

A woman with long, wavy blonde hair is standing in a kitchen, looking down at her smartphone. She is wearing a white short-sleeved top and a red skirt. In the foreground, there are several clear plastic containers filled with prepped food, including what looks like oatmeal topped with fresh berries (strawberries, raspberries, blueberries). The background shows kitchen cabinets and a countertop. The overall lighting is soft and natural, suggesting a bright but slightly overcast day.

MACROS

2 Muscle

Understanding how to
Fuel your **Body** & **Mind** for
a **Fit Life**



WELCOME

Macro2Muscle



Welcome!

WELCOME TO MACROS 2 MUSCLE: A 6-WEEK NUTRITION CHALLENGE

Thank you for downloading this eBook and placing your trust in me

My mission is simple yet powerful: to empower women worldwide to change their stories, transform their lives, and embrace a life beyond recovery. Through my FCB Challenges, I've witnessed countless women—from all corners of the globe—completely change their lives (including mine)

With over 8 years of experience as a certified nutrition coach, I've helped hundreds of women break free from body dysmorphia, eating disorders, and reclaim their health. I've learned that many of the choices we make that aren't good for us stem from a place of ignorance—we simply don't know. I'm here to change that.

Much of the "truth" we think we know, often fed by diet culture and celebrities, is not accurate. My goal is to educate you, empower you, and guide you to become the healthiest, strongest version of yourself.

From Struggle to Strength, I've navigated the challenges of food and body image for years. I know the feeling of being stuck, unsure of the next step. But through this journey, I've discovered profound insights that have reshaped my relationship with food and my body.





Empowerment through Understanding nutrition—knowing what my body truly needs and how much—has been a game-changer for me. And I'm here to tell you: it can be for you, too. All it takes is your commitment to this journey.

I am a dedicated nutrition enthusiast, constantly learning how to fuel my body for optimal performance. Because feeling good starts with fueling good! And now, I'm thrilled to share this knowledge with you.

Embrace Growth, Embrace Freedom As we dive into this 6-week challenge together, I invite you to embrace growth, allow room for learning, and yes, even make mistakes. Because through it all, you'll find yourself breaking free. Free to choose foods that nourish your body, free to love yourself unconditionally, and free to become the healthiest, strongest, most confident version of yourself.

Here's to Your Transformation, and here's to us—taking on this journey together.

I promise you, as you commit to this challenge, incredible transformations await. Get ready to change your story, transform your life, and embrace a life beyond recovery.

Hannah

LET'S CONNECT



Change Your Story
podcast



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SUCCESS + CUMMUNITY

Women who have gone before you paved the way to show you whats possible and our amazing community.

MACRO NUTRIENT CALCULATOR

*The formula by hand
Calculator*

80

What are **MACRONUTRIENTS?**

Macronutrients are nutrients the body requires in large amounts to maintain proper growth, development, and functioning. The three main macronutrients are carbohydrates, proteins, and fats.

CARBOHYDRATES

Carbohydrates are the body's primary source of energy. They are broken down into glucose, which the body uses for fuel. Carbohydrates can be found in foods like grains, fruits, vegetables, and sugars.

PROTEINS

Proteins are important for building and repairing tissues, making hormones and enzymes, and maintaining a healthy immune system. Proteins can be found in foods like meat, fish, dairy, beans, and nuts.

FATS

Fats are important for energy storage, insulation, and cell membrane function. They are also important for the absorption of certain vitamins. Fats can be found in foods like oils, nuts, seeds, and fatty meats.

In addition to these three main macronutrients, fiber is also considered a macronutrient because it is a type of carbohydrate that the body cannot digest. It is important for maintaining proper digestion and bowel function. Fiber can be found in foods like fruits, vegetables, whole grains, and legumes.



What are **CALORIES?**

Calories are a unit of measurement used to quantify the amount of energy in food.

When we eat food, our body breaks it down into its component nutrients, including carbohydrates, protein, and fat, and then uses these nutrients to provide energy for various bodily functions.

Each macronutrient provides a different amount of energy per gram:

Carbohydrates: 4 calories per gram

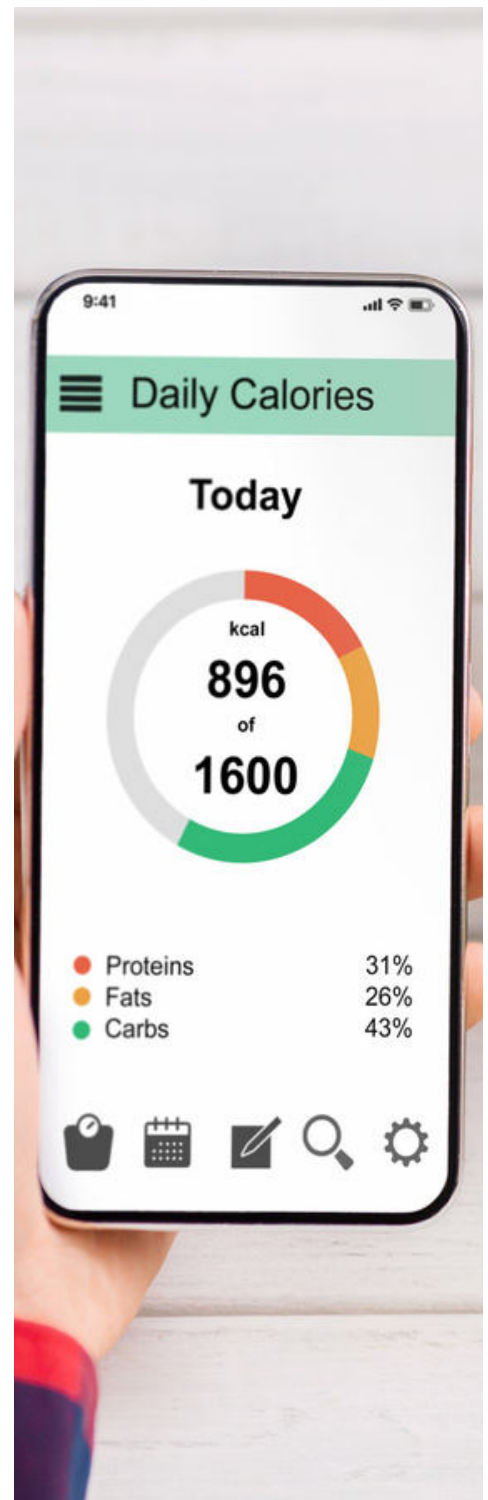
Protein: 4 calories per gram

Fat: 9 calories per gram

Alcohol, although not a macronutrient, also provides calories at a rate of 7 calories per gram.

The number of calories an individual needs varies depending on age, gender, weight, height, and activity level. Generally, the average adult needs around 2000-2500 calories daily to maintain weight.

It's important to note that while calories are important for weight management, they are not the only factor to consider. Other factors impacting weight include hormonal imbalances, stress levels, sleep quality, and medication use.



Are all the calories

CREATED EQUAL?

No, all calories are not created equal. Although a calorie is simply a unit of measurement for energy, the type of food that the calorie comes from can have different effects on the body.

For example, foods that are high in sugar or refined carbohydrates can cause a rapid spike in blood sugar levels, which can lead to a crash and feelings of fatigue and hunger. On the other hand, foods that are high in fiber, protein, or healthy fats can help to slow down the digestion process and provide a more sustained source of energy.

Furthermore, different types of macronutrients require different amounts of energy to be digested and metabolized by the body. For example, protein has a higher thermic effect than carbohydrates or fat, meaning that the body expends more energy to digest and metabolize protein. This means that a calorie from protein may not be the same as a calorie from carbohydrates or fat in terms of the energy required by the body to process it.

In summary, while all calories contain the same amount of energy, the type of food that the calorie comes from and the way it is processed by the body can have different effects on energy levels, metabolism, and overall health.



COUNTING MACROS

vs.

COUNTING CALORIES

You have more control over your appetite

You are more aware of the quality of the food you eat

You can build and maintain muscle and lose body fat more quickly with the proper macro-nutrient ratio

You can adjust your macros to achieve a specific body composition goal

You may experience an increased appetite from imbalanced macros

You risk having nutritional deficiencies if you're not focused on the quality of foods

Inadequate protein will cause you to lose muscle; inadequate carbs will affect your performance; not enough fat will negatively affect hormones

You can adjust your calories to achieve a specific body weight



More about

PROTEINS

Proteins have a caloric value of 4 calories/gram and can be of plant or animal origin. They are vital for growth, muscle tissue repair, immunity, hormone and enzyme production, and muscle mass.

The best part? Its nutritional value doesn't end there! Other benefits of this building-block compound include:

- Healthy skin, hair, and nails
- Strong bones
- Lasting full-feeling
- Boosts immune system

Protein is found in meats, cheeses, milk, nuts, and even vegetables or grains/seeds. The percentage of protein in each food varies widely, from 15% for cheese to 50% for lamb or 40% for beef.

40g protein x 4 calories/gram = 160 calories



More about **CARBOHYDRATES**

Carbohydrates have a caloric value of 4 calories/gram and have mainly plant origin. Carbohydrates provide the vital energy that keeps us moving daily, supporting the functions of the nervous, kidneys, and muscular systems, including the heart.

Carbohydrates make a vital contribution to the digestive system because they have a large amount of fiber. The body does not digest fibers, and with their elimination, they help to clean the digestive system. Carbohydrates are found in grains (bread, pasta, rice), legumes, vegetables, and fruits.

Carbohydrates comprise three components: fiber, starch, and sugar. Fiber and starch are complex carbs, while sugar is a simple carb. Depending on how much of each of these is found in food determines its nutrient quality.

The percentage of carbohydrates also varies by food. For example, a banana has about 25g of carbohydrates, while a large potato has 50g.

25g carbs x 4 calories/gram = 100 calories



More about

FATS

Fats have the highest caloric value per gram, 9 calories/gram, and even though they have a bad reputation, they are vital to our bodies. Fats help the body grow and develop, absorb vitamins, maintain tissue membranes, provide energy, and aid digestion, which is vital for liver functions.

Fats are found in some types of meat, nuts, cheeses, butter, oils, and fish.

It should be noted that there are three types of fat: **saturated** (found in meat, animal fat, and butter), **trans** (found in processed food, fast foods, and chips), and **unsaturated** (found in olive oil, avocados, and nuts). The first two, saturated and trans, are shown to contribute to heart disease.

To give you an idea, an avocado contains 25g of unsaturated fat, which is very good for you and covers 40% of the daily fiber requirement.

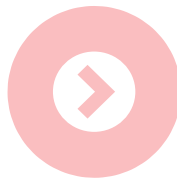
25g carbs x 9 calories/gram = 225 calories



COOKED *vs* UNCOOKED



Boiled food (rice, pasta, oats and some veggie) tend to absorb water and **↑weight and size**



Protein sources (meat) tend to lose water and **↓weight and size**

- Weight changes are due to water loss or water absorption. When the weight changes, the calories and nutrition do not change. 6oz/170g of cooked chicken contains the same calories as 8oz/220g of raw chicken; it simply loses water weight.
- Nutrition labels will always list the raw weight unless expressly stated otherwise.
- If you are using a food tracking app, you can search for a "cooked" version to avoid conversions for certain foods.
- Weighing raw food will always yield the most consistent & accurate results, but since that is not always possible, you can effectively weigh and track cooked food.

