

WRITTEN BY CHELSEA HARDIN

HEALTHY EATING 101



**A GUIDE TO
UNDERSTANDING BASIC
NUTRITION**

CHELSEAKHARDIN.COM



3

THE HEALTHY WAY

Why it's up to YOU to make the choice.

5

HOW TO FILL YOUR PLATE PROPERLY

What your plate should REALLY look like.

6

MACRONUTRIENTS

Understanding carbs, protein & fat.

11

HOW TO USE MACROS TO HELP YOU

3 steps to getting to your goal.

15

HELPFUL TIPS TO GET STARTED

Tips and tricks to not getting overwhelmed.

16

WHEN TO EAT

Pre-workout and post-workout nutrition.

19

UNDERSTANDING PORTIONS

Try this method to help control portion size.

20

MORE GOOD STUFF

Understanding hydration, nutrition and supplements.

23

RECIPES & MORE



WHY CHOOSE

THE HEALTHY PATH

Our bodies work as a system where every function is connected, and diet and nutrition play a large role in how you feel on the inside and how you look on the outside.

In order to make healthy decisions we have to understand the different types of food, how our bodies use them, and when to eat them for optimal use.

Everyone has their own view of what healthy living means — having more energy, losing weight, incorporating good eating habits, or improving self-esteem and happiness. Whatever yours is, choosing to exercise and eat nutritious foods is one of the best things you can do for your body.

You're already on the right track. Self-education is the best tool to help yourself make the right eating decisions. It's never too late to choose the healthy path to a healthier you. :)

**EATING
HEALTHY
SHOULDN'T BE
COMPLICATED**





HOW TO FILL YOUR PLATE PROPERLY

Non starchy veggies (1/2 of your plate)

Ex: Kale, spinach, broccoli, asparagus

Lean proteins (1/4 of your plate)

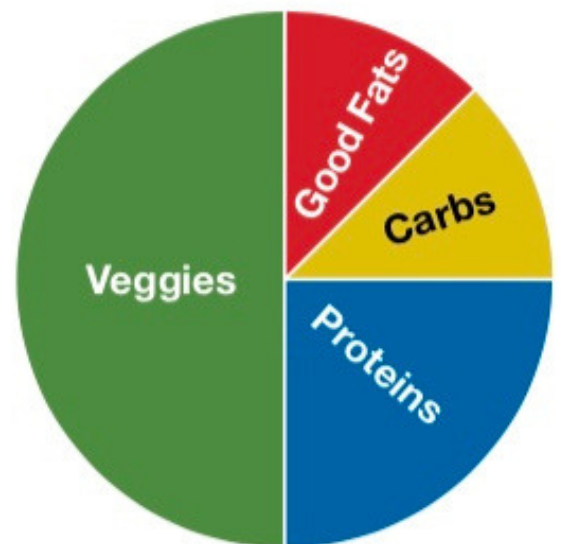
Ex: Wild fish, chicken, turkey, grass-fed beef, beans, lentils, quinoa

Healthy Carbs (1/8 of your plate)

Ex: Brown rice, quinoa, beets, sweet potatoe:

Healthy fats (1/8 of your plate)

Ex: Seeds and nuts, nut butters, olive oil, avocado, flax seed, grapseed oil, coconut oil



MACRONUTRIENTS

Are you over counting calories? Lets help rewire your thinking and instead of focusing on the number of calories, lets look at the KIND of calories. Meet our friends- MACROS.

What are MACROS?

Eating the RIGHT types of food is more effective than cutting calories. Macronutrients, also known as “macros” are the nutrients that the body requires in large amounts: **carbohydrates, fat, and protein.**

They are what make up the caloric content of a food, and when combined, that's where the total number of calories come from.

Each macro is important for your overall health, but the amount of each that your body needs depends on your size, body type, activity levels, and specific goals.



Calorie value of each Macronutrient

- 1 gram of carbohydrates = 4 calories
- 1 gram of protein = 4 calories
- 1 gram of fat = 9 calories

Note: Alcohol also contains calories at the amount of 7 Calories per gram and is not factored into your macro totals

CARBOHYDRATES



- Sweet Potato
- Ezekiel bread
- Lentils
- Quinoa
- Beans
- Whole wheat bread
- whole grain pasta
- Strawberries
- Oats
- Rice cakes

1 serving of carbs is the size of your fist

Carbs fuel our muscles and other bodily processes.

