



# Transformation Success Manual

Your Formula for Results

Storm Fitness & Performance

[www.stormfitness.com.au](http://www.stormfitness.com.au)

# Introduction

Transforming your body is more than just a workout and diet plan. If you want to achieve a true transformation, you need to have drive, commitment, motivation, and intensity.

There are 3 key factors that play into your transformation programming:

1. Training
2. Nutrition
3. Lifestyle

It is our goal to be able to help you modify all three of these factors to ensure that you are setting yourself up for success.

This transformation program is going to be a little different than ones you might have tried before or what you might think a program needs to be to get results. We are going to cut through all the fluff, give you just enough education to empower you to make HUGE changes, and set you on a plan that will allow you to adjust it to your life and make individual adjustments along the way.

## What you won't get in this program...

You aren't going to get a meal plan. I could give you one, but it wouldn't be catered to your personal food preferences, your schedule, or your individual nutrient needs.

Plus, in my experience, you probably wouldn't follow it all the time anyhow. We all like to think that we will stick exactly to the plan—until life gets in the way.

You also aren't going to get a training program that will crush you. We aren't going to ask you to perform hours upon hours of cardio, train dozens of hours per week, or any of the typical things you may see in other programs. However, you will be required to put in some work, maybe even a little on your own, so be prepared.

## What you ARE going to get!

This program is going to create a solid foundation of positive lifestyle changes, nutritional habits, and training.

We will create a baseline that will deliver results, and then the program is going to be adjusted to make sure that you are getting the results that you want. We will be working with you to hold you accountable for your actions, create a structured system to deliver great results, and start building positive habits that you can continue to use long after this program is completed.

## Warning!

A lot of the changes that we are going to ask you to make might seem incredibly simple—probably a little too simple to get the results you want.

Here is our secret....

### THEY ARE SIMPLE!

Usually it is the small, simple changes that will deliver the biggest results for us. With these simple changes, we are going to remove the biggest red flags and habits that keep people from losing the weight that they want.

**We are going to ask that you trust us!** That is a big thing to ask from most people who have tried and failed at a weight loss program before.

If you don't trust us, this program won't work. Put your faith in us, give us your best effort, and believe that you will get the results you want. If you do this, we will work as hard as we possibly can to ensure that at the end of this program, you look and feel your absolute best!

Trust and belief are two very powerful pieces of this programs success.

**The second thing that we are going to ask you to do is be accountable to yourself.** Sure, we are here to help you and give you guidance when needed. But, ultimately, you have to take ownership of your actions. Ultimately, it is you who must make the decision to stick to the plan or fall off the wagon.

Own your actions, and great things will start to happen!

# Goal Setting 101

If you are like most people, you have set some goals before. The problem is that you probably didn't set them as well as you could have to set yourself up for success.

The first key to a goal being great is making sure that it means something to you. It has to motivate you, and there needs to be some internal or intrinsic motivation behind this goal to ensure that when things get tough, you stick to the plan.

There are lots of reasons to set a weight loss goal, and I am not here to tell you what your reasons need to be to ensure your success.

It might be that you are incredibly insecure or unhappy with how you look, it might be that you are worried your significant other doesn't find you attractive anymore, or you could just want to look fitter and leaner for an upcoming event.

There is power in a reason when setting a goal. Make your reason big enough, and you will be diligent in your actions and success WILL HAPPEN.

If it just isn't a great time for you to be focused on your own transformation, that is still OK. Just be honest with yourself and know what kind of results to expect. **The results are an outcome of your actions.**

If you need a bit of help digging into your goals, let us know, and we will make sure to help you out.

We highly suggest using a 3x5 index card to write your goal down and keep it with you. Put it in your purse or wallet, hang it on the bathroom mirror, put it on the fridge or even on the dash of your car. Keep it in front of you and make sure you are reading it a few times per day.

Top of mind awareness helps you keep your willpower high and success more likely. This will be important in those times where your willpower might be weak or you are faced with making a tough choice or two.

That being said, it is OK to enjoy life as well! You don't have to be in a constant state of avoidance. Learn to enjoy social gatherings, time with friends, business lunches, and all these tough situations with your newfound motivation (because of your powerful goal) and your new secret weapons to success—your habits.

