



# Nutrition Challenge

## Kick-Off Packet

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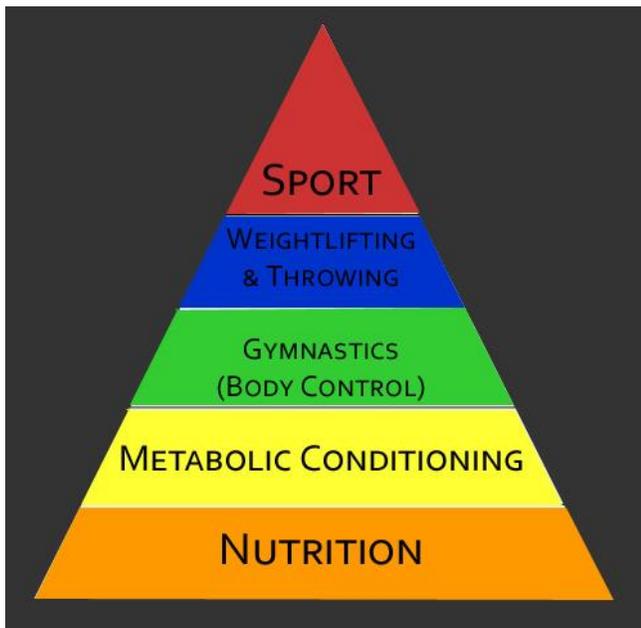
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***Motivation is what gets you started.  
HABIT is what keeps you going!***

***Over the next 28 days, commit to making your health a priority.  
Follow the plan, and you will see the results you are looking for.***



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*The overall winner of the challenge is determined by participation (turning in tracker sheets), following the plan, getting to the gym and individual results.  
Make sure you turn in your tracker sheets every week.*

## Keys to Success

### √ **Drink Up**

- Drink at least 80 ounces of water per day
- Stay away from concentrated juices and soft drinks (even diet sodas)

### √ **Be consistent**

- Pair protein & carbohydrates at every meal and snack
- Eat every 3 hours

### √ **Sunday prep-day**

- Set yourself up for the week by preparing and portioning your food on the weekend
- Take advantage of the crockpot
- Organize a food swap with other participants in the challenge

### √ **If you booze, you don't lose!**

- Alcohol will significantly slow down the process of you achieving your goals.

### √ **Post-workout recovery**

- Whey protein has been shown to increase lean muscle mass
- You have a 30-minute window after your workout to replace your glycogen (carbohydrate stores)

### √ **Take your OMEGA 3 FISH OIL SUPPLEMENT**

- Consume at least 1500 mg DHA/EPA daily
- Omega 3s increase your HDL (good cholesterol), decrease inflammation, improve recovery after workouts, improve brain health and mood

### √ **Sleep at least 6 hours each night**

- Hormones reset at night (cortisol, leptin, ghrelin)
- When you are sleep deprived, your leptin levels are decreased (the hormone that makes you satisfied with what you eat) and your ghrelin levels are increased (the hormone that makes you hungry). Therefore, you are more hungry and less satisfied with what you eat when you don't get enough sleep

# 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: \_\_\_\_\_

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Steps to Achieve Goal:

1. \_\_\_\_\_

2. \_\_\_\_\_

Goal #2: \_\_\_\_\_

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Steps to Achieve Goal:

1. \_\_\_\_\_

2. \_\_\_\_\_

# Nutrition 101: Food 4 Fuel

1. **Carbohydrates** are 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.*
  - **Fiber** is a non-digestible carbohydrate that delays glucose absorption, helps you stay full, decreases cholesterol levels, and aides with reducing triglyceride levels. Fiber is found in fruits, vegetables and whole grains.
  - **Glycemic index (GI)** tells us how fast our blood sugar will rise after eating a food (stick with low glycemic index foods). GI indicates how much of an insulin response our body will have to produce to break down what we just ate. Remember, insulin response is an inflammatory response. After you exercise is the best time to have any higher glycemic foods.
  - Try to avoid the excess use of *artificial sweeteners*. Studies show an increase in weight gain, body fat, and calorie/carbohydrate intake with high levels of artificial sweeteners. They also cause increased "sugar cravings." Stevia is a more natural form of a non-calorie sweetener that is made from a plant.
  - What about other different types of sugar and sweeteners? Agave, honey, raw sugar, sugar cane, dextrose, and maltose are all treated like traditional sugar by our body. They all go through our lymphatic system and trigger inflammatory response. If we don't burn it off, it turns into fat.
  - Sources of carbohydrates: Starches (bread, pasta, **rice, quinoa**, beans, **oatmeal, steel cut oats**), starchy vegetables (potatoes, **butternut squash, sweet potato**, peas, corn), fruit, juices, and dairy.
2. **Protein** is made from amino acids that 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.*
  - **Essential amino acids** can't be synthesized by the body, therefore we need to obtain these proteins from food sources (**eggs** contain all essential amino acids). **Complementary proteins** are two or more foods that when eaten together, they provide all essential amino acids (ie: legumes & rice, mushrooms & broccoli).

