

**UNBREAKABLE**

**John Hayley**

**FITNESS**

Member Nutrition Program

By:

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Congratulations! You've decided to make nutrition a priority in your training plan. Choosing the correct foods, portions and quality of food is the most important, and often, the most difficult of any fitness program. I have partnered with Registered Dietitian Anne L'Heureux to put together this program that coincides with the workouts, progressions and pace of the 12-week fitness classes. As the intensity, pace, and frequency of your workouts change, your nutritional intake will also adjust to help you fuel strong workouts while reducing body fat and building lean muscle.

Success of the program is built on incorporating this plan in three phases.

#### Phase 1:

- 1) Week 1 - Download the myfitnesspal app and begin logging your food intake. Pay no mind to anything other than getting used to entering your choices. Be honest.
- 2) Week 2 – Keep logging but now take a look at the macronutrient ranges suggested in this program. Start with Option 1. Notice how your numbers from last week line up with the suggested ranges. BONUS! The app will do all the math for you.  
How to choose ranges.
  - a. Weeks 1-4 – Option 1
  - b. Weeks 5-12 – Option 2
  - c. Days when you don't work out – Option 1
  - d. More than one class in a day – Option 3
  - e. Looking to lean out? Choose the lower end of the ranges.
  - f. Looking to bulk up? Choose higher end of the ranges.

#### Phase 2:

- 3) Week 3 – Spend the week working to hit your protein numbers only (don't worry about carbs and fat just yet. Trust me). If you need assistance/guidance on the best sources of protein, refer to the macronutrient food guide in this packet labeled "macronutrients of common foods".
- 4) Week 4 – Time to layer in carbohydrate tracking. Spend this week working to hit your carbohydrate numbers. See "macronutrients of common foods" for quality sources of carbohydrates.
- 5) Week 5 – Now time to hit your fat numbers. See "macronutrients of common foods" for quality sources of fats

#### Phase 3:

- 6) Week 6 – Bring it all together. Work to keep your numbers at or around all the ranges.

#### Notes:

1. Space out your meals/snacks throughout the day based on what works best for you. There is no right or wrong. The best pattern is what works for you to keep you fueled and avoid getting too hungry.
2. A list of common foods and their macronutrient content is included in this packet, along with a sample daily menu.
3. An excellent tool for tracking intake is the myfitnesspal app. You will be able to easily enter and track the foods that you are eating and see how they fit into your goal. Often, simply tracking your food, adding awareness to your actual habits, will help manage your nutrition decisions.
4. Having trouble? Don't be ashamed or embarrassed. Many people need coaching to get their nutrition just right. In the same way you have joined a gym, take classes, and perhaps see a personal trainer, you may need extra support for success with nutrition. If that's the case, contact Anne at [AnneLHeureuxRDLD@gmail.com](mailto:AnneLHeureuxRDLD@gmail.com)

Choose Option 1 Macros if:

Week 1-4 Strength or Cardio Classes  
Days off or Yoga

Choose Option 2 Macros if:

Week 5-12 Strength or Cardio Classes

Choose Option 3 Macros if:

You take more than one class that day

*Option 1: Low carb, moderate protein, high fat*

*Option 2: Slightly higher carbs, moderate protein, slightly lower fats*

*Option 3: High carb, slightly lower protein, slightly lower fats*

Male: Option 1 – grams/day	
Carbohydrate	110-120
Protein	160-170
Fat	100-120

Male: Option 2 – grams/day	
Carbohydrate	130-140
Protein	160-170
Fat	95-120

Male: Option 3 – grams/day	
Carbohydrate	165-180
Protein	135-150
Fat	95-110

Female: Option 1 - grams/day	
Carbohydrate	60-80
Protein	130-140
Fat	90-100

Female: Option 2 – grams/day	
Carbohydrate	100-120
Protein	120-130
Fat	80-90

Female: Option 3 – grams/day	
Carbohydrate	140-160
Protein	120-130
Fat	70-80

These are basic parameters to get you started. Everyone is different, so spread your foods over the course of the day based on what works best for you. 3-6 meals per day is a good place to start.

Remember, you may choose to track your intake with the myfitnesspal app.

