

Honest Fitness

**Achieve Real Change:
A Practical Guide to Align Your Actions
with Your Goals**



ATLETICA

Table of Contents

1. Introduction

- a.1 Meet Your Coach
- b.2 Your Journey Begins

2. How to Build trust Through Discipline

- a.1 Where Change Starts
 - i.1.1 Tools for success
 - ii.1.2 Journal Prompts
 - iii.1.3 Habit Tracker

3. Eating For a Strong Healthy Body

- a.1 How to Read Nutrition Facts
- b.2 Photo Food Journal
- c.3 Understanding Macro-Nutrients
- d.4 Volume Eating
- e.5 Macro Cheat Sheet
- f.6 The Logistics
- g.7 Recipes
- h.8 Tips
- i.9. Grocery Shopping List

4. Mobility and Stretches

Meet Your Coach



Hello my fit chicken!

I'm Laura, NASM-certified personal trainer, lifestyle coach and founder of Atletica Coaching. My journey into coaching wasn't a straight path. I also faced many challenges, doubts, AND victories along my fitness journey. Some were in the form of eating disorders, body dysmorphia and a lack of discipline. These led me to seek healing, consequently discovering my passion for helping others.

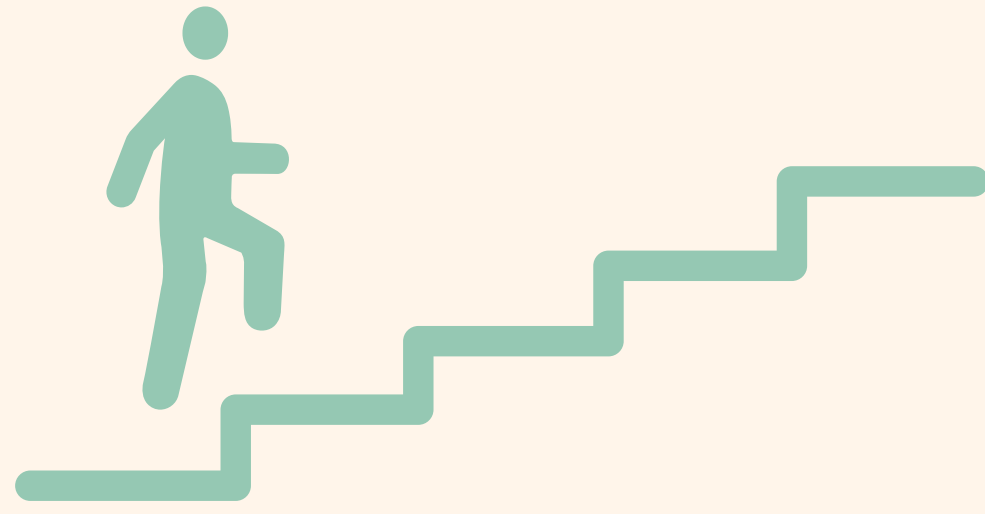
Now, I specialize in helping busy individuals live confidently, pain-free, and committed to continually reaching new goals. This is done using my holistic approach to fitness coaching. I believe exercise is a powerful tool for living a fulfilling life, when properly integrated into your life, it becomes part of the foundation. I'm here to guide you on your path.

Thank you for trusting me with your goals – we're in this together!

At Atletica, we empower busy professionals to achieve lasting fitness and well-being through personalized, holistic coaching. Our programs focus on building strength, improving mobility, correcting posture, and balancing nutrition, all designed to fit into your hectic life.

If you're ready to transform your health and create sustainable habits, we're here to guide you every step of the way.

Your Journey Begins



Life is busy, and I get it. You're juggling work, family, personal goals, and somehow, you're still trying to find time for yourself—to get stronger, to feel better in your body, and to finally become the version of yourself you've been striving to see in the mirror.

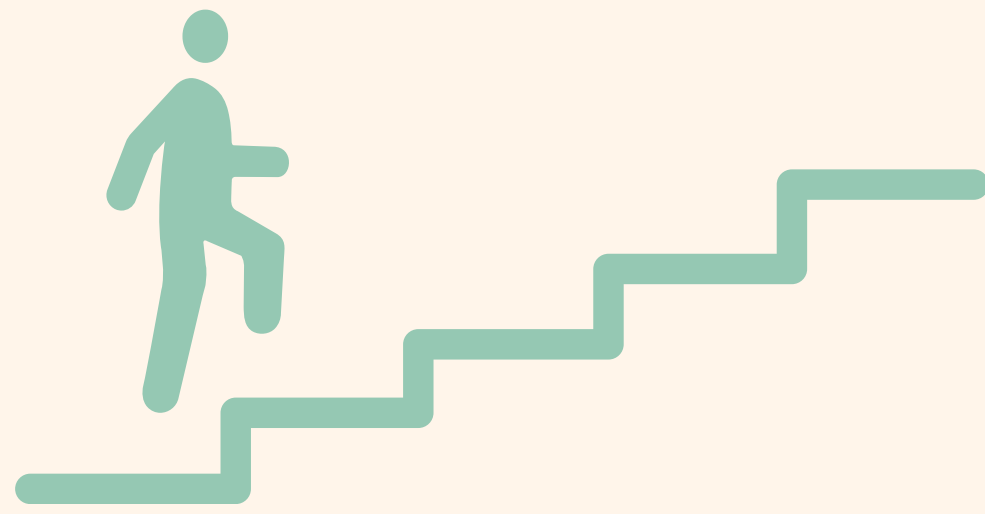
You want to be more active, more intentional with your choices, but between all your responsibilities, it's hard to figure out what actually works for you.

Here's the truth: change takes commitment, discipline, and, most importantly, patience. You don't need someone to tell you to work harder—you're already doing enough.

What you need is a clear path that doesn't feel overwhelming, something realistic and adaptable to your life.

This is where this guide comes in.

Your Journey Begins



This guide, is not about quick fixes or extremes.

It's about learning how to keep the promises you make to yourself and building a foundation that will last.

It's about forgiving yourself for past decisions, understanding why they happened, and choosing to do better for yourself moving forward. Together, we'll make gradual, intentional changes that align with your values and goals, creating a healthier relationship with your body and mind.

This guide is your starting point to real transformation—one that's sustainable, tailored to your life, and focused on you.

Step by step, I'll show you how to get there, not by following rigid rules, but by listening to what your body truly needs and creating habits that fit into your daily life. Your future self is waiting. Let's take the first step.

How to Build Trust Through Discipline

How to Build Trust Through Discipline

Creating a healthy relationship
with your body involves:

- **Small, Intentional Actions:** Start with small, manageable changes that reflect your values and priorities. This could be as simple as incorporating a balanced meal into your day or taking a short walk.
- **Self-Awareness:** Pay attention to your body's signals. Learn to understand what it needs, by paying attention to how it responds to different foods and activities.
- **Honesty and Self-Love:** Be honest with yourself about your habits and needs. You deserve to take care of yourself and make choices that reflect this self-love, your actions of love towards yourself, are the evidence your mind needs to believe it.
- **Education:** Learn about what your body needs and how to meet those needs effectively. This could involve understanding your nutritional requirements or the impact of different exercises on your body.

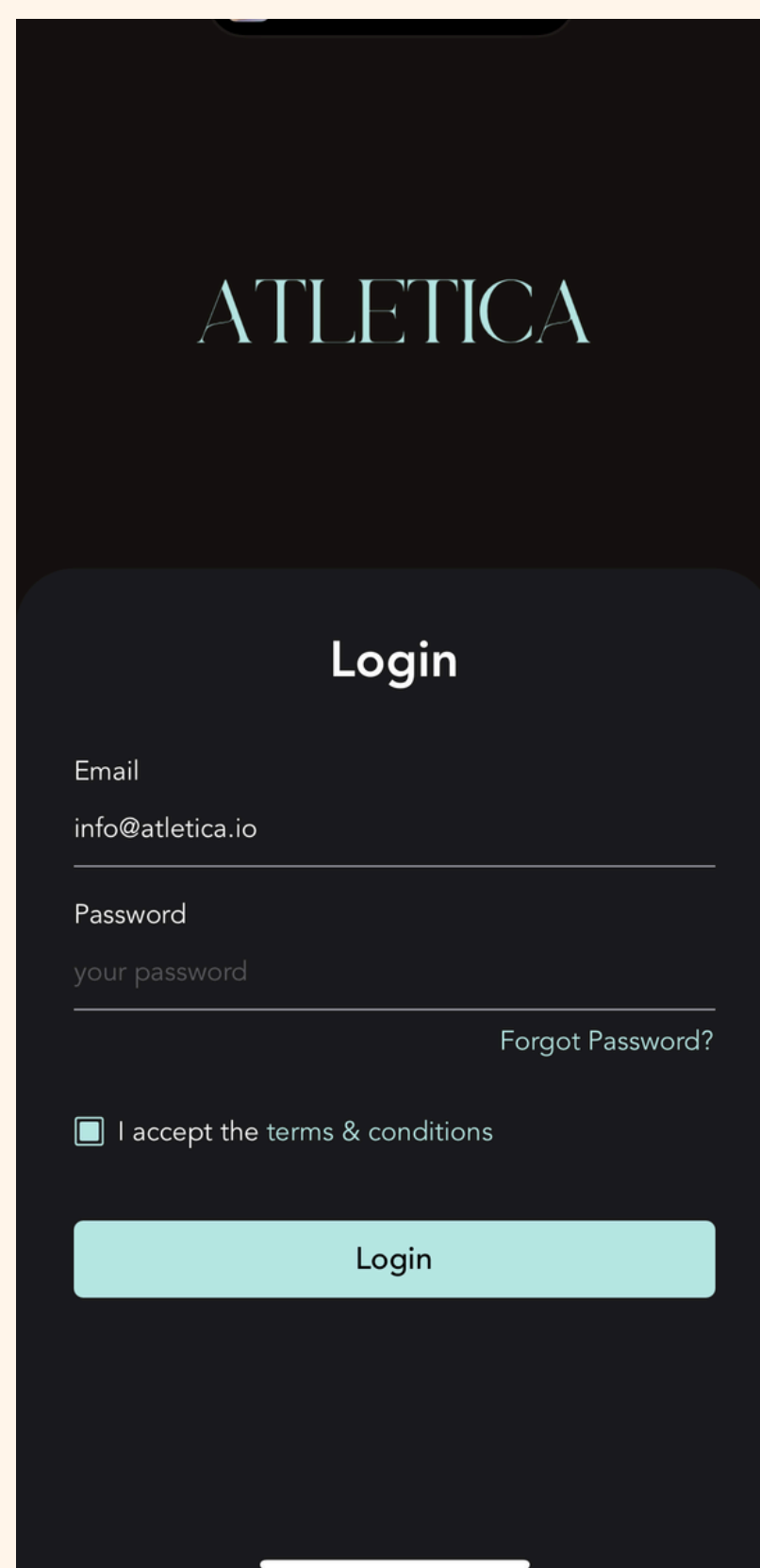
Change Requires Intentional Action

Change is inherently uncomfortable, but it's also a sign of growth. Here's how to embrace it:

- **Identifying Core Values:** Reflect on what truly matters to you. This will guide your actions and decisions.
- **Avoid Impulsivity:** Make decisions based on *intention* rather than impulse or habit. Mindful choices lead to better outcomes long-term. Delaying gratification builds mental strength and resilience.
- **Focus on Intentional Action:** Be *present* in your actions. Whether it's eating, exercising, or resting, do it with *purpose and awareness*.
- **Patience and Forgiveness:** Understand that all change involves struggle. Be patient with yourself and forgive past mistakes. The point is to become a *BETTER* version of yourself every day.

