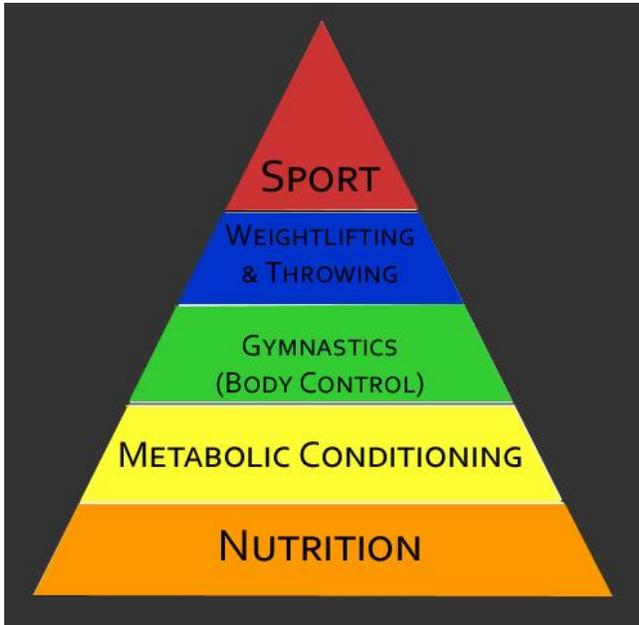




## Intro To Nutrition Handbook

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

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This is the fitness pyramid. As you can see, **nutrition is the foundation of your fitness.**

You need to dial in your nutrition to achieve your goals. Here are some tools to get you started...

## **Here Are The Basics You Need To Know:**

### **4 Kitchen Tools That You Need To Own (& USE):**

1. Crockpot or Instant Pot
2. 3 Compartment Containers
3. Muffin Tin
4. Water Bottle (with a straw)

### **4 Great Go-To Recipes (on the website):**

1. Amish Oatmeal
2. Egg Muffins
3. Pulled Chicken
4. Meatloaf Muffins

### **4 Tips To Help You Stay On Track:**

1. Meal Prep on Sunday
2. Don't Skip Your Meals And Snacks
3. Drink Lots of WATER (at least 80 ounces)
4. Balance Your Meals (include a protein, carbohydrate and healthy fat with every meal and snack)

# Goal Setting

**You want to set yourself up for success by setting SMART Goals!**

- S: Specific
- M: Measureable
- A: Attainable
- R: Realistic
- T: Time Sensitive



## Tips when setting your goals:

1. Look at the big picture first. What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time- 1, 5, 10 years down the line?
2. Set smaller goals for what you would like to accomplish 1, 2 3, 6 months.
  - Have 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.
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. \_\_\_\_\_

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

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**Steps to Achieve Goal:**

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

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

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# Know Your Macros

## Carbohydrates

- **Favorable Carbohydrates:**
  - ❖ Low in sugar (less than 4 grams)
  - ❖ High in fiber (more than 3 grams)
  - ❖ Minimally processed (try to shop the perimeter of the grocery store)
  - ❖ Stick with low glycemic (low sugar) fruits, veggies and whole grains
- Non-starchy veggies: contain some carbohydrates, should consist of ½ our plate for lunch and dinner (biggest section in the 3-compartment container)

<b>½ Plate Non-starchy Veggies:</b>	<b>¼ Plate Starchy &amp; Complex Carbs:</b>	<b>Have In Moderation:</b>
<ul style="list-style-type: none"> <li>✓ Broccoli, carrots, green beans, asparagus, cauliflower, tomato, zucchini, squash, salad, cucumbers, spaghetti squash</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fruits: strawberries, blueberries, raspberries, apples, peaches, clementines, pear</li> <li>✓ Starchy veggies: sweet potato, peas, butternut squash, acorn squash</li> <li>✓ Starch: brown rice, quinoa, beans, oatmeal, steel cut oats</li> </ul>	<ul style="list-style-type: none"> <li>✓ Rice cake</li> <li>✓ Fingerling potato</li> <li>✓ Ezekiel bread</li> <li>✓ Banana, grapes, melons</li> </ul>

## Protein

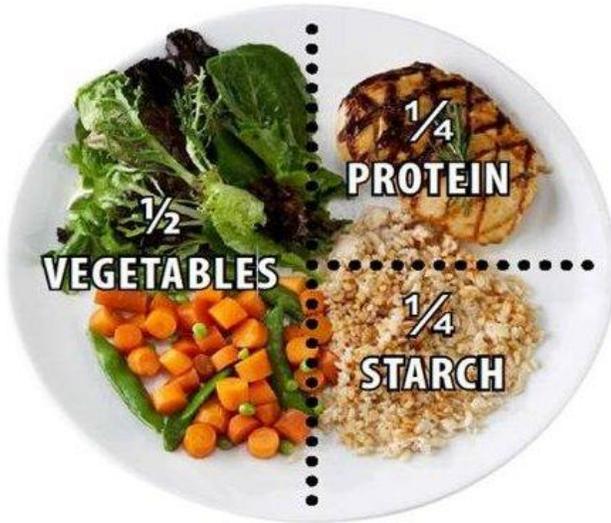
<b>Lean Meats (Great Choice):</b>	<b>Medium Fat Meats (Moderation):</b>	<b>High Fat Meats (Limit):</b>
<ul style="list-style-type: none"> <li>✓ Fish, Skinless chicken breast, Pork Loin, Legumes, Cottage Cheese, Triple Zero Greek Yogurt (carbs + protein), turkey, egg whites</li> </ul>	<ul style="list-style-type: none"> <li>✓ Medium fat cheese (cottage + grated parmesan cheese), chicken (dark meat, no skin), sirloin, large eggs, turkey bacon, turkey sausage</li> </ul>	<ul style="list-style-type: none"> <li>✓ Full fat dairy, most red meats, bacon, most cheese, pork, ribs, extra large eggs, fried meats</li> </ul>

## Fat

<b>Healthy Fats (in moderation):</b>	<b>Limit:</b>
<ul style="list-style-type: none"> <li>✓ Avocado, nuts, nut butters, seeds, coconut oil, olive oil</li> </ul>	<ul style="list-style-type: none"> <li>✓ Butter, fried foods, baked goods, chips, junk food, treats</li> </ul>

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