

# Coaching with Zoe

## Nutrition Guide





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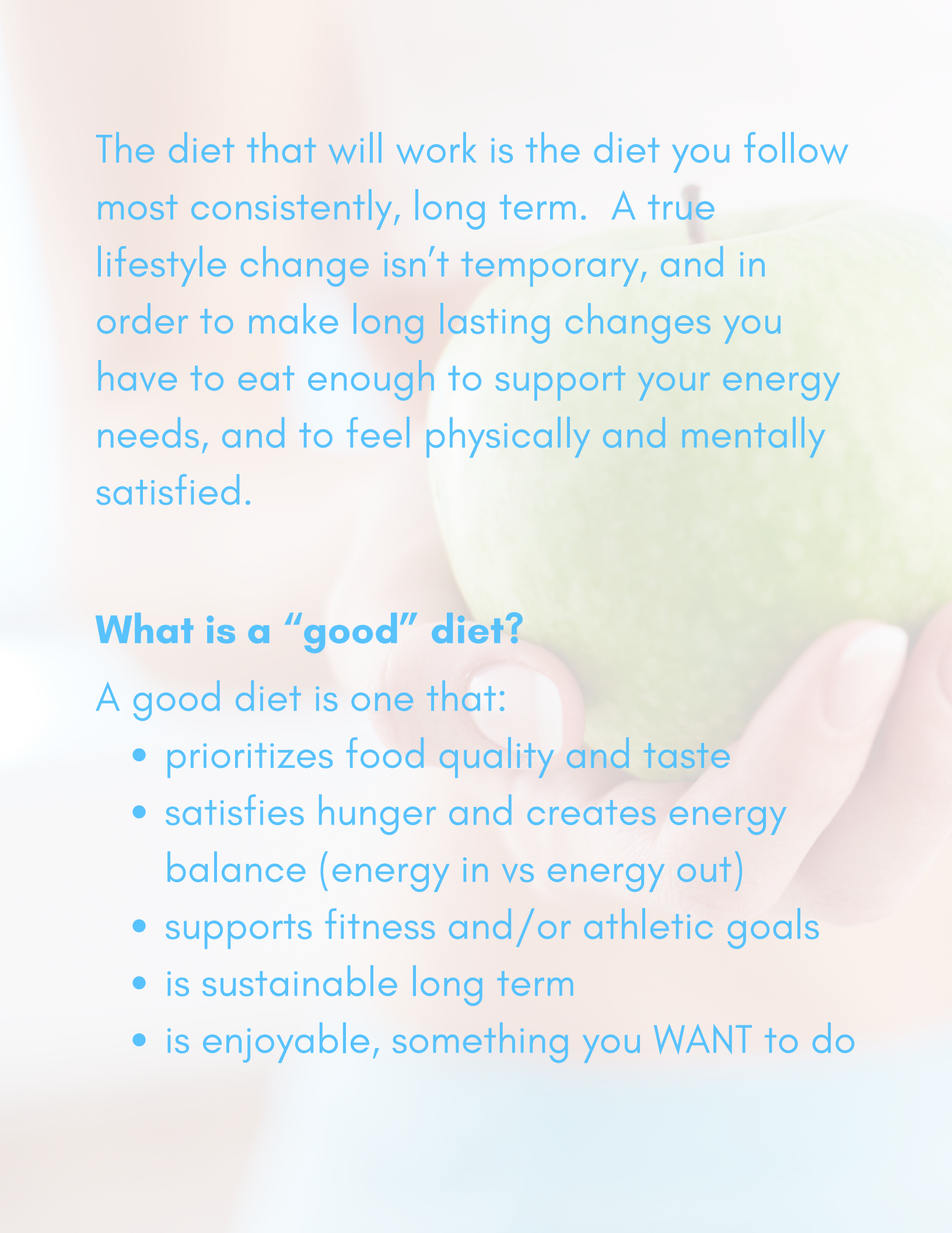


# What is a diet?

A diet is what you eat. We often hear the phrase “Diets don’t work!” But the reality is, everyone has a diet of some sort, and what you eat will have a direct relation to your overall health and body composition.

