



**FREE NUTRITION E-BOOK**

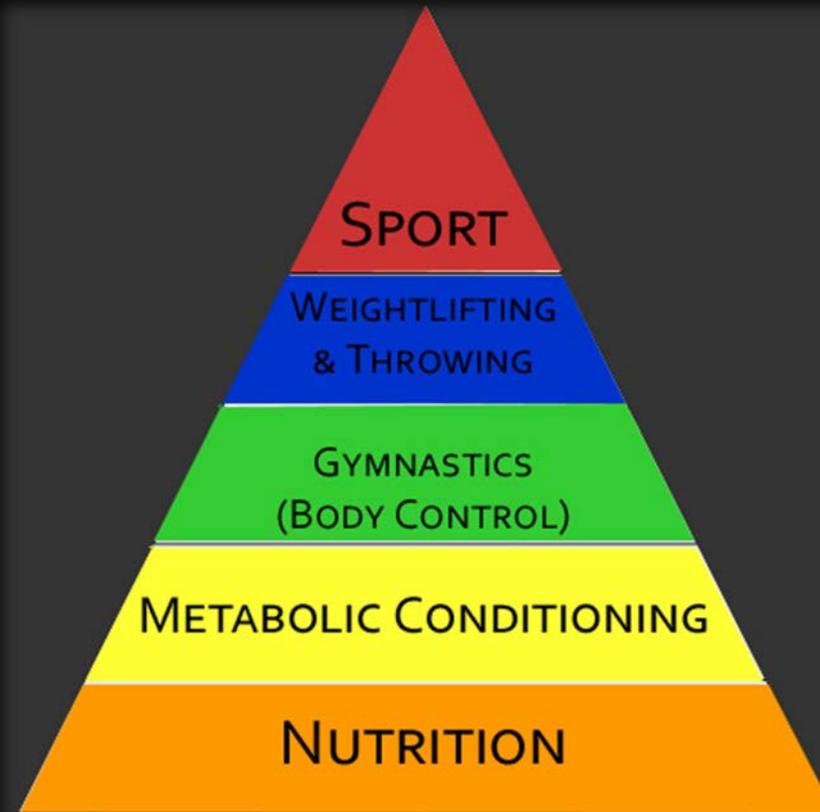
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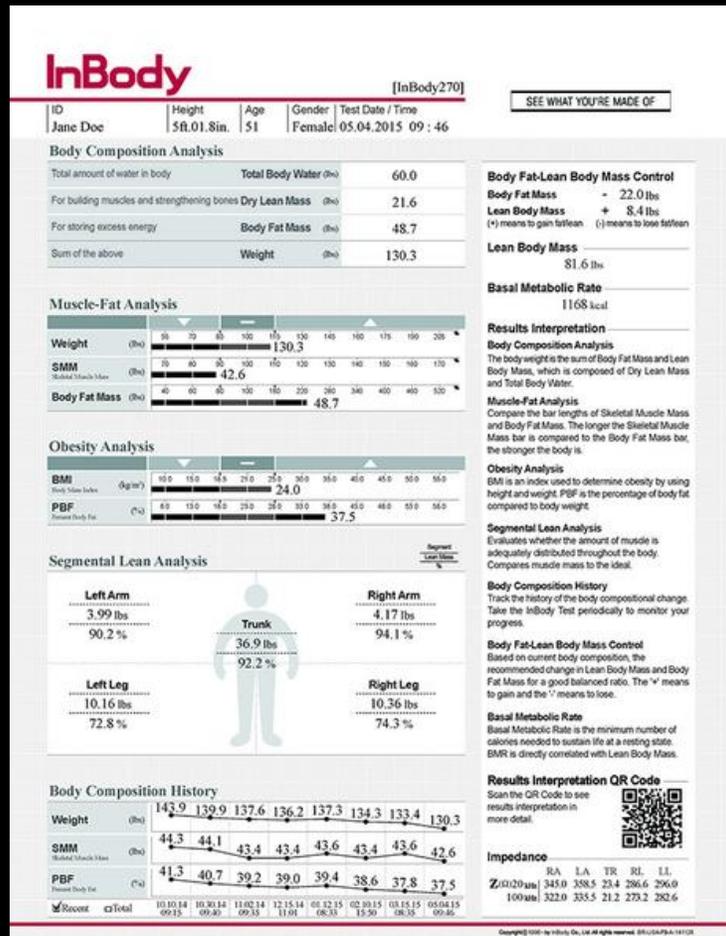
**JESSICA DECKER MSN**

