**BEYOND FITNESS NUTRITION KIT**

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**WELCOME TO BEYOND FITNESS**

Welcome to Beyond Fitness, where personalized training and nutrition coaching form the core of our offerings. Our programs are meticulously customized to each client, ensuring a unique approach to achieving your health and fitness goals. Our expert coaches are dedicated to your success.

**ABOUT US**

**Our Mission:**

Our mission is to help individuals achieve optimal health and longevity. At Beyond Fitness, we empower our clients through tailored training and nutrition strategies, supporting them every step of the way.

**Our Goal:**

To deliver scientifically sound and effective coaching that meets your unique needs—whether it's gaining more energy to enjoy with your family or setting new personal records in the gym. We embody the Beyond Fitness lifestyle and are passionate about sharing it with you.

"Wellness is not about being better than someone else. It's about being better than you used to be."

**MEET OUR TEAM**

**Sarah Jane Chilton, Owner & Head Coach**

Sarah-Jane has been an athlete for most of her life and holds certifications in Optimum Nutrition, Advanced Longevity Science and Functional Nutrition for Longevity. She is dedicated to helping clients discover how fitness and nutrition can transform their lives. Sarah-Jane enjoys exploring the outdoors with her two boys and long evening picnics on the beach.

**Meet Kelly White, Our Dedicated Nutritionist**

Kelly brings a wealth of experience and a deep passion for health and wellness to Beyond Fitness. She holds bachelor's degrees in Kinesiology and in Sport and Fitness Leadership from Camosun College and is certified as a Holistic Nutritionist and Yoga Teacher. Kelly's expertise lies in creating personalized exercise and nutrition programs that are tailored to each individual's unique needs. She believes in a holistic approach to health, ensuring that her clients feel supported and inspired on their journey to wellness.

Beyond her professional life, Kelly enjoys weight training, yoga, and hiking, which reflect her love for staying active and connected to nature. Her warm and compassionate nature makes her a perfect fit for our team, as she is dedicated to helping clients not only achieve their health goals but also to embrace a balanced and fulfilling lifestyle. With Kelly's guidance, you are in capable and caring hands on your path to a healthier, happier you.

**Our Beliefs**

At Beyond Fitness, we believe in a holistic approach to achieving your health and fitness goals. Our philosophy integrates physical fitness and nutrition to ensure you achieve your desired results. We focus on sustainable strategies tailored to your lifestyle and body type, steering clear of one-size-fits-all diets and gimmicks.

**Why We Do It**

We believe that eating well is about understanding the role of food in our bodies and making informed choices that align with your health goals. We provide you with the knowledge and tools to make lasting changes, focusing on long-term sustainability rather than quick fixes.

**Our Approach**

We combine the latest in nutrition science and physical fitness to create comprehensive programs tailored to your needs. Our expert coaches design lifestyle plans that integrate exercise, nutrition, and wellness practices, ensuring you have a clear and achievable path to your goals.

“First, we make our habits, then our habits make us.” – Charles C. Noble

**WHAT TO EXPECT FROM US**

**Support**:

We are here to support you throughout your journey. Our team will cheer you on and provide the necessary motivation to reach your goals. We are your partners in this journey and will never judge you.

**Communication:**

Effective communication is key. We'll have regular check-ins, but feel free to reach out anytime you have questions or need advice.

**Coaching:**

Our coaches will educate, motivate, and guide you. We will push you beyond your own perceived limits and maintain openness and honesty throughout the process.

**YOUR COMMITMENT TO SUCCESS**

Your commitment is crucial for achieving your health and fitness goals. At Beyond Fitness, we provide the tools, support, and expertise, but your dedication and effort are what make the real difference.

**Ownership**:

Take ownership of your health journey. Be proactive, honest, and consistent in applying the strategies we provide. Your accuracy in tracking and reporting is key to our ability to help you effectively.

**Engagement:**

Engage fully in the process. Communicate openly with us about your progress and any challenges you face. Your feedback allows us to tailor our approach to better support you.

**Consistency**:

Consistency is king. Adhering to your program daily will yield the best results. Embrace the journey, and remember that small, consistent efforts lead to significant changes over time.

**Positivity:**

Maintain a positive mindset. Celebrate small victories and progress, no matter how minor they may seem. Don’t sweat your setbacks and look at them as opportunities to learn and grow. A positive outlook will fuel your motivation and perseverance.

“Healthy habits are learned in the same way as unhealthy ones-through practice.”- Wayne Dyer

**NUTRITION GUIDELINES**

**Understanding Macronutrients**

Macronutrients are essential nutrients that provide energy and are crucial for bodily functions. They include proteins, carbohydrates, and fats. Here’s a detailed guide to help you make informed choices:

**Emphasis on Protein for Female Clients**

Protein is particularly important for women, especially post-menopause. As women age, they require more protein to maintain muscle mass, support metabolic health, and promote overall well-being. Ensuring adequate protein intake helps in preventing muscle loss, which is common after menopause, and supports bone health and hormonal balance. Here are some excellent sources of protein:

**Protein Sources**

Protein is vital for muscle repair, growth, and overall body function. Aim to include a variety of protein sources in your diet.