Macronutrients

CHEATSHEET

for Proteins

FOOD	CAL	PROTEINS	CARBS	FATS
Beef, ground (80% lean)	254	17g	0g	20g
Beef, filet mignon	271	20g	0g	8g
Beef, sirloin steak	250	26g	0g	10g
Chicken breast, skinless	165	31g	0g	1g
Chicken thighs, skinless	209	26g	0g	9g
Turkey breast, skinless	104	29g	0g	1g
Turkey, ground (80% lean)	171	18g	0g	10g
Pork chop, center loin	221	26g	0g	9g
Pork tenderloin	143	23g	0g	3g
Pork, ground (80% lean)	287	18g	0g	14g
Salmon, wild-caught	206	20g	0g	13g
Sardines	208	25g	0g	11g
Tilapia	96	26g	0g	2g
Tuna	116	30g	0g	1g
Shrimp	85	24g	0g	1g
Cottage cheese (regular)	342	6g	4g	34g
Cottage cheese (low-fat)	72	10g	2.8g	1g
Yogurt, Greek (regular)	97	10g	4g	10g
Yogurt, Greek (low-fat)	73	9g	3.6g	2g
Eggs	155	13g	1.1g	11g
Tofu	76	8g	2g	6g
Tempeh	193	19g	9g	11g
Whey	120	25g	2g	1g
Plant protein	100	20g	2g	1g

*All values are **per 100g** of the product

Macronutrients

CHEATSHEET

for Carbohydrates

FOOD	CAL	PROTEINS	CARBS	FATS
Oats	389	11g	66g	6.5g
Brown rice	111	2.7g	23g	2.6g
Quinoa	120	4.4g	21g	6g
Barley	354	2.3g	28g	1.2g
Wholewheat bread	247	9.4g	49g	2.4g
Whole wheat pasta	131	13g	26g	1g
Buckwheat	343	13.3g	71g	2.7g
Rye	335	6g	79g	1.5g
Sweet potatoes	86	1.6g	20g	0.1g
Potatoes	87	2g	17g	0g
Corn	96	3.2g	19g	1.1g
Peas	81	5.4g	14g	0.4g
Pumpkin	26	1g	7g	0.1g
Squash	45	1g	4g	0.1g
Yams	118	1.5g	28g	0g
Lentils	116	9g	20g	1g
Chickpeas	364	8.9g	27g	6g
Black beans	341	8.9g	23g	0.9g
Kidney beans	127	8.7g	22g	1.1g
Navy beans	347	8.2g	24g	0.1g
Lima beans	338	7.8g	15g	0.3g
Apples	52	0.3g	14g	0.1g
Bananas	89	1.1g	23g	0.3g
Oranges	47	0.9g	12g	0.2g
Grapes	69	0.7g	18g	0.1g
Melons	34	0.8g	8g	0.1g
Peaches	37	0.9g	10g	0.2g
Pears	57	0.4g	15g	0.1g
Mangoes	60	0.8	15g	0.3g

*All values are per **100g** of the product

Macronutrients

CHEATSHEET

for Fats

FOOD	CAL	PROTEINS	CARBS	FATS
Butter	717	0.8g	0.6g	81g
Ghee	900	0g	0g	99g
Margarine	717	02.g	0.3g	80g
Mayonnaise	684	1.1g	3.2g	75g
Olive oil	884	0g	0g	100g
Coconut oil	862	0g	0g	100g
Avocado oil	884	0g	0g	100g
Flaxseed oil	884	0g	0g	100g
Avocado	160	2g	8.5g	15g
Almonds	579	21.2g	21.6g	49g
Walnuts	654	15.2g	13.7g	65g
Pecans	691	9g	3.9g	72g
Cashews	553	18.2g	30g	44g
Macadamia nuts	718	7.9g	4.5g	76g
Brazil nuts	656	14.3g	2.3g	66g
Peanut butter	589	25g	20.6g	50g
Almond butter	614	21.2g	18.7g	50g
Flaxseeds	534	18.2g	28.8g	42g
Chia seeds	486	16.5g	42g	31g
Sunflower seeds	584	20.7g	20.7g	51g
Pumpkin seeds	559	30.2g	10.7g	49g
Hemp seeds	553	31.5g	3.4g	49g
Tahini	633	17g	17g	53g
Olives	115	0.8g	3.8g	15g
Dark chocolate	604	5.5g	45g	30g
Cream cheese	342	3g	3g	34g
(reguar) Cream	246	7g	3g	10g
cheese (low-fat)	264	14g	1g	21g
Feta cheese	356	25g	2g	28g
Gouda cheese				

*All values are per **100g** of the product

Macronutrients

CHEATSHEET

for Fats

FOOD	CAL	PROTEINS	CARBS	FATS
Butter	717	0.9g	0g	81g
Cheddar cheese	403	25g	1.2g	33g
Colby cheese	394	23g	1.6g	29g

*All values are per **100g** of the product

*All values are per **100g** of the product

100 Calories

FOOD CALORIE CHART

Listed below are food amounts (either in ounces, grams, or a volume measurement) that equal approximately 100 calories. Note that due to the variation in brands, color, sugar/fat content, size of pieces/slices, season grown, and other factors that the amount of calories may not be perfectly accurate and could vary \pm 10 calories. Cup sizes were also rounded up/down to the nearest easy-to-measure size so as to not make amounts too complex.

All calculations were calculated in excel and derived from *CalorieKing.com* and *www.NutritionData.com*, and actual food product labels when needed. All produce and meat measurements are calculated *raw* unless otherwise noted. Cup measurements of fruits and vegetables assume produce has been chopped, diced, or sliced into typical bite-sized pieces.

C = cooked **R** = raw **D** = dried **FF** = full-fat **NF** = non-fat **UNSW** = unsweetened

CONDIMENT	OZ	G	AMT
balsamic dressing	1.0	29	2 tbsp
barbecue sauce	2.3	67	2 tbsp
cream cheese	1.0	29	2 tbsp
cream cheese (FF)	5.3	95	5-6 tbsp
guacamole	2.3	64	4 tbsp
honey	1.2	33	1 1/2 tbsp
hummus	2.2	60	4 tbsp
italian dressing	1.2	34	2.5 tbsp
italian dressing (FF)	7.7	213	1 cup
ketchup	3.7	103	6-7 tbsp
maple syrup	1.4	38	2 tbsp
mayonnaise	1.1	15	1 tbsp
mustard	7.1	200	4/5 cup
pickle	20.0	556	8 med. pickles
salsa	10.0	278	1/3-2/5 cup
sauerkraut	20.0	526	2 1/4 cups
whip cream	1.4	39	2/3 cup

BEVERAGE	OZ	G
almond milk (unsw)	26.7	769
beer	7.7	233
beer (light)	11.1	323
coconut milk (box)	18.6	526
coconut milk (can)	1.9	55
cranberry juice (unsw)	6.9	217
grapefruit juice (R)	8.3	256
half & half	2.5	75
kombucha	26.7	769
milk (2%)	6.6	200
milk (skim)	9.3	286
milk (whole)	5.5	167
orange juice (R)	7.1	222
soy milk (boxed)	6.1	185
vodka, rum, gin	1.6	43
wine	4.2	120

PROTEIN	OZ	G	AMT	PROTEIN	OZ	G	AMT
bacon (cured)	0.8	22		fish (tuna)	3.2	93	
beef (ground, 85%)	1.9	52		goat	3.2	92	
beef liver	2.6	74		lamb (ground)	1.3	35	
beef, fatty (ribeye)	1.3	36		lamb, lean cut (leg)	2.7	76	
beef, lean (brisket)	2.3	65		pork (ground)	1.4	38	
bison (ground)	2.4	68		pork (lean cut)	2.4	67	
cheese (cottage, 1%)	5.0	139	1 1/4 cup	pork (ham)	1.8	51	
cheese (cream)	1.0	29	2 tbsp	pork belly	0.7	19	
cheese (soft)	0.9	25	1.5" cube	protein powder (whey)	0.9	25	5/6 scoop
cheese, (goat)	1.0	27		protein powder (soy)	1.1	30	1 scoop
cheese, (hard)	0.9	26	2.5" cube	protein powder (vega)	1.0	27	5/6 scoop
chicken (dark)	3.1	88		shellfish (shrimp)	3.3	94	
chicken (ground)	2.5	70		shellfish (crab)	4.2	115	
chicken (light)	3.2	92		scallops	4.0	114	
chicken liver	3.1	86		tofu (firm)	2.4	69	1/3 cup
egg (large)	2.5	70	1 1/2 egg	turkey (ground)	2.4		
egg (duck)	1.9	54	3/4 egg	turkey (light meat)	3.1	67	
egg whites	7.7	208	5/6 cup	turkey (dark)	2.9	87	
fish (salmon)	2.5	70		yogurt (plain, FF)	5.9	80	3/4 cup
fish (smoked salmon)	3.0	85		yogurt (plain, NF)	6.3	164	1 cup

FAT / OIL	OZ	G	AMT
almond	0.6	17	17 nuts
almond butter	0.6	16	1 tbsp
avocado	2.1	60	2/5 avocado
brazil nut	0.5	15	3 nuts
butter	0.5	14	1 tbsp
cashews	0.6	18	10 nuts
coconut meat	1.0	28	
coconut oil	0.4	12	1 tbsp
ghee	0.4	11	2 1/2 tsp
hazelnut	0.6	16	11 nuts
macadamia nut	0.5	14	5 nuts
olive oil	0.4	11	1 tbsp
olives	3.1	87	20 olives
peanut butter	0.6	17	1 tbsp
pecan halves	0.5	14	10 halves
pistachios	0.6	18	33 nuts
pumpkin seeds	0.8	22	3 tbsp
sunflower seeds	0.6	17	2 tbsp
walnut halves	0.5	15	8 halves

STARCH / GRAIN	OZ	G	AMT
bagel (plain)	1.3	36	1/2 bagel
black beans (C)	2.7	76	1/2 cup
chickpeas (C)	3.0	84	1/3 cup
chips ahoy!	0.7	21	2 cookies
donut (glazed)	0.9	25	2/5 donut
edamame	2.9	82	1/2 cup
hotdog/burger bun	1.3	36	4/5 bun
kidney beans	2.8	79	1/2 cup
oatmeal (R)	1.0	27	1 packet
oreo	0.8	21	2 1/2 oreos
pita bread	1.3	36	3/4 slice
potato (C)	3.8	108	7/8 cup
potato (R)	5.0	143	1 cup
quinoa (C)	2.9	83	1/2 cup
rice (brown)	1.0	28	5 tbsp
rice (jasmine)	1.0	27	5 tbsp
sweet potato (C)	4.0	111	1/2 cup
sweet potato (R)	4.2	116	4/5 cup
white bread	1.4	38	1 1/2 slice
whole wheat bread	1.4	40	1 1/2 slice

VEGETABLE	OZ	G	AMT	VEGETABLE	OZ	G	AMT
artichoke	7.6	213	1 artichoke	mustard greens	13.7	385	6 2/3 cups
artichoke hearts	15.5	435	6-7 hearts	okra	11.5	323	3 1/3 cups
asparagus	17.9	500	25 spears	onions	8.9	250	1 1/2 cups
broccoli	10.5	294	3 1/3 cups	peas (frozen)	4.6	128	1 cup
broccoli rabe	16.2	455	11 1/8 cups	peas (snap/snow)	8.5	238	2 1/2 cups
brussels sprouts	8.3	233	2 5/8 cups	peppers	11.5	323	2 1/3 cups
cabbage	15.5	435	6 cups	potato	5.1	143	1 cup
carrots	8.7	244	2 cups	radish	22.3	625	5 1/4 cups
cauliflower	14.3	400	4 cups	rutabaga	9.9	278	2 cups
celeriac	8.5	238	1 1/2 cups	spinach	15.5	435	14 1/3 cups
celery	22.3	625	6 1/4 cups	squash, acorn	8.9	250	1 3/4 cups
cucumber	23.8	667	6 1/4 cups	squash, b-nut (C)	8.9	250	1 1/4 cups
eggplant	14.9	417	5 cups	squash, b-nut (R)	7.9	222	1 3/5 cups
fennel	11.5	323	3 2/3 cups	squash, spag (C)	13.2	370	2 3/8 cups
green beans	11.5	323	3 cups	squash, summer	22.3	625	5 1/2 cups
kale	7.1	200	3 cups	sunchokes	4.9	137	1 cup
kohlrabi	13.2	370	2 3/4 cups	sweet potato	4.2	116	7/8 cup
leeks	5.9	164	1 3/4 cups	swiss chard	18.8	526	14 1/3 cup
lettuce	23.8	667	20 cups	turnip	12.8	357	2 3/4 cup
mushroom	13.2	370	5 1/4 cups	zucchini	22.3	625	5 cups

FRUIT	OZ	G	AMT
apple	6.9	192	1 medium-large
banana	4.0	112	1 medium
blackberry	8.3	233	1 2/3 cup
blueberry	6.3	175	1 1/4 cup
cantaloupe	10.5	294	1/2 6" dia melon
cherry	5.7	159	20 cherries
clementine	7.6	213	3 clementines
cranberry (D)	1.2	32	1/3 cup
cranberry (F)	7.8	217	2 cups
date	1.3	36	1 1/2 dates
dragonfruit	6.0	167	3/4 cup diced
fig (D)	1.4	40	2 1/2 figs
fig (F)	4.8	135	2 1/2 figs
grape	5.2	145	29 grapes
grapefruit	8.5	238	1 fruit
honeydew	9.9	278	1 2/3 cup diced
kiwi	5.9	164	2 kiwis
lemon	12.3	345	5 lemons

FRUIT	OZ	G	AMT
lime	11.9	333	5 limes
mango (D)	1.1	32	6 slices
mango (F)	5.5	154	3/4 fruit
nectarine	8.1	227	1 1/2 fruit
orange	7.8	217	1 1/2 orange
papaya	9.2	256	2/3 large papaya
peach	9.2	256	1 1/2 peach
pear	6.2	172	1 medium
pineapple	7.1	200	1 1/4 cup diced
plum	7.8	217	3-4 plums
pumpkin (C)	10.5	294	1 1/4 cup
pumpkin (R)	13.7	385	3 1/3 cup diced
raspberry	6.9	192	1 3/4 cup
strawberry	11.2	313	20-25 berries
tangerine	6.7	189	2 medium
tomato (cherry)	19.8	556	3 cups
tomato (whole)	19.8	556	3 large
watermelon	11.9	333	2 1/4 cup diced

HOW TO TRACK *Food diary*

#1

Serving size

Look at the serving sizes and write down how much you ate shows in grams or cups- if you have scale then use that, or measuring cups

#2

Calories/energy

Look at the calories per serving and write it down.

#3

Protein - grams

Record the protein for each meal - everything has nutrition facts so just look and write down how much you had.

#4

Carbs- grams

Write down your grams of carbs for each meal/snack.