- Of the essential amino acids, a few are very important in terms of recovery after workouts: leucine, valine, isoleucine (and glutamine). During exercise, levels of these branched chain amino acids (BCAAs) decrease, which leads to weariness and fatigue. This is one of the reasons that a post-recovery shake will contain extra BCAAs to help with muscle rebuilding after workouts.
- **Conditionally essential amino acids** are amino acids that our body can make the precursors, however, our body cannot make enough of them under some conditions (ie: glutamine and arginine during stress).
- **Sources:**
  - **Lean Meats:** fish, chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carb and protein), turkey
  - **Medium Fat Meats (1 Protein + 1 Fat):** cheese (cottage and grated parmesan), chicken (dark meat no skin)
  - **High Fat Meats (1 Protein + 2 Fats):** full-fat dairy, red meats, bacon, most cheese, pork, ribs, eggs

3. **Fat** is a 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.

- **Stay away from saturated and trans fats:** They increase your LDL/bad cholesterol and also decrease HDL/good cholesterol.
- **Increase Omega 3 intake:** Sources include salmon, herring, canola oil, olive oil, flaxseeds, **chia seeds**, some eggs are fortified, and **supplements**. Omega 3 supplements are recommended to ensure that you are consuming adequate amounts of DHA and EPA.
- **Cholesterol** is a component of cell membranes needed for hormone production. Our body makes cholesterol, and it is found in animal products (egg yolk, organ meats, fish roe).
- **Sources:** fats, meats, dairy, nuts/ nut butters, avocado, olives, butter, cream, and coconut milk.

# ReShape Your Plate

## 1. Drink Up

- Hydration is extremely important, and your choice of fluids can make or break you.
- Focus on daily water intake.
- Cut back on the sugar sweetened beverages (soda, juice, and sweet tea).

## 2. Make it Lean

- Choose lean meats such as chicken, turkey, and fish.
- Watch out for the added fat when cooking (grill, bake, or broil).
- Beware of whole milk and dairy products, they can provide excess saturated fat and calories.

## 3. Load up on the **WHOLE** foods

- Whole grains, fruits, and vegetables provide you with the fiber, vitamins, and minerals that your body needs.
- Fiber plays many different roles in the body to help you stay full, keeps your digestive health regular and aides in lowering cholesterol levels.

## 4. Cut back on the sugar

- It causes an inflammatory response.
- Beware of hidden source of sugar in juices, granola bars, and processed foods.

## 5. Limit the processed junk food

- Try to shop the perimeter of the grocery store for 90% of your groceries.
- Look at the ingredients label, and if you can't read what's in it, put it down.

### What is a Portion?

#### Grains



#### Protein



#### Fruit



#### Veggie



#### Dairy

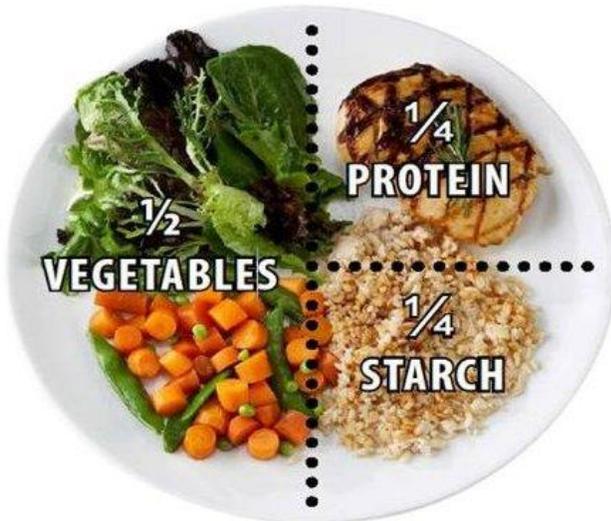


#### Fats/Oil



## 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 Vegetables
- $\frac{1}{4}$  of the plate = Lean Meats
- $\frac{1}{4}$  of the plate = Complex Carbohydrates

## Interpreting the Meal Plan

- The challenge comes with four 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 to improve performance should focus on the high end of the ranges.
- \*\*\* Means there is a recipe on the website ([www.healthystepsnutrition.com](http://www.healthystepsnutrition.com))
- Log your food in MyFitnessPal and connect your MFP account with the HSN app!
- **ALL PORTION SIZES OF FOOD ARE COOKED!**

Notes: \_\_\_\_\_

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