



BE BOLD FOR

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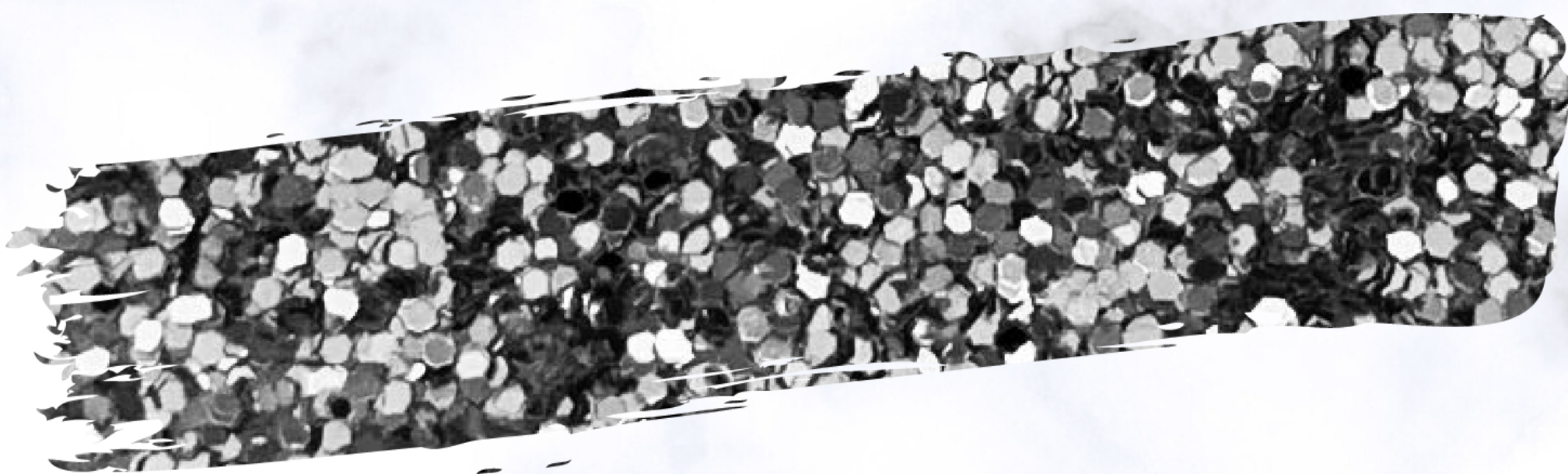
NUTRITION GUIDE

**WELCOME AND THANK YOU FOR
DOWNLOADING MY GUIDE!**

My hopes for this download is to help give you insight on macros, micros and supplements. I know these terms can get confusing, lets face it, it sounds like a foreign language, so i'm hoping to make it easier for you.

But First,

My goal is to help you move forward with sustainable eating habits. Having an understadning of how to properly eat made a dramatic change in my body mentally and physically.



KEY TERMS THAT WILL CHANGE YOUR LIFE

MICRONUTRIENTS

Micronutrients are the vitamins and minerals that we should get from nutrient dense foods, but in reality do not eat enough quality variety to do so.

