

Nutrition Basics

A guide on nutrition & lifestyle basics for a healthier life

FIRST THINGS, FIRST...

HELLO, I'M CHEYENNE



I am a coach, dog mom, crossfitter, jiu-jitsu practitioner, heavy-lifter, social media analyst, mountain biker, and overall type 2 fun junkie.

After working with a nutrition coach for about 3 years, and realizing the dramatic impact it had on my life, I took the plunge and started coaching myself. I've been at it now for about a year and a half.

My mission is to help the people around me build foundational nutrition knowledge that aids in lifelong sustainable change for the better. You won't find anything in this presentation about cutting out food groups, recommending fasts, or promoting short solutions.

Part 1: Quick intro to Macros

What the heck are they?

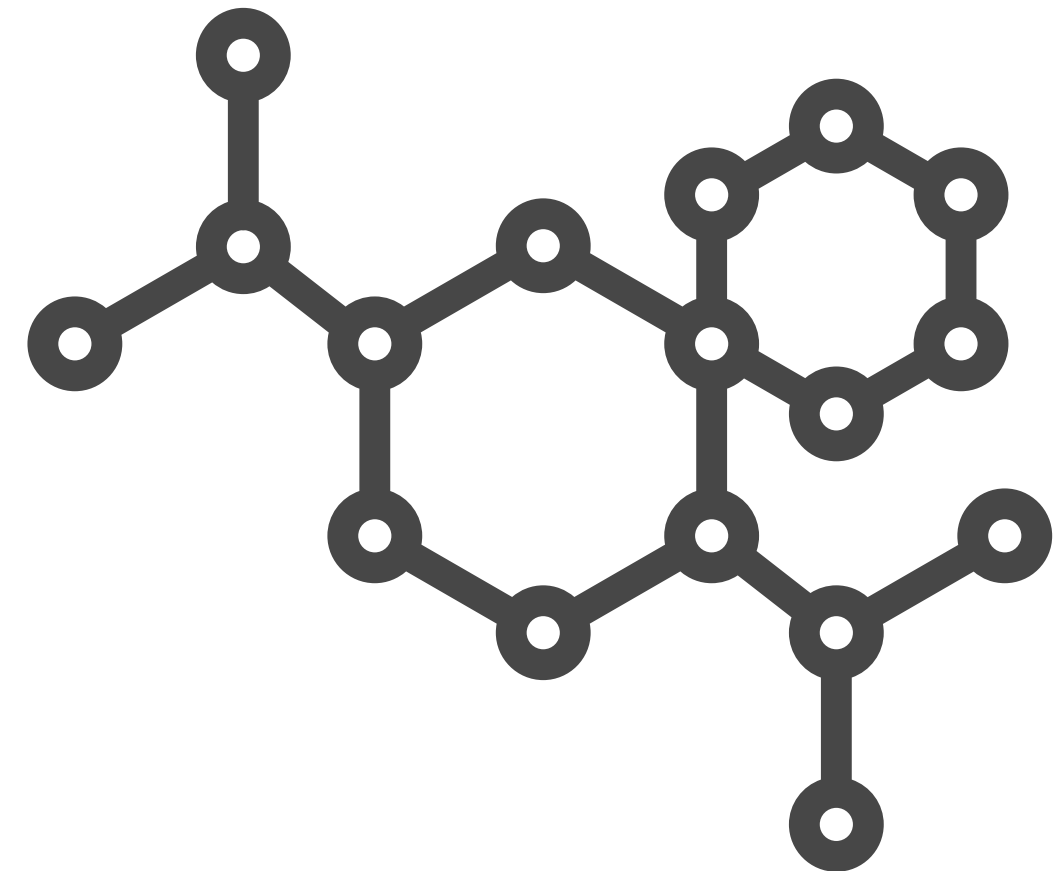
What are macros?

Macro is short for macronutrient.

Macronutrients are the primary nutrients required in our diet, they are the nutrients we consume most for energy.

Every food's caloric value is based on its macronutrient make up.

The three macronutrients are **protein**, **carbohydrates**, and **fat**.



Protein

What is it?

