



# NUTRITION WITH ELISE



TRAINING ELEVATED  
+  
EMPOWERED NUTRITION  
MONTH 1

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## ABOUT

SLC Strength & Conditioning and With Elise are partnering together to bring you a series of Nutrition Guides to not only kick start a healthy lifestyle through good nutrition, but also to support the hard work you do in and out of the gym!

The goal is to empower you to make your own nutritious decisions and to see the results of your hard work pay off. We all know those workouts are tough, the definition of 'hurt so good', So lets maximize the work you do in the gym and support a healthy lifestyle through food.

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

TRAINING  
ELEVATED

+

EMPOWERED  
NUTRITION

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## HYDRATION

Don't get me wrong, I know, that you know, that you need to hydrate! However with 75% of Americans being chronically dehydrated, I'm going to assume that 3 out of 4 of you reading this aren't doing the simplest but most essential thing you can do for your health AND your performance.

Water

is THE most important nutrient in your body, it plays a role in every single function and makes up the majority of who you physically are. A dehydrated body is not running efficiently and if you aren't running efficiently it's going to be harder to hit your health goals.

Hydration

and performance goes a step further. Just a 2% loss in body weight from water results in slower sprint times, decreased endurance, decreased power output, slower reaction times, poorer decision making, an increase in perceived exertion and also a higher risk of injury... convinced yet? You should be! See the equation below to make sure you know how much you should be drinking!

Body weight in lbs

\_\_\_\_\_

2

=

\_\_ \_ fl/oz per day





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## PLATES & PORTIONS

One of the biggest ways you can sabotage your health and fitness goals is to not only over eat, but to under eat too! Both can have negative effects on your body composition and performance.

M

Most people know that over eating causes you to store any excess intake as fat, which is not usually a desired outcome! However under eating isn't helpful either. If your intake too low, your body is forced to break down muscle and use it for energy. Now I know you didn't work hard at your early morning workouts, just to break down that muscle later because you're under eating. We hustle hard for our muscle and want to keep it where it is! So these portion guides will help you to estimate the right amount that you should be eating.

## TAKEAWAYS

Half your plate vegetables  
1/4 plate lean protein  
1/4 or less whole grains  
Always hydrate  
Small amount of healthy fats

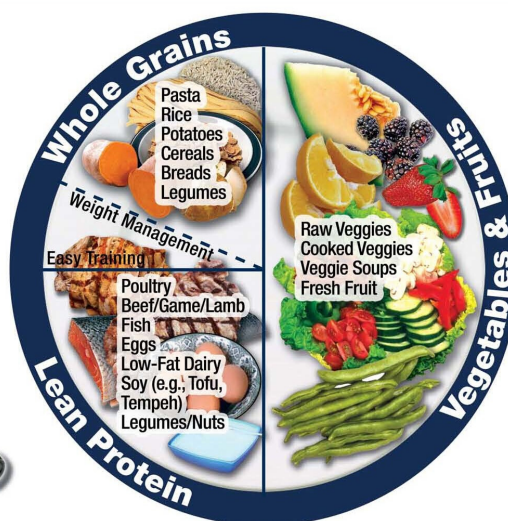
For weight loss/management you'll see that the whole grains portion is SLIGHTLY reduced.

### FATS

1 Teaspoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

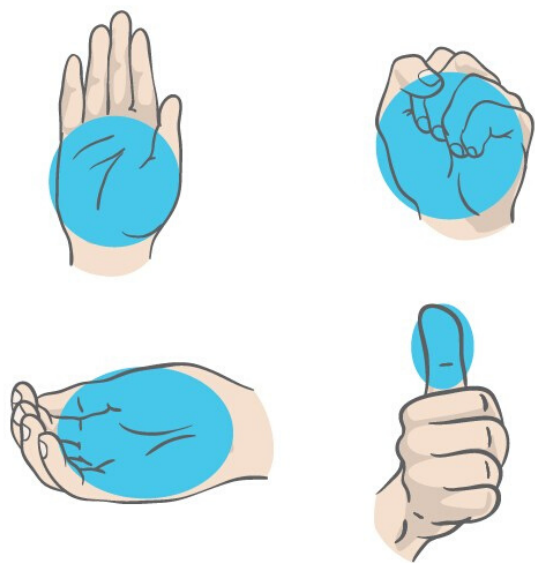




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## PLATES & PORTIONS

Another option to assess portion sizes is to use your hand! This means it is going to be proportional to your body size and you always have your hand on you, so it is an easy measurement to use.



These portion guides are a good starting point to put food in perspective.

Your body may need a little more or less to keep you full. The right combination of food should keep you full for 3-4 hours after eating.

## PORTIONS

Top left = Protein. Poultry, Fish, Meat, Eggs, Yogurt.

Men = 2 palms. Women = 1 palm

Bottom left = Whole grains. Rice, Quinoa, Pasta, Bread, Farro, Couscous, Oats, Barley.

Men + Women = 1 scooped handful. 50% more for weight gain, 50% less for weight loss.

Top right = Fruits & vegetables.

Men + Women = 2 fist size at each meal. 1 fist at snack

Bottom right = Healthy fats. Oils, Nuts, Seeds.

Men + Women = 1 Thumb size at meals and snacks



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## YOUR GOAL THIS MONTH

We challenge you to hit your hydration needs every day, and to use the portion education to guide you in your everyday food choices. Use the tracker below to check off when you hit your minimum hydration goal! Use your hand at every meal and snack to check your portion sizes and use the recipes provided as an example of well balanced meals..