# A SOLID FOUNDATION

*WHERE DOES YOUR NUTRITION FIT IN?*



# DETERMINE YOUR BASELINE & TRACK YOUR PROGRESS



- We recommend tracking more than just your body weight by looking at measurements, body fat and muscle mass
- Re-check biometrics every 2-4 weeks
- At Healthy Steps Nutrition, we use an InBody scan to determine your baseline and track your progress

# HAVE A PLAN

- Take time to prep your staples on the weekend
- Check out the website for some awesome recipes!  
<https://healthystepsnutrition.com/healthy-recipes/>
- Create a menu for the week
- Pre-wash and cut fruits and veggies for convenience



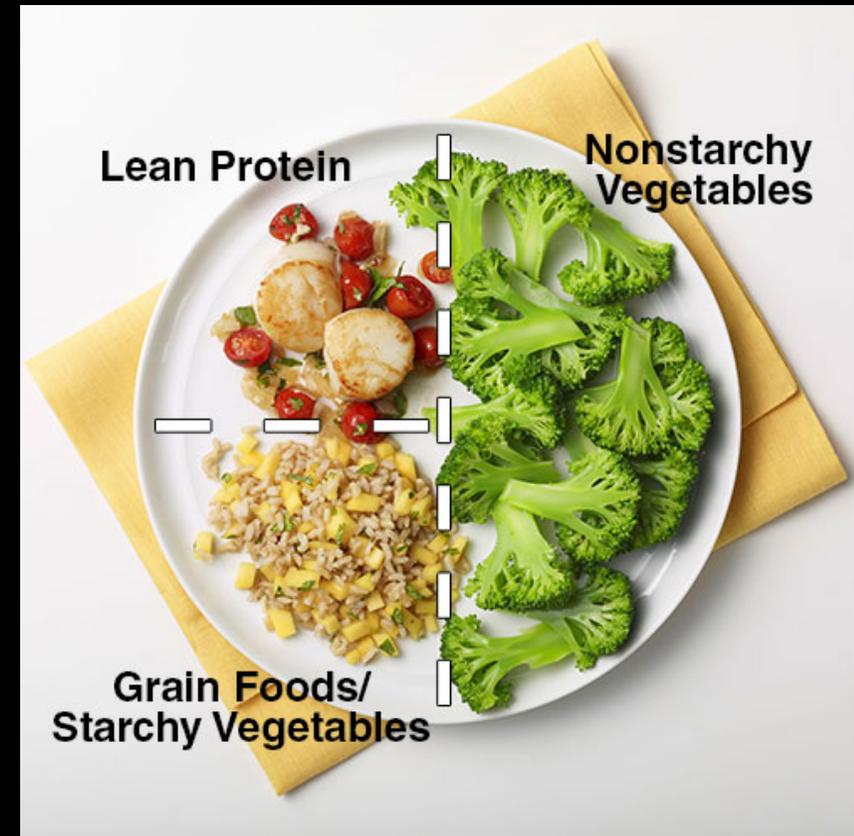
# DRINK UP!

- Water plays a vital role with all metabolic purposes
- Dehydration can decrease performance up to 20%!
- Try to drink at least 80 ounces of water per day
- Don't like the taste of water? Try adding fresh fruit (watermelon, strawberries, pineapple, cucumber, mint)
- Tips to drink more water: carry a bottle with you, log your water throughout the day, drink with a straw



