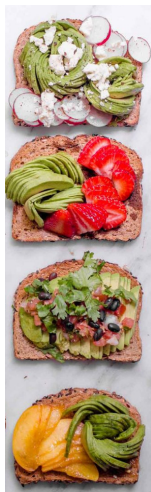


YAY FOOD!

...because who doesn't love to eat?

MissFit Training is committed to helping you find YOUR best practices for YOUR health and fitness goals.



We all know that nutrition plays a **vital role** with all fitness programs whether it's weight loss, fat loss, maintenance, increasing energy, improving or preventing chronic diseases, **optimizing performance** goals (athletic or otherwise) and much more.

The **Nutrition Quickstarter** helps you do a little better every day! This outline provide a **starting points to adjust** your current nutrition. They are simple adjustments to fit your lifestyle.



This **guideline** is not a magic solution to any one challenge, but an effective way to **transform yourself** by eating better on a daily basis.



MISSFIT TRAINING

MissFitTraining.com



1726 Clement Avenue
Alameda, CA 94501
(at The Training Station)



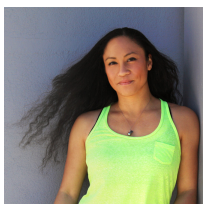
info@MissFitTraining.com



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Samantha Cordova is a Certified Personal Trainer and Health Coach since 2009 and holds a B.S. in Kinesiology from CSU East Bay. Her goal with the MFT Community is to empower each client with the tools and confidence to improve their health and fitness for life!

Nutrition Quickstarter



MISSFIT TRAINING
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NOW, LET'S EAT :)

START SIMPLE!



Small changes and consistency lead to attainable and sustainable habits for lasting success.

NUTRIENT DENSE MEALS & SNACKS

- Choose between 2-6 eating times throughout the day
- Plan between wake up and bed times
- Goal is consistency with nutrition planning



Remember! Just like your body, you get out of it what you put into it. MFT programs are designed for success!

Please refer to a registered dietitian or refer to your medical doctor to treat and prevent medical or clinical illnesses.

HYDRATING WATER

- Drink half your body weight (lbs) in ounces
- Choose a specific water bottle to easily gauge your daily intake
- Water regulates body temperature and maintains bodily functions.



FILLING FIBER

- Approximately 20-30 grams per day
- Broccoli, Beans, Chia seeds, Lentils, Brussels Sprouts, Apples
- Fiber lowers cholesterol & glucose levels, and helps prevent colon cancer

HEALTHY FATS

- Get a variety of your healthy fats mostly from minimally processed whole foods
- Nuts, seeds, avocado, olive oils, fish, coconut, seaweed
- Fats are important for optimum nerve, brain, and heart function



COLORFUL VEGGIES

- Fill half your plate with dark leafy greens such as spinach, kale, or chard
- ADD approx 2 cupped handfuls of different colored veggies like yellow bell peppers, red radishes, green asparagus, purple eggplant, or white mushrooms
- The variety of colors offers a plethora of nutrients necessary for maintaining optimal bodily functions and reducing the risk of chronic diseases



LEAN PROTEIN

- Approx 15-30 grams per meal or snack
- Use your palm to estimate your portion size
- Chicken, fish, turkey; vegan supplements can be pea, hemp, chickpea, or rice protein



SAY YES TO CARBS

- A portion size should be about one closed fist
- Incorporate carbs into the meals surrounding workouts
- Quinoa, lentils, potatoes, squash, oatmeal, beans

