**FITNESS & NUTRITION EXPERT PROGRAM**

**NUTRITION ASSIGNMENT**

NAME: VANESSA KOTT

DATE: April 13, 2020

**NUTRITION ASSIGNMENT: PART 1 – Healthy Eating Coaching Program**

It’s time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action! Please reference Nutrition Session 3 for this section of the assignment.

This is broken down in 3 sections:

1. Collecting a 5 Day Food record from a volunteer participant
2. Analyze their 5 Day food record and make recommendations based on the learnings in Nutrition Session 3 to help them create healthier nutrition habits
3. Rewrite a 5 Day Sample Meal Plan based on your recommendations to review with your participant.

Please ensure to submit BOTH the clients 5 Day food record AND your 5 Day sample meal with recommendations and links to resources. Please keep your recommendations to 1 page.

Please submit your Assignment to assignments@fitchicks.ca.

Any questions regarding the assignment, please email Jess at [fne@fitchicks.ca](mailto:fne@fitchicks.ca)

**SECTION 1 - Healthy Eating Coaching Program**

For this section, we want you to use a volunteer participant to analyze their current habits and create a healthy eating coaching based on your learnings in class.

Your volunteer will complete a 5 day meal record. Once returned to you, you will develop a healthy eating coaching program on the template sheet provided.

Based on your volunteer participant’s meal plan, please make the following recommendations:

* Provide a summary of recommendations highlighting what they are already doing well and where some adjustments can be made.
* Provide them with a 5 Day sample meal below. Each meal and snacks MUST BE based on real, whole foods and be created based on the “Complete in 3” rule. (*IMPORTANT: Look at what they are eating and what they like. Try to make your recommendations in line with their tastes (ie if they like pancakes, make a recommendation for protein pancakes and include link to recipe in notes below. If they drink a lot of dairy, include a recommendation for unsweetened almond milk. Think how you can make healthier based on the learning in Nutrition Session 3 for recommendations.)*
* Provide fibre goals and water goals for them to hit each day
* Provide links to trusted websites to help them with the following:
  1. Any recipes that you would like to include (ie the FIT CHICKS Website, etc)
  2. Understanding Blood Sugar Management & why it is important
  3. What is portion control and how they can practice it

*Remember when using links they should support the information you provide. The client should not have to use the link for the full source of information. Ie. We still want you to explain blood sugar management and portion control in your own words, and you can use a link or images for the client to get more information. Remember, many clients like to print out their plans so they should have all the basic info in their program.*

* Explain Nutrient timing – what should they eat post workout?
* Include a sample grocery guide of real, whole food choices

Meal plan tip: Keep it simple. We do want you to include recipes, but a client likely won’t make 10 recipes in 5 days, especially if their food diary indicates they eat out a lot or eat a lot of prepackaged food. You can repeat meals, use leftovers for lunch, and repurpose items (ie if you have them make up a big batch of shredded chicken, they can use in a salad, in a wrap for lunch, and with veggies and rice for dinner!)

*Please write the 5 Day Food Record and the 5 Day Sample Plan + recommendations on templates provided.*