**Animal-Based:**

- Chicken and Poultry (e.g., chicken breast, turkey, duck)

- Lean cuts of red meat (e.g., sirloin, tenderloin, 90% lean ground beef)

- Lean Cuts of Pork (e.g., pork tenderloin, lean ham, Canadian bacon)

- Seafood and Shellfish (e.g., salmon, tuna, shrimp, scallops, mussels)

- Eggs and Egg Whites

- Dairy (e.g., plain Greek yogurt, cottage cheese, low-fat cheese, kefir)

- Protein powder (e.g., whey, casein, egg white protein)

**Plant-Based:**

- Legumes (e.g., lentils, chickpeas, black beans, pinto beans)

- Tofu and Tempeh

- Edamame

- Quinoa

- Nuts and Seeds (e.g., almonds, chia seeds, hemp seeds, pumpkin seeds)

- Plant-based protein powder (e.g., pea protein, soy protein, hemp protein)

- Seitan

**Carbohydrate Sources**

Carbohydrates are the body's primary energy source. Focus on a mix of complex and simpler carbs to ensure sustained energy and enjoyment.

**Whole Grains:**

- Brown Rice, Wild Rice, Quinoa, Farro, Barley

- Oats (e.g., rolled oats, steel-cut oats)

- Whole Wheat Products (e.g., whole wheat bread, pasta, bulgur wheat)

**Vegetables:**

- Root Vegetables (e.g., sweet potatoes, carrots, beets, parsnips)

- Cruciferous Vegetables (e.g., broccoli, cauliflower, Brussels sprouts, cabbage)

- Leafy Greens (e.g., spinach, kale, Swiss chard, collard greens)

- Squash (e.g., butternut, acorn, spaghetti squash)

**Fruits:**

- Berries (e.g., blueberries, strawberries, raspberries, blackberries)

- Citrus Fruits (e.g., oranges, grapefruits, lemons, limes)

- Tropical Fruits (e.g., mango, pineapple, papaya, kiwi)

- Apples, Bananas, Pears, Peaches, Plums

**Simpler Carbs**:

- White Rice

- Potatoes (e.g., white potatoes, red potatoes)

- Rice Noodles

- Certain Breads (e.g., sourdough, ciabatta)

Tip for Simple Carbs: To make meals with simpler carbs healthier, pair them with high-fibre vegetables, lean proteins, and healthy fats. This combination helps stabilize blood sugar levels and enhances nutrient absorption.

**Healthy Fat Sources**

Fats are essential for hormone production, brain function, and overall health. Focus on healthy fats.

**Unsaturated Fats:**

- Avocado

- Nuts and Seeds (e.g., almonds, walnuts, sunflower seeds, flaxseeds)

- Nut and Seed Butter (e.g., almond butter, sunflower seed butter, tahini)

- Oils (e.g., extra virgin olive oil, avocado oil, flaxseed oil, walnut oil)

- Fatty Fish (e.g., salmon, mackerel, sardines, herring)

**Saturated Fats (in moderation):**

- Coconut Oil

- Butter (preferably grass-fed)

- Cheese (opt for hard cheeses with fewer additives)

- Dark Chocolate

**Micronutrients and Hydration**

In addition to macronutrients, ensure you get adequate vitamins and minerals from a varied diet rich in vegetables, fruits, and whole foods. Stay hydrated by drinking at least 2-3 litres of water daily, adjusting for activity levels and climate.

“You are what you eat, so don’t be fast, cheap, easy, or fake.”

**PATHWAY TO SUCCESS**

**Hydration**

- Goal: Drink half your body weight in ounces of water each day. For example, if you weigh 150 pounds, aim for 75 ounces of water daily.

- Tip: Carry a reusable water bottle and set reminders to drink throughout the day.

**Movement**

- Daily Activity: Engage in intentional physical activity. This can include walking, stretching, yoga, or any form of exercise that suits your lifestyle.

- Tip: Incorporate movement into your daily routine by taking the stairs, going for short walks during breaks, parking a few blocks further from work or stretching before bed. If you sit at a desk all day, set an hourly alarm and take a couple of minutes to do some stretches, go for a quick walk or do some body weight squats/lunges.

**Comprehensive Meal Prep Guide for Beyond Fitness Nutrition Welcome Package**

**Best Practices for Meal Prep**

1. Plan Your Meals

- Weekly Planning: Dedicate time each week to plan your meals, considering your schedule, dietary goals, and preferences.

- Balanced Meals: Ensure each meal includes a balance of protein, healthy fats, and complex carbohydrates.

2. Create a Shopping List

- Inventory Check: Check your pantry and fridge before creating your shopping list to avoid duplicates.

