

ULTIMATE NUTRITION GUIDE

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GETTING STARTED

Tracking your macros is a way to make yourself aware of the amount of nutrients your body needs every day and how to make healthier choices to achieve your macro numbers. But how do you get started?

You can check out the websites below to get general information on macros. If you would like a **custom macro plan** from me, feel free to sign up for a one-time nutrition consultation for \$50 [HERE](#)



Macro Info Websites:

- www.nal.usda.gov/fnic/foodcomp/search/
- www.thedailyplate.com
- www.nutri-facts.com

If you know what your macros should be, but don't know how to count them, DON'T worry! I explain that next!

HOW TO COUNT & TRACK MACROS

Counting macros can be tedious at first, but with practice it will become a breeze!!

If you're a visual learner, check out my [YouTube video explanation here](#)

If you prefer reading to learn, then read the info below!

Counting macros is a GREAT way to learn proper portions of proteins, carbs, and fats! You'll need two tools to start:

1. A macro tracking app like MyFitnessPal or My Macros+: I personally have used/ prefer My Macros+ because. I like the layout better, but it does cost \$2.99. MyFitnessPal is a very popular, free option and if you eat out a lot it has a great bank of restaurants with their macro menus (which is very convenient). Download both, if you want, and play around with them to see which one you prefer!
2. A food scale: You can find one at Walmart

How to Count

If you purchased a custom plan [here](#), the numbers I recommended for you (Protein, Carb, Fat) is how many grams of each you eat in 24 hours, spread out among all your meals. If you do not have a custom plan but calculated your macros, make sure to get the total numbers for the entire day.

You will track and count these numbers in your app and use your food scale to help you input precise servings.

EXAMPLE

We're snacking on almonds! Put them on your food scale and see how much they weigh (let's say they weigh 3oz). Go into your tracking app, search and find almonds, adjust the serving size to 3oz, and it will calculate how many proteins, carbs, and fats that is!

You will repeat this process with everything you eat throughout the day in order to count and track your macros properly.

The apps I suggested have a "barcode scanner." So if you're eating something out of a package with a barcode label, scan it, type in the portion you're eating, and it will calculate the macros – simple!

Be mindful this does take a little bit of practice!! So don't freak out if it takes some trial and error! You might not get it right on the first (or second or third) try and that's TOTALLY normal! I am here 100% of the way and realize you are LEARNING! So don't get discouraged if it takes a little practice – I EXPECT that!! 😊

TIP

Another GREAT resource is Lillie Eats and Tells on Instagram! She has a TON of recipes that are already uploaded into MyFitnessPal – so check her out if that's the app you're using!

A NOTE ON NUTRIENTS

There are some extra details about certain nutrients that would be helpful to know if you're just getting into the macro game.

Protein

When you get your numbers back (especially if you get them from me) you might be thinking to yourself: "That's a LOT of protein!!" But it's not too much – it's super important for you to get a lot of protein in your diet.

Hear me out: Imagine you have two pillows (lol just go with it). One is a Tempur-Pedic, that looks full and firm, and the other is a feather pillow, that looks sad and flabby.

The outside of the pillow is your skin and the contents of the pillow is what's under your skin – muscle (Tempur-Pedic) or fat (feathers). In order to look lean, toned, and firm we need to have well-established muscle mass, which comes not only from strength training but also from getting enough protein!

- Protein is necessary for EVERY cell in your body! If we deprive ourselves of adequate protein, we also deprive our body of functioning at its best potential (which can affect EVERYTHING – mood, weight loss, organ function, heart function, digestions...everything!!)
- A lot of people think if you have more than 40g of protein at a meal, you "pee it out". If that's you, check out [this article](#) with some updated studies.

Fiber

Fiber isn't AS important as proteins, carbs, and fats, but being mindful of where your fiber is helps with the integrity of your food choices. You can technically hit your macros with a McDonald's meal, but you can't hit your fiber goal.

- Females should aim for 30g/day
- Males should aim for 35g/day
- Here's a list of [fiber-rich foods](#) to help you out



HITTING YOUR MACROS

The reason I recommend a food scale and macro-tracking app is to make sure you're hitting your goals. **The goal is to hit your macros every day +/-5g.**

Eat 3-5 meals spread out 3-5 hours apart.

- Protein should be evenly spread across all meals.
- Carbohydrates should be partitioned with about 30% of the total carbs before a workout and 30% after your workout – while the remaining 40% are partitioned amongst the other meals.
- Fat should be partitioned into the NON pre-/post-workout meals. I don't like to see more than 9g of fats in the pre-/post-workout meals.

*If the breakdown above overwhelms you, DON'T STRESS! I'd rather see you just HIT your macros for the day and we can worry about all the percentage stuff later down the road once you have a better handle on hitting your numbers 😊

TIP

Keep in mind that the numbers I give you are the same on ALL days (aka workout AND rest days) – this has been proven to show better compliance AND results in my clients!

LEARNING ABOUT YOUR BLOOD WORK

For females these days, it is VERY common to have abnormal blood work – thanks to birth control and the amounts of processed foods we eat. The only problem is, these blood levels don't appear on the typical panel your doctor usually orders!

In my work with clients, I've seen SEVERAL cases have normal labs on their routine draws but have abnormal labs when we pull the more detailed draws.

What does this have to do with macros?

The reason I'm pointing this out is because these abnormal values can affect your body composition results (aka you're putting in all this effort with macros and workouts and only seeing minimal results, if any at all).

So what do we do?!

You can definitely proceed with all the info in this packet and see how your body responds (which I recommend!) BUT that takes at least a solid month of GOOD macro compliance and workouts to decide if you're getting "good" results or not.

So, if you're someone who prefers to not sit around and wait OR you're suspicious you may have some imbalances going on, we can definitely jump on the blood work stuff early!

Women who I most commonly see this problem in (but not limited to):

- 35 years old or older
- Not a great history of taking care of themselves with diet and exercise
- A medical history involving ANYTHING uterine related (PCOS, endometriosis, infertility, etc.)
- A medical history involving ANYTHING thyroid/hormone related
- History of using/taking birth control

The blood work is \$191.65 and it's \$100 to have my colleague, Hannah Marks (@BritishHannah on Instagram) interpret the results, she's AMAZINGGGG!!! Email me at jessica@naturallynursing.net if you are interested.

I give this option to ALL my female clients – but there's NO have-tos!! just want you to be aware of the option! You can let me know if that's something you want to check out!

MACRO SOURCES

There are TONS of arguments over quality vs. quantity when it comes to diet! As far as where these macros should come from food-wise, I'm a big believer in quality food. **Choosing whole foods for carbs is ALWAYS best (example: fruits, veggies, rice, potatoes & oatmeal).**

However, I want to dive into some myths and questions people run into! The most important goal for you right now is hitting the suggested proteins, carbs, fats, and fibers! HOW MUCH you eat takes precedence over WHAT you eat when it comes to activity, recovery, and aesthetics.

EXAMPLE

I would rather you hit your macro numbers with choices that might not be on the "paleo" menu instead of overeating with items that ARE on the "paleo" menu. With that being said, it will be challenging to hit your macro numbers (fiber included) with poor food choices – so I am confident you will be steered towards "healthier" options.

Health-wise, I have a bias towards high quality foods. I am a firm believer in getting vitamins and nutrients from organic foods grown in rich soil! HOWEVER, science argues otherwise (rolling my eyes and face palming). If you actually look at the literature, it will tell you that "the body doesn't see 'clean' or 'dirty' foods. It sees macronutrients." According to literature, there is almost no difference in commonly measured endpoints such as cardiovascular disease, mortality, etc. when comparing a "healthy person" with a "not healthy person" who are consuming the same proteins, carbs, and fats.

- In other words: If you make fast food fit your macros, you will be just as healthy and physically fit as the person who is buying expensive organic foods (another face palm).
- That being said, I think there are WAY too many variables that go into that statement...and I have found in my nursing career that I just don't agree with a lot of the "science." BUT, the reason I am willing to include it in this document is to put you at ease that the world will NOT COME CRASHING DOWN if you fit a piece of cake at your friend's birthday party into your daily macro breakdown! There is a time and a place to enjoy moments and it IS possible to make it work!

All that to say, as your coach/nutrition influence, I am 100% going to encourage you to eat the most virgin-soil, organic, straight-from-the-farm, and "healthy" foods as possible. However, our world does NOT operate that way and I understand those choices will not always (if ever) be available! So, at any rate, I'd like to see your food choices revolve around the following non-exhaustive list:

MACRO PLANNING FOOD LIST

Lean Proteins

- ✓ Chicken breasts
- ✓ Egg whites
- ✓ Tuna
- ✓ Greek yogurt
- ✓ Pork tenderloin
- ✓ Lean ground beef
- ✓ Turkey breast
- ✓ Fish (like mahi mahi, tilapia, tuna, cod)
- ✓ Shellfish/shrimp
- ✓ Low-fat cottage cheese
- ✓ Protein powder (Whey, vegan, collagen)
- ✓ Deli meat

Protein with more fat

- ✓ Whole eggs
- ✓ Salmon
- ✓ Ham
- ✓ Whole milk
- ✓ Duck
- ✓ Many cuts of beef
- ✓ Bacon
- ✓ Chicken thighs
- ✓ Full-fat yogurt
- ✓ Sausage

Carbs

- ✓ Rice
 - ✓ Potatoes
 - ✓ Oats/grits
 - ✓ Noodles/pasta
 - ✓ Fruit
 - ✓ Bread
 - ✓ Vegetables
 - ✓ Sugars/honey
 - ✓ Tortillas
 - ✓ Cereal
 - ✓ Other whole grains
 - ✓ Alcohol
 - ✓ Condiments
- **always be sure to check the label.
These can add up quick!***

Carbs with more protein

- ✓ Quinoa
- ✓ Beans

Fats

- ✓ Avocado
- ✓ Oil
- ✓ Butter
- ✓ Nuts and nut butters
- ✓ Egg yolks
- ✓ Cheese
- ✓ Seeds
- ✓ Cream
- ✓ Coconut
- ✓ Mayonnaise
- ✓ Salad dressings
- ✓ Dark Chocolate



Really hungry but don't have a lot of macros left? Load up on these!

- ✓ Carrots
- ✓ Cucumbers
- ✓ Celery
- ✓ Peppers
- ✓ Zucchini
- ✓ Cauliflower
- ✓ Mushrooms
- ✓ Spinach
- ✓ Cabbage
- ✓ Berries

You'll need to count everything you take in and apply it towards your daily macros.

- Vegetables are not free foods.
- The fat content in meat/protein are not free foods.
- Condiments are not free foods.
- Fiber counts towards your total daily intake.

EXAMPLE

Let's take one serving (58g OR 1.25 cup) of Kashi GOLEAN cereal

PROTEIN

12g

CARBOHYDRATES

40g

FAT

2g

FIBER

13g

This would add 12g of protein, 40g of carbs, and 2g of fat to your total NOT just 40g of carbs to your macros.

FOODS TO AVOID (IF THEY BOTHER YOUR STOMACH)

I've noticed throughout my years of doing this is that dairy and gluten are the devil (if you are sensitive to them).

Dairy can cause breakouts, belly aches, and smelly farts (Don't laugh, it's true!!). Gluten can cause bloating and smelly farts.

There's also something called a FODMAP that lists foods that may cause other unpleasant gastrointestinal problems like belly aches, bloating, gas, etc. Take a look at what to watch out for.

Fermentable

COMPOUNDS IN THIS CATEGORY

FOODS THAT CONTAIN THESE COMPOUNDS

Oligosaccharides

Fructans, galacto-oligosaccharides

Wheat, barley, rye, onion, leek, white part of spring onion, garlic, shallots, artichokes, beetroot, fennel, peas, chicory, pistachio, cashews, legumes, lentils, and chickpeas

Disaccharides

Lactose

Milk, custard, ice cream, and yogurt

Monosaccharides

"Free fructose" (fructose in excess of glucose)

Apples, pears, mangoes, cherries, watermelon, asparagus, sugar snap peas, honey, high-fructose corn syrup

And

Polyols

Sorbitol, mannitol, maltitol, and xylitol

Apples, pears, apricots, cherries, nectarines, peaches, plums, watermelon, mushrooms, cauliflower, artificially sweetened chewing gum and confectionery

Something else I like to teach my clients is to be mindful of seed oils because they contribute to inflammation! The eight seed oils are:

1. Canola
2. Corn
3. Cottonseed
4. Soybean
5. Sunflower
6. Safflower
7. Grapeseed
8. Rice bran

This doesn't just mean avoiding cooking with canola oil – it's being mindful of them in products like salad dressings, sweets, baked goods and anything that could be made with these oils!



A NOTE ON SNACKING

If you're going to snack, I suggest getting something that is low carb that you'll likely get sick of after snacking for a while on (like baby carrots, celery sticks, sliced peppers, cucumbers, etc.) But if you don't get sick of them, they won't add a TON of carbs to your daily total.

If you are like me, you might lay in bed fighting your sweet tooth! When I struggle with that, I've found frozen mango chunks are the PERFECT thing to curb that craving! It's like mango sorbet! If you don't like mangos, maybe there's another fruit you can pick! Just thought I'd share my little hack 🤔

NAVIGATING CHEAT MEALS & GOING OUT TO EAT

Cheat Meals

People often ask "How often can I have cheat meals?" This is a GREAT question!

Obviously the less cheat meals you have, the sooner you'll make progress BUT that strategy isn't always sustainable. I would rather you have a cheat meal/day here and there to "itch the scratch" instead of being SUPER strict and then going on a CRAZY two-week binge because you haven't had a cheat meal in weeks!

It's important to understand that a cheat meal/day is not eating "bad food", it's going WAY over your macro numbers! If you can make a donut fit within your macros, I do NOT consider that a cheat UNLESS it's happening every day and you're wondering why you're not making progress.

Here's what I tell people: I'm okay with one MEGA cheat meal a week and one MEGA cheat day a month.

So when you're planning outings with friends, you can decide "Is this worth my mega cheat?" Or if you have multiple events in one week, it will help you decide when and where to cheat! This "rule of thumb" is especially helpful when summer parties are in full swing, lake weekends are frequent, or it's winter and the holiday treats are everywhere! I DO believe in enjoying special occasions like vacations! If you're going to something like an all-inclusive resort, ENJOY yourself! ESPECIALLY if you've been disciplined for a while! Take the week to enjoy that smokin' hot bod you just worked so hard for!

Going Out to Eat

The goal with counting macros is to be able to recognize appropriate portion sizes. As you count macros, you'll realize that meals are generally made up of big protein and carb portions with minimal fats (because fats typically fill themselves in). So when you're going out to eat, stick to this same rule!

- Stay away from fried, oily, buttery options
- Make sure your entree has a BIG protein portion
- Ask for extra protein if you need to

It also doesn't hurt to check out the menu before so you can plan your other meals around that restaurant meal.

EXAMPLE

If you know you want salmon at the restaurant, don't eat as many fats at other meals that week.

Some restaurants have nutrition facts on their website, so check that out too if you can. You likely won't be able to log your numbers EXACTLY for a restaurant meal, but finding something in the food library on your app that looks similar to what you're eating is the next best thing you can do! Some effort is always better than just falling off the rails and getting "whatever you want" (IF it's not a cheat meal).

HOW TO STAY HYDRATED

You should be drinking AT LEAST 1 gallon of water a day.

This is a LOT of water. I don't care 😊 I want you to drink like a camel! Haha Get used to carrying your water bottle with you!

If you have a hard time drinking water, here's what I suggest:

Get a 20 oz shaker bottle.

- Drink one full bottle right as you wake up
- Drink one full bottle at breakfast
- Drink one full bottle at before your workout
- Drink one full bottle after your workout (or during...or both!)
- Drink one full bottle at lunch
- Drink one full bottle with your 4pm snack
- Drink one full bottle with dinner

That's OVER a gallon – BAM!

A NOTE ON ALCOHOL

I do not suggest consuming alcohol while chasing body composition or performance goals, but I do realize it is often consumed and therefore necessary to discuss!

Alcohol gets metabolized much like a fatty acid in some instances and carbohydrates in others. For the sake of simplicity, **we count alcohol as carbohydrates.**

EXAMPLE

Let's say I want a beer that is 100 calories.

Divide the number of calories by 4 (because 1 carb = 4 calories).

$$100/4 = 25\text{g of carbs}$$

So you would log your 100 calorie beer as 25 carbs

SMART SUPPLEMENTATION

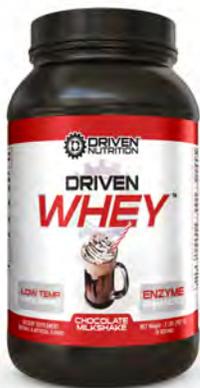
Supplements are solely dependent on your goals! If you wanted to be a high-level competitor OR do double sessions, I'd be more aggressive in the supplement department!

But if you're just someone who wants to be healthy, you don't necessarily need to venture down the supplement path. If the average person WERE to add anything, I'd suggest protein powder to help you hit your number!!

All that to say though, because I am your coach/nutrition influence, I do feel an obligation to at least EDUCATE you on the topic! So below you'll find ALLLLL that info!

I've used Driven Nutrition Products and Transparent Labs in my career. I have used these products through top-level competitions and I personally trust them and think they are awesome!! You are always welcome to use whatever products you want! BUT you are also **always** welcome to use my discount code on Driven's website: **JESSICA20** drivennutrition.net

These are not **required** but you might get some mileage and performance out of the following products that have been scientifically proven to work (in order of importance):



Protein

Recommended Product

Recommended Dose: As needed to meet daily protein requirements.

Recommended Timing: Any time of day!

How It Works: It keeps your body functioning at its highest potential and works to build and repair muscle.



Creatine

Recommended Product

***Note: You can take the cheapest creatine monohydrate possible provided it's cGMP or USP certified.*

Recommended Dose: 5g/day or 0.045g/kg of bodyweight everyday.

Recommended Timing: Doesn't matter. Pre- or post-workout is fine on training days.

How It Works: It helps muscles recover during exercise so you have more "push". This will improve strength and increase muscle mass.



Beta Alanine

Recommended Products: Driven Nutrition's **Beta Alanine** or **PreWOD** (has 200mg caffeine)

***Note: You can use any product as long as it's cGMP or USP certified.*

Recommended Dose: 2-5g grams daily

Recommended Timing: Pre- and/or post-workout

How It Works: It reduces exhaustion so you can go harder for longer which will help you build mass and strength.





Glutamine

Recommended Product

***Note: You can use any product as long as it's cGMP or USP certified.*

Recommended Dose: 5-10g/day

Recommended Timing: Within 30 minutes of your workout.

How It Works: It supports post-training recovery, reduces soreness, and boosts the immune system.



Betaine Anhydrous

Recommended Product

***Note: You can use any product as long as it's cGMP or USP certified.*

Recommended Dose: 500mg-3g pre and/or post workout

Recommended Timing: With pre and/or post workout meals.

How It Works: It helps hydrate your muscles, improves power, and supports the building of muscle mass.



