

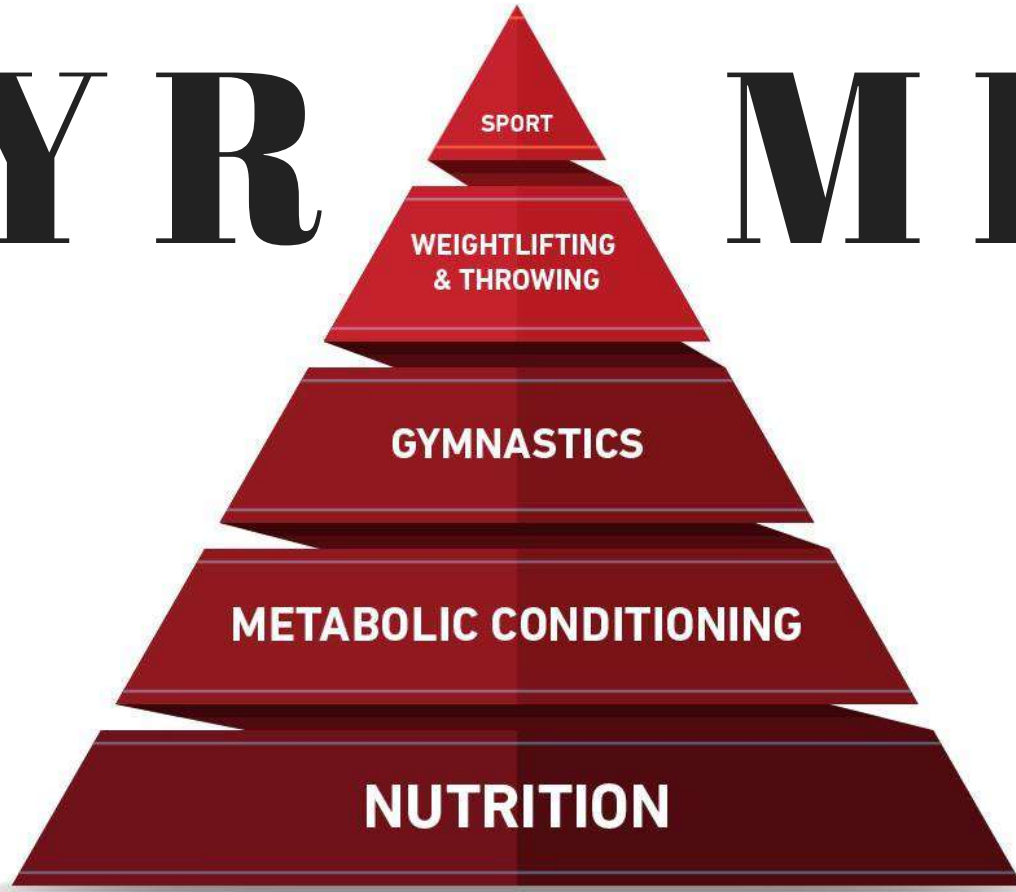


OAK CITY
CROSSFIT

NUTRITION E-BOOK



FITNESS PYRAMID



**"MOTIVATION IS WHAT GETS YOU STARTED,
HABIT IS WHAT KEEPS YOU GOING."**

Welcome to Oak City CrossFit's

Nutrition E-Book!

You've probably heard the saying: "You can't out exercise a bad diet." Well, it's true. Nutrition is the foundation of the Fitness Pyramid and our health. It helps regulate hormones, digestion, energy

levels, and our overall mood. We need to be aware of everything that we are putting into our bodies and understand the purpose behind it. Are our food choices fueling us? Or hurting us? These are all important questions to ask yourself.

DETERMINING YOUR BASELINE

At Oak City CrossFit, we use an InBody 270 Scanner to determine your baseline and track your progress. It will break down your body fat and skeletal muscle percentages for us. It will then track and graph your results month over month.

Book an InBody Scan

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TRACKING YOUR PROGRESS



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We recommend tracking more than just your body weight. At Oak City CrossFit we take monthly physical measurements in addition to InBody scans. The scans are a window in to the make up of your body and helps us determine how to customize your meal plan.

5 Kitchen Tools You Need to Own (and Use)

- Crockpot or Instant Pot
- 3 Compartment Containers
- Muffin Tins
- Reusable Water Bottle
- Food Scale



6 Tips to Keep You on Track

- Pick 1 day a week to meal prep
- Aim to eat within 1 hour of waking and every 3 hours after that
- Drink LOTS of water (at least 80 ozs)
- Balance your meals including proteins, carbs, and healthy fats in every meal & snack
- Log Your Food
- Have a Plan



HEALTHY RECIPES



Breakfast:

- Amish Oatmeal
- Egg Muffins
- 4 Ingredient Protein Pancakes
- Quinoa Egg Scramble
- Quinoa Blueberry Pancakes

Lunch:

- Pulled Chicken
- Chickpea Edamame Salad
- Fiber Packed Lettuce Wraps
- Mexican Fiesta Bowl:

Dinner:

- Meatloaf Muffins
- Mediterranean Chicken
- Quinoa Turkey Meatballs
- Coconut Mahi Nuggets
- Balsamic Pork Tenderloin:

[See Recipes](#)

CHECK OUT OUR WEBSITE FOR MANY MORE HEALTHY RECIPE OPTIONS!

