

Let's Get Started: Nutrition made easy!

Ideal Plate:

1. **2 Palm-sized portions of Protein (3-5x daily)** (chicken, fish, eggs, pork, lean beef, turkey). This will keep you feeling full longer while preserving muscles after workouts! Also, the body uses up more calories breaking down protein in the body for energy!
2. **1-2 handfuls of carbohydrates (1-2x daily)** (fruit, old fashioned oats, quinoa, sweet potatoes, green beans). Fiber-rich carbs will help keep you full and help recover from exercise! Add a few berries to your post-workout meal with plain greek yogurt for the perfect combination!
3. **2 fist-sized servings of vegetables (2-3x daily)**. Besides veggie's powerhouse of vitamins and minerals, they contain a lot of fiber and water to keep you occupied longer!
4. **1-2 thumb-sized portions of fat per day**(butter, olive oil, avocado, nuts and seeds). Fats help boost immunity and aid in the absorption of vitamins in our bodies!
5. **1/2 your body weight in Ounces of WATER DAILY**. If you are an athlete or workout regularly, consume an additional 20-40 oz. Keep track of your urine color (dark yellow- dehydrated). Add frozen berries or lemons to your drink if needed to keep taste up.

Small Progress for best results: Make small changes one week (& one meal) at a time for longer results. Depending on your activity level, add/subtract meals as needed. Below are examples of a balanced meal. (try to include a healthy veggie, fat and protein at ea. Meal. Also, make sure men who are active are getting upwards of 1 gram/lb body weight of protein and women are getting .75 grams/lb body weight of protein daily).

Week1 GOAL- Healthy Breakfast Daily

Option #1:

Step 1- Make 2-4 eggs (over easy/hard) * ladies 1-2 eggs/ men-2-4 eggs

Step 2- Saute onions, mushrooms, green/red peppers in pan with olive oil. Add to container with eggs after ea. Are cooked (1/2 cup per serving to be added to each container for the week. I.E- 7 containers)

Step 3- Add Berries (1/2 cup) to separate container, apple or banana (be sure to include servings for whole week)

1-2 cups of water (add lemon, lime, strawberries, etc. To water if desired)

Total Prep Time= approx. 15 minutes (this includes chopping, cutting, cooking everything for breakfast for the whole week!) Just imagine the time you will save to do other things in the morning not having to worry about making breakfast!

Option #2:

Step 1- Cook Oatmeal over stove. In pan, scoop your desired servings of old fashioned oats (**I.E- 1/2 cup serving x 7= 3.5 cups of oats**). Add equal amount of water then heat until done.

Step 2- Take 1/2 cup servings and distribute into separate containers for the week (preferably glass containers for microwave). Add tsp of cinnamon, honey or tbsp of almond butter to taste for each serving.

Step 3- Berries! Add a 1/2 cup of blackberries, blueberries, raspberries or strawberries to each day. Think antioxidants for immune health and vitamins for energy!

Total Prep Time= approx. 10 minutes (whole week of breakfast prepped)

Option # 3:

Step 1- Fruit (banana or apple) with almond butter or protein shake (milk or water with powder)