



*Elevation Fitness*  
elevate your mind, elevate your fitness, elevate your nutrition

# Nutrition 101

**Grain Products**

1 cup cereal flakes = 1 fist  
1/2 cup cooked rice, pasta or potato = 1 tennis ball  
1 oz slice of bread = 1 cassette tape  
1 oz chips = 1 handful

**Vegetables, and Fruit**

1 cup of salad greens = 1 baseball  
1 medium baked potato = 1 computer mouse  
1 medium piece fruit = 1 baseball  
1/2 cup fresh fruit = 1 tennis ball  
1/4 cup raisins = 1 egg

**Dairy and Cheese**

1½ oz cheese = 4 stacked dice  
1/2 cup ice cream = 1 tennis ball

**Meat and Protein Alternatives**

3 oz meat, fish, or poultry = 1 deck of cards  
3 oz fish fillet = 1 checkbook  
2 tablespoons peanut butter = 1 ping pong ball

**Fats**

1 teaspoon = 1 dice or tip of a finger  
1 tablespoon = 1 poker chip

1 teaspoon = 0.33 tablespoon

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fl oz = 1/8 cup = 0.125 cup

4 tablespoons = 2 fl oz = 1/4 cup = 0.25 cup

6 tablespoons = 3 fl oz = 0.38 cup

8 tablespoons = 4 fl oz = 1/2 cup = 0.5 cup

16 tablespoons = 8 fl oz = 1 cup

16 fl oz = 2 cups = 1 pint = 0.5 quart

32 fl oz = 4 cups = 2 pints = 1 quart

# Grocery List

<b>Protein</b>
<b>Meat and Poultry (low in saturated fat)</b>
Beef (range fed or game)
Chicken breast, skinless
Chicken breast, deli-style
Turkey breast, skinless
Turkey breast, deli-style
Turkey, ground
Turkey bacon
Lean Canadian bacon
Ground beef (Less than 10% fat)
<b>Fish and Seafood</b>
Bass (freshwater)
Bass (sea)

Bluefish
Calamari
Catfish
Cod
Clams
Crabmeat
Haddock
Halibut
Lobster
Mackerel*
Salmon*
Sardine*
Scallops
Snapper
Swordfish
Shrimp
Trout
Tuna (Steak)
Tuna, canned in water

(\*rich in EPA)

## **Eggs**

Egg whites

Egg substitute

## **Protein-rich Dairy**

Cottage cheese, low-fat

Low-fat cheese

Greek yogurt Plain

## **Vegetarian**

Protein powder

Soy burgers (check label)

Soy hotdogs

Soy sausage links

Soy sausages

Tofu, firm or extra firm,

## **Fat**

Almond butter

Almonds

Avocado
Macadamia nut
Olive oil/vinegar dressing
Olive oil
Peanut oil
Olives
Peanut butter, natural
Peanuts
Tahini
Cashews
Guacamole
Pistachios
Sesame oil

<b>Carbohydrates</b>
Artichoke
Asparagus
Beans, green or wax

Beans, black

Bok choy

Broccoli

Brussels sprout

Cabbage

Cauliflower pieces

Chickpeas

Collard greens

Eggplant

Hummus

Kale

Kidney beans

Leeks

Lentils

Mushrooms (boiled)

Onions, chopped (boiled)

Okra, sliced

Sauerkraut

Spaghetti squash

Spinach

Swiss chard

Turnip, mashed

Turnip greens

Yellow squash



Zucchini

**Raw Vegetables**

Alfalfa sprouts

Cabbage

Cauliflower

Celery

Cucumber

Green or red peppers

Green Beans

Lettuce, iceberg

Lettuce, romaine

Mushrooms

Onion, chopped

Radishes, sliced

Salsa, tomato sauce (check label)

Snow peas

Cucumber,

Spinach/ arugula

Tomato

Water chestnuts

**Fruits**

Apple

Applesauce ( homemade)

Apricots

Blackberries

Blueberries
Boysenberries
Cherries
Grapefruit
Lemon
Lime
Raspberries
Strawberries
<b>Grains</b>
Brown rice
Oatmeal steel cut
jasmine rice

**Beverages: All beverages Unsweetened / No sugar added**

Whey protein  
Casein protein  
Sparkling water  
Tea  
Almond milk  
Soy milk  
Cashew milk  
Macadamia nut milk  
Coffee

If you have any questions please let me know.