Tools For Success

- In this section, you'll get a preview of the powerful tools available through the Atletica app, designed to help you stay on track with both your physical and mental wellness.
- Our Habit Tracker allows you to log daily habits, set reminders, and monitor your consistency in key areas of your fitness, nutrition, and mindset.
- By visualizing your progress, you can hold yourself accountable and celebrate small wins along the way. Along with the tracker, the app offers coaching tools such as personalized workout plans, goal-setting features, and journaling prompts to support you in your journey.



Building a Healthy Mindset

- Repairing your relationship with food, exercise, and your body requires a shift in mindset. Journaling helps bring mindfulness, self-compassion, and gratitude into your fitness journey. You'll find some prompts in the next few pages that you can use to begin this useful practice.
- Creating a strong routine around your mornings and evenings can be the key to maintaining your focus, mindfulness, and overall well-being.
- A thoughtful morning routine may include light stretching, setting daily intentions, and nourishing your body with a balanced breakfast. Meanwhile, an evening routine can involve winding down with a gratitude journal, reflecting on your day, and engaging in relaxation techniques that promote better sleep.
- Getting adequate rest is equally important for your body and mind, so fixing your sleep schedule should be a top priority. Sleep restores your muscles, balances your hormones, and improves your mental clarity, making it a crucial part of any health plan.

Morning Journal

(Remember)

IMMERSE YOURSELF IN THE PRACTICE OF A FOCUSED MORNING JOURNAL—A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND WELL-BEING.

(Day):

(Month):

(Year):

Today's Affirmation

Goal of the day

(To Do) Priority of the day:

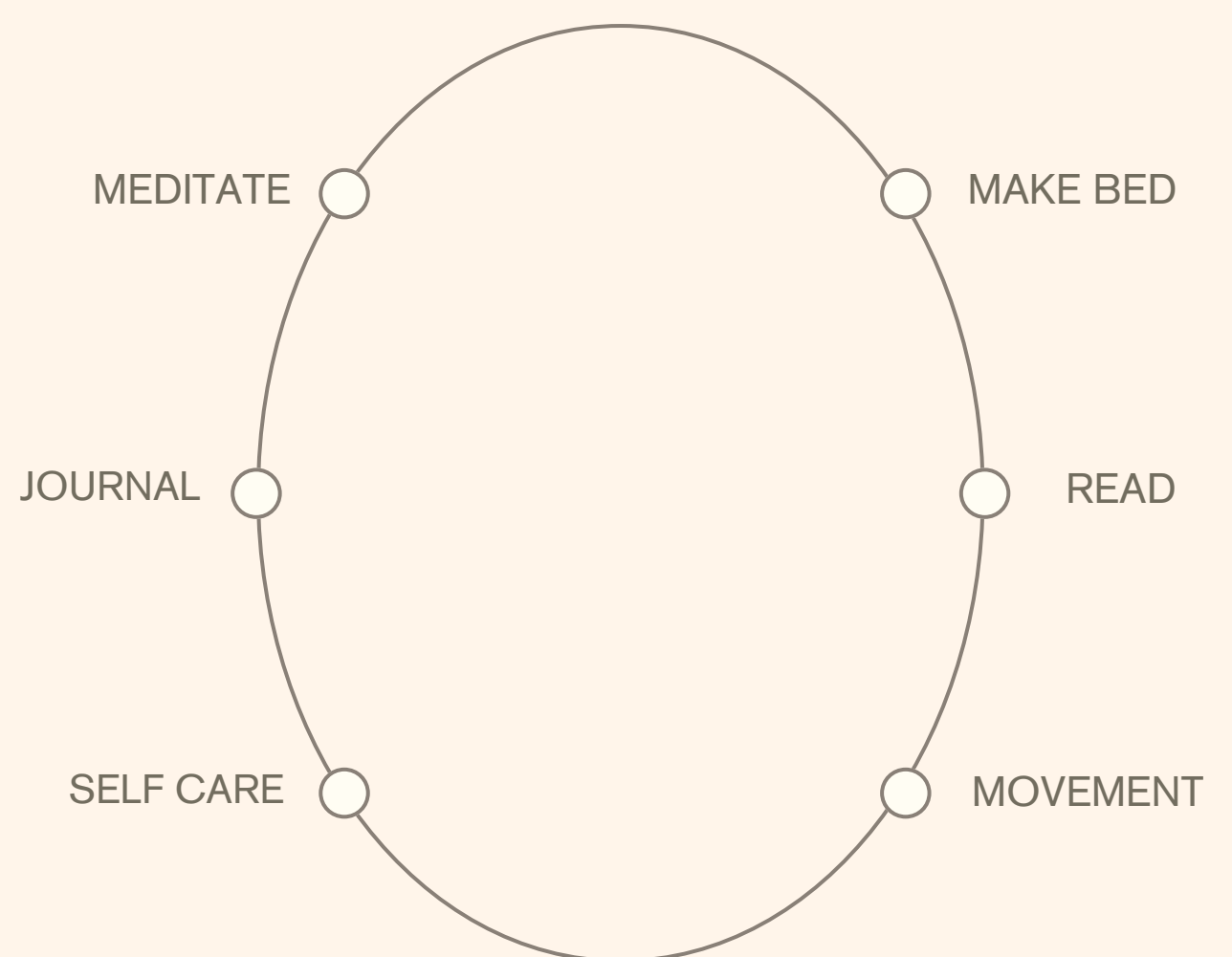
- _____
- _____
- _____

(Thoughts)

SET INTENTIONS FOR CLARITY, VITALITY, AND INNER PEACE, AND FEEL THE POSITIVE IMPACT THROUGHOUT THE DAY.

(Morning Rituals Checklist)

ROADMAP TO AN ENERGIZED AND PURPOSEFUL START.



TO START

OK

DELAY

STUCK

CANCEL

Bed-Time Journal

EMBRACE THE POWER OF REFLECTIVE JOURNALING AT THE END OF EACH DAY—A RITUAL THAT GROUNDS YOU, HELPING TO CLEAR YOUR MIND, PROCESS YOUR EMOTIONS, AND PROMOTE RESTFUL SLEEP.

IT'S A SIMPLE YET TRANSFORMATIVE PRACTICE THAT SETS THE TONE FOR YOUR WELL-BEING AS YOU TRANSITION FROM ONE DAY TO THE NEXT.

(Day):

(Month):

(Year):

What is one thing your body has done for you today that you're grateful for?

What did I learn?

Things I did for myself and for others:

- _____
- _____
- _____

(Thoughts)

EMBRACE THE POWER OF REFLECTIVE JOURNALING AT THE END OF EACH DAY—A RITUAL THAT GROUNDS YOU, HELPING TO CLEAR YOUR MIND, PROCESS YOUR EMOTIONS, AND PROMOTE RESTFUL SLEEP.

IT'S A SIMPLE YET TRANSFORMATIVE PRACTICE THAT SETS THE TONE FOR YOUR WELL-BEING AS YOU TRANSITION FROM ONE DAY TO THE NEXT.

What is one way you can show kindness to yourself tomorrow?

(Bed-time Rituals Checklist)

ROADMAP TO A RELAXING EVENING AND REGENERATIVE SLEEP

DISCONNECT FROM TECHNOLOGY

SELF CARE

STRETCH

TO START

OK

DELAY

STUCK

CANCEL

DAILY PLAN

DATE

TODAY'S SCHEDULE

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3 - 4 PM	
4 - 5 PM	
5-6 PM	
6-7 PM	
7-8 PM	

TOP PRIORITIES

-
-
-
-

TO DO LIST..

-
-
-
-
-
-
-
-

FOR TOMORROW..

NOTE..


Tools and App Features

Through the Atletica app, you'll have access to a suite of features designed to support your journey toward a healthier, more balanced lifestyle.

- **Integrated Personalized Habit Tracker:**

1. Our habit tracker makes it easy for you to set daily, weekly, and monthly goals.
2. Whether it's drinking more water, practicing mindfulness, or completing your workouts, you can log each action and receive insights on your progress.
3. Consistency is key, and the habit tracker keeps you accountable by sending gentle reminders and encouraging you to reflect on your habits over time.
4. The app registers your metrics for sleep, stress, recovery, and determines whether or not your training is being affected by these factors.
5. Tracking your habits not only helps you progress, but it gives us concrete empirical data on what could be slowing down your progress.

Tools and App Features

 **Inside-Out Growth: 180° Transformation**

Daily Affirmations - Speak it into reality!

Meditate for 10 min

What mental blocks barriers did I overcome today to push myself?

3 things I am grateful for today.

