**FITNESS & NUTRITION EXPERT PROGRAM**

**NUTRITION ASSIGNMENT**

NAME: Sarah Mack

DATE: 2/4/2020

**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.*

Crystal Yilmaz

Volunteer Food Log:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MEAL | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Breakfast  Time: | Coffee with Vanilla 3 table spoons of creamer  Cheese, Cucumber, Peppers, Olives and Tomatoes. Hard boiled egg and toast  10:00 am | Coffee with Vanilla 3 table spoons of creamer  Panni – Cheese and Turkish Sausage on French bread and Ketchup  9:45 | Coffee with Vanilla 3 table spoons of creamer  Scrambled eggs with peppers, cheese and feta Cheese and Toast  11:15 | Coffee with Vanilla 3 table spoons of creamer  No Breakfast  6:30 am | Coffee with Vanilla 3 table spoons of creamer  Cheese, Cucumber, Peppers, Olives and Tomatoes. Fried Egg and toast  10:30 |
| Snack  Time:  (If applicable. Put n/a if not) | 2 Lindor Green tea Chocolates  Pudding and a yogurt  Noon | Cheese and Crackers ( Kraft the ones in the packages)  11:00 | Coffee with Vanilla 3 tbl spoons of creamer | NA | 2 slices of white bread with real butter  11:45 |
| Lunch  Time: | Tuna Sandwich ( with Pickles and onions mayo and cheese and Coffee  1:30 | McDonalds – egg and cheese, with 2 hashbrowns ( LOTS of Ketchup ) and a White Chocolate Americano  12:00 | McDonalds – Filet O Fish, extra tarter sauce and large French Fries and 4 chicken nuggets – Ranch to dip them in  2:00 pm | 16 oz Chocolate Mocha  Subway – 12 inch, Turkey on harvest. Lettuce, tomato, pickles, onion and olives, mayo, ranch salt and pepper | 7 California Rolls ( from Haggens) with Soy Sauce and Wassabi  1:45 |
| Snack  Time:  (If applicable. Put n/a if not) | 2 Poacha - its like a little hard bun. With melted butter  3:00 | Small bag of sour cream and onion chips and 3 mini chocolate bars  3:30 | NA | 24 quad shot – Coffee - Carmel Silk with Almond Milk – basically a Caramel Macchiato ( Mercury’s Coffee) | 1 full sized chocolate bar ( Canadian - Mars Bar)and 3 sugar cookies |
| Dinner  Time: | Costco Chicken, Dolma ( grape leaves with beef) Potato Salad with Beets  5:30 | Costco Chicken, Mac and Cheese, cucumber zucchini salad  6:00 | Chinese Food ( Fried Rice, Shang high noodles, Mongolian beef, orange chicken, beef and broccoli, teriyaki chicken and 1 spring roll  6:00 | Papa Murphy’s Pizza. Extra Cheese, Peppers, Mushrooms and Sausage  7:00 | Potato Soup, Beef with garbanzo beans in tomato sauce and Rice  5:00 |
| Snack  Time:  (If applicable. Put n/a if not) | Cheddar and Carmel Popcorn  10:30 pm | Apples and Pears cut up to share  10:30 | Cheese Cake  10:00 PM | Cheese, Sausage and Ritz Crackers  11:00 PM | Cheddar and Carmel Popcorn  11:00 pm |
| TOTAL DAILY FIBRE: |  |  |  |  |  |
| TOTAL DAILY WATER INTAKE: | 16 oz | 8oz | 16oz | Nuttn but what I take my meds with | 24 oz |
| 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 all day. From the time I wake up till I go to bed. I want to stay in bed. | Tired | Exhausted, very irritable | Tired, bloated, pains in my legs. | Tired |

Hey Crystal!

Thank you so much for providing your 5 day meal log! I’m looking forward to getting you started on moving closer to your health goals with steps that are realistic and easily added into your day. The goal with this sample meal plan is to help you with eating more wholesome foods, help you lose weight, and gain energy! I look forward to hearing what you think!

