

HOW TO CREATE BALANCED HEALTHY MEALS







MOTIVATION

Motivation without strategy is what causes frustration when dieting. In our Recipe book you'll find it easy and simple to follow – as well as prepare.

*“Remember –
done > perfect.”*

PREPARATION

Nobody succeeds on accident and preparation is key to winning. Forgetting to prepare your meals or cook is no longer an excuse when you have all the tools you need right here.

ACCOUNTABILITY

Post your meals once a week on the private FB page – preferably after your meal prep for the week or upcoming days.

If you are not a member of it email David@turnfit.ca and click to join <https://www.facebook.com/groups/turnfit/>

*“This is a free group that is
dedicated to answering questions
and supporting you!”*

PROTEIN

CARBOHYDRATE

FAT

CARBOHYDRATE





WHAT IS THIS ABOUT

This is a simple but detailed breakdown of how we want to eat healthy balanced meals. If you just want a brief understanding, you can read the green and red parts as well as the table and chart near the bottom. Green lists the healthy types and red lists the unhealthy types.

In this document, we are going to discuss how to create healthy well rounded meals. We will go over how to portion things out appropriately based on your goals, the different roles of protein, fat and carbohydrates and understanding the benefits of the quality food we put in our bodies. We will touch base on calories and the role they play but for now, we want to concentrate on how to make quality nutrition a normal part of our life that is easy to manage and can be sustained long term. We know diets work, but they earn the word diet for two reasons; they are typically a well laid out plan but they usually are not sustainable. If you're looking for results at a deadline like a vacation or wedding, these will work but as soon as you get off your diet and go back to what you were doing, you will most likely reverse the results you got.

As we should know, nutrition is the most important aspect in maintaining a healthy body that can fight off pathogens, burn fat, build muscle and keep our energy levels high so we can perform at a high level. Once we get a good understanding and connection to what we're putting in our body, it makes it easier to choose healthy meals at home or on the go. With a mindset focused on eating to take care of our bodies so we can look and feel good, it's easy to pick healthy options instead of junk food. Firstly, let's discuss the role of the three macronutrients we find in food. Protein, fats and carbohydrates.



PROTEIN

Essential for tissue repair. Protein is a component in every cell in our body. It helps us repair soft tissue like muscles, ligaments and tendons. It aids bone formation, maintaining healthy skin and the creation of blood cells. Many clients that I see tend to have a low protein intake. It's critical for people to have a good supply of protein because unlike carbs and fats, our body doesn't have a way to store protein for later usage.

I aim to teach clients to incorporate a quality protein in every meal as well as get an adequate supply during the day. For anyone trying to build muscle and strength, we usually want to focus on getting a good amount in. For the average person, most health experts recommend 0.36 grams of protein for someone who is sedentary.

This means that a person who weighs 140lbs must consume 50g of protein per day, but that's for someone who is inactive. For someone who exercises I'd recommend getting at least 50% more. So the 140lb person should consume 75g. For someone trying to maintain good health and increase a reasonable amount of muscle, this is fantastic. If someone wants to maximize their strength and muscle gain, I'd want them to get their lean body mass in lbs in grams of protein per day.

So someone who is 100lbs with 15% bodyfat for example would have 85lbs of lean body mass meaning they would need 85g of protein per day. I'm a big believer in including a quality protein source in every meal so hopefully by the end of this when you have an understanding of what they are, you will see how much to consume and how to know if you're getting enough protein per day.

CARBOHYDRATES

Carbohydrates are a very important source of energy for our bodies no matter what anyone says. Too often we tend to avoid carbs in an effort to lose body fat. This is simply not necessary and by doing so we won't be able to perform activities to the best of our abilities. They are the most efficient and effective form of energy our bodies can use. This section will be a little bit longer because there is a lot of confusion with carbs and I want to make sure you understand what you're putting into your body, why we want to make sure we eat them and why some carbs are better than others.

