



NUTRITION CHALLENGE

Over the next few weeks, commit to making your health a priority.

If you follow the meal plan and make time for your workouts, you will see the results you are looking for!

Follow the plan and take ACTION.

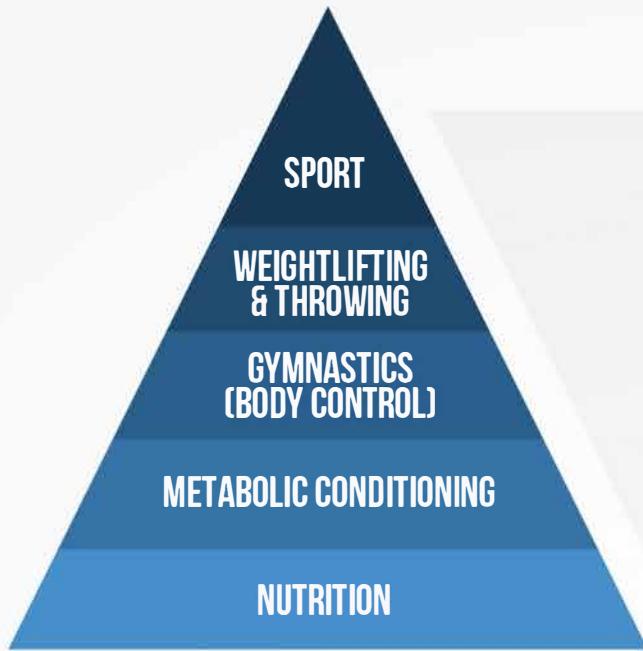
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This is the fitness pyramid. You can see that **nutrition is the foundation of your fitness.** Over the next four weeks, we will focus on different tools to help you create a solid foundation of nutrition.

NUTRITION BASICS:

4 Kitchen Tools

That You Need To Own:

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

4 Great Go-To Recipes

(Find them on our website)

- › Amish Oatmeal
- › Egg Muffins
- › Pulled Chicken
- › Meatloaf Muffins

4 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)
- › 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 Stick with it! By telling your family and friends, you will have someone to stay accountable to and keep you motivated.

YOUR GOALS

Goal #1:

ACTION Steps:

1

2

3

Goal #2:

ACTION Steps:

1

2

3

KNOW YOUR MACROS

Carbohydrates

Roles in the body: our body's main source of fuel; they spare protein from being used as energy and aids with the oxidation (breakdown) of fat. **Carbohydrates should comprise about 40% of our diet.**

Ideal Choices:

- Low in sugar (less than 4 grams)
- High in fiber (more than 3 grams)
- Minimally processed (found in the perimeter of the grocery store)
- Stick with low glycemic (low sugar) fruits, vegetables, and whole grains
- Non-starchy vegetables are the best option-They contain some carbohydrates and should consist of $\frac{1}{2}$ our plate for lunch and dinner (biggest section in the 3-compartment container)
- Carbohydrates contain 4 calories per gram

| $\frac{1}{2}$ Plate: Non-Starch Vegetables | $\frac{1}{4}$ Plate: Starchy & Complex Carbohydrates | Consume in Moderation |
|--|---|--|
| <ul style="list-style-type: none">✓ Broccoli, carrots, green beans, asparagus, cauliflower, tomato, zucchini, squash, salad, cucumbers, and spaghetti squash | <ul style="list-style-type: none">✓ Fruits: strawberries, blueberries, raspberries, apples, peaches, clementines, and pears✓ Starchy veggies: sweet potato, peas, butternut squash, and acorn squash✓ Starch: brown rice, quinoa, beans, oatmeal, and steel cut oats | <ul style="list-style-type: none">✓ Rice cake✓ Fingerling potato✓ Ezekiel bread✓ High glycemic fruits such as: banana, grapes, pineapple, and melons |

Protein

Roles in the body: provide our body's structure, regulates body function, components of enzymes, immune system health, and aids hormone regulation. **Protein should comprise about 30% of our diet.**

Protein Tips:

- Lean sources of meat
- Trim the fat
- Grill or bake instead of fry
- Beware of high fat meats
- Lean sources of protein provide 4 calories per gram of protein

Lean Meats (Top Choice):

- ✓ Fish, skinless chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carbs + protein), turkey, egg whites

Medium Fat Meats (Moderation):

- ✓ Medium fat cheese (cottage + grated parmesan cheese), chicken (dark meat, no skin), sirloin, large eggs, turkey bacon, turkey sausage

High Fat Meats (Limit):

- ✓ Full fat dairy, most red meats, bacon, most cheese, pork, ribs, extra large eggs, fried meats

Fat

Roles in the body: component of our membranes, particularly in the brain and nervous system. It aides in the absorption of fat-soluble vitamins and is used as a source of energy. We need fat in our diet. **Healthy sources of fat should comprise of about 30% of our diet.**

Fat Tips:

- Stick with plant based sources of fat
- Moderation is key because fat is packed with calories
- Enjoy your plant based sources of fat in moderation, they are packed with calories
- Fat contains 9 calories per gram

Healthy Fats (in moderation):

- ✓ Avocado, nuts, nut butters, seeds, coconut oil, olive oil

Limit:

- ✓ Butter, fried foods, baked goods, chips, junk food, treats

Recipe Videos

Our YouTube channel contains recipe videos that will help you meal prep quick and easily!

<https://www.youtube.com/channel/UCWUjMrAtLtWrN2FiySIK-Xw>





WEEK 1: FOCUS ON WHOLE FOODS

The Plate Method

This is one of the *simplest methods* to use when changing your diet and eating quality foods.

½ of the plate

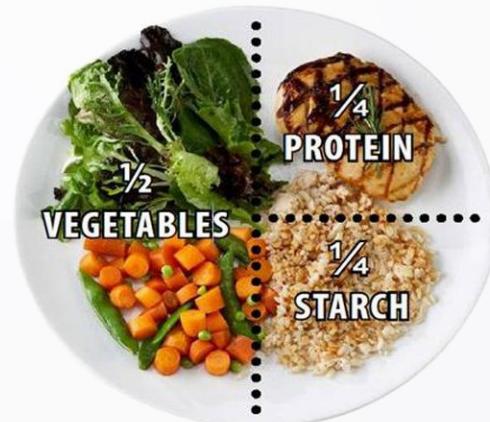
Non-starchy vegetables

¼ of the plate

Lean meats

¼ of the plate

Complex carbohydrates



Meal Prepping

There are different ways to meal prep that will work for you and your family. You can find a meal prepping friend or two and swap meals. You can also make large portions in a crock pot and spread it out throughout the week. If you have never meal prepped before, choose thee recipes to prepare ahead of time and use as stables throughout the week.

3-Compartment Containers

A three compartment container portions vegetables, lean meat, and carbohydrates appropriately. Then, once you have the right portions of each, start by eating your vegetables first, followed by lean meats, and finally the starch at the end. You also want to include some healthy fats, such as nuts, avocado, and olive oils. **Using the containers to meal prep for the week will really set you up for success!**

Importance of Food Logging

Food logging makes us aware of what we are really consuming. It ensures that we can be successful on this journey. Create an account with MyFitnessPal then share your diary with us so that we can help keep you accountable! The accountability provided during the challenge will lead to better results at the end.

Food Logging Videos

<https://www.youtube.com/watch?v=6UmvOMoMp3Q>

<https://www.youtube.com/watch?v=g5g8cONDJPs>

Meal Plan Tips

- Start by picking three staples to use throughout the week for lunches and dinners
- You can swap meals within the rows but not within the columns (For example, lunches are interchangeable but don't swap a lunch for a dinner portion)
- All portions are cooked
- *** Means there is a recipe on the website (www.healthystepsnutrition.com)
- Log your food in MyFitnessPal and make sure your MFP account is connected to the app

Week 1 Action Steps

- ❶ Create a plan for meal-prepping
- ❷ Choose at least three recipes to prepare
- ❸ Stock up on 3 compartment containers
- ❹ Set up your MyFitnessPal so you can log your food



