

HOW TO USE YOUR MONTH 1 NUTRITION GUIDE

Challenge Highlight:

1. Hydration, hydration, hydration
 - a. Calculate your fluid oz. per day
 - b. Track your intake daily to ensure you're drinking at least that every day.
 - i. **Pro Tip: Using an app, such as Plant Nanny, or calculating out how many water bottles are needed per day ahead of time will be helpful in you meeting your daily goal.**

2. Portion control is key
 - a. Study your plate contents and portions
 - i. *Note: This will likely be the more complex and difficult to follow for this first month, but remember, practice makes perfect! The more you do it, the more second nature it will become!*
 - ii. **Pro Tip: Take a picture of the plate content recommendations and how to determine the appropriate portions to take with you on the go. Practice using your hand as a measurement tool with the recipes provided!**

Using the Recipes:

1. You are provided with three breakfast, lunch, and dinner recipes in addition to three pre and post-workout snack ideas.

2. Each recipe is designed/written to be adapted to 1 serving for your needs—from there you can double, triple, etc. if you are meal prepping.
 - i. *Note: Though we aren't getting into meal planning logistics just yet, you're welcome to use these interchangeably throughout the month.*
 - ii. **Pro Tip: If you choose not to use the recipe exactly as written or at all, that's ok! Just remember to organize your plate contents and watch those portions!**

Have Questions?

Contact us at nutrition@slcstrength.com