**LIVIA’S 5 DAY FOOD DIARY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MEAL | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Breakfast  Time: | 9 am: 1 serving of brown baguette, small serving of feta cheese, 1 slice of dry salami | No breakfast | 9 am: 1 banana | 9 am: Glass of orange juice | 10 am: Fresh Panneton (Italian sweet bread) |
| Snack  Time:  (If applicable. Put n/a if not) |  | 10:30 am: Small Latte coffee | 11 am: 1 pear |  |  |
| Lunch  Time: | 2 pm: Petit Sao restaurant-Chicken Pho soup (grilled chicken, rice noodles, bean germs, coriander and onions) with a chicken spring roll (rice paper, rice noodles, veggies and chicken) with a peanut sauce | 3:30 pm: Pizzeria Redipizza restaurant- 1 slice of vegetable pizza (Caramelized onions, Olives, Artichokes, Mushrooms, Cherry Tomatoes) | No lunch | 3 pm: Copper branch vegan restaurant- Aztec bowl ( brown rice, Shiitake Teriyaki, basil olive oil dressing, sweet potato, corn and mango salsa, black beans, guacamole, vegan sour cream, lettuce, beets, carrot, broccoli, mung beans, pumpkin seeds, organic blue corn chips | No lunch |
| Snack  Time:  (If applicable. Put n/a if not) | 4 pm: 1 lollipop | 6 pm: 2 squares of dark chocolate |  |  |  |
| Dinner  Time: | 6 pm: Greek salad (1 tomato, cucumber, 10 black olives, 1 slice of feta cheese, 3 tbsp of pickled homemade vegetables, olive oil) and 2 fresh slices of bread | 8:30 pm: Greek salad (1 tomato, cucumber, onions, olive oil, olives, feta cheese) and 1 fresh slice of bread | 3 pm: Green salad with lemon, Greek salad (tomato, feta cheese, olives, onions, cucumbers, olive oil), 1 pc of steak (200 gr) and 1 Fanta drink | 9 pm: 1/2 Copper branch vegan cheesecake, a few sweet chestnuts and a glass of coke | 7:30 Homemade chicken soup (carrots, chicken broth, chicken breast, onions, seasoning cube) |
| Snack  Time:  (If applicable. Put n/a if not) | 9 pm: 1 pear |  |  |  |  |
| TOTAL DAILY FIBRE: | Approximately 26 g | Approximately 15 g | Approximately 13 g | Approximately 20g | Approximately 4 g |
| TOTAL DAILY WATER INTAKE: | 500 ml | 750 ml | 500 ml | 500 ml | 750 ml |
| ENERGY LEVELS & MOOD (Please provide as much details as possible ie very tired all day, needed a nap at 2pm, etc. very irritable, happy and calm, etc) | Tired | Super tired! Was working all day | Feeling good and full of energy | Feeling good | Feeling good |

**LIVIA’S 5 DAY SAMPLE MEAL PLAN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MEAL | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Breakfast | 1 glass of water upon rising  PEANUT BUTTER BANANA SMOOTHIE | 1 glass of water upon rising  2 pc Ezekiel bread with 2 hard boiled eggs and 1 tsp butter. 1 cup of mixed berries | 1 glass of water upon rising  PEANUT BUTTER BANANA SMOOTHIE | 1 glass of water upon rising  2 pc Ezekiel bread with 2 hard boiled eggs and 1 tsp butter. 1 cup of mixed berries | 1 glass of water upon rising  PEANUT BUTTER BANANA SMOOTHIE |
| Lunch | SEXY MEXY POWER BOWL | Baked Salmon and  Greek salad  (leftover dinner) | Chicken sandwich with Ezekiel bread and mustard (use leftover chicken and avocado from power bowl and lettuce and veggies from Greek salad) | CAULIFLOWER PIZZA with added vegetables (leftover dinner) | Healthier Chicken soup (leftover dinner) |
| Snack | 1 hard boiled egg and a pear | 12 almonds and an apple | 1 hard boiled egg and a pear | 12 almonds and an apple | 1 hard boiled egg and a pear |
| Dinner | Baked Salmon and  Greek salad  with lettuce | SEXY MEXY POWER BOWL | CAULIFLOWER PIZZA with added vegetables | Your healthier chicken soup recipe | Greek salad with spinach and canned tuna (in water) |
| TOTAL DAILY FIBRE GOAL: | 25-30 g | 25-30 g | 25-30 g | 25-30 g | 25-30 g |
| TOTAL DAILY WATER GOAL: | 1 L | 1.5 L | 2 L | 2.5 L | 3 L |

**LIVIA**, thank you for taking the time to write down your 5-day food diary for me. During these last 5 days you generally felt good but there were days where you lacked energy. Nutrition can make a big difference in the way you feel. My goal is to guide you towards making a few adjustments in your food choices for you to form healthy habits and feel your best.

You are the mother of a toddler and you are building your own business so you are very busy and can have an unpredictable schedule. You often lack time and forget to eat. Making small changes in your routine and taking a little extra time in your day to ensure you are eating the proper nutrition should make a big difference in your health and the way you feel.

For dinner, you always eat at home which is great and most nights you have a Greek salad as part of your dinner, making sure you get vegetables in your day. You are also getting some vegetables when you do have lunch. You love to eat fruits, salads and nourishment bowls and like eating a variety of healthy foods which is amazing so I believe you will enjoy the new changes in your lifestyle.

