



*Back to Basics*  
a  
*Nutrition and Fitness*  
*Guide*

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## Back to Basics A Nutrition & Fitness Guide

*Congratulations!*

*You've just taken your first step to becoming healthy and fit. You must realize this is a life long commitment and that there isn't any shortcuts. This program is guaranteed to work for any "body" at any point in life. I'm so confident that what I have to share with you will motivate you, give you a healthy new outlook on life and open doors to a whole new way of living. There's never a need for dieting! Erase that word from your vocabulary. Healthy eating & exercising regularly is all the body requires to maintain it's vitality & youth. The body slenders itself naturally from proper nourishment, but we must exercise regularly if we want to reveal our sexy curves.*

***First**, you absolutely must change your eating habits. The place to begin is in your own kitchen. By preparing your own meals, you are guaranteed to get low fat nutritious meals without the additives and preservatives that cause so many of our nation's health issues. There's no need to spend money on expensive diet programs, diet software or even joining weight loss centers, once you understand portion control and calorie counting, you will realize all you ever needed to maintain your weight was already in your control.*

**Second**, you must commit to exercising a minimum of 3 to 4 times weekly. The body needs exercise to maintain its vitality and youth. Women need weight bearing exercises to prevent bone loss and to lift and tighten the body.

**Third**, you must motivate yourself. Spend time admiring your beautiful body. Love yourself enough to not let harmful substances enter into it. For it's "positive self love" that has the greatest power to lead us into self control and motivation.

**Forth**, find a healthy medium to live by. Surround yourself with positive images. Remember, good health comes from studying, reading and implementing the changes you make into your everyday lives.

Last but certainly not least, you must make a commitment to follow the combinations above. You will see tremendous results for the efforts you put forth. Congratulations again for taking your first step to becoming healthy and fit!

## Table of Contents

- **Basic Food Substitution Chart** – This is a basic food substitution chart. At the top is the list all the “refined foods” numbered from 1 – 24. At the bottom of the list I all the “wholesome foods” also numbered from 1 – 24. Simply replace those at the top with those at the bottom. This will help eliminate refined sugar, sugar substitutes, saturated fats, bleached flower & imitation products from our diets.
- **Basic Food Calorie Counter** – This is a basic food caloric counter listing simple foods that are easily to consume and cook with every day. It’s broken down into several categories of quantities, fat, protein, carbohydrates and calories. This is so that you can keep track of your daily caloric intake.
- **Basic Daily Menu** – This basic daily menu gives you a simple meal plan that’s easy to follow. All you totals are calculated for you and you know exactly what you are consuming. You can eat the same thing everyday or mix and match from the Food Calorie Counter.
- **Basic Home Exercise Program with Dumbbells** – This program will give you a full body workout for those of you that hate going to the gym. You will need to invest in some dumbbells, 5lbs, 7lbs & 10lbs.... heavier if you can lift more. You’re working different body parts each day and you will need to commit anywhere from 1 - 1.5 hours a day to complete.
- **Basic Gym Exercise Program with Barbells** – This program is what I do on a weekly basis. You are working one or two body parts each day and these exercises will give you the results you’re seeking.

# Basic Food Substitution Chart

***Substitute all the Refined Foods with all the Natural Foods!***

## **Refined Foods**

- 1 Ketchup, A-1 Sauce
- 2 Saturated fats, lards oil (Crisco, margarine, salad dressings)
- 3 Ice Cream
- 4 Packaged, frozen canned fruits & vegetables
- 5 M.S.G., commercial seasonings
- 6 Dyed orange and processed cheeses
- 7 Baking soda, baking powder, preserved yeast
- 8 Chocolate, cocoa
- 9 Potato chips (doritos/fritos/tostados)
- 10 Beef, Pork
- 11 Sugar & sugar substitutes (raw/white/brown)
- 12 Milk (pasteurized, homogenized)
- 13 Table salt, iodized salt
- 14 Tap water
- 15 Soda, coffee, tea
- 16 All commercial cereals
- 17 White Bread
- 18 Jams, jellies, preserves
- 19 Crackers made w/ saturated fat or bleached flour
- 20 Candy
- 21 Aspirin, minor medicaments
- 22 Bleached, Salted nuts
- 23 Chemical imitation flavor
- 24 Preserved mayonnaise

