

HOT & HEALTHY LIFE

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Hey There!

Welcome to the Hot & Healthy Life Fitness Program!

I know you're excited and ready to improve your eating habits ASAP. This guide is here to help you do that. I have quite a few nutrition coaching videos in our member portal that will take many of these topics much deeper. Think of this guide as a "Cliffs Notes" Version of everything you need to know right now about nutrition.

I do highly recommend you visit the member site and watch one of the 2 videos below (whichever track you're on):

- Nutrition For Weight Loss
- Nutrition for Weight Maintenance.

Let's get started!

In this guide you'll learn:

- Portion Control Suggestions
- Grocery Shopping tips
- Meal Prep Advice
- Sample Meal Ideas
- Calorie & Macronutrient Suggestions
- Post-Workout Nutrition Guidelines

Please feel free to flip ahead to the section you care most about or read the entire thing. You can reference back to this guide as much as you need to!

Nutrition is a topic that is made out to be extremely complex, but it is actually very simple.

There are a few things you can do that will move the needle the most in terms of improving your health. These are what I refer to as **the basics** and I suggest you familiarize yourself with them. Some weeks/months you'll be a master at the basics, you'll do it without thinking.

Then a bad week or month or season of your life will happen and you will have to consciously bring yourself back to mastering them again. That doesn't mean you suck or there is something wrong with you.

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It means you're human.

Personally, I have to go back to the basics all the time!

I consider the basics to be:

- Hydration: 80-100 oz of water daily
- Protein: .75-1.5 gram of protein per pound of your ideal body weight
- Sleep: Sleep regulates your hormones. Hormones control your hunger, energy, and cravings. Sleep is fundamental
- Fruits & Vegetables: Work to get 4-5 servings/day in your diet.
- Eating the correct portion size. More on this below.

Do the above things consistently (80-90% of the time) and you'll be golden.

Section 1: Portion Control Guidelines

~~You can get a food scale and weigh and measure all your food~~ <<---- Who has time for that shit?

Probably not a busy mom

Portion control is really really important though particularly if you're looking to lose fat.



Your palm determines your protein portions



Your fist determines your veggie portions



Your cupped hand determines your carb portions



Your thumb determines your fat portions

Image Cred: Precision Nutrition

Most active women will likely need a total daily intake of:

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- 4-6 palms of protein
- 4-6 fistfuls of vegetables
- 4-6 cupped handfuls of carb-dense foods
- 4-6 thumbs of fat dense foods

Here's how that might look on your meal plate

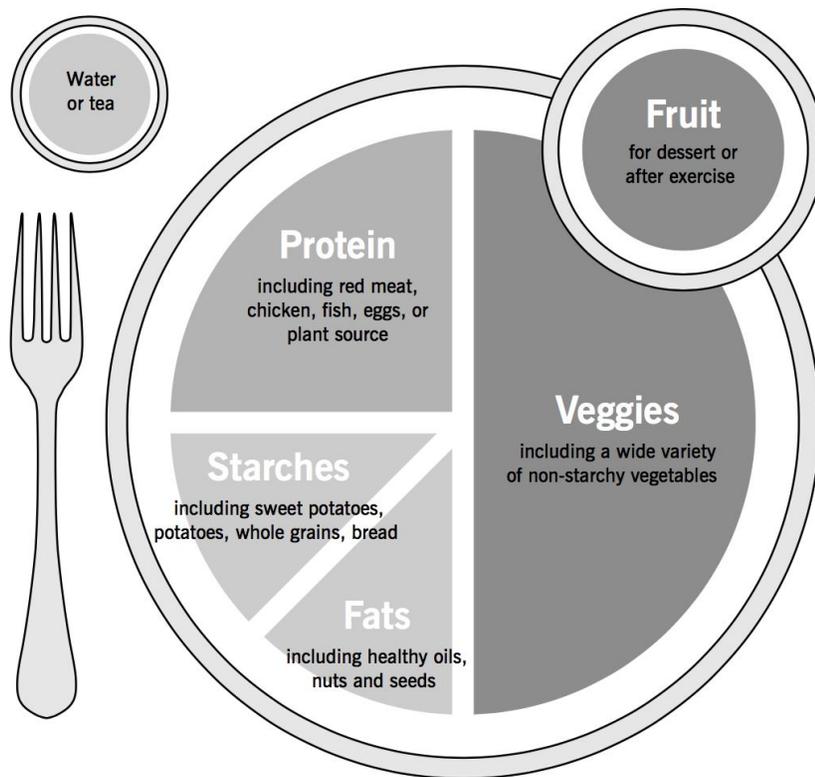


Image Cred: Precision Nutrition

Make adjustments based on hunger, fullness, preferences, goals, overall activity level, and results.

