

1LifeProgram

NUTRITION PROGRAM

Created by
Annie Cooper & Kessey Esteves



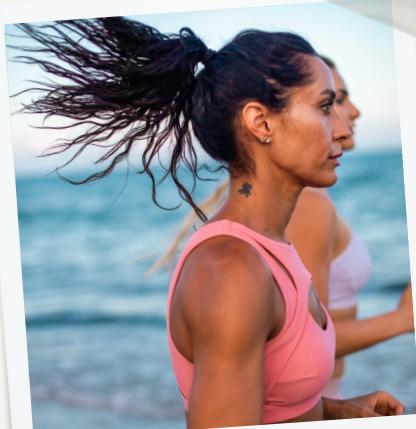
FOR BUSY PEOPLE WHO WANT TO CHANGE THEIR LIFESTYLE

Meet the Authors

Annie Cooper & Kessey Esteves

Hi beautiful people!

We're your coaches, Annie Cooper and Kessey Esteves, and we're here to help you achieve all your goals and sustain a healthy new lifestyle! We want to teach you that a healthy lifestyle is simple and does not require a ton of time.



You do not need to give up all the things you love to achieve it. We want you to focus on being more mindful, loving the life you live, and learning all about how to create healthy habits. Your truest potential is already inside of you! We want to help that come to life! The time is now and the time is yours to make the changes that will carry on with you for your lifetime!

Annie & Kessey

Disclaimer

We do not claim to cure, prevent, diagnose, or treat any nutrition-related disease or health condition. Always consult a qualified healthcare professional before changing your diet or medications or beginning any exercise routine

Why will this help you?

We created the 1 Life Program for busy individuals who are looking to improve their habits and life. We focus on fueling your body with the things that make you feel energized, nourished, and satisfied. In this plan you'll find tons of delicious recipes with guidance on the serving size for your body type along with several tips and samples for organizing meals, meal timing, and macronutrient amounts within your day. We want to help you when eating out, grocery shopping, reading ingredients, and creating your own healthy recipes so you never get stuck or bored! This is just the beginning for you, and we're ready to go on this amazing journey with you!

Let's get started!



Do's and Dont's



✓ AIM FOR 3-4 LITERS OF WATER PER DAY

Add electrolytes to your water such as: sea salt, ginger or include coconut water.

✓ MAKE YOUR PLATE COLORFUL!

Add at least one serving of fruit and two servings of vegetables per day to your meals. Make sure you're getting in around 30g of fiber for females and 40g of fiber for males, each day.

✓ MOVE DAILY!

We challenge you to get moving for at least 30 minutes per day! Stretch, walk, or do a short energizing workout from our [youtube channel](#).

✗ SNACKING

Snacking can add extra unnecessary calories to your day. We recommend eating solid meals as suggested in this book!

✗ HIGH SUGAR FOODS

Avoid high sugar foods, our bodies don't process this food group well.

✗ FAKE SUGARS

Splenda or aspartame: artificial sweeteners can cause the brain to crave more sugar which will then increase your appetite.

✗ PROCESSED FOODS

Avoid processed foods! If you can get away from anything packaged - do it!

Do's and Dont's



CHECK IN WITH US!

Join our facebook group and give us and your community updates on how you're doing! Use the hashtag #1lifeprogram for love and support.



FOLLOW YOUR MEAL PLAN!

It was carefully designed for you! Planning your meals ahead will help you achieve better results.



GET A SOLID RECOVERY

Get a solid recovery after your workouts. Lack of rest can inflame your body!



NO CALORIE DEFICIT!

Don't live in a calorie deficit! As your body changes, your food intake also needs to change.



DAIRY AND GLUTEN

Some individuals do not respond well to these. Check with your doctor to modify any recipes.



COFFEE

Be mindful of what you add to your coffee! Creams, sugar and milk can add extra calories to your cup!



Example Meal Plan for Weightloss

based on a 150lbs female

DAY ONE

Meal 1

Protein
Pancake

Meal 2

Turkey
Wrap

Meal 3

Pro blueberry
Coffee

Meal 4

Fajita
Bowl

DAY TWO

Meal 1

Avo Toast
+ Fruit

Meal 2

Chicken
Salad

Meal 3

Rice
Cake

Meal 4

Bolognese





GROCERY LIST

VEGGIES

- Spinach
 - Peppers
 - Onions
 - Tomatoes
 - Cucumber
 - Avocado
 - Lime
 - Celery stalk
 - Carrots
 - Spaghetti squash
 - Riced Cauliflower

FRUITS

- Fresh berries
 - Frozen Blueberries

GRAINS/BREADS/ STARCHES

- Gluten free low carb wrap
 - Jasmine rice
 - Oats
 - Sourdough bread
 - Rice cakes
 - Black Beans