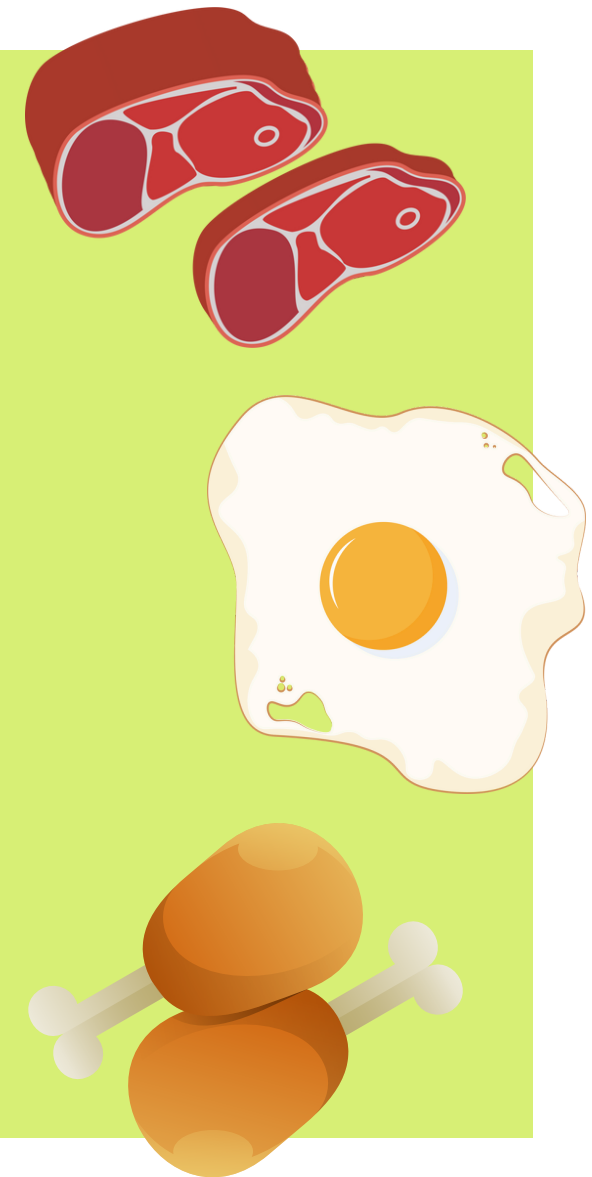
Protein is an essential nutrient in the human body meaning all humans need it in order to survive. It serves as **a building block for muscle and other body tissue.**

Most people are under-consuming protein so sometimes we have to be really intentional when making sure we hit our daily protein goals. Ideally, everyone should consume 0.8-1.2g per lb in body weight.

1 gram of protein yields 4 calories.

Examples:

- Ground beef
- Steak
- Chicken
- Tuna
- Eggs
- Whey Protein
- Shrimp
- Pork
- Tofu





Carbs are friends AND food

Carbohydrates

What are they?

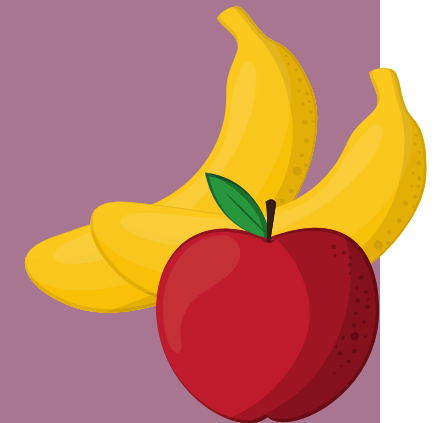
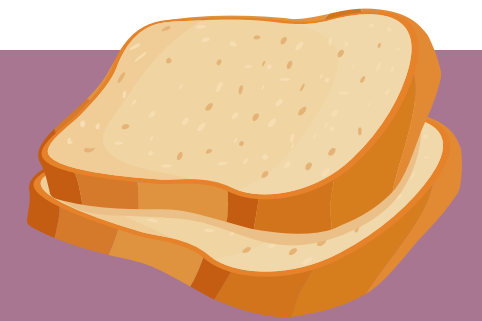
Carbohydrates are often demonized in diet culture however, **they are the quickest source of energy available to us.** They aid in recovery post-workout as well as in thyroid regulation.

Carbs (specifically Fiber, which we'll get into later) are also helpful in blood sugar regulation and gut health.

1 gram of carbs yields 4 calories.

Examples:

- Bagels
- Sweet Potatoes
- Oats
- Bread
- Fruit
- Rice
- Granola
- Pasta
- Candy



Fat

What is it?

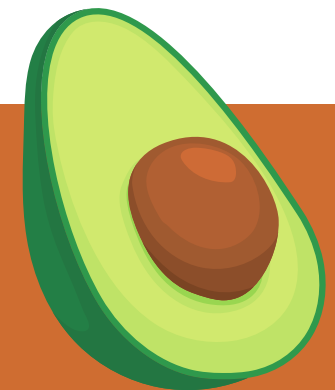
Fats, similar to carbs, can be demonized by diet culture however, they are **sources of energy for long duration exercise as well as low effort movement.**

Fats are **essential in hormone production** and are the most calorically dense of all macros.

1 gram of fat yields 9 calories.

Examples:

- Avocado
- Cheese
- Eggs
- Olive Oil
- Coconut Oil
- Peanut butter
- Cashew Butter
- Whole Milk



Foods can be a blend of macros

The examples that I provided on previous slides are in relation to the macro most abundant in each of these sources however, it's important to remember that **foods can be a combination of macros**.

For example, peanut butter is primarily a fat source but has trace amounts of protein.



Understanding Food Labels

Macronutrient content is how we calculate food's caloric value.

This is an example of a nutrition label from a Nature's Bakery Fig Bar. You can see the breakdown of calories based on the macro nutrients.

Yes, I do know that 205 does not equal 210 and it's important to note that it's really common for these numbers to be just slightly off as each of the values are likely rounded. Don't freak out. Just know that it's not always going to absolutely completely align.

