



Nutrition Template

*moms into
fitness*

As a busy mom, you need a nutrition plan without cutting carbs for a week then dairy the next. It's time to find that sweet spot! What do I mean by sweet spot? Where life is balanced, no more yo-yo weight loss, a happy, sweet spot. This doesn't come from drastic diets and it doesn't come from extreme training. It comes from tweaking this and filling up on that. Up until about 8 years ago I was a yo-yo dieter. I'd go through periods of extreme dieting and periods of giving into every craving. But I wanted to be a good role model for my kids. So I started with snacking, then breakfast. Two weeks later I revamped dinner at my house. I've included 8 of my go-to breakfast and snack recipes, try it, you cannot fail!

After 8 years of the yo-yo, I found my sweet spot. It wasn't overnight, but I found it;) And that's where our Registered Dietitian steps in. She is here to give you sound nutritional advice, not the latest fad or the latest it worked for a friend anecdotal research. She will help you find that sweet spot based on her degree and 15 years working with moms!

 *Lindsay*

EAT WELL & NOURISH

Research shows that proper nutrition is a key component of weight loss. However, when most of us hear the word diet, we immediately think of restrictions, limitations and starvation. So, let's not talk about dieting -- let's instead talk about making a change in the way we see food. Think fuel, not frustration. For example, when choosing foods to eat, consider how those foods are going to nourish your body and give you the energy you need to tackle your To Do list. For most of your meals and snacks, pick whole, nutritious foods that are going to satisfy both your cravings as well as your body's dietary needs. And, don't worry, we're not saying you can't enjoy eating out and we're definitely not saying you can't have ice cream (and enjoy it, too!) with your kids on a hot summer day. So, no more drastic diets or extreme this or that – small tweaks to your current habits will lead you to a more fulfilling (and filling) relationship with food. Below are some suggestions for helping you find nutritional balance:

Stay Hydrated

How do you know you're drinking enough water? A good rule of thumb is to drink half of your body weight in ounces. And since you will be working out, you want to add about 8 ounces more for every 15 minutes of exercise.

Balance your Macros

Say What?!? Don't worry; our R.D. will be doing most of this for you in our Recipe Box. But, we also want you to learn some tidbits along the way! Instead of basing all of your meals around carbohydrates alone, like spaghetti and sandwich bread, we are going to add some balance. It's important that you eat carbohydrates, but also that you incorporate protein and healthy fats into all of your meals and snacks. Getting too much of one macro (i.e. carbohydrates, protein and fat) or restricting another can lead to long-term health consequences.

To keep your carbohydrates in check, be sure that you're eating plenty of fruits, vegetables, dairy and beans and stay away from processed sugars and foods, such as refined flours, white bread and white rice.

Since the typical American diet already packs enough protein power, aim to get plenty of high quality proteins from foods such as lean meats (i.e. chicken, turkey and fish) and dairy products like almond milk, Greek yogurt and cottage cheese. To balance your fats, focus on enjoying the good fats (i.e. omega-3s and unsaturated fats) that are found in avocados, olive oil, nuts and seeds.

Can I use while breastfeeding?

Yes, see our [Recipe Box](#) for extra guidelines. However, intermittent fasting, even in the lax format found in this packet is not recommended for pregnant or nursing moms.

Sugar

Strive to stay away from added sugars, as they tend to sneak into so many of the foods we like to eat. And, keep things the way nature intended – simple and natural. For example, when you're craving something sweet, reach for fruit, hot blueberry tea or one of the tried and true recipes from our Recipe Box. To enhance the natural sweetness of our recipes, we've added ripe bananas, maple syrup, honey, coconut shreds, applesauce, and more. Keep in mind that naturally occurring sugars (which are found in everything from dairy to fruit) are completely okay!

You don't have to eliminate, but do minimize, candies, cookies, white breads, and other snacks and goodies with a high sugar content. A good rule of thumb to follow is if it's naturally sweet, it is okay.

Eating Out

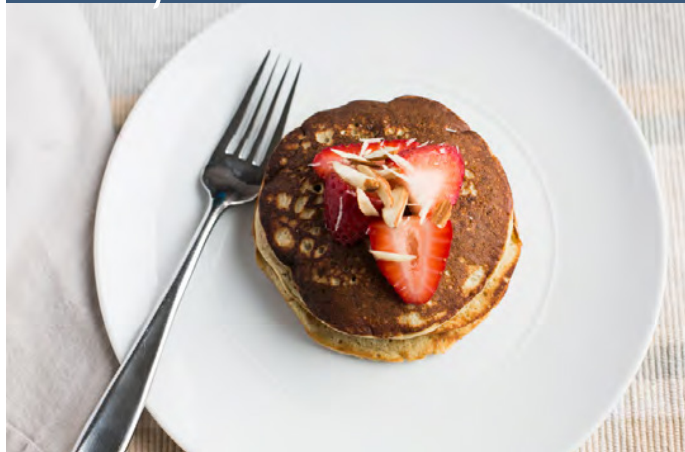
Yes, you can go out to eat (it means no dishes!), and you will definitely find me out and about eating Mexican food and veggie or cheese pizza! But, there are a few things to keep in mind. First, you should be aware of portion sizes, as restaurant meals tend to be much larger than normal servings. Don't be afraid to bring home your leftovers and enjoy them for another lunch or dinner. Secondly, do your best to stay away from foods you don't normally eat, as you may find that your body has a harder time digesting foods that are unfamiliar. And, finally, if you are undecided about what to order, be sure to add as much color to your plate as possible. When we eat out, we tend to forget all about the produce. Adding color to your dish is a great way to integrate fruits and veggies while getting your body the nutrients, vitamins and minerals that it needs.