## **Natural Foods**

- 1 Homemade sauces, tamari, soy sauce
- 2 Unsaturated, unrefined oils (safflower/sesame/sunflower)
- 3 Yogurt, non-dairy products, homemade Ice cream
- 4 Loose fruits & vegetables in season, homemade soups
- 5 Dried herbs and herbal blends
- 6 Feta cheese, goat cheese, unpasteurized cheese, cheese substitutes
- 7 Natural yeast, living starters unleavened products
- 8 Carob and carob products
- 9 Natural corn munchies, rice cakes, nuts and seeds
- 10 Fish, fowl, organic eggs
- 11 Honey, maple syrup, date sugar, dried fruits
- 12 Soy, almond milk, raw milks, goat's milk
- 13 Powdered kelp, seaweeds, sesame salt
- 14 Spring or mineral water
- 15 Pressed juices, coffee substitutes, herbal teas
- 16 Granola, rolled oats oatmeal, whole cracked & flaked grain cereals
- 17 Sprouted whole-grain or stoneground breads
- 18 Natural fruit butters, honey
- 19 Whole grain crackers, wheat, rye or rice cakes
- 20 Dried fruit and nut bars, whole dried fruit
- 21 Herbal teas, compresses, herbal remedies
- 22 Nuts in shell, raw or home-roasted whole nuts
- 23 Pure extracts
- 24 Natural mayonnaise (homemade or natural)



# Basic Food Calorie Counter

*Use this table below to prepare your meals and keep track of your ratios!*

FOOD VARIATIONS	RATIO	FAT	PROT	CARBS	CAL
Egg	1 whole	5	6.3	0.6	75
Eggwhites	1	0	3.5	0.3	17
Oatmeal	1 cup	2.4	6	25.2	145
Wheat Bread	1 slice	0.5	4	11	60
Mini Bagel	1	0.5	2	16	77
Pineapple	1 slice	0	0	11.5	45
Grapefruit	1 whole	0.1	0.6	11.9	46
Cherries	1 cup	0.4	1	12.6	52
Banana	1 whole	0.6	1.2	26.7	105
G rapes	1 cup	0.4	0.6	15.8	58
Apple	1	0.5	0.3	21.1	81
Strawberries	1 cup	0.6	1	10.4	46
Peach	1	0.1	0.6	9.4	37
Plum	1	0.4	0.5	8.6	3.6
Watermelon	1 cup	6.9	1.5	17.1	75
C a n t a l o p e	1 cup	0.4	1.4	13.4	58
Honeydew melon	1 cup	0.2	0.8	15.6	60
Pineapple	1 cup	0	0	11.5	45
Nectarine	1	0	1.3	16	67
Orange	1	0.1	1.4	16.3	65
Pretzels	10 ea	0	2	23	110
Cookie	1	7	2	16	130
Sorbet Ice Cream Bars	1	0	2	20	90
Strawberry jam	2 tbsp	0	0	26	100
Chicken	1 breast	7.6	29.2	0	193
Turkey Bacon	1 slice	2.5	2	0	30
Turkey	1 slice	1	1.6	2	80
Tuna	6 o z		3.9	0	180
Cod	8 o z		5.1	0	239
Salmon	4 o z		2.5	0	234
H a l i b u t	4 o z		30.3	0	159
Sole	4 o z		27.4	0	133
Red Snapper	4 o z		3	0	145
Brown R ice	1 /4 cup	1	3	33	150
Potato	1 med	0.2	4.7	51	220
Beans	1 cup	0.4	7.6	23.5	125
Broccoli	1 cup	0.2	1.3	2.3	12
Spinach	1 cup	0.1	0.8	1	6
Corn	1 cup	1.1	2.7	20.6	89
Carrots	1 cup	0.1	0.6	5.6	24
Celery	1 cup	0.2	1.3	2.3	12
Mixed Vegetables	1 cup	0	1	2	25
Green Beans	1 cup	0	1	5	25
BBQ Sauce	2 tbsp	0	10	11	70
Fat Free Vinaigrette	2 tbsp	0	0	2	5
Protein Bar	1	2.5	10	45	230
Protein Drink	1 pk	1	17.5	2.5	85
Orange juice	8 oz	0	0	28	120
Cappuccino	1 cup	3	1	13	80
*Don't count the fat from fish					
*Aim for 2gm of carbs per 1lb of body weight					
*Aim for .75-1gm of protein per 1lb of bodyweight					
All food items are in grams					

## Basic Daily Menu

Daily or weekly menu using the basic food calorie counter. This menu is 1200 calories and meets the standard daily recommended allowances