Nutrition Facts		Amount/Serving	% DV	Amount/Serving	% DV
Serving Size 1 package (57g)	Calories per serving	Total Fat 5g	6%	Total Carb. 38g	14%
		Sat. Fat 0g	0%	Fiber 3g	11%
		Trans Fat 0g		Total Sugars 19g	
		Cholesterol 0mg	0%	Incl. 12g Added Sugars	24%
		Sodium 70mg	3%	Protein 2g	
Vitamin D 0% • Calcium 2% • Iron 6% • Potassium 2%					

Wholesome Baked In.

INGREDIENTS: Brown Rice Syrup, Fig Paste, Gluten Free Flour (Tapioca Starch, Rice Flour), Raspberry Jam (Naturally Milled Sugar, Cane Sugar, Glycerin, Rice Starch, Raspberries, Apple Powder, Natural Flavor, Pectin, Citric Acid, Locust Bean Gum), Canola Oil, Gluten Free Five Grain Flour (Amaranth, Quinoa, Millet, Sorghum, Teff), Brown Rice Flour (Rice Flour, Rice Bran), Cane Sugar, Date Paste, Gluten Free Rolled Oats, Glycerin, Flaxseed, Leavening (Monocalcium Phosphate, Baking Soda), Sea Salt, Xanthan Gum, Natural Flavor, Citric Acid.



DISTRIBUTED BY NATURE'S BAKERY, LLC, RENO, NV 89511



Fat: 5g * 9 cals = 45 cals

Carbs: 38g * 4 cals = 152 cals

Protein: 2g * 4 cals = 8 cals

=205 calories

Bonus: Fiber

What is it?

Fiber is a specific type of carbohydrate usually found in plant cell walls that cannot be digested by our bodies.

Even though it can't be digested, it still plays a large role in our digestive process! It helps push food through our digestive tract while also managing digestion speed. This helps us maintain regular bowel movements, regulate blood sugar, and manage cholesterol.

Ideally, we'd like to hit **25-35g of fiber each day.**

Examples:

- Berries
- Whole grain pasta
- Whole grain bread
- Beans
- Quinoa
- Sweet Potatoes
- Brown Rice
- Edamame



Bonus: Alcohol

What is it?

Alcohol technically does not fit into any of the macro categories and some consider it the “fourth macro”. It yields 7 calories per gram. That said, alcohol is not essential like the other macros.

Alcohol consumption does, regardless of how you feel, impact sleep, recovery (specifically muscle building), and the fat burning process. So depending on your goals, my recommendation is to be cognizant of your alcohol consumption.



Part 2: Building Meals, Groceries Lists, & Preparing Food

Basic principles for living a healthier life.

Nutrient dense food is king

Let's get the most bang for our buck when it comes to fuel.

Try and focus on consuming **nutrient dense food 80% of the time.**

A general rule of thumb that can help you achieve this is to make sure you're consuming **250-300g of veggies & 150-250g of fruits each day.**

Another tip on achieving this is to make sure you're enjoying the fruits and veggies you pick. You might hear a lot about avoiding certain fruits and veggies but, in reality, if it's a fruit or veggie, we're good to go.