Start with this basic template and then adjust portions at any time.

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Section 2: Grocery Shopping Tips

Grocery shopping with kids. Now that's a good time right?

Oh wait...

Here at Hot & Healthy Life I do my best to make your grocery shopping as easy as possible. With online ordering and our meal prep grocery list this should improve your life quite a bit.

A few additional tips:

- Shop around **the perimeter** of the store for most of your food. Around the perimeter you will find things like produce, meat, and dairy. This isn't a foolproof plan though because my grocery store has candy around the perimeter as well.
- In the middle of the store is going to be your non-perishable items. Many, but certainly not all, of this food is highly processed, low in nutrients, and easy to overeat. I'm not saying never eat the stuff, I'm saying let it be in the 10% of your diet that is your IDGAF (that's an acronym for inappropriate words..) foods
- Make your list before you go to the store
- Apps like Wunderlist make shopping way easier
- Never go to the store hungry or you will buy literally everything
- Don't attempt to grocery shop and meal prep on the same day. That's a lot of work. Plan one day, grocery shop the next, prep food (if that's what you're doing) on a different day.

Section 3: Meal Prep Advice

It can be really helpful to **spend an hour or two** on the weekend doing some food prep for the upcoming week. This can significantly cut down on the amount of time you spend cooking food nightly.

I totally get that you may not love cooking. You **do not** need to become a gourmet chef. But having a few tricks in the kitchen is totally going to help you with weight loss and just generally eating healthier.

Meal prep can be a big ordeal where you get 4-5 meals basically 100% ready to go or it can be **super simple shit** like chopping some veggies.

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The dinner recipes I give you will have your meal prep instructions written out in a super easy to follow manner.

A few additional meal prep tips for you:

- Grocery shop and meal prep on different days
- Even pre-chopping some of your veggies for the weeks can cut down on time spent in the kitchen during the week
- I recommend getting your children out of your hair before you do any of this
- Wine helps
- Start small. Try prepping 2 meals, not 5. 5 is overwhelming if you've never done it before. Start with 2, see how it goes, increase from there

Resource Recommendation: The Lean Green Bean is a blogger who is a dietician and meal preps every week. She has mountains of great ideas. Check her out!

Section 4: Sample Meal Ideas

In the member portal there are TONS of dinner recipes so I'm going to let you do some perusing through there. Below are a few breakfast, and snack ideas to get you thinking.

Breakfast:

Option #1- Egg Scramble

- 2 Eggs + ¼ Cup Egg Whites
- Chopped Veggies of your choice (Spinach, peppers, zucchini)
- 1 Slice Deli Ham (or ground turkey/chicken sausage)
- 1 Thumb full (approx) cheese

Option #2-

- 1 Container Greek Yogurt (Choose plain or the kind that separates the fruit from the yogurt so you can control how much sweetener is added)
- 2 Chicken Sausage Patties (I like Applegate Farms Brand)

Option #3

Protein Smoothie

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Unsweetened vanilla almond milk
1 Scoop Protein powder
1 Handful frozen berries
1 Handful spinach

Option #4

1 Piece Whole Wheat Toast
2 Thumb fulls Avocado spread on top
1 Hardboiled Egg (Slice and put it on top of the toast)

(For this meal I would recommend 2 hardboiled eggs OR add greek yogurt, protein powder, or some chicken sausage to up the protein)

Snack Ideas

For a snack it's a good idea to make sure there is a protein source as a part of the snack. Protein leaves you feeling fuller longer. Most of us when we are hungry reach for simple or carbs (crackers, pretzels, popcorn, etc). Those taste really good, but never leave us feeling full which makes it more likely you'll overeat.

My favorite snacks include:

- String Cheese
- Deli Turkey
- Apples
- Berries
- Single Serving Guacamole Packet with Vegetables
- Nick's Sticks
- Beef Jerky
- Justin's Almond Butter Single Serve Packs
- Lara Bars (pretty high in carbs, this is more of a treat or something I eat on less frequently)
- Oatmega Protein Bars
- Protein Shake
- Cottage Cheese
- Hard Boiled Eggs

When it comes to a snack I will oftentimes pair 2 of the above things together. Like an apple and a piece of string cheese (Protein, fat, carb)

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Section 5: Calorie and Macronutrients Information

Should you count calories?
Or Macronutrients?

Maybe, maybe not. It kind of depends on your goals.

I will go into this deeper in both the nutrition for weight loss and the nutrition for weight maintenance videos.

However, here are the “Cliff notes”.

A Calorie: A calorie is a unit of measurement. More specifically: the amount of energy required to raise the temperature of one kilogram of water by 1 degree Celsius. Ummmmm, what?

Calories are a popular weight loss tool because 1. All food is measured in calories and 2. We have to be in a caloric deficit (eating less calories than we burn) in order to lose weight.

However, calories do not equal nutrients.

You could put 100 calories of broccoli on a plate and 100 calories of a snickers bar on a plate and they would both be 100 calories. However one of those foods clearly has more nutrients for your body.

One of those foods will leave you feeling fuller longer and one could leave you still feeling hungry and wanting more later.

There is room in your nutrition plan for ALL FOODS and you don't have to obsessively count calories (calorie counts aren't even that accurate FYI).

If you are trying to lose weight you will need to eat less calories than you currently are.
That is the truth.

BUT

you want to have a strategy in place so that while you are eating less calories you are doing it in a way that properly fuels your body so aren't feeling restricted, overly hungry, or drained of energy.

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Macronutrients Defined

Macronutrients are the nutrients the body requires in large amounts. (Micronutrients are the nutrients the body requires in small amounts).

The 3 Macronutrients are:

Protein

Fats

Carbohydrates

Whatever the latest trendy diet is will villainize one of the 3 macronutrients and make another one a hero. That's how diets work.

But you know better than that.

Your body needs all 3 macronutrients in its life. They are all very important. Each of us will need different proportions of those nutrients depending on our body type and goals.

Protein:

Carbohydrates:

Fats:

How much protein should you eat?

There is a range of optimal protein intake that will help you meet your fat loss goal.

Minimum

.75g of protein PER POUND of your ideal body weight

So for a 150 pound female that would be

$.75 \times 150 = 112.5$ grams of protein daily

Maximum

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1.5 grams of protein PER POUND of your body weight

For a 150 pound female that would be

$1.5 \times 150 = 225$ grams of protein

Now I know that sounds like A LOT of protein but studies show that eating up to 4.4 grams of protein/pound of body weight did not show any short term health issues in clinical studies. So 1.5 grams will be fine.

What about carbs and fat?

The amount of carbs and fat that you should eat will vary WIDELY based on your current goals, activity level, and personal preferences.

I always recommend people start by focusing on protein intake and getting consistent with that and then moving onto carbs and fat.

Remember, it takes an **overall caloric deficit** to attain weight loss so we have a lot of play in your carbs/fat to help you hit your overall caloric intake for the day.

If setting your specific carbs/fat intake is important to you, please reach out to me directly. For an additional fee I can calculate your specific macronutrient and calorie numbers and work with you to learn the best foods to help you meet that intake.

How do you know if something is a protein, a fat, or a carb?

Great question!

Some foods are very obvious that they are a carbohydrate. A banana or bread for example.

Other foods are really tricky like almonds or black beans. Almonds have protein and fat. Black beans, protein and carbs.

So which are they?

On food like this you'll need to look at a label (or google it) to see the nutrition facts.

A ¼ Cup of almonds has:

Protein: 8 grams

Carbs: 3 grams

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Fat: 18 grams

So while almonds do have protein, they are highest in fat, they go in the fat category when it comes to measuring portion size.

A ½ Cup of black beans has:

Protein: 7 grams

Carbs: 23 grams

Fat: 1 gram

So a black bean is TECHNICALLY a carbohydrate and should be portioned out like one. Yes the grams of protein still count towards your overall protein intake for the day, you just have to eat them in a proportion like you would another carbohydrate.

