



The Nuts & Bolts of Nutrition

Macronutrients: body needs large amounts of

Carbohydrates-fuel for high intensity exercise, fuel for brain (CNS), spares protein/preserves muscle mass during exercise. Sugars, starches, & fiber (25-30g /day). 45-65% of calories should come from carbs 1g=4calories

- Complex Carbs: take longer to digest, keeps glucose levels steady. fruits, veggies, starches, whole-grain products
- Simple Carbs: breaks down quickly, increases glucose levels then drops quickly, sugars, refined flour products. Sugar- <25g-36g/per day

Proteins- tissue structure, cell membranes, metabolic/transport/hormone systems, acid/base body maintenance. Legumes, soy products, nuts & seeds, animal products, pea/soy protein 0.36g-1g/lb of body weight. 1g=4 calories

Fats: -energy reserve, protects organs, insulation, transports fat soluble vitamins. 20-35% daily calories. <10% from saturated fats. Watch out for "low fat" foods, usually low fat=more sugar. 1g=9 calories

- Good fats: Monounsaturated- olive oil, peanut oil, canola, avocados, nut butter. Polyunsaturated (essential oils like Omega 3 & 6)- salmon, herring, sardine, trout, tofu, soybeans, seeds, corn/safflower/sunflower oil, soft margarine
- Bad fats: trans fats-byproduct of hydrogenation of healthy oils to make them solid.
- Saturated fats-solid at room temperature. Sources-red meat, whole mil dairy products, cheese, coconut oil, baked goods

Micronutrients: body needs smaller amounts of

Vitamins-energy production, immune function, blood clotting, growth, bone health, and fluid balance. Obtained from food or supplements.

Water soluble: B1, B2, B6, B12, C,

Folic Acid,

Fat soluble: A, D, E, K,

Calcium (need vit D to help absorption), potassium, sodium, iron, zinc

Nutrition & Recipe Options

See attached food list. Follow this or add in your own items, just be sure they aren't made with refined sugars, bleached flours, or other processed foods. Keep a detailed food log to ensure you are getting enough calories, micro-nutrients, and macro-nutrients. I am an advocate for meal prepping so most recipes can be made ahead of time and stored for easy meals throughout the week 😊

Hydration:

Water (1/2 your weight in ounces daily), black coffee, unsweetened tea

Breakfast:

- ❖ Burrito: ½ whole wheat tortilla (233cal), ½ c black beans (144cal), 1 c sweet potatoes (144cal), 2 c spinach (10cal), 6 eggs (78cal), ¼ c cheese (110cal) $1079/2 \approx 540$ cal each
- ❖ Omelet muffins: eggs (6 eggs +4 egg whites), 1/2c chopped spinach, 1/2c chopped red/green peppers, 1/4 c chopped onions, 1/2c cheese, Rotel (60 cal can)- mix everything together, fill muffin tin about ½-¾ full, bake 350° 24-28 minutes $893/12 \approx 100$ cal/muffin
- ❖ Breakfast skillet: eggs, mushrooms, sweet potatoes, spinach, onions, peppers, cheese: {6 eggs (468cal) 1/2c mushrooms (22) 1c sweet potato (114) 2c spinach (10) ¼ onion (11) 1c peppers (30) ¼ cheddar (110) =765 cal/3 breakfasts= 255 cal each
- ❖ Green smoothie: 1/4 avocado (117), 1 cup almond milk (39), 1tbs chia seeds, 1 cup chopped kale/spinach (33/10), ½ cup pineapple (37), ½ banana (52) ~280cal
- ❖ Overnight oats: ¼ cup old fashion oats 1/2 cup almond milk, ½ tsp vanilla, cinnamon to taste, add pecans, blueberries, raspberries, or strawberries.

Lunch:

- ❖ Veggie wrap-, 2 c baby spinach, 1 avocado, 1 shredded carrot, 1 chopped cucumber, ½ c chopped peppers (red, green, yellow), spread hummus over 4 whole wheat tortilla add veggies evenly and other veggies as desired. ~350 cal
- ❖ Chicken salad- 2.5c cooked shredded chicken (baked/boiled) (chicken can be substituted with chickpeas), ½ c plain Greek yogurt, 1 cup red grapes, ½ c pecans, 1tbsp parsley, ¼ tsp garlic powder, salt/pepper (4 servings, ~230cal). Add to whole wheat pita.

