

***PUSH***<sup>511</sup>

# INTRO TO NUTRITION

**HANDBOOK**

**EAT REAL - LIVE BETTER**

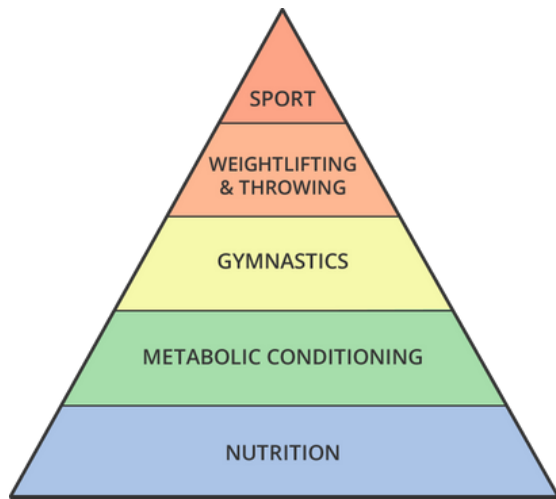
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This is the fitness pyramid. You can see that **nutrition is the foundation of fitness.**



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

## NUTRITION BASICS

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### KITCHEN TOOLS

That you should own:

- > Crockpot or Instant Pot
- > Three Compartment Containers
- > Muffin Tin
- > Water Bottle (with a straw)

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### GREAT GO-TO RECIPES

On <https://healthystepsnutrition.com/healthy-recipes/>

- > Amish Oatmeal
- > Egg Muffins
- > Pulled Chicken
- > Meatloaf Muffins

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### TIPS

To help you stay on track:

- > Weekly Meal Prep
- > Don't Skip Meals or Snacks
- > Drink Lots of Water (1/2 of your body weight in ounces)
- > Balance Your Meals: Include Carbs, Protein & Fat with Every Meal & Snack

# GOAL SETTING

## Set yourself up for success by setting SMART Goals!

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

### Goal-setting suggestions:

#### 1 Start with the end in mind.

- What are your health/fitness/weight/financial/education/family goals in a specific amount of time, such as 1, 5 & 10 years down the road?
- What are your continuous goals? What are the things you continuously want to strive for?

#### 2 Set smaller goals for what you would like to accomplish in 1, 2, 3 and 6 month's time.

- Create 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 to reach these goals.
- Exercise: The 5 WHYS

#### 4 Always have an action plan. Write down the steps you are realistically going to take to achieve your goals.

#### 5 Find an accountability partner (nutrition coach, coworker, spouse or friend).

**GOAL:**

**ACTION STEPS:**

**1**

**2**

**3**

**GOAL:**

**ACTION STEPS:**

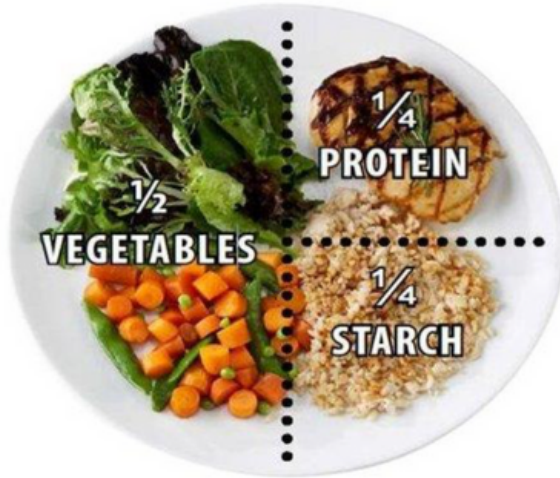
**1**

**2**

**3**

# THE PLATE METHOD

➤ **The plate method** is one of the simplest methods to use when changing your diet and eating quality foods.



✓ **1/2 of the Plate**  
Non-Starchy Vegetables

✓ **1/4 of the Plate**  
Lean Protein

✓ **1/4 of the Plate**  
Starchy Carbohydrates

# SAMPLE MEAL PLAN

Recipes available on [www.healthystepsnutrition.com/healthy-recipes](http://www.healthystepsnutrition.com/healthy-recipes)

<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 eggs scrambled with veggies</li> <li>• 1/2 - 1 cup shredded potato</li> </ul>	<ul style="list-style-type: none"> <li>• 2 - 4 protein pancakes</li> <li>• 1 - 2 teaspoon almond butter</li> </ul>
<b>AM Snack</b>	<ul style="list-style-type: none"> <li>• Hard boiled egg</li> <li>• 1 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>• Low sugar Greek yogurt</li> <li>• 6 walnuts</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 5 - 7 ounces ground turkey</li> <li>• 2/3 - 1 cup brown rice</li> <li>• 2 - 3 Tablespoon avocado</li> <li>• 1.5 - 2 cups veggies</li> </ul>	<ul style="list-style-type: none"> <li>• 4 - 6 ounces chicken breast</li> <li>• 2/3 - 1 cup quinoa</li> <li>• 1.5 - 2 cup green beans with 1 teaspoon almond slivers</li> </ul>
<b>PM Snack</b>	<ul style="list-style-type: none"> <li>• Rice cake</li> <li>• 2 Tablespoons hummus</li> <li>• 1 ounce turkey</li> </ul>	<ul style="list-style-type: none"> <li>• 2 turkey &amp; avocado roll-ups</li> <li>• 1/2 apple</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 5 - 7 ounces salmon</li> <li>• 1/2 - 1 cup roasted sweet potato</li> <li>• 1.5 - 2 cup steamed broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• 1 - 2 meatloaf muffins</li> <li>• 1/2 cup roasted butternut squash</li> <li>• 1.5 - 2 cup mashed cauliflower</li> </ul>