



FREE

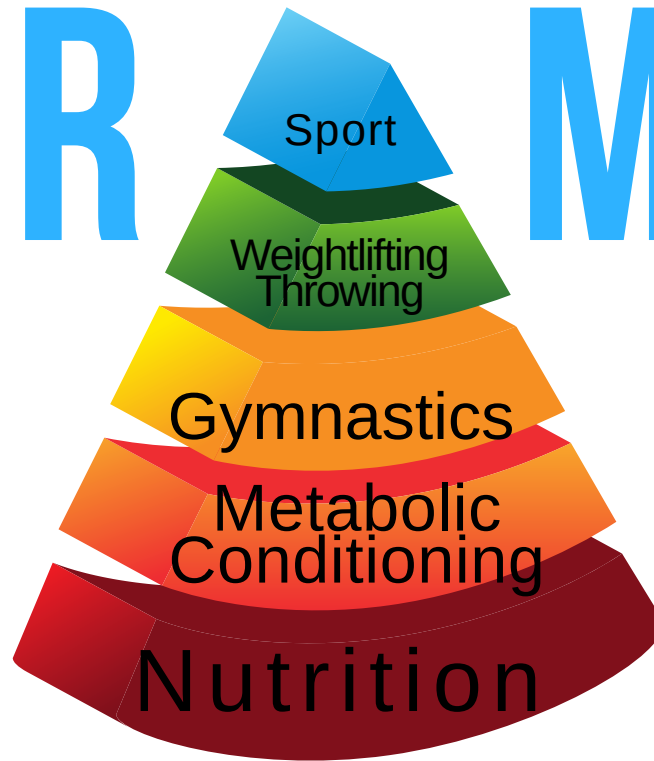
HSN

NUTRITION

E-BOOK

**START YOUR
JOURNEY TO
HEALTH**

FITNESS PYRAMID



Welcome to CrossFit
HSN's Nutrition E-Book!
You've probably heard the
saying: "You can't out
exercise a bad diet." Well,
it's true. Nutrition is the
foundation of the Fitness
Pyramid and our health. It
helps regulate hormones,
digestion, energy levels,

and our overall mood. We
need to be aware of
everything that we are
putting into our bodies
and understand the
purpose behind it. Are our
food choices fueling us?
Or hurting us? These are
all important questions to
ask yourself.

**"MOTIVATION IS WHAT GETS YOU STARTED.
HABIT IS WHAT KEEPS YOU GOING."**



The image shows a woman's physical transformation. On the left, a photo from January 2018 shows her sitting outdoors, wearing a striped shirt and dark pants, holding a phone. On the right, a photo from August 2018 shows her standing in a gym, wearing a black tank top, with her hands on her hips. A blue banner at the top of the right photo reads "GUIDED TESTED". A circular "HSN" logo is positioned between the two photos.

January 2018


August 2018

↓ 14.5% Body Fat
52# of FAT
15 Inches in Waist

★ In 7.5 Months ★

↑ Confidence
Healthy Lifestyle
Strength

GUIDED. TESTED. PROVEN.



The image shows a man's physical transformation. On the left, a photo from June 2018 shows him in a graduation cap and gown, smiling. On the right, a photo from August 2018 shows him in a gym, wearing a green t-shirt and black shorts, with a blue resistance band around his neck. A blue banner at the top of the right photo reads "GUIDED TESTED". A circular "HSN" logo is positioned between the two photos.

June 2018

August 2018

↓ 50 Pounds!
2 Shirt Sizes

★ In 4 Months ★

↑ Confidence
Energy
Healthy Lifestyle
Strength

GUIDED. TESTED. PROVEN.

DETERMINING YOUR BASELINE

At CrossFit HSN, we use an InBody 270 Scanner to determine your baseline and track your progress. It will break down your body fat and skeletal muscle percentages for us. It will then track and graph your results month over month.

BASELINE



TRACKING YOUR PROGRESS

We recommend tracking more than just your body weight, at HSN we take monthly physical measurements in addition to InBody scans. The scans are a window in to the make up of your body and helps us determine how to customize your meal plan.