Make sense?

Questions? Post them in the group!

Section 6: Post Workout Nutrition:

What should you eat after a workout?

Many people rush to get a protein shake in post-workout because they've read that it is **the best** way to fuel muscle growth.

New research suggests though that post workout nutrition (the 1 hour post workout) isn't necessarily as important as we once thought it to be. Focusing instead on getting adequate protein intake in the **24 hour time period post workout** will give you the same result.

In short: What you eat post workout is less important than meeting your overall calorie and macronutrient guidelines for the day.

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Determining Your Exact Steps From Here.

Ok, you're educated now on calories, macronutrients, and portion size. How in the world do we apply that all?

Let's remember that you aren't going to try and change everything all at once. That is a recipe for completely falling off the wagon.

Instead I want you to change 1 or a couple of things at a time. Practice a new habit for a week or 2 and then add a new one into the mix.

I know that only changing 1 thing at a time sounds so boring. You can do more right!

Well actually you can't. Studies that have been done on people who change their habits have shown that people who change 1 habit at a time have an **80% chance of success**.

Increase that to 2 habits at a time and your chances of retaining that habit at one year **drop to 35%**.

On the following sheets I have a list of 14 healthy habits along with notes on how to implement each habit in your life. I want you to go through and circle the ones you think would be beneficial to your life. Then number them in the order you would like to tackle each habit.

When you've completed the exercise please let me know in the Facebook group or email which habits you'll be tackling first.

Questions? Ask away!

Get it girl!

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HEALTHY HABIT CHANGE TRACKER

(Habits in no particular order)

Are You Drinking Enough Water?

Notes & Tips:

- 80-100 oz a day
- Actual water. Not tea, added spark, or coffee water.
- I recommend a large tumbler or water bottle that you really like. Refill it 2-3X a day.
- How much water are you currently drinking? What does “just a little bit better” look like for you?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

Are you Eating Enough Protein?.

Notes & Tips

- Aim for .75-1 gram of protein/lb of your ideal body weight.
- Up to 2+ grams/lb of your ideal body weight is perfectly safe.
- [THIS](#) post gives you 3 days of meal and snack ideas to hit 100 grams
- Things like nuts and nut butters are an ok source of protein but technically they would be considered fats because they are higher in fat than protein. They are ok to eat, but watch your quantity.
- Apps like my fitness pal are great to help you track how much protein you are getting.

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

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☐ Are You Eating Enough Produce?

Notes & Tips:

- Work to eat 4-5 servings of produce each day
- At least 3 of those servings are vegetables.
- A serving of vegetables is roughly the size of your closed fist
- A serving of fruit is roughly the size of your cupped palm.
- Organic vs. Non-Organic is a matter of personal preference. I do recommend utilizing the dirty dozen/clean 15 shopping list when deciding whether or not to buy organic.
- How many servings of fruits and vegetables are you currently eating? What does just a little bit better look like for you?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

☐ Eat mostly whole foods

Notes & Tips

- Spend this week eating mostly whole foods lean meats, fruits, vegetables, nuts/seeds, whole grains, high quality dairy.
- Strive for 80% accuracy here. There is 20%, roughly 4 meals, that can still be whatever you want.
- What percentage of your diet currently consists of whole food? What would just a little bit better look like for you right now?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

☐ Are You Eating healthy fats?

Notes & Tips

- Fat is energy dense and keeps us healthy and sane. However there are good quality fats and low quality fats.

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- Omega 3 fatty acids like EPA and DHA which are found in fish are super important for your brain. Research shows people who feel anxious, depressed, obsessive, and who have messed up eating habits often have lower amounts of these essential fats in their brains.
- Work this week towards getting more good fats into your diet.
- How much fat should you eat? I give guidelines [HERE](#).
- Healthy Fat Ideas Include:

Avocados

Eggs

Fatty Fish (Salmon, Mackerel, herring)

Olives and Olive Oil

Coconuts and Coconut Oil

Nuts (almonds, pecans, walnuts)

Seeds (pumpkin, flax, chia, hemp)

Butter

Dark Chocolate

EPA/DHA oil from fish, krill or algae (I like Puori, Onnit, and SFH Brands)

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

What's for breakfast?

