ARE YOU?**

One of the most important things for you to do throughout this process is to be realistic. I'm going to need you to make SOME changes in your habits in order to have the success you want and deserve in this program, but most people SHOULDN'T try and change a million and a half habits at once.

Are you one of those people that can jump into something and not burn out after two weeks? If you were ever a smoker, were you a "cold turkey" person or did it take a more gradual approach? Realize what kind of person you are and let's move forward from that point--keeping the mantra "progress, not perfection" in mind at all times.

The Dungeon Nutrition Plan focuses on a few key concepts:

- + Getting **lots** of healthy calories from nutrient dense, whole foods.
- + Avoiding unnatural, processed foods
- + Utilizing carbs as a means of “refueling the tank” and NOT as the driver of everyday activity.

## **REALITY CHECK!**

If you haven't figured it out yet, I LIVE to get YOU results! Sometimes that means a little tough love is necessary to get you to embrace what it takes!

Here's a bit of harsh reality: even if you end up joining the Dungeon Family at the highest membership level, attend every session available to you, and work your tail off every minute you're in the gym, you have, at most, accounted for about 6 hours of the 168 you live out every week.

*What are you doing during those other 162+ hours?*

The answer, luckily, when you train with the Dungeon, is that your body is burning extra calories 24/7 due to the nature of training we employ. Bottom line, though, you can't out train a diet of nothing but ice cream and Twinkies!

If you aren't getting yourself the RIGHT nutrients, while staying away from the “junk” and processed crap you don't need... if you aren't taking care of your body, getting enough rest, and hitting your “homework” training during the time you're away from the gym... *You are depriving your body of the results it deserves!*

**The training is the easy part--it's on me! You're accelerated success, and amplified fat loss, general health, and longevity boosting benefits, will come from fueling your body the right way!**

## **DUNGEON NUTRITION CHEAT SHEETS PART 1: FOOD TYPES**

These food type lists are there to serve as a guide--**not an all-inclusive list!** That said, these can be pretty useful as print and play shopping lists to make sure you're on track while hitting the grocery store or farmers market!

### **GROUP 1: PROTEIN**

**Naturally caught and raised foods should always be your first option. Things like "organic", free-range chicken and turkey, cage free eggs, grass fed beef, wild caught fish (vs farm raised fish) are what you want to look for. Game meats and stuff you kill or catch yourself are always a great option and give you the bonus of being awesome for having done it yourself.**

- |                    |                              |   |
|--------------------|------------------------------|---|
| - Eggs             | - Ham (pref not "lunchmeat") | - Snapper   |
| - Top sirloin      | - Pork chop                  | - Mullet  |
| - Beef tenderloin  | - Salmon                     | - Cat fish  |
| - London broil     | - Cod                        | - Shrimp (not fried)  |
| - Lean ground beef | - Tuna                       | - Tilapia   |
| - Bison            | - Trout                      | - Protein powder (grass fed whey, egg, hemp, rice, NOT soy) |
| - Chicken breast   | - Herring                    | - Game meats  |
| - Turkey breast    | - Mackerel                   |   |
| - Ostrich          |                              |   |

#### **Notes:**

Don't use high sugar marinades or sauces

Don't fry

Foods from this group should form the foundation of every meal

## GROUP 2: VEGGIES

Shoot for organic when you can.

- |               |                   |                          |
|---------------|-------------------|--------------------------|
| - Spinach     | - Brussel sprouts | - Beets                  |
| - Cabbage     | - Onions          | - Kale                   |
| - Broccoli    | - Mushrooms       | - Collard greens         |
| - Cauliflower | - Tomato          | - Turnip greens          |
| - Zucchini    | - Bean sprouts    | - Cucumber               |
| - Squash      | - Asparagus       | - Eggplant               |
| - Carrots     | - Green beans     | - Okra                   |
| - Peppers     | - Peas            | - Lettuce (mixed greens) |
| - Artichoke   | - Snow Peas       |                          |

### Notes:

These are more leafy, low carb veggies that you can basically load up on and not worry about  
Eat a variety (think lots of colors)

These help you feel more full and give you the bonus of helping digestion... don't be shy with the veggies!

## GROUP 3: FRUITS

Shoot for organic when you can.