MACRONUTRIENTS

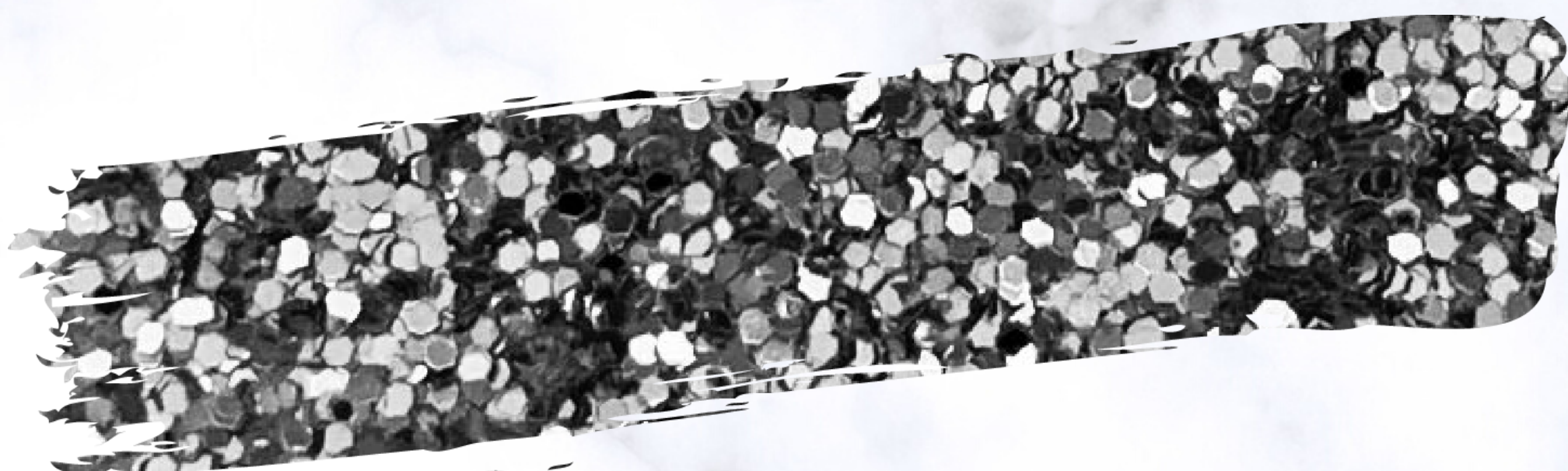
Macronutrients is our main energy source that we need in larger amounts. Those are known as our protein, fats and carbs.

SUPPLEMENTS

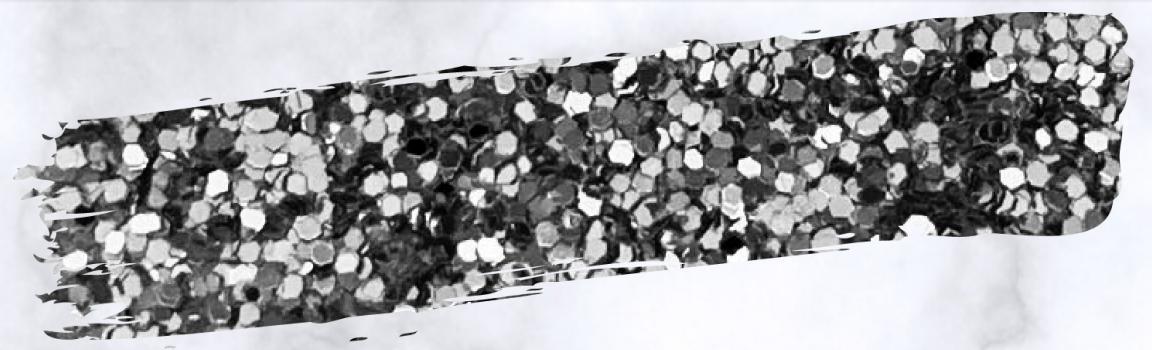
A product that contains one or more ingredients such as micro's or macros (ex; vitamins or aminos) that are intended to support our bodies to perform at greater levels.

BONUS TERM; PHYTONUTRIENTS

Phytonutrients provide health benefits outside what normal vitamins do. They are anti-inflammatory, antioxidant and immune supporting. They give fruits and veggies their color, flavor and smell. They are incredibly important for health, wellness, and disease prevention.



PROTEIN



ROLE OF PROTEIN

- TISSUE MAINTENANCE
- TISSUE REPAIR
- TISSUE GROWTH
- ENERGY SOURCE IF CARBS ARE DEPLETED
- AIDS IN MOVING OXYGEN TO THE MUSCLES AND MAKING AMINO ACIDS AVAILABLE DURING EXERCISE.

