



**NUTRITION.
BUILT.
STRENGTH.**
BY BE STRONG STAY FIT, INC.



NBS101 6-week Bootcamp

An Intro to Macros & Building a Healthier Relationship
with Food

www.nutritionbuiltstrength.com

**CHALLENGES
AHEAD**

Navigating Challenges

- **Week 4**
 - Being busy
 - Eating Out
 - Travelling
 - Alcohol



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What is the biggest challenge you have faced over the first 4 weeks?



Tips for overcoming "busy"



Get Organized

Lists, lists
and more
lists!



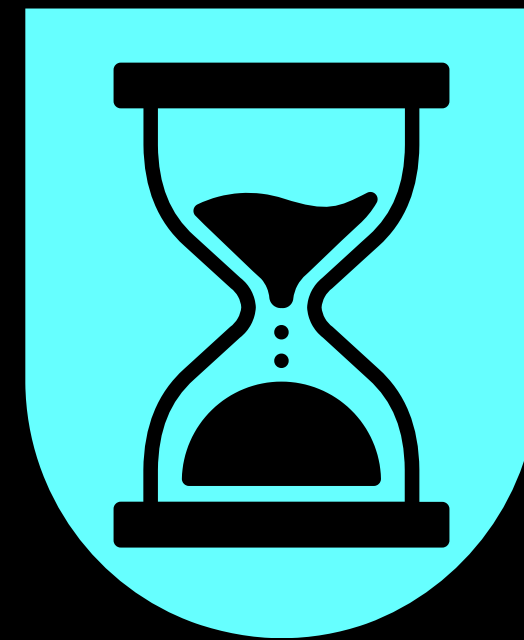
Ask For Help

Family or
friends?
All of us at
NBS!



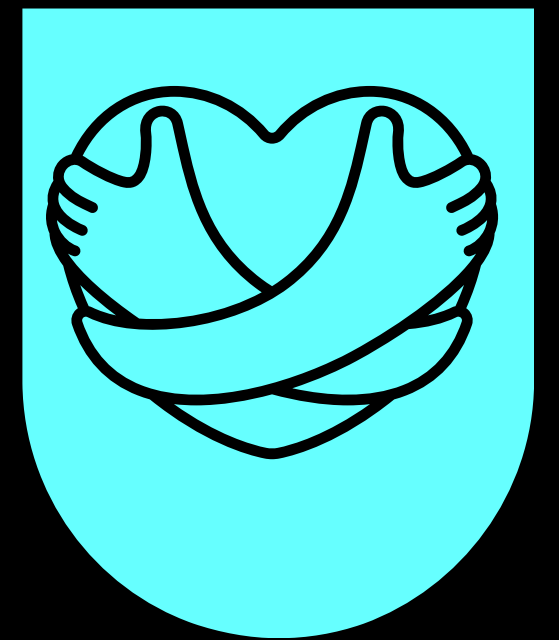
Make Health A Priority

Move your body,
sleep, drink
water & eat
healthy!



Take A Break

Rest!
Read!
Meditate!



Be Kind

Give
yourself a
break!

“

There is more to
life than increasing
its speed.

— Mahatma Gandhi

”



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Dawn Hudson, BSN

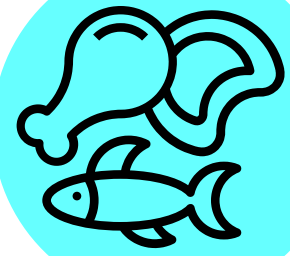
Registered Nurse

NBS Client Experience Manager

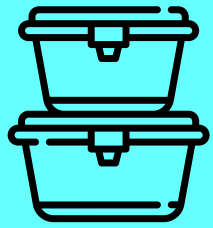
- Bachelor of Nursing degree from Towson University 1998
- 25 years nursing experience, 10yrs in critical care and 15yrs in case management RN
- Group Fitness Instructor: TRX, Barre, Barre Strength
- Started my health and wellness journey after struggles with infertility, weight gain and later menopause
- Changed my relationship with food and found a sustainable nutrition lifestyle



Family Meal Prepping & Planning



Ingredient Prep - proteins, grains, veggies & fruits



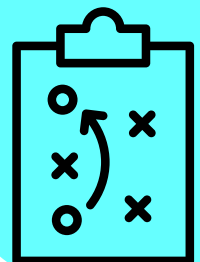
Portion & Package



"Choose your own adventure" meals



Involve the whole family!