## How to Set Your Goals

1. Make it specific! Use real numbers or sizes to give you a specific target.
2. Make it measurable! You must have a way to quantify your progress and know when you have reached your goal.
3. Make it action-oriented! Make sure when you write out your goal it is a positive goal that is based on actions that you can take to reach it.
4. Make it reasonable! This sounds silly because I want you to shoot for the stars, but you also have to set yourself up for success. You may not be able to reach your ultimate look or lose 20kg in a few weeks, but you can get a good jump start on it.
5. Make it time-based! You have to set some deadlines on your goal. This is why we run transformation programs; your deadline is set for you.

When you write out your goal, here are some examples:

Poorly written goal:

*I want to lose some weight.*

Well-written goal:

*I will weigh 70kg (5kg less than I do now) in 6 weeks.*

Amazingly written goal:

*I will weigh 70kg in 6 weeks by improving my nutrition habits, getting more sleep, and exercising 3 times per week.*

Feel free to add in emotions to your goal such as "*I will feel amazing when I weigh 70kg...*" as it adds some positivity to your goal when you read it.

The keys here are you are projecting that the goal will happen (I will vs I want to), you are being specific (the exact weight), you are being positive (list the weight you will be vs the weight you will lose), and you have actions to help you reach the goal (3 times per week exercise).

Remember, setting great goals is a huge part of ensuring your success.

Go ahead and write out your goal. If you need help, ask a coach to give some assistance.

If you run into troubles, try starting with a goal and then asking yourself "Why?" five times to keep digging to get the real answer to your "What is my goal?" question.

# Habit Self-Assessment

Remember those 3 key factors we discussed earlier? Training, nutrition and lifestyle. Now it is time to do a quick little self-assessment to see where you can make a few small improvements to get big results.

## Nutrition

1. Do you eat protein at every meal? Y N
2. Do you eat at least 5 servings of vegetables a day? Y N
3. Do you consume calorie-containing beverages such as soft drink, sweetened teas, or coffees or juices? Y N
4. Do you eat more than 3 servings of refined grains, sugary foods or processed foods a day? Y N
5. Do you constantly feel 'stuffed' or overly full after eating? Y N

## Training

1. Do you perform strength training or weight lifting? Y N
2. Do you perform cardio? Y N
3. Do you exercise for more than 3 hours per week? Y N

## Lifestyle

1. Do you consume more than 4 alcoholic beverages a week? Y N
2. Do you get at least 7 hours of good sleep a night? Y N
3. Do you eat at restaurants or order takeout more than 3 times per week? Y N
4. Rate your stress level, on average, using a 1-10 scale (10 being the highest):

Based off your answers to these questions, you can start to make some simple adjustments to your nutrition, training, and lifestyle to make faster progress towards your goal.

In an ideal world, we would get "Yes" answers to all of the questions, and your stress levels would be relatively low. However, we realize that you might not be there yet. In fact, if you did answer yes to everything, you probably wouldn't be getting help from us!

We attempted to place the questions in order so that it would make it easy to identify what changes we should make first; however, there is always some personalization that needs to take place.

To make progress as quickly as possible, we will want to start with the following basic guidelines that move us a bit closer to “yes” answers on all of these questions.

- 1. Make sure to include a lean protein at every meal**
- 2. Eat at least 1 serving of vegetables at each meal**
- 3. Eliminate all calorie-containing drinks (i.e., drink more water!)**
- 4. Aim for 2-3 strength workouts per week and 2-3 cardio sessions per week**
- 5. Eat to 80% full, mindfully**

Don't worry if all of this seems a bit overwhelming at first. We will be getting to the specific guidelines and some recommendations very soon. However, keeping these habits at the forefront of what you are trying to accomplish will go a long way in your long-term success.

You can also use these same questions anytime you feel like you aren't making the progress you want. It will help you assess where you can make changes to get the best possible results.

# Nutrition

When it's all said and done, the main goal is to help you reach your goal, but to do that we need to establish a nutritional starting point or baseline for you. Most people will start getting positive results by simply sticking to these recommendations. From there, you can make adjustments with your coach to make faster progress or overcome any plateaus that you might hit.

If you find that you aren't seeing positive results and you are sticking to these guidelines, please see your coach for some additional changes or support.

Here are your baseline nutrition recommendations:

## Tier 1

Tier 1 is a great starting point for most of our clients. This allows you to get in an adequate amount of food and makes your transition easier. If you are just starting out on your weight loss plan or new to our program this is where you should start.