### Notes:

Fruit juices are a no-no (packed with sugar)

Berries are a better choice than "meatier" fruits like bananas and apples for trying to lose weight, the opposite goes for those trying to pack it on

- |                |                |           |
|----------------|----------------|-----------|
| - Orange       | - Blackberries | - Bananas |
| - Grapefruit   | - Peaches      | - Apples  |
| - Melons       | - Pears        |           |
| - Grape        | - Plums        |           |
| - Pineapple    | - Star fruit   |           |
| - Kiwi         | - Cactus fruit |           |
| - Strawberries | - Dragon fruit |           |
| - Blueberries  | - Acai         |           |
| - Raspberries  | - Cranberries  |           |

## GROUP 4: CARBS

Shoot for organic when you can and focus on eating the most natural foods possible (i.e. sweet potatoes are a better choice than pasta or cereal).

### Notes:

Stay away from flour, sugar and other processed carbs

- Sweet potatoes
- Beans
- Lentils
- Black eyed peas
- Wild rice
- Jasmine rice
- Sprouted bread (Ezekiel Bread)
- Quinoa
- Old fashioned oats
- NOT IDEAL: Organic whole wheat bread (check label for high fructose corn syrup, if it has it, run the other way)
- NOT IDEAL: Organic whole wheat cereals (check the labels)

## GROUP 5: FATS

Fats get a bad wrap. These shouldn't. Stick to these over unhealthy cooking oils (stop cooking in soy oil labeled as vegetable oil!) and other alternatives.

- Almond oil
- Coconut oil
- Almonds
- Pumpkin seeds
- Avocado
- Whole eggs
- All natural peanut butter (look for no sugar added)
- All natural almond butter
- Flax seeds
- Fish/Krill oil (supplement)
- Cod liver oil (supplement)
- Extra virgin olive oil (organic)
- Cashews
- Walnuts
- Grass fed butter (look for Kerrygold Irish Butter)

### Notes:

Stay away from flour, sugar and other processed carbs

## DUNGEON NUTRITION CHEAT SHEETS PART 2: SAMPLE MEAL PLAN

### PLUG AND PLAY MEAL PLAN

This is a sample plan for someone with monday, wednesday and friday as their longer/harder exercise days.



Each meal is comprised of a combination of food groups, i.e. 1+2+5. That would entail 1 serving of protein (group 1), 1 serving of veggies (group 2), and fats (group 5).

A few notes on serving sizes:

- + Keep protein to around a fist of protein per meal (think 6-8 ounces). You just don't need more than that right now.
- + Leafy veggies are unlimited, eat as much you want.
- + Don't go crazy on the fats, a "5" as a part of a meal is more of a "don't be afraid to add fats" than a "go out of your way to get fats", particularly if you're having animal protein that already has fat in it. On the other hand, if your "meal" is a protein shake that's straight protein without fat, add some (coconut oil, handful of nuts, etc.)!
- + Your before bed snacks can be a spoonful of peanut butter or something tiny. We just want to get that blood sugar stable before bed with some healthy fats (fish oil is an EXCELLENT choice here, though admittedly it's not much of a snack :).
- + Cheat days and meals are whatever the heck you want. Enjoy it, guilt free (yes, GUILT FREE) and then back to business. You being good on a cheat day is NOT allowed :) Be sure to check out the cheat day section to see how get the same psychological and physiological benefits of a cheat day while minimizing the "spillover" #boom!

#### OTHER NOTES:

- + Drinks: Don't drink your dang calories (unless in a protein shake)
  - + Water
  - + Coffee (black—don't put crap in it!) If you absolutely MUST use creamer, use a dash of unsweetened coconut milk
  - + Mineral water/sparkling water (great for filling ya up)
  - + Teas (zero-cal/zero sugar teas, herbal, green, black—NOT the bottled crap full of sugar)
  - + ID Energy (great alternative to coffee with all organic, soy-free, sugar free ingredients that pack a fat burning punch (<http://dscvitamins.idlife.com/energydrink/index.html>))
  - + Crystal light/diet soda/other zero-cal drinks: not optimal, but better than other choices
- + Condiments: Find ways to 'spice up' your food without CRAP. Mustard, hot sauces, and most spices are carb/calorie free, use these rather than your other, lower quality, choices.