PROTEIN

- Ground Turkey extra lean
 - Turkey slices
 - Chicken breast
 - Eggs
 - Uncured turkey bacon
 - Albacore tuna in olive oil

DAIRY/CHEESE

- Greek Yogurt 0% Fat

EXTRAS

- Sugar-free maple syrup, honey, or agave
 - Olive oil
 - Chicken broth
 - Tomato paste
 - Cacao nibs
 - Unsweetened almond milk
 - Protein powder (Whey or Vegan based on preference)
 - Salad dressing
 - (we recommend going for one that is natural. Beware of the fat content and go for one under 8grams of fat per serving)

EXTRAS

- Coconut Aminos
 - Pico De Gallo
 - Pumpkin Seeds
 - Nutritional Yeast
optional
 - Red Wine Vinegar
optional
 - Balsamic Vinegar

MAKE IT YOUR OWN

RECIPES SAMPLE PLAN

PROTEIN PANCAKE (OATS)

Macros - (6F/16C/31P) | 242 calories

INGREDIENTS

- 1/2 cup egg whites
- 1 egg
- 1/3 scoop protein powder
- 1/4 cup oatmeal
- 1 packet stevia
- Dash cinnamon
- Dash pink salt

INSTRUCTIONS

- Blend ingredients in a blender
- Cook on low/medium • heat
- Flip and serve
- Make sure you do not • overcook or it will be dry
- Can top with sugar free syrup or eat plain!



AVO TOAST

A (12g fat, 22g carb, 10g protein) - 236 calories

INGREDIENTS

- 1 slice low carb gluten free bread (I use Ezekiel)
- 45 grams avocado
- 1 egg
- Garlic salt
- 1 tomato slice

INSTRUCTIONS

- Toast bread
- Add avocado slices
- Add fried egg or scrambled
- Add tomato slices
- Top with garlic salt

RECIPES SAMPLE PLAN

TURKEY WRAP

391 calories (29g carbs/15g fat/ 35g protein)

INGREDIENTS

- 1 B-free wrap or similar wrap
- 1 slice Applegate turkey bacon
- Lettuce
- Tomato
- Onion
- 3.5 oz turkey or chicken breast
- $\frac{1}{4}$ small avocado
- 1 tbsp. primal kitchen ranch dressing

INSTRUCTIONS

- Heat the Wrap of choice on stovetop
- Cook your turkey bacon separately on the stovetop.
- Dice both the tomatoes and onion
- Place all ingredients in the center of the wrap, add dressing and fold wrap over.



BLUEBERRY COFFEE PROTEIN SMOOTHIE

Carbs: 31.5g, Fat: 3.5g, Pro: 29g = 280 cals

INGREDIENTS

- 1 cup frozen blueberries
- 1 cup ice
- 1 scoop low carb vanilla protein powder
- $\frac{1}{2}$ cup almond milk unsweetened
- $\frac{1}{2}$ cup cold brew coffee (unsweetened)
- 1 tbsp cacao nibs
- sweetener (optional)

INSTRUCTIONS

- Add all ingredients to a blender. Blend until smooth consistency. Cacao nibs can be either blended for texture in or on top as a garnish!

RECIPES SAMPLE PLAN

CHICKEN SALAD

Carbs: 21g

Fat: 14g

Pro: 34g

352 cal

INGREDIENTS

- 4 oz grilled chicken breast
- 8 cherry tomatoes
- 2 cups leafy greens
- 1/4 cup cucumber
- 1tbsp pumpkin seeds
- 6 roasted mini peppers (air fryer)
- 1/2 tbsp olive oil
- 1 tbsp vinegar balsamic
- salt & pepper
- 1 tbsp nutritional yeast (optional)

INSTRUCTIONS

- Season chicken breast with lemon, salt, pepper and any other herbs you like. Place chicken into a shallow dish.
- Heat a large nonstick grill pan or skillet over medium-high heat and grill or sear chicken fillets on each side until golden (you may use avocado oil spray to coat the grill), crispy and cooked through. Once chicken is cooked, set aside and allow to rest.
- Roast mini peppers in the air fryer (to make your life easier). Place peppers onto the air fryer basket or tray (one side up for all for an even cooking and caramelizing)
- Air fry at 400F (200C) for 12 minutes, flipping each pepper halfway.
- Slice chicken into strips and prepare salad with the remaining ingredients. Top with nutritional yeast and pumpkin seeds. Drizzle olive oil and balsamic vinegar; season with salt and pepper; serve.