WHY IS PROPER PROTEIN INTAKE IMPORTANT?

Protein is the primary building block in our body.

If you're not getting your daily intake your body begins to break it down by taking away from your lean muscle and uses it for fuel.

When we are properly consuming protein, it builds and repairs tissue (muscle growth), enhances amino acids and is the fundamental building block of bones, cartilage, organs, etc.

Our bodies can't store protein so this is why we have to consistently get it from our food and supplements.

WHEN TO SUPPLEMENT?

When you don't have time to eat after training or when a nutrient dense meal doesn't sound appealing it is crucial to take a protein supplement in order to maintain or build muscle.

I recommend making a protein supplement such as a protein shake or protein bar a staple in your daily routine. I always bring a shake with me to the gym or a protein bar for on the go.

When supplementing with protein shakes you want to make sure you're buying quality. I prefer vegan protein from pea isolate (complete protein) that also has no fillers, no additives, no artificial sweeteners and is all natural. It is worth spending your money on the best product.

LEAN PROTEIN

Egg Whites, Chicken, nonfat tofu, tuna, lean beef 93% or better, rainbow trout, cod, salmon, flounder, grouper, ocean perch, low fat turkey bacon, cottage cheese 2% or less, deli meat, protein powder.

CARBOHYDRATES

ROLE OF CARBS

- CARBS PROVIDE YOUR BODY WITH ENERGY
- HELP PRESERVE MUSCLE
- PROMOTE DIGESTIVE HEALTH

WHEN TO SUPPLEMENT ?

Immediately after working out to replenish glycogen I recommend a fast digesting carbohydrate and protein source 30-60 minutes after training.

How you eat after training is going to dramatically impact if your body is going to continue to burn more calories or build and repair muscle.

HEALTHY CARBS

**High- Fiber fruits and vegetables,
Bran Cereals, black beans, lentils, pinto beans,
Sweet potato Yams, Long grain, brown rice, Wild Rice,**

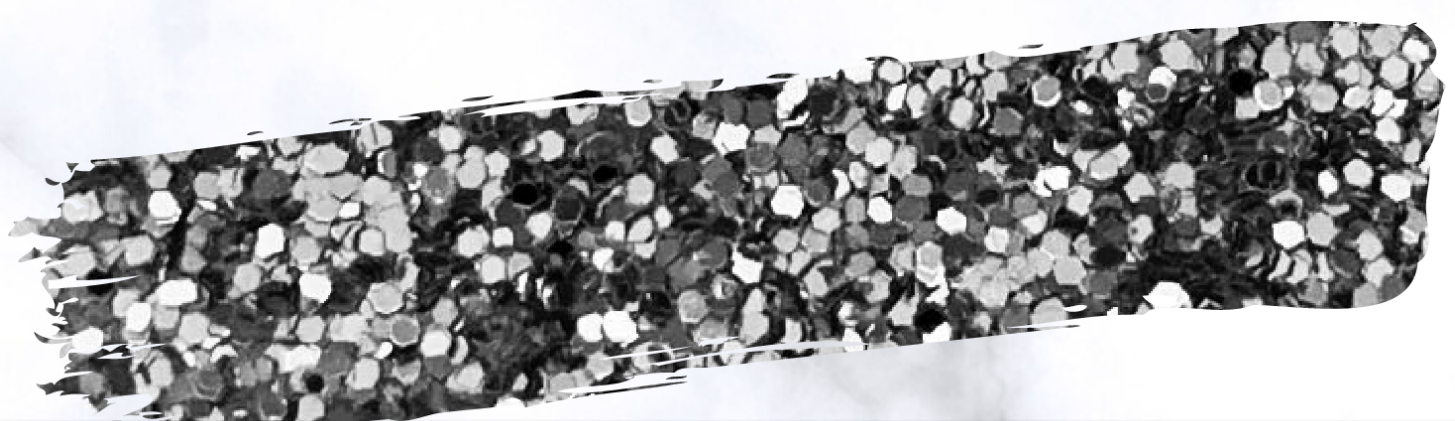
WHY ARE CARBS IMPORTANT?

