BEGIN AGAIN NUTRITION

NUTRITION GUIDE



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Do not go to the grocery store HUNGRY!

Before you go, consider eating one of the following meals or snacks:

Breakfast: Oatmeal with berries,

walnuts and soy milk

Lunch: Sandwich on whole wheat bread and a small apple

Dinner: Fajitas with grilled vegetables and protein served with corn tortillas

Snack Ideas:

- Apple with peanut butter
- Hummus with carrots and cucumber slices
- High protein yogurt & granola
- Trail mix, protein bar, or smoothie





Have a plan!

Before you go, create a weekly menu so that you know which ingredients are needed.

Consider these options:

Meatless Monday: Red lentil curry with rice and green salad

Taco Tuesday: Tacos with protein of choice along side zucchini and a side of beans

Pasta Wednesday: Protein pasta with marinara sauce and a side of steamed broccoli

Tofu Thursday: Pan fried tofu served with brown rice and mixed vegetables

Pizza Friday: Pizza of choice served with a large green salad





Plan for BALANCED meals and snacks!

As you shop, use these guidelines to balance all meals and snacks:

Meals Contain:

3-4 servings of carbohydrate
3-4 servings of protein
1-2 servings of fat
Non-starchy vegetables (unlimited)

Snacks Contain:

1–2 servings of carbohydrate 1–2 servings of protein Non–starchy vegetables (unlimited)

Shopping Guide below is organized by categories:
Carbohydrates, Proteins, Fats & Non-starchy vegetables



CARBOHYDRATES

Fruit

berries
bananas
apples
oranges
watermelon
mango
grapes
cherries
other fruits you enjoy

Milk/Yogurt

Milks & alternatives: soy milk, coconut milk, almond milk, oat milk, pea protein milk

Yogurt & Non-dairy yogurt: (high protein yogurt including Greek counts as a protein)

Grains

rice
quinoa
pasta
bread/buns/rolls
tortillas
crackers
oats/cereal
breadcrumbs
other grains you enjoy

Starchy Vegetables

potatoes yams corn winter squash peas

other options you enjoy

See page 9 for clarifications/pointers



PROTEINS

Plant Based Protein Sources

tofu/tempeh lentils beans peanut/almond butter nuts/seeds seitan meat alternatives other protein you enjoy

NOT Plant-Based

salmon tuna eggs chicken turkey reduced fat cheese Greek yogurt other protein you enjoy

FATS

avocado oil
olive oil
safflower oil
avocados
tahini
butter/alternatives
nuts/seeds
nut butters
ground flax seeds
other fats you enjoy

CONDIMENTS

salsa
mustard
ketchup
hot sauce
pesto
soy sauce
salad dressing
honey/agave
nutritional yeast
other choices you enjoy

See page 9 for clarifications/pointers



OTHER FOODS

Don't forget about these foods which you may need for cooking, baking or snacking!

herbs/spices flour cooking spray maple syrup vanilla extract baking soda baking powder cocoa powder vinegar tomato paste/crushed tomatoes canned pumpkin low sodium broth canned coconut milk kimchi/pickled vegetables apple sauce hummus olives seaweed protein powder/bars coffee/tea other choices you enjoy

See page 9 for clarifications/pointers



Non-starchy vegetables

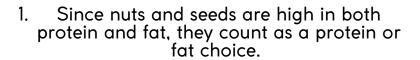
These are UNLIMITED and should be included in meals and snacks whenever possible.

dark leafy greens like spinach, kale and collard salad greens broccoli cauliflower cabbage asparagus zucchini spaghetti squash mushrooms onions garlic cucumbers Brussels sprouts alfalfa sprouts bean sprouts carrots tomatoes artichokes egaplant jicama peppers radishes celery other non-starchy vegetables you enjoy









- 2. Beans, lentils, chickpeas, and peas are high in protein and carbohydrates, thus they can count in either category. (Be mindful of other foods on your plate if they are counted as your protein.)
 - 3. Greek yogurt and high protein yogurts are counted as protein. Other yogurts count as a carbohydrate. Be sure to review the label.
- 4. The foods listed in this guide are a great starting point, however, these are not the only foods you can eat. The enjoyment of food is a very important component of nutrition!
 - 5. This list does not constitute personalized professional advice or a substitute for treatment, it is for informational and educational purposes only.



LET'S TALK ABOUT:

- *portion sizes
 - *recipes
 - *meal prep
- *moderation
- *nutrients
 - *sweets
- *weekends
- *weight loss
- *blood sugar
- *blood pressure
 - *cholesterol
 - *gut health
 - *special diets
 - *veganism
- *vegetarianism
 - *metabolism
 - *cancer
 - *wellness
 - *longevity
- *intuitive eating
 - *mindfulness
 - *no dieting





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Head over to www.BeginAgainNutrition.com for recipes, resources, live classes and 1:1 consultations!