Below you will find valuable information such as:

* Sample 5 day meal plan
* Recipes
* Explanations on Blood Sugar Management and the Complete in 3 rule to help you keep your body balanced
* Portion Control Tips
* Grocery guide

Some of your breakfast meals are loaded with nutrients and that is awesome! It seems like much of the rest of your day is grab and go type things – going out to eat, grabbing snacks that are already made (processed). I noticed that at the end of your day you mention that you are tired and irritable. I really think we can work to make your meals a bit more balanced to keep you more at a steady state throughout the day. This will take a little work on your side, and some prepping, but if you can do that on a weekend it will really set you up for success! I included a few days of eating leftovers (food you prepped the night before), and instant pot meals as I know you have one and they are an amazing tool to use to speed up the cooking process.

Suggestions:

* More water, less coffee! It seems you are using caffeine to get your day started and to help you in mid-afternoon slumps. I want you to start every morning off with 8oz of warm water with lemon in it. This will get your digestion going. Then have your cup of coffee but substitute out the 3 tbsp of creamer to an almond milk creamer or nutpods. That will reduce the number of calories and artificial ingredients that you are using in your coffee. Before every meal I also want you to drink 8oz of water.
* Use dinner leftovers as your lunch for the next day, that way you are not having to go get lunch from somewhere else. You can portion out your leftovers from dinner into a container so you can just grab, reheat, and eat!
* For snacks – before you reach for food, I want you to drink a minimum of an 8oz glass of water but try for a 16oz glass of water. This will test to see if you are truly hungry or if you are instead thirsty or even bored (just looking for something to bring your pleasure).
* For each meal I want you to work towards the “Complete in 3” rule. This means having fiber (healthy carb), protein, and a healthy fat in each meal. This will help your blood sugar stay level throughout the day and reduce those afternoon crashes.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MEAL | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Breakfast | Cucumber, Peppers, Olives, Tomatoes, and Avocado.  2 Hard boiled Eggs | [3 Ingredient Power Pancakes](https://www.fitchicks.ca/blog/2015/09/chick-feed-3-ingredient-power-pancakes-gluten-free-vegetarian-high-fibre/)  1 Cup Blueberries and Raspberries | Cucumber, Peppers, Olives, Tomatoes, and Avocado.  2 Hard boiled Eggs | [3 Ingredient Power Pancakes](https://www.fitchicks.ca/blog/2015/09/chick-feed-3-ingredient-power-pancakes-gluten-free-vegetarian-high-fibre/)  1 Cup Blueberries and Raspberries | Cucumber, Peppers, Olives, Tomatoes, and Avocado.  2 Hard boiled Eggs |
| Lunch | Burrito Bowl –  Grilled chicken, lettuce, tomatoes, olives, corn, drizzled with plain Greek yogurt for “sour cream” | Leftovers from dinner – super stuffed chicken + sweet potatoes | Leftovers from dinner – stuffed bell peppers | Burrito Bowl –  Grilled chicken, lettuce, tomatoes, olives, corn, drizzled with plain Greek yogurt for “sour cream” | Leftovers from dinner – Turkish Red Lentil Soup |
| Snack | 8-16oz water  If still hungry:  Apple & 12 almonds | 8-16oz water  If still hungry:  [Protein 2 protein balls](https://www.eatingbirdfood.com/easy-no-bake-protein-balls-4-ways/) | 8-16oz water  If still hungry:  Apple & 12 almonds | 8-16oz water  If still hungry:  [Protein 2 protein balls](https://www.eatingbirdfood.com/easy-no-bake-protein-balls-4-ways/) | 8-16oz water  If still hungry:  Apple & 12 almonds |
| Dinner | [3 ingredient super stuffed chicken](https://www.fitchicks.ca/blog/2015/05/chick-feed-3-ingredient-super-stuffed-chicken-recipe/) + sweet potatoes (make extra for lunch tomorrow) | [Stuffed Bell PeppSers](https://momsdish.com/ground-turkey-stuffed-bell-peppers) | [Honey Balsamic Chicken Bowl](https://eatinginstantly.com/instant-pot-honey-balsamic-chicken-meal-prep/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=656512996_25709220_588072)  over Brown Rice, Cauliflower Rice, OR Right Rice \*instantpot\* | [Turkish Red Lentil Soup](https://www.foxandbriar.com/instant-pot-vegan-red-lentil-soup/)  Dinner roll on the side  \*instantpot\* | Leftover Honey Balsamic Chicken Bowl |
| TOTAL DAILY FIBRE GOAL: | 25-30g | 25-30g | 25-30g | 25-30g | 25-30g |
| TOTAL DAILY WATER GOAL: | 2L | 2L | 2.5L | 3L | 3L |
|  |  |  |  |  |  |