Carbohydrates serve several key functions in your body. They are your body's preferred energy source. carbohydrates give you energy for daily tasks and they fuel your brain's high energy demands and aids in fat metabolism..

Carbs fuel your workouts, they store glycogen in the muscles and they allow protein to be used for muscle repair rather than using it for energy.

You don't want to over consume carbs because your glycogen will be stored as fat. Carbs can be tricky to figure out as they are delicate. My best advice is to track what your eating so that you don't over do it.

You want to look for *quality* organic if you possible. You want the least processed foods. When buying boxed or canned foods, look for very few ingredients and no preservatives.



FATS

ROLE OF FATS

- SOURCE OF ENERGY
- FATS CAN BE ANTI-INFLAMMATORY
- THE BODY CAN UTILIZE FATTY ACIDS AS ENERGY WHEN CARBS ARE DEPLETED

WHEN TO SUPPLEMENT?

If your low on your daily fat intake you should increase from food.

HEALTHY FATS

Avacado, Olives, Natural peanut butter, Sunflower seeds, pumpkin seeds, almonds, walnuts, nut butters, olive oil, egg yolk, fish oil- Omega 3

WHY ARE FATS IMPORTANT?

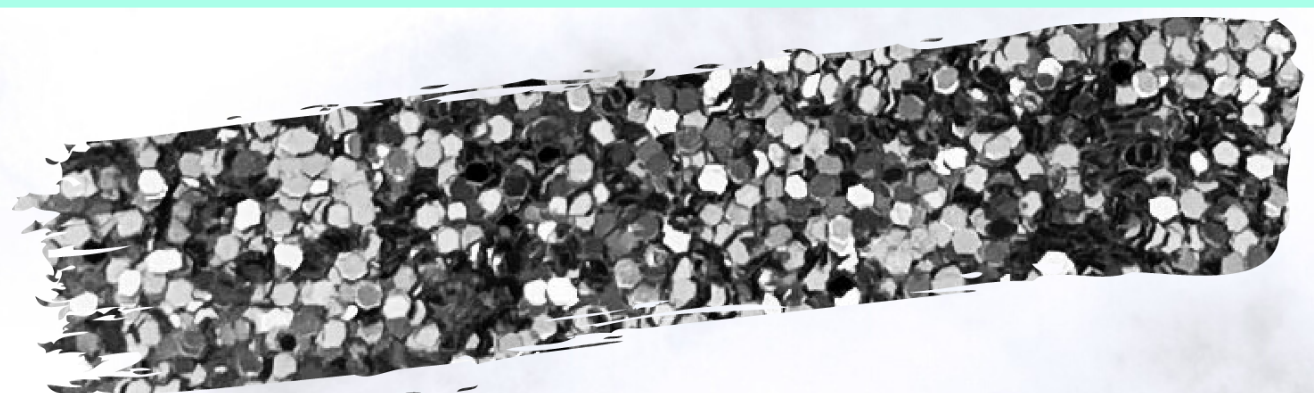
Fats often fail to get the attention it needs in sports nutrition. It is incredibly important to get the right kind of fats in our daily diet in order to help break down energy and support cell growth.

It's also important to note that not all fats are created equal.

