



CFSP Nutrition Jumpstart

Good nutrition. Simplified.

What is good nutrition?

We believe that good nutrition doesn't have to be complicated.

If you stick to whole, minimally processed, nutrient dense foods most of the time, you can see big impacts to your **health, body composition**, and **performance in the gym**.



Whole Foods.

Minimally Processed.

Nutrient Dense.

Most of the time ...

Nutrition Misconceptions



- **Eating “fat” or “carbs” will make you fat**

“Fat” is essential for making you feel full and supporting hormone health. Healthy fats can be found in cooking oils, avocado, nuts & seeds. Limit this intake to two thumb-sized portions per meal.

Carbohydrates are your body’s preferred energy source. Opt for whole carbs like fruits and veggies, rice, oats and potatoes, and avoid or limit processed carbs like bread, pasta, and chips. Aim for 2-3 fist-size portions per meal of veggies, and 1-2 cupped-hand portions per meal for other carbs.

Forget the Measuring Cups!



YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb

The 80/20 Rule



Live a healthy lifestyle,
while still living your life!

Consistency is key!

Eat in a way that supports
your goals!

80% Consistent

- Lean Protein
- Fruits & Veggies
- Water

20% Fun

- Alcohol
- Going out to eat
- Foods we enjoy!

ALCOHOL & ACHIEVING OUR GOALS



Having fun is important!

But choosing wisely with alcohol can help us stay on track with our goals.

Be careful of the Domino Effect – drinking often leads to other bad choices with food and sleep, and can affect overall mood and motivation.

Ideas to improve alcohol consumption:

- Choose sugar-free mixers like soda water and lime.
- Drink a glass of water in between drinks.
- Decide ahead of time how many drinks is your max and how long you will stay out.
- Ready to challenge yourself?! Try our 28-Day Nutrition Jumpstart Challenge! Go without drinking and see the results!

Supplements (extra help!)

- Nutrients should come from whole foods first.
- It can be helpful to add targeted supplements to your lifestyle.
- These brands are scientifically formulated to support recovery, build muscle, and improve your overall wellness.
- See our in-store tablet for these products at a discounted rate!



The 28-Day Challenge



- Don't just white-knuckle it! We want sustainable change and a consistent lifestyle.
- Work on ONE habit at a time; this approach is much easier and less overwhelming.

Every week, we'll focus on ONE new habit to create:

Week 1: Hydration

Week 2: Eat undistracted

Week 3: Sleep

Week 4: Plan your meals

BONUS POINTS: NO ALCOHOL FOR 28 DAYS!

WEEK 1: Hydration



WHY HYDRATE? (specifically with water)

- Removes waste products & leads to increased metabolism
- Transports nutrients throughout the cells to keep them working efficiently
- Regulates body temperature & acts as a lubricant for your joints

HABIT: Drink 2 Liters of Water a Day

- Keep a special bottle with you throughout the day to keep track
- Log your water intake in our tracker
- Start your morning with 8-12 oz of water (especially before having a coffee!)
- Add different flavors such as mint, cucumber, strawberries, lemons, limes or oranges to switch up the taste

WEEK 2: Eat Undistracted



WHY UNDISTRACTED EATING?

- When our brain is focused on other things (like watching TV, driving, or working) it's difficult to tune into hunger and fullness cues.
- Usually by eating undistracted, we also slow down our eating, which is key for proper digestion and stopping before we're overly full.

HABIT: Eat Undistracted

- Eating with other people and having conversations DOESN'T COUNT!
- Sit at a table! Avoid screens and distractions from devices.
- Breathe deeply and chew 20-30 times per bite.

WEEK 3: Sleep



WHY SLEEP?

- Sleep sets you up for success throughout the day. Sleep will affect your mood, eating habits, and performance in the gym.
- Sleep is key for regulating hormones, including your those that regulate hunger and cravings.

HABIT: Be in Bed for 7+ Hours per Night

- Shut off devices 1 hour before bed. Blue light can affect your sleep performance.
- Dark and cold environments are ideal for sleep. Blackout curtains and 68 degrees in the room. White noise machines can help as well.

WEEK 4: Plan Your Meals



WHY PLAN MEALS?

- Being intentional about **WHAT** we're going to eat sets us up for success throughout the day. Avoid deciding what to cook last minute, which usually ends up as eating out.

HABIT: Make a plan for what you'll eat at least a day in advance

- Plan your meals on the weekend. Cook and prep the food in containers.
- Grocery haul on the weekend to make sure you have what you need to execute.
- Have some quick healthy snacks on hand, like cut-up fruit and veggies, canned tuna or hard boiled eggs.

28-Day Challenge



Print out this log and hang it on your refrigerator. Check the box for each day you accomplish the habit.

Habit:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hydration Drink at least 2L a day							
Eat Undistracted Eat without distraction							
Sleep In bed 7 hours a night							
Plan your meals Plan a day in advance							

*****Remember, the habits build on each other, so in week one you're focused on hydration. In week two you're focused on hydration plus eating undistracted, etc.*****

WE ARE HERE TO HELP!

MEET MEGHAN!

Meghan has been a certified Functional Nutritional Therapy Practitioner since 2016, and has been leading group wellness challenges since 2010. She spent many years adhering to a fairly strict "Paleo" diet and subsequently struggled with (and recovered from) disordered eating behaviors. Her combined experiences in athletics, digestive and gut health, pre/post-natal nutrition, wellness for families, and the healing journeys of herself along with hundreds of clients uniquely position her to help athletes feel better in all corners of life, and also look and perform the way they want in the gym.

Email her at meg@meghandorman.com.

Need accountability & support?
Want more individualized
guidance?
Consider our **personalized
nutrition coaching!**