PROGRESS





5 KITCHEN TOOLS YOU NEED TO OWN (AND USE)

- Crockpot or Instant Pot
- 3 Compartment Containers
- Muffin Tins
- Reusable Water Bottle
- Food Scale

6 TIPS TO KEEP YOU ON TRACK

- Pick 1 day a week to meal prep
- Aim to eat within 1 hour of waking and every 3 hours after that
- Drink LOTS of water (at least 80 ozs)
- Balance your meals including proteins, carbs, and healthy fats in every meal & snack
- Log Your Food
- Have a Plan

OUR FAVORITE RECIPES

BREAKFAST

Amish Oatmeal

Egg Muffins

4 Ingredient Protein Pancakes

Quinoa Egg Scramble

Quinoa Blueberry Pancakes

LUNCH

Pulled Chicken

Chickpea Edamame Salad

Avocado Chicken Salad

Fiber Packed Lettuce Wraps

Mexican Fiesta Bowl

DINNER

Meatloaf Muffins

Mediterranean Chicken

Quinoa Turkey Meatballs

Coconut Mahi Nuggets

Balsamic Pork Tenderloin

[CLICK HERE TO SCHEDULE YOUR
FREE INTRO SESSION!](#)

"We all fail. The difference between the people who are successful and the people who aren't is that the successful people learn from their mistakes, get back up and try again."

1

CARBOHYDRATES

The body's main source of energy. Spares protein from being used as energy and aids in the breakdown of fat. Stick with low sugar (less than 4g) high fiber (more than 3g) minimally processed options.

Eat a variety of fruits, vegetables and whole grains.



2

PROTEIN

Keeps us full and satisfied and stokes our metabolic fire. Helps us to maintain and build lean muscle.

Sources: Chicken, Fish, Cottage Cheese, Egg Whites, Oikos Triple Zero Greek Yogurt



3

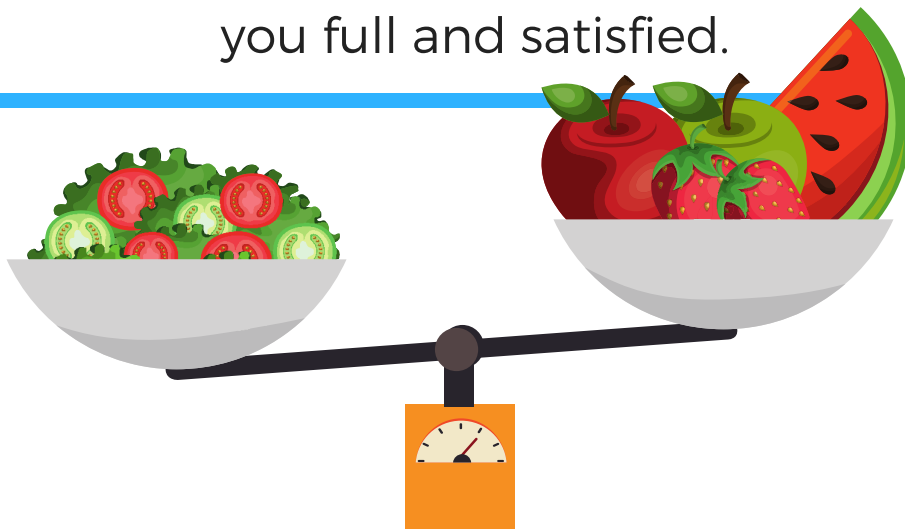
FATS

Helps keep us full and satisfied for hours. Fat is a buffer to carb absorption; When we have carbs alone, our blood sugar spikes too quickly then crashes too quickly. Is used as an energy source. Sources in moderation: avocado, nuts, nut butters, seeds, olive oil, & coconut oil.



KNOW YOUR MACROS

All 3 macronutrients are essential. Don't be afraid to eat any of them. In fact, the goal is to incorporate all 3 into every meal AND snack! Doing so helps keep you full and satisfied.



THE PLATE METHOD

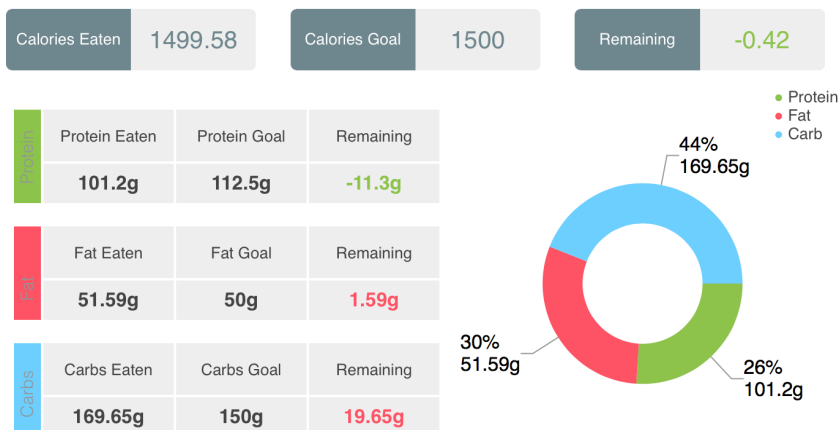
Use the plate method whether you are eating out or eating at home. It will help you create a healthy, balanced meal. Fill 1/2 your plate with non-starchy vegetables, 1/4 plate with a lean protein, and 1/4 plate with a starch. Add a little of your favorite healthy fat option!