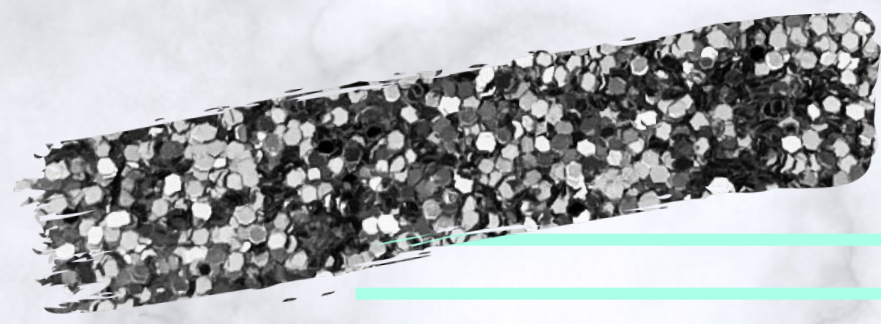
You want to avoid saturated fats along with trans fat. Too much of it can lead to heart disease and other health problems like weight gain. They also serve no nutritional value.

Proper fats are monounsaturated, and polyunsaturated. These are much higher in healthier fats.

You should get no more than 25% to 30% of your daily calories from fats.



MY FAVORITES



I've decided that I wanted to add in my must haves aka my favorite products that are all plant based and delicious!

(Click on any paragraph to see details of the product your interested in)

These are my favorites for a reason. I trust in the brands that I'm using and have had great success from them. On that note don't feel like you need to get everything I'm listing. I would suggest starting with one thing you lack most on and improve from there. If you have additional questions please feel free to reach out and lets chat!

SUPPLEMENTS

GREENS

I Simply can not I repeat can not live without my greens. I know it can look like its just a new trend and i thought so at first but if you've struggled like me then GREENS are where it's at!

I can't even begin to tell you how much these greens have changed my life. I have struggled with digestive issues for as long as I can remember. Especially while traveling. I also noticed a change in my skin and overall how i feel day to day. You won't catch me without them.

The GREENS I take have digestive enzymes and probiotics which aids in natural digestive function (game changer). They also support health and wellness, natural energy levels, immune function, and overall health.

PROTEIN POWDER

We Know by now that protein is a staple in your diet. My holy grail is a lean protein that has added greens and is in the purest form of pea protein isolates (again your *complete protein*).

This protein is easily digestible and packed with muscle building amino acids

My main reason for using this protein is because it's all natural, loaded with antioxidants, anti-inflammatory nutrients, added probiotics and digestive enzymes. It's the bomb and it's also the yummiest vegan protein i have ever tasted.

HYDRATING AMINOS

I sip on these while working out and I drink them after pre-workout.

I love these aminos because it has BCAA's Branched chain of amino acids and 9 essential additional amino acids and glutamine (Glutamine helps with muscle recovery and it's great for your immune system)

It also has coconut water powder which is going to keep you hydrated during your workout!

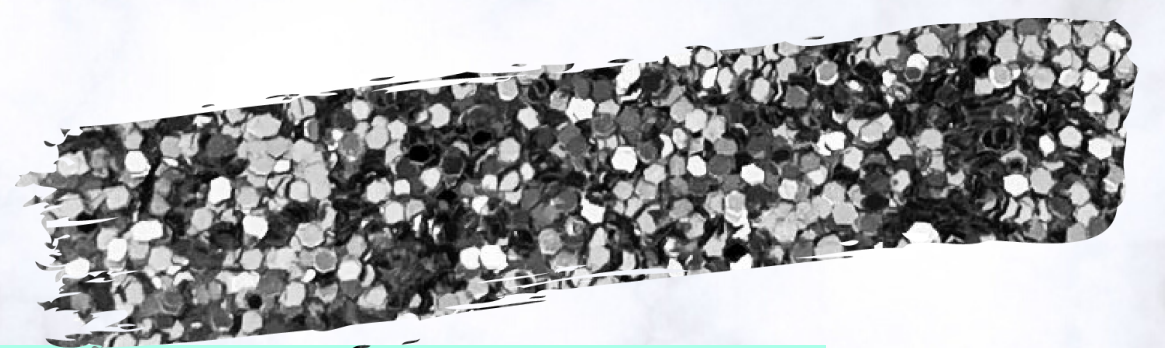
PRE-WORKOUT

I don't take pre-workout every day but I definitely take it on the days that I need that extra boost.