Drink 2L water per day

Walk 10,000 steps

Get 10 min of sunshine

Fatigue

1 2 3 4 5 6 7 8 9 10

Stress

1 2 3 4 5 6 7 8 9 10

Sleep

1 2 3 4 5 6 7 8 9 10

Recovery

1 2 3 4 5 6 7 8 9 10

Tools and App Features

- **Progress Visuals:** The app features progress visuals, from habit completion streaks to workout stats, giving you a tangible way to see your growth. This helps reinforce positive behaviors and motivates you to stay on track.
- **Coaching Dashboard:** Gain access to a personalized dashboard where you can track your physical progress, set new milestones, and adjust your workouts as needed. Our tools integrate seamlessly with your schedule, giving you flexibility and support whenever you need it.

Eating For A Strong Healthy Body

How to Read Nutritional Facts

Understanding nutrition labels is essential for making informed food choices.

Here's a breakdown to help you navigate them:

- **Serving Size:** Start by checking the serving size to understand the nutritional information in the context of how much you actually eat. This is not necessarily the recommended amount you should eat, it simply makes it easier to measure.
- **Calories:** Pay attention to the number of calories per serving. Balance this with your daily energy needs. Understanding what foods are calorie dense, which are more calorie efficient and comparing their overall nutritional value.
- **Macronutrients:** Look at the amounts of protein, carbohydrates, and fats. Aim for a balance that supports your fitness goals—more protein for muscle building, moderate carbs for energy, and healthy fats for overall health.
- **Micronutrients:** Check for essential vitamins and minerals. Opt for foods high in nutrients like vitamins A, C, calcium, and iron.
- **Ingredients List:** The shorter and more recognizable the ingredients, the better. Avoid foods with long lists of additives and preservatives.
- **Fats:** Focus on unsaturated fats (found in nuts, seeds, and avocados) and avoid trans fats and excessive saturated fats.

By learning to read and compare nutritional facts, you can make better food choices that align with your fitness goals.

Chocolate Chip Macadamia	
Nutrition Facts	
Varies servings per container	
Serving size	2 cookies (27g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vit. D 0mcg 0%	Calcium 5mg 0%
Iron 1mg 6%	Potas. 28mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Create A Food Journal

Tracking your food intake can provide valuable insights into your diet, but going from eating out of habit to weighing and measuring everything straight away can be overwhelming and might make you feel restricted.

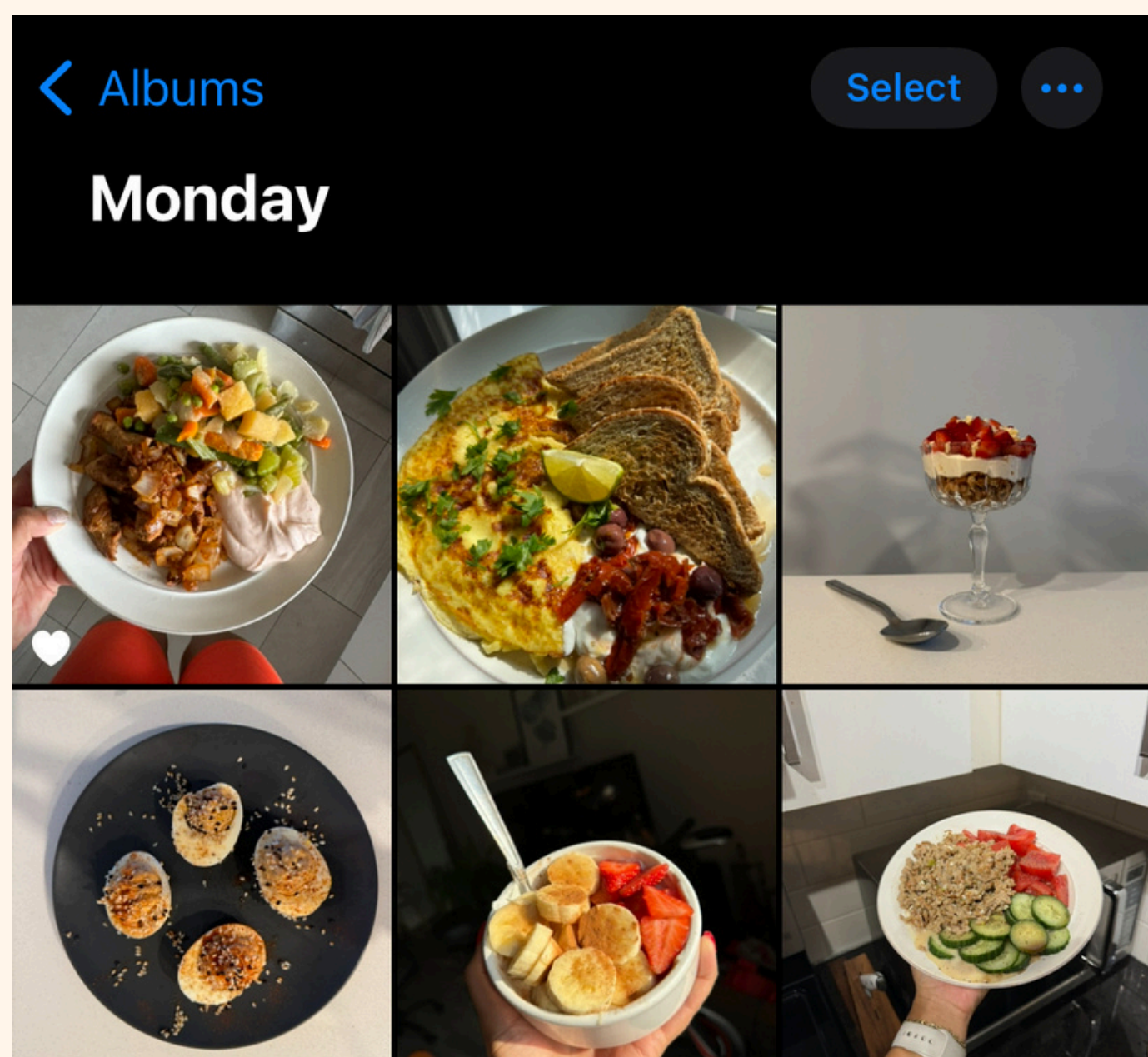
So, before making any adjustments, and in order to become familiar with your current diet, you can start by visually tracking your food intake.

Here's how to use a food journal effectively:

- **Photo Documentation:** Take photos of everything you eat in a day. This visual record helps you see what your diet looks like in practice.
- **Weekly Review:** At the end of each week, review your photos and assess your diet. Look for patterns and balance in your meals.
- **Balanced Diet Check:** Evaluate if your diet includes a variety of nutrient-dense foods. Check for visual diversity (colorful fruits and vegetables) and proper portion sizes.

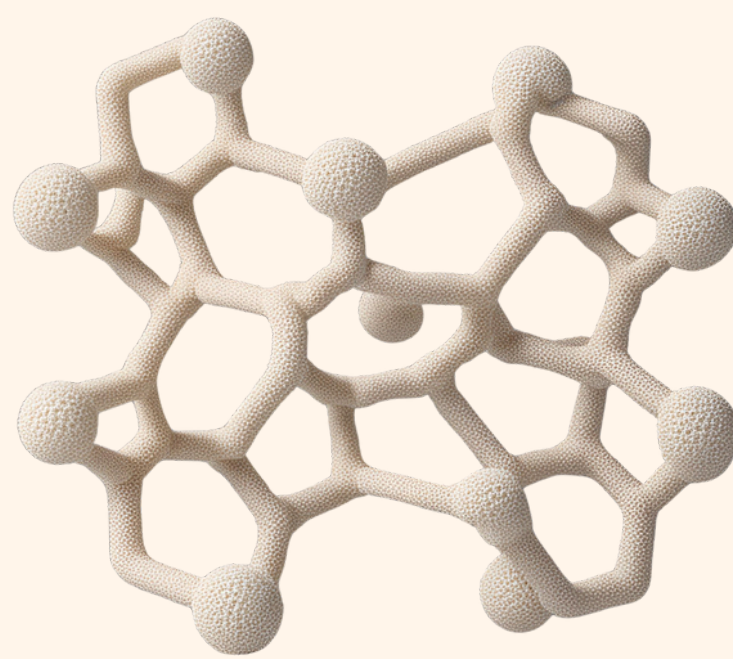
Assessing your food intake this way helps you make informed adjustments and ensures you're meeting your nutritional needs. It's a step that will bring you closer to your goals.

Example of Photo Food Journal



Understanding Macronutrients: Fuelling Your Body with Purpose

Your body relies on three primary macronutrients – **protein, carbohydrates, and fats** – each serving essential roles in supporting overall health, energy, and body composition. When it comes to building a sustainable, healthy lifestyle, understanding how these macronutrients work in your body will help you make smarter, more intentional food choices.



Protein: The Building Block of Your Body

Protein is often called the building block of life for a reason—it plays a crucial role in repairing tissues, building muscle, maintaining lean body mass, and supporting immune function.

A protein-rich diet is essential, especially if you have goals related to fat loss, muscle gain, or improved physical performance.



Why is protein so important?

- **Muscle Repair & Growth:** After workouts, your muscles need protein to repair and grow stronger. This is key to reshaping your body composition—helping you gain lean muscle and burn fat.
- **Metabolism Booster:** Protein has a higher thermic effect, meaning your body burns more calories digesting it compared to carbs and fats.
- **Satiety:** Protein helps you stay fuller longer, reducing cravings and overeating.

Many people don't consume enough protein in their diets, and that imbalance can lead to overeating on other, less nutrient-dense foods.



Carbohydrates and Fats: *The Sneaky Culprits*

While carbohydrates and fats are necessary for energy and hormone production, they can easily sneak into your diet in forms that lead to overeating. Processed, simple carbs and hidden fats are often the culprits behind weight gain and sluggishness, as they are low in nutrients and high in calories.

- **Simple Carbohydrates:** Found in sugary snacks, white bread, and processed foods, these types of carbs are digested quickly, causing a spike in blood sugar followed by a crash that leaves you hungry again.
- **Hidden Fats:** Oils, butter, and fried foods can pack a surprising calorie punch while offering little in terms of nutrients.

Both of these can be consumed without even realizing how much you're taking in. That's why many people find themselves overeating—simple carbs and fats tend to be calorie-dense but nutrient-poor, making it easy to overindulge while your body is still craving real nutrients.