They are vital if you love to workout and train at the gym.

They are broken down quickly by the digestive system into glucose, which is the simple sugar all of your body cells burn for energy.

Bodies preferred source of energy.

Focus on “smart carbs” (also known as complex carbs, slower digesting, higher-fiber and nutrient rich) as opposed to “simple carbs” which is sugar

PROTEIN

- Lean beef
- Poultry
- Tuna
- Salmon
- Shrimp
- Turkey breasts
- Eggs
- Extra firm tofu
- Legumes
- Nuts
- Protein shakes
- Protein Bar



1 serving of protein is approx. the size of your palm

Proteins are the building blocks of almost all of the tissues in your body

It is vital to get enough protein in your diet, especially during weight loss and weight gain.

Helps you stay leaner, improve muscle mass and improve athletic performance.

For weight loss, you want to eat enough that your body doesn't break down muscle tissue in light of the calorie deficit.

For muscle gain, protein is needed to build more muscle tissue.

FATS



- Mixed nuts
- olives
- olive oil
- flax seed & flax seed oil,
- fish oil
- avocado
- walnuts
- salmon
- almonds

Necessary for our bodies to function

Helps function your brain and helps you to stay fuller for longer.

Fats are needed to help absorb certain nutrients, such as fat-soluble vitamins (vitamins A, D, E and K) and antioxidants.

Avoid consuming too many trans fats because of the negative impact they have on heart functions and increase fat.

Two main forms of fat to focus on: **unsaturated** and **saturated**

Unsaturated fats are healthy oils and are mainly from plants—that are fluid at room temperature (olive & canola oils). Saturated fats are solid at room temperature (stick of butter or glob of coconut oil).

Both types are necessary in diet, but the majority should come from **unsaturated** fats.

VEGETABLES

- Spinach
- kale
- peppers
- cucumbers
- tomatoes
- eggplant
- asparagus



1 serving is about the size of your cupped hand

The more color variety the better, higher fiber.

Veggies help keeps you feeling satisfied.

Most veggies that are grown under grown have more carbs. Vegetables grown above grown have fewer carbs.

Aim for 1-2 servings of veggies per meal.

Veggies are loaded with Vitamins and Antioxidants.

Because they are generally low in fat and calories, you can eat a lot of them without gaining weight.

If you substitute vegetables for other, higher-calorie foods in your diet, you'll slash your calorie and fat intake, making weight management easier.

HOW TO USE MACROS TO HELP YOU

Counting macros is designed with a sensible and realistic approach to muscle building. It aims to give your muscles enough raw materials for growth while preventing fat storage from too many extra calories.



*as a general rule

Step 1: Decide whether you want to:

Increase your metabolism & build muscle OR Lose fat

Boost Metabolism and/or Build Muscle*: In order to use macro counting to gain muscle, you must eat more than your calculated total daily energy expenditure (TDEE). However, there is always a fine line between fueling muscles for growth and storing fat. For muscle gain, all diet plans should always be done in conjunction with a weight training program. Dieters should start with extra calorie levels of 20% more than their activity adjusted TDEE per day. More can be added later, if your goals aren't being reached.

Lose Fat*: Consume less calories than your body burns each day, this is called a calorie deficit. However, too much of a calorie deficit is actually counterproductive. It can cause your body to enter into starvation mode if it is continued for too long. It's recommend that there is a calorie deficit of no more than 500 calories or 20% of your TDEE.

Step 2: Determine Your Total Daily Energy Expenditure (TDEE)

TDEE: how much energy your body needs each day to lose weight, maintain weight, or gain weight, based on how much extra activity you do.

Here are a few different online calculators to help you easily calculate your TDEE:

[The ultimate Macro Calculator](#)

[Macro Calculator](#)

HOW TO USE MACROS TO HELP YOU CONT...



If Your Goal is to Lose Fat and Gain Muscle at the Same Time:

- This is a little more difficult to achieve and requires strict adherence to your macro goals as well as the correct TDEE level.
- Too few calories and you won't gain, too much and you won't lose weight.
- The key to making this work is that you really must be diligent with your workouts to keep your muscles stimulated and stressed for growth while at the same time, you have to keep them nourished with enough protein and carbs.
- You want excess energy to come from your fat stores, not from the breaking down of muscle tissue.