So why do we say diets don’t work?

When we want to make lifestyle changes it’s easy to gravitate towards fad diets, or temporary “quick fixes”. These methods are usually unsatisfying and unsustainable – therefore temporary. Temporary actions produce temporary (if any) results, and the individual gives up, concluding that diets don’t work.

A soft-focus background image showing a hand holding a green apple. The hand is positioned on the right side of the frame, with fingers gently gripping the apple. The apple is a vibrant green color. The overall image has a warm, pastel-like aesthetic with a light pinkish-beige background.

The diet that will work is the diet you follow most consistently, long term. A true lifestyle change isn't temporary, and in order to make long lasting changes you have to eat enough to support your energy needs, and to feel physically and mentally satisfied.

## **What is a “good” diet?**

A good diet is one that:

- prioritizes food quality and taste
- satisfies hunger and creates energy balance (energy in vs energy out)
- supports fitness and/or athletic goals
- is sustainable long term
- is enjoyable, something you WANT to do

# Building Nutritional Foundations

What we eat is usually habitual. It revolves around our lifestyle – so it's not JUST about the food. Building healthy nutritional habits is based on a foundation of healthy lifestyle habits. Here are some high-impact lifestyle habits that will help set you up for sustainable success:

## Be Prepared

If you want to make healthier choices, you have to have healthier choices available. This can involve things like getting to the grocery store more often, preparing food ahead of time, improving cooking skills, and for many, it means being more organized.



## **Become Aware Of Eating Behaviours**

It's important to be aware of eating behaviours that you may want to change. Do you eat too quickly without enjoying your food? Do you eat when you're bored? Do you use food to regulate your emotions? It's important to know that while trying to build new habits, you will still have times of boredom, of strong emotion – and you may have to find other (healthy) ways to deal with these moments. It's easier to change or improve on these behaviours if they are acknowledged.

## **Match Intake To Energy Needs**

Make sure you are eating an appropriate amount of food to support your energy needs and goals.

A background image of a man with a beard, wearing a grey t-shirt, sitting at a table and eating a salad. He is holding a fork and looking down at his plate. The image is slightly faded to allow the text to be read clearly.

## **Choose Higher Quality Foods**

When possible, aim for higher quality, less processed foods. Instant foods often have a long list of ingredients, and very little nutritional value. Whole foods are more nutritious and will keep you satisfied for a longer period of time.

## **Set Up A Supportive Environment**

It's important to have an environment that supports your goals. Get your family involved and inspire them to adopt some of your new healthy habits. Keep healthy options available. If there is a food that you feel out of control with, take it out of your environment. Make sure you have what you need ready in the kitchen to prepare your food.

## **Rest And Relax**

Make sure you get enough rest and relaxation. Sounds super easy right? Well maybe not – but one thing we CAN do, is eat slowly with awareness. Sit, and enjoy your meals! Put effort into making it look and taste great, and choose foods that you like. Meal time is a perfect time to relax, and sometimes it's the only moment we get to sit still.