What I think would make a positive difference in your energy levels is to eat more food, more consistently throughout the day and limit your sugar intake. I suggest you don’t skip meals and add more protein to your diet. Since your goal is to gain muscle, fueling your body with more calories will help you achieve this goal. Drinking more water should also help your energy levels and help you avoid soft drinks at night.

**SAMPLE MEAL PLAN**

The sample meal plan I’ve created for you is to give you an idea of simple changes you can make in your diet for you to feel your best and achieve your goals.

Starting your day with a glass of water and a healthy breakfast will help you start your day on the right track. All the meals in your plan are made of real, whole foods and are created based on the “Complete in 3” rule. This is an easy way of eating in order to make sure your blood sugar is stabilized throughout the day. Eating the “Complete in 3” way means incorporating fiber, fat and protein to every meal you eat.

Your meal plan includes easy recipes that are highlighted in yellow. I’ve also added fiber and vegetables to certain meals you enjoy eating to make your recipes healthier.

I hope you have fun on this journey to healthier eating. I’ll be here with you every step of the way. Let’s get started!

**RECIPE LINKS**

**BREAKFAST**



GIMME SOME OVEN: PEANUT BUTTER BANANA SMOOTHIE

[*https://www.gimmesomeoven.com/peanut-butter-banana-smoothie-recipe/*](https://www.gimmesomeoven.com/peanut-butter-banana-smoothie-recipe/)

INGREDIENTS •1 large banana, peeled •1 cup ice cube •1/2 cup almond milk •1/4 cup Greek yogurt• 1 heaping Tbsp. peanut butter •1/2 tsp. vanilla extract.

**LUNCH AND DINNER**

FITCHICKS: SEXY MEXY POWER BOWL

[*http://www.fitchicks.ca/blog/wp-content/uploads/2016/09/FIT-CHICKS-Recipes.pdf*](http://www.fitchicks.ca/blog/wp-content/uploads/2016/09/FIT-CHICKS-Recipes.pdf)(Page 6)

INGREDIENTS • 6 oz chicken breast • 1/2 cup quinoa, cooked • 2 cups mix of red / yellow peppers, red onion + cilantro • 1/4 sliced avocado • 1/4 chili powder • 1 tsp of lime juice

DIRECTIONS • Sauté peppers & onions to soften (approx. 3 min). Add cooked chicken, quinoa and chili powder. Stir until heated (approx. 1 min). • Top with chopped cilantro, avocado and lime juice & ENJOY!

A SIMPLE PALATE: LOW CARB CAULIFLOWER PIZZA CRUST

**With added vegetables**

[*https://asimplepalate.com/blog/thin-cauliflower-pizza-crust/*](https://asimplepalate.com/blog/thin-cauliflower-pizza-crust/)

INGREDIENTS •1 medium sized cauliflower (or 3 cups pre-made cauliflower rice*= TIME SAVER!*) •1/2 cup mozzarella cheese •1/4 cup shredded parmesan cheese •1 tsp oregano •1/2 tsp garlic powder •1/4 tsp salt + pepper (each) •1 egg

TOPPINGS •1/3 cup pizza sauce *(opt for a brand with minimal ingredients and sugar)* •1/2 cup mozzarella cheese **Add** - Mushroom, broccoli and artichokes (as much as you want!)

INSTRUCTIONS •Preheat oven to 400F •Chop cauliflower in rough pieces and place in food processor- chop on high until cauliflower is really fine small pieces. Cook chopped cauliflower in microwave in glass bowl for 8 minutes. Let cool then place in a thin dish towel and completely ring out extra moisture from cauliflower •MIX: Add cauliflower to bowl with egg, oregano, garlic powder, salt & pepper, mozzarella cheese, and parmesan cheese •SHAPE: Lay parchment paper on a pizza pan, or lightly oiled pan, and add cauliflower dough. Press tightly together and form into a circle, make sure it's on the thinner side •Bake for 20 minutes •Remove and add sauce and cheese **•Top with Mushroom, broccoli and artichokes** •Bake for an additional 10 minutes. Let cool for several minutes, slice and eat! Makes 6 slices

