



NUTRITION
WITH ELISE

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TRAINING ELEVATED
+
EMPOWERED NUTRITION
MONTH 2

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ABOUT

The goal of month 2 is to teach you about the importance of including healthy fats, protein and fiber at each meal. As you'll see it's an important part of a healthy diet and can have a big affect on your body composition.

Of course it includes more breakfast, lunch and dinner recipes that all fit the fat, protein and fiber needs.

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

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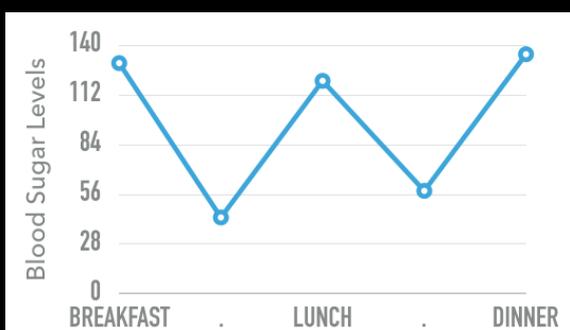
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BALANCE YOUR MEALS - WHY?

One of the biggest reasons you want to have well balanced meals is to keep your blood sugar levels regulated. When you eat carbohydrates by themselves your blood sugar levels spike. The hormone insulin is then secreted to take the excess sugar out of your blood and into your liver, muscles and fat cells to use as energy or store for later use. This is a completely normal process and throughout the day we aim to use the energy that is stored in our liver, muscle and fat cells. When insulin has done its job, your blood sugar levels drop. When they get too low, the hormone cortisol is secreted to bring your levels back up. Cortisol does this in two ways, it breaks down your muscle to make sugar and also causes you to eat, specifically carbohydrates, so that you can ingest sugar.

It is normal for your body to go through this consistently throughout the day. However, you want to avoid big peaks and valleys in your blood sugar levels. If they are too high for too long it can cause nerve damage and insulin resistance. Insulin resistance means that your insulin levels will consistently be high. If your blood sugar is consistently too low for too long, it can lead to physical and mental fatigue, sugar cravings and a negative impact on body composition. Meaning a breakdown in muscle and an increase in body fat, specifically in your abdominal area. This is counter productive to general health and what you are doing in your workouts!

From This



To This



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■ BALANCE YOUR MEALS - HOW?

There are three components to a well balanced meal or snack that you should always, always have. This is a method that I use every time I decide what I want to eat, because I know it is going to help balance my blood sugar levels.

Every single time I eat, whether it is a meal or a snack, I have a healthy fat, a protein and a fiber source. Healthy fats slow down digestion, it physically takes longer for healthy fats to pass from your stomach to your small intestine. Fiber also slows the digestion process and both of these make you feel full for longer. In addition to this, all three of these nutrients have a lot smaller affect on increasing your blood sugar levels than carbohydrates do. Fiber itself is not absorbed so will have zero impact on increasing blood sugar. When healthy fats, protein and fiber are combined with other carbohydrates, it slows the digestion process and the absorption of carbohydrates. This therefore slows the spike in blood sugar, which is our ultimate goal!

■ GOAL

Last month you learned about the portion sizes of these different components. Your challenge this month is to include a healthy fat, protein and fiber source every single time you eat.



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■ SOURCES

Use this page to mix and match different healthy fats, protein and fiber together.

■ HEALTHY FATS

Nuts - different nuts have different nutrient composition so be sure to include a variety.

Seeds - different seeds have different nutrient composition so be sure to include a variety.

Oils - focus primarily on unsaturated plant oils

Butters - ghee and nut butters are good options

Avocado - yum

Oily Fish - sardines, herring, anchovies, salmon, tuna, trout, swordfish and mackerel

■ PROTEIN

Poultry, Meat, Fish, Eggs - try to choose organic, free range/wild caught options

Dairy - a wide variety of yogurt, kefir, cottage cheese and cheese

Nuts/Seeds - not complete proteins so combine with other sources

Beans/Legumes - not complete proteins so combine with other sources

Whole Grains - not complete proteins so combine with other sources

■ FIBER

Vegetables - this should be your primary source, variety is key, choose lots of colours

Fruit - this should be your secondary source, variety is key, choose lots of colours

Nuts/Seeds - combine with other sources to boost fiber content

Beans/Legumes - combine with other sources to boost fiber content

Whole Grains - combine with other sources to boost fiber content



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GOAL TRACKING

Use this page to track your inclusion of fat, protein and fiber at your breakfast, lunch, dinner and snack each day! Just put a line through the F P F for fat, protein and fiber each time you eat.