My favorite is an all organic pre that provides me with sustained energy.

This pre-workout gives me the perfect amount of focus and energy to crush my workout.

It also carries 200 MG of natural caffeine per scoop and beet root which gets blood pumping through your muscles.



VITAMINS-I ALWAYS RECOMMEND YOU SHOULD AT LEAST BE TAKING THESE SUPPLEMENTS DAILY.

- **Daily Vitamin** - This to me is like an insurance policy. They also carry some pretty great nutrients.
- **Fish Oil**- Provides many health benefits and protects against diseases. They also help support joint health. You want to make sure you're getting at least 250-500 MG of combined EPA and DHA daily.
- **Probiotics**- What more can I say about probiotics? They promote a healthy digestive tract and immune system. You want to aim for at least 1 billion CFUS.

MY GO TO HEALTHY SNACKS

- Protein bars- Pure protein lemon cake is my current obsession. I'm a sucker for all things lemon. When looking for a protein bar you want to check that protein is high and sugar is low.
- Rice Cakes- Plain, chocolate, really any flavor. Yummy toppings such as natural peanut butter and jelly. Nut butter or protein cookie dough topped with fruit...now were talking!
- Protein pudding or protein mug cakes.
- Nuts- Almonds and cashews are my favorite.
- Smart pop popcorn - kettle corn is the bomb.
- Kodiak cake pancakes, waffles or muffins- I snack on these entirely way too much.
- Yogurt- Almond-milk yogurt is my jam for dairy free and soy free. Top it with strawberries and granola...protein overload.
- Pretzels- sourdough and pretzels stuffed with peanut butter (watch your servings as it's easy to get out of control with these ones)
- Egg white omelette - add spinach, veggies, hold the meat or add it if you want and finish it with seasoning. Protein overload once again.
- Fruit- all kinds of fruit but mainly for me it's strawberries, apples, bananas and cuties.
- Halo top Ice Cream- you guys know I can't leave out my ice cream!



FAQ'S

HOW DO I FIGURE MY MACROS?

Macros can get confusing but don't let it confuse you too much. Start by downloading MyFitnessPal, input your data and it will figure up your maintenance calories based on what you entered. From there you will either add an extra 100-200 calories if you want to build muscle and you will subtract from there if your goal is to lose weight. Every person is different which means everyones macronutrient intake will be different. The most important thing is you must be consistent with your macros in order to see a change in your body.



SHOULD I USE A FOOD SCALE?

Absolutely! If you're new to tracking I definitely recommend purchasing a food scale. How else will you know what 4 oz looks like? Don't eye ball it either. Weighing food and tracking is the key to success.

SHOULD I CUT OUT CAFFEINE?

Nope. I love coffee. The only time I recommend cutting back is if your pouring sugar and sweetener into your coffee I mean if you take a drink and you can't taste your coffee...it's time to reel it in a little. Black Coffee is "the powerhouse of antioxidants." There are 12 science based health benefits to drinking black coffee so check those out sometime if you think coffee is bad for you.

How many times a day should I be eating?

I recommend 3-6 meals a day every 2-3 hours. If your eating 6 meals a day those meals are portioned out and much smaller. If you can only eat 3 times a day that's okay just make sure your getting in whole nutrient dense meals and maybe a snack or two.

HOW MUCH WATER DAILY?

I always suggest at least a gallon. However there are calculators out there that can figure up your suggested water intake. I know it's easy to skip your water but I can't begin to express how important it is. I know a lot who skip water daily and drink pop all day. Please stop doing that. Water benefits your skin, health and beauty, lubricates joints, flushes body waste, maintains blood pressure and your airways need it. So yes, you should jump on this bandwagon and drink ya dang water!

Thank you so much for making it this far! I hope I was able to teach you something new or help guide you on a new journey. If you have any more questions I'll link here where to find me. I'm here to help you, so please don't hesitate to reach out!

THE END!