#5

Fats- grams

Record the grams of fats per snack and meal.

#6

Total

End of the day, totalling everything up in the app. It will do it for you.

How to Read a Nutrition Label

How many servings per container



Total fat in one serving



Total carbs in one serving



Total protein in one servings



Nutrition Facts	
5 servings per container	
Serving size	3 oz (85g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 50mg	17%
Sodium 150mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

Serving size is how many grams/ounces you'll weigh on your food scale



How many calories per serving



HOW TO TRACK *Example*

See back of book for tracking sheets and cheat sheets

#1

Serving size

Look at the serving sizes and write down how much you ate shows in grams or cups- if you have scale then use that, or measuring cups

#2

Calories/energy

Look at the calories per serving and write it down.

#3

Protein - grams

Record the protein for each meal - everything has nutrition facts so just look and write down how much you had.

#4

Carbs- grams

Write down your grams of carbs for each meal/snack.

#5

Fats- grams

Record the grams of fats per snack and meal.

#6

Total

End of the day, totalling everything up in the app. It will do it for you.

Daily
TRACKER

DATE 1 / 6 / 19

M TU W TH F SA

FOOD	MEAL	C	P	F	CAL	
Granola 1/2 C	B	27	6	3.2	158	
Eggs - 2	B	1.2	12	10	154	
Apple	S	25	0.5	0.3	95	
Turkey - 3 Slices	L	3.4	12	9	120	
Bread - 2 Slices	L	54	6	3.2	180	
Cheese Stick	L	0.4	7	9	100	
Yogurt	S	18	12	0	120	
		TOTAL	129	55.5	34.7	765
		DAILY GOAL	C	P	F	CAL

Debunking Nutrition MYTH OR FACTS

As you embark on your health and fitness journey, it's essential to recognize and dispel common weight loss myths. Here are a few misconceptions to be aware of:

Myth 1: Certain foods can "burn" fat.

Truth: No single food can directly burn fat. Weight loss occurs when you maintain a calorie deficit over time.

Myth 2: You must eliminate entire food groups (e.g., carbs) to lose weight.

Truth: A balanced diet that includes all macronutrients (protein, carbohydrates, and fats) is crucial for overall health and sustainable weight loss.

Myth 3: Extreme exercise is necessary for weight loss.

Truth: While physical activity is essential, finding a consistent, enjoyable exercise routine that you can maintain in the long run is more important.

Myth 4: Eating at maintenance means nothing happens or improves.

Truth: eating at maintenance is amazing, and you can get amazing results- workouts get better, build muscle and change your body composition. When you do this intentionally with the right macros splits, you'll be surprised at the results you get.

Debunking Nutrition MYTH OR FACTS

As you embark on your health and fitness journey, it's essential to recognize and dispel common weight loss myths. Here are a few misconceptions to be aware of:

Myth 5 : Certain foods can make you "fat".

Truth: no food group or food by itself can make you fat; bread cant, butter cant even a cookie cant- its only when you over consume calories that you put fat on.

Myth 6: you have to eat a certain times and stop at certain times.

Truth: time has nothing to do with fat loss. What you eat does not affect your weight; it's only how much you consume that matters.

Myth 7: Certain exercises burn fat and reduce body fat.

Truth: you dont work out to lose weight, and you cannot spot reduce. There is no magic exercise to burn fat. You work to get stronger and have better mental health. Better confidence, and yes, over time, the muscle you put on will help change your body composition and increase your BMR.

Myth 8: Muscle will make me bulky and look manly

Truth:puttin on muscle will make you look younger, tighter, more toned and you don't have the genetics to look like a man.
The only thing that will make you look bulky is excess fat on your body.

Debunking Nutrition MYTH OR FACTS

As you embark on your health and fitness journey, it's essential to recognize and dispel common weight loss myths. Here are a few misconceptions to be aware of:

Myth 9: If you only eat healthy foods you won't gain weight”.

Truth: All food eaten in excess will make you put weight on, “healthy” or not.

Myth 10: You can spot reduce body fat

Truth: You cannot spot reduce body fat, but you can spot build. Choose the areas you want to focus on and start training them in the gym.

Understanding Nutrition: Your Key to Success

Ladies, take the time to educate yourself about nutrition and learn what your body truly needs.

In the beginning, tracking may require effort and discipline, but it's not forever.

Remember, intuitive eating comes from understanding food—its roles and your body's needs. You can't hit a target blindfolded.

By grasping the basics of weight loss and dispelling common myths, you'll be ready to start your journey to a healthier you. The rewards are truly worth it!

Week **ONE**

Week 1: Food Journaling - Discover Your Eating Habits



DISCOVER YOUR EATING HABITS

Introduction: Why Food Journaling Matters

Before we dive into tracking calories or worrying about macros, let's take a moment to simply observe. Food journaling isn't about counting every calorie—it's about understanding our habits, how food makes us feel, and the patterns we might not even realize we have.

Why Journal?

Keeping a food journal helps us:

- Become aware of our eating patterns
- Understand emotional and physical triggers for eating
- Identify areas for improvement without judgment

How to Use This Section

Each day, take a few moments to record what you eat when you eat, and how you feel. No need to be perfect, just honest. I have attached some sheets to make this easier with cheat sheets as well but feel free to use the fit club app or MFP. whatever makes this easier for you. If using a paper journal, include the following for each entry:

- Food item(s) consumed
- Amount in grams or serving sizes
- Calories for each item or meal
- Protein, carbs, fats for each item or meal



TIP: writing this out by hand for the first 7 days has many benefits for your mental health and clarity.



Daily Journal Prompts

DAY 1:



Using a journal or food logging app, track all the food you ate today from when you got up to when you went to bed.

- What did you eat for breakfast, lunch, and dinner?
- Any snacks? Could you write them down?
- How did you feel before and after each meal?
- Rate your energy levels today (1-10).

Every moment is an opportunity to change your perspective.

You first must learn to love the body you have before you have the body you want.



CALORIE & MACRO

Tracker

DAY 1 1-10 (HOW DID YOU FEEL AFTER) TOTAL YOUR NUMBERS FOR EACH AT THE END OF THE DAY

1-10	MEAL	FOOD/DRINK	SERV	CARBS	PROTEIN	FAT	CALS

Daily Journal Prompts

DAY 2:



Using a journal or food logging app, track all the food you ate today from when you got up to when you went to bed.

- Describe your meals today. Include portions.
- Did you eat out or cook at home?
- Any cravings? How did you handle them?
- Rate your mood today (1-10).

Food is fuel!

My body takes care of me,
So I will fuel it well.



Daily Journal Prompts

DAY 3:



Using a journal or food logging app, track all the food you ate today from when you got up to when you went to bed.

- List any beverages you had today (don't forget those sneaky calories!).
- Did you eat mindfully or on-the-go?
- How was your hunger level before and after meals?
- Rate your focus today (1-10).

Understand this:

That until you can track your macros and energy balance at maintenance for a minimum of 6 months;

You'll never successfully do a fat loss phase and keep it off.

Until you can love your body where it's at, you'll never get to the body you want.



Daily Journal Prompts

DAY 4:



Using a journal or food logging app, track all the food you ate today from when you got up to when you went to bed.

- Note any changes in your usual routine today.
- Did stress or emotions affect your eating?
- What's one healthy choice you made today?
- Rate your overall satisfaction with today (1-10).

The “body” you want is going to require you to eat more and have more muscle on your frame.

You can't look “toned” or build muscle if you are not consuming right amount of protein for your body.



Daily Journal Prompts

DAY 5:



Using a journal or food logging app, track all the food you ate today from when you got up to when you went to bed.

- Record any late-night snacks or after-dinner treats.
- How did your body feel after eating today?
- Did you experience any guilt or joy from food choices?
- Rate your sleep quality last night (1-10).

Do these 3 things, and you will have the body you want:

1. Eat for your age, goals and activity level.
2. Eat a variety of wholefoods and
3. eat to nourish and enjoy.



Daily Journal Prompts

DAY 6:



Using a journal or food logging app, track all the food you ate today from when you got up to when you went to bed.

- Write down any "extras" like sauces, dressings, or toppings.
- Did social events or gatherings influence your food choices?
- How did your meals align with your hunger signals?
- Rate your stress level today (1-10).

Food is not bad.

Food is energy.

Some food has more nutrients, some food has less.

some food you don't want to eat all the time, but you can eat it.



Daily Journal Prompts

DAY 7:



- Reflect on the week. Any surprises or patterns you noticed?
- Total up your daily calories, protein, carbs, and fats.
- What was your biggest challenge in food journaling?
- Share one positive experience from the week.
- Rate your overall well-being this week (1-10).

Take this time to look at your daily totals and add them up for your weekly total. This will give you a snapshot of your nutrition for the week. Next week, we'll explore how we can make small, positive changes based on what we've learned.

Congratulations on completing Week 1 of your nutrition challenge! Take a moment to celebrate your commitment to understanding your eating habits. Remember, this isn't about perfection—it's about progress. Use your insights to guide you as we move forward together.

Every cell in your body that makes you is affected by your thoughts - your body hears what you think about yourself and how you speak to yourself.

Your body works for you every second of every minute of your life. Help it out by loving it with your thoughts, words, nourishment and movement.



Week 02

THE POWER OF PROTEIN



PROTEIN



Understanding Protein

Welcome to Week 2 of your nutrition challenge! This week, we'll dive into the world of protein—what it does in your body, why it's crucial for overall health and body composition, and how to ensure you're getting enough of it.

Why Protein Matters

Protein is like the building blocks of your body. It helps repair tissues, build muscle, and supports a robust immune system. Think of it as the superhero of your meals!

What Protein Does in Your Body:

- **Muscle Building:** Protein helps your muscles grow and repair after exercise.
- **Feeling Full:** Eating protein-rich foods can help you feel full and satisfied.
- **Strong Bones:** It plays a role in keeping your bones healthy and strong.
- **Healthy Hair & Skin:** Protein supports the health of your hair, skin, and nails.

Protein CHALLENGE



TIPS FOR GETTING ENOUGH PROTEIN

- **Pre-Plan Your Protein:**
 - Plan your protein sources the day before or at the beginning of the day.
 - Tally up your planned protein intake to ensure you're hitting your target. The app will do this for you - check each meal in the box, adding your protein up.
- **Meal Prep:** Cook protein-rich meals in advance for easy access.
- **Snack Smart:** Keep protein-rich snacks like boiled eggs, protein powders, greek yogurt, and cottage cheese on hand.
- **Smoothie Boost:** Add protein powder to your smoothies for a quick protein fix.
- **Read Labels:** Check food labels for protein content per serving.

Weekly Challenge

Your goal is to hit your protein gram by the end of the day. Plan your day before you start and choose your meals - tally it off by checking the boxes to see how close you are.

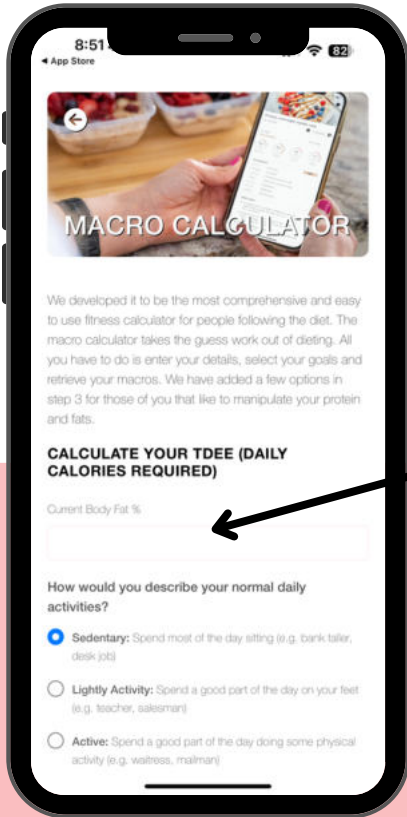
if you are under or over try and figure out by adding another protein snack or maybe adding an extra scoop of protein powder.

- Plan your meals to include a good source of protein at each meal.
- Experiment with new protein-rich recipes.
- Its ok to be 5-10 grams under or over just try to get as close to your goal as you can.

Calculate Your

MACRONUTRIENTS

Protein

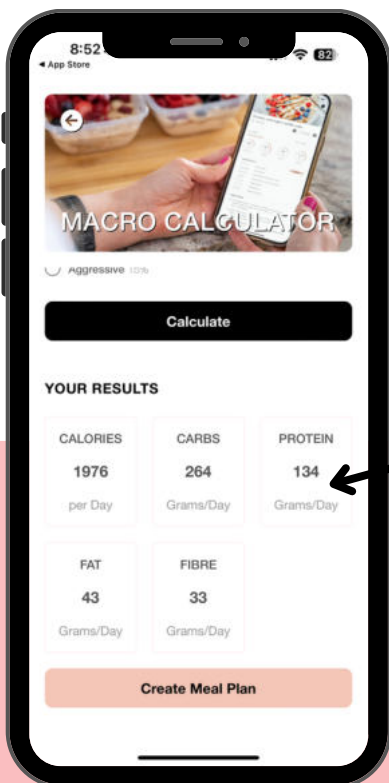


The Fit Club app lets you easily calculate your daily protein goal based on your activity level and goals. Here's a simple example of how to do it:

1. Open the app and go to the "Profile" section.
2. Select "Macros."
3. Input all your information; it will give you your total protein for the day you need to hit.