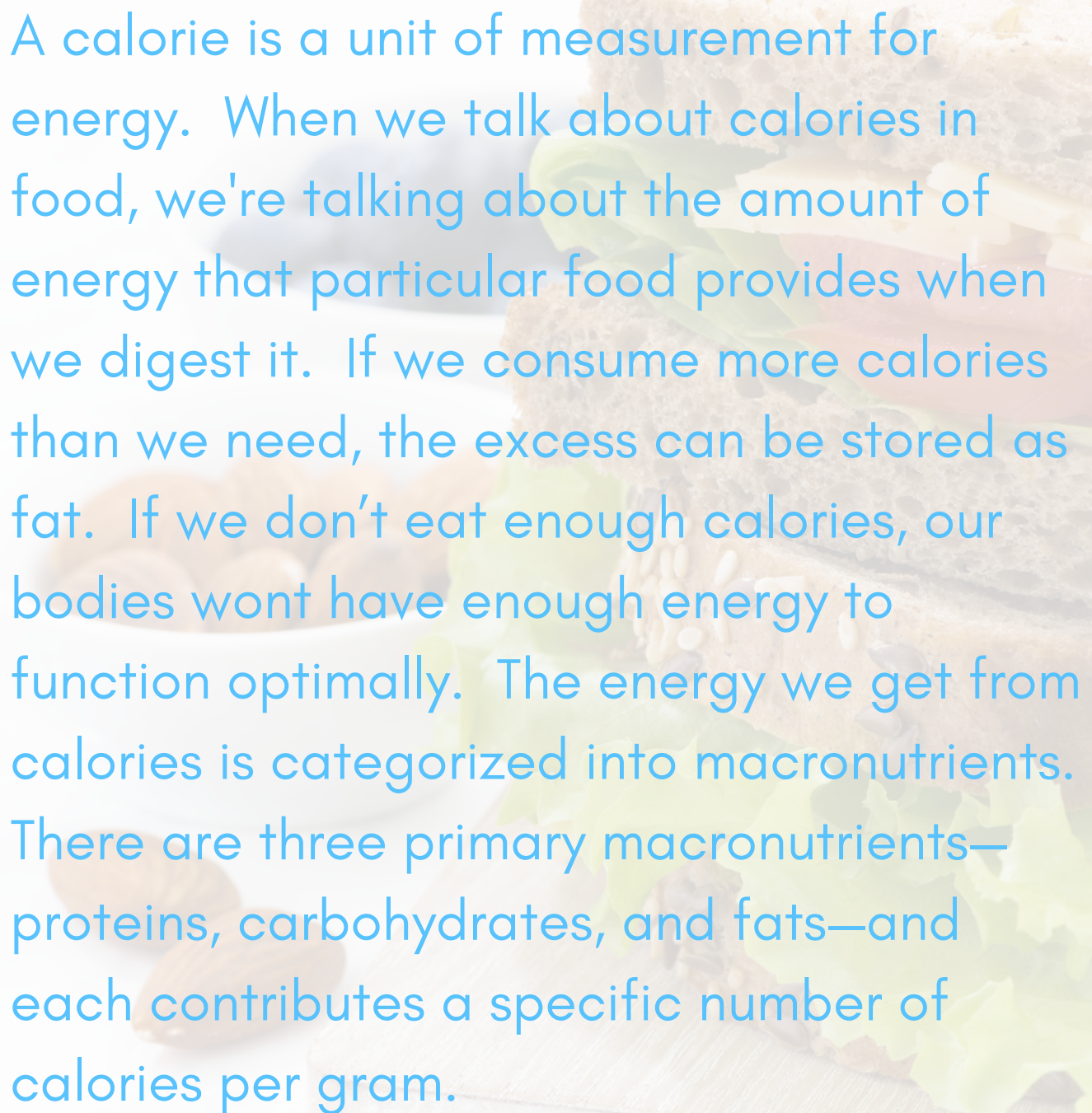
## **Have A Positive Attitude**

If you find yourself constantly complaining about the new habits you are trying to implement, just remember that no one is making you do it. It's your journey and it's up to you! So approach it with positivity, and focus on the outcomes that will come from a healthy lifestyle.



# Calories And Macronutrients

A calorie is a unit of measurement for energy. When we talk about calories in food, we're talking about the amount of energy that particular food provides when we digest it. If we consume more calories than we need, the excess can be stored as fat. If we don't eat enough calories, our bodies won't have enough energy to function optimally. The energy we get from calories is categorized into macronutrients. There are three primary macronutrients—proteins, carbohydrates, and fats—and each contributes a specific number of calories per gram.





