



# **FIREFIGHTER FURNACE**

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**JUMP START NUTRITION GUIDE**



# 10 GOLDEN RULES OF FIREFIGHTER NUTRITION

## 1. Meal prep

Meal prepping can save you both time and money. More importantly, it helps with portion control. You also spend less time worrying about food and spend more quality time with trends and family. Schedule two days out of your week to meal prep. There is nothing worse than going back to the station after a long call and realizing you have to cook.

## 2. Focus on both quality and quantity

We focus more on this in the next chapter but these two elements are the most important when it comes to how you look, feel and perform. As soon as you master this, the only way to go is up.

## 3. Mix it up

Basic bro foods are the basics for a reason. Baked chicken, brown rice, broccoli and avocado is an amazing meal but you need to mix it up. Our bodies adapt, and when our bodies adapt, our bodies don't benefit from repetitive meals anymore. Think of training, when you do the same workout over and over again, you adapt and you stop seeing results. You have to mix it up and keep your body guessing to make progress.

## 4. Time carbohydrates

Our bodies use carbohydrates as fuel. Without it, you would be running on fumes. This increases your chances of breaking down and decreases the life expectancy of your engine. However, some individuals are more sensitive to carbohydrates and tend to store it as fat. For example, an endomorph. That is why it is important for these individuals to properly time their carbohydrate intake. The key factors here are to consume slow burning, low glycemic and high-in-fiber carbohydrates in the morning and before a workout. Also, consume a fast-burning carbohydrate after a workout to replenish glycogen stores (AKA, fuel).

## 5. Schedule

As firefighters, our schedules are completely different from everyone else's; therefore, we must be strategic when it comes to meal prepping. We can't just choose Sundays and Wednesdays as our prep days because the days we work constantly change. Plan a week ahead so there is no guessing when it comes to when and what you're going to eat. In terms of a daily schedule, never allow 5 hours to pass without eating and never wait less than 1 hour between meals. There are example schedules in the next chapter.

## 6. Slow down

This is very important because it takes your brain about 20 minutes to realize your stomach is full. Slowing down also allows you to taste what you put in your mouth and gives you an idea of the quality of the food you're eating. A good habit to get into is to put your fork down after every bite. For example, if you eat a whole bag of M&M's fast, it tastes amazing. If you slow it down and eat one at a time, you start to taste the chemicals. Another important element to this rule is to make sure you don't exceed 80% fullness. This will help you maintain balanced hormonal levels and keep you ready-to-go at all times.

## 7. 90/10% rule on cheat days

Cheat days and reality are huge factors when it comes to nutrition success. Cheat meals are important because it allows us to reward ourselves for living a healthy lifestyle. For example, I am in search of the worlds best burger. I use my cheat days to do so. We also need room for reality in our diet. For example, while we are traveling we need fast food. As long as it does not exceed 10% of your diet on a weekly basis, do it. As long as you aim to eat clean 90% out of a given week, it makes eating a healthy balanced meal the majority of the time possible. Eating one pizza will not make you fat. Eating one salad will not make you skinny. However, the greater the gap in the ratio will determine which direction you will go.

## 8. Eat with a purpose

If there is one thing I have noticed with successful people is that they do things with purpose. This is really important in nutrition because food has a purpose, a very powerful one. If you eat with the purpose of fueling your body and cleaning your cells, that is exactly what you're going to do. Think of supplying your body with a constant supply of nutrients. What's the purpose of eating a pop-tart? There isn't one other than highlighting the fact that self control is an issue for you. What's the purpose of eating a salad? To fill your cells with healthy micronutrients what will help you improve your quality of life. So eat with the purpose to maximize your results.

## 9. Listen to your body

Everyone is different. One rule you can follow is to listen to your body when it comes to food. If your body doesn't want something, it will let you know. You will feel bad, weak and tired. If your body likes the quality and quantity of food you put into it, it will let you know by rewarding you with the feeling of high energy and mental sharpness. It is very important to keep track of what you eat and how you feel. This will put you light years ahead of anyone else trying to lose weight and boost performance because through trial and error, you figured out the best possible diet for your body.

## 10. Stay consistent

It kills me to see how many people try to lose weight and become healthier but fall right back into the same hole they were in. It's because they weren't consistent in making a conscious effort to improving themselves. Don't just try out this diet to lose 10lbs in a month, do it to improve your quality of life. Losing weight is just one of the many side effects. Staying consistent with nutrition will produce results. Staying consistent in training will produce results. Staying consistent in both nutrition and training will produce amazing results, guaranteed.