**RECOMMENDATIONS & LINKS**

Here are links to the recipes I noted above: (they are also hyperlinked in the meal plan if you are using your computer and can easily just click)

* Three Ingredient Power Pancakes: <https://www.fitchicks.ca/blog/2015/09/chick-feed-3-ingredient-power-pancakes-gluten-free-vegetarian-high-fibre/>
* Three Ingredient Super Stuffed Chicken: <https://www.fitchicks.ca/blog/2015/05/chick-feed-3-ingredient-super-stuffed-chicken-recipe/>
* No Bake Protein Balls - <https://www.eatingbirdfood.com/easy-no-bake-protein-balls-4-ways/>
* Stuffed Bell Peppers - <https://momsdish.com/ground-turkey-stuffed-bell-peppers>
* Honey Balsamic Chicken Bowl - <https://eatinginstantly.com/instant-pot-honey-balsamic-chicken-meal-prep/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=656512996_25709220_588072>
* Turkish Red Lentil Soup - <https://www.foxandbriar.com/instant-pot-vegan-red-lentil-soup/>

**What is blood sugar management and why is it important?**

Blood sugar, also known as Glucose, is the body’s preferred source of energy. The optimal glucose level in our body is 4g circulating at all times. Each time that we eat, our body will send signals to our pancreas to release the hormone insulin into our cells for energy and storage. Any glucose above 4g gets stored in the form of glycogen. This is stored in the liver and muscle, however if our body reaches it’s max storage space in the liver and muscle, the remainder will be stored as fat.

We normally don’t think anything of or blood sugar levels until they are too high or too low. When blood sugar (hypoglycemia) is too low, a person may notice dizziness, shaky, anxiety, brain fog, and hunger. When blood sugar is too high (hyperglycemia), a person may notice fatigue, brain fog, chest pains, thirst, and/or loss of appetite.

In order to keep your blood sugar level, it is important to eat a well-rounded meal each time you eat. To do this, I suggest you following what is called the “complete in 3” method to creating your meals. This means that each meal consists of a protein, healthy fat, and carbohydrates (fiber). This will help you stay fuller longer, ensure you are meeting your nutrition guidelines, and keep your blood sugar even.

Other ways you can also help to balance your blood sugar is to ensure you are drinking enough water, getting enough sleep, moving your body, and engaging your mind. Have meals or snacks prepared a head of time, so that you don’t allow your blood sugar to dip too low and then you reach for sugary quick snacks/caffeinated drinks which just spike your blood sugar and then you’ll quickly crash again because you didn’t fuel your body with the nutrients that it needs.

