



NUTRITION WITH ELISE



TRAINING ELEVATED
+
EMPOWERED NUTRITION
MONTH 3

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Month 3



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ABOUT

Month 3 is all about putting everything you have learned into practice. This month you are going to learn how to prep and plan ahead so that you're not caught short. How to stock your kitchen so that you always have what you need on hand to make delicious, nutritious meals. You're also going to get some templates to help you put what you've learned into action.

So dive in, learn something new and enjoy some MORE yummy recipes!

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■ PLANNING & PREPPING AHEAD

You wouldn't leave your house everyday with no plan of what you were doing or where you were going. At SLC Strength & Conditioning your workouts are planned to a T! So spending a little time to plan and prep the food you eat not only makes sense, but it will also go a long way in maximizing your workouts and helping you balance your overall nutrition.

When you think of meal prepping you probably have this idea of lots of containers and boring chicken and rice meals, but it doesn't have to be like that! There are two ways you can make sure that you always have delicious, nutrition options on hand to choose from.

The first part is to organize your pantry and fridge so that you have staple ingredients and easy snacks that will support your healthy lifestyle.

The second is to have a plan for meal prepping. So far you have 6 breakfast, lunch and dinner recipes, and a few more below that are great for prepping ahead of time! You also probably have some favorite go-to meals in your house too. This is more than enough to plan with. In fact, probably too much. The best thing to do is to start off simple...lets go!



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STOCKING YOUR PANTRY

As you know, fat, protein and fiber are integral parts to any meal or snack. So it makes sense that we use these categories to stock your pantry and fridge. As you know some of the foods cross over, but I'm just going to put them once rather than repeating them!. Let's have a look at some foods you can keep in your pantry for a while:

Healthy Fats:

Nuts - Almonds, Cashews, pistachios & Walnuts
Seeds - Chia, Ground Flax, Sesame, Pumpkin & Sunflower
Oils - Olive, Avocado & Coconut
Canned oily fish - Tuna & Sardines
Nut/Seed butters - Almond, peanut & Sunflower Seed

Protein:

Protein Powder
Beef/Turkey/Salmon
Jerky
Protein bars

Fiber:

Beans - Garbanzo (chickpeas), Kidney, Black, Pinto & Broad
Lentils
Whole grains - Brown/Wild Rice, Whole Wheat Pasta, Whole Grain Bread

TIP...

I like to keep things like nuts/seeds/beans in glass jars with labels and dates. I rotate them each week when I'm planning meals to make sure I'm getting different nuts/seeds/beans and therefore different nutrients.



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■ WHAT ABOUT YOUR FRIDGE?

We can do the same thing with fat, protein and fiber here. This isn't everything that you could have in your fridge, just some things that I have found are good to have stocked consistently....

Healthy Fats:

Ghee Butter
Hemp Seed
Avocados
Hummus

Protein

Milk/Milk Alternatives
Yogurt
Kefir
Cheese
Eggs

Fiber

Leafy Green Mix
Apples
Berries

■ EXTRAS...

There are some other things that are good to have in your kitchen that don't fit into the fat, protein and fiber category but are great additions to have on hand when cooking.

Seasonings, spices, herbs, dressings, sauces and dips are all great to customize the flavor of your meals. Especially if you are throwing some things together last minute!



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PREP LIKE A PRO

The easiest way to make sure you have nutritious meals prepped for the week, is to plan it out first. You can use the template provided on the next page to help with this.

Step 1 - decide what to have and when to have it

Step 2 - check what you have and make your grocery list

Step 3 - plan when you will grocery shop

Step 4 - plan in detail when and what you are going to prep

Step 5 - follow through. Make your plan a non negotiable. You wouldn't just not show up to work right? You need to bring that attitude to the kitchen too!

Tips:

1 - Stick to 2 maybe 3 options for each meal. This might seem boring but when you first start prepping it's good to start simple. It will help streamline the prepping process! Remember it is just for one week, after that you can completely change the meals/ingredients that you have next and I would encourage you to do this. That way you can make sure you are getting a wide variety of nutrients too.

2 - Try to grocery shop when the store is quieter. Can you go later on a week night or earlier in the morning? Avoid the Saturday rush and post work grab and go.

3 - Always, always aim to cook once eat thrice. If you're baking some chicken, triple the recipe and you will have chicken for the next three days. If this sounds boring to you, don't forget you have all those spices, herbs, seasonings, dressings and dips to customize the flavor!



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GOAL

- 1 - Clean out your fridge, freezer and pantry.
- 2 - Take some time to organize and stock your fridge, freezer and pantry with the suggested items and more of your own.
- 3 - Use the template provided to make your meal plan for next week. Use the example meal plan if you're not sure how to do it, and adapt to your needs.
- 4 - Make a plan for your prep, this is such an important step! Having a clear plan will make it easier.