GIMME SOME OVEN: BAKED SALMON 

*https://www.gimmesomeoven.com/baked-salmon-recipe/*

INGREDIENTS •4 salmon filets, skin-on (about 6–8 ounces each) •2 tablespoons high-heat oil, such as avocado oil •Kosher salt and freshly-cracked black pepper•Fresh lemon wedges

INSTRUCTIONS •Heat oven to 450°F. Line a baking sheet with aluminum foil. •Brush the salmon on all sides (except the bottom) with oil. Sprinkle each filet with a generous pinch of salt and black pepper •Bake until the internal temperature of the salmon reaches 135-140°F, about 4-6 minutes per half inch of thickness •Remove pan from the oven and transfer the salmon to a clean serving plate, either with the skin or leaving the skin behind. Sprinkle each filet with a good squeeze of lemon juice. Makes 4 servings

HEALTHIER CHICKEN SOUP

Original recipe: Carrots, chicken broth, chicken breast, onions, seasoning cube

Improvement: Add ½ of cup of green beans, celery and brown rice pasta per serving. Feel free to add any other vegetable that you love or that is in season.



HEALTHIER GREEK SALAD

Original recipe: Tomato, cucumber, onions, black olives, feta, olive oil.

Improvement: Add chickpeas (between ½ a cup to 1 cup) and your choice of lettuce or spinach (at least 1 cup) per serving.

Tip: -Be mindful of how much feta and olive oil you are using in your salad. You can measure how much cheese and oil you are using the first times you make your salad in order to give you an idea of how much you should be using. For one serving, try using about a ¼ cup of feta and ½ a tbsp of olive oil.

PREPERATION TIPS

On Sundays, prepare a few food items in advance to be ready for the week to come.

- Hard boil 7 eggs for the week.

- Make your Sexy mexy power bowl and make extra portions of chicken breast.

- Use the extra chicken breasts for your sandwich on day 3 and your soup on day 4 and 5.

- Prepare a large batch of Greek salad for the week. Add the dressing before serving.



**WATER**

The ideal goal is the drink 3 liters of water per day. Gradually build up to that amount since you are currently drinking approximately 500 ml to 750 ml. I encourage you to start drinking 1L, then increase that amount by 500 ml increments per day. I like to add lemon in my water. You can also add any fruit or vegetable you like to make your water taste more interesting or try sparkling water when you feel like having a soft drink.

Drinking enough water is essential to your health and many bodily functions. There are so many benefits to staying hydrated. Getting enough water daily will help you maintain a healthy digestion, relieve fatigue, promote healthy skin and can help you control your weight.

**FIBER**

The ideal goal is to eat 30 to 40 g of fiber per day. You are currently eating on average approximately 15 g per day. An easy way to reach your fiber goals is to try and eat about 5 to 10 g per meal. Aim to eat between 25 and 30 g of fiber to begin with.

Getting enough fiber in your diet will help you control you better regulate your blood sugar levels, ease constipation, lower your cholesterol, maintain a healthy weight and can help prevent certain diseases.

Fiber’s main role is to help move waste out of our bodies.

There are two different types of fiber:

Soluble fiber: This type helps us absorb nutrients more slowly and is important in blood sugar management.

Insoluble fiber: This type helps food move through your digestive system, increasing the bulk of our waste.

The best sources of fiber are whole grains, fresh fruits and vegetables, legumes, and nuts.