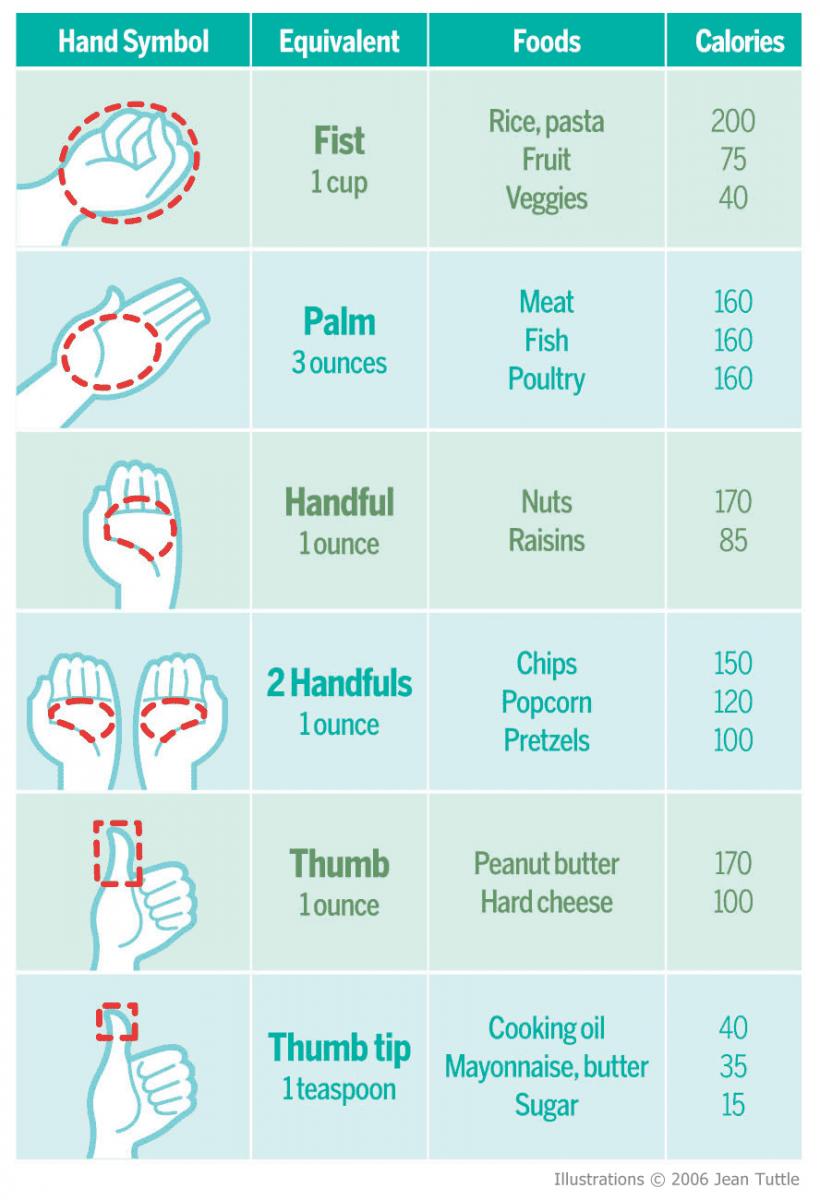
Here are some good articles to further explain blood sugar levels.

<https://www.healthline.com/health/glucose>

<https://www.webmd.com/diabetes/glucose-diabetes#1>

**Portion Control**

Portion sizes in have increased dramatically over the last 40 years. The obesity rates are skyrocketing across the country. People are eating out more, and we are busier than ever so more times than not we grab the processed or fast food that is available quickly. It is so important to learn correct portion control sizes for food. Below is a good table to use for each food category.



Some great tips for managing your portion control aside from the table above are:

* Use a salad (small) size plate.
  + This will trick your eyes/mind to seeing a full plate and make you feel like you ate more than you did. So often when we were younger, we were taught to eat all the food on our plate, so the bigger your plate, the more food you fill it with, the more you eat.
* Pre-portion groceries
  + After you shop, wash and cut up your fruit and vegetables. Store them in pre-portioned ziplocks or containers so they are easy grab and go options. This will help when you are running out of the house or packing your lunch! Although it takes time at the beginning of the week it is a HUGE time saver the rest of the week.
* Eat at home
  + Eating on the go is so simple to do these days, but you don’t always know the ingredients in those foods, and the sizes are so much larger than you need. Prepare your food at home, take the time to enjoy what you are fueling your body with.

**Post Workout Meal**

It’s so important to fuel your body well after you work out. You will have just worked hard, and you don’t want to throw away all that hard work by fueling your body with junk. After all, remember that abs are made in the kitchen, so focus on what you put in! Your body needs to be able to repair the muscles that you used. You should eat a nutrient dense snack within an hour of finishing your workout. The meal should include proteins and carbs and be about 200-300 calories (this should be 2:1 ration for carbs and protein). A great option is a green smoothie with whey protein and lots of fruit!

Here is a great guide on how to make a green smoothie : <https://www.fitchicksacademy.com/2018/10/01/greensmoothie/>

**Grocery Guide**

This is a great grocery guide! Source: FitChicks

The Fit Chicks grocery guide provides a great list of items that would work well with the “complete in 3” meal planning of a protein, fiber, and fat. Focus on buying items that are real, whole foods!