Know Your Macros



Carbohydrate

The body's main source of energy.

Spares protein from being used as energy and aids in the breakdown of fat. Stick with low sugar (less than 4g) high fiber (more than 3g) minimally processed options. Eat a variety of fruits, vegetables and whole grains.

Protein

Keeps us full and satisfied and stokes our metabolic fire.

Helps us to maintain and build lean muscle.

Sources: Chicken, Fish, Cottage Cheese, Egg Whites, Oikos Triple Zero Greek Yogurt

Fat

Helps keep us full and satisfied for hours. Fat

is a buffer to carb absorption; When we have carbs alone, our blood sugar spikes too quickly then crashes too quickly. Is used as an energy source. Sources in moderation: avocado, nuts, nut butters, seeds, olive oil, & coconut oil.

All 3 macronutrients are essential. Don't be afraid to eat any of them. In fact, the goal is to incorporate all 3 into every meal AND snack! Doing so helps keep you full and satisfied.



Fix Your Plate

Use the plate method whether you are eating out or eating at home. It

will help you create a healthy, balanced meal. Fill $\frac{1}{2}$ your plate with non-starchy vegetables, $\frac{1}{4}$ plate with a lean protein, and $\frac{1}{4}$ plate with a starch. Add a little of your favorite healthy fat option!

[Book A Free Intro](#)

Plate Method

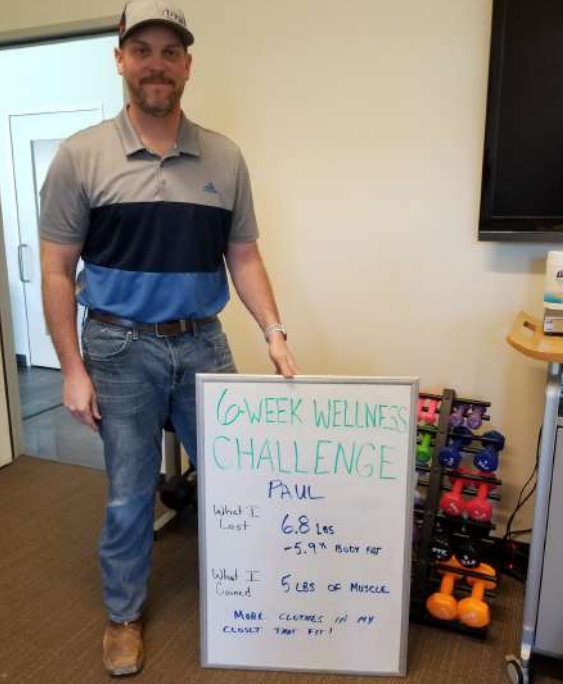


Tracking Your Food



Food Tracking

We recommend tracking your food on the free app, MyFitnessPal. It familiarizes you with serving sizes & portions and shows you exactly what you're putting into your body. You can set calorie, protein, carbohydrate, and fat gram goals, or we can set those for you when you sign up for a Custom Nutrition Plan!



GOAL SETTING 101

YOU WANT TO SET YOURSELF UP FOR SUCCESS
BY SETTING SMART GOALS

[Book A Free Intro](#)

- 1 Look at the big picture first. What are your health & fitness goals at the 1, 5, & 10 year marks?
- 2 Set smaller goals for what you would like to accomplish.
 - Have a daily, weekly & monthly to-do list
 - Use a calendar
 - Prioritize your goals
- 3 Set performance goals that will motivate you! Create ACTION goals like "Do 10 push ups a day for 30 days" or "Stop adding sugar to my coffee".
- 4 Figure out WHY you have set these goals. Want to lose 10 lbs? WHY? What will happen or how will you feel when you lose the weight?
- 5 Always have an action plan. Write down the realistic steps you're going to take to achieve your goals. If you miss a step, be ready to pick up where you left off instead of focusing on your mistakes or completely giving up.
- 6 Create Accountability! By telling your family and friends, you will have support and encouragement to keep you accountable and motivated.

Why Try Oak City Nutrition?



Proven Record of Success

Stop wasting your time with FAD diets, let the nutrition experts lead you in the right direction to help you achieve your health and fitness goals.



WRITTEN BY NICOLE AUCOIN, REGISTERED DIETICIAN

Nicole empowers clients to make lifestyle changes. She provides health coaching through diet and exercise to help her clients meet their goals.



Education & Accountability

Different packages are available based on the client's needs. You have the option of doing on-going coaching to ensure accountability in order to help you stay on track!

Schedule a FREE Intro



Based off the E-book By: Nicole Marchand Aucoin, MS, RD
Registered Dietitian & Owner Healthy Steps Nutrition & CrossFit HSN