## PLUG AND PLAY MEAL PLAN

|                  | <b>BEAST</b>   | <b>LUNCH</b> | <b>AFT</b>     | <b>DINNER</b> | <b>BED</b> |
|------------------|----------------|--------------|----------------|---------------|------------|
| <b>SUNDAY</b>    | 1+2+5          | 1+2+5        | 2 or 3         | 1+2+5         | 5 (small)  |
| <b>MONDAY</b>    | 1+2+3          | 1+2+5        | 2 or 3         | 1+2+4         | 5 (small)  |
| <b>TUESDAY</b>   | 1+2+5          | 1+2+5        | 1 or 2 (small) | 1+2+5         | 5 (small)  |
| <b>WEDNESDAY</b> | 1+2+3          | 1+2+5        | 2 or 3         | CHEAT         | 5 (small)  |
| <b>THURSDAY</b>  | 1+2+5          | 1+2+5        | 1 or 2 (small) | 1+2+5         | 5 (small)  |
| <b>FRIDAY</b>    | 1+2+3          | 1+2+5        | 1 or 2 (small) | 1+2+4         | 5 (small)  |
| <b>SATURDAY</b>  | 3 (small) then | CHEAT DAY    |                |               |            |

## NUTRITIONAL INSURANCE/RESULTS AMPLIFIERS

### PART 1: ID Nutrition Customized Vitamins—vitamins designed for YOU and YOUR goals

Before we get into a couple of examples of a great day of eating, we've gotta touch on one MAJOR piece of the nutritional puzzle that is typically GROSSLY inadequately addressed—vitamins and minerals.

It's probably no secret to you that the typical western diet is not exactly what experts consider complete.. Most of us have also probably been told we need to take vitamins, but did you know that the *quality* of the vitamins and minerals (not to mention the more complicated chemistry of certain harder to come by nutrients) DRASTICALLY effect your body's ability to actually “get something” out of your vitamins?

HINT: Centrum and One-a-Day AREN'T the answer for someone serious about health, performance, immune support, or just flat making sure their nutritional bases are covered. If you're taking a typical vitamin, it's VERY likely you're “eliminating” most anything that COULD be beneficial to your body...

Long story short, we recommend EACH and every one of our clients take the FREE individual nutrition assessment available at [dscvitamins.idlife.com](http://dscvitamins.idlife.com) , take a look at the recommendations, and see if individualized nutrition is right for you.

This assessment will address anything and everything to seasonal Vitamin D needs,



**Customized multi-vitamins and minerals by ID Life—take your free assessment today at <http://dscvitamins.idlife.com/> to see if it's right for you!**

various allergies and medications, stress level, and anything and everything in between.

If nothing else, you can see what ID Nutrition recommends you take for optimized health and performance.

**FACT:** a number of your body's fat-burning "processes" **CAN'T** function properly if certain vitamins/minerals aren't present in the right qualities—it ain't all calories in/calories out folks!

## **PART 2: Meal replacement/Protein shakes**

A lot of us are short on time and look for a quick answer to a healthier meal, and protein shakes are a popular choice for this purpose. (One of the most common questions I get is what protein should I take).

You have a number of options, and allergies or certain eating types (i.e. vegan) can limit your choices, but I have a few tips to help you pick a high quality shake that is right for you.

**FIRST:** Read your labels!

-Look for a shake with less than 10 grams of carbs (ideally), and **DEFINITELY** less than 10 grams of sugar

-You **DON'T** want a super long ingredient list with a bunch of things you can't pronounce (I'm talking about the list of things that are **IN** the protein **UNDER** the nutrition facts, if that makes sense)

-Also in the ingredients list, **DON'T** take any protein shake/supplement with soy protein as an ingredient (it will either be listed as soy protein isolate or soy protein concentrate, possibly as soy protein blend). Soy lecithin is okay (it's just an emulsifier and isn't in high enough quantities to do the bad things that high amounts of soy can do).

-Stay away from pre-made shakes (the ones already in liquid form that are ready to drink). These are typically **LOADED** with low quality, possibly harmful ingredients (they've gotta put stuff in there so it doesn't go bad... which tends to be bad for us!)

Recommended supplements:

-I'm a **HUGE** fan of the ID Life meal replacement shakes, they are a bit "higher end," but the whey is from grass fed cows, it's all organic, non **GMO**, soy free, **AND** has the bonus of an added superfood—micromilled chia seeds. This makes it the perfect breakfast or meal for almost anywhere in our meal plan "as is." I tend to have digestive issues with a lot of protein shakes and I don't with this stuff—that's huge for me.

-Once you get past the ID Life choice, there a lot of more basic options that are "okay" but not on the same level of quality:

-Optimum Nutrition 100% whey is a great value for a basic whey protein. As long as your digestion is okay with it, it makes for a great basic mixer with coconut or almond milk, some spinach or greens, and maybe a spoonful of natural almond butter. Not a bad choice.

-Progenex More Muscle is a great choice for a higher quality whey that is a little cheaper than the ID Life stuff—I LOVE the ingredients list on this product—very basic and high quality stuff.