- ❖ Chicken Caesar wrap-1 c cooked shredded chicken, 1/4c red onion, 1/2 c chopped kale, 1/2 c spinach, 1/2 c Caesar dressing. Add evenly to 4 whole wheat wraps.
- ❖ Cucumber avocado egg salad- 6 eggs (hard boiled 468), 1 med ripe avocado (200), 1 whole cucumber seeded & cubed (30), 3/4 c mayo with olive oil (400), salt/pepper/paprika (make 4 servings ~275cal) add to whole wheat wrap or pita
- ❖ Black bean quesadilla- 1 can black beans (drained), 1 c frozen corn, 1/2 c chopped red onion, 1 packet taco seasoning, 2 c cheddar. (Can also use 1/2 c shredded chicken from chicken salad for added protein). Evenly add to 10 whole wheat tortilla, fold in half, cook in skillet over med heat until each side is crispy & cheese is melted. (~290 cal per quesadilla). Place extras in freezer bag & freeze for up to 3 months, reheat in microwave or skillet.
- ❖ Salmon patties (can be dinner option too)- 2 cans wild salmon, 2 eggs, 6 green onions, 1/2 breadcrumbs, 1/2 parmesan cheese, 1 lime (juice), olive oil (for cooking). Combine all ingredients into bowl, form into 8 patties, add 4 tbsp oil to skillet-heat med/high heat, cook until golden brown (5-10 minutes per side). ~125 cal per

Dinner:

- ❖ Whole wheat pasta- 1lb linguine (cook until al dente), 1/3 c olive oil, 4 garlic cloves, 1/2 tsp red pepper flakes. Heat oil, add garlic-cook for ~3 minutes, stir in red pepper flakes remove from heat, add cooked pasta, top with parsley & parmesan cheese.
- ❖ Chicken, potato, veggie pan- 2 chicken breasts cut into 1in pcs, package small red potatoes or 2 c chopped sweet potatoes, broccoli, brussel sprouts, red bell pepper, zucchini and/or yellow squash. Preheat oven to 400°, toss potatoes in olive oil, salt & pepper. Place in oven for 10 minutes. While potatoes are getting head start, toss chicken & remaining veggies in oil, lemon juice, salt/pepper, 2.5 tsp Italian seasoning, 1 tsp garlic powder, 1 tsp onion powder. Add chicken & veggies to pan with potatoes, bake 15-20 minutes until chicken is cooked through. ~500 cal
- ❖ 7 Can soup- 1 1/2 cup shredded chicken, 1 can black beans (drained & rinsed), 1 can pinto beans (drained & rinsed), 1 can petite tomatoes, 1 can corn(drained), 1 can green enchilada sauce, 1 can low sodium broth, 1 packet taco seasoning, 1/2 tsp cumin, 1/2 tsp chili powder, 1/2 tsp garlic powder. Combine all ingredients into soup pot. Heat to boil, reduce heat to low, simmer 15 minutes. Top with cheddar. ~200 cal/serving

- ❖ Lemon herb salmon with roasted potatoes, garden salad- brush salmon filets with olive oil, sprinkle lemon herb seasoning over filets, toss potatoes with olive oil & seasoning. Preheat oven to 400°. Give potatoes 10- minute head start. After 10 minutes add salmon to pan, bake additional 15-20 minutes. Can also add brussel sprouts to bake with salmon. Small salad- mixed greens (1/2 c kale (17), 1/2 c spinach (5), 1/3 chopped cucumber (10), 1/2 c cherry tomatoes (14), with natural dressing. ~600 cal
- ❖ Baked chicken with roasted brussel sprouts & brown/wild rice- 2 chicken breasts-brush with olive oil, toss in seasoning of choice (lemon herb, Italian, ranch, salt/pepper), toss brussel sprouts in olive oil & seasoning. Bake on 400° for 15-20 minutes until chicken is cooked through. ~500 cal

Snacks

- ❖ fruit 80-110cal
- ❖ nuts 160-200cal
- ❖ Green smoothie 200-300cal
- ❖ hummus & peppers 100cal
- ❖ yogurt/fruit 150-200cal
- ❖ Smoothie: 1 c almond milk (39), 1/2 c pineapple (40), 1/4 tsp grated turmeric root, 1/4 tsp ginger root. ~80cal



Shopping List & Calories

Apples 95	1/4 c granola 120-170	1 c broccoli 31
1/2 cup blueberries 30, raspberries 32, strawberries 27 (fresh or frozen)	whole wheat tortilla 467	1 c pineapple 74
Avocados 234	1 c whole wheat pasta 174	1 c cabbage 22
1 c plain Greek yogurt 80	1/4 c almonds 162, walnuts 196, sunflower seeds 186	1 c eggplant 20
1 c almond milk 40	1 tbsp olive oil 119	1 onion 44
1 c spinach 5	1 c chopped chicken 231	1/2 c black beans 144
1 c kale 33	fish (salmon 366, cod 90, tilapia 112)	1 oz dark chocolate 170 (for sanity & ward off prison)
1/2 c quinoa 222	1 c cubed sweet potatoes 114	whole wheat pita 168
1/2 c oatmeal 150	1 c brussel sprouts 38	1/4 c cheddar cheese 110
1 tbsp honey 64	1c cherry tomatoes 27	Banana 105
1/2 c mushrooms 22	1 c brown rice 216	1 c grapes 62
1/2 c chopped peppers 15		1/2 c red onion 32
egg/egg white 78/17		Cucumber 30
1 tbsp hummus 25		