	DAY 1	2	3	4	5	6	7
WEEK 1							
B	F P F	F P F	F P F	F P F	F P F	F P F	F P F
L	F P F	F P F	F P F	F P F	F P F	F P F	F P F
D	F P F	F P F	F P F	F P F	F P F	F P F	F P F
S	F P F	F P F	F P F	F P F	F P F	F P F	F P F
WEEK 2							
B	F P F	F P F	F P F	F P F	F P F	F P F	F P F
L	F P F	F P F	F P F	F P F	F P F	F P F	F P F
D	F P F	F P F	F P F	F P F	F P F	F P F	F P F
S	F P F	F P F	F P F	F P F	F P F	F P F	F P F
WEEK 3							
B	F P F	F P F	F P F	F P F	F P F	F P F	F P F
L	F P F	F P F	F P F	F P F	F P F	F P F	F P F
D	F P F	F P F	F P F	F P F	F P F	F P F	F P F
S	F P F	F P F	F P F	F P F	F P F	F P F	F P F
WEEK 4							
B	F P F	F P F	F P F	F P F	F P F	F P F	F P F
L	F P F	F P F	F P F	F P F	F P F	F P F	F P F
D	F P F	F P F	F P F	F P F	F P F	F P F	F P F
S	F P F	F P F	F P F	F P F	F P F	F P F	F P F



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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, keep your blood sugar levels balanced throughout the day and decrease cravings.

BERRY CHIA PUDDING - MAKES 4



2 cups milk (if choosing non dairy, make sure it has added protein)
1/3 cup + 2 tbsp chia seeds
1/2 cup blackberries, fresh or frozen
1/2 cup blueberries, fresh or frozen
1/2 cup raspberries, fresh or frozen
2 tbsp pure maple syrup, to taste
1/2 tsp vanilla extract
1/2 cup chopped nuts

Mix together all ingredients in a large bowl or mason jar. If using a bowl transfer to a large container or mason jar once mixed.

Store in the refrigerator overnight or for at least 8 hours. Serve cold - top with nuts



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APPLE CINNAMON OVERNIGHT OATS

- 1/2 cup rolled oats
- 1/2 scoop vanilla protein
- 1/2 cup milk (if using non dairy, make sure it has added protein)
- 1/4 cup plain, full fat greek yogurt
- 1/2 cup apple, chopped
- 1/8 teaspoon ground cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds

Add oats to your container of choice and pour in milk and yogurt. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds. Place in fridge and enjoy in the morning or a few hours later. Top with nuts if desired!



EGGS & AVO TOAST



- 2-3 Eggs cooked as desired in avocado oil
- 1 Slice whole grain toast
- 1/3 Avocado
- Salt and pepper and seasoning to taste



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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.

TUNA SALAD



- 3oz tuna - wild caught
- 1/3 cup chickpeas
- 1 handful spinach
- 1/2 cup chopped cucumber
- 1/2 cup chopped cherry tomatoes
- 1/4 cup red onion sliced
- 2 Tbsp feta cheese
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar

Combine it all together as a delicious salad. You could put in a pita pocket for extra carbohydrate!



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PAPRIKA ROASTED VEGGIE BOWL

- 1/2 scooped handful brown rice
- 1 -2 cups chopped vegetables - sweet potato, broccoli, beets, parsnip
- 1/2 cup canned chickpeas
- 1/4 cup sliced almonds
- 2 Tbsp tahini dressing
- 1 Tbsp olive oil
- Spice mix - 1/2 tbsp paprika, 1/2 tbsp cumin, 1/2 tbsp turmeric

Chop vegetables into chunks and toss in 1 tbsp olive oil and half of spice mix. Drain chickpeas and pat dry, toss in second half of spice mix. Roast veggies and chickpeas in oven at 425 for 40 mins. Check after 20mins and turn them over.