Notes & Tips

- This week I want you to focus on improving your breakfast.
- Strive for 25-35 grams of protein.
- Can you experiment with some new quick options (Overnight oats, pre-made breakfast burritos, egg cups, etc)?
- What does just a little better look like with your breakfast? Adding a vegetable? Pre-making something on the weekend that you can reheat?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

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☐ Can You Pre-Plan meals on the weekends?

Notes & Tips:

- You don't necessarily need to prep on the weekend though you can if you'd like.
- Can you sit down on Fri/Sat/Sun and write out what you will be eating each day?
- What are some quick breakfast ideas? Snacks you can take along with you? What will you eat for lunch this week? Make a plan
- Identify some go-to meals that you can re-make frequently that are both satisfying and easy. Hopefully filled with ingredients you typically have in your home.

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

What Portion sizes should you be eating?

Notes & Tips

- Refer to the hand portion size graphic which can be found [HERE](#).
- As many meals as possible, focus on following these guidelines
- Are you currently eating too large of portions? What does "just a little bit better look like?"

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

☐ Can you hit 10,000+ steps a day?

Notes & Tips

- 20-60 minutes of exercise 3-5 times a week is important. But movement throughout the day is also important.
- Use an activity tracker and track your steps.
- How many steps are you currently getting? What is "just a little bit better"?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

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❑ Do You Exercise 3-4 times a week consistently?

Notes & Tips:

- Exercise is important for your physical and mental health.
- Experiment this week with different types of exercise (walking, running, our regular workouts, our strength workouts, yoga, foam rolling).
- Put your workout times on your calendar. Are these times convenient? If not, find a more convenient time.
- What does “just a little better” look like for you with exercise?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

❑ Are You Sleeping 7-9 hours a night?

Notes & Tips

- Sleep. Ugh. Remember when that was easier to get?
- Do your best to get some more rest. Sleep is a hormonal reset button. Without it our energy sucks and our cravings are high. You can literally be eating well and losing weight, but without adequate sleep your hormones could prevent you from seeing the results you'd like.
- Try napping, going to bed earlier, alternating who wakes up with the kids each night with your spouse, or whatever you've got to do to get some more sleep.
- What does “just a little bit better” look like in terms of your sleep life?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

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❑ Can You Sit down to eat your meals + Practice distraction free eating?

Notes & Tips:

- Are you scarfing down meals at your desk or over the sink? Then this habit is for you.
- If we are distracted with work, our phone, or the TV its really hard to notice the subtle hunger and fullness cues that our body is giving us.
- Turn down the noise and listen while you eat. Listen to the person you're eating with, listen to your body, listen to your thoughts.
- Working toward weight loss? Try stopping when you're approx 75% full.
- What is just a little bit better for you when it comes to sitting down and eating distraction free?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

❑ Work on Eating Meals Regularly

Notes & Tips

- This one seems simple, but for any of you busy little bees who get lost in your work or the business of your life as a mom, you'll want to tackle this habit.
- Skipping meals, waiting until 3 PM to eat, or trying to survive on coffee alone isn't going to cut it. By delaying our meals or forgetting to eat we are typically undernourished and have a tendency to overeat at the next meal.
- Focus this week on 3 meals and at least 1 snack a day eaten at regular intervals.
- What is something you can do each day that is just a little bit better than the day before?

End of Week Check In:

Did You Do It? _____

How Did It Go? _____

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❑ Try to Notice your cravings

Notes & Tips:

- Struggling with cravings? This habit is for you.
- Instead of simply giving into your cravings lets stop and explore them a little.
- When do they happen? What is the craving for? How was your eating up until the point that you had the craving? Do you feel the craving in your stomach like hunger or in your brain? Is this craving part of a routine (ie you always crave something right after the kids go to bed). Where are you at in your cycle?
- Start a note file on your phone and simply jot down a few notes about your cravings as they happen. No judgement.
- Remember, the dose always creates the poison. If your cravings are minimal or the only fun food you eat each day is that bowl of cereal you crave each night and the rest of your eating is pretty good, then we probably don't need to do anything to "fix" it.

End of Week Check In:

Did You Do It? _____

How Did It Go? _____