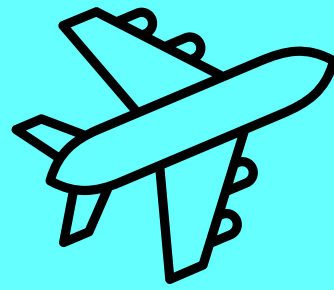


Make a plan but stay flexible

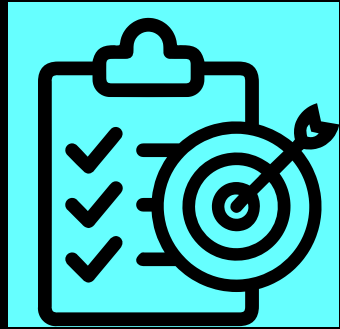
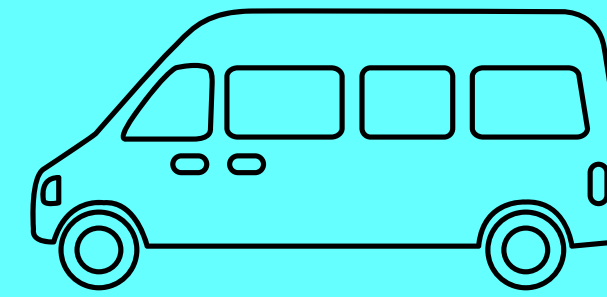
PROTEIN PREP RECIPES!

- [Honey Chiptle Grilled Chicken](#)
- [Turkey Picadillo](#)
- [Marinated Flank Steak](#)
- [Kung Pao Shrimp](#)





Travel Tips



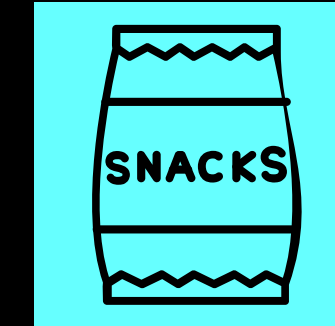
- Pre plan and log first



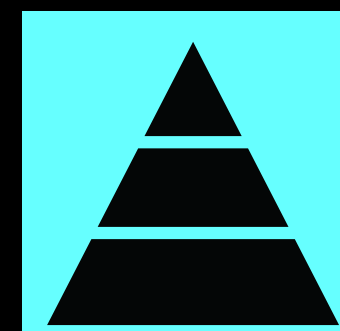
- Pick ONE splurge meal then work around it.



- Frontload your day with **PROTEIN** (aim for 30% of your daily intake).



- Bring healthy options with you.



- Tracking hierarchy:
 - Calories ->
 - Protein ->
 - Carbs ->
 - Fats



- Guestimate your portion sizes (hand guide from week 2).

Tips to stay on track on the road

- ➔ Macro Friendly Fast Food Choices
- ➔ Pack bento boxes and/or a cooler
- ➔ Differentiate work trip vs vacation
- ➔ Use the hand tracking guide for meals if weighing or food log isn't available

How to track on the go?



Palm: 3-4 oz

Best to use when
guesstimating protein
sources



Front fist: 1/2 cup

Best to use when
guesstimating carbs
like rice and potatoes.



Clenched fist: 1 cup

Best to use when
guesstimating carbs
like rice and potatoes.



Entire thumb: 2 tbsp
(From knuckle = 1 tbsp)

