

APRIL-MAY 2023



NUTRITION.BUILT.STRENGTH.

BY BE STRONG STAY FIT, INC.

NBS101

TOOLKIT

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WHAT ARE

MACROS?



1 GRAM =
4 CALORIES



1 GRAM =
4 CALORIES



1 GRAM =
9 CALORIES

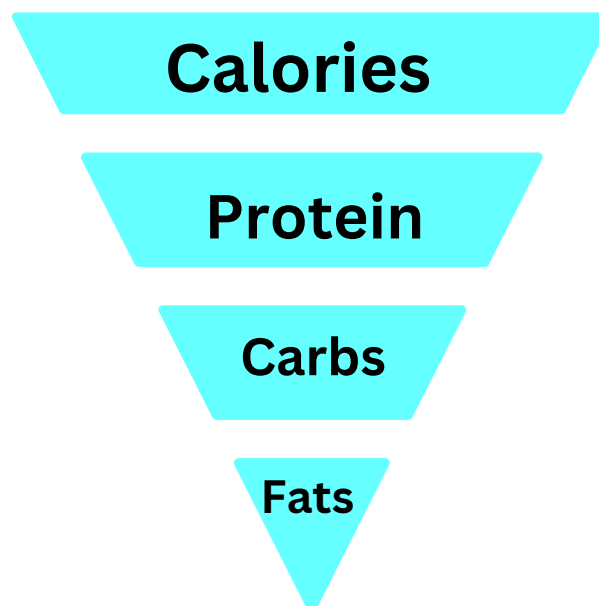


1 GRAM =
7 CALORIES

HOW TO STRUCTURE YOUR DAY

- Front load your day with protein - aim for 30% of your daily total if not more
- Aim to keep your first meal to 20G carbs or less for use of glucose stored overnight
- Try and get a minimum of 30G of carbs from fruit daily
- A lot of success comes from repetition so try and have a few meals that you like that hit your targets including a few high protein snacks to help you hit your daily protein targets
- Prioritize protein & plants & water with every meal
- Plan ahead, track before you eat something!

AND WHEN ELSE FAILS USE THE TRACKING HIERARCHY (INFOGRAPHIC BELOW)



NBS Macro Hacks



NEED CARBS + FAT

- | | | |
|------------------------|----------------------|-------------------------|
| Chia Seeds | Nut Butter Fudge | Coconut Flour |
| Fruit & Nut Butter | Avocado Toast | Potato Chips |
| Berries & Coconut Milk | Bread & Olive Oil | Tortilla Chips |
| Peanut Butter & Banana | Donuts | Popcorn & Butter |
| Chocolate Bar | Fries | Fried Plantains in Oil |
| Coconut Cookies | Dried Coconut Flakes | Chocolate Covered Fruit |

HIGH VOLUME LOW MACROS

SNACKS

- Seaweed Strips
- Air-Popped Popcorn
- Sugar Free Jell-O
- Rice Cakes
- Shirataki Noodles
- Yasso Bars
- Dove Chocolate
- Carb Balance Tortillas

FRUITS & VEGGIES

- Cucumbers
- Celery
- Spaghetti Squash
- Zucchini
- Cauliflower
- Mushrooms
- Cabbage
- Radishes
- Pickles
- Blueberries
- Strawberries
- Lemons/Limes
- Sprouts

BEVERAGES

- Seltzer Water
- Iced Tea
- Hot Tea
- Coffee
- Kombucha
- Cashew Milk
- Almond Milk
- Zero Vitamin Water
- Water & Lemon
- Flavored Water
- Diet Juice
- Diet Soda
- Diet Energy Drinks

CONDIMENTS

- Salsa
- Mustard
- Apple Cider Vinegar
- Kimchi
- Sauerkraut
- Lemon/Lime Juice
- Coconut Aminos
- Sriracha
- Frank's Hot Sauce
- Fish Sauce
- Non-Fat Sour Cream
- Non-Fat Cottage Cheese
- Bolthouse Dressing
- PB2 + Water
- Lakanto Maple Syrup
- Cool Whip
- G. Hughes Sauce

NEED CARBS

- Fruit
- Dried Fruit
- Sour Patch Kids
- Potatoes
- Squash
- Root Veggies (Taro)
- Minute Rice
- Honey / Syrup
- Corn Tortillas
- Skinny Pop
- Jam / Jelly
- Pop Corners
- Kombucha
- Juice / Gatorade
- Cereal
- Xtreme Wraps
- Balsamic Vinegar
- Barbecue Sauce
- Old Tyme Bread
- Dave's Killer Bread