**BLOOD SUGAR MANAGEMENT**

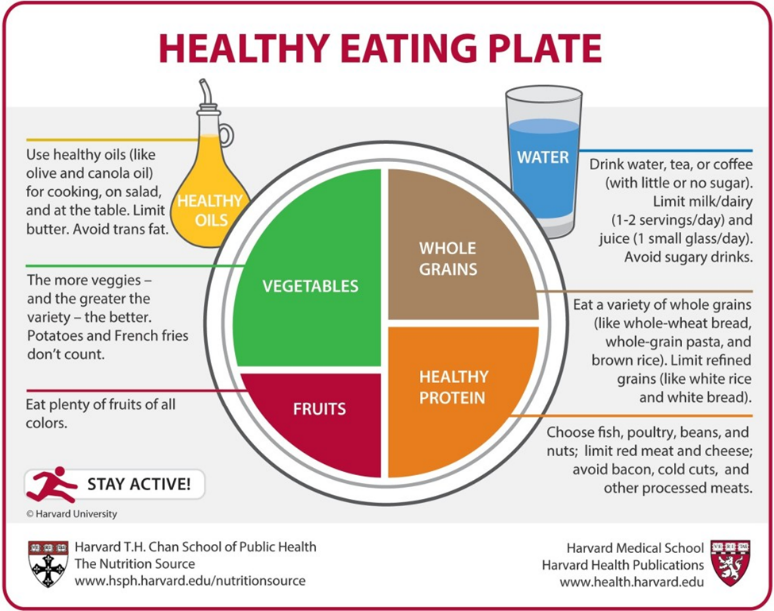
Blood sugar is the concentration of glucose in the blood. Sugar is our bodies preferred fuel source. Compared to protein and fat, it’s the easiest for the bodies to make energy from. When we eat any type of food that contains carbohydrates, our bodies will digest them down to the simplest form of carbs which is sugar or glucose. That glucose will end up in our blood stream and get used by our cells for energy. The presence of insulin is how we can transport the sugar in our blood through our cell’s membranes and into our cells. Insulin is a hormone secreted in our pancreas that allows sugar to enter the cell. Without the presence of insulin, sugar wouldn’t be able to enter our cells and the amount of sugar in the blood would be unable to decrease.

When you eat carbs, they get digested to sugar, go to the blood stream and blood sugar rises. Problems occur when we eat too much sugar, especially if it’s a lot of sugar eaten without any fiber, fat or protein, because the body responds with a high rise of insulin to counteract the high rise in sugar. This causes blood sugar to drop very fast and your blood sugar levels will become on the lower side. You will then be left feeling hungry, low in energy and craving for more carbs shortly after. Overtime, if insulin is constantly rising very high, the body’s gets tired and resistant and can stop producing as much insulin and this puts you at risk for developing type 2 Diabetes. In the short term, high blood sugar will leave you feeling not at your best but in the long term it can cause serious harm to your health including diabetes, weigh gain and mental issues.

The goal is to slow down digestion by pairing carbohydrates with fiber, protein and fat. This will slow down the spike in blood sugar and cause insulin in the body to rise at a normal rate and blood sugar will go down slowly leaving you feeling satisfied. Balancing blood sugar helps contribute to overall health. It helps you feel full throughout the day, will bring mental clarity, will contribute to fat loss and hormone balance and will help reduce inflammation in the body.



As I mentioned previously, eating the “Complete in 3” way is an easy habit to make sure your blood sugar levels are stable throughout the day. There are also other ways of being mindful of blood sugar. Waiting 4 hours between meals is good for blood sugar levels because it gives the body time to digest and rest before the next meal. Also, by combining High GI foods with Low GI foods (GI= Glycemic index), you are also making sure to balance your sugar levels. The Glycemic index is an indicator of how certain foods affect your blood sugar. More sugar equals a higher impact on sugar levels in the body. So instead of avoiding higher in sugar foods all together, it is wise to pair High and Low Gi foods together so they can balance each other out.



***For more information on blood sugar management, here are helpful links:***

http://www.glycemicindex.com/about.php

https://www.medicalnewstoday.com/articles/249413

https://draxe.com/health/normal-blood-sugar/

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar>

**PORTION CONTROL**

Portion control plays a big role when you have specific nutrition and weight goals. The quality of what you eat is very important but how much you are eating is very important too. Imagine a breakfast of high fiber cereal, milk, nuts and fruit. This can sound like a light breakfast. However, how much of each food you eat will determine the nutritional value of your breakfast. Respecting portion sizes, this breakfast could be around 350 calories. By simply filling up your bowl with cereal and adding the rest of the ingredients without measuring anything, this simple bowl of cereal could easily become an 800-calorie breakfast. How much you eat at each meal makes a big difference in your total calories at the end of the day.

The easiest way to figure out what an appropriate serving size is, is to use the hand method. The size of your hand depends on the size of your build so it can appropriately guide you towards how much you should eat for your own body.



Another way to become more familiar with ideal portion sizes is to measure out everything you eat for a few weeks. After doing this exercise, you will be able to eyeball the quantity of how much of each food you should be eating. It will then become easy to assess how much you need to eat without any measuring cups or spoons.