## QUALITY: SUPERFOODS

### Protein:

- Eggs
- Greek Yogurt
- Chicken Breast
- Salmon
- Lean Beef (90%+)
- Turkey Breast

### Dense Carbs:

- Sweet potato
- Brown Rice
- Quinoa
- Oats (rolled or steel cut)
- Banana

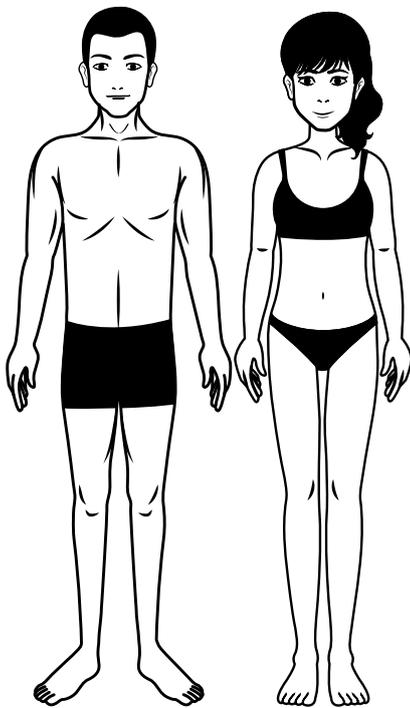
### Vegetables:

- Spinach
- Broccoli
- Kale
- Carrots
- Asparagus

### Fats:

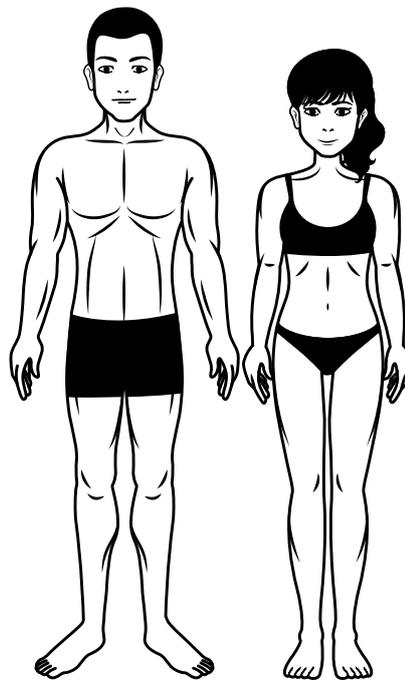
- Avocado
- Almonds
- Nut Butter
- Olive Oil
- Coconut Oil

## QUANTITY: YOUR BODY TYPE



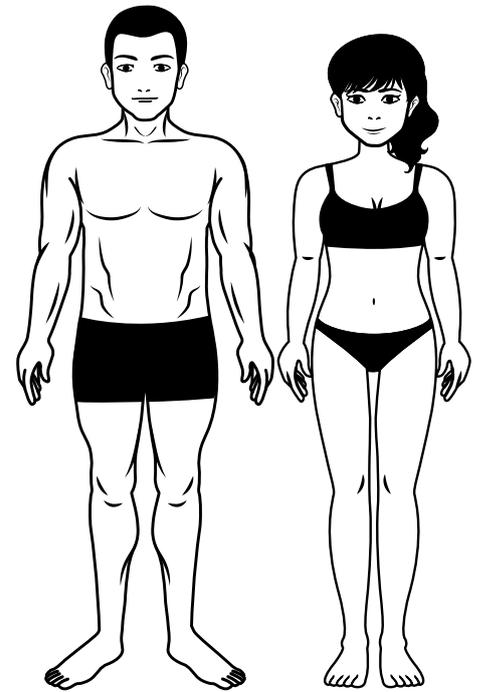
### Ectomorph:

Lean and long, with difficulty building muscle.



### Mesomorph:

Muscular and well-built, with a high metabolism and responsive muscle cells.

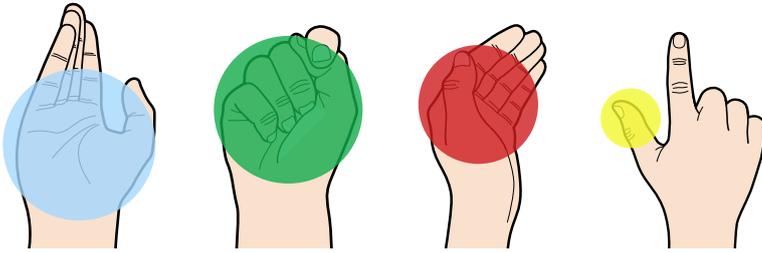


### Endomorph:

Big, high body fat, often pear-shaped, with a high tendency to store body fat.