For an individualized plan that provides details on specific nutrient timing to target workouts and results, contact Anne for an individualized consult at:

[AnneLHeureuxRDLD@gmail.com](mailto:AnneLHeureuxRDLD@gmail.com)

**Macronutrient Content of Foods**

Food	Serving Size	Grams of Fat	Grams of Protein	Grams of Carbohydrate
Salmon	4oz	10	22	0
Eggs, large	2 whole	10	12	1
Almonds	1oz	15	6	6
Almond Butter	1 Tablespoon	8	3	3
Avocado	1	22	3	12
Olive Oil	1 Tablespoon	14	0	0
Coconut Oil	1 Tablespoon	14	0	0
Full fat cottage cheese	½ cup	5		
Chicken breast, cooked, boneless, skinless	3oz	4	28	0
Chicken thigh, cooked, boneless, skinless	3oz	10	20	0
Steak	3oz	18	26	0
Pork	3oz	4	22	0
Pinto beans	½ cup	0	14	6
Black and Kidney beans	½ cup	1	8	19
Quinoa - cooked	½ cup	2	4	20
Cottage Cheese	4oz	4	14	4
Greek yogurt	6oz	0	18	7
Apple, orange, or pear	1 small	0	1	15
Banana	½ of a 7 inch banana	0	1	15
Blueberries/ raspberries	¾ cup	0	1	15
Sweet potato	1 medium	0	2	15
Asparagus, broccoli, carrots, collard greens, cabbage, cauliflower, green beans, tomato, peppers, zucchini	½ cup cooked or 1 cup raw	0	2	15

\*Most foods are a mixed source of all macronutrients to some degree

\*\*Aim to get all carbs from vegetables and fruits, minimize or omit grains if possible

Foods listed above were chosen for their nutrient density and quality. Although other foods are sources of these macronutrients, these sources will provide clean fuel to power your workouts and reach your body composition goals.

For more foods, and to track your progress/intake, download the myfitnesspal app.

For more specific macronutrient needs with a more individualized plan contact Anne: AnneLHeureuxRDLD@gmail.com

Sample One Day Menu

Female: Option 1	
Carbohydrate	60-80
Protein	130-140
Fat	90-100

5-8am	Calories kcal	Carbs g	Protein g	Fat g
Extra large eggs - Egg, 1 egg	80	1	7	6
Tresomega - Organic Chia Seed, 12 g (1 Tbsp)	60	5	3	3
Spices, cinnamon, ground, 0.25 tbsp	4	1	0	0
Banana - Bananas, 30 g	27	6	0	0
MaraNatha - all natural creamy roasted almond butter, 2 tbsp	180	6	7	16
Egg White - White, 4 egg	68	1	16	0
Olive Oil, 0.5 tbsp	60	0	0	7
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>479</b>	<b>20</b>	<b>33</b>	<b>32</b>

Breakfast consisted mixing together eggs, cinnamon, and chia seeds in a bowl. Heating oil in a pan. Pouring egg mix in pan to make a "pancake". Slice banana in and let set half way. Flip and let cook fully. Top with almond butter.

8-11am	Calories kcal	Carbs g	Protein g	Fat g
Dannon Oikos - Triple Zero Peanut Butter and Banana, 150 grams	120	14	15	0
Tresomega - Organic Chia Seed, 12 g (1 Tbsp)	60	5	3	3
Emerald - Cocoa Roast Almonds, 14 g	80	4	3	7
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>260</b>	<b>23</b>	<b>21</b>	<b>10</b>

Mix chia seeds in yogurt and top with almonds.

Mash avocado, chop egg, and mix all with tuna.

11a-2pm	Calories kcal	Carbs g	Protein g	Fat g
Starkist - Solid White Albacore Tuna, 4 oz	100	0	24	1
Hass - Avocados, 75 g	125	7	0	11
Eggs - Hard Boiled - Large, 1 egg	78	1	6	5
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>303</b>	<b>8</b>	<b>30</b>	<b>17</b>

5-7pm	Calories kcal	Carbs g	Protein g	Fat g
Spinach - Raw, 3 cup	21	3	3	0
Cabbage, raw, 0.25 cup, chopped	6	1	0	0
Cheese, feta, 0.5 oz(s)	37	1	2	3
Ken's Steak House - Lite Asian Sesame W/ginger & Soy Dressing, 2 tbsp	70	8	1	4
Nuts, pistachio nuts, raw, 1 oz (49 kernels)	159	8	6	13
Cooked - Sweet Potato, 50 g	45	10	1	0
Hannaford - Sockeye Salmon, 4 oz	240	0	30	12
Olive Oil, 1 tbsp	119	0	0	14
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>697</b>	<b>31</b>	<b>43</b>	<b>46</b>
<b>Totals</b>	<b>1,739</b>	<b>82</b>	<b>127</b>	<b>105</b>
	<b>Calories</b>	<b>Carbs</b>	<b>Protein</b>	<b>Fat</b>

Mix chopped spinach, chopped cabbage, feta, and nuts together. Top with dressing. Use olive oil to bake sweet potato and salmon. Serve on side of salad.

Do these totals match exactly? Nope. But close enough. Don't sweat the small stuff.

Males, same menu but with larger portions.