Also, I recommend eating at home as much as possible When eating out, keep in mind that portions are usually a lot bigger than what they need to be. Follow your hunger cues and instead of eating your whole plate even if you aren’t hungry anymore, bring the rest home to avoid overeating.

When eating at home, try eating on smaller plates and bowls. This will give you the impression you are eating a bigger portion. Another tip is to portion out food in advance when you come back from the grocery store. That way, even when you are in a rush, eating the appropriate serving size is very easy.



***For more information on portion control, here are helpful links:***

https://www.healthline.com/nutrition/portion-control

<https://www.cdc.gov/healthyweight/healthy_eating/portion_size.html>

https://www.precisionnutrition.com/calorie-control-guide

https://www.goldsgym.com/blog/portion-control-chart/

**NUTRIENT TIMING**

For the average person, the principle of nutrient timing is not very important. However, for those who are looking to lose weight or build muscle, timing what you eat before and after your workout can help you reach your goals more quickly.

A Pre-Workout meal should be eaten within an hour of your workout. The goal of this meal is to give you energy and fuel your workout. This meal should be made up of carbs or a combination of carbs and fat. A piece of fruit makes a great pre-workout carb. A pre-workout is not always necessary. If you are about to do cardio and aren’t hungry, it isn’t needed. However, if you are lifting weights with a goal of building muscle, a pre-workout meal is a good idea.

A Post-Workout meal should be eaten within the hour after your workout. The goal is to restore energy in your muscles. This meal should be made up of carbs and protein. For every gram of protein eaten, you should eat 2 grams of carbs. Ideally, aim to eat around 200 to 300 calories for every hour of exercise.

Here is an example of a Post-Workout Meal- This is a smoothie I love to make for myself after a workout!



Vanessa’s Delicious Muscle Recovery Smoothie

INGREDIENTS: 1 cup of Unsweetened Almond milk (1g of carb), a scoop of whey (20 g of protein), 1 cup of mango (25 g of carbs), 1 cup of strawberries ( 12 g of carbs) and 1 cup of spinach ( 1 g of carb).

**YOUR GROCERY GUIDE**

**Vegetables**

Asparagus

Broccoli

Beets

Bell Peppers

Brussel Sprouts

Cabbage

Cauliflower

Celery

Collard greens

Cauliflower

Carrots

Cucumber

Green beans

Kale

Lettuce

Mushrooms

Onions

Radishes

Spinach

Tomatoes

Zucchini



**Proteins**

Beef

Bison

Chicken

Turkey

Cod

Sardines

Salmon

Shrimp

Tuna

Eggs

Protein Powder

Cottage cheese

Greek Yogurt

Tofu

Tempeh

Beans

Legumes



**Fruits**

Apple

Banana

Blueberries

Cherries

Grapefruit

Lemon

Lime

Mango

Melons

Oranges

Papaya

Peaches

Pears

Pineapple

Raspberries

Strawberries

Watermelon

**Healthy fats**

Avocado (and oil)

Coconut oil

Olive oil

Butter

Ghee

Chia seeds (or oil)

Flax seeds (or oil)

Hemp seeds (or oil)

**Nuts, Seeds and Butter**

Almond

Brazil nut

Cashew

Chestnut

Hazelnuts

Pecans

Peanuts

Pistachio

Pine nuts

Pumpkin seeds

Sesame seeds



**Complex Carbs**

Amaranth

Beans

Brown Rice

Buckwheat

Quinoa

Lentils

Millet

Oatmeal

Sweet Potatoes

Sprouted Bread

Wild Rice



**Healthy sweeteners**

Maple Syrup

Coconut Sugar

Raw honey

Yacon Syrup

Brown Rice Syrup

**Condiments**

Herbs and Spices

Apple cider vinegar

Balsamic vinegar

Mustard

Nutritional yeast

Hummus



**Fermented Foods**

Sauerkraut, Kimchi, and Kefir

**Healthy Flours**

Almond and Coconut Flour

**Non-dairy Milks**

Almond, Coconut and Cashew Milk

**Beverages**

Tea, Sparkling Water, Matcha and Coffee

**Notes**

Meat: Choose lean cuts, avoid deli cuts and opt for organic and grass-fed if possible

Fruits and vegetables: Any items not listed are also a good choice

**PICTURES**



Most of the pictures used for this assignment are from:

<https://unsplash.com/>

Blood sugar management section- Healthy eating plate: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

Portion control- Visual guide to estimate portion size using your hands: Gold gym

Portion control- I just had a salad: @soheefit

**NUTRITION ASSIGNMENT: Part 2 – Flexible Eating Program Design**

It’s time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action! Please reference Nutrition Session 4 for this section of the assignment.

