

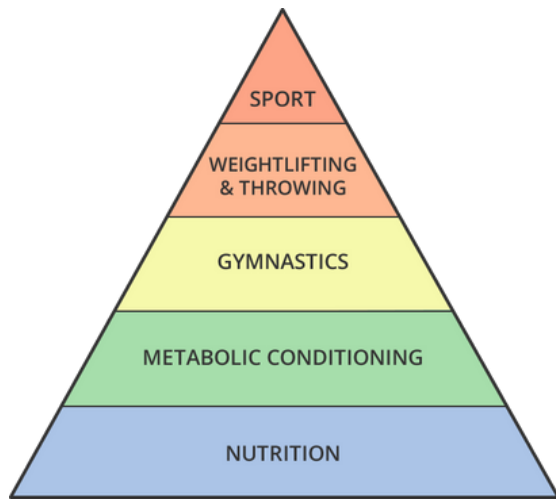
PUSH⁵¹¹
FITNESS

INTRO TO NUTRITION

HANDBOOK

EAT REAL - LIVE BETTER





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://www.push511.com/nutrition/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:

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ACTION STEPS:

1

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2

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3

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GOAL:

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ACTION STEPS:

1

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2

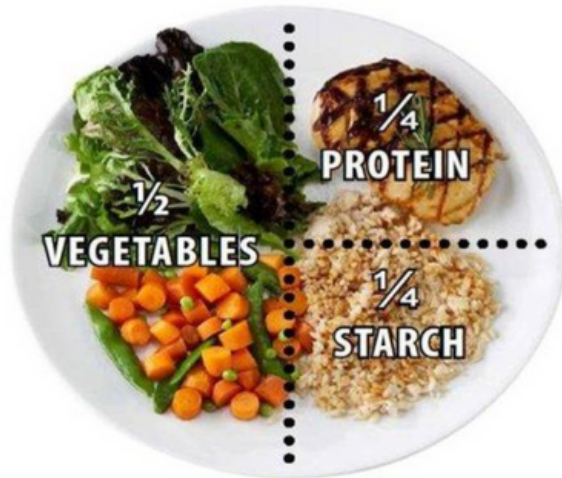
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THE PLATE METHOD

> **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.push511.com/nutrition/recipes

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