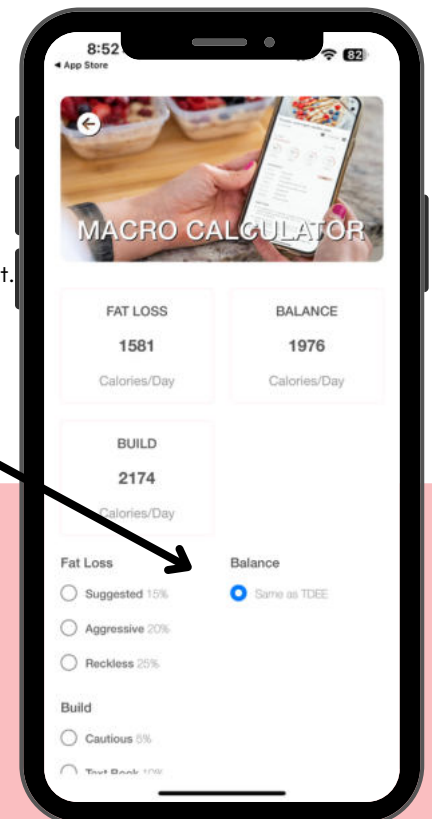


For the most accuracy, you will need to put in your body fat % if you don't know have a look at the images below and do your best guess.

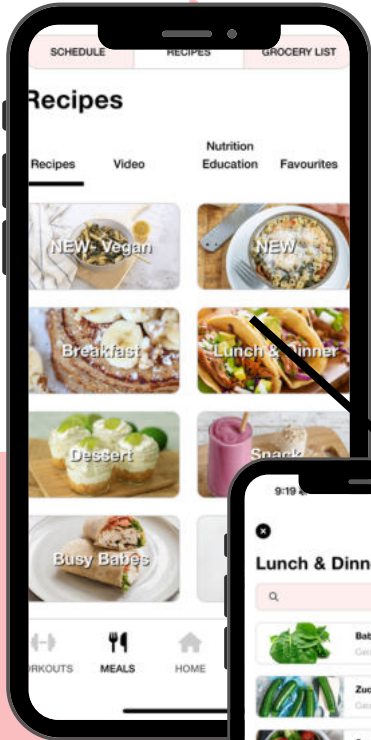


You will see all these numbers - the only one you focus on is protein.

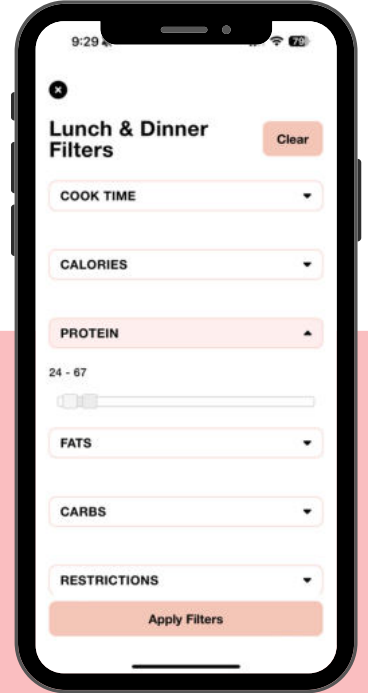
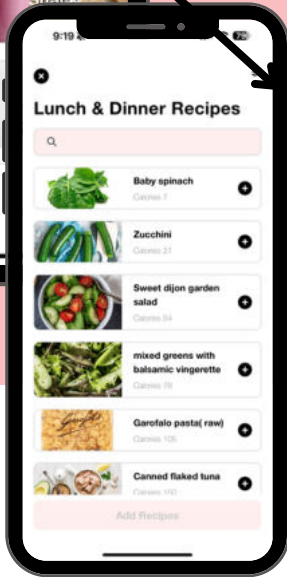
This week you are hitting your protein intake and tracking only that. Your calories will be set to maintenance aka balance / TDEE.



Protein FIT CLUB APP Recipes

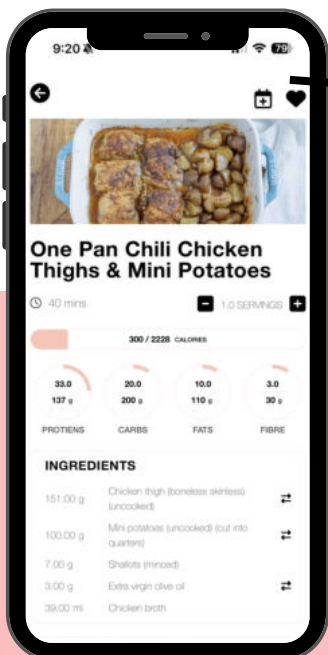


1. Go to recipes
2. Tap on the category you are looking for
3. Press the filter button at the top and only filter protein.
Put a minimum of 20g - 50 grams



Looking for meals high in protein?

The Fit Club app makes it easy to discover delicious options that meet your protein goals. Here's how to filter meals by grams of protein: (Instructions as previously provided)

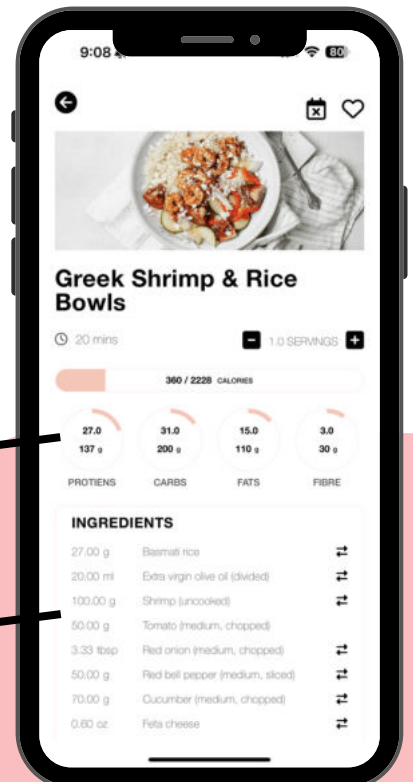


It will show you all the recipes and snacks/breakfasts with that amount, and then you want to **heart all your favourites.**

Do this for all the Category - breakfast, lunch&dinner / snacks.
When you are done make sure to clear the filters.

That's the gram of protein that amount contains.

That's the weight of the shrimp you need to put on the scale raw 100 grams.



Muscle Maintenance and Development:

- Protein is crucial for maintaining and building lean muscle mass. As women age, muscle mass tends to decrease, but adequate protein intake can help preserve muscle strength and function.

Boosts Metabolism:

- Protein has a higher thermic effect compared to fats and carbohydrates, meaning it requires more energy for digestion and metabolism. This can lead to a slight increase in calorie burn, supporting weight management efforts.

Aids in Fat Loss:

- Protein helps increase feelings of fullness and satiety, which can lead to reduced calorie intake. By including protein-rich foods in meals and snacks, women may naturally eat fewer calories overall, aiding in weight loss or weight maintenance.

Supports Hormonal Balance:

- Hormones play a significant role in women's health, from menstrual cycles to menopause. Protein is essential for hormone production and balance, helping to regulate various bodily functions.

Improves Skin Health and Anti-Aging:

- Collagen, a protein found in the skin, provides structure and elasticity. Adequate protein intake supports collagen production, leading to improved skin elasticity and a reduction in the appearance of wrinkles and fine lines.

Enhances Hair and Nail Growth:

- Protein is the building block of hair and nails. Consuming enough protein supports healthy hair growth, prevents breakage, and promotes strong, shiny hair. It also contributes to stronger nails.

Supports Bone Health:

- Adequate protein intake is associated with improved bone mineral density. This is especially important for women, as they have a higher risk of osteoporosis later in life. Protein helps in the absorption of calcium and other essential minerals for bone strength.

Reduces Risk of Chronic Diseases:

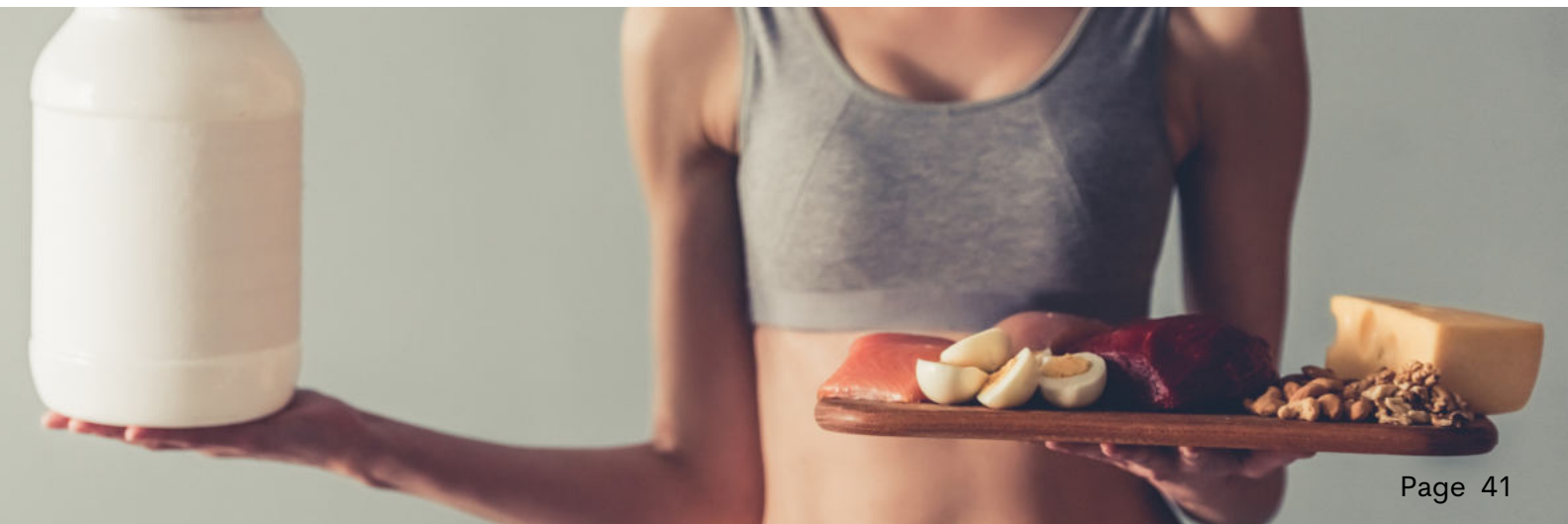
- Some studies suggest that a diet rich in protein, particularly from plant-based sources like legumes and nuts, may lower the risk of chronic diseases such as heart disease, diabetes, and certain cancers.

Promotes Recovery and Exercise Performance:

- For active women, protein is crucial for muscle recovery after workouts. Consuming protein-rich foods or shakes post-exercise helps repair muscle tissue and supports overall exercise performance.

Improves Mood and Cognitive Function:

- Protein plays a role in producing neurotransmitters, such as serotonin and dopamine, which are essential for mood regulation and cognitive function. A diet rich in protein may help improve mental clarity and overall well-being.



Week

THREE

PROTEIN & CALORIE

Balance

Introduction: The Magic of Maintenance Calories

Welcome to Week 3 of your nutrition challenge! This week, we're diving into the concept of energy balance—how the calories you consume (calories in) versus the calories you burn (calories out) impact your body composition, energy levels, and overall well-being.

Understanding Energy Balance

At its core, weight management and body composition are influenced by a simple equation: if you consume more calories than you burn, you'll gain weight; if you burn more than you consume, you'll lose weight. This is the foundation of energy balance.

The Importance of Maintenance Calories

While many focus on achieving a calorie deficit for weight loss, it's equally vital to understand the significance of maintenance calories. This is the level of energy intake where your body maintains its current weight.

THIS WEEK'S FOCUS:

Your goal this week is to balance your protein intake with your maintenance calories. Use the Fit Club app to filter recipes based on both protein grams and calorie goals.



Step 1: Set Your Protein and Calorie Goals

Your Protein & Calorie Goal: you should have already done this

- Please take a look at the Fit Club app to find your daily protein target. It should be set up already for your "balance calories, aka Your Maintenance Calories:

Filter for Protein and Calories:

- Go to "Meals" or "Recipes" and filter for meals that match your protein and calorie targets.

Step 2: Filter Recipes for Protein and Calories

In the Fit Club App:

- Go to the "Meals" or "Recipes" section.
- Use the filter option to select meals based on protein grams.
- Filter again to choose meals within your calorie range.

Choose Your Recipes:

- Select meals that meet both your protein and calorie goals.
- Save your favourite recipes to your "Favorites" for easy access.

Step 3: Pre-Plan Your Week

Choose Your Method:

- Decide if you want to plan your entire week in advance or day by day.
- Some prefer planning the night before, while others find mornings work best.

Plan Your Meals:

Use the app to add meals to your daily plan, ensuring you hit your protein and calorie targets.

- Adjust portion sizes or ingredients as needed to stay within your goals.