### Women

- 3-4 servings of lean protein
- 2-3 servings of carbohydrates
- 4-6 servings of vegetables
- 2-3 servings of fat

### Men

- 4-6 servings of lean protein
- 2-3 servings of carbohydrates
- 6-8 servings of vegetables
- 4-6 servings of fat

**SPECIAL NOTE:** If you find it easier to account for your food by meal vs by day, then we recommend starting with 3-4 meals a day as your schedule and lifestyle allows. You can spread out the servings for the day evenly across the meals and aim to get your carbohydrate servings in around your workout.



## Tier 2

Tier 2 is reserved for intermediate clients who have mastered eating quality foods at the Tier 1 level. Think of this as the second phase of your nutrition plan. Once Tier 1 stops working for you, it is time to move on to Tier 2.

### Women

- 3-4 servings of lean protein
- ½ - 1 servings of carbohydrates
- 4-6 servings of vegetables
- 2-3 servings of fat

### Men

- 4-6 servings of lean protein
- 1 servings of carbohydrates
- 6-8 servings of vegetables
- 3-4 servings of fat

These will be your servings for the entire day. The number of meals that you spread the food over is up to you. We do recommend that you try to get in 3-4 meals a day but you can certainly eat 4-6 smaller meals or 2 larger meals and 2 snacks if needed.

## Serving Sizes

So, what is a serving?

**A serving size equals the following:**

- 1 serving of protein = the palm of your hand
- 1 serving of carbs = a cupped handful
- 1 serving of vegetables = 1 clenched fist
- 1 serving of fat = 1 thumb

We highly suggest printing out this resource to reference if needed:

<http://www.precisionnutrition.com/calorie-control-guide>

## Recommended Food Sources

### Proteins

Lean Ground Beef (90% of leaner)	Ground Turkey Breast	Pork Tenderloin
Flank Steak	Chicken Sausages*	Boneless Pork Chops
Sirloin Steak	Eggs* (3 eggs = 1 serving)	Boneless Pork Loin
Beef Filet/Tenderloin	Egg Whites (1/2 cup = 1 serving)	Kangaroo
Round	Fish	Cottage Cheese (low- or non-fat)
Chicken Breast	Shrimp	Greek Yogurt (non-fat)
Turkey Breast	Salmon*	Protein Powder (whey or casein)

*\*includes 1 serving of fat as well*

### Carbohydrates

Most Fruits	Oatmeal	Pumpkin
Rice	Quinoa	Corn
White Potatoes	Tortilla (1 med = 1 serving)	Spaghetti or Butternut Squash
Sweet Potatoes	Beans	

### Vegetables

Spinach	Yellow Squash	Celery
Broccoli	Asparagus	Kale
Cauliflower	Brussel Sprouts	Romaine
Capsicums	Green Beans	Cabbage
Onion	Peas	Bok Choy
Tomato	Carrots	Watercress
Cucumbers	Artichoke	Radishes
Zucchini	Eggplant	Turnip

Parsley

Sauerkraut

Collards

Shallots

Mushrooms

Salsa

## Fats

Extra Virgin Olive Oil

Avocado

Cheeses

Coconut Oil

Flax meal

Pumpkin Seeds

Nut Butters (almond,  
cashew, peanut)

Butter (grass fed if  
possible)

Sunflower seeds

Raw mixed nuts

Ghee

Chia Seeds

## Substitutes

- Substitute cow's milk with unsweetened almond or almond coconut blend milk
- Substitute stevia for sweeteners

## What about my condiments?

Condiments can be tricky. It is scary how quickly you can add fat and sugar to your meals with condiments.

*Use the following liberally:*

- Mustard
- Hot Sauce
- Salsa
- Apple Cider Vinegar

*Use the following moderately:*

- Tomato Sauce—Get a low sugar brand or brand with as few ingredients as possible
- Dressings
- Sauces

Check your labels on all condiments to ensure that you aren't getting a sugar or fat bomb when trying to add some flavor to foods. Instead of sauces try various seasonings to add more flavor.

## Nutritional Troubleshooting

Use the following questions and answers to troubleshoot any issues you are having with your progress.

### Q1) I am not losing any weight. What do I do?

A1) First, go back and review your meal compliance tracking sheets to determine if you are meeting your daily food requirements. Do a quick self-assessment. Are you being honest with the portion sizes? Have you hit your targets 90% of the time? Are you consuming less than 4 alcoholic beverages a week?

If you can answer yes to all of those questions, you can move on to the next solutions. If you answered no to any of those questions, you need to get back to the basics.

If you are hitting your targets, it might be time to make a few changes. If you are hitting the upper ranges, then start to work your way to do the lower ranges by adjusting carbohydrates first, then fats, and finally only if needed proteins.