**Proteins:**

* + Boneless, skinless chicken breast
  + Canned Tuna (water packed) and sardines
  + Fish (salmon, seabass, halibut, trout,)
  + Shrimp, scallops
  + Extra Lean Ground Beef
  + Protein Powder, all types
  + Egg Whites or Eggs
  + Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
  + Beef Tenderloin (aka Filet, Filet Mignon)
  + Tofu and Tempeh
  + Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)
  + Cottage cheese
  + 0% or 2% Greek Yogurt
  + Beans & legumes

**Complex Carbs:**

* + Oatmeal
  + Sweet potatoes
  + Beans (pinto, navy, black, kidney)
  + Brown Rice
  + Amaranth
  + Quinoa
  + Lentils
  + Multigrain cereal (look for 5 grams + of fiber)
  + Sprouted whole grain bread

**Fibrous Carbs**

* + Lettuce (green leaf, red, romaine)
  + Broccoli
  + Asparagus
  + Cabbage
  + Spinach
  + Bell Peppers
  + Brussel Sprouts
  + Celery
  + Cauliflower

**Other Produce and Fruits**

* + Cucumber
  + Green or Red Pepper
  + Onions
  + Garlic
  + Tomatoes
  + Zucchini
  + Bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
  + Lemons or limes

**Healthy Fats**

* + Nut & Sed Butter
  + Olive Oil
  + Coconut Oil
  + Butter/Ghee
  + Flaxseed, chia seed, hemp oil (dressing only)
  + Avocado
  + Nuts and seeds (peanuts, almonds, pumpkin seeds)
  + Flax, Chia, Hemp Seeds
  + Egg Yolks

**Condiments and Misc.**

* + Balsamic, red wine and rice vinegar
  + Mustard
  + Mrs. Dash
  + Chili, Onion, Garlic Powder
  + Pumpkin Pie Spice
  + Cinnamon, nutmeg, all spice
  + Chili and curry pastes
  + Extracts (vanilla, almond, etc)
  + Sea Salt & Black Pepper
  + Unsweetened almond milk
  + Kefir
  + Coconut and Peanut Flour
  + Unsweetened cocoa powder

**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 recommendations for macros tracking are to really focus on tracking food using MyFitness Pal. I found the app to be the most user friendly, especially because I could punch in food that I had consumed on other days, and because I can scan the barcode on the food and it’ll auto find it. It made what could be tedious tracking very easy.

My fiber goals were to hit at a minimum of 25-30 grams daily. This will help ensure I am getting adequate nutrition and keeps my body moving. Meals should be focused around proteins, healthy fats, and carbohydrates (which is where I’ll get my fiber from), in order to keep blood sugar balanced and not overly snack which tends to happen a lot towards mid day for me.

The tools I need for tracking are measuring cups, a scale to measure grams, and my phone for the my fitness pal app.

**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

I found eating to macros to be a bit difficult, however its my first time attempting. I think that also has to do with the fact that I recently went mostly vegan (still occasionally have cheese), so trying to figure out my protein has been tricky in itself. It was very helpful to have the macro information though so that I could see where I could add more protein in.

The goal for my body type was Carbs: 40%, Fat: 30%, and Protein 30%. The days fell in the following order.

Day 1:

Carbs: 57%, Fat: 25%, Protein: 18%

Day 2:

Carbs: 62%, Fat: 22%, Protein: 16%

Day 3:

Carbs: 59%, Fat: 27%, Protein: 14%

I clearly struggled quite a bit with meeting the percentages, especially with carbs and protein. I need to switch foods around and eat more protein, less carbs. I have definitely had a challenge with not consuming meat, so I need to find other good substitutions. I did hit my fiber goal every day, and fat was always fairly in range with the goal.

I get hungry around the 3pm hour and tend to snack on things that are heavy carb. So I need to cut out the snacking and focus more on drinking water/keeping myself busy because I think its more boredom than hungry. I also need to add a good protein in to my breakfast, because its normally a grab and go meal where I’m running out of my house. I am going to try and focus more on this way of eating and see if I can hit the goals better. I think it would boost my energy levels and that I would see greater success in weight loss if I was eating more balanced. I didn’t realize how many carbs I was consuming.

One big change I noticed with tracking was that I tried not to snack as much, which made me fall under my calories needed. However I have been working out really hard 5 days a week, running long distances one day a week, so I needed to get those calories in. That likely has something to do with exhaustion at the end of the day/struggling to wake up.

A mind opening practice for sure and something I will continue to work towards so I can decide if this is an option I want to offer with others to meet their goals!