## PORTIONS

### Mesomorph



#### Protein

2 palms Male  
1 palm Female

#### Dense Carbs

2 cupped hands Male  
1 Cupped hand Female

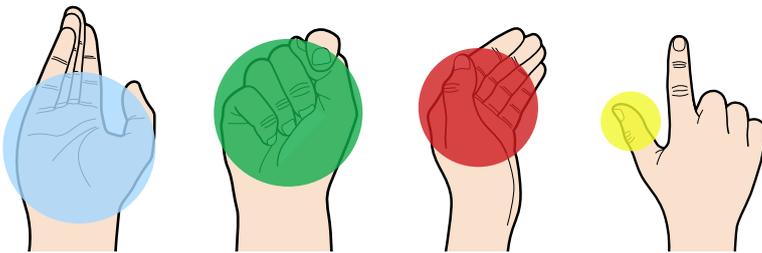
#### Vegetables

2 fists (cups) Male  
1 fist Female

#### Fats

2 thumbs male  
1 thumb female

### Endomorph



#### Protein

2 palms Male  
1 palm Female

#### Dense Carbs

1 cupped hand Male  
1/2 cupped hand Female

#### Vegetables

2 fists (cups) Male  
1 fist Female

#### Fats

3 thumbs Male  
1 1/2 thumbs female

### Ectomorph



#### Protein

2 palms Male  
1 palm Female

#### Dense Carbs

3 cupped hands Male  
1 1/2 cupped hands Female

#### Vegetables

2 fists (cups) Male  
1 fist Female

#### Fats

1 thumb Male  
1/2 thumb Female

## BASIC EXAMPLE DAY FOR EACH BODY TYPE FOR A MALE

### ECTOMORPH:

#### 7AM BREAKFAST

4 eggs (2 palms) with spinach (2 fists)  
1 ½ whole wheat bagel (3 cupped hands)  
Teaspoon avocado (1 thumb)

#### 12 PM LUNCH

Quinoa (3 cupped hands)  
Chicken Breast (2 palms)  
Peppers (2 fists)  
Olive Oil (1 thumb)

#### 3:30 PRE WORKOUT FUEL

Flank Steak (2 palms)  
Salad (2 fists)  
1 large Sweet Potato (3 cupped hands)  
5 almonds (1 thumb)

#### 5 PM WORKOUT

#### 6 PM POST WORKOUT

1 scoop protein shake  
Peanut butter and banana sandwich  
2 slices of bread/1 banana (3 cupped hands)  
Peanut butter (1 thumb)

#### 8PM DINNER

Grilled Chicken Breast (2 palms)  
Asparagus (2 fists)  
Brown rice (3 cupped hands)  
Avocado (1 thumb)

**MESOMORPH:****7AM BREAKFAST**

4 eggs (2 palms) with spinach (2 fists)  
 1 whole wheat bagel (2 cupped hands)  
 Tablespoon avocado (2 thumb)

**12 PM LUNCH**

Quinoa (2 cupped hands)  
 Chicken Breast (2 palms)  
 Peppers (2 fists)  
 Olive Oil (2 thumb)

**3:30 PRE WORKOUT FUEL**

Flank Steak (2 palms)  
 Salad (2 fists)  
 1 medium Sweet Potato (2 cupped hands)  
 10 almonds (2 thumb)

**5 PM WORKOUT****6 PM POST WORKOUT**

1 scoop protein shake  
 Peanut butter and banana sandwich  
 1 slice of bread/1 banana (2 cupped hands)  
 Peanut butter (2 thumbs)

**8PM DINNER**

Grilled Chicken Breast (2 palms)  
 Asparagus (2 fists)  
 Brown rice (2 cupped hands)  
 Avocado (2 thumbs)

**ENDOMORPH:****7AM BREAKFAST**

4 eggs (2 palms) with spinach (2 fists)  
 ½ whole wheat bagel (1 cupped hands)  
 1 ½ tablespoon avocado (3 thumb)