### Q2) I am hungry all the time. What can I do?

A2) There are a few things that will help, and it all starts with your daily requirements. Make sure you are hitting the upper limit of your vegetables. This will help you feel fuller without impacting fat loss. You can also make sure you are drinking plenty of water. Often, thirst and hunger can be confused by the body.

### Q3) I am having trouble eating all of my food, what can I do?

A3) Slowly work your way up. You don't need to stuff yourself, but make sure you are not grazing throughout the day and not noticing it. Be cautious of candy jars at work, food that is left out for people to nibble on when they get hungry, and mindless eating throughout the day. It can add up and lead to you not being hungry when you should be and when you have access to good foods.

### Q4) How do you track foods that aren't easily measured using your hands—things like eggs, protein powder, etc.

A4) This can be tricky, but it doesn't need to cause you a lot of worry! Think in terms of grams of protein, carbs, or fats, and then use estimates. Typically, you want to think of a serving of protein as 25-30g, carbs as the same and fats as 10-15g. So for eggs you are looking at 3 eggs being a serving or usually 1 scoop of protein powder equaling a serving. Use your best judgment when it comes to these foods and assess the outcome. If you aren't losing weight and you are consuming a lot of these foods try cutting them back a bit.

### Q5) Won't carbs make you fat? Won't fat make you fat?

A5) The short answer to this is no for both questions. In our experience it is best to start you out on the highest amount of food and macronutrients (protein, carbs and fat) that gets the desired result. This way you have a bit of room to adjust things if weight loss slows down for you later. Often, you won't get faster progress by cutting these things out, and even if you do get faster progress, you are much more likely to stall out sooner. We would rather get the best possible results changing the fewest things.

That being said, it is quite possible that you will have to adjust some of your food and eat a lower carbohydrate (not a no-carbohydrate) diet for a period of time. You can work with your coach to make some adjustments.

### Q6) What if I want really fast results?

A6) You can get them! However, we recommend that you try out the baseline food recommendations first to see what kind of results you get before making any drastic changes. There is some validity though of eating for your body type and we know that you want results fast. So, follow the recommendations below:

### Q7) I think I need a meal plan. What does a normal week look like?

A7) Meal plans are great...when all the stars align and life doesn't get in the way. However, the second that something comes up or you are forced to eat a meal that isn't on the meal plan it can throw you into a spiral.

Meal plans also don't factor in your budget, your food preferences, or meal timing preferences.

They simply don't normally work, but we do understand that it is nice to see some guidelines.

### Q8) What about recipes that don't fit the exact portion sizes? Like soups and other recipes?

A8) These can seem a little tricky at first, but they don't have to throw you off completely. First, look at the ingredients and use your best judgment. If the recipe has protein in it, then make sure you account for at least 1 serving of protein. The same goes for the other ingredients including carbs, vegetables, and fats. Use your best judgment on these and adjust as needed. Pay close attention to the oils and other fats being used as those ingredients can throw things off quickly, but can be easily identified if needed.

### Q9) How do I make good food choices when I eat at restaurants?

A9) Dining out can be tricky. The first step is to not go in unprepared. Take a look at the menu ahead of time and if possible volunteer to plan the event for your group, whether it is for work or for fun. This allows you to control where you are eating!

When you look at the menu ahead of time (most places have online menus now), breeze through and check out what options you should consider that fit your plan. Watch out for fried, breaded, blackened, etc., which indicate that the protein may be cooked in a lot of extra fats or oils.

Anytime you can opt for the leaner cuts of meat so that you account for the additional fats that the chef will inevitably use to prepare your food. It is recommended that you start off with a salad with an olive oil or vinaigrette dressing. There have been studies shown that you eat less if you start the meal off with a soup or salad. This also make sure you get some green vegetables in before the meal starts.

Do you best to avoid the breads and chips that might come out ahead of time. This is where having a salad come out early can help you out.

When ordering your meal, opt for the lean cuts of meat such as chicken breast, white fish, or sirloin, lean ground beef, etc. Order a side of vegetables or even get a double side of veggies.

The main thing you should remember is that it is okay to ask the server questions about your food and how it is prepared. Don't be afraid to ask for substitutions and offer to pay extra if needed to make them. Most restaurants are used to these requests and as long as you are polite and ask nicely they will accommodate your needs.

## Sample Daily Plans

These plans are only samples to give you an idea of how to lay out a daily eating regimen based on your schedule. If you have specific questions please see a coach.

