



INTRODUCTION TO NUTRITION HANDBOOK

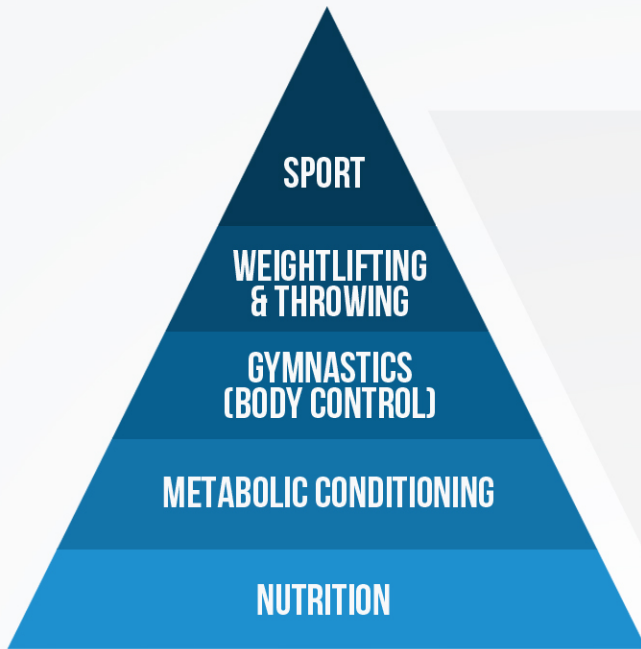
*Motivation is what gets you started;
HABIT is what keeps you going!*

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This is the fitness pyramid. You can see that **nutrition is the foundation of your fitness.**

You need to dial in your nutrition to achieve your goals. Here are some tools to get you started.

NUTRITION BASICS:

4 Kitchen Tools

That You Need To Own:

- Crockpot or Instant Pot
- Three Compartment Containers
- Muffin Tin
- Water Bottle (with a straw)

5 Great Go-To Recipes

(Find them on our website)

- Amish Oatmeal
- Egg Muffins
- Pulled Chicken
- Meatloaf Muffins
- Energy balls



5 Tips

To Help You Stay On Track:

- Meal Prep on Sunday
- Don't Skip Your Meals or Snacks
- Drink Lots of Water (at least 80 ounces)
Track your food in MyFitnessPal
- Balance Your Meals (include a protein, carbohydrate and healthy fat with every meal and snack)



GOAL-SETTING

Set yourself up for success by setting SMART goals!

- S** Specific
- M** Measureable
- A** Attainable
- R** Realistic
- T** Time-Sensitive

Goal-Setting Suggestions:

1 Start with the end in mind.

What are your health / fitness / weight / financial / education / family goals in a specific amount of time, such as 1, 5, and 10 years down the line?

2 Set smaller goals for what you would like to accomplish in 1, 2 3, and 6-months' time.

- ▶ Create a to-do list
- ▶ Use a calendar
- ▶ Prioritize

3 Set performance goals (ie: lifting weights, weight loss) that will motivate you.

Write down WHY it is important for you to achieve those goals.

4 Always have an action plan. Write down the steps you are *realistically* going to take to achieve your goals.

5 Find an accountability partner (nutrition coach, coworker, spouse or friend)

YOUR GOALS

Goal #1:

ACTION Steps:

1

2

3

Goal #2:

ACTION Steps:

1

2

3



THE PLATE METHOD

½ OF THE PLATE

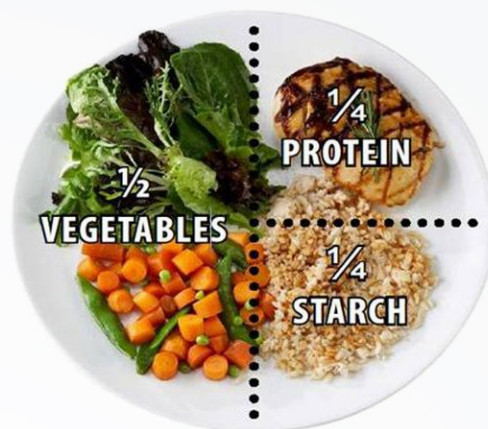
Non-starchy vegetables (Broccoli, carrots, green beans, asparagus, cauliflower, brussels sprouts, cucumber, spinach, kale, tomato, peppers, onions, celery, beets)

¼ OF THE PLATE

Lean meats (Chicken breast, fish, turkey, pork tenderloin, egg whites)

¼ OF THE PLATE

Complex carbohydrates (brown rice, quinoa, beans, butternut squash, sweet potato)



SAMPLE MEAL PLAN:

| | | |
|------------------|--|---|
| Breakfast | <ul style="list-style-type: none"> • 2 Eggs scrambled with veggies • ½ -1 cup shredded potato | <ul style="list-style-type: none"> • 2-3 Protein pancakes (recipe on the website) • 1-2 tsp nut butter |
| AM Snack | <ul style="list-style-type: none"> • Hard-boiled egg • 1 cup berries | <ul style="list-style-type: none"> • Low sugar greek yogurt • 6 walnuts |
| Lunch | <ul style="list-style-type: none"> • 5-7 ounces ground turkey • 2/3-1 cup brown rice • 2-3 T avocado • 1.5-2 cups peppers and onions | <ul style="list-style-type: none"> • 4-6 ounces chicken breast • 2/3-1 cup quinoa • 1.5-2 cups green beans with 1 tsp almond slivers |
| PM Snack | <ul style="list-style-type: none"> • Rice cake • 2 T hummus • 1 ounce turkey | <ul style="list-style-type: none"> • 2 turkey and avocado roll ups • ½ apple |
| Dinner | <ul style="list-style-type: none"> • 5-7 ounces salmon • ½-1 cup roasted sweet potato • 1.5-2 cups steamed broccoli | <ul style="list-style-type: none"> • 1-2 Meatloaf Muffins (recipe on the website) • ½ cup roasted butternut squash • 1.5-2 cups mashed cauliflower |

Notes: