# YOUR BEALTHY STEP AT A TIME

6 WEEK WELLNESS CHALLENGE HANDBOOK

POWERED BY:

# **GOAL SETTING**

When it comes to setting goals, you want to look at what is realistic to achieve in the short and long-term  Our goals should be "SMART": Specific, Measurable, Attainable, Realistic and Time-Sensitive  Realistic goals are 1-2 pounds of weight loss per week and 1% body fat loss per month  Slower weight loss ensures you are losing fat and preserving muscle	Start with the end in mind  Break down larger goals that need to be achieved over a longer period of time into smaller steps  Write your goals down and keep them in view (in your car or on your fridge)  Share your goals with your family and friends for accountability and encouragement (you may even inspire them to set and achieve new goals)
Short-Term Goal: Why is this important to you?	Long-Term Goal: Why is this important to you?
How Will Your Life Improve Wh	



# **HOW TO WIN PRIZES DURING THE CHALLENGE?**



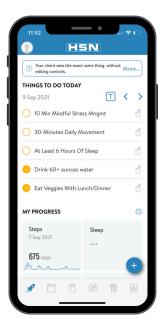
# What Does Success Look Like During This Challenge?

- Complete The Habits and Mark Them Off Within The App Daily
- Take One Step Closer To Your Healthiest Self Every Day
- Complete The Weekly Challenge To Win Prizes
- Winner Based On Participation & Results



# Pro Tips With The HSN App

- Use The Group Feature In The HSN App To Encourage People, Post Pictures, and Complete The Weekly Challenge (To Be Able To Win Prizes)
- Mark Off Your Habits Every Day
- Watch The Weekly Videos (Under Things To Do Today)



# **DAILY HABITS:**

- 30+ minutes of Daily Movement
  - Daily Movement can include walking, biking, taking a class in person or virtually, gardening, or any other enjoyable activity that gets your body doing more than sitting or standing.
- 7+ Hours of Sleep
  - Sleep is essential! We will provide you with tips and tricks on sleep, but the very first thing you can do is listen to this podcast: <u>Nutrition Made</u>
     <u>Simple Podcast Episode 55</u>
- 10+ Minutes of Stress Management Practice
  - The educational videos will help you to identify ways to address stress management, but the best option is to reflect on what has worked well for you in the past.



# THE HEALTHY STEPS NUTRITION FRAMEWORK

At Healthy Steps Nutrition, we believe something as fundamental as nutrition shouldn't be complicated, which is why we focus on a simple, habit-based approach.

We know that helping people make health a way of life isn't just about what they eat. We use a holistic approach looking at sleep, stress management, support system, exercise, nutrition, and lifestyle.

# Healthy Steps Nutrition Three Core Nutrition Principles:

- Focus On Whole Foods First (Eat Meats & Veggies, Nuts & Seeds, Some Fruit, Little Starch & Minimal Sugar)
- Focus On Balance (Pair Protein, Carbs & Fats With Meals & Snacks)
- Limit The Amount Of Processed
  Carbohydrates & Added Sugar You Consume



Nutrition	Hydration	Movement	Mindset	Sleep
Follow the plate method	Drink 60+	Move for at	Practice	Sleep at least
	ounces of	least 30+	positive	7+ hours per
	water daily	minutes per day	affirmations	night
Limit the amount of added sugar	Limit alcohol consumption	Find an accountability partner	Journal & practice gratitude	Establish a wind down routine
Eat veggies	Caffeine	Take a 15	Try Meditation	Optimize your
with every	cutoff 6 hours	minute walk		bedroom for
meal	before bed	after eating		sleep



# **FOOD OPTIONS GUIDE**

Eat Meat & Vegetables, Nuts & Seeds, Some Fruit, Little Starch & No Sugar

#### **Protein Sources**

Protein sources broken down by grams of fat per ounce and level of processing.

Rice Protein

Whey Protein



Pork Tenderloin

# (0-2 grams/ounce)

**Bison** Catfish Collagen Protein Bone Broth Calamari Egg White Protein Chicken Breast Clams Hemp Protein Crab Pea Protein Egg Whites Goat Flounder Pumpkin Seed Protein Ground Turkey (99/1) Haddock Pea Protein

Herring Rabbit Lobster Mahi Reindeer Mussels Tempeh Tofu Pollock

Turkey Breast Salmon, Wild Caught

Turkey Jerky Scallops

Veal Shrimp (Prawns) Venison

Snapper Swordfish Tuna

#### Moderate



#### (3-4 grams/ounce)

Beef Jerky Sardines Canadian Bacon Sirloin Chicken Thigh Strip Steak Chicken Sausage Turkey Sausage

Eggs Elk Filet

Ground Turkey (93/7)

Ground Sirloin

Lamb Mackerel Minced Meat Mollusk Oyster Pork Chop Quail

### Fatty '



(5+ grams/ounce)

Bacon Beef Brisket Chicken Wing Ground Chuck Ground Pork Pork Ribs **Processed Meats** Rib-Eye Sausage

# Volume (Non-Starchy) Carbs



Artichoke Hearts of Palm Spaghetti Squash Arugula Kale Spinach Kohlrabi Summer Squash Asparagus Aubergine Leafy Greens Tomato Beets Leeks **Turnips** 

Zucchini **Bok Choy** Lettuce Broccoli Mixed Veggies (without peas or corn)

Mushrooms **Brussels Sprouts** Okra Cabbage Cauliflower Onions Pea Pods Celery Charde **Peppers** Cucumber Radishes Eggplant Rhubarb Endive Rutabaga Green Beans Sauerkraut

# Healthy Fats



**Almonds** Avocado Oil Brazil Nuts Cashews Chestnuts Chia Seeds Coconut Oil Flaxseed Oil Grapeseed Oil Hazelnuts Hemp Seeds Hemp Hearts

Macadamia Olive Oil **Peanuts** Pecans Pine Nuts **Pistachios** Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnut Oil

# Starchy Carbs

#### Low Glycemic



Acorn Squash Almond Flour Barley Black Beans Butternut Squash Carrot, Raw Chickpeas Edamame Kabocha Squash Kidney Beans

Lentils Peas Pinto Beans Pumpkin Persimmons Split Peas

Apple Apricot Black Currant Blackberries **Blueberries** 

Cantaloupe Cherries Clementine Gooseberries Grapefruit Guava Lingonberries

Mango

Mandarin

Nectarine Orange Peach Pear Plum

Pomegranate **Prunes** Raspberries Strawberries Tangerine

#### Moderate Glycemic



Banana (Green; Unripe)

Arrowroot Flour Fig Basmati Rice **Beets** Brown Rice

Buckwheat Cassava Couscous

Amaranth

Oatmeal **Parsnips** Quinoa

Red Potato Sweet Potato Tomato Sauce

Wheat Pasta

Wild Rice Yams

Yuca

Grapes

Honeydew Kiwi Melon Papaya Pineapple Watermelon

#### High Glycemic

Barley Flour Banana (Ripe) Carrot, Cooked Corn

Jasmine Rice Plantain Raisin Rice Flour

Wheat Flour

Date

# Sugar 🌟

Taro

#### (Limit)

Agave Honey **BBQ** Sauce Jam Brown Sugar Jelly Candy Molasses Cane Sugar Syrup

**Dried Fruit** (Added Sugar)

The Glycemic Index shows the effect of starchy carbohydrates on blood sugar levels.



Low GI 55 or Less



Medium GI 56 - 69



High GI 70 or More

#### The Plate Method





\*Fat recommendation varies based on fat from protein/meat

#### Combo Foods

#### Protein + Fat

Whole Eggs, Hard Boiled Egg Nuts/Nut Butter Egg Whites + Avocado Cheese (Swiss, Cheddar, Mozzarella) Tuna + Avocado Turkey Breast + Guacamole

#### Carbs + Protein

- 0% Greek Yogurt
- Edamame
- Chickpeas
- Oatmeal + Egg Whites
- Sliced Turkey/Chicken Breast + Rice Cake
- Whey Protein Powder + Almond Milk

#### Protein + Carbs + Fat

- Rice Cake + Smashed Egg Whites + Avocado
- Sliced Turkey Breast + Hummus Roll-Up
- RX Bar/RX Kids Bar
- 0% Greek Yogurt + Fruit + Nuts
- Ezekiel Bread + Nut Butter
- Applesauce + Sliced Chicken Breast + Nuts
- HSN Hummus Chicken Salad + Veggies
- Rice Cake + HSN Tuna Salad
- Cottage Cheese + Pineapple Oatmeal + Egg White + Nut Butter HSN Cottage Cheese Cookie Dough

# MACRONUTRIENTS

#### PROTEIN

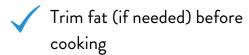
# Why:

- Provides our body's structure & components of enzymes
- Regulates body function & immune system health
- · Aids in hormone regulation
- Calories from protein should comprise around 30% of our daily calorie intake\*
- \*Individual needs may vary



# Pro Tips

- Choose lean sources of protein (0-2 g/oz of fat)
- Limit moderate (3-4 g/oz fat) and eliminate high fat (5+ g/oz fat) sources of protein



Utilize grill, bake or air fry preparation methods

# **CARBS**

#### Why:

- Our body's main source of fuel
- Keeps protein from being used as energy
- Aids in the oxidation (breakdown) of fat
- Calories from carbohydrates should comprise around 30-40% of our daily calorie intake\* (\*Individual needs may vary)



# Pro Tips

- Consume carbohydrates low in sugar (<4g) and high in fiber (>3g)
- Choose low glycemic fruits, vegetables and whole grains
- Shop the perimeter of the store for minimally processed items
- Load up half of your plate with non-starchy vegetables



# **MACRONUTRIENTS**

# **FAT**

# Why:

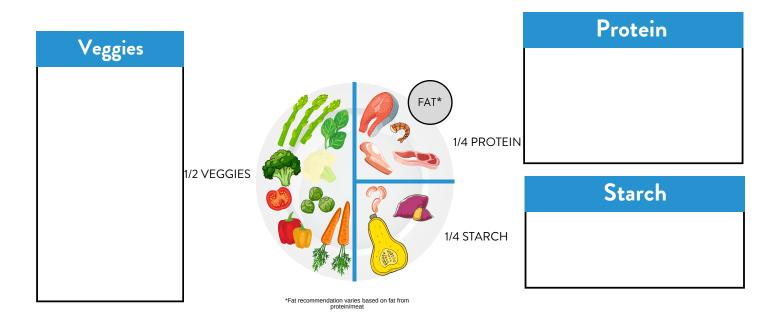
- A component of our membranes
- Aids in the absorption of fat-soluble vitamins
- Is used as a source of energy
- Calories from fat should comprise around 30-40% of our daily calorie intake\*
- \*Individual needs may vary



### Pro Tips

- Choose healthy plant-based sources of fat
- Healthy fats include avocado, nuts, nut butter, coconut and olive oil
- Consume fat in moderation as it is more calorie dense
- Limit fried and processed foods

# **BUILD YOUR PLATE METHOD**





# THE PLATE METHOD

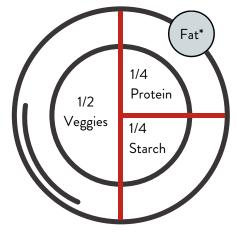
The Plate Method is one of the easiest and most effective methods for improving your diet by eating a balanced meal of high-quality foods. You can utilize this method to incorporate your favorite foods and recipes in your diet.



# Pro Tips

- Eat your non-starchy veggies (½ your plate) first
- After your veggies, next eat your protein
- Eat your carbs last
  - If you are looking for a lower carbohydrate meal, load up with ¾ of your plate veggies

- 1. Make  $\frac{1}{2}$  of your plate non-starchy vegetables
- 2. Make ¼ of your plate lean protein
- 3. Make ¼ of your plate complex carbohydrates
- 4. Add in a healthy plant-based source of fat



\*Fat recommendation varies based on fat from protein/meat

# 2

# **BREAKFAST PRO TIPS**

- Swap out bacon and sausage for leaner protein options like Canadian bacon, turkey bacon or chicken sausages
- Mix whole eggs and egg whites together for a higher protein and lower fat option
- ✓ Plan ahead make overnight oats or a Greek yogurt parfait with fruit and nuts for busy mornings
- Choose whole foods, not food products

- Add non-starchy veggies to omelets and scrambles
- Get extra veggies into your breakfast with carrot cake porridge or sweet potato hash egg muffin breakfast recipes
- Try our sweet potato toast with mashed avocado and scrambled egg whites or with nut butter and chia seeds





# **LUNCH & DINNER PRO TIPS:**

- Go for lean protein sources such as chicken, turkey, pork loin, fish and shrimp
- Swap out spaghetti squash, zucchini spirals or carrot noodles in place of pasta
- ✓ Use cauliflower rice to get more nonstarchy veggies in

- ✓ Need some healthy fat? Add avocado!
- Beware of sauces, dressings and gravies that contain excessive fat, sugar or sodium make your own instead! Give the sun-dried tomato pesto turkey sausage bolognese recipe a try.
- Choose whole foods, not food products



#### **RECIPE PRO TIPS:**

- Incorporate lean sources of protein instead of moderate or high fat protein
- Choose lean loin cuts and low-fat content ground meats
- ✓ Trim the fat off of meat before cooking
- Swap out butter and animal fat for plant based healthy fats (ex: olive oil, coconut oil and avocado oil)
- Utilize whole grains instead of refined grains (ex: whole wheat flour, brown rice, quinoa and oatmeal)

- Use whole foods in place of processed packaged foods (ex: use fresh instead of canned foods, make the sauce or salad dressing)
- Load up on the non-starchy veggies (if they don't work with your recipe make them separately)
- Try to grill, bake, slow cook or air fry as the preparation method

Remember to use these tips for keeping your plate balanced while enjoying your favorite foods and recipes!



# MEAL PLANNING IN THREE EASY STEPS



#### **Pick Your Staples**

Pick 2 proteins and 2 breakfast options. Our favorites:

Pulled Chicken Egg Muffins

Meatloaf Muffins Amish Oatmeal

2

# Pick Your Pairing

Pick veggies & starch



#### Organize your list

For easy shopping, list all of your items in order of the store layout. For example, all fresh meats should be grouped together on your list

# Macronutrient Staples

#### **Protein**

- Grilled Chicken
- Eggs
- Tuna
- Ground Turkey
- Canadian Bacon
- Whey Protein
- Pork Tenderloin
- Shrimp
- Fish

# Starches & Fruit

- Brown Rice
- Sweet Potato
- Butternut Squash
- Oatmeal
- Steel Cut Oats
- Quinoa
- Black Beans
- Kidney Beans
- Apple
- Berries
- Peach

# Veggies

- Broccoli
- Carrots
- Green Beans
- Asparagus
- Tomato
- Cucumber
- Zucchini
- Cauliflower

#### Fat

- Avocado
- Nuts
- Nut Butters
- Seeds
- Seed Butters
- Coconut Oil
- Olive Oil
- Butter