High-Volume, Nutrient-Dense Foods: The Key to Eating More and Staying Satisfied

To balance your diet and keep your portions under control, it's important to understand the difference between *high-volume, nutrient-dense foods* and *low-volume, calorie-dense foods*.

High-Volume, Nutrient-Dense Foods: These are foods that provide more bang for your calorie buck. They are rich in vitamins, minerals, and fiber while being relatively low in calories. Think of vegetables, lean proteins, whole grains, and fruits. These foods fill you up without overloading your body with unnecessary calories.


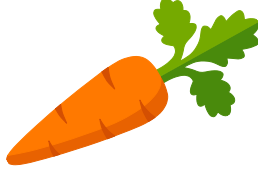
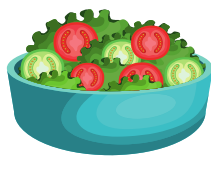
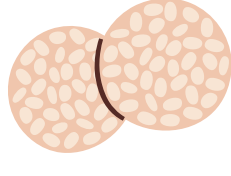



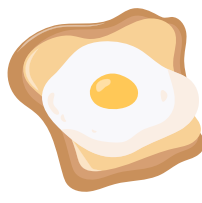


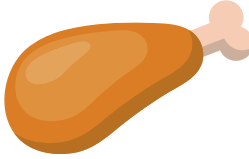

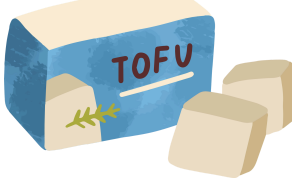
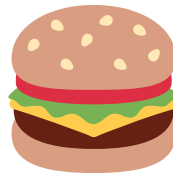
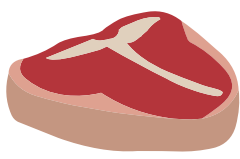
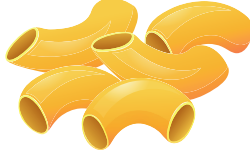
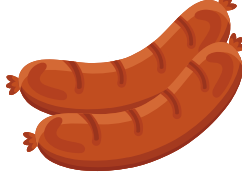










Low-Volume, Calorie-Dense Foods: On the other hand, foods like processed snacks, sugary treats, and fried items are low in volume, meaning they don't take up much space on your plate, but they pack in a lot of calories and provide very few nutrients. Eating these types of foods can leave you feeling unsatisfied and lead to overconsumption.



Caloric Density Chart:
High-Volume Low-Cal. - Low-Vol - High Cal.

CALORIC DENSITY CHART

HIGH VOL. - VERY LOW CAL.					
MOD VOL. - LOW CAL.					
MOD VOL. - MOD CAL.					
MOD VOL. - HIGH CAL.					
LOW VOL. - HIGH CAL.					

** When planning meals, **prioritize high-volume, nutrient-dense** foods. Fill your plate with vegetables, lean proteins, and whole grains.

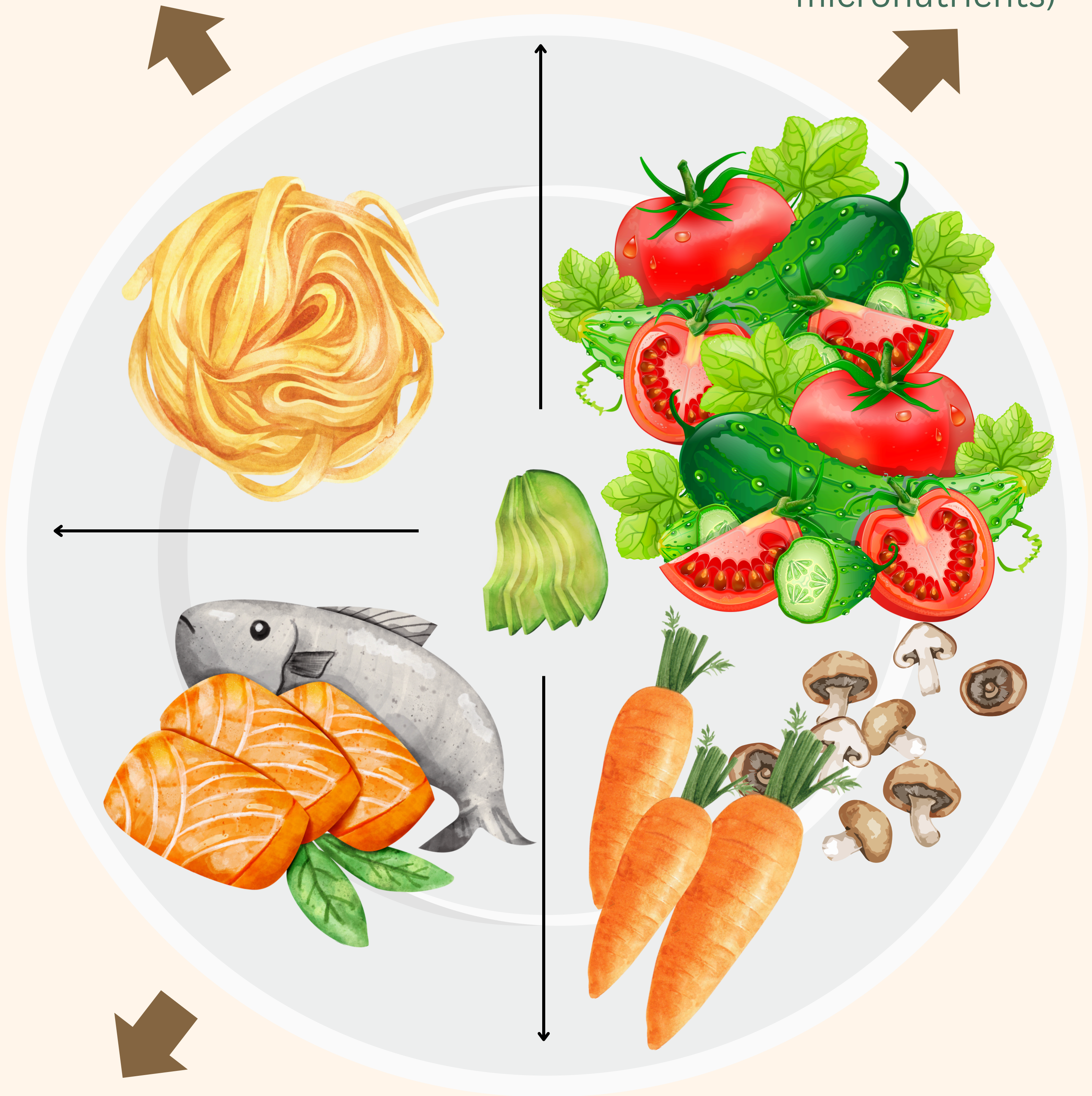
This will help you **eat larger, more satisfying portions** while keeping your calorie intake in check. Avoid falling into the trap of mindlessly consuming low-volume, calorie-dense foods that sneak their way into your day.

Being mindful of portion sizes and choosing foods that nourish your body will help you feel more energetic and in control of your eating habits.

A Visual Guide For Portions

Starches
(Complex Carbohydrates)

Fiber (Indigestible
Carbohydrates,
vitamins,
micronutrients)



Protein

Healthy
Unsaturated Fats

Macro Cheat Sheet

Foods	Calories	Protein	Carbs	Fat
Chicken Breast (Cooked, Skinless)	165 kcal	31 g	0 g	3.6 g
Eggs (Boiled)	155 kcal	13 g	1.1 g	11 g
Salmon (Cooked)	206 kcal	22 g	0 g	12 g
Tofu (Firm)Calories:	144 kcal	15 g	3 g	9 g
Turkey Breast (Cooked, Skinless)	135 kcal	30 g	0 g	1.8 g
Lentils (Cooked)	116 kcal	9 g	20 g	0.4 g
Greek Yogurt (Plain, Nonfat)	59 kcal	10 g	3.6 g	0.4 g
Tuna (Canned in Water)	116 kcal	26 g	0 g	1 g
Cottage Cheese (Low-Fat)	98 kcal	11 g	3.4 g	4.3 g
Quinoa (Cooked)	120 kcal	4.1 g	21 g	1.9 g
Brown Rice (Cooked)	123 kcal	2.7 g	25.6 g	1 g
Oats (Rolled, Dry)	389 kcal	16.9 g	66 g	6.9 g

Macro Cheat Sheet

Foods	Calories	Protein	Carbs	Fat
Sweet Potato (Cooked, Boiled)	86 kcal	1.6 g	20 g	0.1 g
Banana	89 kcal	1.1 g	22.8 g	0.3 g
White Rice (Cooked)	130 kcal	2.4 g	28 g	0.2 g
Chickpeas (Cooked)	164 kcal	8.9 g	27.4 g	2.6 g
Potato (Boiled, Skinless)	87 kcal	1.9 g	20 g	0.1 g
Apple (Raw)	52 kcal	0.3 g	14 g	0.2 g
Broccoli (Cooked)	55 kcal	3.7 g	11 g	0.6 g
Whole Wheat Bread	247 kcal	13 g	41 g	4 g
Avocado	160 kcal	2 g	9 g	15 g
Almonds (Raw)	579 kcal	21 g	22 g	50 g
Olive Oil (Extra Virgin)	884 kcal	0 g	0 g	100 g
Peanut Butter (Natural)	588 kcal	25 g	20 g	50 g

Surplus, Maintenance, and Deficit: Understanding Energy Balance

Your body requires energy (calories) to function—whether it's for physical activity, maintaining bodily processes, or even at rest. The concept of energy balance refers to the relationship between the calories you consume through food and the calories you burn throughout the day. This balance determines whether you gain, lose, or maintain your weight.

1. Caloric Surplus: Eating More Than Your Body Needs

When you eat more calories than your body requires to maintain its current weight, you're in a caloric surplus. The extra energy that isn't used for daily functions is stored, typically as fat. A surplus can be useful for those looking to build muscle and increase strength, but it must be managed carefully to avoid excess fat gain.

- **Who benefits from a surplus?** Those aiming to build muscle mass or improve athletic performance often consume a moderate surplus to support muscle repair and growth after intense workouts.
- **How much?** A small surplus of 200-300 calories above your daily needs is typically enough to promote lean muscle gain without excessive fat accumulation.

2. Eating at Maintenance: Balancing Energy In and Out

Eating at maintenance means you're consuming just enough calories to maintain your current weight. In this state, the calories you consume equal the calories you burn, resulting in no significant weight gain or loss.

- **Who benefits from maintenance?** Maintenance is ideal for those who have reached their desired weight and are looking to maintain their current body composition or improve other aspects of their fitness, such as strength or mobility, without fluctuating weight.
- **How do you find maintenance?** Your maintenance level can vary depending on factors like activity level, metabolism, and body composition. It's often found through a combination of tracking your intake and monitoring your weight over time.

Surplus, Maintenance, and Deficit: Understanding Energy Balance

3. Caloric Deficit: Eating Fewer Calories Than Your Body Needs

When you consume fewer calories than your body needs to maintain its current weight, you're in a caloric deficit. In this state, your body starts using stored energy, often in the form of fat, to meet its energy demands, leading to weight loss.

- **Who benefits from a deficit?** Those aiming for fat loss or a body recomposition goal where they want to lose fat while maintaining muscle mass will typically follow a caloric deficit.
- **How much?** A moderate deficit of 300-500 calories below your maintenance level is recommended for gradual, sustainable fat loss without compromising muscle mass or energy levels.

Practical Application: Find Your Balance

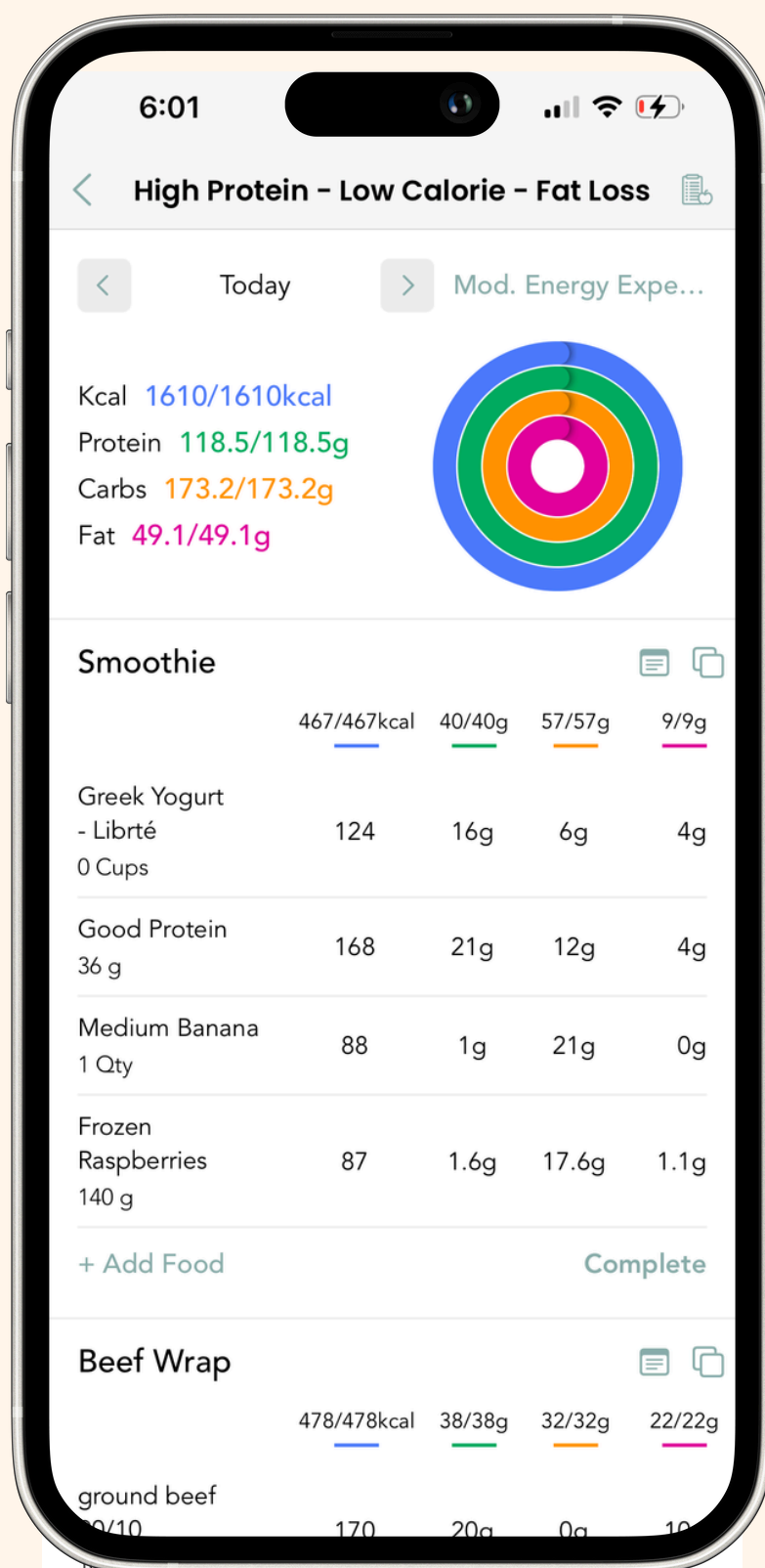
Understanding your energy balance is key to achieving your fitness goals, whether that's building muscle, losing fat, or maintaining your weight.

Keep in mind:

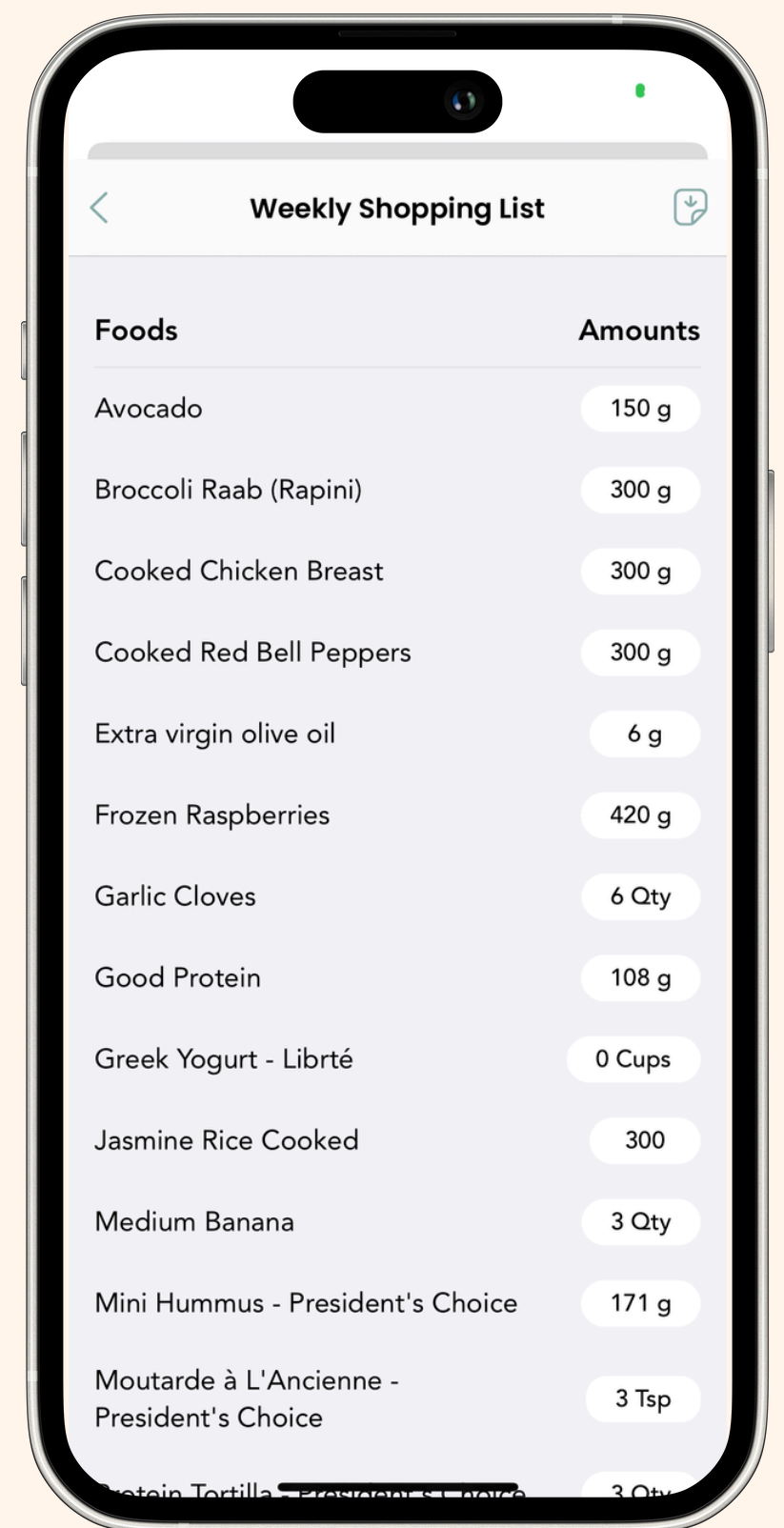
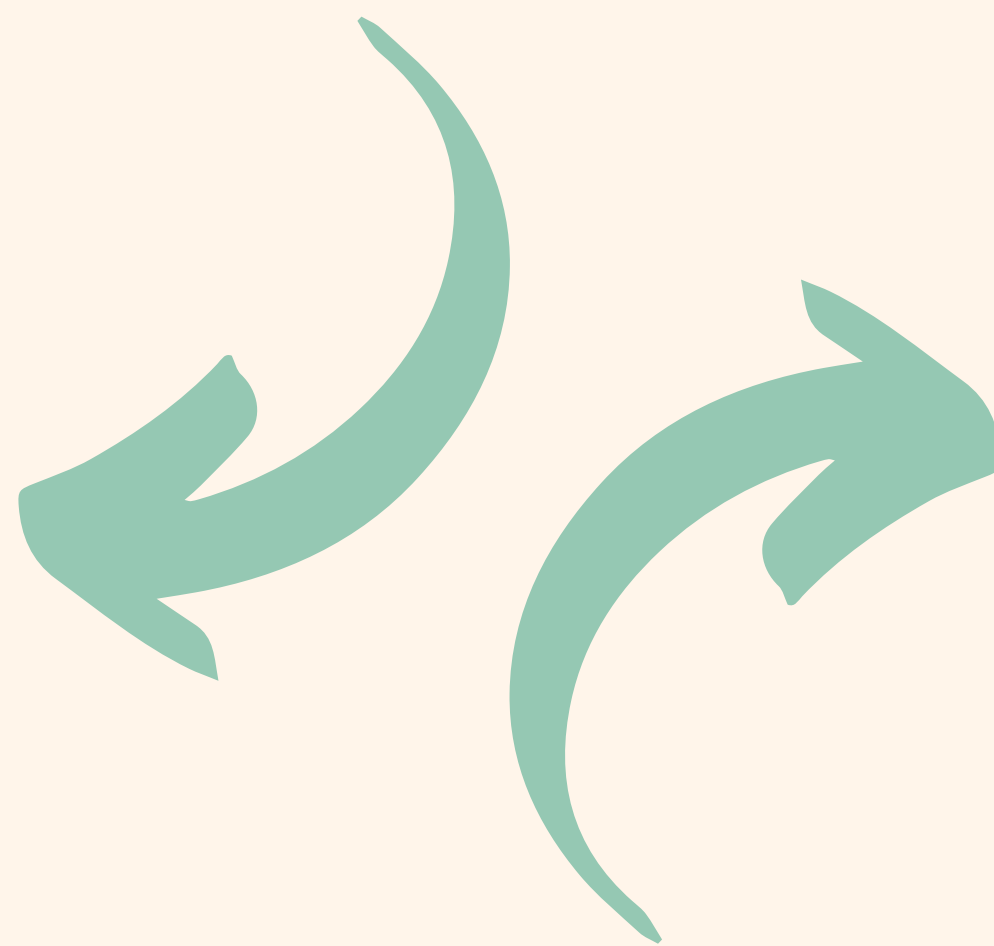
- A surplus promotes muscle growth but can also lead to fat gain if too extreme.
- Maintenance is your sweet spot if you're looking to sustain your weight while focusing on improving other fitness aspects.
- A deficit helps with fat loss but should be managed carefully to avoid loss of muscle and energy dips.

The goal is to adjust your intake based on your specific goals while keeping nutrition, food quality, and activity levels in balance.

Skip The Work, Get Right to Your Goals with **Atletica Coaching**



Integrated meal plans, macro guides, tracking, barcode scanning and more!



Customized grocery shopping lists based on activity levels, and frequency!



Smartwatch integration to sync up your steps and track your NEAT.



Cals & Macros

RECIPES

Smoothie:

Macros: 41 g P – 64 g C – 4 g F 435 cal

- 100 gram, Greek Yogurt Oikos
- 1 cup (80g), Frozen Blueberries
- 1 Scoop, Protein Powder
- 1 medium, Banana
- 1/2 cup Water + Ice



Scramble + toast:

Macros: 39 g P - 38 g C – 14 g F 445 Cals

- 1 cup(s), Egg Whites
- 2 cups, Baby Spinach
- 1 g (1/2 second spray), Olive Oil Cooking Spray
- 2 slices, Multicereal Bread
- 1 cup (149g), Cherry Tomato
- 0.50 cup, slice, Avocado



Omelette:

Macros: 45 g protein – 7 g C – 20 g F 397 Cals

- 1 large, Egg
- 0.50 cup(s), Egg Whites
- 10 g, Feta
- 1 cup, Spinach
- 1 medium, Tomatoes
- 1 g (1/2 second spray), Olive Oil Cooking Spray
- 90 gms, Smoked Salmon



Cals & Macros

RECIPES

Overnight Oats (NO DAIRY):

Macros: 30 g - 59 g C - 13 g F 457 Cal

- 150 milliliter, Almond Milk Unsweetened
- 2 tbsp(s), Plain 2%
- 2/3 cup, Quick Oats
- 8 almond, Almonds
- 0.50 cup (80g), Frozen Raspberries
- 1 tsp(s), Organic Maple Syrup
- 0.50 Scoop, Protein Powder



Smoothie (NO DAIRY):

Macros: 33 g P - 51 g C - 4 g F 355 cal

- 1 cup (80g), Frozen Raspberries
- 1 Scoop, Protein Powder
- 1 medium, Banana
- 1/2 cup Water + Ice



Omelette (NO DAIRY):

Macros: 30 g P - 16 g C - 13 g F - 311 Cals

- 1 large, Egg
- 0.50 cup(s), Egg Whites
- 1/3 cup Daiya Mozzarella Shredded Cheese
- 1 cup, Spinach
- 1 medium, Tomatoes
- 1 g (1/2 second spray), Olive Oil Cooking Spray
- 50 g Cremini Mushrooms
- 26 g PC Blue Turkey Bacon (1 slice)



Cals & Macros

RECIPES

Protein Pancakes:

Macros 35 g P - 54 g C - 16 g F 500 Cals

- 0.75 cup, Quick Oats
- 1.50 tsp, Baking powder
- 0.50 Scoop, Protein Powder
- 1 large, Egg
- 56.75 g (1 cup), Total 2%
- 1 tsp, Vanilla Extract
- 0.50 tbsp, Maple Syrup
- 1 tsp, Coconut oil



****ALTERNATIVE - USE FLOURISH PROTEIN PANCAKE MIX - USE CODE: LORA for 10% off**

Salmon Cakes + Salsa:

Macros: 1 g P - 127 g C - 15 g F - 502 cals

Cakes

- 3 oz . salmon fillet, cooked/skin removed/flaked
- 1/2 cup grated zucchini
- 1 large egg
- 15 g grated Parmesan cheese
- 1/4 cup gluten-free panko breadcrumbs
- 2 tbsp chopped cilantro
- 1 tsp minced garlic
- 1/2 tsp chili powder
- 1 tsp salt
- PC Olive oil spray 1 second
- 23 g Jasmine rice (weighed raw)

Salsa

- 1/2 cup chopped mango
- 1/2 cup chopped tomatoes
- 2 tbsp minced red onion
- 1 tbsp chopped cilantro
- 1 tbsp minced jalapeño
- 2 tbsp lime juice
- 1/4 tsp salt



Cals & Macros

RECIPES

For protein and veg: Avoid sauces that have extra calories – use mustard, salt, pepper, herbs + spices, garlic and onions to season

Shrimp + Veggie:

Macros: 28 g P – 31 g C – 16 g F – 364 cals

- Marina Del Rey – Argentinian Wild Raw Frozen Shrimp
- ½ cup brown rice (raw)
- 100 g Green Veggie of your choice
- 100 g Orange veggie of your choice
- 1 tbsp olive oil (for cooking)



Salmon + Veggie:

Macros: 22 g P – 27 g C – 24 g F - 444 cals

- 4 oz Salmon Filet
- ½ cup brown rice (raw)
- 100 g Green Veggie of your choice
- 100 g Orange veggie of your choice
- 1 tbsp olive oil (for cooking)



Chicken skewers + Veggie:

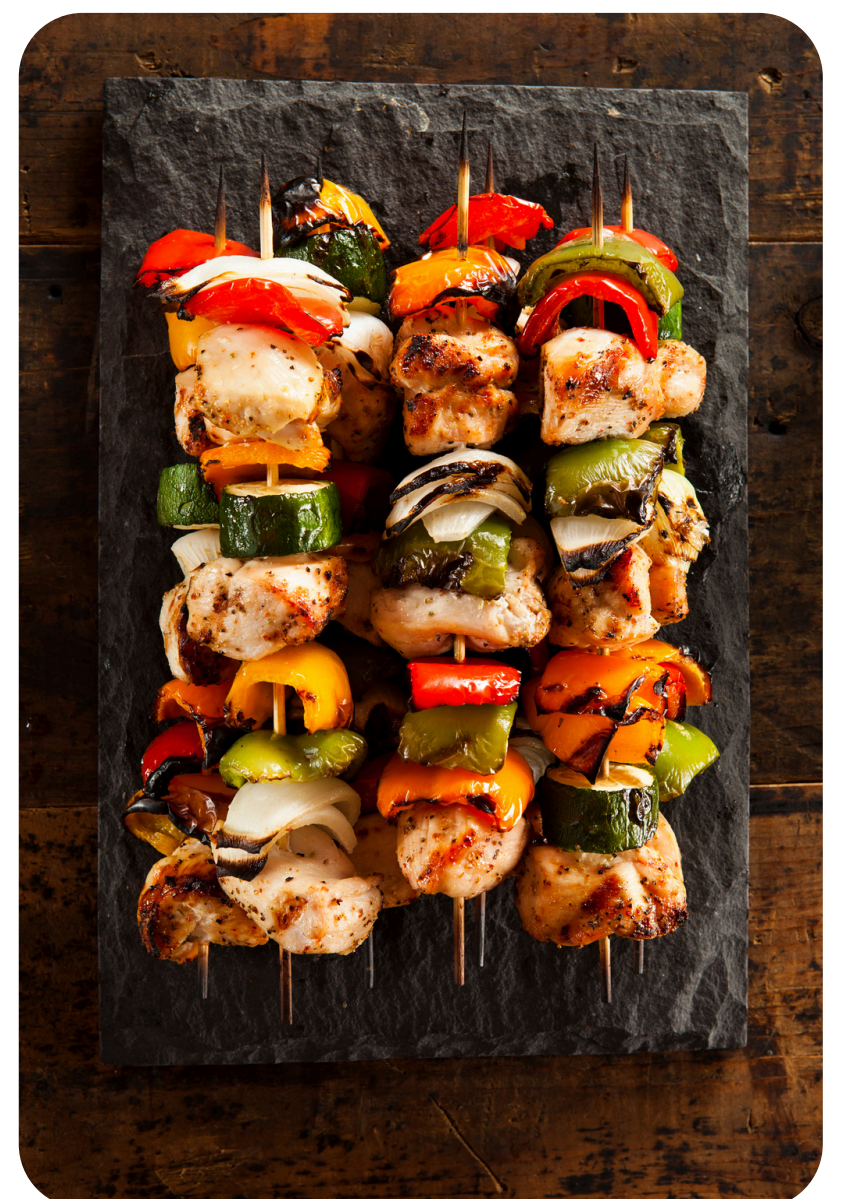
Macros: 40 g P – 59 g C – 16 g F - 534 cals

Marinade:

- ½ tbsp soya sauce
- ½ cup pineapple juice
- 1 garlic clove
- 1 tsp fresh ginger
- ¼ tsp black pepper
- 1 tsp honey
- ½ tbsp sesame oil

Skewers + side:

- 1 cup green bell pepper chopped
- 1 cup red onion chopped
- 22.5 g raw jasmine rice (weigh before cooking)
- 4 oz chicken breast



Cals & Macros

RECIPES

For protein a veg: Avoid sauces that have extra calories – use mustard, salt, pepper, herbs + spices, garlic and onions to season

Shrimp Poke Bowl:

Macros: 30 g P – 44 g C – 23 g F – 481 cal

- 0.50 cup, Brown Whole Grain Rice
- 1 shredded Carrot
- 200 g (5 shrimps), Wild Caught Argentinian Shrimp
- 1 medium scallion chopped
- 0.50 tablespoon, Oil - Sesame
- 10 g, grated Ginger Root Raw
- 0.25 cup, Cilantro
- 1 tsp(s), sesame seeds
- 0.50 tbsp(s), Mirin sauce
- 0.50 tbs, low sodium Tamara sauce
- 0.50 medium, Avocado
- 0.50 Tablespoon, Rice Wine Vinegar
- 1 second spray, Original Cooking Spray



Chicken Burrito:

Macros: 29 g P - 31 g C - 11 g F 323 Cals

- 1 (34 g), Tortillas 9 céréales
- 2 cups, Baby Spinach
- 0.25 cup, slice, Avocado
- 4 oz Chicken Breast
- 1 g (1/2 second spray), Olive Oil Cooking Spray
- 0.50 cup, sliced, Red bell pepper
- 0.50 cup chopped, White Onion



Burrito:

Macros: 31 g P – 38 g C – 12 g F – 375 cal

- 1 (34 g), Tortillas 9 céréales
- 2 cups, Baby Spinach
- 1/4 cup, sliced, Avocado
- 1 cup, Egg white
- 1/4 cup (125g), Cottage Cheese 1%
- 1 g (1/2 second spray), Olive Oil Cooking Spray
- 0.50 cup, sliced, Red bell pepper
- 0.50 cup chopped, White Onion
- 2 Slice (26 g), Turkey Bacon (Pc Blue Menu)



Cals & Macros

RECIPES

For protein and veg: Avoid sauces that have extra calories – use mustard, salt, pepper, herbs + spices, garlic and onions to season

Greek Yogurt Deviled Eggs with Cooked Salmon

- 12 large eggs, hard-boiled and peeled
- 1/2 cup plain non-fat Greek yogurt (to replace mayo)
- 1 1/2 tablespoons Dijon mustard
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried dill
- Kosher salt and black pepper, to taste
- 2 tablespoons Everything Bagel Seasoning (plus more for sprinkling)
- 4 ounces cooked salmon (instead of cold-smoked salmon)

Instructions:

1. **Prepare the eggs:** Slice the hard-boiled eggs in half lengthwise and remove the yolks. Place the yolks in a medium bowl.
2. **Mash the yolks:** Mash the egg yolks with a fork until crumbly.
3. **Make the filling:** Add the Greek yogurt, Dijon mustard, garlic powder, dill, salt, and pepper to the mashed yolks. Stir until smooth and creamy.
4. **Add the salmon:** Flake the cooked salmon into small pieces and fold it into the yolk mixture.
5. **Fill the eggs:** Spoon or pipe the yolk mixture back into the egg white halves.
6. **Garnish:** Sprinkle with additional Everything Bagel Seasoning.
7. **Serve:** Refrigerate for at least 30 minutes before serving for best flavor.

Nutritional Estimate (Per Egg Half):

- Calories: ~65
- Protein: ~5g
- Carbs: ~1g
- Fat: ~4g



Cals & Macros

RECIPES

Here are some healthy and tasty sauce, dressing, and marinade alternatives:

- **Greek Yogurt Tzatziki:** Use Greek yogurt as a base for a creamy, high-protein sauce. Add cucumber, garlic, and dill for flavor.
- **Lemon Herb Dressing:** Combine lemon juice, olive oil, and fresh herbs for a zesty and low-calorie dressing.
- **Miso Sauce:** Mix miso paste with a bit of water and sesame oil for a flavorful, low-fat sauce that adds umami to your meals.

- **Creamy Honey Chipotle Vinaigrette:**

1/2 cup nonfat Greek or dairy-free yogurt(120 g)
2 Tbsp chipotle peppers in Adobo sauce, blended together first (30 g)
1 Tbsp olive oil (15 g)
2 Tbsp fresh lime juice (30 g)
2 Tbsp cilantro, chopped (10g)
1 Tbsp light (in color) balsamic vinegar, or red wine vinegar (15g)
1 frozen garlic cube, or 1 minced garlic clove(5 g)
1 Tbsp honey (15 g)
1/4 tsp kosher salt

- **Macro-friendly Cilantro Pepita:**

1/2 cup Dairy free Forager sour cream or your favorite plain yogurt, or mayo (120 g)
1/2 Bunch of cilantro (20 g)
1/2-1 Jalapeño (15 g)
1 Tomatillo (40 g)
1 Frozen garlic cube, or fresh clove
2 Tbsp Pepitas (30 g)
2 Tbsp Red wine vinegar (30 g)
1/4 tsp Kosher salt

Cals & Macros

RECIPES

Here are some healthy and tasty sauce, dressing, and marinade alternatives:

- **Oil-Free Basil and Parsley Pesto:**

2 cup herbs of choice- half basil half parsley

3 tbs non fat greek yogurt

3 tbs orange flavoured vinegar (Orange Muscat vinegar or any sweet fruity vinegar.

20 g toasted pine nuts I find these to a great price at Trader Joes

1 clove garlic or frozen dorot cube

sprinkle of salt pepper, and pinch of red pepper flakes

- Mix plain greek yogurt with a little bit of lemon juice, grainy dijon mustard for something fresh and spicy.
- Greek yogurt, liquid aminos, sriracha, Trader Joe's 21 seasoning salute - a healthy replacement for spicy mayo.

Cals & Macros

RECIPES

1. Citrus Garlic Chicken Marinade (Low-Fat)

- Macros (per 2-tbsp serving): 20 calories, 3g carbs, 0g fat, 0g protein
- Ingredients:
 - 1/4 cup fresh lemon juice
 - 1/4 cup fresh orange juice
 - 2 cloves garlic, minced
 - 1 tbsp soy sauce (or low-sodium soy sauce)
 - 1 tbsp Dijon mustard
 - Salt and pepper to taste

Instructions:

1. Mix all ingredients together in a bowl or resealable bag.
2. Add chicken or fish, and marinate for 30 minutes to 2 hours in the fridge.
3. Grill, bake, or broil.

2. Balsamic Herb Marinade

- Macros (per 2-tbsp serving): 25 calories, 4g carbs, 0g fat, 0g protein
- Ingredients:
 - 1/4 cup balsamic vinegar
 - 1 tbsp Dijon mustard
 - 1 tbsp fresh rosemary, chopped (or 1 tsp dried)
 - 1 tbsp fresh thyme, chopped (or 1 tsp dried)
 - 2 cloves garlic, minced
 - Salt and pepper to taste

Instructions:

1. Combine all ingredients in a bowl or resealable bag.
2. Add your chicken, fish, or vegetables, and marinate for 1-2 hours.
3. Grill or roast to perfection.

Cals & Macros

RECIPES

3. Spicy Soy Ginger Marinade (No Oil)

- Macros (per 2-tbsp serving): 20 calories, 2g carbs, 0g fat, 1g protein
- Ingredients:
- 1/4 cup soy sauce (or low-sodium soy sauce)

1 tbsp fresh ginger, minced

- 1 tbsp rice vinegar
- 1 tbsp fresh lime juice
 - 1 tsp honey or agave syrup (optional for sweetness)
 - 1 tsp red pepper flakes (optional for spice)

Instructions:

- Mix all the ingredients together.
- Marinate your fish or chicken for 30 minutes to 1 hour in the fridge.
- Grill, stir fry, or bake.

4. Lemon Dijon Mustard Marinade

- Macros (per 2-tbsp serving): 15 calories, 2g carbs, 0g fat, 1g protein
- Ingredients:
 - 1/4 cup lemon juice
 - 2 tbsp Dijon mustard
 - 1 tbsp apple cider vinegar
 - 1 garlic clove, minced
 - 1 tbsp fresh parsley, chopped
 - Salt and pepper to taste

Instructions:

1. Combine all ingredients in a bowl or bag.
2. Marinate chicken or fish for 1–2 hours in the fridge.
3. Grill, bake, or sauté.

Cals & Macros

RECIPES

5. Chili Lime Marinade

- Macros (per 2-tbsp serving): 20 calories, 2g carbs, 0g fat, 0g protein
- **Ingredients:**
 - 1/4 cup fresh lime juice
 - 1 tbsp chili powder
 - 1 tbsp garlic powder
 - 1 tbsp cilantro, chopped
 - 1 tsp cumin
 - Salt and pepper to taste

Instructions:

1. Whisk all ingredients together.
2. Marinate chicken or shrimp for 30 minutes to 1 hour.
3. Grill or bake.

6. Soy Lime Fish Marinade

- Macros (per 2-tbsp serving): 15 calories, 2g carbs, 0g fat, 1g protein
- **Ingredients:**
 - 1/4 cup soy sauce (or low-sodium soy sauce)
 - 2 tbsp fresh lime juice
 - 1 tbsp fresh ginger, minced
 - 2 cloves garlic, minced
 - 1 tsp honey or agave syrup (optional)
 - Salt and pepper to taste

Instructions:

1. Combine all ingredients.
2. Marinate fish for 30 minutes to 1 hour in the fridge.
3. Grill, bake, or broil.

THE *Logistics*

So here's a lil explanation on how this all works!