Step 3: Planning out your Macros:

- Macro planning is the act of entering your food into your tracking app before you actually eat anything, preferably the night before.
- This allows you to see if you'll be over or under in any areas and make adjustments as needed.
- It's easiest to think of each meals as a Protein + Carb + Veggie + fat.
- Establish your calorie intake (surplus or deficit) and set your Macro amount based on your goals

EATING FOR YOUR MACROS... IT'S NOT A DIET

No foods are off limits with the flexible diet, but just make sure the majority of what you eat is highly nutritious and that your "treats" fit within your daily macro limits.

- All foods are allowed.
- All foods must fit your daily macro goals.
- No food group is off-limits.
- Slow and steady fat loss is the healthiest and most sustainable.
- 85% of what you eat should be healthy, 15 % of your diet can be indulgences, yay!
- Safe calorie deficits are the key to long-term results and success.
- Be patient and remember there's never a quick fix for anything.



Synonymous names for counting your macros

Macro counting
=
Flexible dieting
=
IIFYM (If It Fits Your Macros)

Decide what matters most.

#1 - Do you ENJOY the food you are eating? Can you STICK to the food you are eating? Does your food taste GOOD?

#2 - Are you in a caloric deficit if you want to lose weight? Surplus if you want to build muscle?

#3 - Are you getting the right amount of protein, fats, and carbs for your goals?

#4 - Are you getting the proper micronutrients (vitamins and minerals) you need to feel, look, and perform your best?



HELPFUL TIPS TO GET STARTED

AND STAY ON TRACK



1. Be patient, it takes time to understand macronutrients and the types and amounts in each food. Look at it as an educational process.
2. Don't get overwhelmed, if you can't find time to plug your macros into your app such as MyFitnessPal, jot them down on a piece of paper or take pictures of everything you're eating then record at the end of the day.
3. Make your MyFitness Pal app public and share with a friend who is on the same journey as you, hold each other accountable.
4. Don't forget to adjust your macros as necessary. You will be losing weight, your fitness will be going up and your body will be needing different macronutrient amounts then when you started.
5. Don't be afraid to ask for help, there are many experts on social media that are willing to give a piece of advice, or chat with a personal trainer at your gym.
6. Do your homework. Educate yourself beyond this PDF on what types of healthy carbs, proteins, fats and veggies are available near you so you can make the best decisions possible for you and your family.

WHEN TO EAT...

PRE WORKOUT

- 2-3 hours before training consume a protein and carb based meal
- Keep it relatively low in fat (fat slows down digestion and we want things digesting quickly here and not sitting in your gut)
- Avoid added fats like avocado, butter, nuts or oils
- If you're working out in the morning, consume any small snacks at least 20 to 30 minutes pre-workout- leaving time for digestion
- Try to load up on about 30 to 40 grams of carbs—an amount that will fuel your muscles, energize you, but not weigh you down
- Aim for a about 10g protein

Try:

If Your Workout Starts Within 2–3 Hours or More

- Sandwich on whole-grain bread (Ezekiel bread), lean protein and a side salad
- Egg omelet and whole-grain toast topped with avocado spread and a cup of fruit
- Lean protein, brown rice and roasted vegetables

If Your Workout Starts Within 2 Hours

- Protein smoothie: dairy free milk, protein powder, banana and mixed berries
- A cup of oatmeal topped with banana, sliced almonds and cinnamon
- Natural almond butter and fruit preserve sandwich on whole-grain bread

If Your Workout Starts Within an Hour or Less

- Greek yogurt and fruit, Quest bar, Rice cake with nut butter, Hand full of nuts, Hard boiled eggs, A piece of fruit, such as a banana, orange or apple with nut butter

Keep in mind that you don't need to eat many pre-workout meals at different times. Just choose one of these. For best results, experiment with different timings and nutrient compositions.



WHEN TO EAT...

POST WORKOUT

- Important to eat within 30 minutes to one hour after exercise
- Liquid meals digest faster than solid food meals
- If you're not able to eat within 45 minutes of working out, it's important to not go much longer than 2 hours before eating a meal
- Aim to drink or eat 25g protein and 25g carb. This helps with recovery and will take your body from fight-or-flight to rest-and-digest mode
- Incorporating carbs immediately post-workout, it will help with muscle recovery by starting the process of replenishing your body's carb stores
- Amino acids from protein can start the repair process in the muscles

Try:

- 1/2 cup of cottage cheese with fruits
 - Rice crackers and peanut butter
- 1 to 2 hardboiled eggs with a slice of whole wheat toast
 - Tuna with Crackers
 - Protein shake or Protein smoothie
 - Greek yogurt, berries and granola
- Grilled chicken with roasted vegetables
- Egg omelet with avocado spread on toast
 - Salmon with sweet potato
- Tuna salad sandwich on whole grain bread
- Anything with complex carbs: quinoa, brown rice, nuts, whole wheat bread

WHEN TO EAT...