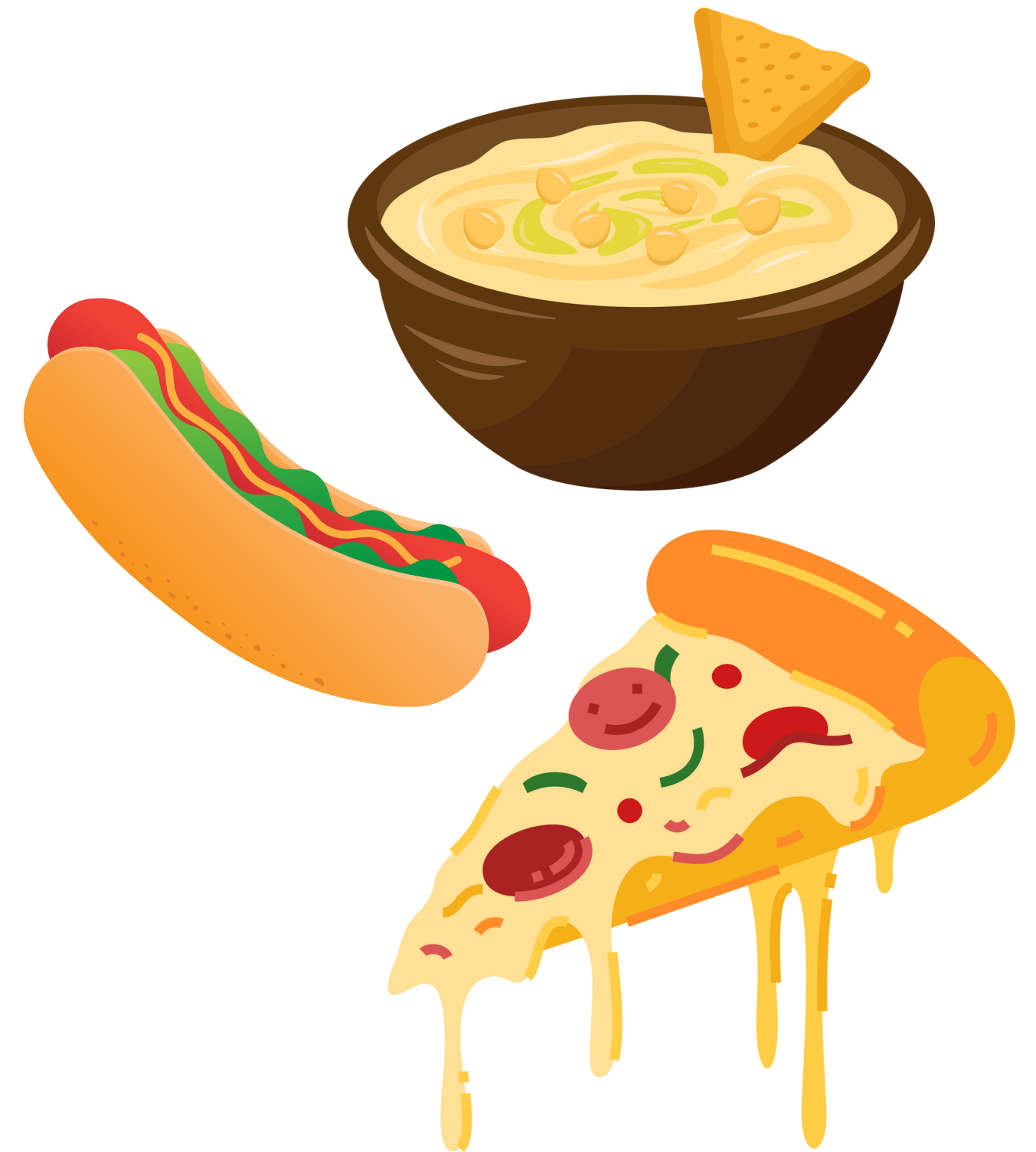
Fun foods are important, too

The best way to maintain healthy habits is to make them sustainable.

We don't live in the camp that any foods are off limits.

That 20% mentioned on the previous slide is reserved for food that might be your favorite but isn't necessarily the most nutrient dense.

Depriving ourselves of our favorite things could lead to our inability to stick to healthier habits in the long term.



Well rounded meals

A little bit of everything.

When building out your meals, try and make sure you're getting a little of everything. A carb, a protein, a fat source, either a serving of veggies or fruit, and some fiber.

You can reference examples of each of these under the macro section of this deck.

Keep in mind that it doesn't have to be pretty, meals can be a hodge podge of things. There are no rules here!



The grocery rule of 3

Macro is short for macronutrient.

Grocery shopping can be a little bit overwhelming, so my recommendation is to follow the rule of 3s each week! Try and make sure you've got the following:

3 sources of protein

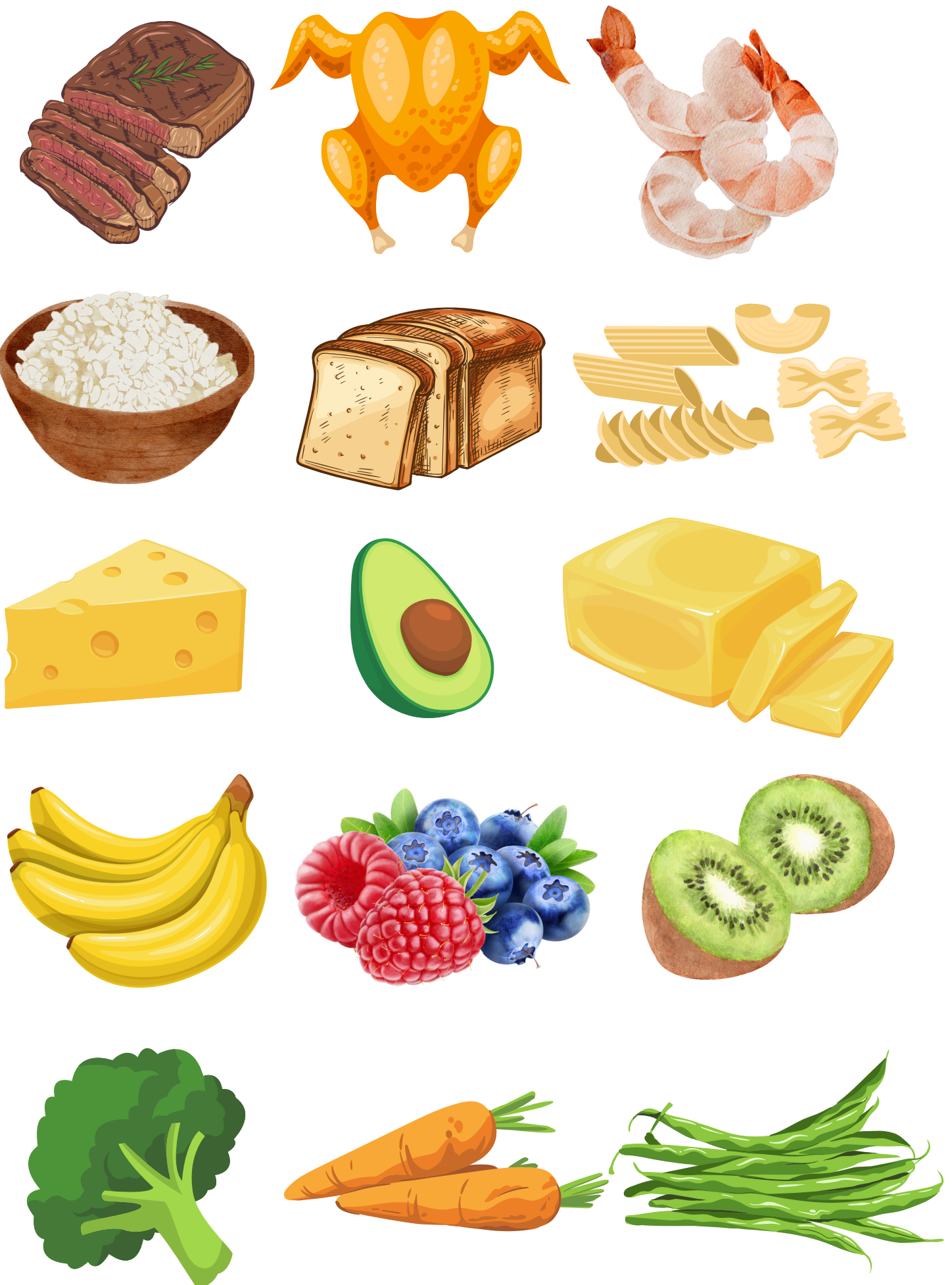
3 sources of carbs

3 sources of fats

3 sources of fruits & veggies

Then, add in your go-to's like eggs, applesauce, bread, protein bars, etc.

This makes meal building throughout the week a little easier because you have all your building blocks.



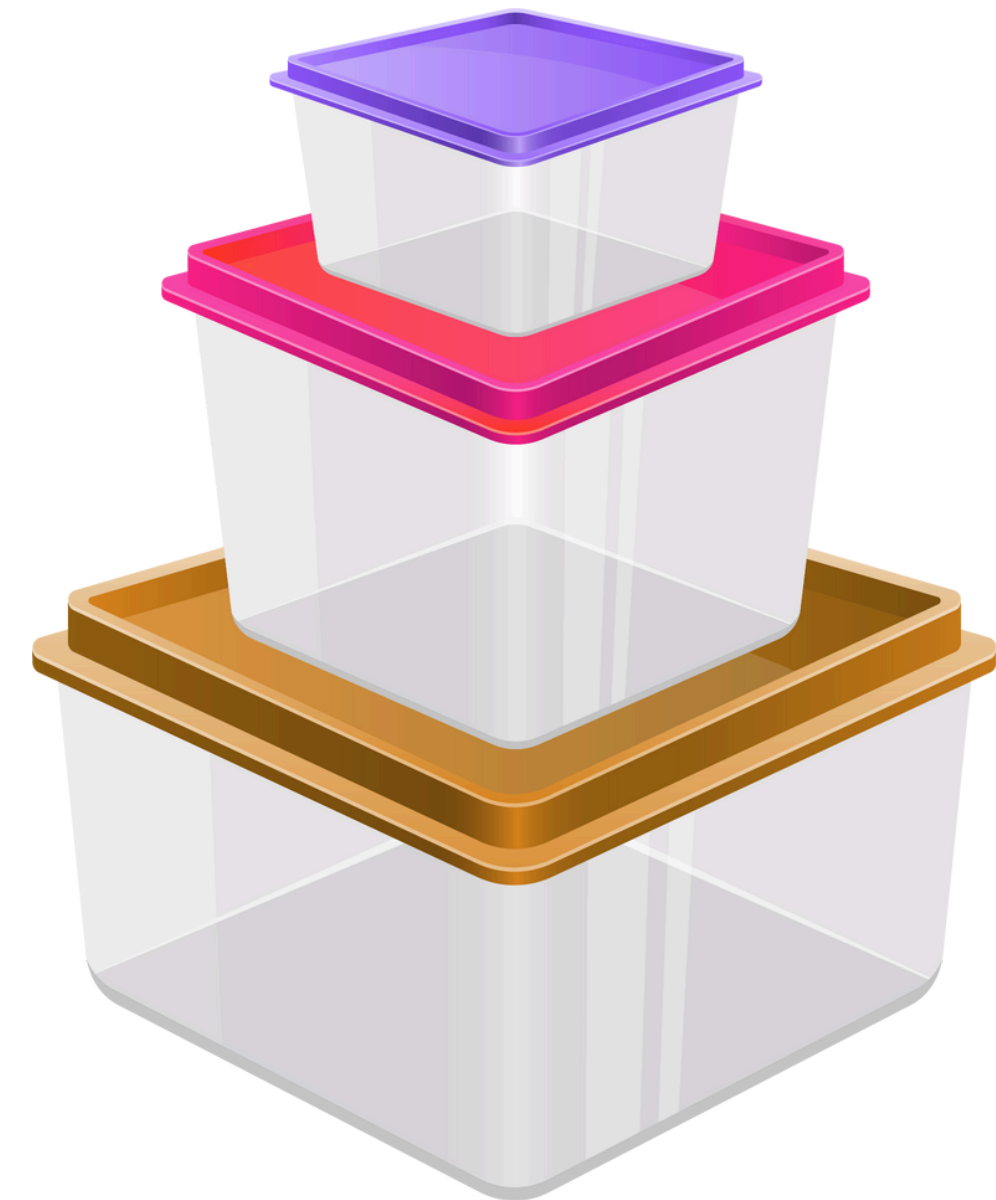
Batch prep vs. batch cook

Make prep fit your needs.

