

Nutrition Guide



Eating well is probably the hardest part of being healthy.

Your nutrition is generally the biggest barrier between you and your fittest, strongest body. The reason it's hard is because good nutrition is usually confusing and impractical to implement on a consistent basis. It's much easier to skip a meal or pour a bowl of cereal, right?

The other difficulty with nutrition is that many of us harbor a negative view of food. Our only experience with "healthy eating" is within a dieting context. We see food as the thing that makes us fat. It is constantly our enemy.

With nutrition, my goal is for you to learn that food is good and eating healthy is *not hard*.

As you learn to eat healthier, we will focus on putting the good stuff in, instead of simply pulling the bad stuff out. This is the fundamental difference between a *lifestyle* of healthy eating and merely dieting.

Dieting is all about what you *can't* have, and what you need to *remove* from your meals. **Instead, I'd like you to be so focused on including all the good, nutritious foods that you barely have space for the bad stuff.**

With this tactic, over time your cravings and tastes will change. You will begin to *crave healthy food* because you will start to associate it with feeling good. Junk foods and other less-than-healthy foods will begin to lose their appeal.

When this change happens, you will know that you have created a lifestyle. You will have broken through the threshold of difficulty and gotten to a place where eating healthy is easy. You will be able to eat this way for the rest of your life.

It's important to notice that God gave us food to nourish and fuel our bodies, but that He also gave us taste buds to fully enjoy every morsel. **Food is not just fuel.** We should enjoy it, too. You need strategies for consistently selecting nutrient-rich foods that still taste really great, but also strategies for how to splurge and delight in the *not-so-healthy foods* every once in a while.

Are you with me?

Let's now learn some incredibly simple steps to nourish our bodies the way they were created to be fed, and still have a loving relationship with food.

Eat Meals.

I told you we were making this simple, right? It sounds like a no-brainer, but the number of moms that skip meals is staggering. Skipping breakfast and lunch is the most common. There is nothing particularly important about breakfast or lunch, it's just that it sets the tone for the rest of the day. If this is you, you need to break this cycle.

Remember this: If it's a mealtime, you need to eat. If it's not a mealtime, then don't eat.

Start with this pattern for getting yourself on a regular meal schedule and then tweak it to suit yourself best:

Breakfast → Lunch → Afternoon Snack → Dinner

Once you have followed this pattern consistently for several weeks, check in with yourself. How hungry are you? Are you noticing any changes yet? Is this working for you?

If you need to, you can add in a mid-morning snack, or a late evening snack. You can even delete the snacks altogether and simply eat breakfast, lunch and dinner. There are no set rules here.

Eat Your Pro's.

This tiny sentence will simplify healthy eating for the rest of your life. **For all of your meals** (now that you're eating them all, right?), **eat PROtein and PROduce.** There should be something on your plate that is a protein, and there also should be something on your plate that is fresh produce. Your PRO's make up the foundation of your meals.

Here are some ideas for Protein:

- Eggs
- Greek yogurt & cottage cheese
- Chicken & turkey
- Pork
- Lean cuts of beef, like sirloin
- Seafood
- Tofu
- Beans

Here are some ideas for Produce:

- Green, leafy vegetables like lettuce, spinach, kale
- Peppers, onions, green onions
- Broccoli, cauliflower, cabbage
- Cucumbers, carrots
- Zucchini, squash
- A variety of fruits & berries

You will notice that all of the meals in your *7-Day Meal Plan* always include protein and produce. These are your staples, the mainstays of every single meal you eat.

Be Mindful with Your Fats.

Eating fat is important. However, we go astray by consuming far too much saturated fat (the type found in animal products) and not enough unsaturated fats. We need balance. **And when we strike the perfect balance, our bodies will beautifully hum.** With most of your meals, think about ways to add healthy fats.

Here are some good sources of fat to add to your meals:

- Nuts like almonds, pecans, walnuts and peanuts
- Seeds like sunflower, chia, flax and sesame
- Olives and avocados
- Olive oil, sunflower oil, walnut oil, grapeseed oil & avocado oil

These are all very nutrient dense, so a little bit goes a long way. Don't overdo it.

Eat Whole Grains & Other Starchy Carbs, When It's Right.