MEAL PLAN EXAMPLE

On the following page you'll see an example meal plan that you can follow or just use as an example for your own meal plan. Use the blank template provided to help you plan and prepare.

Note on the example how the meals are repeated throughout the week. It's important to rotate meals every weekend so that you don't get bored of your food but also so that you can change the nutrients you're getting each week. Variety is key!



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■ BREAKFAST

These breakfasts are really easy to batch cook and keep in the fridge to eat as needed. Adjust the portions to meet your needs and quantity!

■ BREAKFAST BURRITO - MAKES 2

2 x 12 inch flour tortillas
4 x eggs
1/2 cup of black beans (canned in water, no salt)
Handful Spinach
1/4 white onion diced
1/2 tbsp crushed garlic
Shredded cheese
Tomato Salsa



Cook onion and garlic in olive oil until onion is translucent. Add eggs and scramble. When eggs are nearly cooked, add spinach and black beans. Saute until wilted. Divide mixture between two tortillas. Add cheese on top as desired. Wrap in foil and freeze. Reheat for 2 minutes in microwave flip after 1 minute. Add salsa!



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LUNCH

Bento boxes are a great grab and go lunch that require little to no prep and you can customize them as you like. You can also bulk prep some of the items and just piece them together in the morning. Use the directions below and customize to meet your needs and preferences!

BENTO BOX



Choose one option from each category...

Fruit - 1 piece or half cup of any fruit

Veggies - 1 cup of any vegetable. E.g. Celery sticks, bell pepper/cucumber slices, cherry tomatoes, baby carrots

Dip - 1-2 Tbsp e.g. hummus, guac, tzatziki, PB

Whole grain - 1-2 slices bread, 1/2-1 pita, 1 serve chips

Protein - Chicken pieces, tuna packet, greek yogurt, string cheese/babybel,

Healthy fat - Mixed nuts/seeds

My favourite:

1 Slice daves killer bread with PB

1/2 cup blueberries

1 cup red bell pepper slices

Babybel

Roasted & salted almonds



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DINNER

You know those nights when you get home and you are exhausted from your day? You don't want to cook so you pull out your phone and hop on uber eats, or call your significant other to pick up your favorite take out on the way home. Well this meal will be here for you on those nights! No more takeout, this will save your day!

BULK CHILLI - MAKES 4

- 1 pound lean ground turkey
- 3/4 cup chopped yellow onion
- 1 can (14.5 oz each) skinless tomatoes
- 1 can (6 oz each) Tomato Paste-No Salt Added
- 1 can (16 oz each) dark red kidney beans, undrained
- 1 cup water
- 1 pkg chili seasoning mix
- 2 medium carrots, chopped
- 2 medium zucchini, chopped

Add 1 tbsp olive oil to saute pan and heat over medium-high heat. Add onion, carrot, zucchini and saute until onion is translucent and carrot and zucchini are soft. Add turkey and cook until turkey is crumbled and no longer pink, stirring occasionally. Add undrained tomatoes; break up with spoon. Add tomato paste, beans, water and chili seasoning mix; stir to combine. Bring to a boil. Reduce heat and simmer 15 minutes or until chili has thickened slightly, stirring occasionally. SERVE WITH CHIPS AND GUAC.





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WHAT NEXT?

Even though this 12 week intensive program has come to an end, With Elise and SLC Strength & Conditioning still want to help you further your nutrition knowledge, and help you implement it in practical, effective ways. Continue working toward your daily goals/challenges outlined in Month's 1-3 Nutrition Guides. You will always have access to these, so please keep them close and reference them often.

If you'd like access to more recipes and education on a monthly basis, let us know!

ADD ON NUTRITION COACHING

If you are interested in more personalized nutrition help via one on one coaching or online programs. Please don't hesitate to call, text or email Elise McVicar MS RD

801-414-6824
contact@withelise.com

WHAT DOES NUTRITION COACHING LOOK LIKE?

Nutrition is not one size fits all glove. Yes there are general recommendations that can be made for good health but for specific goals it is important to speak to a registered dietitian. Especially with all the noise about diets, health foods and what you 'should' be doing. Working with a dietitian allows for a personalized approach that is specific to you and your needs and will help you weed out the misinformation that is coming your way!

One on one nutrition coaching with Elise is designed to fit you and your life. Programs include lifetime access to educational videos, worksheets, goal tracking and a journal specific to tracking your nutrition and mindset progress. Although nutrition focused, these programs take a full lifestyle approach as often it is the implementation or some mindset factors that are missing. With accountability and implementation calls each week, it forces you to stay on track and focused to making positive changes towards living a healthy life.

Interested? Contact Elise

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