If you were trying to dial in your finances, you would start by tracking everything you spend. You'd want to know how much you spend, how often you spend it, and then you'd want to make sure everything you're buying is ESSENTIAL.


TRACKING YOUR FOOD

We recommend tracking your food on the free app, MyFitnessPal. It familiarizes you with serving sizes & portions and shows you exactly what you're putting into your body. You can set calorie, protein, carbohydrate, and fat gram goals, or we can set those for you when you sign up for a Custom Nutrition Plan!



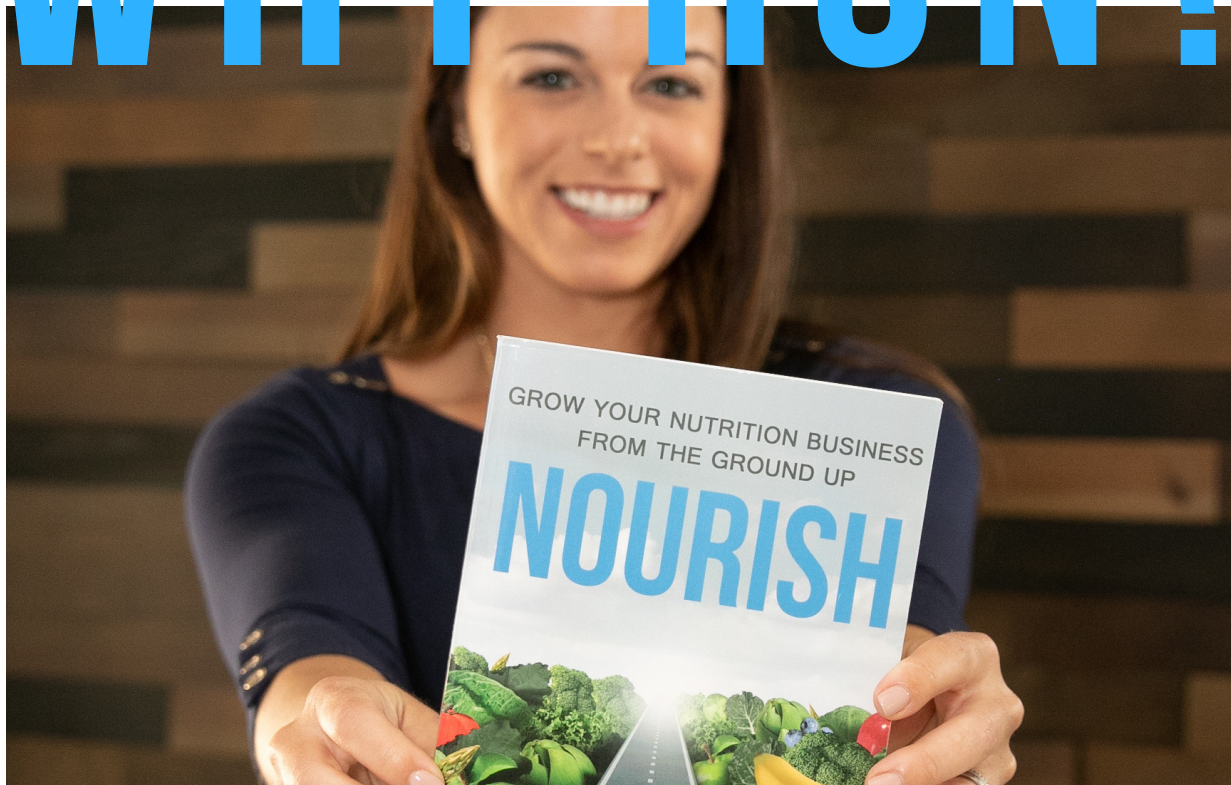
GOAL SETTING 101

SET YOURSELF UP FOR SUCCESS BY SETTING SMART GOALS

- 
- ⊕ Look at the big picture first. What are your health & fitness goals at the 1, 5, & 10 year marks?
 - ⊕ Set smaller goals for what you would like to accomplish.
 - Have a daily, weekly & monthly to-do list
 - Use a calendar
 - Prioritize your goals
 - ⊕ Set performance goals that will motivate you! Create ACTION goals like "Do 10 push ups a day for 30 days" or "Stop adding sugar to my coffee".
 - ⊕ Figure out WHY you have set these goals. Want to lose 10 lbs? WHY? What will happen or how will you feel when you lose the weight?
 - ⊕ Always have an action plan. Write down the realistic steps you're going to take to achieve your goals. If you miss a step, be ready to pick up where you left off instead of focusing on your mistakes or completely giving up.
 - ⊕ Create Accountability! By telling your family and friends, you will have support and encouragement to keep you accountable and motivated.