Carbs get a bad rap. Although it is true that consuming too many grains is the most common culprit for being overweight, when you eat them appropriately, they can actually be very healthy for you. Always choose whole grains whenever possible, instead of refined, white grains. And then time it so your grains work the best for you.

- Are you thin and have a difficult time gaining weight? You can have grains with most meals.
- Are you athletic and muscular, but still would like to be leaner? You can have grains with one or two meals a day.
- Are you heavier set or have a difficult time losing weight? You can have grains at one meal, but only on a workout day and preferably the meal closest to your workout.

We'll talk more about this later when you learn how to eat for your body type.

Here are the best grains that provide lots of nutrients:

- Quinoa
- Rice (white or brown)
- Whole wheat breads and pastas
- Oats, especially steel cut
- Corn
- Potatoes, regular or sweet
- Farro, spelt, barley

A little bit goes a long way with grains, too. You don't need more than about one cupped handful, cooked.

Eat real, whole food.

The majority of your meals, if not all of them, should be fresh. Avoid eating out of boxes, cans and other packages. When you eat fresh food and cook it yourself, you are eliminating the variables. Most food that has been processed and packaged contains extra fat, sugar, sodium and other preservatives. These are the variables that can toy with your body composition and can cause you to feel bloated.

By avoiding processed foods, you will also be eliminating candy, crackers, granola bars, snack packs, sweet drinks and other junk foods that we, as moms, often gravitate towards.

This one always seems to raise the most questions. "What about my hummus? What about my salad dressing? What about my boxed whole grain spaghetti? What about my Greek yogurt?" Use your brain here. If the majority of your meal is fresh and unprocessed, and all you're adding to it is a store-bought olive oil based salad dressing, then you're fine. But if it's a flavored, packaged "health food" item (i.e. cherry flavored Greek yogurt or a granola bar), it does not comply.

If you're not sure, ask about it in the Facebook Coaching Group.

** Remember, work hard at putting all the good stuff on your plate, and hopefully you won't have room in your stomach (or in your mind) for all this processed, junk food. Don't get hung up on this by thinking "I can't eat that, I can't eat that, I can't eat that..." Just do your best to avoid these things by emphasizing good, real food.*

Splurge Sometimes.

Let's call this your "pressure release valve". When you feel like you always have to say no to your favorite foods, the pressure continually builds. Eventually it will burst and you may lose complete control, leading to guilt, shame and goals that are completely sabotaged. **You need a way to splurge on foods you love, while maintaining discipline and self-control.**

First, identify what you really love. What's your *thing*? Is it chocolate? Wine? Pita chips? Nail down what splurge leaves you feeling completely satisfied. Be honest with yourself. If popcorn doesn't do it for you, then avoid popcorn so you can spend your splurges on something you really love. For me, it's chocolate ice cream, hands down.

Next, identify your goals. Do you want to get leaner and lose weight? You should be "splurging" only 10-15% of the time. Do you want to maintain your body composition and feel a little more relaxed with your nutrition? Go ahead and splurge about 20% of the time. Anything more than this will tip the scales in the wrong direction, potentially leading to inappropriate weight gain.

So, how do you measure this? You can keep track in your head if you'd like. If you are eating 4 meals per day, 7 days per week, **splurging 10% of the time would be at 3 meals.** All of your other meals throughout the week should be on point. If your goal is maintenance, then you would **splurge on 6 occasions.**

What counts as a splurge?

- Skipping a meal or eating a meal when you're not supposed to (mindlessly snacking)
- Skipping your PRO's at a meal
- Eating starchier carbohydrates when the timing isn't right

- Eating packaged, processed foods or foods high in sugar and saturated fat

If you would like help keeping track of your splurges and would benefit from another level of accountability, take advantage of the Meal Chart, which can be found on the Members Nutrition Page.

** You can print out a handy visual of all of these healthy eating guidelines on the Members Nutrition Page. Look for the Nutrition Quick-Guide. Place this on your fridge or somewhere else that is highly visible.*

These are your basics.

Continue reading for all the extras...

All the extras

The guidelines on the previous pages help you navigate all of the normal eating situations. However, I know you may have more questions about water consumption and other beverages, eating for your own body type and workout nutrition.

Beverages. First of all, *water*. I don't need to waste your time by telling you why water is important. It's pretty obvious, yet so many of us walk around dehydrated and feeling less than stellar without even realizing it. Let's fix that. Your water consumption should be personalized to your body size and activity level.

