



Free ebook
Start Your Journey
Towards Wellness
Today!

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"WHAT, HOW MUCH AND WHEN
TO EAT DETERMINE HOW WE
LOOK, FEEL, THINK, SLEEP,
LEARN, MOVE AND THRIVE (OR
NOT) IN EVERY AREA OF OUR
LIVES" ...



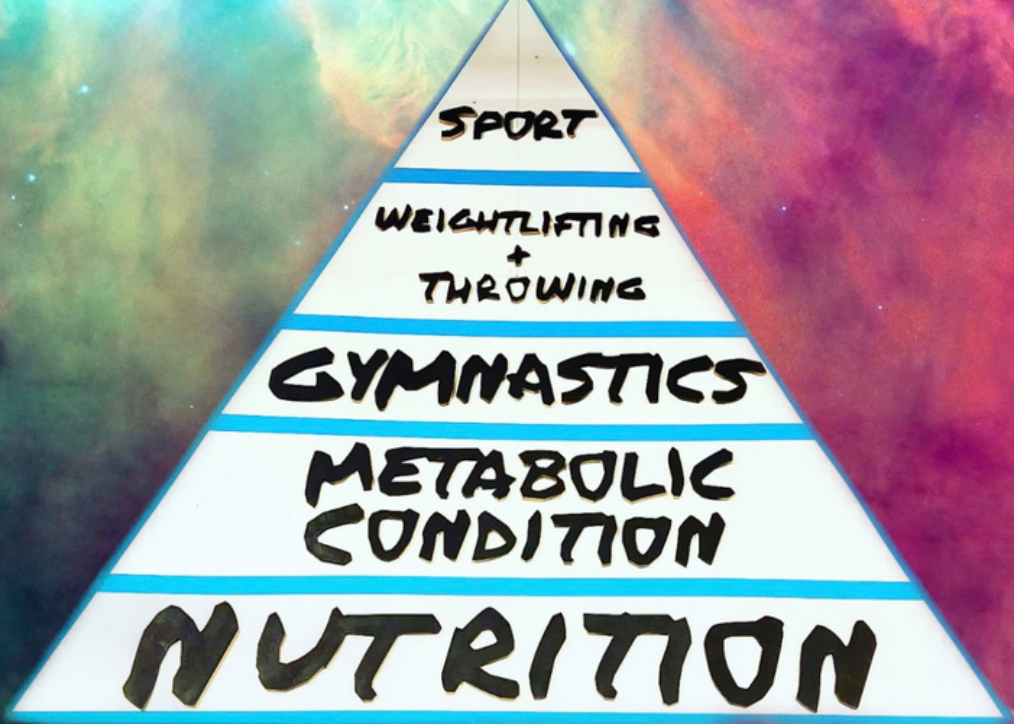
CrossFit
NORTH MIAMI BEACH

CrossFit Nutrition



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Introducing the AB CrossFit Nutritional Guidebook!

We're thrilled to have you on board. As the saying goes, "You can't outrun a poor diet." That's why nutrition is at the foundation of the Fitness Pyramid and our overall health. It impacts hormone regulation, digestion, energy levels, and our mood. Being conscious of what we consume and why is crucial. Ask yourself: are our choices nourishing or harmful? These are essential questions that demand our attention.

Tracking Fitness Progress with InBody 270 Scanner at AB CrossFit.

We utilize the InBody Scanner to establish your baseline and monitor your progress. This scanner breaks down your body fat and skeletal muscle percentages, enabling us to track and graph your results month over month.



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AB CrossFit recommends tracking physical measurements, taking InBody scans, pictures and monitoring body weight to create a plan to achieve your goals.

By doing so, the baseline for each individual can be accurately determined.



AGUSTINA & MARIANO

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Imagine "FOOD" AS A "FUEL".

Food is Medicine.

Every time you put food into your mouth,
you're feeding or fighting disease.



AB ESSENTIAL #1
Add Whole Foods to Your Diet

AB ESSENTIAL #2
Balance it

AB ESSENTIAL #3
Limit your consumption of Added Sugar



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Whether dining out or eating at home, employ the Eyeball Method to craft a healthy, balanced meal

The eyeball method is a simple technique for estimating food portions, ideal for beginners in nutrition planning or for those who find precise measuring stressful. While it helps in quantifying portions, it lacks the accuracy needed for optimal health and performance.

The Eyeball Method of Food Portioning



PROTEIN

A palm-size portion of chicken, beef, fish, or turkey is approximately 4 oz. and delivers 28 g of protein.



CARBOHYDRATE

If vegetables are being used as the main carbohydrate source, the serving should be double the size of your protein portion.



If using a denser carbohydrate source such as fruit or a starch such as rice or potatoes, then the serving size should be the same size as the protein source.



FAT

To round out the meal, add a thumb-sized portion (approximately a tablespoon or two) of good fats.





HEALTHY

Breakfast & Snacks

RECIPES



Mixed Berry Greek Yogurt Bowl

INGREDIENTS

- 1/2 Cup (50g) Raspberries
- 1/2 Cup (50g) Blackberries
- 1/2 Cup (50g) Blueberries
- 1 Cup (170g) Greek Yogurt
- 1 Tablespoon Chia Seeds



INGREDIENTS

- 1/2 Cup (50g) Raspberries
- 1/2 Cup (50g) Strawberries
- 1/2 Cup (50g) Blueberries
- 1 Tsp (25g) Peanut Butter
- 3 Scoops Protein (Ten Performance)
- 100 ml water



INGREDIENTS

- 1/4 Cup (20 gr) Oats
- 1/2 Banana
- 1/4 Cup (25g) Strawberries
- 1/4 Cup (25g) Blueberries
- 1/4 Cup (30g) Almonds
- 3 Scoops Protein (Ten Performance)



INGREDIENTS

- 1 Frozen Banana
- 1 Cold Coffee
- 1/2 Cup Soy Milk
- 1 tbsp Peanut Butter
- 3 Scoops Protein (Ten Performance)



INGREDIENTS

- 3 Eggs
- 1 Slice of Ezekiel Bread
- 1 Orange



GUIDED TESTED PROVEN

Guided:

Collaborate with a skilled coach to tailor a plan suited to your needs! Receive comprehensive meal ideas, recipes, and nutritional knowledge, plus more. Ongoing nutrition coaching is delivered via our exclusive App.

Tested:

Your nutrition coach supports you at every stage! At AB CrossFit, we monitor progress with biometric assessments, making sure clients meet their objectives. We adjust your plan as needed to maintain ongoing improvement.

Proven:

Our Program has been successfully adopted by hundreds of clients. We're confident in helping you achieve your desired outcomes!



REAL PEOPLE. REAL RESULTS.



ANDREA (50)



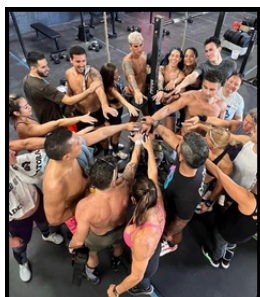
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"AB helped me realize that anything is possible when you have support. AB Nutrition Coaching changed my life completely. I feel confident at the beach now"

She lost 9.2 % of body fat & 18 lbs of weight

THANK YOU!
**WANT MORE INFORMATION IN OUR
SERVICES? HERE IS WHAT WE OFFER:**



01 GROUP FITNESS



**02 PERSONAL
TRAINING**



03 NUTRITION



04 TEEN PROGRAM



05 SPORTS



06 CAREER

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