**12 PM LUNCH**

Quinoa (1 cupped hand)  
 Chicken Breast (2 palms)  
 Peppers (2 fists)  
 Olive Oil (3 thumbs)

**3:30 PRE WORKOUT FUEL**

Flank Steak (2 palms)  
 Salad (2 fists)  
 1 small Sweet Potato (1 cupped hands)  
 15 almonds (3 thumbs)

**5 PM WORKOUT****6 PM POST WORKOUT**

1 scoop protein shake  
 Peanut butter and banana  
 1 banana (1 cupped hand)  
 Peanut butter (3 thumbs)

**8PM DINNER**

Grilled Chicken Breast (2 palms)  
 Asparagus (2 fists)  
 Brown rice (1 cupped hand)  
 Avocado (3 thumbs)

*\* please refer to portions for male/female ratios*

## CHICKEN IN BLACK BEAN SAUCE – JASMIN RICE – STIR FRIED VEGETABLES



### Ingredients:

- Chicken breast
- Black beans
- Jasmin rice
- Broccoli
- Carrots
- Garlic pureed
- Onion (green)
- Ginger 1 tbsp
- Soy sauce or Braggs Liquid Aminos
- Sesame oil
- Scallions for garnish

### Preparation:

Cook rice in a rice cooker or boil in pot.

Boil water and boil the carrots and broccoli for 2 minutes. Stir-fry them in sesame oil before serving.

Heat oil in the wok/pan over high heat; add the chicken and stir-fry until it changes color, then remove from the pan with a slotted spoon.

Drain off all but 3 tablespoons oil from the wok, then return it to medium heat; add the ginger and garlic and stir-fry for a few minutes until they are fragrant and the garlic cloves are tender. Add the black beans and stir-fry until fragrant, splashing in the soy as you do so.

Return the chicken to the wok; when everything is sizzling, throw in the scallions and stir a few times until barely cooked.

## BEEF STRIPS – BROWN RICE – PINEAPPLE RAW SLAW



### Ingredients:

- Steak strips
- Garlic pureed
- Carrots diced
- Onion 2 chopped
- Pineapple diced
- Cabbage thinly sliced
- Carrots thinly sliced
- Onion red 1 thinly sliced
- Brown rice
- Vinegar
- Honey

### Preparation:

Cook rice in a rice cooker or boil in pot.

Soak the thinly sliced cabbage, carrots and onion in the vinegar and add the honey. Season with salt and pepper.

Heat oil in pan over high heat; add the steak and stir-fry until it changes color. Then remove from the pan with a slotted spoon.

Drain off all but 3 tablespoons oil from the pan, then return it to medium heat; add the chopped onion and garlic and stir- fry for a few minutes.

Add the steak to the pan and mix everything together. Season with salt and pepper.

## CHICKEN CURRY – GREEN BEANS – SWEET POTATO



### Ingredients:

- Chicken breast
- Sweet potato cut in cubes
- Green beans
- Curry powder 2 tbsp
- Cumin powder 2 tbsp
- Garlic pureed 1 tbsp
- Onion pureed 1 tbsp
- Water 1 cup
- Tomato paste
- Salt + Pepper

### Preparation:

Place sweet potato in a large pot with water and boil until they are soft.

Boil the string beans in the same pot when the sweet potato is done.

In another pot boil water and cook the chicken until it is soft then pull apart with two forks.

Heat olive oil in a skillet; cook and stir the onion and garlic. Add the curry and cumin powder and mix together. Add the tomato paste and mix together until you get a thick paste. Add the water and let simmer for 10 minutes. Add the chicken to the mix and season with salt and pepper. Let simmer for another 10 minutes.

### SMOKEY CHICKEN – STEAMED YUCCA – PICO DE GALLO



#### Ingredients:

- Chicken filet
- Yucca
- Bell pepper
- Tomato
- Onion
- Apple cider vinegar 4 tbsp
- Smokey BBQ rub or smoked paprika powder
- Garlic powder
- Salt and pepper
- Olive oil

#### Preparation:

Place yucca in a large pot with water and boil until they are soft.

Cut the chicken in cubes and season with the BBQ rub or paprika powder, garlic powder and salt and pepper.

Cook the chicken in a skillet over medium-high heat.