Caffeine

Recommended Products: Driven Nutrition **PreWOD** (200mg of caffeine) or **Dysrupt** (120mg of caffeine)

****Note:** You can use any product as long as it's cGMP or USP certified.

Recommended Dose: 3-9 milligrams/kg of body weight

****Note:** This is dependent on tolerance of caffeine, genetics, and environment (smoking and certain foods alter caffeine metabolism). I recommend starting at the lower end of this range and work up from there.

Recommended Timing: 30-60 minutes before a workout.

How It Works: It helps delay fatigue and increases muscle strength and power.

Citrulline malate

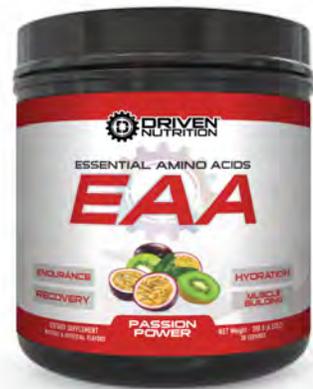
Recommended Product

****Note:** You can use any product as long as it's cGMP or USP certified.

Recommended Dose: 2g citrulline malate 3 times per day for circulatory health or 6-8 grams per day for exercise performance (with circulatory benefit). Can be split if desired.

Recommended Timing: Doesn't matter.

How It Works: It improves blood flow and reduces fatigue and soreness.



BCAAs/Branch Chain Amino Acids

Recommended Products: Driven Nutrition's **AMINO** or **EAA**s

***Note: You can use any product as long as it's cGMP or USP certified.*

Recommended Dose: 5g of BCAAs with 3g of leucine

***Note: If you're on a high-protein diet (e.g. 1.6g/kg bodyweight or higher) I wouldn't recommend standalone supplementation of BCAAs outside of being used for rehydration protocols or in those who are training multiple times per day/competing in multiple events per day. If you're not on a high-protein diet you may benefit from BCAAs or EAAs supplemented with each meal.*

Recommended Timing: Every 30 minutes or pre- and post-event, for athletes using it for rehydration purposes. For those on a low-protein diet (vegan, vegetarian, kidney disease, etc.) consume with your meals.

How It Works: It can improve hydration and decrease fatigue to keep you going longer.

OTHER SUPPLEMENTS



Fiber

I want you to hit 30g of fiber, minimum, per day. You can use a fiber supplement (like psyllium seed husk) to make up the difference, if necessary.

****Note: Transparent Labs has a greens + fiber supplement (4 grams of fiber)!**

Salt

Salt is required to help transport amino acids and carbohydrates out of the GI tract and into the bloodstream. I prefer people to just add a bit of salt (table salt, not sea salt/Himalayan salt/etc.) to each meal and not actively try to avoid it.

****Note: The American College of Sports Medicine (ACSM) recommends 500mg sodium (aka 1.5g) table salt added to pre- and post-workout meals for people who do not have high blood pressure or other conditions that warrant a low-sodium diet.**

PUTTING IT TOGETHER: MEAL PLANNING & NUTRIENT TIMING

You should be eating 3-5x per day with 3 hours **MINIMUM** between meals and 5 hours **MAXIMUM** between meals.

I'd like to see all macros split up evenly between meals, with a couple of exceptions: Carbs and proteins should be present pre- and post-workout while fats should be at a minimum (0-9g).

SAMPLE SCHEDULE

This is written with an AM workout in mind with the numbers 150g Protein + 200g Carbs + 60g Fats

BREAKFAST/POST-WORKOUT

High protein + moderate carb + low fat (0-9g)

Example: P: 45 C: 60 F: 10

LUNCH

High Protein + moderate carb + moderate fat

Example: P: 45 C: 60 F: 20

SNACKS

Moderate protein + moderate carb + moderate fat

Example: P: 15 C: 20 F: 10

DINNER

High protein + high carb + fat (finish off fats)

Example: P: 45 C: 60 F: 20

Putting all your macros into meals can be a chore initially, especially if there is some concern over what to eat for optimal performance and aesthetics. That being said, I really do encourage as much dietary freedom as one can tolerate whilst still being compliant. In short, if you can make froyo or ice cream fit without it spinning you out of control, that seems like it has more potential for long term compliance!

i SAMPLE MEALS

BREAKFAST

Egg whites, +/- 1 whole egg, +/- cheese, oatmeal w/ fruit

On-the-go option: Oatmeal (with any toppings to make it yummy) + Protein shake

3-5 hours later...

LUNCH

Lean meat (chicken, turkey, shrimp), salad, rice

3-5 hours later...

SNACK

Lean meat (Chicken, turkey, shrimp) + salad + rice

On-the-go option: Protein bar (I like Rx Bars too!), beef jerky, dried mangoes

3-5 hours later...

