

FREE GUIDE

Simple Nutrition Guide

From the coaches at CrossFit OTL



The idea

CrossFit's founder summed up good nutrition in one line: eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. You don't have to be perfect. Get most meals close to that and the rest takes care of itself.

Build your plate with your hand

Food	Per meal	Examples
Protein	1 to 2 palms	Chicken, beef, fish, eggs, Greek yogurt, beans
Vegetables	1 to 2 fists	Anything green, peppers, onions, salad, frozen mixes
Carbs	1 to 2 cupped hands	Rice, potatoes, oats, fruit, tortillas
Fats	1 to 2 thumbs	Olive oil, avocado, nuts, cheese, butter

Your hand is your size, so the portions scale with you. Bigger, more active people use the higher number.

CROSSFIT OTL

© 2026 Fit4 Associates Inc. · Property of CrossFit OTL / On The Line Fitness · Personal use only. Not for reproduction or resale.

9155 Blvd 26, Suite 270, North Richland Hills, TX · (817) 662-2788 · crossfit-otl.com · 1/3

Shop and cook

The grocery list

Protein

Chicken thighs · ground beef or turkey · eggs ·
canned tuna · Greek yogurt · deli turkey

Vegetables

Bagged salad · frozen broccoli · frozen stir-fry mix ·
bell peppers · onions · baby carrots

Carbs

Rice · potatoes or sweet potatoes · oats · bananas
· berries · corn tortillas

Fats and extras

Olive oil · avocados · almonds · shredded cheese ·
salsa · your favorite spices

Five weeknight meals

1. **Sheet pan chicken:** chicken thighs, potatoes and peppers, olive oil and salt, 40 minutes at 425°F.
2. **Taco bowls:** ground beef or turkey, rice, salad, salsa, cheese.
3. **Breakfast for dinner:** eggs, frozen veggies and potatoes in one pan.
4. **Stir-fry:** chicken, frozen stir-fry mix and rice.
5. **Big salad:** bagged salad, tuna or deli turkey, avocado, almonds.

One habit a week

Don't change everything on Monday. Add one habit a week and keep the ones before it.

Week 1

Protein at every meal. Use your palm.

Week 2

Vegetables at two meals a day. Frozen counts.

Week 3

Water first. A full glass before each meal, and swap one sugary drink a day.

Week 4

Eat slowly. Put the fork down between bites and stop when you're satisfied, not stuffed.

Eating out

- Order the protein first, then add a vegetable side.
- Ask for sauces and dressings on the side.
- Enjoy it. One meal never ruined anybody.

Want more help?

Our Lifestyle Reset is 12 weeks of nutrition coaching and training together, for people ready to change how they eat, sleep and move. Ask about it at a free intro. This guide is general information, not medical advice. If you have a health condition, talk to your doctor before changing how you eat.

This guide is the property of CrossFit OTL / On The Line Fitness (Fit4 Associates Inc.). It is shared free for your personal use. Please do not copy, sell or republish it. Share the link instead: crossfit-otl.com/free. General fitness information only, not medical advice.

CROSSFIT OTL

© 2026 Fit4 Associates Inc. · Property of CrossFit OTL / On The Line Fitness · Personal use only. Not for reproduction or resale.

9155 Blvd 26, Suite 270, North Richland Hills, TX · (817) 662-2788 · crossfit-otl.com · 3/3