Variations	Qty	Fat	Prot	Carb	Cal
<b>Breakfast</b>					
Eggwhites	4	0	14.0	1.2	68
Turkey Bacon	2 slices	5	8	0	120
Wheat Toast	1 slice	.5	4	11	60
	<b>Totals</b>	<b>10.5</b>	<b>26</b>	<b>12.2</b>	<b>248</b>
<b>Snack</b>					
Protein Drink	1	1	17.5	2.5	85
	<b>Totals</b>	<b>1</b>	<b>17.5</b>	<b>2.5</b>	<b>85</b>
<b>Lunch</b>					
Wheat Bread	2 slices	1	8	22	120
Turkey	2 slices	2	32	4	160
Orange	1 whole	.1	1.4	16.3	65
	<b>Totals</b>	<b>3.1</b>	<b>41.4</b>	<b>42.3</b>	<b>345</b>
<b>Snack</b>					
Banana	1 whole	0.6	1.2	26.7	105
	<b>Totals</b>	<b>0.6</b>	<b>1.2</b>	<b>26.7</b>	<b>105</b>
<b>Dinner</b>					
Chicken	1 breast	7.6	29.2	0	193
Broccoli	1 cup	0.2	1.3	2.3	12
Brown rice	1 cup	1	3	33	150
	<b>Totals</b>	<b>8.4</b>	<b>34.2</b>	<b>24.6</b>	<b>355</b>
<b>Snack</b>					
Sorbet Ice cream bar	1	0	2	2	90
	<b>Totals</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>90</b>
<b>Daily Totals</b>		<b>23.6</b>	<b>122.3</b>	<b>110.3</b>	<b>1228</b>

## Basic Home Exercise Program with Dumbbells

	<i>Sets</i>	<i>Reps</i>
<b><u>Monday (Chest/Shoulders/Back)</u></b>		
Flat Dumbbell Fly (chest)	3	12
Cross Bench Pullovers (shoulders/lats)	3	12
Dumbbell Rows (back)	3	12
Cardio 30 mins / Stretching / Upper Abs		
<b><u>Tuesday (Hips/Buttocks)</u></b>		
Basis Squat with Side Lifts	3	15
Single-leg Bridge Kicks	3	15
Kettlebell Swing	3	15
Cardio 30 mins / Stretching / Lower Abs		
<b><u>Wednesday (Biceps/Triceps)</u></b>		
Alternate Dumbbell Curls	3	12
Concentration Curls	3	12
Tricep Kickbacks	3	12
Tricep Extensions	3	12
Cardio 30 mins / Stretching / Upper Abs		
<b><u>Thursday (Quads, Hams)</u></b>		
Dumbbell Squats	3	12
Alternating Curtsey Lunges	3	12
Step Ups	3	12
Cardio 30 mins / Stretching / Lower Abs		
<b><u>Friday</u></b>		
Off		
<b><u>Saturday</u></b>		
Cardio 1 hour / Stretching / Abs		
<b><u>Sunday</u></b>		
Off		
<b><u>Ab Routine (Upper)</u></b>		
Forward Crunches	2	50
<b><u>Ab Routine (Lower)</u></b>		
V-ups	2	50
	<i>Sets</i>	<i>Reps</i>



## Basic Gym Exercise Program with Barbells

### **Monday (Chest/Shoulders/Back)**

Incline Bench Press	3	12
Front Lateral Raise	3	12
Lat Pulldowns	3	12
Cardio 30 mins / Stretching / Upper Abs		

### **Tuesday (Quads/Calves)**

Barbell Squats	3	12
Curtsey Lunges	3	12
Seated Calf Raise	3	15
Cardio 30 mins / Stretching / Lower Abs		

### **Wednesday (Biceps/Triceps)**

Concentration Curls	3	12
Low Pulley Curl	3	12
Tricep Pushdowns	3	12
Cardio 30 mins / Stretching / Upper Abs		

### **Thursday (Hams, Butt)**

Lying Leg Curls	3	12
Straight Leg Deadlifts	3	12
Barbell Glute Bridge	3	12
Cardio 30 mins / Stretching / Lower Abs		

### **Friday**

Off

### **Saturday**

Cardio 1 hour / Stretching / Abs

### **Sunday**

Off

### **Ab Routine (Upper)**

Forward Crunches	2	50
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### **Ab Routine (Lower)**

V-ups	2	50
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