## Protein

Protein has 4 calories per gram, and is mostly used for structural purposes (such as building and repairing tissues) It can also be converted to energy if other other macronutrients are inadequate. similar to a secondary or backup fuel source.

When choosing a source of protein keep the fat content of the source in mind.

There are high fat options, and low fat, (lean) options. Choosing lean options gives you more control over your fat consumption.

Some examples of lean protein sources include lean cuts of meat, white fish or shellfish, low fat greek yogurt, egg whites, or a lean protein powder supplement.



# Carbohydrates

Carbohydrates have 4 calories per gram. They are one of the body's main sources of energy. Simple carbohydrates are easily broken down while complex carbs take longer to digest.

Carbohydrates do not need to be avoided! This is a common misconception. Consuming carbs in excess can lead to fat storage, but that doesn't mean they need to be avoided altogether. Being aware of portion size is enough.

Some examples of carbohydrate sources are: rice, oatmeal, cereals, breads, fruit, berries, vegetables, and pasta.



## Fats

A collage of various food items rich in healthy fats. It includes a halved avocado, a bowl of cashews, a bowl of almonds, a small bowl of yellow oil, and a piece of salmon. The background is a light, textured surface with scattered nuts and seeds.

Fat has 9 calories per gram, so it serves as a concentrated source of energy. Excess calories from food are stored in fat cells and can be used when the body needs extra energy.

Because fat has more calories than protein and carbs, you don't need as much of it. Fat found in cooking oils, dressings, and spreads can add up, so be aware of portions.

Some fat sources include olive oil, avocados, egg yolk, fatty fish such as salmon, fatty cuts of beef or pork, nut butters, nuts and seeds, and dressings.

# Micronutrients

Micronutrients are essential elements that our bodies require in relatively small amounts to function properly. They include vitamins and minerals, which play crucial roles in various bodily processes. Despite being needed in smaller quantities compared to macronutrients like carbohydrates and proteins, micronutrients are indispensable for overall health, ensuring that our bodies can perform tasks efficiently and stay well-functioning.

Micronutrients are found in whole foods, such as fruits, vegetables, berries, meat, fish, and poultry.