Why Maintenance Matters & the benefits:



- **Hormonal Balance:**
 - Being at maintenance calories supports hormonal balance, which is crucial for overall health. Hormones influence metabolism, mood, energy levels, and more.
- **Mindset and Mental Health:**
 - Constantly being in a calorie deficit can lead to feelings of deprivation, fatigue, and even anxiety. Maintenance calories offer a sustainable approach to nutrition, promoting a positive relationship with food and your body.
- **Avoiding the Diet Hamster Wheel:**
 - It's essential to be in a healthy place physically and mentally before considering a calorie deficit. Rushing into diets without understanding your body's needs can lead to a cycle of losing and gaining, often referred to as the "diet hamster wheel."

Benefits of Maintenance Calories:

- **Body Composition:**
 - Staying at maintenance allows your body to find its natural, healthy composition. This means a balance of muscle and fat that supports overall function and appearance.
- **Energy and Performance:**
 - With adequate calories, you'll have the energy to fuel your workouts and daily activities. This can lead to improved athletic performance and overall vitality.
- **Mood and Well-Being:**
 - Balanced nutrition supports stable blood sugar levels, which can enhance mood, focus, and mental clarity.
- **Physical Function:**
 - Your body functions optimally when it receives the nutrients it needs. Maintenance calories provide the fuel for proper organ function, digestion, and cellular repair.



The Magic of Maintenance aka Balanced Calories

Achieving balance in your calorie intake doesn't mean sacrificing progress. In fact, it can lead to incredible transformations in how your body looks, functions, and feels. Instead of chasing a number on the scale, focus on nourishing your body and finding a sustainable, healthy approach to nutrition.

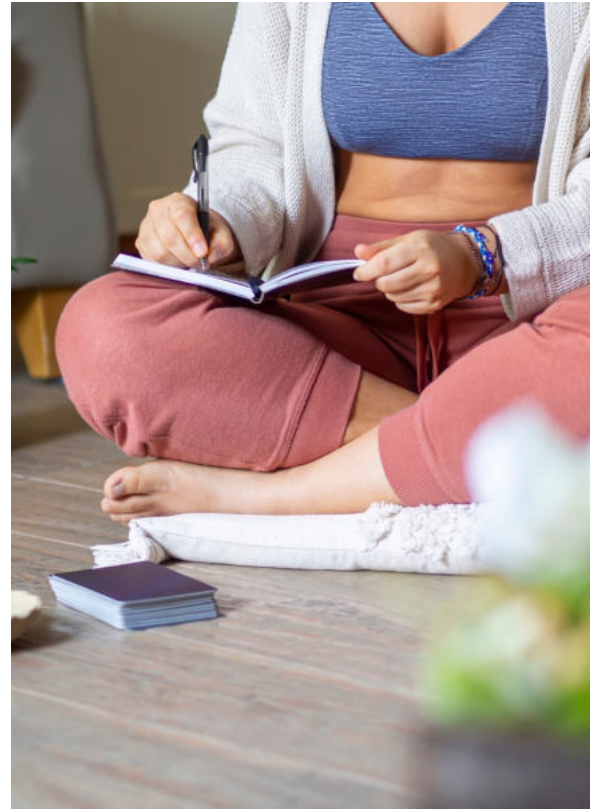
Daily Journal Prompts:

Each day, take a moment to reflect on your energy, mood, sleep quality, and confidence level. Rate each from 1 to 10:

- **Energy Level:** How is your energy throughout the day? Are you feeling energized or sluggish?
- **Mood:** How do you feel emotionally? Happy, stressed, relaxed?
- **Sleep Quality:** Rate the quality of your sleep from the night before.
- **Confidence:** How confident do you feel in sticking to your nutrition plan?

Look back on the week. Was it challenging to balance protein and calories?

Total up your daily intake versus your maintenance calories for the week. How did you do?



Weekly Recap and Reflection

1. Was This Hard or Easy?

- Reflect on the week. Did you find it challenging to balance protein and calories?
- Were there any specific meals or times of the day that were easier or more difficult?

2. Daily vs. Weekly Total:

- Total up your daily protein and calorie intake for the entire week.
- Compare it to your weekly maintenance calorie goal.
- Were you close to your target, under, or over?

3. Plan for Next Week:

- Based on your reflections, set goals for the upcoming week.
- Are there any adjustments you want to make in your meal planning or choices?

Conclusion:

Congratulations on making it to Week 3! By focusing on both protein and calorie balance, you're creating a sustainable approach to nutrition. Remember, this journey is about progress, not perfection. Use the tools and insights gained this week to continue building healthy habits for the long term.



WEEK 04



MACRO TRACKING & CALORIE BALANCE

Introduction: The Balance of Calories and Macros

Welcome to Week 4 of your nutrition challenge! This week, we're taking our focus a step further by tracking all of our macros—protein, carbs, and fats—while staying within our calorie targets. But the question often arises: What's more important, calories or macros?

THE BALANCE OF CALORIES VS. MACROS:

- **Calories:**
 - Calories are the energy units that determine weight loss, weight gain, or weight maintenance. They're the foundation of your body's energy balance.
- **Macronutrients (Protein, Carbs, Fats):**
 - Macros are the building blocks of your nutrition, influencing how you feel, perform, and recover. They play a vital role in your body composition and overall health.

Hitting Your Macros:

- **Tracking Tools:**
 - Use the Fit Club app to track your macros for each meal.
 - Aim to hit your protein, carbs, and fats within your target.
- **Meal Planning with 80/20:**
 - Plan your meals with the 80/20 rule in mind.
 - Fill most of your plate with whole, nutritious foods, and leave room for soulful treats.



The 80/20 Rule: Balance and Flexibility

Here's the beauty of Week 4: we're aiming for balance without rigidity. Enter the 80/20 rule—a flexible approach to nutrition that keeps things sustainable and enjoyable.

80% Whole Foods:

- Focus on filling 80-90% of your meals with whole, nutrient-dense foods.
- Think lean proteins, colourful veggies, whole grains, and healthy fats.

20% Soul Foods:

- Allow yourself 10-20% of your calories for more indulgent or "soulful" foods.
- This could be your favourite dessert, a slice of pizza, or whatever satisfies your cravings.

Why 80/20 Works:

- **Nutrient Density:**
 - Whole foods provide essential nutrients, vitamins, and minerals your body needs for optimal function.
- **Flexibility and Enjoyment:**
 - The 20% allows for flexibility and enjoyment in your diet, making it more sustainable in the long run.
- **Mindful Eating:**
 - By including soulful foods in moderation, you're practicing mindful eating and avoiding feelings of deprivation.

Daily Journal Prompts:

Each day, take a moment to reflect on your energy, mood, sleep quality, and confidence level. Rate each from 1 to 10:

- **Energy Level:** How is your energy throughout the day? Are you feeling energized or sluggish?
- **Mood:** How do you feel emotionally? Happy, stressed, relaxed?
- **Sleep Quality:** Rate the quality of your sleep from the night before.
- **Confidence:** How confident do you feel in sticking to your nutrition plan?

Weekly Recap and Reflection

1. Was This Hard or Easy?

- Reflect on the week. Did you find it challenging to balance protein and calories?
- Were there any specific meals or times of the day that were easier or more difficult?

2. Daily vs. Weekly Total:

- Total up your daily protein and calorie intake for the entire week.
- Compare it to your weekly maintenance calorie goal.
- Were you close to, under, or over your target?

3. Consistency Over Perfection:

- Reflect on your week. Were you able to maintain balance with the 80/20 approach?
- How did you feel hitting your macros while enjoying some soulful treats?

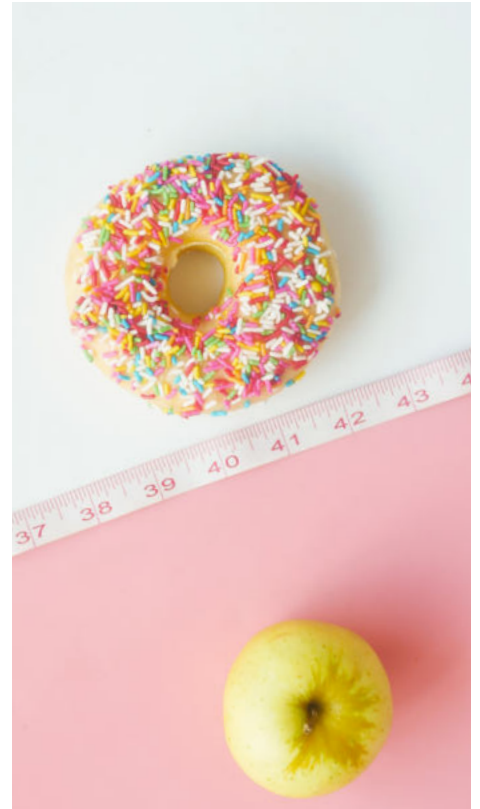
4. Adjustments for Next Week:

- Based on your reflections, set intentions for the upcoming week.
- Are there any areas where you want to focus more or make adjustments?

Conclusion:

In Week 4, we embrace the 80/20 rule—a balanced approach to nutrition that allows for both nourishment and enjoyment. You're creating a sustainable lifestyle that fuels your body and feeds your soul by hitting your macros while incorporating soulful foods in moderation.

Trust in the process, listen to your body's signals and enjoy the journey of discovering what works best for you.



WEEK 5

Veggie and Fiber Boost
- Fueling Your Energy
and Healing Your Gut.



Introduction: The Power of Plants for Health

Welcome to Week 5 of your nutrition challenge! This week, we're diving into the vibrant world of vegetables and fruits, aiming to eat a wide variety to fuel our energy levels and promote gut health. Let's explore the incredible benefits of veggies for our overall well-being:

Week 5 Focus:

- Veggie Variety:
 - Include at least 2-3 servings of veggies with each meal.
 - Aim for a rainbow of colors to maximize nutrient intake.
- Fruitful Choices:
 - Enjoy 1-2 servings of fresh fruits daily for added vitamins and antioxidants.
- Fiber-Rich Foods:
 - Incorporate whole grains, legumes, nuts, and seeds for additional fiber.

Share Your Veggie Journey:

This week, we invite you to share all the creative ways you're adding more veggies and fruits into your nutrition plan! Here's your goal:

- **Share Your Ideas:**
 - Post pictures or descriptions of your veggie-filled meals on social media.
 - Tag us and use the hashtag #FitClubVeggieBoost to inspire others!
- **Community Connection:**
 - Join the discussion in our Fit Club community and share tips, recipes, and success stories.
 - Together, we can create a vibrant community of veggie enthusiast

Gut Health Check-In:

Notice any improvements in digestion, bloating, or overall gut comfort. Reflect on how your energy levels have been influenced by your increased veggie and fiber intake.

Personal Discoveries:

Share any favorite veggie-based recipes or meals that have become staples for you. Consider how you can continue to prioritize veggies and fiber in your ongoing nutrition plan.

Conclusion:

As we embark on Week 5, remember that the vibrant colours of veggies and fruits are not just for show—they are nature's gift to our health. By loading up on these nutrient-packed foods, you're not only fueling your body but also nurturing your gut and boosting your energy levels. Embrace the rainbow, savour the flavours, and let the power of plants work its magic on your well-being. Here's to a week of vitality, healing, and delicious discoveries!



The Benefits of Veggies and Fruits:

1. Nutrient Powerhouses:

Vegetables and fruits are packed with essential vitamins, minerals, and antioxidants that support every aspect of our health.

2. Gut Health:

A diet rich in fibre from veggies promotes a healthy gut microbiome, which is crucial for digestion,

3. Energy and Vitality:

The vitamins and minerals in veggies play a vital role in energy production, keeping you feeling

Eating the Rainbow:

• Variety is Key:

- Aim to eat a colorful array of veggies and fruits throughout the week.
- Each color provides different phytonutrients, offering a diverse range of health benefits.

• Incorporating Veggies into Your Meals:

- Add leafy greens to smoothies or salads.
- Roast a medley of colorful veggies for a flavorful side dish.
- Snack on raw veggies with hummus or yogurt dip.

Gut Health and Energy:

• The Gut-Brain Connection:

- A healthy gut directly impacts your mood, energy levels, and overall well-being.
- An imbalance in gut bacteria has been linked to fatigue, brain fog, and even mood disorders.

• Fiber and Gut Healing:

- Fiber acts as a prebiotic, feeding the beneficial bacteria in your gut.
- Reflect on how your energy levels have been influenced by your increased veggie and fiber intake.

The Volume and Fiber Advantage:

• Weight Management:

- When considering a deficit for weight loss, veggies are your best friend. They are low in calories but high in volume and fiber, helping you feel full and satisfied.

• Fiber for Fullness:

- Fiber adds bulk to your meals, promoting a feeling of fullness and preventing **overeating**.