### Tier 1

#### *Meal 1 7am*

- 3 Eggs
- 2 Chicken Apple Sausages
- 1 handful of Spinach
- 1 serving of oat meal
- ½ -1 cup unsweetened almond milk

#### *Meal 2 12pm*

- 1 chicken breast
- 1 serving each of broccoli and carrots
- 1 med sweet potato

- 1 serving grass fed butter

#### *Meal 3 6pm*

- 1 serving lean beef
- 1 serving of green beans
- 1 salad with mixed greens, tomato and cucumbers
- 1 serving olive oil (dressing for salad)
- 1 small bowl of mixed berries and a dollop of whipped cream

#### *Meal 4 8pm*

- 1 scoop chocolate protein powder
- 1 serving of peanut butter
- Almond milk to mix into paste/pudding

#### *Totals for the day*

- Protein= 5
- Vegetables=5
- Carbs= 3
- Fats = 4 – 4.5 depending on amount of whipped cream

That is a solid day for a female looking to lose fat and create a healthy baseline. You can adjust the amounts and timing of meals based on your schedule. For a male you could simply increase the protein servings by adding in ½-1 serving in meals 2-5 or add in an additional snack depending on hunger levels and preferences.

## Tier 2

#### *Meal 1 7am*

- 3 Egg Omelet with onions, peppers, and tomatoes
- 1 pinch of cheese
- Salsa

#### *Meal 2 10am*

- 1 Cup Non Fat Greek Yogurt
- ½ cupped handful of berries
- 1 serving of crushed walnuts or almonds

### *Meal 3 1pm*

- 1 serving salmon
- 1 serving asparagus
- Small salad with balsamic vinaigrette
- 1 serving of white rice

### *Meal 4 4pm*

- 1 Scoop vanilla protein
- 1 Tbsp cacao nibs or powder
- ½-1 Cup unsweetened almond milk (amount based on desired thickness of shake)
- 1 handful of spinach or kale
- 1 serving of flax meal

### *Meal 5 7pm*

- 2 Servings of Ground Bison
- 1 servings of mashed cauliflower (with 1 serving of added butter)
- 1 Serving of sautéed Kale (with 1 serving of olive oil)

### *Totals for day*

- Protein= 6
- Vegetables= 6 (includes salsa as 1)
- Carbs= 1 ½
- Fats= 6

This is a great plan for a male that likes to eat frequently with a midday workout. For a female you would simply reduce the amount of protein by limiting each meal or removing one of the smaller meals/snacks. You could also adjust the carbohydrate placement around your workout by moving them to the meals that are before and after your workout.

As you can see the way you eat can be adjusted on your personal preferences as long as you use the guidelines to make your adjustments and plan your meals accordingly. There is no perfect plan, but if you need help overcoming some obstacles make sure to see your coach for personal recommendations.



## How Do You Make Nutritional Adjustments?

When you are at a sticking point or need to accelerate your results here is the hierarchy of change that you will need to make:

1. Ensure that you are truly hitting 90% of your recommended food intake and sticking to the plan, which means NO CHEATING! Be honest with yourself and your coach; that is the only way this will work. You need to be on target and within your ranges for food, training and alcohol consumption before making and adjustments. Do this by using your Food Compliance Tracker and Habit Trackers.
2. If you are hitting your targets it might be time to clean up your nutrition a bit more. First let's adjust your carbohydrate intake. If you are eating carbs and fruit at each meal cut that back to only 1 serving per day around training.
3. If you are already in the lower carb phase or tier 2 then it is time to adjust your portions. Start aiming for the lower end of your food ranges.
4. If you are at the lowest end of your food ranges take a look at your training. Are you hitting at least 3 days of workouts with your coach and getting in 2-3 walks or conditioning sessions in per week? If not start aiming for 5 hours of total exercise time each week. This can be a accumulation of training, conditioning and walking. See your coach for recommendations if needed.
5. IF you are hitting your targets, eating on the tier 2 plan, are eating at the low end of your food ranges and getting in 5 hours of total training time per week we need to look at lifestyle. You need adequate recovery for your body to run at optimal levels. Aim for at least 7 hours per sleep of night and work to get to bed 30-60 minutes earlier this week.
6. If you are still struggling to lose weight at this point see your coach for individual adjustments to your plan and troubleshooting. Be prepared to bring your food compliance trackers, habit trackers and any other info your coach needs to help you make the right adjustments.

