

Beginner Nutrition Guide



Your step-by-step guide to get
you started on your
nutrition journey.

BY SARAH LASWELL



important tip

When going out to eat, focus on picking a plant source then a protein source, and let your carbs and fats fall into place.

Your Optimal Plate

Remember this visual to help you build your optimal plate in order to fuel your body properly.

It consists of:

- 1/2 fruits and/or vegetables
- 1/4 protein
- 1/4 carbs
- 1-2 tbsp. of fat





Optimal Plate Example

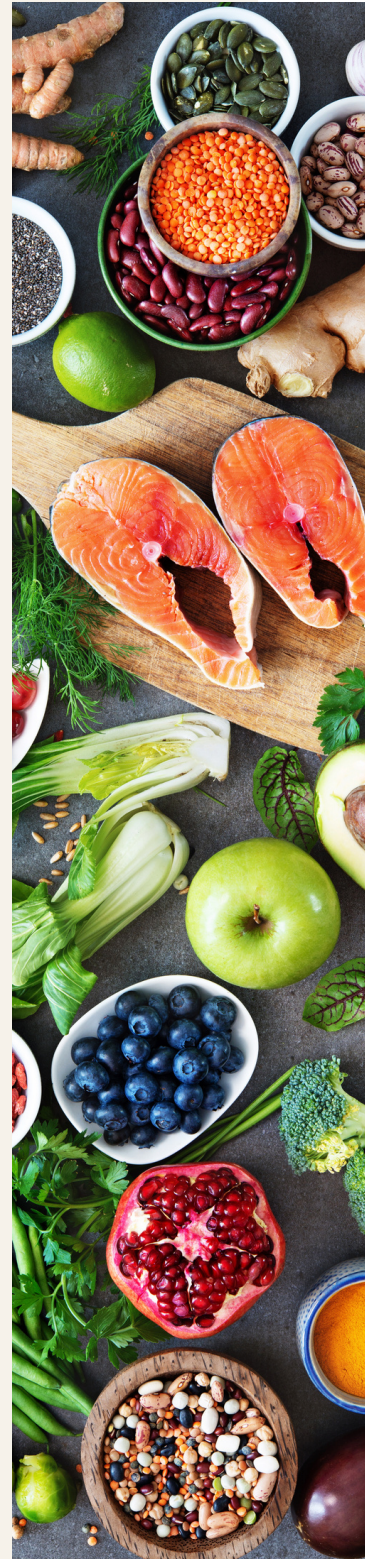
Your Optimal Plate

- 1/2 fruits and/or vegetables
 - Carrots and asparagus
- 1/4 protein
 - Grilled chicken
- 1/4 carbs
 - Quinoa
- 1-2 tbsp. of fat
 - Olive oil



Pre-Workout Nutrition

1. Before you workout, eat easy-to-digest carbohydrates. Some people report having bloating and stomach upset if they eat too much fiber and fats before working out.
2. This would be 1-2 hours before your workout. In general, the closer it is to your workout, the smaller your meal/snack should be.



Post-Workout Nutrition

1. Refuel: Give your body carbohydrates to replenish the glycogen stores in your liver and muscles.
2. Rebuild: Add protein to your post-workout meal to help with muscle growth and repair.
3. Rehydrate: Make sure you're drinking plenty of water afterwards.

Please note that your needs may be different than someone else's based on body size, workout program, goals, how much you sweat, (etc.).



ProFormance Health & Well-Being

FIBER GUIDE

Fiber Source	Serving Size	Amount of Fiber
Apples	1	5 g
Chia Seeds	1 tbsp	4 g
Chickpeas	1 tbsp	2 g
Cruciferous Vegetables	1 cup	2-5 g
Flaxseeds	1 tbsp	3 g
Lentils	1 cup	16 g
Mixed Berries	1 cup	3 g
Mixed Nuts	0.25 cups	3 g
Pears	1	6 g
Potatoes	1	5 g
Whole Wheat Pasta	2 oz.	6 g

Frequently Asked Questions

1. I feel like I need more 1:1 help. What do I do?
 - a. Fill out the form at <https://www.proformanceresults.com/contact> and we'll get you started ASAP!
2. I feel like my nutrition is in check, but I need help with my exercise plan.
 - a. We offer in person and online training to help you achieve your goals with a plan that works for your schedule. Send us a message and we'll help you get set up!
3. How do I focus on my nutrition while also giving my family what they want?
 - a. I recommend starting out with small changes in their meals and then adding more micronutrients later on. Most people benefit from adding more nutrient dense sources whether you're an adult or a child. If you have a picky eater at home and need more guidance, I can send you some helpful resources!



Thank you!

Thank you so much for downloading this Beginner Nutrition Guide. Please don't hesitate to reach out if you have any questions.



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