-If you're a whole foods shopper, there are some decent rice/hemp protein options in their supplement aisles, just be sure to check the ingredient labels and check for the excess sugar (vegetarian proteins TEND to be slightly higher in carbs)

Other “Amplifiers”

Do some activity throughout the day—sneak in some counter pushups at work or some squats and pushups right before breakfast or dinner. Extra activity is a GOOD thing!

The more “extra” easy walks you can do (early morning or evening depending on if/when you're training with us that day), the better. Don't go crazy, but a little activity can go a long way.

### **SAMPLE EATING DAYS (woohoo!)**

|                  | <b>BFAST</b>   | <b>LUNCH</b> | <b>AFT</b>     | <b>DINNER</b> | <b>BED</b> |
|------------------|----------------|--------------|----------------|---------------|------------|
| <b>SUNDAY</b>    | 1+2+5          | 1+2+5        | 2 or 3         | 1+2+5         | 5 (small)  |
| <b>MONDAY</b>    | 1+2+3          | 1+2+5        | 2 or 3         | 1+2+4         | 5 (small)  |
| <b>TUESDAY</b>   | 1+2+5          | 1+2+5        | 1 or 2 (small) | 1+2+5         | 5 (small)  |
| <b>WEDNESDAY</b> | 1+2+3          | 1+2+5        | 2 or 3         | CHEAT         | 5 (small)  |
| <b>THURSDAY</b>  | 1+2+5          | 1+2+5        | 1 or 2 (small) | 1+2+5         | 5 (small)  |
| <b>FRIDAY</b>    | 1+2+3          | 1+2+5        | 1 or 2 (small) | 1+2+4         | 5 (small)  |
| <b>SATURDAY</b>  | 3 (small) ther | CHEAT DAY    |                |               |            |

Example 1: Sunday (lower carb day)

Breakfast: ID Life Meal Replacement shake w/ unsweetened coconut milk and a dash of cinnamon (optional, blend with some spinach for veggies, you won't taste it)

Lunch: Thai chicken stir fry (grilled chicken, veggies, and super fancy sugar free peanut butter (the 5) mixed in because I'm LAZY!)

Afternoon: couple of pieces of celery with some almond butter (or just some mineral water)

Dinner: grass fed STEAK, sauteed veggies #BOOM!

Before bed: 3g fish oil

Example 2: Monday (higher carb day)

Breakfast: Scrambled eggs with all kinds of peppers and veggies, handful of strawberries

Lunch: Subway salad (yes you can do that) chicken, veggies, banana peppers, oil & vinegar

Snack: Another handful of berries

Dinner: (oh no we're going out!) chicken fajitas, pico de gallo, veggies, and a sweet potato for the side (the #4)

Before bed: spoonful of almond butter

### **Cheat Day Mini-Guide**

The biggest thing on your cheats is to have FUN, relax a little bit psychologically, and give your body a bit of a “refeed.” That said, here’s some helping points for ya to make the most of cheat day.

-Get out and walk the day of your cheat day (or come in for a morning session). 20-45 minutes of activity is a great start!

-Start your day with a protein shake for your first meal. Getting some protein in is A) good for you and B) not enough to hold you back from having fun on your “day off”

-If you can sneak in some activity before your meals, do it! Counter pushups, squats, etc. anything to get the blood flowing is a GOOD thing before you go to town on your fun meals.

-Final thing, once again, have fun!

### **LINKS TO RESOURCES LISTED IN THE MANUAL**

#1: my email—contact me with questions at [grhoff@dungeonstrength.com](mailto:grhoff@dungeonstrength.com)

#2: ID Nutrition Individual Assessment (click “new users” at the bottom of the page to get started): <http://dscvitamins.idlife.com/takeassessment/index.html>

#3: Optimum Nutrition whey: <http://www.amazon.com/s/?ie=UTF8&keywords=100+whey+gold&tag=googhydr-20&index=aps&hvadid=32980371025&hvpos=1s1&hvexid=&hvn>

[etw=g&hvrnd=4967429416698107200&hvpone=&hvptwo=&hvqmt=b&hvdev=c&ref=⌘pd\\_sl\\_4yeoqduyk0\\_b](http://etw=g&hvrnd=4967429416698107200&hvpone=&hvptwo=&hvqmt=b&hvdev=c&ref=⌘pd_sl_4yeoqduyk0_b)

#4: Progenex: see me in the gym

#5: Cheat day—Black sheep pizza downtown is awesome! Also, if you're a wings fan—go to D-Spot in Oakdale—life changing :)

Let's roll!!!