Combine rice, vegetables, chickpeas and nuts in a bowl, top with tahini drizzle



CHICKEN EGG "FRIED" RICE

- 3oz chicken breast
- 1 egg
- 1/2 cup rice
- 1-2 cups stir fry mix vegetables
- 2-3 Tbsp Soy Sauce
- 2-3 Tbsp Coconut Aminos
- 1 Tbsp Sesame Oil
- 1 Tbsp Sesame Seeds

Heat sesame oil in pan and saute bite size chicken pieces. When cooked through add vegetables and half of soy sauce and coconut aminos. When vegetables are fully cooked add cooked rice and more soy sauce and coconut aminos. Stir until fully combined. Make a well in middle of rice, add the egg but do not break yolk. Wait until egg is 3/4 cooked and then scramble with rice, chicken and vegetables. Add more soy sauce and coconut aminos to taste. Top with sesame seeds and enjoy.





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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.

1 TRAY TERIYAKI SALMON

4 cups total of chopped broccoli, carrots and sweet potato
Extra-virgin olive oil
Coarse salt and freshly ground pepper
6 oz wild caught salmon fillet
2 tablespoons grainy mustard
2 tablespoons horseradish
1/4 cup teriyaki sauce
1 lemon

Preheat oven to 425 degrees.
Toss vegetables and potato with olive oil; season with salt and pepper.
Roast for 25 minutes.
Smear salmon with a mixture of mustard, horseradish and teriyaki sauce.
Nestle in pan, and roast 15 minutes.
Squeeze lemon juice over all.





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TURKEY VEGGIE QUINOA SKILLET

3oz lean ground turkey
1 Tbsp olive oil
1/4 cup diced onion
1 cup chopped mixed bell peppers
1 tsp chopped garlic
1/2 cup quinoa
1 cup water
1 cup chopped cherry tomatoes
1 cup chopped broccoli florets

In a skillet add oil, garlic, onions, bell peppers and sauté for about 5 minutes until onions are semi translucent.
Add the ground turkey and cook until turkey is lightly browned.
Add quinoa and water and bring to a boil. Once boiling, cover pot with a lid and reduce to medium low heat. Continue cooking for about 10 minutes.
Add broccoli and cook for another 10 minutes, until broccoli is soft and quinoa is cooked through and fluffy.
Stir in the cherry tomatoes, cook for an additional few minutes and then take off heat.



PIZZA... KINDA



1 whole wheat pita
1/2 cup tomatoes sliced
1/4 cup mozzarella shredded
1/2 cup rotisserie chicken chopped
1/4 cup sun dried tomatoes chopped
1 tsp garlic minced
1 tsp dried oregano
2 leaves basil torn

Preheat oven to 365 F and toast pita for 10 minutes. Top toasted pita with remaining ingredients in the following order: mozzarella, fresh tomatoes, rotisserie chicken, sun dried tomatoes, minced garlic and oregano. Place in oven and broil until the cheese begins to bubble, about 3-5 minutes. Garnish with fresh basil.



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SNACKS

Snacks are a great way to satisfy hunger between meals.

FRIDGE NEEDED

Greek yogurt with almond slices and berries

Cottage cheese with vegetables

Boiled egg with hummus and veggies



NO FRIDGE NEEDED

Trail mix - mixed nuts with dried fruit and choc chips

Protein bar and piece of whole fruit

Tuna packet with whole grain crackers



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FINAL WORD

Enjoy the recipes and don't be afraid to branch out with the ingredients, swap your favourite foods in and out. We challenge you to include a healthy fat, protein and fiber source at every meal and snack!

NEXT MONTH...

Don't miss out on:

- New recipes for breakfast, lunch dinner and snacks
- Templates to meal plan and prep
- New education on how to prep/plan ahead and how to stock your fridge and pantry

CONTACT

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

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