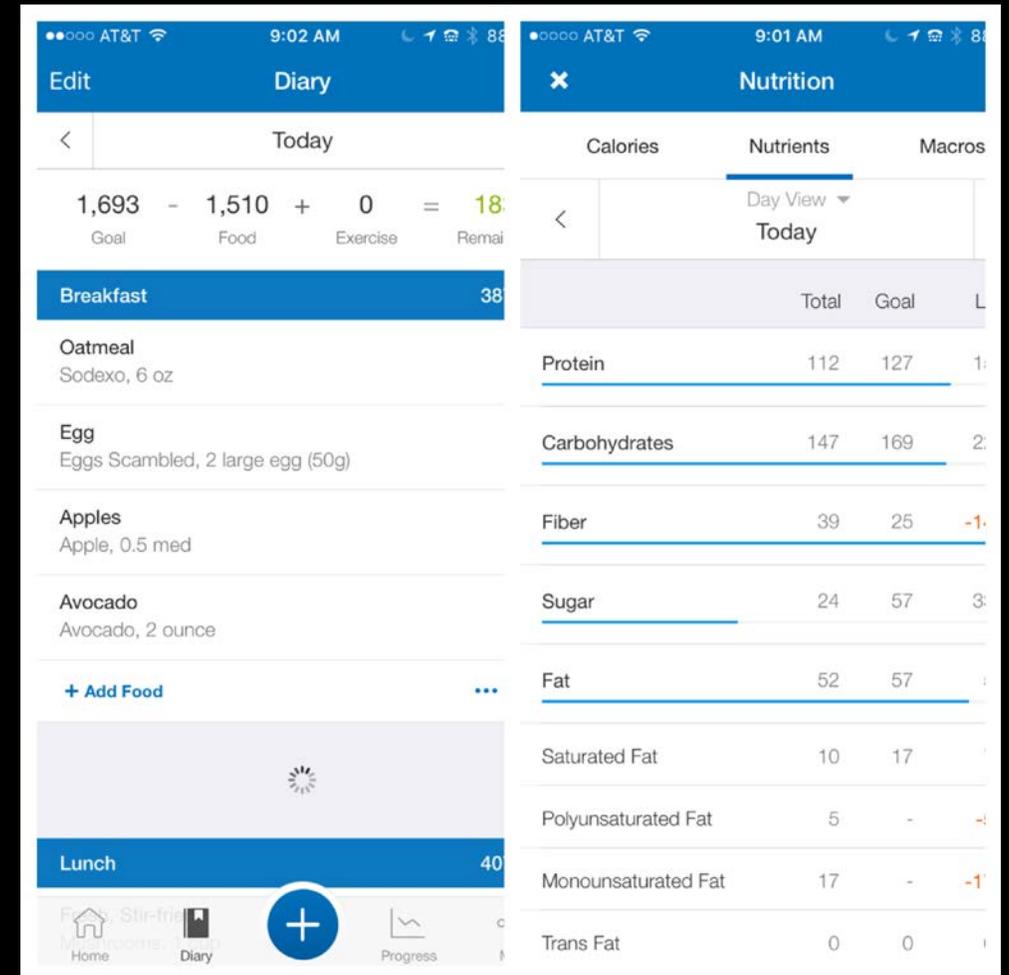
# BALANCE YOUR PLATE

- Incorporating all macronutrients (protein, carbs & fats) into your meals and snacks will help keep you full and satisfied
- Try to load up on the non-starchy veggies (1/2 your plate) and eat those first!
- Next, choose a lean meat (3-6 ounces)
- Lastly, pick a low glycemic starch that is high in fiber and low in sugar to help keep you full and satisfied until the next meal/snack



# TRACK YOUR FOOD

- Keeping track of your intake is an extra step of accountability that will help you be aware of what exactly you are eating
- We LOVE MyFitnessPal because it is user friendly and has a large food bank to easily find the food brands you are consuming
- Short on time? Try a food photo journal and just take pictures of everything you eat



# LET'S LOOK AT ALL THE PIECES OF THE PUZZLE

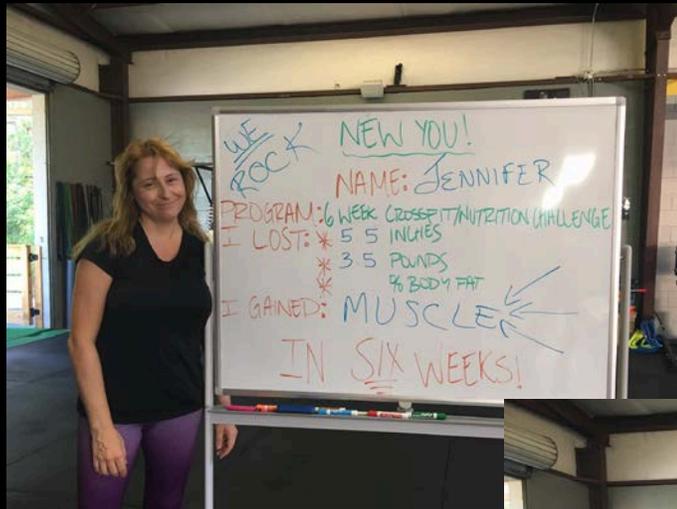
- Drink at least 80 ounces of water per day
- Eat every 3-4 hours
- Balance your macronutrients: 40% carbs, 30% protein, 30% fat
- Slow down: your brain is 15 minutes behind your belly!
- Focus on lean sources of meat, plant based sources of fat and low sugar/high fiber carbohydrates
- Eat around your workouts (don't workout on an empty stomach)
- Try to get at least 6 hours of sleep per night
- Exercise regularly!



# WHY USE DYNASTY NUTRITION?

GUIDED.  
TESTED.  
PROVEN.

# PROVEN SUCCESS!



# INTERESTED IN MORE INFORMATION?

## Our Programs:

- Group & Corporate Challenges
- Individual Nutrition Counseling
- Sports Nutrition

**"FOCUS ON HOW FAR  
YOU'VE COME  
NOT HOW FAR YOU  
HAVE TO GO"**

**Book Your Appointment Online: <https://DYNASTYCROSSFIT.com/nutrition/>**