

Fitness + Nutrition Guide

By Get Fit With Chrys



Welcome

Hey! Thank you for downloading your free fitness and nutrition guide! This guide was created to help you stay on top of your healthy lifestyle habits even while keeping up with your busy schedule.

Just because life may throw you off of your routine, you go on a date, out to eat with friends, you go visit family, or you take a vacation or work trip, that doesn't mean you have to just throw all of your progress out of the window.

Making healthy decisions while being a busy boss of a woman is about having a non-restrictive mindset and setting your intentions from the beginning.

I'm here to teach you some ways to reach your goals realistically.

-Coach Chrys

Healthy lifestyle and nutrition coach



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First Step



Set your intensions from the beginning



Write down realistic intensions for yourself each week so you are prepared to start the week strong. Once you write them down, say them out loud to yourself or to someone else.

Example - I will pack healthy snacks to lean on when I'm out and about. or... I will take my workout clothes to work with me so I can workout after work.

Plan for balance: Allow yourself to enjoy the things you like by planning for balance. If you know your schedule, it is easier to not overindulge or feel guilty when you plan balance into your days. I'm not saying take a food log with you or calculate when you're going to eat out or have drinks. I simply mean, know that you're human, and that you're going to enjoy thinkg you like, maybe have drinks, and eat take ou. But also know that you're going to be mindful of what you're eating, and not over consuming.

Example - I know I'm going to a cookout later today, so I am going to have a healthy breakfast and get started on my water intake before I go.

Second Step



3 Ways to Think Outside of the Diet Box

Whenever you start working on getting serious about your healthy lifestyle goals, most people tend to trap their mind in the diet box. The box where you push everything you like to do on a normal basis to the side and only focus on following a diet-like or restrictive protocol in order to do a “good job” at reaching your goals.

It's like when you know you're about to start cutting out sugar, you eat all the things you know you're not going to have to get them out the way, because you know you're about to start a new routine. People often set up their minds to think they have to stop doing everything they like in order to stick to their goals and somehow just automatically transform into this new person.

You have to stop thinking that way if you want to make real change. While planning to get serious about your healthy lifestyle journey you have to think outside the diet box by doing the following:

1. Get your mind in check

Don't think of your goals as a break from your reality. Think of your goals as motivation for your to practice your healthy mindset. Get real with yourself, know what sets you up for success and practice those habits.

2. Get moving!

Walk more, take the stairs instead of the elevator, find a hotel's gym when you travel, get gym, or workout class membership somewhere near you.

3. Prepare, prepare, prepare

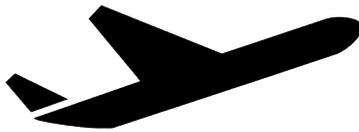
Plan to pack your workout clothes and shoes, along with healthy food and snacks to take with to work. If you know you're going to be out and about for longer than a couple of hours, try take quick foods with you or know your route so you can pick healthy stops along the ride.

Third Step



PACK SMART WHEN YOU TRAVEL

Whether you're flying, driving or taking a train, you can pack healthy snacks and food to help you not only stay on top of your goals, but to cut down on travel costs as well. I've put together a healthy travel snack/food list to help you pack smart.



Did You Know

You can take food on your flight. I'm not just talking about pre-packaged snacks. I mean fully-cooked meals like chicken, broccoli, shrimp, rice you name it. The only thing you can't take on flights are non-solid food products over 3.4oz.

For example, you can't take things like peanut butter, apple sauce, baby food etc, unless it meets the liquid requirements, but other than that you're good to go!

Healthy Snack/Food List for Travel & Errands

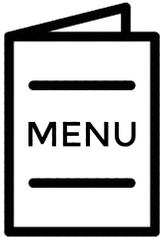
| Travel Food Suggestions | Tips |
|---|--|
| 2 rice cakes (any flavor) + nut butter | Break rice cakes up into smaller pieces and put in baggies (measure out or use single pack serving nut butters) |
| Stevia | Take with you to add to coffee or tea so you can try to limit refined sugar |
| Chickpea Crips | Measure out a serving size or take to put on salads or snack on |
| Highway stops with decent options Chic-fil-a Zoe's Kitchen Subway (can create a salad) Starbucks | Salads and grilled chicken just about anything on their menu Can create your own salad Breakfast (egg whites and oats) - nuts |
| 100 calorie pack snacks | Most pre-portioned snacks are fairly low in sugar but just be mindful that sugar grams aren't 10g or higher. |
| Instant Oats | Take your own single serving packets and get hot water from coffee shops while traveling |
| Rice Crackers + nut butter | Measure out serving sizes |
| Deli Meat + Mozzarella cheese roll up | Can roll these up in foil and put in baggies |

