

MY FUELED BODY NUTRITION

GETTING STARTED E-BOOK

BY

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PRECISION NUTRITION CERTIFIED LEVEL 1



WELCOME

Congratulations for taking this step. Deciding to invest in yourself is not always easy. Nutrition is a very unique and personal journey, so I am really excited and privileged to be a part of that. This information is meant to help you along your journey by teaching you and building confidence in simple healthy habits. If you find along the way you need more accountability, more questions answered or simply guidance and encouragement, please consider my monthly coaching option and contact us at myfueledbody@gmail.com

The intention of this program is to focus and develop one new habit each week over the course of 12 weeks. This allows you to feel confident and successful before moving forward. Lots of small consistent successes leads to results and meeting your goals!!

PROGRAM OUTLINE

Weeks 1-4 Focus on Quality Food Sources

Weeks 5-8 Focus on Quantifying your Food

Weeks 9-12 Focus on Maintenance / Ongoing Accountability

Enjoy!

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WEEK 1

Our focus this week is going to be the importance of eating quality protein. Protein is a macronutrient that is key to building and restoring lean muscle in our bodies. It also helps us feel full and satisfied when we eat.

Your habit for this week is to eat quality protein at every meal or snack. See how simple that is! Simple is good. Simple is manageable. Don't over do it. Don't over think it. Just try to be consistent with this habit every time you eat. **Don't change anything else just yet!** Just makes sure that every time you eat you are eating some high quality protein.

To help you with that just eat a variety of foods from this list! Remember choose the least processed option possible. E.g. Fresh organic chicken breast vs. Frozen Breaded Chicken Nuggets.

Food List Ideas

Meats (beef, chicken, turkey, pork, fish, game)
Eggs or Egg Whites
Greek Yogurt (avoid those with added sweeteners and sugar)
Low Fat Cheese
Cottage Cheese
Quality Protein Supplements (email for ideas)
Protein on the go (Nick's Sticks / Quality Jerky)

Recipe Ideas / Food Prep

Planning out your protein for the week doesn't mean you have to cook a whole cow on Sunday! But make sure you are prepared and that you have accessible choices through the week. Experiment with cooking options to make life easier and your protein taste great! Use a variety of herbs and spices. Try crock pot recipes for your meats. Get on Pinterest and searching for healthy recipe ideas. Try something new!

WEEK 2

This week maybe a challenge for some, for others it may be a habit that your are already on top of!

Eating a wide variety of vegetables is really important. Vegetables are packed with micronutrients providing valuable vitamins and minerals to our body which are vital for a healthy metabolism. They are also full of fibre which helps us to feel full and aids in digestion. On the macronutrient side they are a great source of carbohydrate and protein.

Try to eat a variety of vegetables from the list below. Aim for some vegetable every time you eat. So now we raised the bar. Every meal or snack eat some quality protein and some kind of vegetable. It's as simple as that! Remember avoid processed options. Go for fresh, frozen or even canned if you have to. Here are some vegetable options if you are not sure what you are looking for!

Food List Ideas

Broccoli, cauliflower, spinach, carrots, cabbage, zucchini, squash, celery, green beans, brussel sprouts, bell peppers, mushrooms, radish, beets, peas etc.

Food Prep / Recipe Ideas

Try to eat and prepare vegetables in various ways such as....

Preparing a bin of raw fresh vegetables to snack on or make salads with.

Roasted and seasoned (try sea salt and black pepper with some coconut oil).

Sautéed veggie noodles.

Puréed soups or stews.

Steam a vegetable medley.

FRENCH FRIES DONT COUNT! 😊

The goal today is to focus on these two simple habits every time you eat....and remember don't change anything else just yet!

1. Eat some quality protein.
2. Eat a vegetable.

WEEK 3

This week let's take a look at choosing better carbohydrates and dispelling the myth that carbs are the enemy.

Carbohydrates are a vital macronutrient that supports many of our bodies functions. We need carbohydrate to function optimally. The big issues we have to address are choosing the best quality and then getting the right quantity to support our goals.

The first task this week is to make better carbohydrate choices, **not** necessarily eliminating all the stuff you love but **minimizing** the consumption of processed and refined carbohydrates, so packaged items and sugary stuff! Also count in beverages that have been sweetened and alcohol.

Here are some great whole food unprocessed carbohydrates to enjoy this week....

Food List Ideas

Fruit (All varieties in their natural forms.)

Quinoa

Rice

Whole Oats

Sweet Potato

White Potato

Beans

Chickpeas

Try not to consume more than 1-2 cupped handfuls at any meal. Depending on your goals the total for your day could range from 5-12 portions. I can help here if you have questions.

So now think about what your meals should be looking like

Lean protein (Salmon)

Vegetable (Sautéed zucchini noodles)

Carb (a cupped hand of Quinoa)

Remember you have to stay consistent with your earlier habits even as we start to work on your new habit.

Tips

Have a plentiful supply of fresh fruit in your refrigerator.

Cook up a batch of rice to store and have ready for the week.

Try some overnight oats in a jar or a crockpot for an easy breakfast option.

WEEK 4

Let's talk this week about the importance of choosing fats wisely. First of all we need fat for our body to function and it helps us to feel satisfied when we eat. Avoiding fat eliminates a vital macronutrient from your diet and will often lead to overconsumption of other foods in an attempt to feel satisfied. The key is choosing the right kinds of fats in the right amounts.

If you are cooking with oils or eating protein sources that contain a higher level of fat (beef, eggs, full fat dairy) then it is unlikely that you will need to add much if any additional fat to your meals.