- **Drink half your body weight in ounces of water per day.** For example, if you weigh 150 pounds, you should be drinking about 75 ounces of water every day.
- Drink an extra 16-24 ounces of water (about one big water bottle) during and after a workout, or more if you're extremely sweaty.
- It doesn't matter if your water is iced, lukewarm, flavored with lemon, or sparkling. Just drink water. Pay attention to how carbonated beverages make you feel. If they leave you feeling gassy or bloated, avoid them.
- Other acceptable beverage choices are **unsweetened tea and black coffee, hot or iced.**

Do your best to reduce drinking beverages that contain calories of any kind. These include:

- Soda, even diet
- Milk, any kind
- Juice
- Coffee creamers and lattes
- Alcoholic beverages

I'm sure you're cringing at the thought of giving one of these up. The best way to go about navigating beverages is to choose what you love and enjoy that occasionally.

**For me personally, I couldn't care less about soda, milk and juice, but it was a toss-up between lattes and alcoholic beverages. I like them both equally. However, enjoying wine and beer on occasion was a bit more important to me than enjoying coffee drinks, so I just never have lattes anymore. But, I do enjoy alcoholic beverages several times per week.*

If you're charting on the Meal Chart, caloric beverages count as an "x".

How to Eat for Your Body Type.

Once you feel like you have mastered the basics on the first few pages, you can try tweaking your food choices to match your specific body type. This will help dial it in even more.

As a quick overview, here are the different body types, or *somatotypes*. Keep in mind-- all of these body types are beautiful and unique. One is not better than the others, they are just different:

- Ectomorph – Tendency toward being long and lean. Difficulty maintaining muscle mass. You may consider yourself “skinny”.
- Mesomorph – Tendency toward being compact and muscular. Builds muscle mass easily, yet sometimes has difficulty feeling truly lean. You may consider yourself “athletic”.
- Endomorph – Tendency toward being heavier set. Strong and powerful, yet has difficulty losing body fat. You may consider yourself “thick”.

(Read much more about body types here: [Embracing Your Design](#))

Let's make eating for your particular body type ridiculously simple. **No matter what body type you have, your PRO's (protein and produce) will always remain the staples of your meals.** We will simply manipulate the starchy carbohydrates and fat.

- If you are an **ectomorph or are trying to gain healthy weight**, eat starchier carbohydrates with most meals throughout the day and increase your consumption of the PRO's.
- If you are a **mesomorph or are trying to maintain your body composition**, stay in the middle of the road by emphasizing the PRO's, having starchier carbs only once or twice per day, and eating healthy fats with most meals.
- If you are an **endomorph or are trying to lose weight**, emphasize healthy fats with your PRO's and only eat one serving of starchier carbohydrates on just workout days, preferably with the meal closest to your workout.

If you're charting on the Meal Chart, any situation that deviates from your unique body type suggestion would be an “x”. For example, eating a starchier carbohydrate when the timing wasn't right for your body would be considered a splurge.

Workout Nutrition.

This is not as important as supplement companies would have you believe. The more we learn about workout nutrition, we're realizing that shakes and timing what you eat to coincide with your workouts is not nearly as important as simply eating good meals all the time. **But, because I know you're curious, when is a workout shake/drink (a beverage that contains both carbohydrates and some protein) important?**

- With *extremely* intense workouts, like lifting very heavy loads fast and with minimal rest times. These types of workouts typically leave you feeling depleted.
- Workouts that last longer than 60 minutes
- If a meal that includes good, nutritious food is not imminent (within 2 hours before or after your workout)

If your workout situation does not meet these standards, then you're just fine to **eat normally throughout the day at regular mealtimes**. There is no need to be gulping down a bunch of protein powder within 20 minutes of your workout.

Of course while you're exercising, you should be consuming water—approximately 16-24 ounces or more if you're particularly sweaty. And if you do sweat a lot, drinking an electrolyte beverage (like Propel) may be beneficial. Just make sure that you don't choose a sports drink that is full of sugar, like Gatorade or Powerade.

If you tend to have a difficult time recovering from your workouts and complain of constant soreness, you might consider taking a **Branched Chain Amino Acid (BCAA)** supplement and/or a **Creatine** supplement. These help your muscles repair, recover and regenerate better. But for most individuals, this is not necessary.