This is broken down in 3 sections:

1. Calculate your macros using the FIT CHICKS Academy Macros Cheat Sheet and Calculator
2. Include all info in the calculator and fill out a “Program Recommendations” for your client (aka you!)
3. Following your macros for 3 days using a tracking app (recommended is myfitnesspal.com). You must submit PDF files of your 3 days macro tracking days including al foods you ate along with a 1 page personal review answering the questions listed below.

Please ensure to submit ALL pages including the calculations page, the macro program overview, PDF files of 3 days of macro tracking using a tracking app and your 1 page personal review.

Please submit your Assignment to assignments@fitchicks.ca.

Any questions regarding the assignment, please email fne@fitchicks.ca

**SECTION 1 - CALCULATE & TRACK YOUR MACROS**

For this section, we want you to use the best client out there…yourself!

Using your personal info, you will follow a flexible eating macro based program on the template sheet provided for 3 days.

The program must include your macros and your food diary from 3 days of tracking using a food tracking app such as myfitnesspal.com (these are to be submitted as PDF’s and you can download directly from the tracking app)

The program overview page must include notes as per Nutrition Session 4 so you might also share this with someone who has no previous experience with macro tracking to help them understand the plan.

1. Complete the FIT CHICKS Academy Macros Calculator and Cheat Sheet Using your personal numbers. This must be submitted along with the below.

Download here🡺<https://www.members.fitchicksacademy.com/wp-content/uploads/2019/12/Calorie-and-Macro-Calculator-1-final.xlsx>

1. My recommendations for macros tracking are: (please right in full sentences)

* How many fibre grams should I hit daily?
* What type of food should I focus my meals around?
* How should I eat at each meal for blood sugar balancing?
* What equipment do I need to track macros?

**MY GOAL**:

**Bulking**– I am in my 12th week of pregnancy so my calorie needs have not increased too much yet, but I do want to make sure I’m eating enough and providing my baby with enough nutrients. That’s why I chose to increase my maintenance calories of 10% with a weight gain goal in mind.

*My REE is 1441 calories and my TDEE is 1982 calories.*

Macros based on body type: **Mesomorph**

Program Recommendations

Daily calorie goal: 2180

Protein- 30% 164 g

Carbs- 40% 218 g

Fat-30% 73 g

\**Aim to stay within 5 grams of these macros’ goals*

**Here are my macro tracking recommendations:**

* It’s important to eat a minimum of 25 g of fiber per day. The ideal daily goal is to eat between 30 g to 40 g. An easy way to reach this goal is to add 5 to 10 g per meal.
* You should plan and focus your meals around low glycemic vegetables which means you can pick your vegetable and fiber source first, then your protein and then your source of healthy fat. This will help you stay fuller longer and with help keep your blood sugar balanced. Planning your meals this way will also make it easier for you to reach your daily fiber goals.
* The simplest way to manage your blood sugar at every meal is to use the \*Complete in 3 Rule\*. This is an easy way to eat balanced meals. Each meal should include a protein, a low glycemic carb and fiber source and a healthy fat. Eating this way will not only keep your blood sugar stable but it will help avoid overeating and help your digestion process.
* There are tools that will help you make tracking macros a lot easier and more enjoyable and effective. The first one is this amazing app called My Fitness Pal. It will give you a platform to use as a food diary, you can scan food item barcodes or make a simple search and instantly have the exact macros that you will be eating. In the kitchen, in order to make the measuring process easier and more precise, weigh your food or measure portions using a cup or spoon at every meal.