Processed Foods

Fill your kitchen with wholesome foods – foods that haven't been processed, or are minimally processed and/ or altered. Before you eat your food of choice, think about how it is made and strive to reach for foods that are wholesome or closest to their natural state. You will find whole foods even more filling and satisfying, as they contain more vitamins and minerals than those foods that have been processed. An easy way to determine a food's wholesomeness is by looking at the label – if the food doesn't have a label that's usually a win (i.e. fruit). But, if the label lists wheat flour, white flour, added sugar (which comes in many different forms), preservatives or words you cannot pronounce, it is best to pass on it in favor of something with fewer ingredients and more nutrients.

BREAKFAST & SNACK TIME RECIPES

Breakfast Banana Pancakes



INGREDIENTS

3 EGGS
1 BANANA, RIPE (ripe = sweet)
3/4 CUP ROLLED OATS
1/4 CUP UNSWEETENED APPLE SAUCE
1 TSP VANILLA
1/2 TSP CINNAMON
1/4 CUP SLICED STRAWBERRIES
1 TBSP SLICED ALMONDS

DIRECTIONS

STEP 1: Blend oats in a blender or food processor to grind into smaller pieces.

STEP 2: Add remaining ingredients and mix until completely blended. Heat lightly greased (ghee, coconut oil, etc.) griddle or pan on medium heat.

STEP 3: Scoop 1/3 batter and place on pan. Cook until brown (approx. 2 minutes), flip, and brown other side.

STEP 4: Top with fruit and almonds – can be made in advance or served immediately! You can also top with a smear of peanut butter (read the label to look for added sugars).

Recommended Serving: 2-4” cakes.

Peanut Butter Balls



INGREDIENTS

3/4 CUP ROLLED OATS
3 TBSP GROUND FLAXSEED
1/2 CUP PEANUT BUTTER
(<3g sugar on the label)
1/4 CUP RAISINS

DIRECTIONS

STEP 1: Layer ingredients in a bowl, mix until combined.

STEP 2: Roll into 1-inch balls. Store in refrigerator.

Recommended Serving: 2 balls

Basic Green Smoothie



INGREDIENTS

1 CUP SPINACH (FRESH)
1 CUP COCONUT MILK OR COCONUT WATER
1/2 CUP PINEAPPLE
1/2 CUP MANGO
1 BANANA (RIPE = SWEET)
1 TBSP CHIA SEEDS
A FEW ICE CUBES

DIRECTIONS

STEP 1: Combine all ingredients in a blender and puree until the desired consistency. Add more water if needed.

Options: try these additions to sweeten your smoothie:

- Add a dash of vanilla extract and 1 Tbsp frozen coconut shreds
- Add 1 TSP of sugar and a few frozen strawberries

Recommended Serving: 1 Smoothie

Avocado Toast



INGREDIENTS

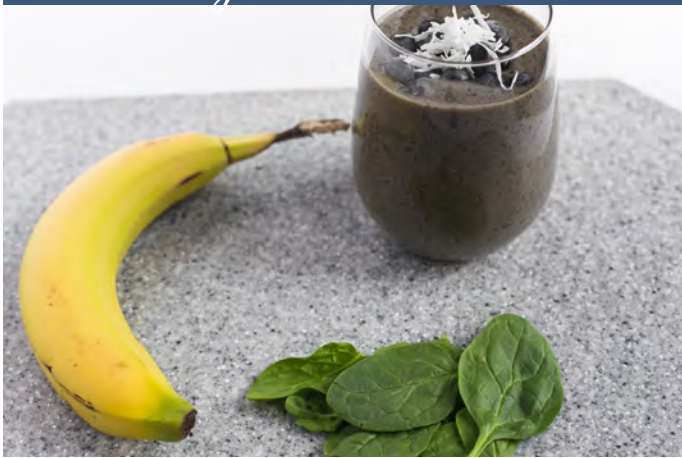
1 SLICE BREAD
1/2 AVOCADO

DIRECTIONS

STEP 1: Toast bread and smear with avocado. Serve with fruit.

