

# THE PLAN



# Nutrition Coach

- As your Nutrition Coach I agree to provide you with your personalized nutrition plan based on the latest and most accurate nutrition research and to present it in a way that is clear, easy to understand and to implement. I agree to answer your questions via email in a timely manner.
- I will encourage you to believe in yourself, and I will constantly remind you of your **full potential** so that your confidence grows and you flourish as a person. We will work together to identify your goals and I will help keep you on track as you strive towards them. Finally, I will believe in you 100% and will take you and your goals seriously

# Participant

- As a participant of the this program I agree to attend all scheduled consultations and/ or seminars either in person or online.
- I will complete and hand in my weekly food journal. I am committed to reaching my goal of losing \_\_\_\_ lbs by following this program. I agree to be proactive and to pre-plan my meals and snacks. I will honor my decision to lose \_\_\_\_ lbs and to become a happier and healthier person.

# HANDY KITCHEN EQUIPMENT



- Digital kitchen scale
- Blender or Magic Bullet
- Cuisinart Mini Chopper
- Blender bottles for on the go protein shakes
- BPA free 1L water bottle

# HANDY KITCHEN EQUIPMENT

- Spill proof BPA free containers in a variety of sizes
- Glass containers in a variety of sizes
- Ziploc snack bags
- Insulated lunch bag
- Thermos for hot beverages or soups
- Mandoline for slicing veggies
- Oil Mister
- Slow Cooker

# MEAL PREPARATION TIPS

## **1. Start the “Sunday Night Ritual.”**

- Integrate 1-2 hours on Sundays to plan and prepare meals.
- Get your family involved in helping you to prepare the meals for the week by giving everyone an appropriate job, like chopping food items or storing food in containers

## **2. Boil a dozen eggs at a time and refrigerate.**

- You don't have to eat the whole egg; you can break away the whites (protein).
- Hard-boiled eggs will last at least 5 days in the fridge and are a great compact snack.

# MEAL PREPARATION TIPS

## 3. Cook 8 chicken breasts at a time.

- Grill, bake or broil with your favorite seasonings.
- Great for slicing over salad or even eating half of a breast as a snack. Keep 3-4 in the fridge and individually freeze the rest.
- Take out a frozen breast the night before and defrost in the refrigerator.



# MEAL PREPARATION TIPS

## **4. Chop up vegetables and store in individual containers.**

- Chop up your favourite vegetables to eat raw.
- A good tip for making them last is to wrap them in an unbleached coffee filter to absorb the water.

## **5. Wash entire heads of lettuce and chop for salads.**

- Store lettuce in a suitable container.
- If it is already chopped up it is much easier to make a salad in the morning for lunch.

# MEAL PREPARATION TIPS



## **6. Make a vegetable soup.**

- Use one of the soup recipes provided to make enough soup for 1 week.
- Store 2-3 servings in the fridge and the rest in individual containers to keep in the freezer.

# FUNDAMENTALS



The fundamentals are the first steps to building a solid nutrition plan.

# FUNDAMENTALS

- Once you have integrated these 5 fundamentals into your daily nutrition routine, you can then start to individualize your nutrition plan.
- These fundamentals need to be followed and practiced at every meal, everyday.
- Upon beginning this life changing process, add 1-2 fundamentals to focus on for at least 2 weeks.
- After they become a more comfortable part of your eating routine, add 1 more fundamental change, and so on.
- Remember that Rome wasn't built in a day and your habits and weight won't change overnight.

# FUNDAMENTALS 1

**Eat breakfast within 1 hour of waking up and continue to eat every 4-6 hours throughout the day.**

- It's true that breakfast is the most important meal of the day.
- Consuming a balanced breakfast helps to regulate your blood sugar levels and keep you feeling full throughout the day.
- When you skip breakfast your blood sugar levels drop.
- When this happens you are more likely to consume higher glycemic carbohydrates (sugar) throughout the day.

# FUNDAMENTALS 1

- This perpetuates the blood sugar highs and lows causing you to crave more sugar and thus, gain more weight.
- Consuming a meal or a snack every 4-6 hours is the best way to stimulate your metabolism and balance your blood sugar while maintaining your lean mass and reducing food cravings.

# FUNDAMENTALS 1

## How many times a day should I be eating?

- The answer to this differs for everyone because it depends on how long you are awake for.
- The first fundamental is to eat every 5-7 hours.
- In order to figure out how many times you should be eating in 1 day, divide the hours you are awake by either 5
- For example, consider you are awake for 16 hours a day (6 am – 10 pm).