Place the bell pepper, tomatoes and onion in a mixer or blender and mix or pulse carefully until they are mixed in small pieces as illustrated. Add the apple cider vinegar and olive oil. Season with salt and pepper. (Pico de gallo)

## WHOLE WHEAT SPAGHETTI – CHICKEN STRIPS – BABY SPINACH AND SWEET PEA



### Ingredients:

- Chicken breast
- Whole wheat spaghetti
- Baby spinach
- Sweet pea frozen
- Garlic pureed
- Tomato paste
- Salt and pepper
- Olive oil tbsp

### Preparation:

Cut the chicken in strips and season with salt and pepper.

Cook the chicken in a skillet over medium-high heat. Shred.

Boil water in a large pot and cook the spaghetti for 8-12 minutes.

In a large pot heat the olive oil and cook the garlic while stirring. Add the tomato paste and water and let simmer for 10 minutes while reducing the heat. Add the sweet pea's and let simmer for another five minutes. Season with salt and pepper. Turn off heat, add the spinach and mix together.

### THAI BEEF – BROWN RICE – PICKLED VEGETABLES



#### Ingredients:

- Ground beef
- Brown rice
- Carrots
- Cabbage
- Onion red
- Chili flakes
- Sesame oil
- Sesame seeds (garnish)
- Scallions (garnish)
- Soy sauce or Braggs Liquid Aminos
- Apple cider vinegar
- Garlic pureed
- Salt and pepper

#### Preparation:

Cook rice in a rice cooker or boil in pot.

Heat sesame oil in a skillet and cook the beef while stirring in the chili flakes and garlic. Add the soy sauce and let simmer over low heat. Season with salt and pepper.

In a bowl, mix together the cut carrots, cabbage, onion. Add the apple cider vinegar ½ cup and let set in/marinate for 1 hour.

Garnish before serving.

## SHREDDED FISH – BROWN RICE – PAPRIKA SALSA – FRIED PLANTAIN



### Ingredients:

- Tilapia/Grouper or other white fish
- Brown rice
- Bell pepper
- Onion diced
- Plantains (green if available)
- Cumin powder
- Tomato diced
- Garlic pureed
- Salt and pepper
- Lime juice ½ cup
- Olive oil

### Preparation:

Cook rice in a rice cooker or boil in pot.

Heat olive oil in a skillet and cook the fish until you can pull it apart with a fork. Season with, cumin powder and salt and pepper.

In a large pot; heat olive oil over medium-high heat and fry the garlic, onion, bell pepper and tomato. Add the lime juice and let simmer for 5 minutes until it is reduced. Season with salt and pepper.

Add the fish to the salsa and let simmer for another 5 minutes.

Slice the plantains in pieces of about 2-3 cm thick and deep fry in olive oil for 2 minutes. Drain from oil and let cool down for 10 minutes. Press the fried plantain with the bottom of a cup to flatten them and fry them for another 3 minutes until they are golden brown. Season with salt.

### ORANGE CHICKEN – JASMIN RICE – COLE SLAW



#### Ingredients:

- Chicken breast cubed
- Jasmin rice
- Cabbage
- Carrots
- Sesame oil
- Apple cider vinegar
- Scallions (garnish)
- Garlic pureed
- Onion pureed
- Orange zest 2 orange
- Orange juice
- Tomato paste
- Honey
- Soy sauce or Braggs Liquid Aminos
- Rice wine vinegar
- Salt and pepper

#### Preparation:

Cook rice in a rice cooker or boil in pot.

Cut the chicken in cubes and season with salt and pepper.

In a large skillet; heat the sesame oil and cook the chicken until golden brown.

In another large pot; heat sesame oil over medium-high heat and fry the garlic and onion for 2 minutes. Add the orange juice and orange zest while stirring. Mix in the tomato paste and let simmer for 5 minutes. Add the soy sauce and let simmer over low heat until it starts to thicken.

Add the chicken to the sauce.

Place the cabbage and carrots in a blender or mixer and pulse until they are mixed in small pieces as illustrated.

Add the rice wine vinegar and 1 tbsp of sesame oil and mix together. Season with salt and pepper.

Garnish before serving.

# CONCLUSION

Take your time and slowly implement what you've learned from this firefighter nutrition guide. Our goal from this is to give you tools, tips and ideas so you can start to eat with a purpose. The purpose of living a healthier life so you can feel, look and perform well.

You can also take what we have taught you during this guide to help other firefighters at your department. Doing so will help us reach our goal of eliminating obesity and heart disease within our firefighter community.

Best of luck to you and your crew!

 #firefighterfurnace