Step 1: Determine your Basal Metabolic rate (BMR) or how many calories your body uses daily simply to stay alive. The most accurate reading would have to be taken in a lab, so by calculating your Resting Metabolic Rate (RMR), which is how many calories you burn at REST (minimal movement) we get a decent approximation. BMR and RMR are often used interchangeably, so it will help when it comes down to calculate how much you should be eating per day. They make up for 60% to 75% of our total daily energy expenditure.

Formula BMR/ RMR

- Males: $10 \times \text{weight (in kilograms)} + 6.25 \times \text{height (in centimeters)} - 5 \times \text{age (in years)} + 5$
- Females: $10 \times \text{weight (in kilograms)} + 6.25 \times \text{height (in centimeters)} - 5 \times \text{age (in years)} - 161$
- BMR alone doesn't provide a complete picture of your health—factors like muscle mass (body composition), health conditions, and hormone levels are equally important.

THE *Logistics*

Calculating Your Total Daily Energy Expenditure (TDEE)

To calculate your Total Daily Energy Expenditure (TDEE), follow these steps:

- 1. Find Your BMR:** Use a BMR calculator or formula (such as the Harris-Benedict equation) to determine your Basal Metabolic Rate (BMR), which represents the number of calories your body needs at rest to maintain basic physiological functions.
- 2. Choose Your Activity Factor:** Select the activity factor that best matches your lifestyle:
 - 1.2: Sedentary (little to no exercise)
 - 1.375: Lightly active (light exercise 1-3 days per week)
 - 1.55: Moderately active (moderate exercise 3-5 days per week)
 - 1.725: Very active (hard exercise 6-7 days per week)
 - 1.9: Extra active (intense daily exercise or a physically demanding job)
- 3. Calculate Your TDEE:** Use the following equation:
- 4. $TDEE = BMR \times \text{activity factor}$**
5. This will give you an estimate of how many calories you need daily to maintain your current weight.

THE *Logistics*

Additional Components of TDEE

- TEF (Thermic Effect of Feeding): Refers to the energy required for digestion, absorption, and metabolism of food. It typically accounts for about 10% of your total caloric intake. To estimate TEF, multiply your total calorie intake by 0.10.
- TEA (Thermic Effect of Activity): This includes the calories burned during exercise and structured physical activities. It varies based on the intensity and duration of your workouts. To estimate TEA, you can refer to your activity factor, as it inherently includes exercise-related energy expenditure.
- NEAT (Non-Exercise Activity Thermogenesis): Represents all movements you engage in throughout the day that are not formal exercise, such as walking, fidgeting, and even tasks like cleaning. Increasing your NEAT can significantly contribute to overall energy expenditure. Aim to be as active as possible in your daily routines.

Final TDEE Equation

Putting it all together, the equation for TDEE is:

$$\text{TDEE} = \text{BMR} + \text{TEA} + \text{NEAT} + \text{TEF}$$

Macro Nutrient Breakdown

To support your TDEE, you can allocate your calorie intake into macronutrients:

- Carbohydrates: 45% of total calories (900 calories, 225 g)
- Protein: 30% of total calories (600 calories, 150 g)
- Fat: 25% of total calories (500 calories, 56 g)

This balanced approach to macronutrients can help ensure adequate energy levels, muscle repair, and overall health.



You have the liberty to choose whatever snacks you want as long as they fall within the allotted calories.

These are merely guidelines and examples of snacks you may want to eat (but it can literally be anything under the sun!!)



Post workout: *150 – 200 calories*

- Protein bar or Protein shake

Snack 1: *150-250 calories*

- Fruit (One Serving): apple, berries, mango, banana, kiwi, pear,
- Toast or Rice Cake w/ 1 tsp peanut butter + Cinnamon

Snack 2 : *150-250 calories*

- Fruit: apple, berries, mango, banana, kiwi, pear,
- Toast w/ 1 tsp peanut butter

GROCERY SHOPPING STRATEGY

- Refer to the grocery list provided to you and make a list for the week based on the meals you will be eating from breakfast to dinner.
- Focus on a "Core List" of go-to healthy items with macro-nutrients in mind (veggies, fruits, proteins).
- Build around your core items with seasonal ingredients or specific recipes for the week.
- Aim to reduce grocery trips to 1-2 times per week by planning ahead.

ADDRESSING CHALLENGES

- Aim to include protein in every meal. This should be your main focus. To portion use the plate method: half veggies, a quarter protein, a quarter carbs).
- Substitute "fun" foods with healthier alternatives (e.g., homemade desserts with natural sweeteners) and again focus on the protein first.
- For carb cravings during your menstruation, trick your brain with tasty foods that are nutritious, protein dense and low cal.
- Focus on consistency rather than perfection.

MEAL PLANNING & PREPARATION

- Choose meals that can be prepped in under an hour (quinoa bowls, salad jars, smoothie packs).
- Opt for one-pan or one-pot meals to save time (sheet pan dinners, one-pot pasta).
- Dedicate one hour each week to meal prep, prepping simple dishes that you can store, for lunch or dinner (whichever one you have the least time to during the week to make on the spot).

DINING OUT & ALCOHOL

- When dining out, select meals that include grilled fish or lean proteins with veggies, remain aware of your portions. If you know you have eaten enough, take the rest to go. Or save it for later.
- Limit alcohol intake to 1-2 DRINKS per week, choosing lower-calorie options (spritzers, gin soda). 1 drink can range from 100-300 calories. That's a lot of wasted energy. It also decreases the synthesis of proteins and muscle repair.
- Stick with water, unsweetened drinks, or coffee without added sugar.

STEP TRACKING & PROGRESS RECORDING

- Gradually increase your daily steps by 500 per week until reaching 8,000-10,000 steps per day.
- Use your Apple Watch to track steps and share progress during check-ins.
- Record your lifts in your phone and upload them with your weekly check-ins.
- Focus on consistency in tracking both your steps and your lifts.

MACRONUTRIENT GUIDE

- Protein: $.8 - 1 \times$ Lean Body Mass (for muscle repair and growth).
- Carbs: for energy and daily activities
- Fats: for hormone function and overall health

FINAL THINGS TO NOTE

- Eat slowly and mindfully, especially with "fun" foods, to help with portion control.
- Focus on making small, consistent changes over time instead of striving for perfection.
- **Food timing, sizes and fasting:** Research on food timing and fasting is ongoing, but the key is consistency—letting your body adapt to a routine and focusing on whole foods. Whether you prefer smaller meals throughout the day or larger ones later, as long as you're consistent and meeting your protein and calorie goals, it's fine. However, consult with a doctor or certified nutritionist/dietitian before making changes, especially if you have dietary restrictions, hormonal, or neurological concerns.

GROCERY LIST

Proteins:

- Salmon fillets (4-6 fillets)
- Shrimp (1-2 lbs, fresh or frozen)
- Tofu (2-3 blocks, firm)
- Eggs (1 dozen)
- Greek yogurt (unsweetened, plain)
- Ground Turkey (1 kg)
- Chicken Breast (500 g)

Carbohydrates:

- Quinoa (1-2 lbs)
- Brown rice (1-2 lbs)
- Whole grain pasta (1-2 boxes)
- Sweet potatoes (4-6 medium-sized)

Vegetables:

- Spinach (2-3 bags)
- Broccoli (2-3 heads or 2 frozen bags)
- Cherry tomatoes (2 pints)
- Cucumbers (3-4)
- Bell peppers (3-4, mixed colors)
- Carrots (1-2 bags)
- Zucchini (3-4)
- Avocados (3-4)
- Red onion (2-3)
- Mixed salad greens (2 bags)
- Mushrooms (1 pack)

Fruits:

- Mixed berries (fresh or frozen; strawberries, blueberries, raspberries)
- Bananas (6-8)
- Apples (4-6)
- Lemons (3-4)

Healthy Fats:

- Olive oil (1 bottle, extra virgin)
- Chia seeds (small bag)
- Mixed nuts (1 bag, unsalted)
- Almond butter (small jar)
- Avocado oil (optional, for high-heat cooking)
- Peanut Butter (small jar)

Dairy/Non-Dairy:

- Feta cheese (block or crumbled)
- Almond milk (unsweetened)
- Parmesan cheese (small wedge)
- Greek Yogurt

Canned/Packaged Goods for the month:

- Canned chickpeas (2 cans)
- Canned black beans (2-3 cans)
- Canned diced tomatoes (2 cans)
- Soy sauce (1 low sodium)
- Hummus (2 containers)

Versatile Spices & Seasonings:

- Sea salt or kosher salt
- Black pepper
- Garlic powder
- Onion powder
- Smoked paprika
- Ground cumin
- Dried oregano
- Dried thyme
- Ground cinnamon (for sweet dishes or snacks)
- Italian seasoning blend
- Red pepper flakes (optional, for heat)
- Fresh or dried parsley
- Ground turmeric (optional, for anti-inflammatory benefits)
- Sesame seeds (optional, for topping stir-fries or salads)

Other Essentials:

- Whole grain bread (check the nutritional facts) or Bagels (for easy lunches).
- Protein Wrap or Whole Pita (optional, for hummus or wraps)
- Dark chocolate (optional, for healthier dessert options)
- - Honey (optional, for sweetening Greek yogurt or smoothies)
- - Herbal tea or coffee (if needed for beverages)

**Mobility, Stability,
&
Proper Breathing
Mechanics**

Incorporating mobility and stability exercises into your routine can improve overall function and reduce injury risk.

Here are some exercises:

- **Step Downs:** Strengthen your legs and improve balance by stepping down from a height one foot at a time.
- **Calf Raises:** Strengthen your calves and improve ankle stability by lifting your heels off the ground while standing.
- **Tibia Raises:** Target your shins by lifting your toes towards your shins while keeping your heels on the ground.
- **Groin Stretch**
- **Ribcage Stretch**
- **Breathing + Stacking**

Check out my videos also available on the app for demonstrations and detailed instructions on these exercises.



Calf Raises



Groin Stretch



Breathing + Stacking



Ribcage Stretch



Step Downs



Tibia Raises