I do recommend lowering our barriers during the week to make sure we're hitting our macros but this definitely looks different for everyone.

If you're someone that works outside of your home or has a very busy schedule, I do recommend taking the time to cook 4-5 meals ahead of time like you would for traditional meal prep.

That said, if you're someone who struggles with eating re-heated food, there's is still prep you can do. Try and batch prep your ingredients so that when it does come time to cook, it's super simple. This means pre-marinating your proteins for the week, cutting your veggies, etc.



Lean into convenience

Frozen food for the win!

Frozen veggies, fruit, and protein sources are just as good as the alternative.

Lean into these if you appreciate the convenience.

I like to keep at least a few of these on hand at all times so that I know I have something to go if life gets hectic.



Easy Meal Ideas

Need some more inspiration?

I've included some easy meal ideas in the appendix of this deck for some additional ideas on building meals.

If you want my FULL FREE recipe guide, you can also provide your email using this [link](#) and receive it to your inbox.



CF Wellness Co. 30 Minute Recipe:

CHICKEN CHICKPEA PASTA

Ingredients:

- 5 oz. cooked chicken breast (marinated in 1/4 cup Italian Dressing)
- 112 g (dry) Banza Chickpea Pasta
- 1/2 cup Raos Arrabiatta Sauce
- Seasoning (garlic, salt, garlic & herb)

Macros:

Calories: 720
Protein: 67g
Carbs: 78g
Fats: 18g
Fiber: 11g

Part 3: Lifestyle Guide

Basic principles for living a healthier life.

Meal timing

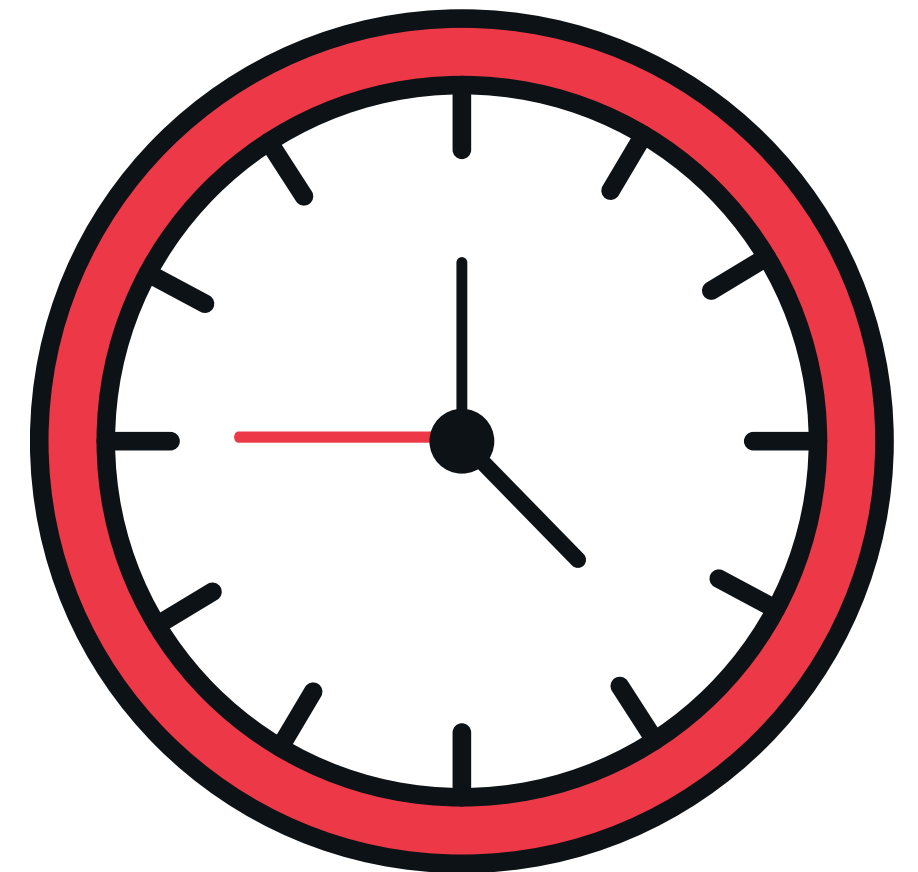
Despite eating every 3-4 hours, meal timing isn't something to be hyper-focused on.

You may have heard a lot about specific meal timing or even eating windows that come along with things like intermittent fasting.

The reality is, a lot of meal timing rules are just ways to decrease calories when trying to lose weight & with the exception of optimization of pre-and post- workout meals, meal timing isn't something to get hung up on.

We do and try and eat every 3-4 hours. This is so we can prevent excess hunger, blood sugar drops that might lead to feelings of irritability or edgy. Not to mention, big hunger can lead to eating quick digesting sugar vs. real meals.