• Digestive Health:

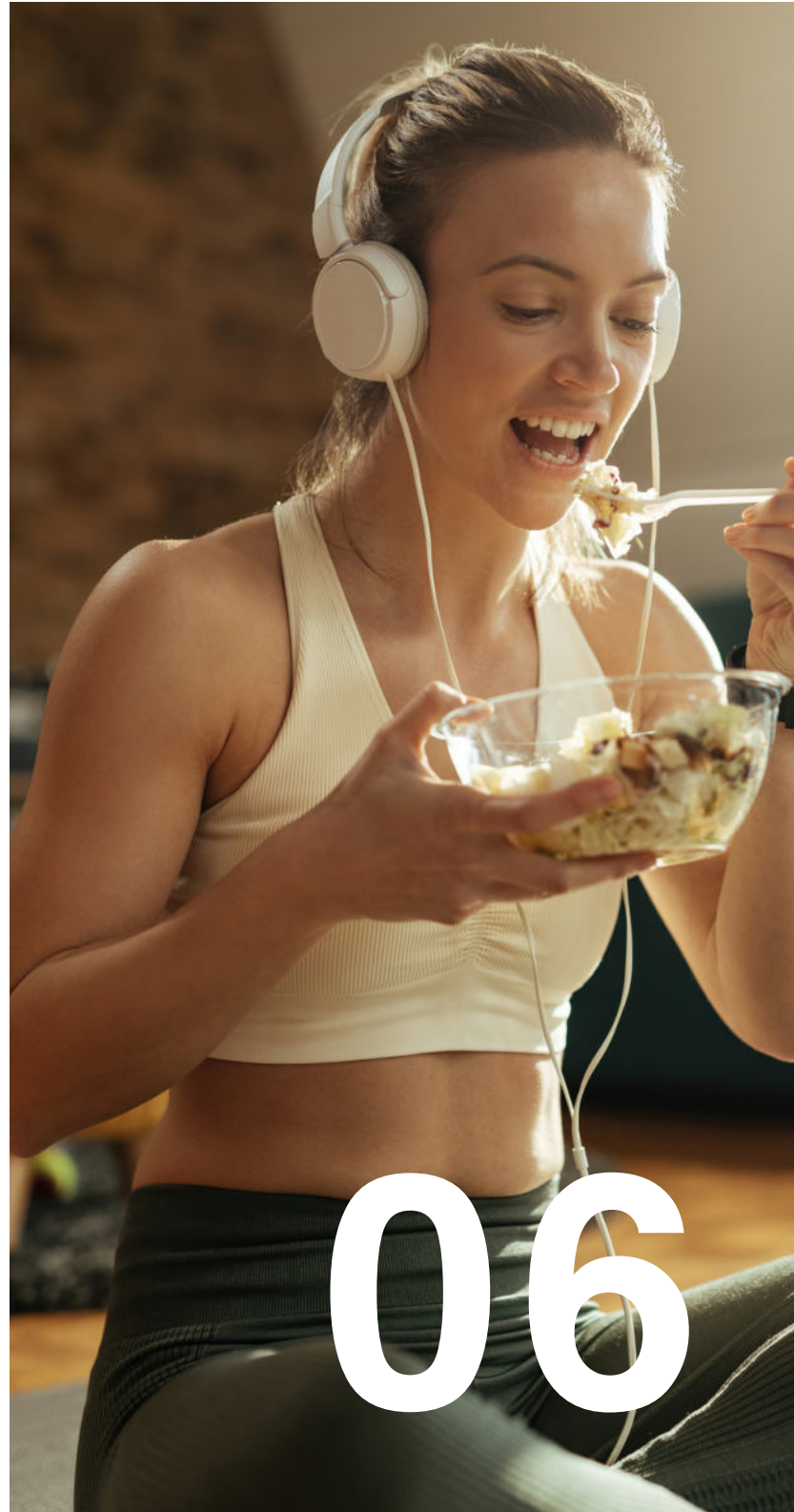
- A fiber-rich diet keeps things moving smoothly in your digestive system, preventing constipation and promoting regularity.



WEEK SIX

Introduction: The Secret Weapon in Your Pocket

Welcome to Week 6 of your nutrition challenge! This week, we're diving into the world of meal planning and prepping, equipping you with the tools and strategies to make reaching your goals easier and more enjoyable than ever. Get ready to unleash the power of the Fit Club Babes (FCB) app and become a meal prep pro!



FIT FUEL

Plan and Prep Like a Pro
Mastering Meal Planning
with FCB App

06

Week 6 Focus: Meal Planning Tips and Benefits

01 Tip 1: Set Aside Weekly Planning Time

- Dedicate a specific time each week to plan your meals. This could be Sunday afternoon or any day that suits your schedule.
- Use this time to browse recipes, create a grocery list, and map out your meals for the week.



02 Tip 2: Start with Basics and Build Up

- Begin by planning your main meals (breakfast, lunch, dinner) for each day.
- Once your basics are set, add in snacks and any other extras you need.



03 Tip 3: Embrace Variety and Flexibility

- Aim for a mix of different proteins, veggies, grains, and fats throughout the week.
- Don't be afraid to swap ingredients or try new recipes to keep things exciting.



04 Tip 4: Batch Cooking and Prepping

- Prepare larger quantities of staple foods that can be used in multiple meals (e.g., grilled chicken, quinoa, roasted veggies).
- Portion out meals in advance for grab-and-go convenience during busy days.

Benefits of Meal Planning with FCB App:

1. Nutritionist in Your Pocket:

- The FCB app acts as your personal nutritionist, offering guidance and support at your fingertips.
- Access a database of healthy recipes, tailored to your goals and preferences.

2. Efficiency and Time-Saving:

- Say goodbye to last-minute meal decisions and grocery store stress.
- Plan your meals for the week in minutes, saving time and energy.

3. Goal-Oriented Planning:

- Set your nutrition goals within the app, whether it's weight loss, muscle gain, or maintenance.
- The app calculates your personalized macro targets, taking the guesswork out of meal planning.

4. Customization and Flexibility:

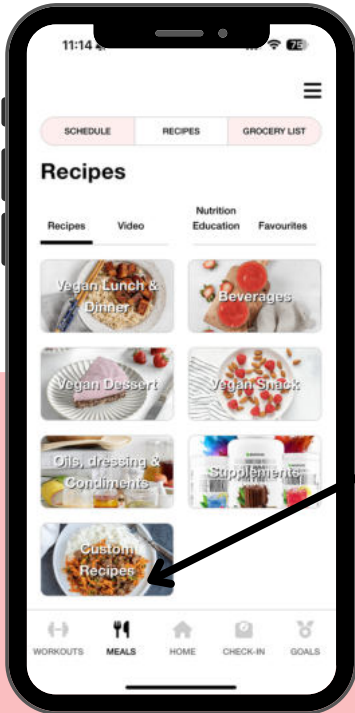
- Easily adjust your meal plan to suit your preferences and dietary needs.
- Swap out ingredients, adjust portion sizes, and experiment with different meal combinations.

Create

MEALS/ QUICK ITEMS

Simple

Quick add itmes

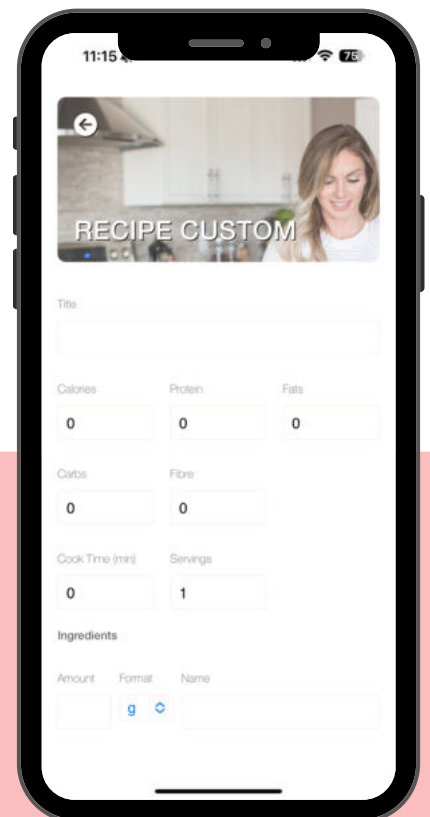
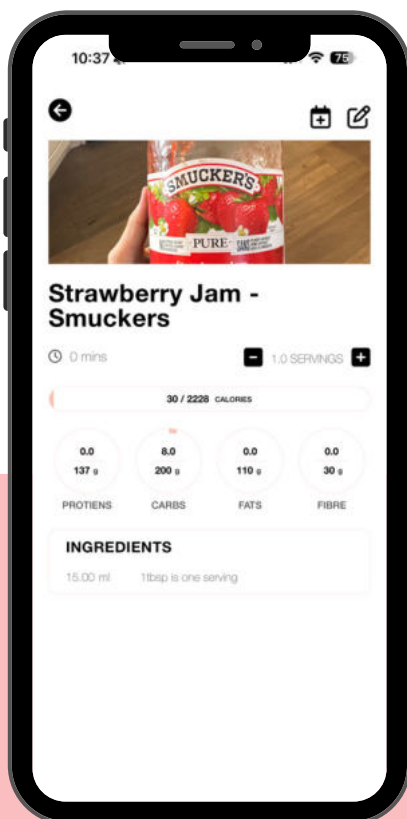


- **Adding Recipes and Single Items:**

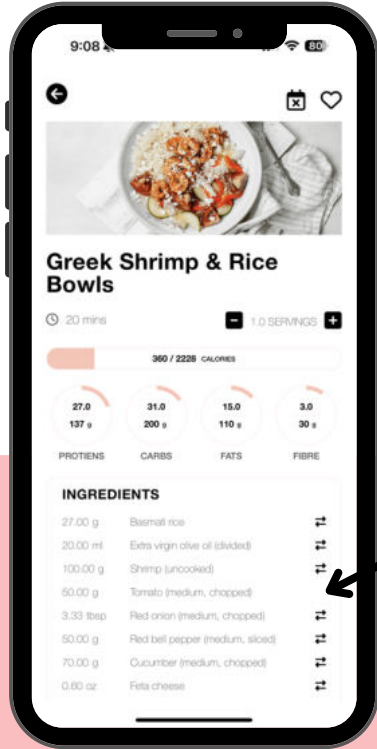
- Go to the recipe section and scroll down until you see the custom recipe
- Name your food item or recipe
- Put all the nutrition facts so you can track
- put an image if you like
- Save You can now add it to your plan easily.

Go to custom recipe.

- Add a recipe
 - Add a single food item
 - Add a meal you had out
- Hit save and add to your plan

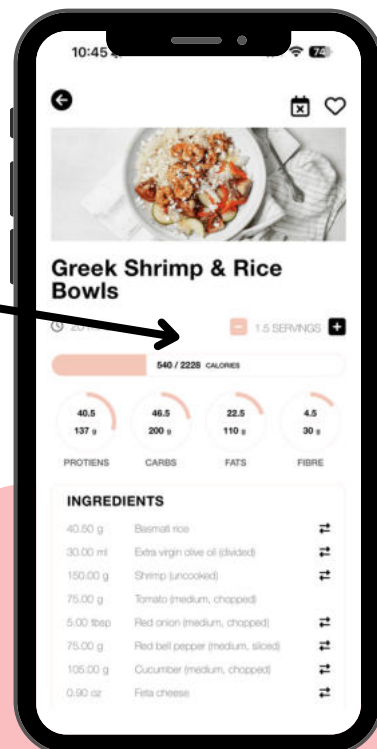
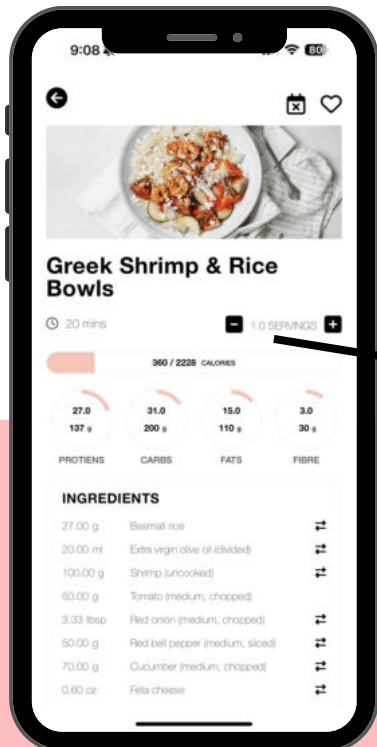
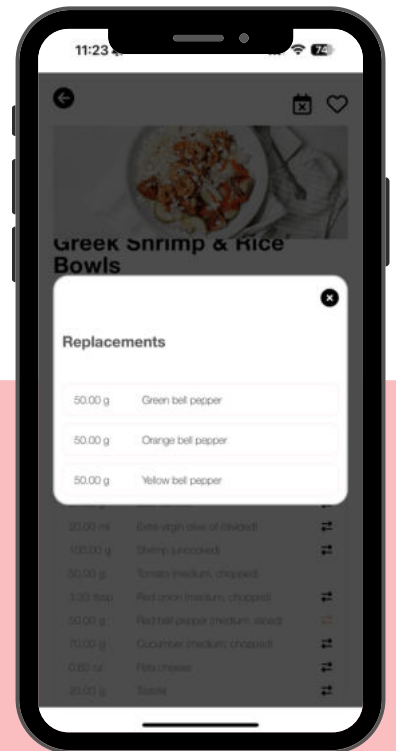


Swapping INGREDIENTS AND ADJUSTING Meals

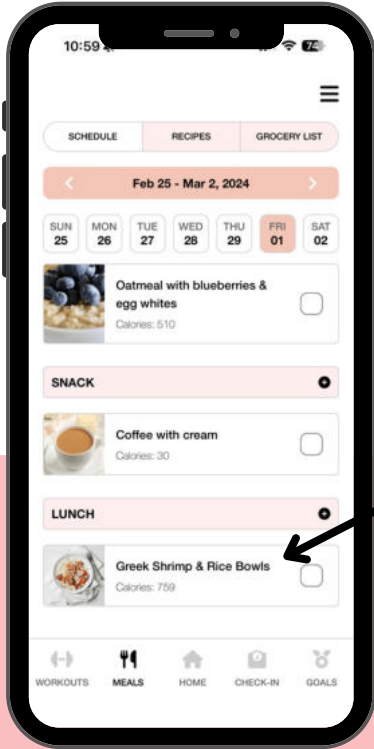


Swapping Ingredients and Adjusting Meals:

- Want to change a vegetable in a recipe? No problem! Swap it out with a similar veggie or one you prefer.
- Adjust portion sizes to meet your macros or serving needs.