## 21 Day CHALLENGE

Welcome to your nutrition transformation guide

I really want to encourage you to try and approach these next 21 days as a lifestyle shift, not a quick fix. It takes time to adjust to a new way of eating, finding consistency and foods you actually enjoy. Please don't feel discouraged if it takes a few days or even a week to get it "right".

You already are taking better care of yourself just by trying!

## Helpful tools:

Let's talk

how to build your meal plan using a food list  
easy prep suggestions spice it up

simplify it

## HOW TO BUILD YOUR OWN MEAL PLAN

### Step one:

Decide how many meals you want to eat a day (I advise 4-6 meals a day)

### Step two:

Build your meals by choosing a protein, carb, fat and veggie source from the macro food list

### Step three:

Prep and store your meals

## This might, be you?

I workout at 5am should I eat beforehand?

If you workout first thing in the morning please do your best to consume something even if it's just some carbs before your workout. Your body will function better with fuel.

I workout late at night should I eat after my workout?

Yes, it can be a small meal, even a few oz's of protein but your body will recover quicker with food.

At least 4 cups of vegetables daily.

Greens With Every Meal Including Breakfast....(Spinach is a great breakfast green)

1 shake on post workout days.

Add 1 Tablespoons of Flaxseed Oil to each shake.

Only 1 scoop of glutamine a day.

No more than 1 pieces of fruit a day (perfect for pre workout)

### Meal Plan EXAMPLE (please use)

4 meals a day

Each meal should include:

2 Cup of greens and if the meal has no carbs

1 cups of greens if you have carbs

1/2w -1/4n Cup of Carbs in a meal

100w/80n Grams of Protein on scale

meals with no carbs should have

2 tablespoons of Fat

Or 1/4 cup of nuts unless you choose salmon as your protein

\*w-workout day

\*n-non workout day

## EASY PREP PROTEIN IDEAS

### CHICKEN BREAST

Preheat the oven to 400 degrees

Toss the chicken breasts with olive oil (include oil in your fat macros) herbs and spices (limit salted herbs)

place the chicken on foil

Bake chicken breasts for 22-26 minutes or until they reach 165°F.

### GROUND TURKEY

In a big sauce pan (fry pan) put container of ground turkey over medium heat

add 1/4 cup water (instead of using oils)

add spices and herbs \*I used turmeric and chopped garlic

place lid on and stir occasionally for about 12-15 minutes or until pink is cooked out

## GROUND CHICKEN, GROUND TURKEY, GROUND BEEF MEATBALLS

preheat oven to 400 degrees

(mix all ingredients together

1 pound ground meat of your choice

1 medium zucchini (grated) 1/3 cup coconut flour 1tbsp nutritional yeast

1/2 tsp sea salt

4 chopped gloves of garlic

2 eggs beaten)

round into golf ball size and place on cooking sheet drizzle olive oil lightly over meatballs

bake meatballs for 18 minutes

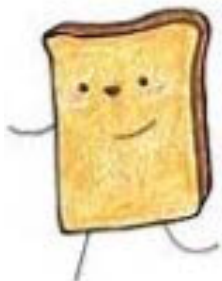


## SALMON

Preheat the oven to 450 degrees

place salmon on foil and skin down, squeeze lemon over top fresh, chopped garlic, and salt & pepper: bake for 12-15 minutes

frozen: bake for 20-25 minutes



# CARBS

## BROWN or JASMINE RICE

1 cup of rice per 2 cups of water

Bring water to a boil.

Once water is boiling, add rice, cover, and reduce to simmer.

Simmer for 45 minutes, without opening pot.

Open pot and fluff perfect rice.

## SWEET POTATOES

(fries)

preheat oven to 420 degrees or use air fryer (my favorited)

cut the sweet potatoes in half and slice 1/2inch thick

toss lightly in olive oil and season (I use light sea salt, cinnamon, chilli powder, pepper)

place foil on cookie sheet and lay potatoes flat

flip after 12 minutes and let cook for another 8 minutes or until turning slightly browned

(mashed)

cut potatoes into 4's (you can leave skin on)

fill big pot with water and place potatoes inside (no lid) let sit over medium-high heat for 20-25 minutes

test by sticking a fork through it, should be soft.