# Portion Control

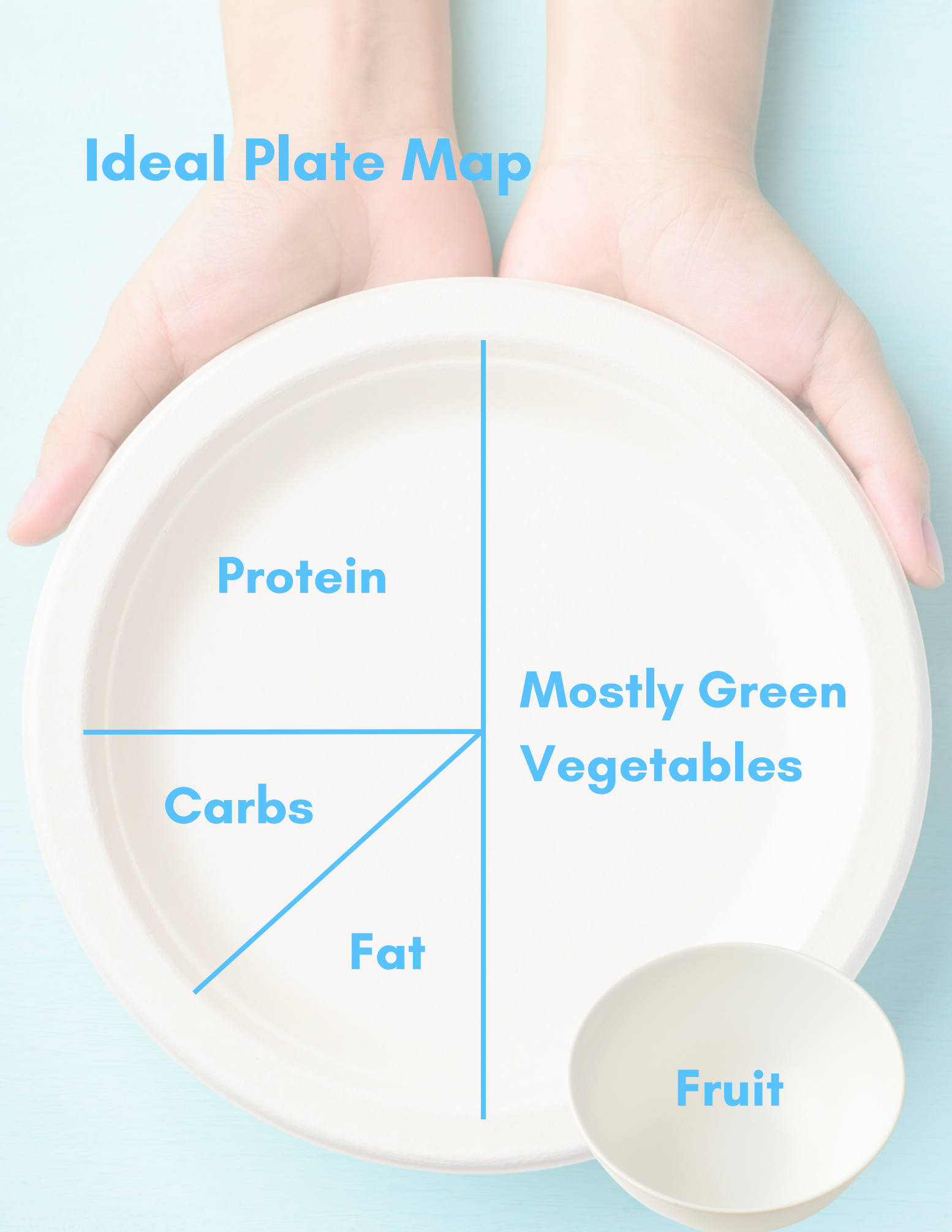
Portion control is a crucial aspect of a healthy diet. This does not mean you need to over-restrict, it just means you need some awareness of what is in your food and how much of it you're eating.

Pay attention to food labels, and stick to reasonable serving sizes. Eat when you are hungry, and stop when you are satisfied.

You can control portion size by measuring and tracking as you go, having a set meal plan with specific measurements, or simply by following an ideal plate structure and eye-balling, while paying attention to hunger cues.