We know that carbohydrate establish blood sugar levels. We want to make sure we maintain those throughout the day so we can have consistent energy. I want to keep this simple so I won't go into the details of how, but the carbohydrates you consume get stored in our muscles as glycogen. Because they are stored in our muscles, they are the quickest form of energy our body can use when it needs it. It's right there ready to access. When you train, you deplete this energy and you need to make sure you consume carbohydrates to replenish it for the next time we train with enough energy and intensity. There are other ways are body can run without carbohydrates, but the process to do that is much slower, takes more energy and can't be used as well when exercising.

There are a few ways to discuss the many types of carbohydrates but I will list them 2 groups to briefly discuss them.





COMPLEX (STARCHY & FIBROUS) CARBS:

To keep it simple, complex carbs are carbs in their original source. These have way more nutrients in them and are slower to digest. They also pack a lot of fibre which helps us stay full and digest food, making them a great reason to eat them when trying to lose body fat and avoiding cravings. Starchy and fibrous both have their roles and they typically have different nutrients and fibre in them, so it's important to get both.





SIMPLE CARBOHYDRATES:

Simple carbohydrates are quicker to digest and provide more immediate energy that doesn't last as long as our complex carbs. This is why when someone is feeling light headed or low energy, simple carbs can quickly aid in this. Simple carbs are listed as things like sugars and refined grains (white bread, flour etc). With this being said, it's not to mean that fruit is on the same level as sugar in candy.

There are a few types of sugar but fruit is primarily fructose, whereas candy is called sucrose. Fruits contain vitamins, minerals, fibre and water. Candies and sweets containing sucrose don't typically have those benefits. To end this all, just remember that sugar from a fresh or frozen fruit is worth the nutritious benefits, sugar from candy and sweets are not.

FATS

Fats that we consume are just as important to our daily nutrition as the other two listed above. Fats help our bodies absorb nutrients from other foods, help our heart stay healthy and also maintain proper hormone levels. Fats can also be used as an energy source. If your exercise intensity is low, it can be converted to energy slowly enough to be used as energy, but not quick enough for higher levels of exertion.

There are a few types of fats. Once again to make it simple, I'll categorize them as good and bad fats and explain why. Good fats protect the heart, lower bad cholesterol support proper insulin sensitivity, energy levels, keep our brain healthy, reduce inflammation, healthy hormone levels and cell membranes. Bad fats promote inflammation, raise bad cholesterol and increases your risk of heart diseases. Good fats are called monounsaturated and polyunsaturated. Bad fats are called trans fats.





FOOD SOURCES

This table shows you a list of sources, You'll notice that some items are listed in more than one column. That's just because they might be high in both sources. The list could go on but those should give you a good grasp on what foods to consume. Below shows you how to make your meals quickly and consciously.

NOTE: food not listed in order of preference or nutritional value

PROTEINS

Chicken

Tuna & White Fish

Grass Fed Steak

Greek Yogurt

Protein Powder

Salmon

Milk

Tofu

Beans

Lentils

Grass Fed Beef

FAT SOURCES

Avocados

Nuts

Hemp Hearts

Chia Seeds

Salmon

Salmon

Olive Oil

Egg Yellows

Natural Peanut Butter

Flax Seed

Grass Fed Beef

FIBROUS CARBS

Broccoli

Spinach

Celery

Cauliflower

Asparagus

Green Beans

Wax Beans

Carrots

Cabbage

Tomatoes

VEGETABLES!

STARCHY CARBS

Oats

Yams

Sweet Potato

Brown Rice

Quinoa

Cous-Cous

White Potato

100% Whole Wheat Bread

100% Whole Wheat Pasta

Lentils

Whole Wheat Cereal (Only
ingredient)

MAKING HEALTHY MEALS

Since we've covered why protein, fats and carbohydrates are important, here's an easy way to make sure we consume enough of all of them. If we want to have a healthy balanced diet it makes things easier if we create balanced meals.

Below is an easy way to eyeball what your plate consists of and knowing how much to eat. Keep in mind that the more frequent you eat, the smaller plate size should be. If you only consume 2 to 3 meals per day, you can have a larger plate.