# HYDRATION TRACKER

Your minimum amount needed each day = \_\_\_\_\_ oz

DAY	1	2	3	4	5	6	7
Wk 1							
Wk 2							
Wk 3							
Wk 4							



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## BREAKFAST

Start your day off right with a well rounded breakfast that will help you fuel, or recover from your early morning workout. They will also help to keep your blood sugar levels balanced throughout the day and decrease cravings.

## VEGGIE EGG SCRAMBLE



2 fists of mixed frozen vegetables  
1-3 eggs  
1 slice whole wheat/rye bread  
1/3 avocado

Spray skillet with olive oil and turn onto a medium heat

Add frozen vegetables and saute until thawed and cooked

Whisk eggs together and add to skillet with vegetables. Stir and combine until eggs are fully cooked and scrambled

Serve while hot with avocado on toast





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## GREEN GLOW SMOOTHIE

2 handfuls spinach  
1 scoop (20g) vanilla protein powder  
1 tbsp chia seed  
1/3 avocado

Add cold water/ice and blend to your favourite texture



## BERRYLICIOUS PARFAIT

1 cup greek yogurt  
1-2 fists frozen or fresh berries  
1 tbsp hemp seed  
1/2 scooped handful granola

Combine ingredients together and enjoy





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## LUNCH

Lunch should give you the fuel to continue with your day, not cause a 2-3pm energy crash. A well rounded meal with fat, protein and fiber will help you feel good all the way till dinner and that evening workout you have planned.

## TURKEY AVO WRAP



- 1 whole wheat wrap
- 1-2 palms turkey meat
- 1 handful spinach
- 1/3 avocado
- 1/3 cup shredded carrot
- 1/3 cup chopped tomatoes
- 1 tbsp hummus or tzatziki

Lay wrap on clean surface

Spread hummus or tzatziki sauce on wrap

Add layer of meat

Top with avocado and veggies

Wrap up and enjoy



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## VEGETARIAN BURRITO BOWL

- 1/2 scooped handful brown rice
- 1/3 cup black beans
- 1/3 cup corn
- 1-2 handfuls leafy greens
- 1/2 cup chopped tomatoes
- 1/4 cup chopped red onion
- 1/4 cup salsa
- 1-2 tbsp chipotle dressing

Combine ingredients in a bowl on top of leafy greens. Cover with dressing, add a squeeze of lime and top with salsa



## SALMON SUPERFOOD SALAD

- 1-2 palms wild salmon (teriyaki glaze)
- 1-2 handfuls spinach
- 1/2 scooped handful multicolor quinoa
- 1/3 cup edamame
- 1 tbsp sesame seeds
- 1-2 tbsp teriyaki dressing

Bake salmon in teriyaki glaze at 425 for 12-14 minutes until cooked through and flaky

Cook quinoa as directed on packet

Toss spinach, cooked quinoa, edamame and sesame seeds in dressing. Top with salmon







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## DINNER

Dinner is a great time to recover and refuel from the days activity and workouts. You want to replenish the body to make sure you are ready to go tomorrow! Be sure to include foods rich in vitamins A, C and E, to help reduce inflammation from your day. Just like these recipes.

## CHICKEN PESTO PASTA



1 scooped handful whole wheat pasta  
1-2 palms baked chicken breast, chopped  
2 fists total of vegetables - broccoli florets, halved cherry tomatoes, chopped spinach/leafy greens  
2-4 tbsp pesto  
2-4 tbsp pine nuts

Cook pasta according to instructions on packet

Bake chicken at 425 for 15-18 mins until cooked through.

Sautee vegetables until soft, add the chicken, pasta, pine nuts and pesto. Stir together and enjoy.



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## ■ BEEF TACOS

1-2 palms lean ground beef  
2-3 6inch tortillas  
1/4 cup salsa  
1 fist cabbage  
1 fist chopped cucumber, tomatoes and green onion  
1 packet taco seasoning

Brown meat with taco seasoning in pan. Add cabbage to soften

Warm tortillas and add ground beef mixture, chopped veggies and salsa to serve



## ■ STIR FRY - YOUR WAY



Choose 1-2 palms of chicken, beef or tofu  
2 fists of stir fry veggies - broccoli, bell peppers, onion, box choy, water radishes, carrots  
1 scooped handful of noodles or rice  
1/4 cup teriyaki sauce to coat

Sautee protein in teriyaki sauce, when half way cooked add vegetables

When protein is cooked and vegetables are soft add cooked noodles/rice and serve





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## ■ SNACKS

Snacks are a great way to satisfy hunger between meals. They are also a great way to get extra energy before a workout or post workout to maximize recovery.

## ■ PRE WORKOUT

Banana and peanut butter  
KIND nut and seed bar  
Half a PBnJ



## POST WORKOUT ■

Chocolate milk  
Greek yogurt and blueberries  
String cheese and apple





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## FINAL WORD

Enjoy the recipes and don't be afraid to branch out with the ingredients, swap your favorite foods in and out and adjust them to meet your needs. Introduce one new recipe at a time, the more you make them the easier they become. Get going on your goals today, you don't have to wait until Monday!

## NEXT MONTH...

Don't miss out on:

More in depth education around fat, protein and fiber. Why they are crucial to a healthy diet and how to incorporate them at meals and snacks. Of course you'll get new recipes for breakfast, lunch, dinner and snacks too.

## CONTACT

If you need more personalised nutrition help, please don't hesitate to call, text or email Elise McVicar MS RD

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