DINNER

Fattier meat (salmon, beef, pork), rice and/or potatoes, salad

MEAL PREP TIPS

Meal prepping will be your FRIEND in this process! Having food on hand will make it MUCH easier not to reach for convenient snacks in the cupboard!

I know it's a PAIN IN THE BUTT!! But it will seriously make all the difference!

Here are some easy things to cook to get you started:

- Cook with ground beef/turkey – it's so easy to throw it in a frying pan! It takes 10 minutes and you can add rice, taco seasoning, and/or BBQ sauce.
- Hard boiled eggs are your FRIEND! Put a dozen eggs into boiling water and continue to boil for 13-ish minutes! Put them in the fridge to grab and go as you please.
- Buy marinated chicken at the grocery store deli (I find that when it is marinated, it always comes out more tender than the packaged chicken breasts). Set the oven to 400 and cook for 20 minutes. DONE. Throw in extra portions on your baking tray so you have leftovers!
- Protein shakes are an easy go-to
- Salmon is easy and healthy! Set the oven at 400 for 20-22 minutes + a little salt and pepper! YUM! Throw in extra portions on your baking tray so you have leftovers.
- Mix canned tuna with avocado and salsa and use it to dip tortilla chips in (like a "beefed up" chips and salsa).
- Cook a big pot of rice to enjoy all week long.
- Rice cakes and protein bars are an easy snack you can buy in bulk and enjoy on the go.

If you're looking for recipes Lillie Biesinger has put out GREAT macro-friendly cook books! You can find her on Instagram @lillieeatsandtells

If you're someone who doesn't like to cook, finds meal prepping challenging, or are working crazy hours, try out a meal prep company. I have used Rosie Jo Meals (@rosiejomeals on Instagram). They're SO helpful with full macro breakdown on meals and they deliver right to your home! Saves you time on grocery shopping AND meal prepping! May be a good option for one meal a day (so you don't have to worry about making lunch at work).

HOW OFTEN YOU SHOULD BE WORKING OUT

You should aim to workout for 45 minutes a day, 5 days a week – weights + cardio on ALL days!

1 hour in the gym does not always equal 60 minutes of activity. What it usually means is 10 minutes strength + 20 minutes workout + 10 minutes changing/peeing + 20 minutes chatting with friends = 30 minutes of ACTIVITY. Make sure you're having honest conversations with yourself here, if necessary!

Looking for workouts to do?

Valor Strength is the other side of this business. We have an app that you can check out for FREE for a week! You'll have access to ALL 10 of our programs + all of the content of the other top-level trainers on the platform (like Dana Linn Bailey, Claire P. Thomas, and FitGurlMel who is Kim Kardashian's trainer)!!



No pressure at all, but if you feel like you need help navigating your fitness, need a change of scenery, or can't make it to the gym this might be a great option to check out!

Our 10 programs are:



(aka: regular crossfit programming)



(competitive crossfit programming)



(a mix of crossfit + HIIT)



(The home version of bodyfit: GYM)



(focuses on Deadlift, Bench, Shoulder Press and Squat)



(Focuses on Front Squat and Back Squat)



(Bodybuilding + cardio)

After the free week, it's only \$14.99/month, but you can cancel at ANY time (including that first week).

Here's the link to sign up: <https://valorstrengthapp.com>

**You can also see sample workouts of each program on my Instagram (@jessica.cahoy) under the "My App" highlight!!*

RECOVERY TIPS

REST IS PART OF THE EQUATION!!!

I'm totally fine with 5 days of activity a week and 2 days for rest/recovery.

If you do 6 days, that's okay as long as one of the days is an "active recovery" day – aka something low impact (longer bodyweight workout, bike, hike, swim, row).

You ABSOLUTELY need one full day off!! I can't stress that enough. People think they need to train every day to get better. THAT'S NOT TRUE!!! Even top level competitors take 1-2 days COMPLETELY off in order for their body to heal and come back stronger and better.

Other things that contribute to recovery:

- Sleep
- Eating
- Adequate water
- Stretching and mobilizing (I HIGHLY recommend Smashwerx on Instagram or YouTube for any nagging injuries! He's AMAZINGGG)
- Chiropractic work
- Massages
- Hot baths/tubs
- Ice baths



A NOTE ON SLEEP

Sleep definitely plays a big role in performance, recovery, and body composition.

Here are some tips to make sure the sleep you're getting is restful and you're preparing your room and your body for rest:

- Nothing but sleeping or sex in bed (if you watch TV in bed your body won't always associate bed with sleep)
- If you're not asleep within 15 min of getting into bed, get up and do something else before returning to bed;
- No bright lights in the bedroom (e.g. don't play on your phone, read on iPad/Kindle, watch TV).
- Eliminate all caffeinated beverages within 6 hrs of desired sleep the first week.
- I highly recommend diffusing lavender oil! If you have questions about this, let me know!
- You may find some benefit with supplementation for sleep: 1-3mg melatonin 30 min before bed. Melatonin can be helpful in resetting your circadian rhythm, so it's best used in the short-term as you adjust your normal bedtime or readjust after jet lag.