**SECTION 2 – PERSONAL REVIEW**

Once you have completed calculating the macros, please follow the plan for 3 days using a tracking app and write a 1 page personal review of the program including the following:

* Were the macros higher or lower than you are currently eating?
* What program did you use to track (i.e. myfitnesspal)? Did you find it user friendly?
* Did you hit your macros (protein, carbs and fat) within +or -5 grams each day?
* Did you reach your fibre goal each day?
* Did you find you were hungry at the end of the day or it was too much food?
* How did you feel eating this amount? I.e. energized, lethargic, stuffed, starving, etc.
* Overall opinion of this way of eating

**Were the macros higher or lower than you are currently eating?**

I feel like the calories I was eating on this program were close to what I have been eating these days. I haven’t had as much appetite since I am not as active because of exhaustion due to my first trimester of pregnancy. In general, I typically would eat more fat than on my program and less protein. As for carbs, it does depend on the days but on average I do eat a slightly higher percentage of carbs.

**What program did you use to track? Did you find it user friendly?**

I used the My Fitness Pal on my smart phone and on my computer. I thought this was a great way to make my food tracking process much easier. I liked being able to use the app on my phone for when I was on the go and for adding foods to my diary who had a barcode. Being able to simply scan a label made the process so easy. I also enjoyed using the computer version to be able to have a better overview of what I ate and to see clearly how many macros I had left to eat in my day. I found it very practical and user friendly.

**Did you hit your macros within +or -5 grams each day?**

DAY 1: I hit all my macros goals by +/- 5 grams. I did eat 92 calories less than recommended. Carbs: -4 g, Fats: hit my goal, Protein: + 1g. Ate 41 g of Fiber.

DAY 2: I went over my carb goal, but I was able to stay within my other macro goals and I did hit my calories goal. Carbs: +18 g, Fats: -1g, Protein: hit my goal. Ate 37 g of fiber

DAY 3: I went under my protein goal but stayed within my range with the other macros. I did eat less fiber than other days and I ate 142 calories less than recommended. Carbs: +5 g, Fat: 1 g, Protein: - 17g. Ate 26 g of fiber.

**Did you reach your fibre goal each day?**

By adding fruits and/or vegetables at most of my meals made it easy to consume a high amount of fiber. I am used to eating a good amount of fruits and vegetables, so I was pleasantly surprised at how easy it was for me to reach my fiber goals. The day I ate the less fiber was the day I ate the least at home.

**Did you find you were hungry at the end of the day or it was too much food?**

DAY 1: I could not have eaten any more. Especially after dinner I felt stuffed.

DAY 2: It felt like the right amount of food but did feel like I needed more carbs than what I had allowed in my plan.

DAY 3: I felt like I ate the right amount of food, but I did eat a bit less and had less fiber. I wasn’t home most of the day which made it harder to achieve my goals. I did feel a difference the next morning, I was a lot hungrier than usual when I woke up.

**How did you feel eating this amount?**

DAY 1: I was feeling well most of the day, except for after dinner when I felt a bit too full.

DAY 2: I felt good most of the day, except again at dinner where I felt like I needed to restrict my carbs more than I usual would have. I could have cut the mangos from my smoothie to have been able to stay within my carb range.

DAY 3: I felt energized and well. I was more on the go and it felt good. I did feel very hungry the next morning.

**Overall opinion of this way of eating**

This is a tool I would maybe use post-pregnancy to shed some extra baby weight if I’m not able to achieve my goals by eating a healthy diet. But for now, I’m already so tired due to my pregnancy that I feel like it was would be unnecessary stress and mental energy to put into something I don’t feel is necessary for my health or well-being. I’m a healthy and fit woman who eats intuitively and healthy the majority of the time so now that I’m carrying a baby I prefer putting my energy into listening to my body and making sure I’m eating the most nutritious foods possible without worrying to much about macros. I found it took a lot of mental energy to track every single macro. Even if I weren’t pregnant, I probably wouldn’t adopt this type of tracking because being the perfectionist type and an anxious person, my eating and my weight who are not a source of stress for me could become something I’m overly preoccupied with.

As a nutrition expert, I would only recommend this technique to help people to become more aware of what they are eating and what is in their food in the short-term. I would not recommend this to someone who is already very preoccupied by what they are eating. I believe eating should be enjoyable and to me this kind of takes away the fun of eating!