Try to avoid processed and refined fat options like hydrogenated oils and trans fats. Prepare foods grilled or sautéed versus fried, unless you have an AirFryer that is!

Food List Ideas

Coconut oil
Olive oil
Grass Fed Butter or Ghee
Nut Butters (in their least processed forms)
Olives
Avocado
Egg yolks
Hummus
Nuts.... not sugar coated!

Keep fat amounts to roughly the size of your thumb at any 1 meal or snack.

Food prep and tips

Try coating your vegetables in olive oil or with a couple spoonfuls of coconut oil with some salt and pepper before oven roasting.

Add a spoonful of nut butter or coconut butter to your fruit, protein shake or to a smoothie.

Toss in a few olives or avocado to your meal.

REMEMBER YOU HAVE TO STAY CONSISTENT WITH YOUR EARLIER HABITS!

WEEK 5

To be successful in Week 5 we have to build on what we have achieved already...

That means every time you eat you are consuming some quality protein, some vegetable, an unprocessed carb source and some healthy fat if you need it.

Now that we have addressed how to eat quality foods let's add a new focus and consider how we eat the best foods in the right amounts to reach our goals.

Figuring out portion sizes and knowing the right amount to eat to achieve our goals can be tricky! So let's start simple. Learning to listen to our body is an easy place to begin. Too often we are busy or distracted and we lose touch with our body's natural signals that are there to help us.

First step I need you to slow down when you eat. Take your time and enjoy your food.

Here are some suggestions that can help.....

Time yourself.

Eliminate distractions when you eat. No phones or tv allowed etc.

Set your utensils down between each bite.

Have a meaningful conversation with the people around you.

Try not to eat in the car.

Eat from a plate, sit down at a table.

By slowing down it will help you know when you are full and satisfied or whether you need to eat more. **To lose body fat you need to eat until the hunger is gone but not until you are full. If you want to gain muscle then fullness will be your friend. This is a foundational habit for long term success.** This is something you can fall back on at any time and with whatever food choices you have available to you.

WEEK 6

Hopefully you are beginning to feel and see the successes related to your efforts and choices! Nutrition is sometimes tricky but it really shouldn't be hard! You are giving yourself the tools you need to be able to meet your goals and have long term success. Staying consistent with the quality food choices is still very important, eating slowly and mindfully is key, and now we get even a little more exact.

Your habit for this week is to keep a simple food log and implement a basic form of tracking. This can be a notebook in your kitchen or on your desk or maybe a note in your smartphone.

Here's some simple guidelines to eyeballing the portion size of your foods.

Easy Portion Sizes



You need to write down the following for the next week
Each meal, the food choices you make and the eyeballed portion size.

Example Meal:

Dinner

3oz Salmon

1-2oz of rice

1 cup broccoli

1/2 cup red bell peppers

Cooked in coconut oil

This is not meant to be everyday forever, so stay focused this week and take a good look at what foods you are eating and how much.

WEEK 7

For the next week we are going to learn about how to take our basic understanding of quantity with the eyeball method of measurements and logging and make it more exact. The method we will be using is one of many and does not have to be your method of choice for the long term, however I want you to give me a week of effort to dial in the precision and accuracy of your intake amounts. After this week you can decide the most successful route for you as an individual.

You can start to learn more about the portion size for the foods you are eating, and making sure you are giving your body the right balance of those macronutrients: carbohydrate, protein, fat.

You will need to implement a more exact measurement for this week as well. So measuring cups and spoons, a food scale etc. would all be valuable to have in order to know the accurate amount of food you are eating. (if you do not have a scale, you can get one at Target, Walmart, Amazon etc, and it is not required that you have one, only recommended).

For this week, you have options!!! The key is finding the best fit for you and your lifestyle, there's no magic method!

You can choose one of the following methods depending on your preference, or you can opt to continue with a hand written food log.

MyFitness Pal App will help you with logging your intake and can be helpful if you want to learn more about your macronutrients and have looser restrictions while still quantifying. This is a great way to learn more about how your foods work in your day. This app is free and there is no need to purchase the premium app unless you intend to continue using this beyond the week, in which case I would recommend it.

Fast Metabolism App will give you a totally structured approach for timing, food choices and cycling foods to optimize burning fat. This is a great option if you want very clear choices and having everything detailed, but this is not a flexible choice and takes time and commitment to the process. This app is very easy to use and straightforward. It cost \$2.99 to use.

The Zone

A simple method of tracking your intake of macronutrients without needing to log everything in an app or book. The Zone focuses on hormonal balance and feeding your lean body mass to lose body fat and maintain lean muscle. This method will require a little research on your part to get started. Check out Dr Barry Sear's The Zone for more information. **OR**, continue using the logging method from last week of writing down

exactly what you have eaten throughout the day, but implement the weighing and measuring piece to be exact.

WEEK 8

Now that you have begun a system for tracking food, some adjustments may need to be made along the way. There's no magic amount of food you should be eating, but dialling in where your body thrives will help you reach your specific goals.

For this week, continue tracking your intake amounts and food choices with either a journal or the app you have been using last week.

Pay attention to your energy levels, your sleep, your athletic performance and whether or not you are starting to see visible change and the scale moving in the direction you want.

The most crucial thing here is an honest account of what you are truly eating and drinking. We are not here to judge you or shame you but if you aren't accurate in what you log, you won't get the results you want!

This is when accountability and communication can be a big help! Contact us for monthly nutrition coaching if you feel you need that at **myfueledbody@gmail.com**