Recommended Serving: 1 Piece of Toast

Blueberry Coconut Smoothie



INGREDIENTS

1 BANANA, RIPE (ripe = sweet)
1/2 CUP FROZEN BLUEBERRIES
1/2 TSP VANILLA
1/2 CUP MILK
1/4 CUP UNSWEETENED COCONUT SHREDS
1/2 CUP SPINACH, FRESH

DIRECTIONS

STEP 1: Add all ingredients to a blender and blend until smooth.

STEP 2: Due to the spinach and coconut shreds you may want to blend for 2-3 minutes.

Recommended Serving: 1 Smoothie

Ranch Dip



INGREDIENTS

1 LB. CONTAINER COTTAGE CHEESE
1/2 CUP PLAIN GREEK YOGURT OR SOUR CREAM
1 TBSP DRIED PARSLEY
1 TBSP DRIED CHIVES
1 TSP ONION POWDER
1 TSP GARLIC POWDER
1/2 TSP BLACK PEPPER
SALT TO TASTE

DIRECTIONS

STEP 1: Combine all ingredients and serve with chilled veggies.

Recommended Serving: 1/4 cup dip & Unlimited Veggies

Egg Bites



INGREDIENTS

3 EGGS
1/4 CUP MILK
1/4 CUP COTTAGE CHEESE
1/2 CUP ROASTED VEGETABLES, CHOPPED
SEA SALT

DIRECTIONS

STEP 1: Mix all ingredients, except vegetables.

STEP 2: Pour into 12 mini-muffin tin. Top with vegetables.

STEP 3: Bake at 250 for 15-20 minutes.

Serve with 1 cup of fruit.

Recommended Serving: 2 Bites & A Piece of Fruit

Sweet Potato Waffle



INGREDIENTS

2 LARGE EGGS, DIVIDED
1 SMALL/MEDIUM SWEET POTATO, GRATED
1/4 TSP CUMIN
1/8 TSP PAPRIKA
1/8 TSP GARLIC SALT
1 TSP OIL (plus some extra for waffle iron and pan)

DIRECTIONS

STEP 1: Heat waffle iron and grease well. Set aside.

STEP 2: In a medium bowl, whisk 1 egg. Add in grated sweet potato (around a heaping cup), plus seasonings, and 1 tsp oil.

STEP 3: Once waffle iron has fully heated, pack in sweet potato hash mixture into iron, covering all of the quadrants. cook about 4- 5 minutes, until lightly golden.

STEP 4: When ready, gently remove the waffle with a butter knife and transfer to a plate.

STEP 5: Serve with a side of fruit

Recommended Serving: 1 Waffle

NUTRITION TEMPLATE

Fats, carbohydrates, proteins, vitamins, minerals -- it's easy to see how people get overwhelmed by nutrition. The good news is that our approach to eating well and nourishing your body is not a diet. It is not strict, restrictive or limiting. It is not about deprivation, but about integration. Our approach to nourishment will teach you how to incorporate wholesome eating into your lifestyle and will leave you feeling energized and satisfied.

- Below, you will see timing for a post-workout snack, as well as a mid-day or afternoon snack. Your second snack should be fruit or veggies served with some protein. Find all of your snack ideas in our handy Recipe Box!
- Food Prep – We recommend that you put aside one hour per week to cut up your veggies and fruits and to prepare produce for your recipes. We also suggest that you pre-make your snacks (definitely try our Ranch Dip and protein balls!). If you take the time to prepare some of these easy snack ideas, you will be amazed by how many options you have when you open the fridge!
- Our R.D. recommends this framework, a form of intermittent fasting, as it will give your body 12 hours to dig into its fat stores rather than using up quick energy from recent meals, thus boosting weight loss. Read [here](#) to make sure intermittent fasting will work for you
- This type of intermittent fasting can help you break through difficult weight loss plateaus -- you know, when you are exercising regularly and eating well, but can't seem to lose weight.

Early Workout

6:00 AM	Workout
7:30 AM	Breakfast
10:30 AM	Snack
1:00 PM	Lunch
6:00 PM	Dinner
7:30 PM	Light snack: 1 cup of a smoothie or a handful of almonds and a few slices of an apple

Mid-Morning Workout

7:30 AM	Breakfast
9:30 AM	Workout
10:30 AM	Snack
1:00 PM	Lunch
3:30 PM	Snack
6:00 PM	Dinner

*If you find you are hungry, add more protein and fiber to your 3:30 pm snack or dinner

Evening Workout

8:30 AM	Breakfast
10:30 AM	Snack
1:00 PM	Lunch
3:30 PM	Snack
6:00 PM	Dinner (75% normal portion)
8:00	Workout

*If needed, a light snack: 1 cup of a smoothie or a handful of almonds and a few slices of an apple