# **SAMPLE MEAL IDEAS**

1400-1800 kcal/day	Day 1	Day 2	Day 3
Breakfast	3-4 <u>Egg Muffins</u> 1 cup blackberries	1 serving <u>Double Chocolate</u> <u>Overnight Oats</u>	<u>Strawberry Shortcake</u> <u>Smoothie</u>
Snack	2 Almond Joy Energy Balls	1-2 hard-boiled eggs 1 cup grapes	1 small container (5.3 oz) low sugar greek yogurt with 1-2 tsp chopped almonds
Lunch	4-6 oz <u>Pulled Chicken</u> 2-3 corn tortillas ¼ avocado 2 cups <u>Roasted Broccoli</u>	1 -1½ serving <u>Egg Roll</u> in a Bowl ¼-½ cup cooked brown rice	Wrap: 1 Ezekiel wrap 4-6 slices deli turkey 1 wedge spreadable cheese 1 tbsp hummus Load up with veggies ½-1 cup blueberries
Snack	Roll-Up: 4 slices deli turkey 1 wedge spreadable cheese ½-1 cup sliced strawberries	2-4 tbsp hummus Enjoy with veggie sticks (carrot, cucumber, and bell pepper)	1 serving <u>Oven Roasted</u> <u>Chickpeas</u>
Dinner	4-6 oz grilled shrimp ½-¾ cup cooked brown rice 1½ cup mushrooms sauteed with ½ cup sliced onions and 1 tsp olive oil	1 serving <u>Cheesy Beef and</u> <u>Broccoli Bake</u> ½-¾ cup roasted sweet potato	4-6 oz grilled chicken breast ½-1 cup <u>Garlic Mashed</u> <u>Cauliflower</u> 2 cups <u>Seasoned Brussels</u> <u>Sprouts</u>



# SAMPLE MEAL IDEAS

Day 1 Day 2 Day 3 1800-2200 kcal/day 4 Egg Muffins 1-1 ½ serving Double Strawberry Shortcake **Breakfast** Chocolate Overnight 1-1½ cup blackberries Smoothie Oats 1 small container (5.3 oz) 2 hard-boiled eggs Snack 2-3 Almond Joy Energy low sugar greek yogurt with 1 cup grapes Balls 1 tbsp chopped almonds Wrap: 1-2 Ezekiel wrap 6-8 oz Pulled Chicken 6-8 slices deli turkey 1½ - 2 servings Egg Roll 3-4 corn tortillas 1-2 wedges spreadable Lunch in a Bowl ¼ avocado cheese, 1-2 tbsp hummus ½ cup cooked brown rice 2 cups Roasted Broccoli Load up with veggies 1 cup blueberries Roll-Up: 4 tbsp hummus 4-8 slices deli turkey Enjoy with veggie sticks 1 serving Oven Roasted Snack

Dinner

6-8 oz grilled shrimp

3/4-1 cup cooked brown rice

1 1/2 cup mushrooms sauteed
with 1/2 cup sliced onions and

1 tsp olive oil

1 wedge spreadable cheese

1-1½ cup sliced strawberries

1 serving <u>Cheesy Beef and</u> <u>Broccoli Bake</u>

(carrot, cucumber, and

bell pepper)

3/4-1 cup roasted sweet potato

<u>Chickpeas</u>

6-8 oz grilled chicken breast

1 cup <u>Garlic Mashed</u>
<u>Cauliflower</u>
2 cups <u>Seasoned Brussels</u>
<u>Sprouts</u>



# **MINDFULNESS**

# Why:

Mindful eating is a technique that helps you gain control over your eating habits. It has been shown to promote weight loss, reduce unhealthy eating, and help you feel better.



#### **Pro Tips**

- Chew slowly
- Put your fork down in between bites
- ✓ Take frequent sips of water
- Stop eating when you are about 70% full

- Remember that your brain is 15 minutes behind your stomach
- Ensure distraction free eating (avoid eating while watching tv or using electronic devices)

# **HYDRATION**

#### Why:

Hydration plays a vital role in our metabolism, flushes out the byproducts of fat, body temperature regulation and optimizes metabolic rate.



# **Pro Tips**

- Drink water consistently throughout the day
- Try flavoring water with fruit and vegetable slices
- ✓ Make your goal to drink at least 60 oz of water per day
- Remember that dehydration can decrease performance up to 20%

IOTES	• • • • •	• • • •	• • • • •	• • • • • •

Visit here for healthy recipes: <a href="https://healthystepsnutrition.com/healthy-recipes/">https://healthystepsnutrition.com/healthy-recipes/</a>