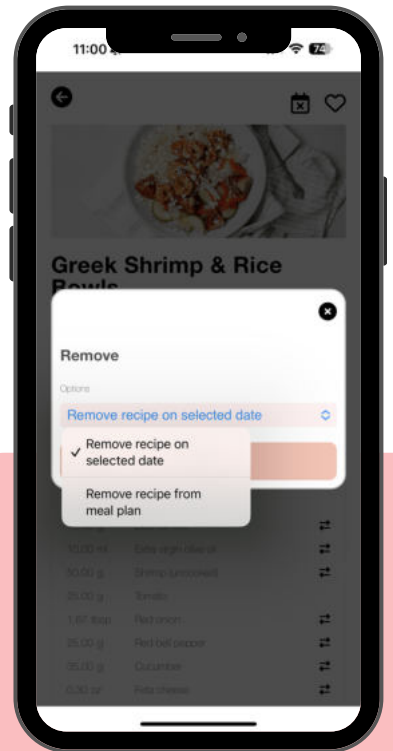


Swapping & REMOVING Meals

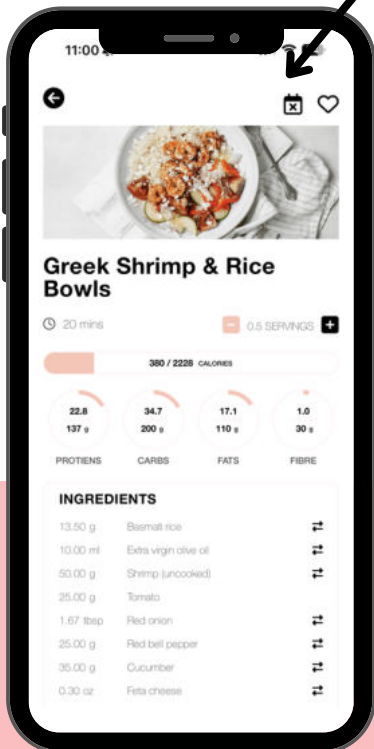


Removing meals from meal plan/day or whole plan:

- Tap on the recipe



- Press the (x)

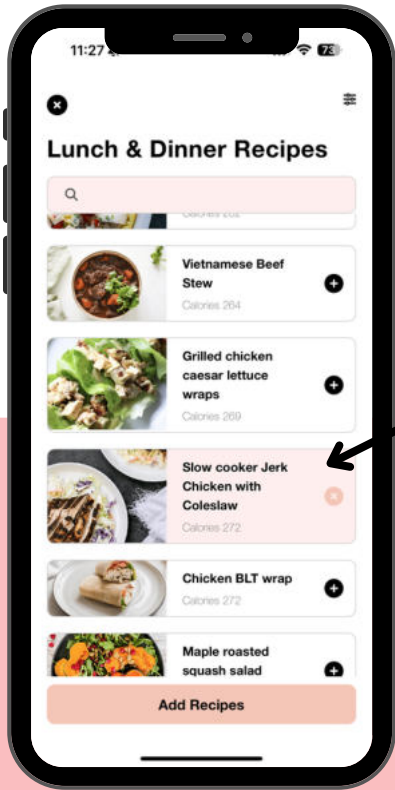


- Remove from the current day or from the meal plan

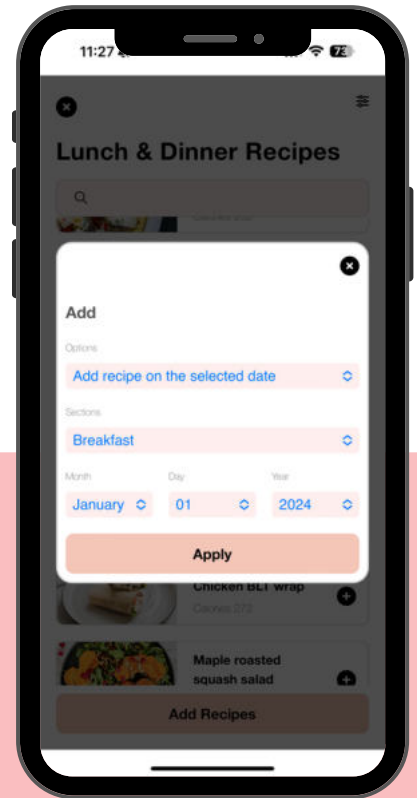
MEAL PLANNING MADE *Simple*

- **Creating Meal Menus:**

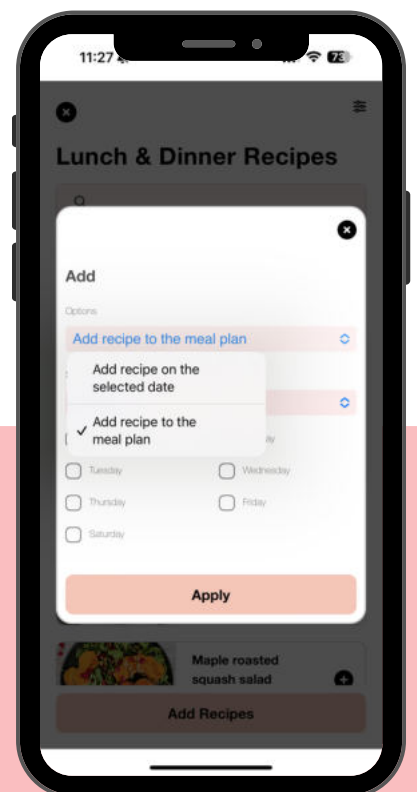
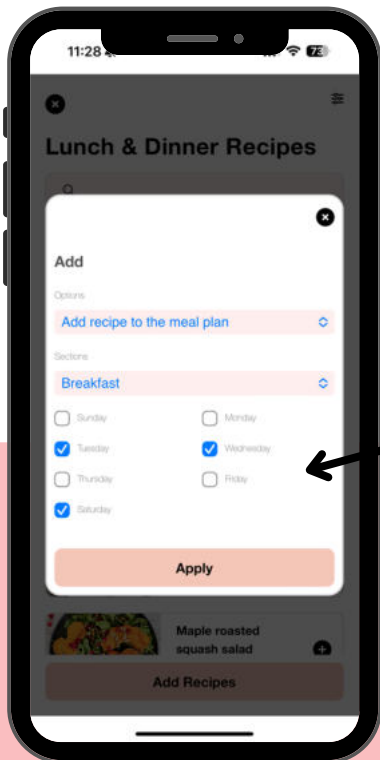
- Plan your meals for each day of the week by adding them to the designated slots.
- Easily view your entire week of meals at a glance, ensuring variety and balance.



- Choose your recipe- you can click on it and peek at it or just press the (+)



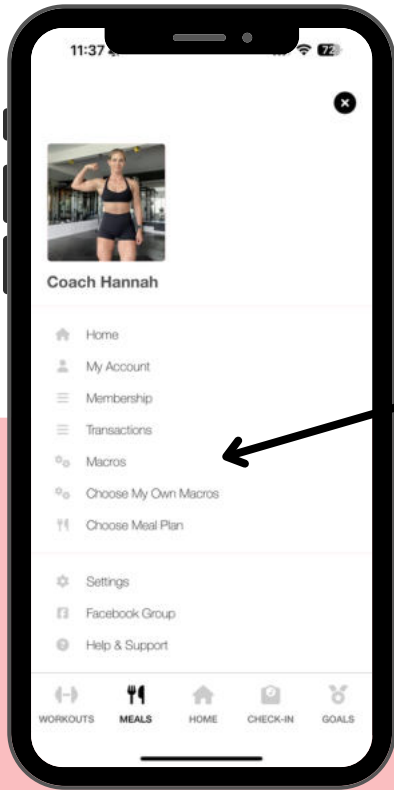
- You can add the recipe to the day your on so its just for that day.
- Or you can choose to add it to your meal plan and add it to days of the week.



Macros

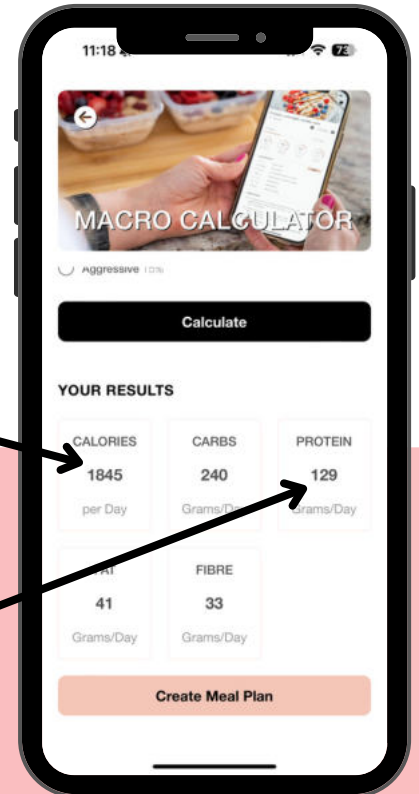
CUSTOMIZING GOAL / FAT LOSS/ BUILD/ BALANCE/ RATIOS SPLITS

- Need a higher protein ratio? Lower carbs? You can adjust your macro targets within the app.
- Tailor your meal plan to match your specific nutritional needs and preferences.



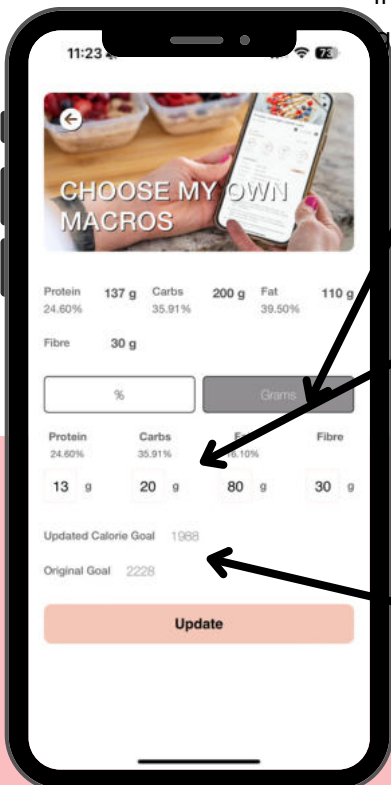
Choosing your own ratios

- You first need to know your goal: fat loss/ maintenance or a build so use the calculator help you with this



- Now you know your calories and protein you will need both of these, so write them down.

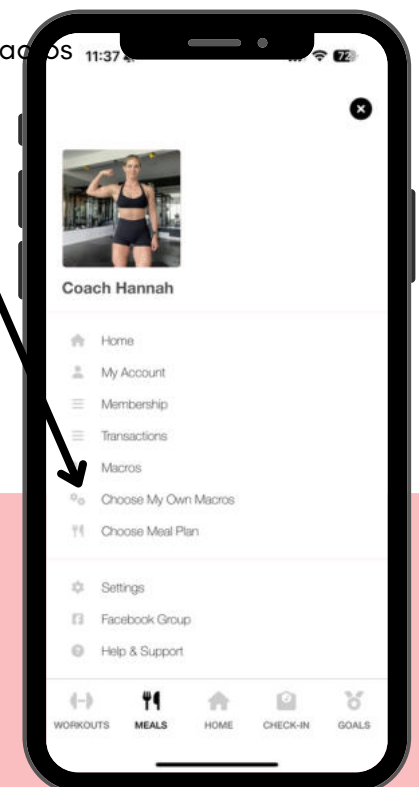
- Have it set to grams
- Input your protein gram that you had



- this is where you will put you carbs and fat grams
 - High carb- 200+ grams
 - Low carb is 150-grams
 - High fat would be 80+ grams
 - Low fat would be 40-grams
- Play around moving them up or down until you get your calories where they need to be.

- This will show you your calories- as you input carbs and fats these calories will change - you want your calories to be the same as the one you got from the calculator down.

- You then will pick choose my own macros



Week 6 Focus:

This week, your mission is to become a meal planning and prepping pro using the FCB app! Here's what you'll do:

Set Aside Time:

- Dedicate a block of time to explore the app and plan your meals for the week.