# FUNDAMENTALS 1

- If you eat every 5 hours, that totals about 3 meals per day. Meal times are as follows: breakfast - 7 am; lunch - between 12-1 pm; dinner - 6 pm.
- A good rule of thumb is to aim to eat 3 meals per day.
- This may have to be adjusted depending on your goals or if you are not seeing the desired results.

# FUNDAMENTALS 1

## Can I eat after dinner?

- Eat every 4-6 hours up until 2 hours before going to bed.
  - So if it's 9 pm, and you ate dinner between 6-7 pm, and you are truly hungry, then eat.
  - Make sure you are truly hungry and not just bored!
  - You will learn what foods to eat at night and, as long as you follow your plan, you will not gain weight from late night eating...
- PLUS no one likes to go to bed hungry!

# FUNDAMENTALS 1

## What do I eat?

- Everyone's nutrition plan is going to be different because no two people are the same.
- Your nutrition plan is based on your age, height, professional activity, physical activity level and goals.
- Follow the fundamentals suggested meal times, then choose foods from your food plan (given in the first week).

# FUNDAMENTALS 1

## **Can I miss a meal and double up on the next meal?**

- It's not ideal to miss a meal.
- Throughout our time together you will learn about meal preparation and planning techniques, as well as how to plan for the unplanned so that you will be less likely to miss meals.
- Because your metabolism requires a steady and constant influx of calories and nutrients, your body has a negative response when you skip a meal and then overeat later.

# FUNDAMENTALS 1

- If you double up on the next meal, your body will use only the calories it needs at the given time and will usually store the rest of the calories as FAT for later use.
- The problem is, when you don't use the calories later (due to inactivity) it gets stored as body fat.
- On special occasions or dinners out, organize your day accordingly.
- For example, if you are going out for Italian food, save your grain for dinner and make sure you workout before dinner!

# FUNDAMENTALS 2

**Consume vegetables and/or fruits with all meals and snacks.**

- Vegetables are generally unlimited so fill up on them.
- They are high in fiber, low calorie and nutrient dense.
- The more colorfull, the better.



# FUNDAMENTALS 3

## **Consume very lean protein choices.**

- Protein is essential for stimulating your metabolism, maintaining and building lean muscle, and helping to keep you feeling full and alert.
- Protein is not just limited to lunch or dinner.
- You can also have a protein as a snack if that suits you better.
- You always want to choose “very lean” or “lean” proteins.

# FUNDAMENTALS 4

## **Include healthy fats daily.**

- 20-40% of your daily caloric intake should come from fat.
- The type of fat you choose is extremely important; however, I am NOT telling you to go eat mass amounts of full fat cheese!
- We will discuss more on fats next week.
- You want a balance between saturated, monounsaturated and polyunsaturated fats.

# FUNDAMENTALS 4

- When properly balanced with the other types of fats, saturated fat isn't the evil it's made out to be.
- Your nutrition plan clearly outlines all of your available fat choices.
- As a side note, your personalized plan may include supplement suggestions.
- We suggests clients use an Omega 3 fish oil supplement.
- Keep in mind that these supplements do not count towards your fat servings for the day.

# FUNDAMENTALS 5

## **Schedule 2-3 hours per week for food planning and preparation.**

- Everyone is busy and the “I have no time” excuse is one we hear time and time again; it’s probably the main reason most people don’t achieve their goals.
- In order to be successful and change your lifestyle habits you need to make food planning and preparation a top priority.
- Robin Sharma says it best: “Show me your schedule and I’ll discover the truth. Because your schedule doesn’t lie.”

# FUNDAMENTALS 5

## **Schedule 2-3 hours per week for food planning and preparation.**

- If you do not schedule your snack/meal time by actually marking it on your schedule it will most likely not get done.
- How can something be a priority if it is not included in your schedule?
- Two-three hours might seem like a long time, but if you break it up over the course of the week it becomes more manageable.

# FUNDAMENTALS 5

**Schedule 2-3 hours per week for food planning and preparation.**

- Over the course of our time together you will learn tips and strategies for planning and preparing your meals and snacks.
- Remember, anything worth achieving takes effort.
- This is not a quick fix, nor a diet that you go on and off of.
- We will teach you *HOW* to change your lifestyle and your goals, but *YOU* have to do the work to put these steps into place.

# Homework

Keep a food journal with the following:

- Everything you have eaten
  - include your BLT's (bites, licks and tastes)
- Everything you drink
- How you feel
  - mood
  - digestive issues (bloating, gas, burping, discomfort, heartburn)
- You may use My fitness Pal, notepad on your phone, or download the 7-day food journal in your portal
- Bring to our next meeting