NEED PROTEIN

- Fairlife Core Power
- Quest Chips
- Non-Fat Greek Yogurt
- OWYN Shakes
- Premier Protein
- Deli Meat
- Egg Whites
- Turkey Breast
- Chicken Breast
- Pork Tenderloin
- Beef Jerky/Biltong
- Turkey Jerky
- Soy / Tofu
- Shrimp
- Starkist Tuna Creations
- Cod / Flounder
- Non-Fat Cottage Cheese
- Non-Fat Ricotta
- Collagen Peptides
- Protein Water

NEED FAT

- Olive Oil
- Olives
- Avocado
- Coconut Oil
- Coconut Milk
- Almonds
- Cheese
- Brazil Nuts
- Nut Butter
- Light Mayo
- Butter / Ghee
- Bone Marrow
- Fish Oil
- Sesame Oil
- Flaxseeds
- Hemp Hearts
- Salad Dressing
- Dark Chocolate
- Almond Flour
- Wholly Guacamole Cups

NEED CARBS + PROTEIN

- Non-Fat Flavored Yogurt
- Oats + Yogurt + Whey
- Crackers & Deli Meat
- Protein Shake & Fruit
- Fruit & Non-Fat Yogurt
- Egg Whites & Potatoes
- Tuna-Rice Poke-Bowl
- Quinoa or Wild Rice
- Beans / Lentils / Peas
- Whole Wheat Bread
- Cereal & Skim Milk
- Whole Grain Crackers
- Non-Fat Sorbet / Fro-Yo
- Veggie Burger
- Fat Free Pudding
- Non-Fat Chocolate Milk

NEED PROTEIN + FAT

- Hummus
- Cheese
- Nut Butter
- Steak / Beef
- Eggs, Egg Yolks
- Canned Oysters / Sardines
- Bacon / Pork Belly
- Whole Milk
- Plain Whole Yogurt / Dairy
- Full Fat Sour Cream
- Cottage Cheese
- Chorizo / Sausage
- Chicken Thighs
- Salmon / Fatty Fish
- Coconut Milk Protein Shake
- Beef Jerky

Some of our favorite products!

CLICK THE LINKS BELOW FOR SOME OF OUR FAVORITE TOOLS TO HELP YOU SUCCEED

[Fairlife Core Power Protein shakes](#)



[OWYN Pro Elite Vegan Protein Shakes](#)



[Quest Protein Chips](#)



[Barebells Protein Bars](#)



[La Tortilla Factory](#)



[Tillamook Zero Sugar Beef Jerky](#)



[Ninja CREAMi](#)



[Ninja Airfryer](#)



[Tonal](#)



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GROCERY LIST



PROTEINS

Chicken Breast
Pork Chop/Tenderloin
Ground Turkey/Beef
Eggs/Egg whites
Lean beef
Deli Meat
Lean Fish
Shellfish
Turkey Bacon/Sausage

GRAINS

Carb-balance tortillas
Dave's Killer bread
Ezekiel bread
Lavosh
Banza pasta
Rice
Cereals (Grapenuts)
Oatmeal
Couscous
Quinoa

VEGETABLES

Leafy greens
Broccoli
Broccolini
Cauliflower
Spaghetti squash
Cabbage
Kale
Cucumber
Brussel sprouts
Chard
Onions
Green beans
Celery
Asparagus
Artichokes
Bok choy
Snow peas
Spinach

FRUITS

Apples
Citrus
Bananas
Berries
Melon
Plums
Peaches
Apricot
Mango
Pears
Pineapple

FATS

Olive Oil
Butter
Avocado
Cheese (reduced fat)
Nuts/nut betters
Oilives
Fish Oil
Cream
Chia seeds

DAIRY

Nonfat/lowfat milk
Yogurts
Cottage cheese
Reduced-fat cheese
Feta
Ricotta
Low-fat ice cream

SNACKS

Protein shakes
Beef jerky
Quest chips
Protein bars
Popcorn
Reduced fat crackers
Veggies & hummus

CONDIMENTS

Mustard
Ketchuo
Salsa
GHughes sauces
Relish
Bolthouse dressings
Reduced fat mayo



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SELF-AWARENESS

ASSESSMENT

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	





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SMART

GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



GOAL ACTION

plan

GOAL

START DATE:

DUE DATE:

GOAL PROGRESS:

0%

--	--	--	--	--	--	--	--	--	--	--	--	--

100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

ACTION BRAINSTORM WORKSHEET

NAME:

DATE:

START/DO MORE

KEEP DOING

STOP/DO LESS

Activities that you
want start
immediately

Activities that you
enjoy doing

Activities that you
want to stop



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**THANK YOU, AND WE LOOK
FORWARD TO SEEING YOUR
PROGRESS!**



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