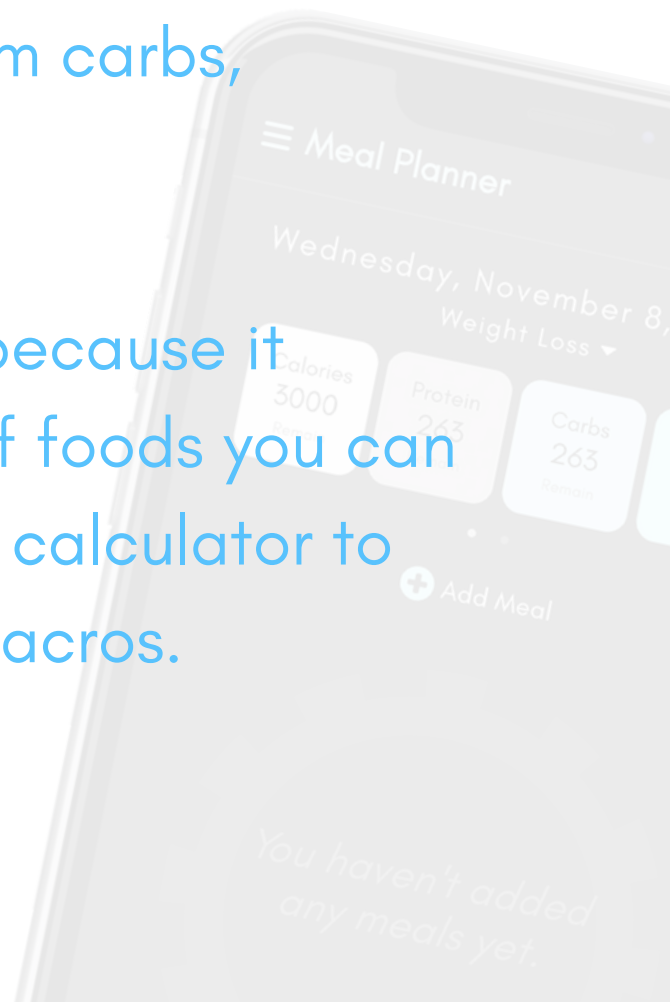
# Ideal Plate Map



# Macro Tracking

Macro tracking involves setting daily targets for the grams of carbohydrates, proteins, and fats you want to eat based on your individual needs and goals. These targets are often represented as a percentage of your total daily calorie intake. For example, if you're aiming for a balanced diet, you might target a certain percentage of calories from carbs, proteins, and fats.

Macro tracking is flexible because it doesn't restrict the types of foods you can eat. You can use a macro calculator to calculate and track your macros.





# Treats

Eliminating treats altogether might be doable for some, but for most this is an unrealistic endeavour. Instead aim to balance your diet by choosing more whole food options. Limit treats to reasonable portions, and/or special days and occasions.

Having healthier options readily on hand can reduce the need and want for treats.

Making treats at home when you want them instead of buying them at a store or restaurant can help with ensuring quality ingredients, and portion control.

# Meal Prep And Planning

Meal prepping saves time, money, and dishes. Make individual meals ahead of time, or cook in large batches so that you can create and assemble meals quickly throughout the day.

You can buy pre-chopped veggies, or you can chop them ahead of time in a batch to be used later.

Have the food storage items you'll need on hand – such as food containers, paper towel, and snack bags.



# On The Go / Take Out Options

Eating on the go doesn't have to mean choosing unhealthy options. Be prepared with things like fruit, trail mixes, and protein bars or shakes.

If you have to eat take-out try to choose a place that has a few healthier options.

Some healthier options include:

- Wraps
- Chicken
- Chilis
- Nachos loaded with veggies
- Salads and soups
- Sandwiches
- Smoothies

# Staying Flexible

When trying to build new healthy eating habits, it's important to stay flexible.

Remember that perfection isn't and should never be the goal, and realize that you won't be "on point" every single day. The key is to build consistency over time and to choose healthy options more often than not.

Making a plan doesn't mean you have to be rigid with rules. If you have a plan it should work for you and make your life easier. If you don't follow your plan, don't hold onto guilty feelings. Acknowledge it as a choice, and move on



# Macro Grocery Guide

## Lean (Low Fat) Protein Options

- Lean cuts of beef, pork, bison
- Chicken or turkey breast, whole or ground
- White fish, shellfish
- Lean deli meats
- Plain nonfat greek yogurt
- Cottage cheese
- Egg whites
- Beans, lentils, and legumes
- Tofu

✓ ***Look for  
whole foods!***

## Carbohydrate Options

- Oats, cereals, granolas
- Fruit, berries, vegetables
- Pasta
- Dates, figs, raisins
- Breads, wraps
- Honey, Syrup
- Rice

## Fat Options

- Olive oil, coconut oil, other oils
- Avocados
- Nuts, seeds
- Butters, spreads, dressings
- Salmon
- Fatty meats beef, lamb, duck

A soft-focus background image featuring a white bowl of oatmeal topped with blueberries in the foreground. Behind it, a glass of orange juice and a slice of orange are visible, along with some scattered oats on a light-colored surface.

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