GUIDED. TESTED. PROVEN.

WHY HSN?



GUIDED

Work with an expert nutrition coach to design a plan that will work for you! You walk away with meal plans, recipes, nutrition education and so much more. Ongoing nutrition coaching is provided through the exclusive HSN App..



TESTED

Your nutrition coach is with you every step of the way! At HSN, we track progress through biometric testing to ensure clients are achieving their goals. Your plan is tweaked along the way to ensure continued progress. .



PROVEN

This Nutrition Program is implemented at hundreds of CrossFit gyms around the world. Over 10,000 clients have seen success with this program. We are so confident that we will help you achieve the results you are looking for, we guarantee it!

[CLICK HERE TO GET STARTED](#)



28# of FAT
 7.5% Body Fat
 10 Inches in Waist

3.5 Pounds of Muscle

In 3.5 MONTHS!

"I feel so much better."
 -Krissy



GUIDED TESTED PROVEN
 NAME: KRISSEY
 PROGRAM: DISTANCE NUTRITION
 I LOST: ↓ 28# of FAT
 ↓ 10 INCHES IN WAIST ↓ 7.5% BODY FAT
 I GAINED: ↑ 3.5# MUSCLE
 - A HEALTHY LIFESTYLE
 - KNOWLEDGE ABOUT NUTRITION
IN 3.5 MONTHS!
 "I FEEL SO MUCH BETTER!"

Guided. Tested. Proven.



• 25 Pounds
 • 10% Body Fat

• 1.8 Lbs of Muscle
 • Community & Healthier Habits
 • Better Physique

In 10 Months!

"I LOVE HSN BECAUSE YOU MAKE MY CLOTHES FIT BETTER."
 -SCOTT



GUIDED TESTED PROVEN
 NAME: Scott
 PROGRAM: Report CrossFit
 Lost: ↓ 4% Body Fat
 ↓ 6-2 pounds
 gained: ↑ 1.8 pounds of muscle
 ↑ A HEALTHY LIFESTYLE
 ↑ KNOWLEDGE ABOUT NUTRITION
 ↑ community
IN: 6 months

Guided. Tested. Proven.



Home of CrossFit HSN

28.5 inches
 9 inches in waist
 9.5% Body Fat

Strength
 Healthy Lifestyle
 Endurance


In 1 Year
CROSSFIT + NUTRITION

Awsome Job, Sam!



AGILITY

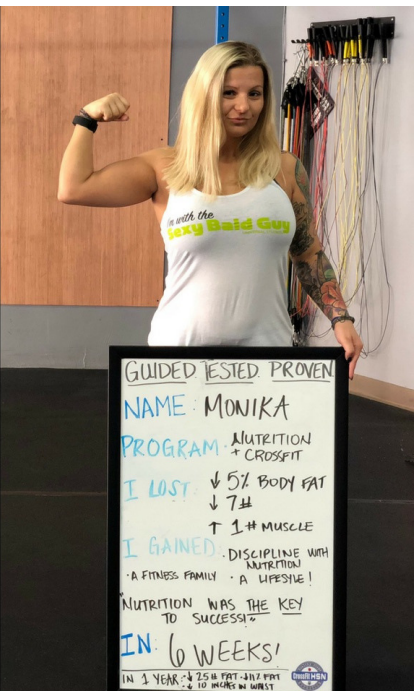
Guided. Tested. Proven.



7# of FAT
 5% Body Fat
IN 6 Weeks

25# of Fat
 11% Body Fat
 10 inches in waist
IN 1 YEAR

"NUTRITION was the key to success!"
 -Monika



GUIDED TESTED PROVEN
 NAME: MONIKA
 PROGRAM: NUTRITION + CROSSFIT
 I LOST: ↓ 5% BODY FAT
 ↓ 7#
 I GAINED: ↑ 1# MUSCLE
 - DISCIPLINE WITH NUTRITION
 - A FITNESS FAMILY - A LIFESTYLE!
 NUTRITION WAS THE KEY TO SUCCESS!
IN: 6 WEEKS!
 IN 1 YEAR: ↓ 25# FAT, ↓ 10% FAT, ↓ 10 INCHES IN WAIST

Guided. Tested. Proven.

"SUCCESS LEADS TO MOTIVATION."

LET'S GET STARTED!