| | |
|---|--|
| Pop Chips (1 serving) | Watch the sodium in these, especially the bbq flavor |
| 1 apple or banana + 2 tbsp peanut butter | Measure out your peanut butter or get single serve |
| 1/2 complete cookie 1 serving of dairy free ice cream | Good craving killer (the whole cookie is an unnecessary amount of sugar) |
| Create your own trail mix 1/4 cup dark chocolate + 1 cup skinny pop pop corn + 1oz nuts | Be mindful of your chocolate in your bag (it could melt) |
| 1 cup raw veggies + 2 tbsp hummus or guacamole | 100 calorie pack guac and hummus already come pre packaged |
| 1.5oz almonds or cashews | Measure out and put in baggies so you dont over eat them |
| Protein Bars Suggestions : One Bar Quest Bar Power Crunch Pure Protein | Find bars that have minimal sugar (less than 10 g) |
| Good travel fruits Apples Oranges /tangerines Grapes Plums Pears | Take fruits that don't perish quickly. Take them whole, if you cut them up the fruit will go bad quicker. |
| Snack Bars | Go Macro, Luna, and Kind bars |
| Sugar free granola | measure out 1/4 cup and watch the brands with high sugar |
| Dried Fruit Dates Raisins Cranberries Craisins | Get organic (Watch the ones with added sugar) Also, its east to eat way over the portion size for these so measuring out 1/4 cup and putting in baggies helps prevent the sugar crash you may get from over eating this snack |

Restaurant Tips

When eating at restaurants in America, keep in mind that most portions are bigger than a serving size. Also, whether you are traveling in the states or abroad, most food is going to be seasoned much more heavily than what may be considered “healthy.” In addition, be mindful of certain cuisines your body is not used to digesting, this can cause bloat/water retention, upset stomach and other digestion complications. For all of these reasons it is important to make sure your water intake is high. Shoot for getting as much water in as possible.

Here are some tips you can use to help you make mindful decisions when eating out at restaurants:



Make small modifications to save on fat, sugar and extra calories

- Light dressings
- Sub cheese
- Watch sugary condiments
- If it's on the menu, it's in the kitchen. Make swaps to better fit your needs



When drinking alcohol

- Vodka is going to be the lowest in calories
- If you're drinking wine, order by the glass not the bottle
- Try to limit the sugary mixers (calories from pre-mixed drinks, cocktails and liqueurs can add up)
- Try sugar free and diet mixers to cut the extra calories

Portion Size Hack

Figuring out your portion sizes can be tough when you don't have a food scale or packaging to tell you how much you're eating. Here's a trick to help you keep an eye on your portions.



- The size of your fist is roughly 1 cup



- 1 handful is 1/4 cup of snack food (ex. nuts)



- The size of your palm is about 3oz of meat



- From the top of your thumb to the bend line is about 1 teaspoon

Macro Guide

What are macros?

'Macros' (short for macronutrients) are the molecules derived from proteins, fats and carbohydrates, that our bodies break down and use for energy. The body can't produce macronutrients on its own, so they have to come from what we consume.

Macro intake and output contributes greatly to fluctuation in our body and brain function, metabolism, body fat, energy levels, body weight and hormone balance. This is why it's important to get the appropriate macronutrients in, especially when you don't have full control over what's in your food and what options you'll have to eat.

Keep in Mind: Everyone's body is different

Although everyone's body is different, we all need food to survive. When traveling it can be difficult to get enough food in or even figure out what to eat.

Macro Guide

On the next page, you'll find a macro guide to help you navigate your food choices while out and about.

Disclaimer: this is not a meal plan tailored to your specific nutritional needs. This is simply an example of macros to choose for your daily caloric intake. Based on your age, weight, height and personal health, the amount of calories you need differs from others. This macro guide is not intended to cure any disease or replace any medications provided to you by your doctor.

| MACROS | MEAL 1 | SNACK 1 | MEAL 2 | SNACK 2 | MEAL 3 | SNACK 3 |
|---|----------------------------------|-------------------------------------|--|----------------------|---|-------------------|
| See macro food list for categories you can use to create your own meals | 20-25g of protein + 20g of carbs | 1 whole low glycemic fruit or 1 cup | 20-25g of protein + 1 cup of veggies + 1/4 cup carbs | 1-2 On the go snacks | 20-25g protein + 1 cup of fibrous Veggies | 1 on the go snack |

| CARBS | PROTEINS | GOOD FATS | FIBER + VEGGIES | LOW GLYCEMIC FRUIT | ON THE GO SNACK LIST |
|--|--|--|--|--|--|
| <ul style="list-style-type: none"> • Sweet Potatoes • Red Potatoes • Quinoa • Brown Rice • Oats • Jasmine Rice • Ezekiel Bread • Barley • Farro | <ul style="list-style-type: none"> • Chicken • Turkey • Shrimp • Tuna • Salmon • White Fish (Cod, Whiting, Flounder, Swai) • Tofu • Seitan • Tempeh • Protein Powder (Whey or Plant Based) | <ul style="list-style-type: none"> • Almonds • Cashews • Chick Peas • Avocado • Coconut Oil • MCT Oil • Hummus • White Cheeses (mozzarella, swiss) • Nut butter (peanut butter, almond butter, cashew butter) | <ul style="list-style-type: none"> • Oats (good source of carbs and fiber) • Bran Cereal • Beets • Black Beans (good source of protein and fiber) • Split peas • Lima Beans • Artichoke • Spinach • Kale • Broccoli • Brussel Sprouts • Asparagus • Flax Seed | <ul style="list-style-type: none"> • Cherries • Grapefruit • Apples • Pears • Oranges • Peaches • Plums • Grapes | <ul style="list-style-type: none"> • Deli Turkey roll up with Mozzarella Cheese • Protein Bars (Power crunch bar, One Bar, Quest Bar, Think Thin Bar) • Hummus + Raw Veggies • Protein Shake |