Experiment and Explore:

- Browse the recipe library, add recipes to your plan, and customize them to your liking.
- Play around with different meal combinations and ingredient swaps.

Share Your Success:

- Post screenshots or descriptions of your meal plans on social media.
- Tag us and use #macros2muscle #fitclubbabes to inspire others and share your tips!

Your Goal for Week 6:

- **Efficiency Rating:** Rate from 1 to 10. How much time did meal planning with the FCB app save you this week?
- **Variety and Excitement:** Any new recipes or ingredients you discovered?
- **Goal Progress:** How did your meal plan help you stay on track with your nutrition goals?

Weekly Recap and Reflection

1. Meal Prep Wins:

- Reflect on the benefits and challenges of meal planning this week.
- Share any favorite recipes or meal combinations that you'll continue to use.

2. Future Planning:

- Set intentions for how you'll continue to use the FCB app for meal planning in the future.
- Consider any adjustments or improvements you'd like to make for next week.

Conclusion:

Get ready to revolutionize your nutrition routine with the power of meal planning and prepping using the Fit Club Babes (FCB) app. By taking control of your meals, you're not only saving time and stress but also setting yourself up for success in reaching your goals.

Embrace the simplicity, flexibility, and deliciousness that meal planning offers. Let's make this week one of culinary creativity, efficiency, and empowerment!



I have tried many other programs and "weight loss" avenues, but nothing has been as structured as this! Hannah is there to coach you after you've lost weight rather than just sticking to fat loss forever!

Shaylee M

TRANSFORMATION



BEFORE



AFTER



@FITCLUBBABES

The FitClub and Hannah have helped me in many ways. It has taught me patience with myself and that I'm not alone. Hannah has shown me that progress is not just a number on the scale. I enjoy living my healthiest life now.

Thanks, Hannah

Tiffany P

TRANSFORMATION



BEFORE



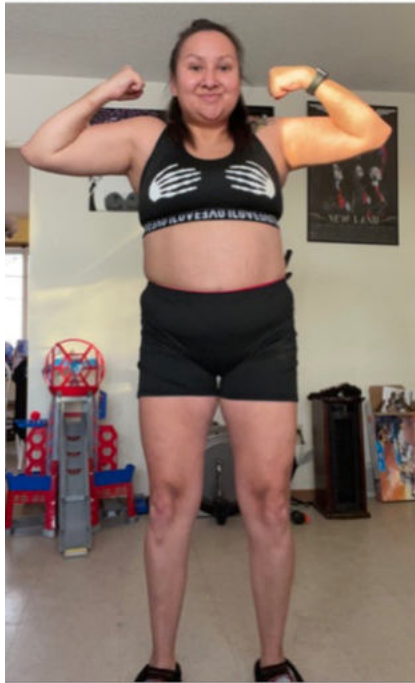
AFTER



@FITCLUBBABES

Thanks, Hannah Dawson
I couldn't have done this without your amazing support and the program means a lot
As you can see my confidence in pictures has changed a lot as well lol
Also, I didn't realize it's almost been 4 years.

TRANSFORMATION



@FITCLUBBABES

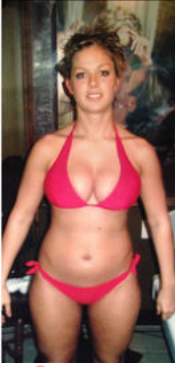
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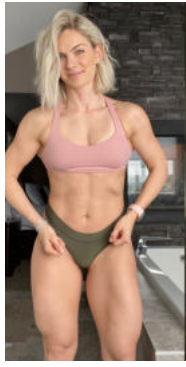
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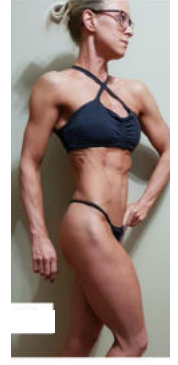


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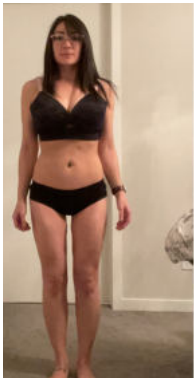
@FITCLUBBABES

In order you have the body you want you first must learn to love the body you have!

TRANSFORMATION



BEFORE



AFTER

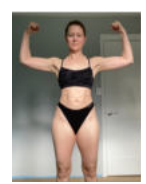


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TRANSFORMATION



BEFORE



AFTER



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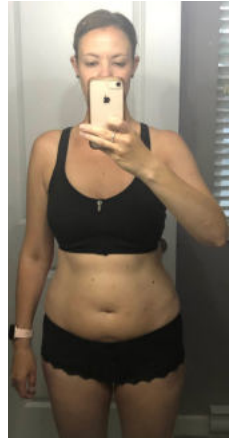


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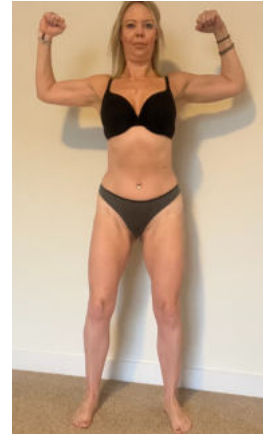


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BEFORE



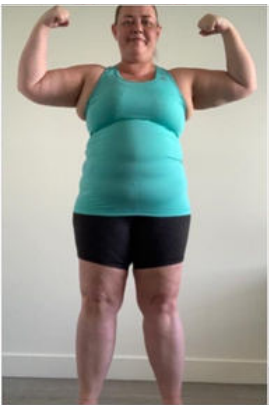
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@FITCLUBBABES

Little by little, a little becomes a lot.

TRANSFORMATION



BEFORE

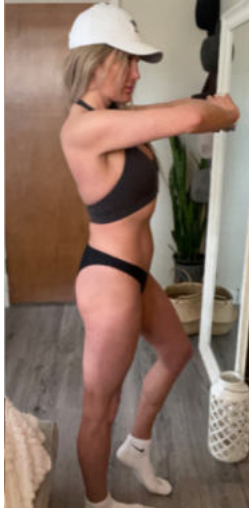


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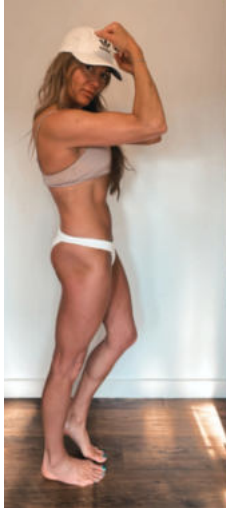


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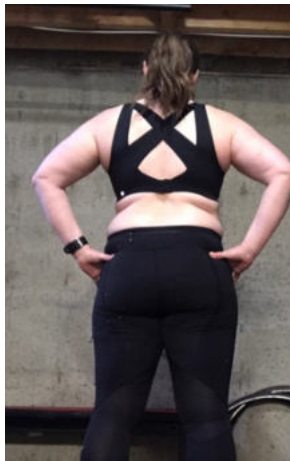


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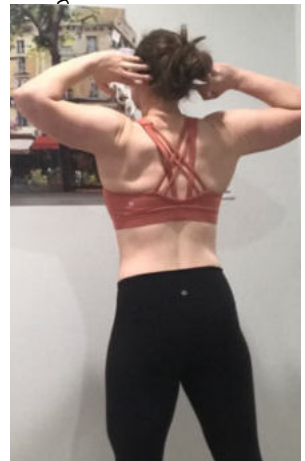
Wether you believe you can or cannot both are right.

She believed she could so she did!

TRANSFORMATION



BEFORE



AFTER



@FITCLUBBABES

TRANSFORMATION



BEFORE



AFTER

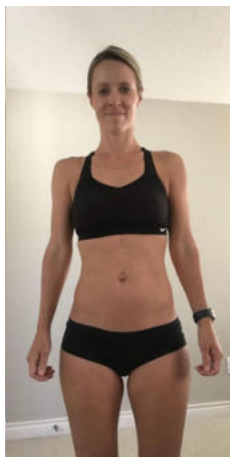


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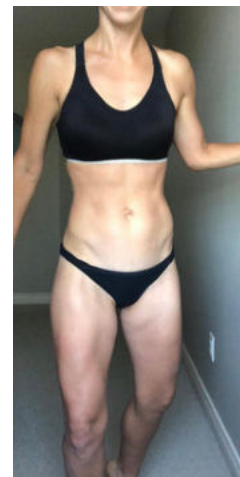
Nothing will build your confidence more than becoming strong will!

Lifting weights will transform your body mind and life!

TRANSFORMATION



BEFORE



AFTER



@FITCLUBBABES

Strong is a Mindset



MY *Mission*

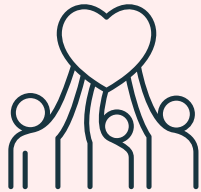
To empower the Hearts and Minds of women to change their stories transform their lives and live beyond recovery!





VISION WORLD WIDE COMMUNITY

My goal is to grow our community worldwide and create a space where women can feel encouraged, empowered, educated, motivated and supported to become their healthiest, strongest, and most confident versions of themselves.



**Join Our
Community**



Thank You!

I would love to be a part of your journey and help you to achieve the body of your dreams.

Are you ready to Challenge yourself? Head to: www.hannahdawson.ca to begin now!

Thank you so much for downloading the eBook and being a part of my FCB community.

I'm genuinely grateful for your support and hope I've been able to help you in some capacity.

If you have any questions or need some further guidance, don't hesitate to reach me at:

ask@fitnessministry.ca



LET'S CONNECT



[@fitclubbabes](https://www.instagram.com/fitclubbabes)

[@hannah.dawson.fitness](https://www.instagram.com/hannah.dawson.fitness)



[Hannah Dawson](https://www.facebook.com/HannahDawson)



[Hannah Dawson](https://www.youtube.com/HannahDawson)



Change Your Story podcast
apple/ Spotify/ amazing music
/ [Libsyn](#)

www.hannahdawson.ca

Calculate Your **MACRONUTRIENTS**

MACRO CALCULATOR

Calculating your macronutrient recommendations involves determining your daily calorie needs and then allocating a percentage of those calories to each macronutrient: carbohydrates, protein, and fat.

Here are the general steps to calculate your macronutrient recommendations:

- Calculate your daily calorie needs: This can be done using an online calculator or through a formula that takes into account your age, gender, weight, height, and activity level.
- Determine your protein needs: Protein needs vary depending on factors such as age, gender, and activity level. Aim for 0.8-1 gram of protein per pound of body weight as a general guideline.
- Allocate calories to carbohydrates: Carbohydrates provide energy and should make up the bulk of your calorie intake. A good starting point is to aim for 45-65% of your total daily calories to come from carbohydrates.
- Allocate calories to fat: Fat is important for hormone production and other bodily functions. Aim for 20-35% of your total daily calories to come from fat.

Fill in any remaining calories with your macronutrient of choice: After determining your protein, carbohydrate, and fat needs, you may have some remaining calories to allocate to a macronutrient of your choice, such as fiber or alcohol.

EXAMPLE ON THE NEXT PAGE

Let's say that you are a 35-year-old male who weighs 170 pounds and is 5'11" tall. You work out three to four times weekly and have a moderate activity level.

To calculate your macronutrient recommendations, you can follow these steps:

1. Calculate your daily caloric needs using a BMR calculator (more details on how to calculate it on page 17). Let's say your BMR is 1,800 calories.
2. Factor in your activity level. If you have a moderate activity level, you can multiply your BMR by 1.55. This would give you a daily caloric requirement of 2,790 calories ($1,800 \times 1.55 = 2,790$).
3. Determine your desired macronutrient ratios based on your goals. Let's say you want to follow a balanced diet with a macronutrient ratio of 40% carbohydrates, 30% protein, and 30% fat.
4. Calculate your daily macronutrient intake. To do this, multiply your total daily caloric intake (2,790) by the percentage of each macronutrient you want to consume. In this example, you would need:
 - 1,116 calories from carbohydrates (40% of 2,790)
 - 837 calories from protein (30% of 2,790)
 - 837 calories from fat (30% of 2,790)

Activity Level Factors

- 1.Sedentary (little or no exercise): BMR x 1.2
- 2.Lightly active (light exercise): BMR x 1.375
- 3.Moderately active (moderate exercise): BMR x 1.55
- 4.Very active (hard exercise or sports 6-7 days a week): BMR x 1.725
- 5.Super active (very hard exercise or sports, physical job): BMR x 1.9

Calculate Your

BMR

BMR stands for Basal Metabolic Rate, which is the amount of energy (in calories) that your body needs to maintain essential functions while at rest. Calculating your BMR can help you determine how many calories your body needs to function correctly.

There are several formulas to calculate BMR, but one of the most commonly used formulas is the Harris-Benedict equation. The formula differs for men and women, considering factors such as height, weight, age, and sex.

FOR MEN:

$BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$

FOR WOMEN:

$BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

To use the formula, you'll need to know your weight in kilograms, height in centimeters, and age in years. Once you've calculated your BMR, you can use it to determine how many calories you must consume daily to maintain, gain, or lose weight.

