



# NUTRITION HANDBOOK

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

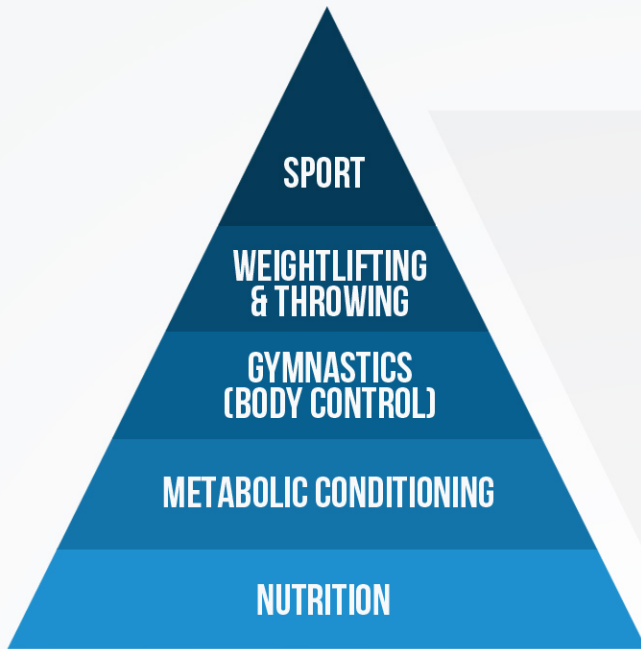
*Follow the plan and take ACTION.  
You will see the results you are looking for!*

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This is the fitness pyramid. You can see that **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.

## 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 (Long Term):

### ACTION Steps:

1

2

3

## Goal #1 (Long Term):

### ACTION Steps:

1

2

3



# KNOW YOUR MACROS

## Carbohydrates

### Favorable Carbohydrates:

- 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 ½ our plate for lunch and dinner (biggest section in the 3-compartment container).

#### ½ Plate: Non-Starch Vegetables

- ✓ Broccoli, carrots, green beans, asparagus, cauliflower, tomato, zucchini, squash, salad, cucumbers, and spaghetti squash

#### ¼ Plate: Starchy & Complex Carbohydrates

- ✓ 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

#### Consume in Moderation

- ✓ Rice cake
- ✓ Fingerling potato
- ✓ Ezekiel bread
- ✓ High glycemic fruits such as: banana, grapes, pineapple, and melons

## Protein

### Protein Tips:

- Lean sources of meat
- Trim the fat
- Grill or bake instead of fry

#### 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

### Fat Tips:

- Stick with plant based sources of fat
- Moderation is key because fat is packed with calories

#### Healthy Fats (in moderation):

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

#### Limit:

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





## THE PLATE METHOD

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

**½ of the plate**

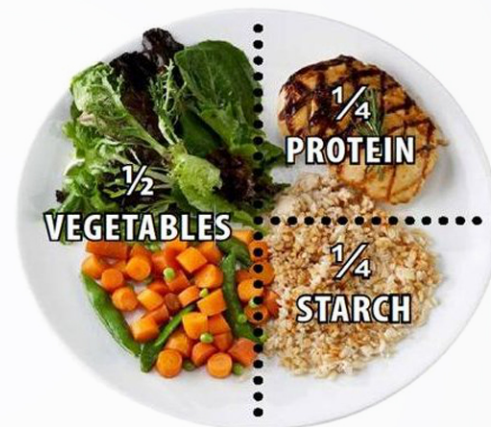
Non-starchy vegetables

**¼ of the plate**

Lean meats

**¼ of the plate**

Complex carbohydrates



## MEAL PLAN TIPS

- ✓ Start by **picking 3 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](http://www.healthystepsnutrition.com))
- ✓ Log your food in MyFitnessPal