Carbs and Protein Post workout

- Consuming an adequate amount of *protein* after a workout gives your body the amino acids it needs to repair and rebuild these proteins. It also gives you the building blocks required to build new muscle tissue
- Your body's glycogen stores are used as fuel during exercise, and consuming *carbs* after your workout helps replenish them
- The rate at which your glycogen stores are used depends on the activity. For example, endurance sports cause your body to use more glycogen than resistance training. For this reason, if you participate in endurance sports (running, swimming, etc.), you might need to consume more carbs than a bodybuilder

It's recommended that you consume:

0.14–0.23 grams of **PROTEIN** per pound of body weight

And

0.5–0.7 grams of **CARBOHYDRATES** per pound of body weight
within 30 minutes after training.

Studies have shown that ingesting **20–40 grams of protein** seems to maximize the body's ability to recover after exercise

Try consuming the two in a ratio of 3:1 (carbs to protein). For example, 40 grams of protein and 120 grams of carbs

UNDERSTANDING YOUR PORTIONS

By using the method of your own hand for portions, it customizes the size of each portion to your body size, hence the different portion sizes for male and females.

This is just a general rule and starting point, you'll want to adjust all these recommendations based on your results.

PORTION CONTROL GUIDE

**FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.**

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb



**HERE'S HOW
TO USE THIS
METHOD
TO BUILD
A PLATE**



STEP 2

PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal*.
(Remember, you can make more than one portion for leftovers the next day).

PER SERVING:



PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLES

Women: 1 fist
Men: 2 fists



CARB

Women: 1 cupped hand
Men: 2 cupped hand



FAT

Women: 1 thumb
Men: 2 thumbs

Adjust portions up or down according to:

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat

MORE GOOD STUFF...

HYDRATION

>100 ounces water daily, extremely important to always be drinking water

If you're thirsty, your body is already dehydrated

-Invest in a cute BPA free water bottle to have with you at all times

-Know your body: if you sweat a lot or it's extra hot out... Drink more water

-Replenish your hard workouts with more than just water: Your body is losing electrolytes as it sweats. Make sure to replace those with electrolyte enhanced water or drinks* or BCAA's (more about BCAA's on next page)

-It is recommended to add 510-600 ml of water or sports drinks 2 hours before your workout and 300 ml of water or sports drinks 10 to 20 minutes before your workout

*Be cautious of energy drinks LOADED with sugar



MORE GOOD STUFF...

SUPPLEMENTS

- Always optional...You should get enough through a well-balanced diet as whole foods (not gummy vitamins) are the best source of essential nutrients
- It's difficult to know with 100 percent certainty if you're eating precisely enough nutrients to fend off symptoms of deficiency or illness
- K A D E the vitamins to be aware of to not consume too much as your body wont flush it out like the others

