



**PRIMAL FIT**  
MIAMI

# THE ULTIMATE FAT LOSS & MUSCLE-BUILDING NUTRITION GUIDE

The Foods Helping (and Hurting) Your Progress!



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# *Congratulations!*

**You've just unlocked one of the most powerful nutrition guides to help you burn fat, build muscle, and finally see the results you've been chasing.**







## HERE'S THE HARD TRUTH:

It's not just about "eating healthy." It's about eating the right foods in the right amounts. Some so-called "healthy" foods could actually be keeping you stuck, while others—often feared—could be your best allies in fat loss and muscle building.

This guide will break down:

- ✓ The "healthy" foods that might be preventing fat loss
- ✓ The underrated foods that actually support fat loss
- ✓ The best protein, carb, and snack choices for fat loss and muscle growth

*Let's dive in!*





# TOP 10

## HEALTHY FOODS THAT COULD BE KEEPING YOU FAT

Just because a food is labeled “heart-healthy” or “clean” doesn’t mean it’s helping your fat loss goals. Many of these foods are highly caloric, making it easy to overeat and stall progress.

You CAN still eat these foods—but they need to fit into your daily calorie goals!

**Here are the sneaky culprits:**

Heart-Healthy Nuts & Nut Spreads	A few handfuls can turn into 500+ calories real fast.
Granola	Sugar-packed and calorie-dense. Most servings are much smaller than you think.
Avocados	Healthy fats? Yes. 300+ calories per avocado? Also yes.
Olive Oil & Salad Dressings	1 tbsp = 120 calories. If you’re free-pouring, you’re free-gaining.
Red Wine	Great for the heart, but a few glasses can erase your calorie deficit.
Heart-Healthy Cereal	Often filled with sugar and processed carbs, spiking blood sugar and cravings.
Fruit Smoothies & Acai Bowls	Might as well eat a bowl of sugar if it lacks protein and fiber.
Fruit Juices	Stripped of fiber, loaded with sugar. Eat whole fruit instead.
Trail Mix & Dried Fruit	Nuts + sugar-coated fruit = caloric landmine.
Cheese	Small portions = fine. Slabs on everything = fat storage.

**THE FIX** Enjoy these foods in moderation and track your portions!

# TOP 10

## FAT-PHOBIC FOODS THAT ACTUALLY SUPPORT FAT LOSS

STOP blaming carbs. It's not bread, rice, or potatoes keeping you from losing weight—it's eating too many calories in total.

**These foods can actually help you burn fat and stay full:**

Red Meat	Packed with protein, iron, and satiety-boosting nutrients.
Whole Eggs	The yolk is NOT your enemy—it's loaded with healthy fats and vitamins.
Oatmeal	Slow-digesting carbs that keep you full and fuel workouts.
White & Brown Rice	Great pre- and post-workout carb sources.
Cream of Rice	Easy to digest and a perfect carb for muscle recovery.
Dairy	Yes, you can have dairy. High in protein and calcium!
Potatoes (White, Red, Sweet)	One of the most satiating foods on the planet.
Bread	Whole grain or white, it's about portion control, not demonization.
Whole Fruit	Loaded with fiber, micronutrients, and antioxidants.

**THE FIX** Eat these foods as part of a well-balanced diet and track total calories!

# TOP 10

## PROTEIN SOURCES FOR FAT LOSS & MUSCLE GROWTH

Protein = the key to burning fat while keeping muscle. These high-protein foods will keep you full, boost metabolism, and help you build a lean, strong body.

Chicken Breast & Turkey Breast	The gold standard of lean protein.
Filet & Lean Ground Beef (96/4)	Muscle-building powerhouses.
Bison	More protein, less fat, and higher in nutrients than beef.
White Fish (Cod, Tilapia, etc.)	Ultra-lean, high-protein.
Salmon	Healthy omega-3s and protein for optimal recovery.
Shrimp	High-protein, super low-calorie, and quick to cook!
Egg Whites	Pure protein. Use them to increase protein intake without excess fat.
Fat-Free Greek Yogurt	Packed with probiotics and casein protein.
Whey Protein Powder	Fast-digesting and great post-workout.

**THE FIX** Prioritize protein at every meal to support muscle and fat loss!



# TOP 10

## STARCHY CARBS TO SUPPORT FAT LOSS & MUSCLE GROWTH

Carbs fuel performance, recovery, and muscle growth. Eating the right ones in the right amounts = better results.

White Rice	Easy to digest, great for pre- and post-workout.
Brown Rice	Higher in fiber for better digestion and fullness.
Oatmeal	A slow-digesting carb that stabilizes blood sugar.
Sweet Potatoes	Packed with fiber and micronutrients.
White Potatoes	One of the most filling carbs you can eat.
Red Potatoes	Great texture, taste, and loaded with nutrients.
Rice Cakes	A quick, low-fat carb option.
Cream of Rice	Easy-to-digest energy for training days.
Plantains	A tasty, fiber-rich carb with vitamins and minerals.
Cassava (Yuca)	A great alternative to traditional starches.

**THE FIX** Carbs are NOT the enemy—use them strategically to fuel performance!

# TOP 10

## SNACK OPTIONS FOR FAT LOSS & MUSCLE GROWTH

Snacking doesn't have to be the enemy! Choose snacks that keep you full, curb cravings, and support your fat loss goals.

1% Fat Cottage Cheese	High in protein and casein for slow digestion.
Fat-Free Greek Yogurt	Packed with protein and gut-friendly probiotics.
Protein Shake/Bar	Quick and convenient.
Popcorn	High in volume, low in calories—skip the butter.
Fruit (Apples, Berries, Oranges)	Fiber + nutrients + hydration.
Carrots	Crunchy, low-calorie, and packed with vitamins.
Cucumbers	Hydrating and filling with minimal calories.
Pickles	Great for curbing cravings without extra calories.
Rice Cakes	A light and easy carb snack.
Cold Cuts	Opt for leaner, nitrate-free options.

**THE FIX** Stock up on these snacks instead of mindless high-calorie options!





## FINAL TAKEAWAY: EAT SMART, NOT JUST “HEALTHY”

The key to fat loss and muscle building isn't eating “clean” or eliminating food groups—it's understanding calories, macros, and portion control.

Want to see real results? Focus on:

- ✓ Eating enough protein to build & preserve muscle
- ✓ Choosing high-volume, nutrient-dense foods to stay full
- ✓ Keeping calories in check (even with “healthy” foods)

Now, go apply this knowledge, track your intake, and start seeing the results you deserve!

Need a customized  
nutrition & fitness plan?

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