## RED BABY POTATOES

pre heat oven at 400 degrees

cut potatoes in half and toss lightly in olive oil, minced garlic, rosemary and sea salt

lay down foil and spread out evenly on the cookie sheet.

flip after first 10 minutes and let cook for another 8-10 minutes or until lightly browned





## VEGGIES

### ASPARGUS

preheat oven to 420 degree (these can also be grilled or sautéed)  
cut off the very bottom of the asparagus and rinse well  
put dry and lightly drizzle olive oil and seasonings (I use turmeric and sea salt) place foil down and lay asparagus flat across cookie sheet  
depending on thickness bake for 12-18 minutes

### BROCCOLI

nothing fancy, but very easy and quick  
cut the crown off the broccoli head and cut into smaller pieces  
fill a pot with 2-3 inches of water, the water shouldn't completely cover the broccoli put the lid on and let steam for 7-10 minutes

### BRUSSEL SPROUTS

pre heat oven to 420  
cut off "butts" of each sprout and cut in half  
drizzle in olive oil, garlic, pepper, and (light balsamic vinegar-optional)  
place foil down and lay Brussel sprouts flat  
bake for desired yummy-ness, flip and back for another 8 minutes or until lightly browned



## SPICE IT UP | meal ideas

### OVERNIGHT OATS

1/3 cup plain Greek yogurt

1/2 cup rolled oats.

1 cup almond milk

1 tablespoon chia seeds

1 tbsp almond butter

1 tsp vanilla extract

dash of cinnamon

mix together in a jar and sit overnight

### \*VEGAN OVERNIGHT OATS

1 cup rolled oats

1 cup almond milk (unsweetened vanilla) 1-2 tablespoon maple syrup or

raw honey 1 tablespoon chia seeds

1 teaspoon vanilla extract

1 tbsp almond butter

dash of cinnamon

mix together in a jar and sit overnight

### BREAKFAST EGG WHITE MUFFINS

preheat oven to 350 degrees

chop up veggies of your choice (bell pepper, onion, mushrooms-YUM)

sauté for 3-4 minutes on the stove top

add chopped spinach and minced garlic and sauté for another 2-3 minutes

in muffin tin pour egg whites 2/3 full than top with veggie stir-fry

top off with a tiny bit of mozzarella cheese

bake for 15-20 minutes or until tops are slightly browned

## HEALTHY STIRFRY

cooked & chopped chicken breast (or tofu)

1 cup brown or jasmine rice (cooked)

1/2 cup diced carrots

1/2 cup diced bell peppers

1/2 cup snap peas (or regular peas)

1/4 cup diced onions

sauté all raw veggies in 1tbsp olive oil and 2 tbsp coconut amino acids for 3-4 minutes then add rice and chicken stir for another 2-3 minutes lastly add in 1 egg and cook it up!

## SIMPLIFY IT | meal ideas

### BREAKFAST:

Eggs + spinach + minced garlic + Oats + raw honey+ cinnamon

Eggs + spinach + diced sweet potato + chopped turkey bacon + avocado

Eggs + lean chicken sausage + bell peppers + low carb tortilla

Eggs over medium + slice bread (less than 20g c bread) + avocado  
(avocado toast \*one of my favorites)

### MAIN MEALS:

Baked chicken breast + sweet potato + broccoli

Ground Turkey + jasmine rice + asparagus

Turkey meatballs + sweet potato fries + Brussel sprouts

Salmon + jasmine rice + broccoli +\*teriyaki amino acids (just make sure to add to your macros)

### SNACKS:

unsalted rice crackers + almond butter + banana slices sliced carrots (or)

bell peppers (or) cucumbers + hummus hard boiled eggs

sweet potato fries

overnight oats

On days you do not train you are using less calories which your carbs and fat is what we cut in half. The protein remains the same because it is used to help your body recover and feel full.

Happy Eating,

*Coach J*