# Training

The best part about this program is that we are going to take care of most the training for you! Your goal is to show up to your scheduled sessions and put in the work.

We recommend a minimum of 2 sessions per week, and 3-4 is optimal. We understand that everyone has busy schedules, but for a few short weeks, we are going to ask you to create the time and make training a priority.

If you travel for work, find a gym to do a workout. Honestly, it doesn't matter exactly what you do, as long as you give your best effort. A quick circuit on the machines in the gym is better than nothing. You can see your coach for some recommendations if you need them.

In addition to your training sessions here at Storm, we recommend that everyone get in at least 3 days of walking for 20-60 minutes. If possible, we prefer you do this outdoors. It will be good for your progress and good for your stress levels as well. The walk can be a leisurely to brisk pace.

You don't have to hit all of these workouts right away if you are just starting. Focus on getting to your training sessions first and add in walks as needed.

Any additional cardio, yoga, or Pilates classes or other training is just bonus. A few sprint sessions or interval sessions here and there could be useful for you as well. Your coach can assist you with those if you feel like they are needed.

For most people, we have found that 3-4 days of bootcamp/strength training and 4-6 days of short walks will do the trick and lead to great progress.

Keep in mind that we are looking for *progress* and not *perfection*. We would rather see you be consistent with your training than burnout after a few weeks of trying too much.

# Lifestyle

This is often the forgotten piece of the transformation puzzle. Your lifestyle can either work for or against you when it comes to looking and feeling great.

Here are a few tips that can help you out:

1. Aim to get at least 7 hours of sleep a night. If you aren't anywhere to close to that right now, try to create a pre-bedtime ritual that helps you prepare for bed and start working on going to bed 20-30 minutes sooner until you reach that magic 7 hours number. You can make small, incremental progress on this as well over the course of weeks.
2. Stress management plays a big part in weight loss. A stressed body will fight you every chance you get. Try some deep breathing a few times per week. Even 5 minutes of this a day can make a big difference or use your walks outdoors to practice breathing into your belly and taking your mind off all the things in your life.
3. Create a support system. Use your family and friends as a crutch during this time by filling them in on your goals and letting them know why you are doing this for yourself. Make sure they know you need their support. You will be surprised how much this helps when things get tough for you.

# Supplements

Supplementation can be really confusing! There are so many options and so many ads that promise great results by taking a little pill or consuming a powdered mix.

Let me make it really easy for you...

Nutrition, training, and lifestyle changes are going to make the biggest impact on your results.

But we also know that you are going to ask about supplements, so here are our basic recommendations.

## Multivitamins

It is a good practice to include a quality multivitamin to your daily routine to cover all your bases. There really isn't any need for a crazy expensive multivitamin or some special blend. You can pick up one that fits your budget.

However, in many cases, you get what you pay for with a multivitamin and a few other supplements.

## Fish oil

Getting in your Omega-3 fats, especially EPA and DHA, are important to your overall health. Not only will you feel better, but they help to reduce inflammation and have numerous other benefits.

We recommend that you get in at least 1000mg of EPA and DHA each day. Depending on the variety/brand of fish oil that you purchase, this could be several servings a day, or it might be just one or two.

Fish oil is one of the supplements that we would rather have you invest a little bit more on than try to save a few dollars here and there. Liquid is by far the best choice because you can get everything you need in one serving. It is more concentrated and higher quality.

You can get these in flavored varieties, and they taste fine. Adding them to a shake or just slamming back a serving is a great way to get all your Omega-3s in for the day. Keep them in the fridge.

If the thought of drinking fish oil grosses you out, you can certainly take pills.

However, if you compare the amount of DHA and EPA in the pill form vs the liquid you can see the difference:

### Pills

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†

### Liquid

Supplement Facts		
Serving Size: 1 Teaspoon (5 mL)		
Amount Per Serving	% Daily Value*	
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Total Omega-3s	3500 mg	†
EPA (Eicosapentaenoic Acid)	2000 mg	†
DHA (Docosahexaenoic Acid)	1000 mg	†
Other Omega-3s	500 mg	†

As you can see from the pictures, you would have to take 6 soft gels (these were from the same brand of fish oil) to get close to the same amount of EPA and DHA that you would from 1 tsp of fish oil.

### Protein powders

Sometimes getting in your protein servings can be tough! That is where finding a high quality protein supplement can come in handy. It is easy to make on the go or take with you on the road.

To make it easy for you, 1 serving for you will equal 1 scoop of protein. Typically, that will be 20-30g of protein.