For more information on pre and post workout meals, you can reference the appendix of this deck.



Water

Water is your bestie.

Water helps with our digestion and to deliver all the nutrients we get from food throughout our body.

On average, we want to be drinking half our body weight in lbs in oz of water. (A 200 lb. person should consume 100 oz of water.) If this is tough for you, you can most certainly try things like adding flavor to your water (i.e. MiO) or getting your water via seltzers.

I do recommend that you hydrate before your caffeinate. My usual is consuming at least 20 oz of water before coffee in the morning.

I also highly recommend carrying around at least 30 oz in a water bottle with you. Accessibility makes it way easier to get your water in.



Sleep

& sleep is your other bestie.

Sleep is such a key tool when it comes to our health, recovery, and muscle building processes. & lack of sleep can have some effect on our hunger levels throughout the day.

We want to get at least 7-8 hours nightly & for those 7-8 hours to be of quality. To do so, we'll need to practice good sleep hygiene.

If possible, try and avoid any blue light (tv/phone time) at least 60 minutes before bed. If you are using screens ahead of bed time, it's recommended to use blue light blocking glasses.

Caffeine has a half-life of 6 hours, so it is recommended to stop caffeine consumption at least 8 hours before bed.

Make sure that your room is as dark as possible and is comfortably cool (usually around 68 degrees). Try and be consistent with sleep and wake times.



Supplementaion

Whey Protein, Creatine, Multi-vitamins, etc.

Since our focus is consuming nutrient-dense food, the need for supplementation should be minimal.

That said, consuming supplements like whey protein to reach our protein goal might be necessary, especially as we are first starting out.

Supplementation is completely dependent on our overarching goals, If you have more specific questions, I'm happy to answer them!



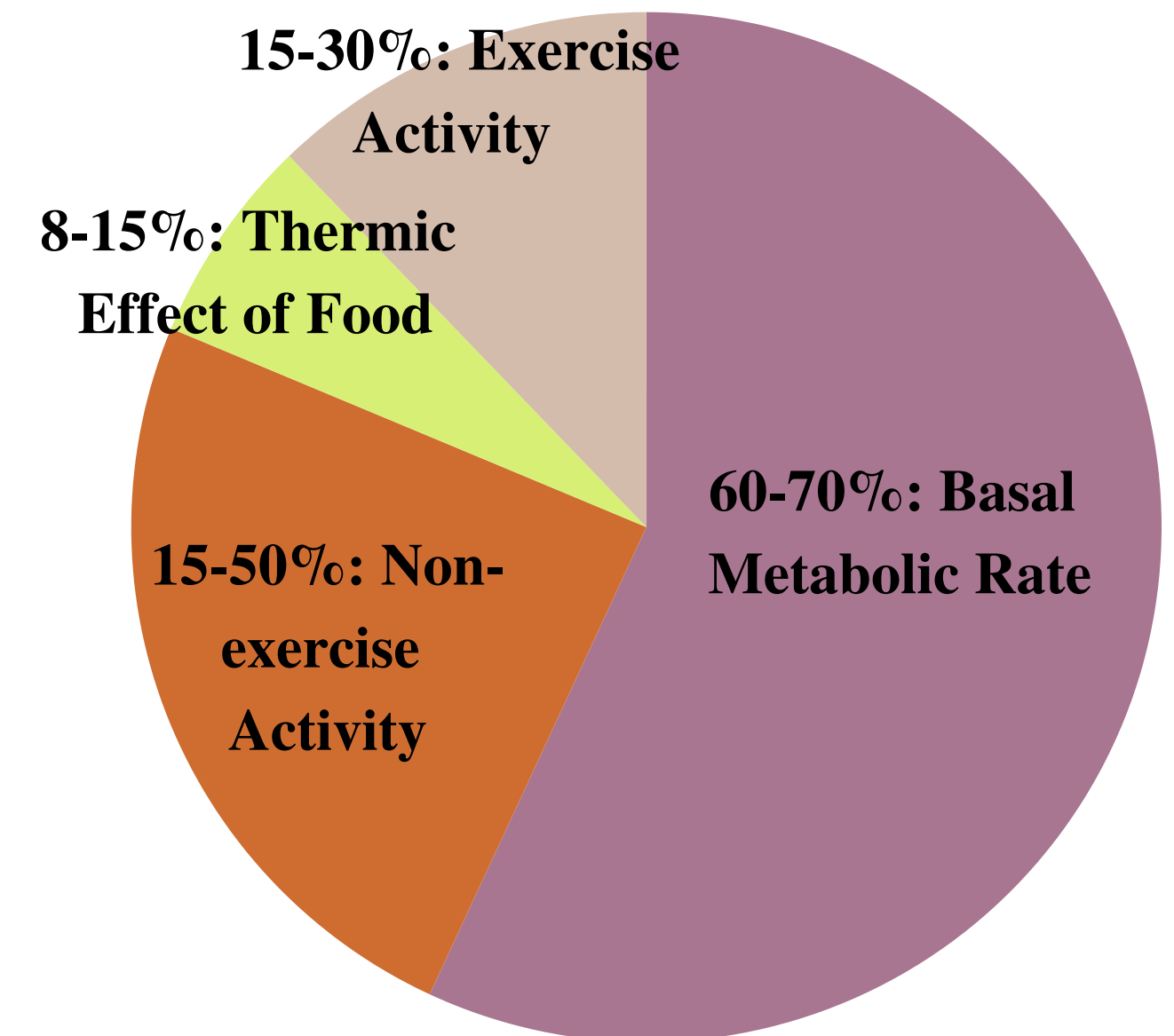
Daily movement guidelines & TDEE

TDEE stands for Total Daily Energy Expenditure and it's the total calories you burn each day.