HOW TO MENTALLY PREPARE FOR YOUR NUTRITION JOURNEY

There are going to be weeks where you feel discouraged, that is NORMAL for EVERY single client!

Here are some things I recommend when you're in that place:

- Look at your progress pictures. 9 out of 10 times you're making body composition progress that you don't even realize because you're too caught up in what the scale says
- Reflect on workout gains. Were you able to lift that weight when you started? Were you able to do that many rounds in that time frame? Again, these are things the scale DOESN'T point out.

Important things to remember:

THE SCALE ISN'T OUR "END-ALL-BE-ALL" ASSESSMENT OF PROGRESS

The scale doesn't see fat loss vs. muscle gain. The scale doesn't see the visible changes in your body composition. The scale doesn't see the gains in your activity. The scale is just ONE assessment tool we use to evaluate the WHOLE picture. So, we can talk about being frustrated that the scale isn't moving but there are other things to evaluate along with the scale before we decide "no progress is being made".

JUST BECAUSE YOU MESS UP ONE DAY DOESN'T MEAN YOUR WEEK IS RUINED

This is a HUGE game of trial and error. You WILL mess up!! You WILL give in to temptations of things that don't fit your macro numbers. What I don't want you to do is let it affect the rest of your week. Everyday is a new opportunity to be better. Wake up and TRY AGAIN!!! The big picture is made up of a lot of little choices. Each day is an opportunity to accumulate as many positive choices as possible!