Supplement recommendation

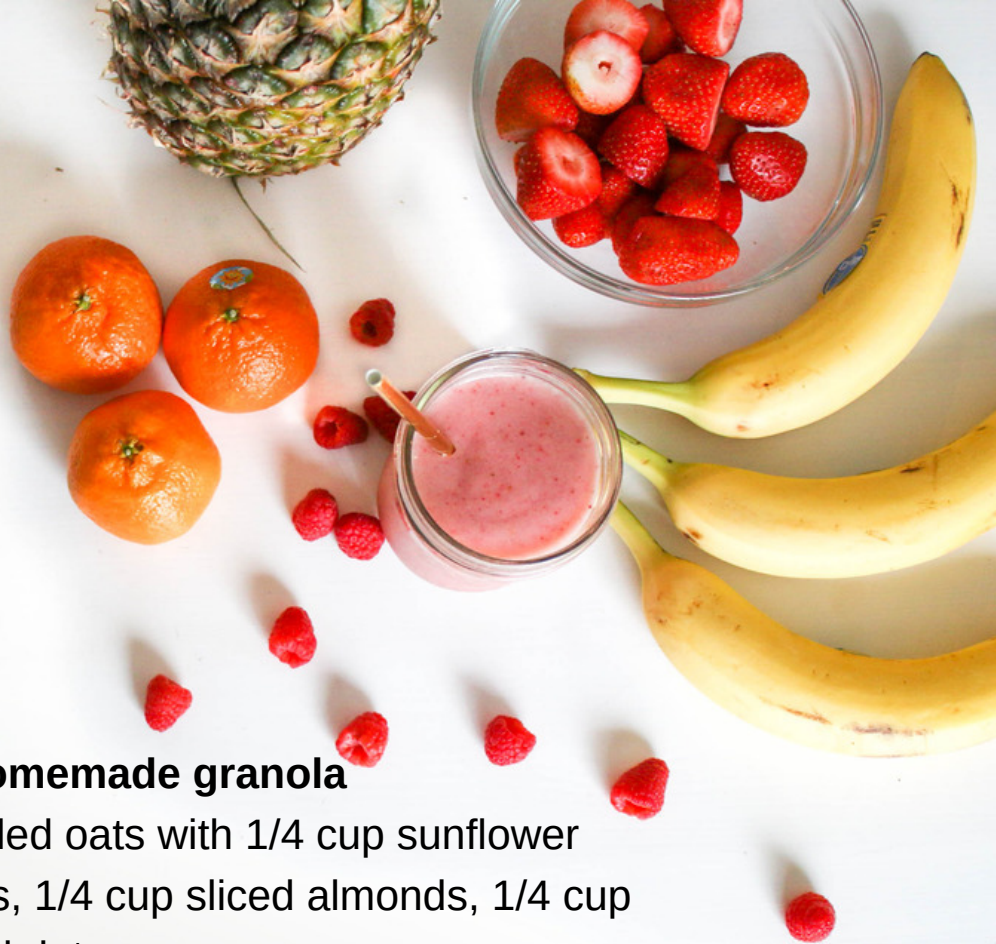
Vitamin D
Vitamin B12
Probiotics
Pre-biotics
Multivitamin
OMEGA- 3

Supplements for during and after workouts:

1. Glutamine/BCAA drink (during workout)
2. Protein Powder (up to 2 protein shakes a day if necessary to hit protein goals) Any sort of Protein powder you like: plant based or whey (some peoples stomach don't react well to Whey)

My favorite is Arbonne protein powder (ask me more about Arbonne Protein powder if interested)

Chelsea's Favorite Baked Snacks



Homemade granola

- Combine 2 cups gluten free rolled oats with 1/4 cup sunflower seeds, 1/4 cup dried cranberries, 1/4 cup sliced almonds, 1/4 cup pumpkin seeds, 1/4 cup Medjool dates
- Mix in 1/4 cup melted coconut oil & 1/2 cup honey (warmed on stove), 1 cup nut butter, add 1 tsp cinnamon
- Spread mixture on lined baking sheet, bake at 350 for about 20 minutes
- let cool then break into pieces and enjoy with milk, use as a topping for yogurt, or snack on it by itself!

Homemade energy balls

- Combine 1 cup of rolled oats with 1/4 cup of nut butter, 1/4 cup honey, 1/2 cup dark chocolate chips
- Can add 1 tbsp chia seeds, ground flax seeds, or hemp hearts
- Mixture should be a bit sticky. Refrigerate for at least 30 minutes.
- Roll into bite size balls, store covered in the fridge for up to a week, or in the freezer for much longer

Blueberry Lemon Froyo

- Blend 1 cup frozen blueberries, 2 cups coconut yogurt*, Juice of one lemon, blend until smooth
- Pour into mini muffin cups, freeze overnight. Keep in refrigerator and enjoy!

Recipes



Click on link to go to page

5 minute spinach and cheddar microwave quiche

Baked Salmon with Green beans

Basil veggie frittata

Choco over night oats

Egg Salad

Greek Chicken Lettuce Wraps

Grilled Chicken Strawberry Poppyseed Salad

Goat Cheese and Arugula Pasta Salad

Healthy Chicken Salad

High protein Chai smoothie bowl

Over night oats

Peanut Butter Protein Balls

Protein packed pancakes

Roasted tofu cauliflower and broccoli

Tofu scramble with sweet potatoes

Veggie burrito bowl

What now?

Want more guidance and customization to YOU and your goals?

**Apply to
Workout With Chelsea H.
and together lets get you on the path
to a healthy new you!!**

--> Click to apply here <--

