



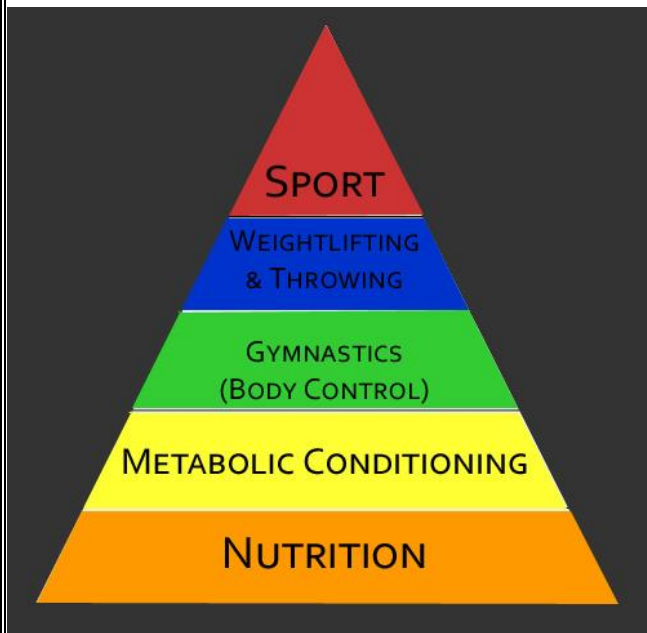
New You Challenge

Nutrition Handbook

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

***Over the next six weeks, commit to making your health a priority.
Follow the meal plan, make time for your workouts and you will see the
results you are looking for!***

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

Here Are The Basics You Need To Know:

4 Kitchen Tools That You Need To Own (& USE):

1. Crockpot or Instant Pot
2. 3 Compartment Containers
3. Muffin Tin
4. Water Bottle (with a straw)

4 Great Go-To Recipes (on the website):

1. Amish Oatmeal
2. Egg Muffins
3. Pulled Chicken
4. Meatloaf Muffins

4 Tips To Help You Stay On Track:

1. Meal Prep on Sunday
2. Don't Skip Your Meals And Snacks
3. Drink Lots of WATER (at least 80 ounces)
4. Balance Your Meals (include a protein, carbohydrate and healthy fat with every meal and snack)

Goal Setting

You want to set yourself up for success by setting SMART Goals!

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



Tips when setting your goals:

1. Look at the big picture first. What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time- 1, 5, 10 years down the line?
2. Set smaller goals for what you would like to accomplish 1, 2 3, 6 months.
 - Have 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.
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: _____

Steps to Achieve Goal:

1. _____

2. _____

Goal #2: _____

Steps to Achieve Goal:

1. _____

2. _____

Know Your Macros

Carbohydrates

- **Favorable Carbohydrates:**
 - ❖ Low in sugar (less than 4 grams)
 - ❖ High in fiber (more than 3 grams)
 - ❖ Minimally processed (try to shop the perimeter of the grocery store)
 - ❖ Stick with low glycemic (low sugar) fruits, veggies and whole grains
- Non-starchy veggies: contain some carbohydrates, should consist of ½ our plate for lunch and dinner (biggest section in the 3-compartment container)

<u>½ Plate Non-starchy Veggies:</u>	<u>¼ Plate Starchy & Complex Carbs:</u>	Have In Moderation:
<ul style="list-style-type: none"> ✓ Broccoli, carrots, green beans, asparagus, cauliflower, tomato, zucchini, squash, salad, cucumbers, spaghetti squash 	<ul style="list-style-type: none"> ✓ Fruits: strawberries, blueberries, raspberries, apples, peaches, clementines, pear ✓ Starchy veggies: sweet potato, peas, butternut squash, acorn squash ✓ Starch: brown rice, quinoa, beans, oatmeal, steel cut oats 	<ul style="list-style-type: none"> ✓ Rice cake ✓ Fingerling potato ✓ Ezekiel bread ✓ Banana, grapes, melons

Protein

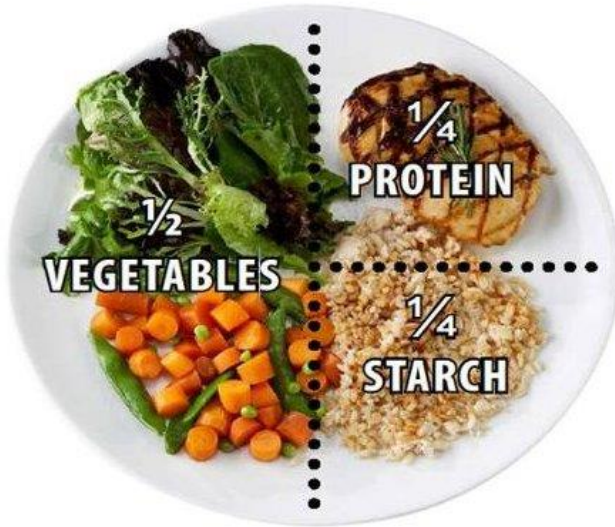
Lean Meats (Great Choice):	Medium Fat Meats (Moderation):	High Fat Meats (Limit):
<ul style="list-style-type: none"> ✓ Fish, Skinless chicken breast, Pork Loin, Legumes, Cottage Cheese, Triple Zero Greek Yogurt (carbs + protein), turkey, egg whites 	<ul style="list-style-type: none"> ✓ Medium fat cheese (cottage + grated parmesan cheese), chicken (dark meat, no skin), sirloin, large eggs, turkey bacon, turkey sausage 	<ul style="list-style-type: none"> ✓ Full fat dairy, most red meats, bacon, most cheese, pork, ribs, extra large eggs, fried meats

Fat

Healthy Fats (in moderation):	Limit:
<ul style="list-style-type: none"> ✓ Avocado, nuts, nut butters, seeds, coconut oil, olive oil 	<ul style="list-style-type: none"> ✓ Butter, fried foods, baked goods, chips, junk food, treats

The Plate Method

This is one of the *simplest methods* looking to change your diet and eat quality foods.



- $\frac{1}{2}$ of the plate = Non-starchy Veggies
- $\frac{1}{4}$ of the plate = Lean Meats
- $\frac{1}{4}$ of the plate = Complex Carbohydrates

Interpreting the Meal Plan

- The challenge comes with 6 weeks of sample meal plans with ranges
- Women looking to lose weight should stick with the portion sizes on the low end of the ranges
- Women looking to improve performance/gain muscle and men looking to lose weight should stick with the middle of the ranges
- Men looking improve performance should focus on the high end of the ranges
- *** Means there is a recipe on the website (www.healthystepsnutrition.com)
- Log your food in MyFitnessPal or the Food log given to you in the challenge packet