Outside of our BMR (Basal Metabolic Rate, or the amount of calories we were to burn to carry out basic bodily functions; think: if you were to lie in bed all day and not move), NEAT (Non-exercise Activity) has the largest effect on our overall total daily energy expenditure.

NEAT can be an essential tool in managing bodyweight, regulating blood sugar, and promoting digestion.

It's recommended to get at least 7K steps in each day.



Questions?

Thank you!

For more content like what you saw today, give me a follow on IG!

 @cheyfernandez_

For more info on 1:1 Nutrition Coaching, check out my website [here](#).

Appendix

Pre & Post Workout Meal Timing

PRE-WORKOUT (60-90 minutes prior): Prioritize a high carb & high protein meal or snack. Try and avoid fats because they can slow down digestion and we want that fuel to be readily available for our workout. .

You can also add in quick digesting carbs right before or during your workout. Examples would be applesauce, fruit, cereal, gatorade, etc.

POST-WORKOUT (within 65 minutes): The main purpose for a post-workout meal is recovery (there is no magic eating window where calories evaporate post-workout). It should also be high carb & high protein but with some added fats.

If eating a full meal in the window above doesn't make sense for you, another option is a post-workout protein shake with added carbs to aid with recovery and hold you over until you consume a full meal.

Easy Meal Ideas



CF Wellness Co. 30 Minute Recipe:

CHICKEN CHICKPEA PASTA

Ingredients:

- 5 oz. cooked chicken breast (marinated in 1/4 cup Italian Dressing)
- 112 g (dry) Banza Chickpea Pasta
- 1/2 cup Raos Arrabiatta Sauce
- Seasoning (garlic, salt, garlic & herb)

Macros:

Calories: 720
Protein: 67g
Carbs: 78g
Fats: 18g
Fiber: 11g



CF Wellness Co. 30 Minute Recipe:

STEAK FRIED RICE

Ingredients:

- 16 oz. cooked thins sliced sirloin (marinated in soy sauce)
- 250g (about 4) eggs
- 30g minced garlic
- 60g oyster sauce
- 4.75 cups of cooked rice (or 3 pre-made rice packets)
- 1 can of peas and carrots
- 35g green onions
- 13 ml sesame oil

Macros:

Calories: 406
Protein: 32g
Carbs: 43g
Fats: 11g
Fiber: 2g



CF Wellness Co. 30 Minute Recipe:

CHICKEN FRIED RICE

Ingredients:

- 5 oz. cooked chicken breast (marinated in Creamy Salsa Dressing, Cholula, & Taco Seasoning)
- 80g leafy green lettuce
- 20g shredded cheese
- 15g tortilla strips
- 10g crispy jalapenos
- 75g black beans
- 22g of Chic-fil-a Creamy Salsa dressing

Macros:

Calories: 628
Protein: 55g
Carbs: 33g
Fats: 30g
Fiber: 6g



CF Wellness Co. 30 Minute Recipe:

CHICKEN TACO BOWL

Ingredients:

- 5 oz. cooked chicken breast (marinated in Chipotle Ranch, Cholula, & Taco Seasoning)
- 1 cup cooked rice
- 20g shredded cheese
- 15g tortilla strips
- 10g crispy jalapenos
- 75g black beans

Macros:

Calories: 734
Protein: 60g
Carbs: 76g
Fats: 18g
Fiber: 6g



CF Wellness Co. Recipe:

CHICKEN ENCHILADA CASSEROLE

Ingredients (makes 8 servings):

- 21.5 oz. boiled chicken breast
- 1 can Cream of Chicken Soup
- 200g shredded cheese
- 1 can black beans (rinsed)
- 1 large can (515 ml) enchilada sauce
- 3.5 cups cooked rice
- 120g roasted green chiles
- 1/2 an onion

Macros (per serving):

Calories: 395
Protein: 33g
Carbs: 13g
Fats: 34g
Fiber: 3g



CF Wellness Co. 30 Minute Recipe:

SOUTHWEST CHICKEN SALAD

Ingredients:

- 5 oz. cooked chicken breast (marinated in Creamy Salsa Dressing, Cholula, & Taco Seasoning)
- 80g leafy green lettuce
- 20g shredded cheese
- 15g tortilla strips
- 10g crispy jalapenos
- 75g black beans
- 22g of Chic-fil-a Creamy Salsa dressing

Macros:

Calories: 628
Protein: 55g
Carbs: 33g
Fats: 30g
Fiber: 6g