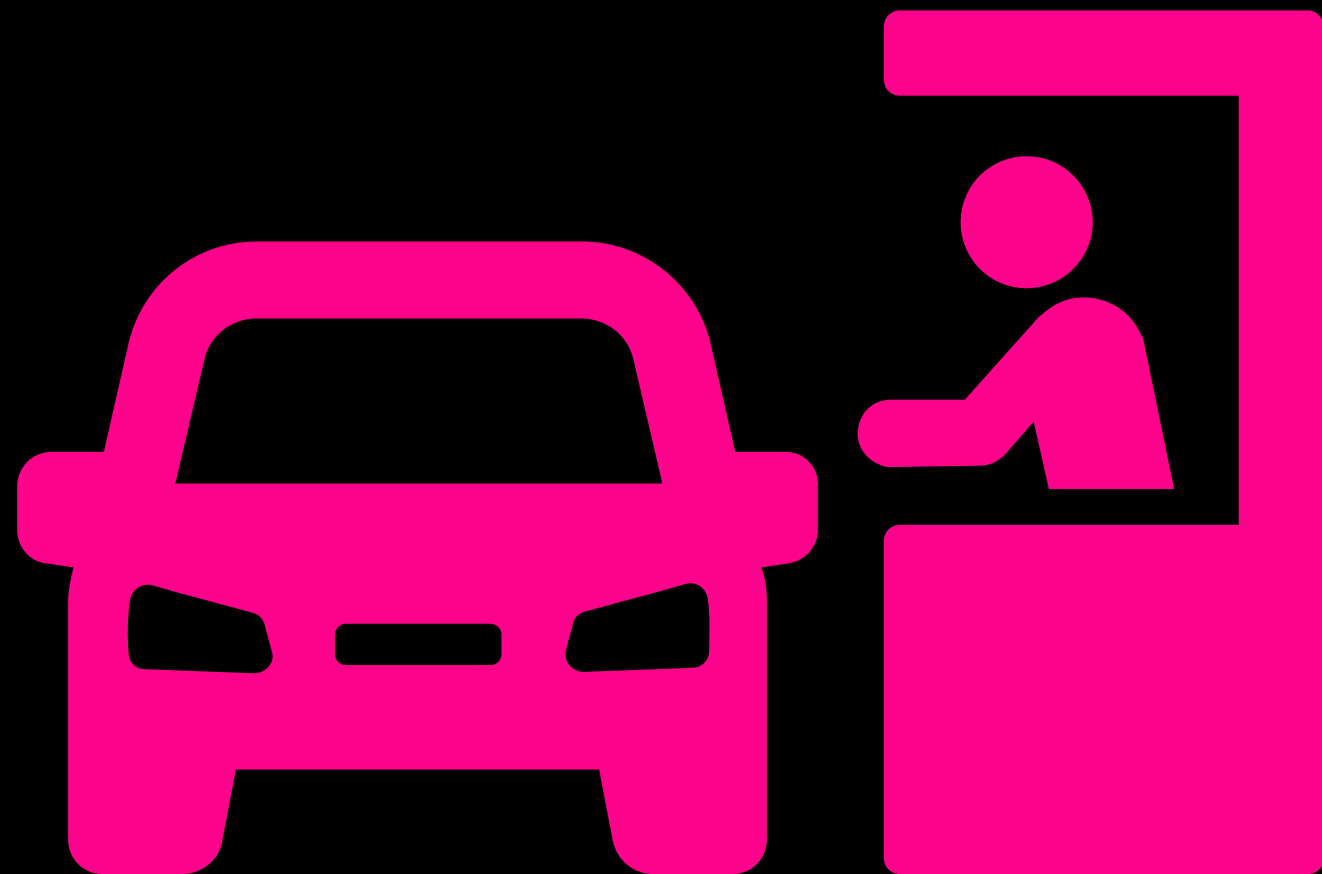
Best to use when
guesstimating fats.



Finger tip: 1 tsp

Best to use when
guesstimating fats or
small quantity items.

Macro Friendly Fast Food Options



- Starbucks
- Chipotle
- Chick-Fil-A
- Subway
- Jersey Mike's
- Texas Roadhouse
- Wendy's
- Etc.





CRAFTED USING OUR UNIQUE BREWPURE® PROCESS AND ONLY THE FINEST FLAVORS TO DELIVER A SURGE OF PURE REFRESHMENT AND A HARD SELTZER LIKE NO OTHER. WHITE CLAW® HARD SELTZER.

MADE PURE®

100 CALORIES | GLUTEN FREE | 2g CARBS

BREWPURE® MADE USING OUR PROPRIETARY BREWPURE BREWING PROCESS. DISCOVER MORE AT WWW.WHITECLAW.COM

Nutrition Facts

6 servings per container
Serving size 1 can (355 mL/12 fl. oz.)

Amount per serving
Calories 100

	% DV*
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%

Not a significant source of total fat, saturated fat, trans fat, cholesterol, dietary fiber, protein, vitamin D, calcium, iron and potassium.