WEEK 2: DRINK UP

Role of Water

Hydration plays a vital role in metabolism and optimizing your metabolic rate. When you are trying to lose fat, water flushes out the byproducts of that fat. Water intake goal is at least 80 ounces of water is recommended per day. **Dehydration can decrease performance up to 20 percent.**

Alcohol

Alcohol drinks can be loaded with sugar and calories depending on what they are mixed with. Avoid sugary drinks such as rum runners, mixers like juice and soda. Keep in mind that alcohol does impact performance and slows down recovery and progress. Alternate alcoholic drinks with water to ensure you are hydrating. Stick with water or soda water as a mixer.

Sugar Shocker

Drinks can be loaded with sugar which leads to inflammation. Try to avoid drinking your calories.



Tips for Drinking More Water

- › Carry a water bottle at all times
- › Infuse your water with fruit, mint or cucumber
- › Use a straw
- › Set a timer on your phone

Week 2 Action Steps

- 1 Track your water intake
- 2 Infuse your water with various fruit flavors
- 3 Check the sugar content in your juices. Switch to vegetable juices, if you choose to drink juice





WEEK 3: SNACKING FOR SUCCESS

3 Go-To Snacks

- › Rice cake with hummus and turkey
- › Triple Zero Greek yogurt with nuts
- › FroPro Bars
- › RX Kids Bars



Focusing on Balanced Snacks

Your snacks need to consist of protein, carbohydrates and healthy fats. Balanced snacks will help you stay full and satisfied as well as prevent you from overeating later in the day. Because you are having smaller portions during mealtimes, consistent snacks are essential for making sure your body is fueled.

Snacks Before a Workout

Eating before your workout is a huge determiner of how you feel during the workout. You will have more energy during and after the workout. If you get nauseous when you eat before a workout, try to stick to liquids as they are digested faster. Also, prioritize protein and carbs for the pre-workout snacks.

Snacking Tips

- › Log your snacks before you eat them
- › Find your favorite balanced healthy snack so you look forward to it daily
- › Identify the foods that help you feel great before and after workout
- › Bring snacks with you everywhere

Week 3 Action Steps

- 1 Take snacks with you if you will be out for an extended period of time
- 2 Plan to eat every 3 hours
- 3 Plan your pre and post-workout snacks





WEEK 4: FOCUS ON THE LONG GAME

Tips to Increase Accountability

We want to share three ways to increase accountability.

- 1 Find an accountability partner. You can help each other stay on track.
- 2 Track your food using MyFitnessPal Tracking your food ensures that you are meeting your goals.
- 3 Continue to track biometrics.

The only way to know if it is working is to track your results. By doing these three steps, the results will continue to roll in.

Importance of continuing to track progress

This is the most important step is after the challenge is over. Are you able to maintain those habits and focus on the long-term? Focus on the long-term lifestyle change. You can do this by creating a long-term goal, and breaking it into smaller short-term goals. You are working so hard already, and you want those habits to stick. Pick an accountability partner and find what motivates you!

Finding an Accountability Partner

The correct accountability partner is important on your health journey. Find someone who has the same health and habit goals as you do. Your path may look different, but how you support each other will look the same. You can check in with each other and stay on track. Knowing that you are not alone is a huge motivator. Significant others make great accountability partners!

Support at Home

While everyone in your household may not have the same goals, it is important that everyone understands what you are doing and why. Talk to your family members and explain your goals. Even if they do not want to follow the same plan, they can support you along the way.

Accountability Tips

- Talk to your family members about your goals
- Determine how you and your accountability partner will check in with each other
- Set a monthly date to check biometrics

Week 4 Action Steps

- 1 Check in with your accountability buddy
- 2 Track your biometrics to check progress
- 3 Continue to log your food
- 4 Evaluate your short-term goals and adjust accordingly

YOUR NEXT STEPS- ONGOING NUTRITION COACHING

The challenge is a great first step to your success. During the challenge, you are provided with support, accountability and structure to test your progress. The magic happens after the challenge is over when we continue to help you dial in the details to help you achieve your long-term goals.