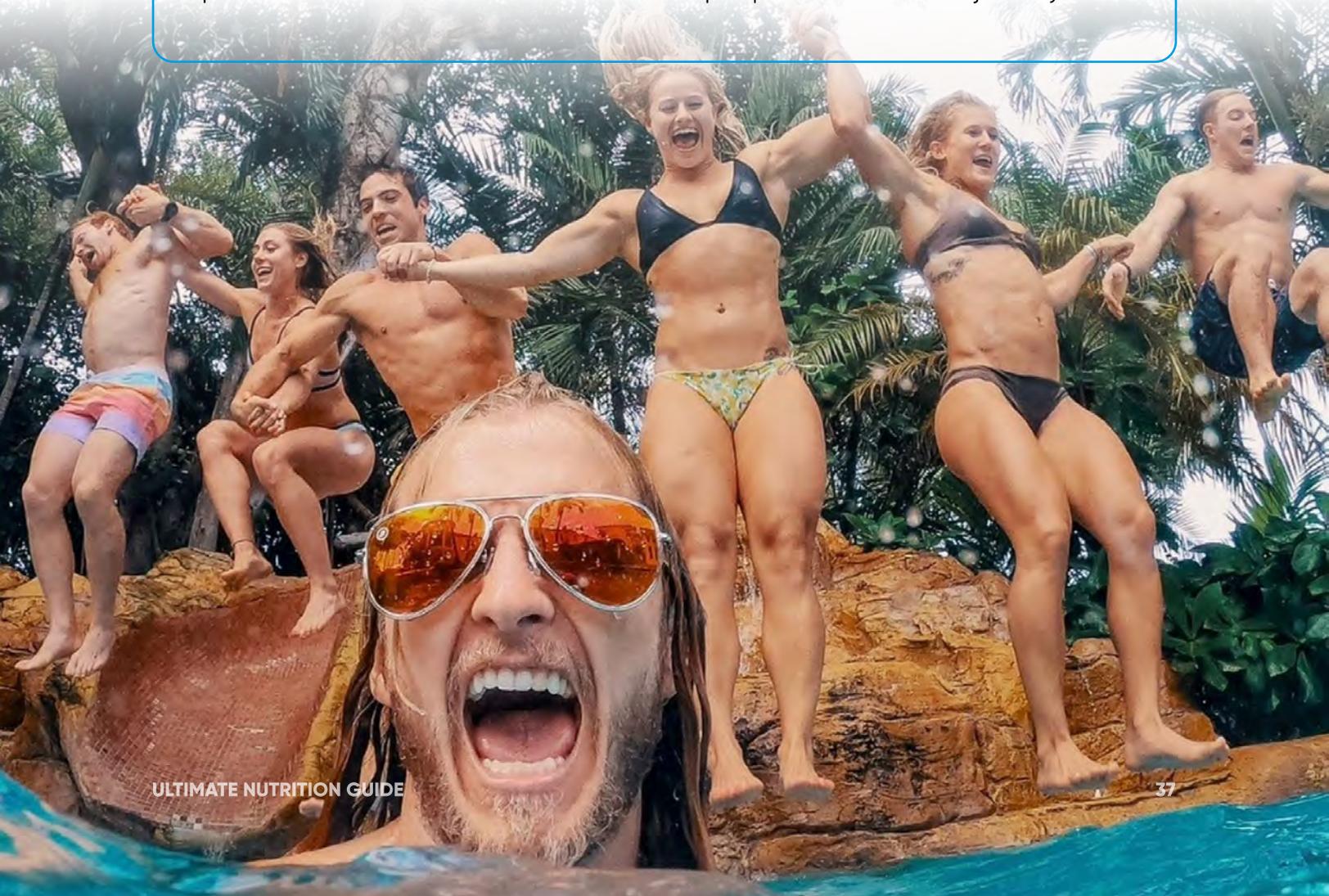
THIS PROCESS IS HARD AND SLOWWWWW

I always say “if this process was easy, EVERYONE would have a rockin’ bod!” But, unfortunately, that’s not the case! This process is a grind and not even close to “sexy”. The ones who are willing to endure it are the ones who reap the rewards of looking in the mirror and feeling proud!! You’ll probably hear me say “you only go backwards when you stop” – don’t let yourself stop and you’ll only go forward in your progress. Something is better than nothing, and any effort made with me is better than what you were doing before you started this process!!

JOIN THE COMMUNITY

If you’re a community oriented person, join our **Valor Strength Facebook group**!!

It’s a place where you can share stories, struggles, ask questions, encourage one another, post PRs, post inspirational quotes and WHATEVER else 😊 Just a place to be able to touch base with other people on their fitness journey!!



FREQUENTLY ASKED QUESTIONS

How soon before and after my workout do I need to eat?

For optimal muscle protein synthesis (MPS), I would like to see you eat within 90 minutes before and after your workout – unless you're fasting before your morning workout. Just make sure you eat AFTER the workout.

Do I have to drink a post-workout protein shake?

Your source of protein does NOT have to come from a shake post workout. All you need is a SOURCE of protein within 90 minutes. That could be in the form of a shake, meat product, etc.

I workout at 5 a.m. Do I have to eat before my workout that early?

This is a personal preference thing! If you can't tolerate food in your belly that early/ that close to your workout, that's fine! But you can absolutely do your session "fasted." If it is a long session, maybe consider bringing a snack or liquid carbs/protein to sip on mid-session

I'm HUNGRYYYY!!!! What do I do?!

There's a couple things you can do! You can try spreading your meals out and you can try adding in more salads (veggies stretch numbers a long way!). If you really need an extra snack try picking something low calorie that you'll get tired of (carrot sticks, celery, etc.).

How do I get 45 minutes of activity in?

If your workout right now is only 25 minutes, I suggest "sneaky cardio." This is 10 minutes on a machine/running for a warm up and 10 minutes to cool down. It's a GREAT way to "sneak" cardio in OR get on our app – there is PLENTY of content on there you can fill the extra time with!!

I'm peeing soooo much drinking this water! What do I do?

Nothing 😊 It's just part of being healthy. It means your kidneys are working right and happy! Sing praises lol

Do I weigh meat before or after I cook it?

Unless the nutrition label specifies otherwise, I always weigh my protein after I cook it. Worst case scenario, you'll be SLIGHTLY overcounting your protein – and I'm okay with that! Proteins make strong muscles and bones!

Why do I have to eat fiber?

Fiber helps regulate your bowel movements. There's two kinds of fiber, insoluble fiber and soluble fiber. BOTH are important for digestion. Soluble fiber dissolves and creates a gel that helps lubricate your bowel movements. Insoluble fiber attracts water to your stool to help make it easier to pass through your GI tract. This is why if we eat TOO much insoluble fiber, we get diarrhea. Other health benefits of fiber include: regulating blood sugar, help control high blood pressure, help balance cholesterol, regulate satiation signals, and lower risk of colon and breast cancer.

Do I need to worry about counting calories?

So here's the deal! Your macros obviously produce a caloric number, BUT your macros are a very good balance of proteins, carbs, and fats to help you reach your goal so you should focus on counting macros instead of calories. If you want to know how many calories are in your macro numbers, here's how:

- Multiply your carbs by 4
- Multiply your proteins by 4
- Multiply your fats by 9
- Add all three of those numbers up and that will give you your caloric intake!

DISCLAIMER

Jessica Cahoy is not your personal Registered Nurse, a licensed nutritionist, or registered dietician. The information contained herein are only recommendations and should NOT be taken as medical advice, nor are they intended to diagnose, treat, cure or prevent any health problems.

Recommendations by Jessica Cahoy are not intended to replace the advice of a physician or health professional. Please consult your physician or a health professional before beginning any diet or exercise program. By moving forward with this program, you are consenting that you have read and understand these terms.

Note: This program is the property of Jessica Cahoy. Any copying or posting of this program on a public forum or download site is forbidden. If you would like to post the pro/carb/fat intake and programming in your log that is fine, but posting the program in its entirety is strictly forbidden.

VALOR
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BY AUSTIN & JESSICA CAHOY