If you frequently feel upset to your stomach during a workout, it may be helpful to eat a few small bites of whole food prior to working out. Generally, a simple combination of fruit and protein (half of a banana and a little peanut butter) is a perfect antidote for upset tummies.

Now, let's put it into practice...

Let's put all this into practice. Knowledge is only helpful if you know how to use it. Sometimes the hardest part is making all of these good nutrition guidelines actually happen. Here's how.

Prepare. Prep food ahead of time as much as possible. You know you need to be eating protein and produce with every meal, so it's helpful to have most of it ready to go when you need it. This can help you avoid grabbing a quick packaged meal when you feel the hunger pangs as you'll already have the ingredients ready for a healthy, satisfying meal. Implement these prep strategies as often as possible:

- Bake/grill two or three chicken breasts, cool, then dice and place in the refrigerator for chicken salads and other meals that call for chicken
- Season and brown ground turkey or lean ground beef, then place in the fridge for salads and other meals
- Hard boil six or more eggs and place in the refrigerator for meals and snacks
- Cut up raw veggies (carrots, celery, cucumbers, peppers, broccoli, cauliflower, etc) and separate into individual containers or baggies so they're easy to grab for meals and snacks
- Have two bagged salads ready in the fridge or prepare your own salad full of mixed greens and other veggies
- Place small handfuls of raw mixed nuts into individual containers or baggies for snacks

Plan. Use the meal planner as often as possible. You will be getting a new week of meals planned out for you every month. Following this meal plan is the best way to make your meals automatic. You can also tweak the meal planner to suit your own family's tastes, but remember to stick to the nutrition guidelines already outlined.

With the meal planner, you will also receive a corresponding grocery list. Stick to the grocery list, and try not to come home with any extras!

Eating out. Restaurants and social gatherings tend to stump people. What should you order? What foods do you choose?

For restaurants, here are some tricks:

- Decide ahead of time if this will be a splurge meal. If so, then go for it and enjoy it like crazy!
- If it's not a splurge meal, look for the salad section on the menu. Find a salad that has mixed greens like spinach, kale, baby greens or romaine. The more veggies the better! Also, make sure it includes a good, lean protein like chicken, steak or fish. Always choose a vinaigrette-style dressing and leave out the cheese.
- If salads aren't your thing, choose a grilled chicken, steak or fish with roasted or steamed veggies. Skip the potatoes, rice or tortillas.
- If you are victorious just one time at a restaurant, you will feel empowered and confident to do it again!

At social gatherings, here are the tricks:

- Once again, decide if this will be a splurge meal. If so, then enjoy guilt-free! But, don't graze.
- If it's not a splurge meal for you and it's a buffet style gathering, definitely don't graze. Grab one plate—that's it.
- Then look for the protein option (chicken, burger patty, etc.), choosing the leanest option.
- Next, scope out the salads and veggies. Always choose leafy green salads verses macaroni or potato salads. Raw veggies are great, too, just skip the dip. Fresh fruits are always fine.
- Things to avoid: chips, crackers, buns, rolls, creamy salads or dips, cookies and brownies.

Final thoughts...

Play with it. These are the fundamentals, your guidelines. However, you are a unique individual and something that works for me might not work perfectly for you. But, this is where you need to start. Wipe your slate clean and begin implementing these strategies right away, and once you get the hang of it, you can eat this way for the rest of your life.

No dieting. No measuring. No containers. No counting.

Just some guidelines to direct you and a meal chart to help you keep track. You don't even need to chart if you don't want to.

You will have days where eating healthy is easier than other days. Life will not cater to your healthy eating habits. Vacations, emotions, illnesses, menstrual cycles, restaurants, spur of the moment pizza parties...this is all going to happen. The best thing you can do is make wise decisions when you can, exercise your willpower if you must, or splurge if you want to.

No matter what, refuse to feel guilty if you're having a tough time and celebrate even the little victories. (Did you only eat 4 tortilla chips instead of the whole basket? That's awesome!) And always keep in mind that your body was created to function at its absolute best when you're giving it lots of good food. So remember...

...Don't dwell on pulling the bad stuff out.
Always focus on putting the good stuff in.