*%DV = % Daily Value

INGREDIENTS: PURIFIED CARBONATED WATER, ALCOHOL, NATURAL FLAVORS, CANE SUGAR, CITRIC ACID, NATURAL RASPBERRY JUICE CONCENTRATE, SODIUM CITRATE.

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GOVERNMENT WARNING: (1) ACCORDING TO THE SURGEON GENERAL, WOMEN SHOULD NOT DRINK ALCOHOLIC BEVERAGES DURING PREGNANCY BECAUSE OF THE RISK OF BIRTH DEFECTS. (2) CONSUMPTION OF ALCOHOLIC BEVERAGES IMPAIRS YOUR ABILITY TO DRIVE A CAR OR OPERATE MACHINERY, AND MAY CAUSE HEALTH PROBLEMS.



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SFI-00068



1110-8420-06 BEER

PLEASE DRINK RESPONSIBLY

CONTAINS ALCOHOL 5% ALC/VOL

Alcohol

How do you track it?

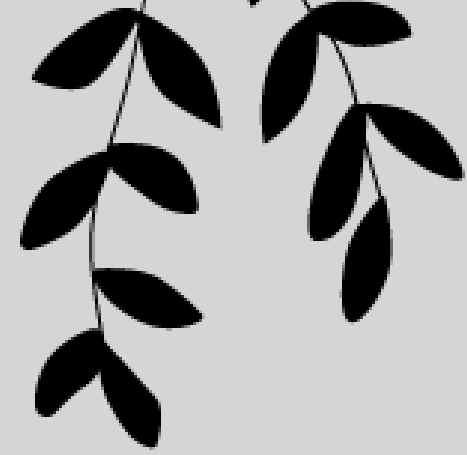
To add to carb target:

Divide total calories in drink by 4 = grams of carbs to add to your tracking for the day.

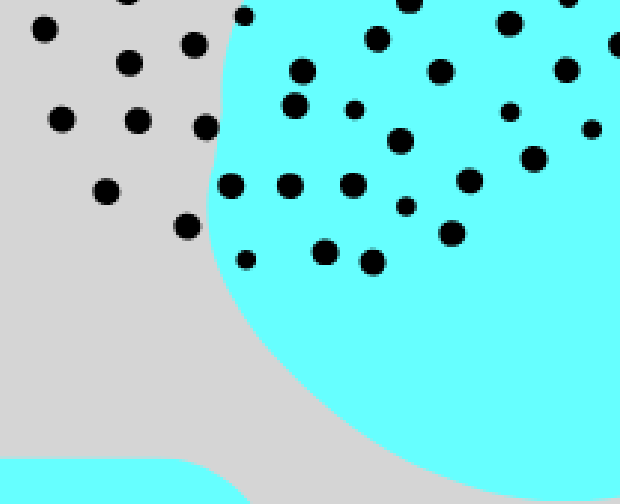
To add to fat target:

Divide total calories in drink by 9 = grams of Fat to add to your tracking for the day.





HOW TO CREATE A *Sunday Success Plan*



01 ORGANIZE YOUR CALENDAR (5 MINS)

02 PREP SOME HEALTHY STAPLES (30 MINS)

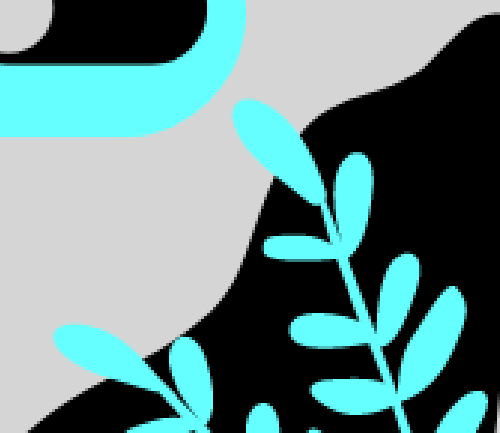
03 PLAN MONDAY'S MEALS (5 MINS)

04 BRAIN DUMP (10 MINS)

05 OPTIONAL: SCHEDULE GROCERY DELIVERY

SUNDAY PLANNING

In 1 hour every Sunday you can set yourself up for success!





Homework

Goal Action Plan (page 10) &
Action Brainstorm Worksheet
(page 11) of NBS Toolkit

THANK YOU!