RECIPES SAMPLE PLAN

TURKEY BOLOGNESE + SPAGHETTI SQUASH

18g carb, 5g fat, 33g protein per serving) makes 4 = 249 calories/serving

INGREDIENTS

- 1 medium yellow onion, peeled
- 1 medium carrot, peeled
- 1 medium celery stalk
- 1 tablespoons olive oil
- 1 lb. extra lean ground turkey
- 1-1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup dry red or white wine *can omit and add more chicken broth*
- 1/2 cup +1 tablespoons tomato paste (or 1/2 slightly heaping cup)
- 1 bay leaf
- 1 cup chicken broth



INSTRUCTIONS

- Place onion, carrot and celery in a food processor and process until very fine pieces. Alternatively you can dice them very fine.
- Heat 1 tablespoon olive oil in a medium pot. Add onion mixture and salt cook for 5 minutes, until sweated down.
- Add turkey, salt, and pepper and cook breaking up the turkey, until no pink remains, about 5 minutes.
- Add wine and cook until reduced, about 5 minutes.
- Add tomato paste, bay leaf and chicken stock and bring up to a gentle simmer.
- Simmer for 30-35 minutes, until the liquid has reduced and the sauce is slightly thickened.
- Next, to cook spaghetti squash, cut the squash in half lengthwise.

Preheat oven to 400 degrees.

- Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm.
- Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.

RECIPES SAMPLE PLAN

SIMPLE OMELET

Carbs: 12.5g, Fat: 9.2g, Pro: 23.3g = 226 cals

INGREDIENTS

- 3 egg whites
- 1 whole egg
- 2 cups spinach
- 1/2 cup peppers
- 2 tbsp feta cheese

INSTRUCTIONS

- Heat an 8-inch omelet pan, or shallow skillet, preferably nonstick, over medium-high heat. Add spray avocado oil, then when hot add the spinach, season lightly with salt and pepper, and toss for one minute until the spinach is wilted. Transfer to a small plate.
- Crack the eggs into a small bowl, and use a fork to beat them with the salt and pepper.
- Return the pan to the heat and spray a little more avocado oil.
- Pour the eggs into the pan and quickly shake and swirl the pan so that the eggs cover the entire bottom of the pan. Let the eggs firm up on the bottom, about 30 seconds, then use a rubber spatula to lift the edges of the omelet up so that any uncooked egg on the top runs underneath.
- Sprinkle half of the eggs with the sauteed spinach and the feta and let it cook for another 30 seconds; the top should be moist but not quite runny (unless you like it runny). Flip the untopped side of the eggs over the filling, and slide it onto a plate



RECIPES SAMPLE PLAN

NO CARB FAJITA BOWL

(32g carbs, 8g fat, 42g protein) = 368 calories

INGREDIENTS

- 1 cup riced cauliflower
- 1/4 cup black beans
- ½ red pepper (diced)
- 4 oz. lean protein of choice
- 1/4 cup diced onion
- 40 grams avocado
- 2 tbsp. pico de gallo
- 1 handful shredded iceberg lettuce

INSTRUCTIONS

- Heat a pan to medium heat
- Add olive oil or cooking spray to the pan
- Once the cauliflower starts cooking, add your peppers and onions and grill all in the pan.
- Once browned and cooked until soft, add the mixture to a bowl.
- Next, add your cooked protein of choice.
- Add ¼ cup canned black beans, pico de gallo, lettuce, and top with your avocado.



RICE CAKE WITH TUNA

Carbs: 16g, Fat: 7.5g, Pro: 22g = 217 cals

INGREDIENTS

- 1 rice cake
- ½ can tuna in olive oil (drained)
- ¼ cup plain greek yogurt 0% fat
- 1/4 cup fresh dill, chopped (or herbs & spices of choice)
- 1/2 a lemon, juiced
- 1 tsp garlic powder
- Salt + pepper to taste
- 1 tsp mustard (optional)

INSTRUCTIONS

- Chop dill or any other herb of choice. Set aside.
- Add all other ingredients into a bowl.
- Mix everything together until well-combined, adjusting seasons to taste.
- Scoop tuna salad into rice cakes.
- This can be made ahead and stored in the fridge for a few days.

Congratulations!

You did amazing and we know you're feeling refreshed, energized, and ready for more!

We're so proud of you and this is just the beginning!
This is your journey!

We'd love to help you grow! This was just a teaser of the brand new 1LifeProgram which includes longer phases of this program with different tiers based on your bodyweight and goal. This will include a variety of recipes, a welcome kit, monthly zoom calls with your coaches and community, q&a's on our facebook group that you private and lifelong access to, workouts, and so much more!

P.S: Remember to post your journey on social media and tag us!

Connect with us!



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#1LifeProgram



Contact us for more at:
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