- Organize Your List: Write your shopping list based on the layout of your store to streamline your trip. Group items by category and plan to end at the frozen food section to keep those items cold.

3. Prep in Batches

- Cook in Bulk: Prepare large batches of staples like grains, proteins, and roasted vegetables to use throughout the week.

- Portion Control: Use containers to portion out meals and snacks, making it easy to grab and go.

4. Use Proper Storage Techniques

- Airtight Containers: Use airtight containers to keep food fresh longer.

- Label and Date: Label containers with the date and contents to keep track of freshness.

5. Embrace One-Pot Recipes

- Minimize Cleanup: One-pot recipes, like sheet pan meals or slow cooker dishes, minimize cleanup and save time. Add extra vegetables to boost nutrient intake.

6. Use Seasonal Ingredients

- Save Money and Increase Variety: Build your meals around a star seasonal ingredient to save money and increase variety in your diet.

7. Schedule Meal Prep Time

- Dedicated Time: Block out specific times in your schedule for meal prepping to ensure you have ample time to shop, cook, and store meals without feeling rushed.

8. Maximize Freezer Use

- Reduce Waste: Freeze meals and ingredients to reduce food waste and ensure you always have quick meal options available. Cook extra portions and freeze them for busy days.

9. Prep Sturdy Produce Ahead

- Easy Access: Wash and chop durable produce like carrots, bell peppers, and grapes right after shopping. Store them in airtight containers for easy snacking and quicker meal assembly during the week.

10. Batch Cook Essentials

- Weekend Prep: Cook large batches of proteins, grains, and legumes on the weekends. This reduces daily cooking time and ensures you have ready-to-use ingredients for various meals.

11. Get Creative with Leftovers

- Repurpose Meals: Repurpose leftovers into new meals to avoid monotony. For example, use leftover rice to make arancini or mix vegetable scraps into omelettes.

**Additional Tips and Tricks**

1. Organize Your Kitchen

- Stock Essentials: Keep your kitchen stocked with basics like oils, salt, pepper, dried spices, canned beans, and dried pasta to make improvising meals easier.

2. Multitask in the Kitchen

- Cook Multiple Items: While one dish is baking, prepare another on the stovetop to save time.

- Pre-cut Ingredients: Wash and chop vegetables and fruits in advance to save time during the week.

3. Invest in Quality Tools

- Sharp Knives: A good set of knives speeds up prep work and improves safety.

- Slow Cooker/Instant Pot: These tools can simplify cooking and allow you to prepare meals without constant supervision.

4. Prep Breakfast and Snacks

- Overnight Oats: Prepare a few jars of overnight oats for quick and healthy breakfasts.

- Healthy Snacks: Portion out nuts, fruits, and veggies into snack-sized bags or containers.

5. Variety and Flexibility

- Mix and Match: Prepare components that can be mixed and matched to create different meals throughout the week.

- Theme Nights: Assign themes (e.g., Meatless Monday, Taco Tuesday) to make planning fun and diverse.

**Sample Meal Prep Plan**

Day 1: Bulk Cooking

- Proteins: Roast a tray of chicken breasts, bake tofu, and cook a pot of lentils.

- Grains: Prepare a large batch of quinoa and brown rice.

- Vegetables: Roast a variety of vegetables and steam greens.

Day 2: Assembly

- Lunch: Quinoa bowls with grilled chicken, roasted vegetables, and tahini dressing.

- Dinner: Brown rice with tofu stir-fry and a side salad.

- Snacks: Pre-portioned nuts, sliced fruits, and veggie sticks with hummus.

Day 3: Quick Prep

- Breakfast: Overnight oats with almond milk, chia seeds, and fresh berries.

- Dinner: Lentil soup made in the slow cooker with pre-chopped vegetables.

**Additional Best Practices**

- Hydration: Flavour water naturally with fruits and herbs.

- Seasonal Eating: Use seasonal produce for freshness and cost-effectiveness.B

By following these comprehensive meal prep strategies, you will be well-equipped to efficiently and effectively manage your nutrition, promoting better health and longevity.

**Consistency**

- Routine: Stick to your program consistently for the best results. Understand that occasional setbacks are normal, but persistence is key.

- Tip: Track your progress and celebrate small victories along the way. Use a journal or an app to keep a record of your workouts, meals, and overall progress.

“Creating healthy habits is not about deprivation, it’s about nourishment and sustainability”

**WHOLESOME RECIPES**

**High-Protein Breakfast Ideas**

Scrambled Eggs with Spinach and Feta

Ingredients:

- 2 large eggs

- 1/4 cup milk

- 1 cup fresh spinach, chopped

- 1/4 cup feta cheese, crumbled

- 1 tablespoon olive oil

- Salt and pepper to taste

Instructions:

1. In a bowl, whisk together eggs and milk. Season with salt and pepper.

2. Heat olive oil in a skillet over medium heat. Add spinach and cook until wilted.

3. Pour the egg mixture into the skillet. Stir gently until eggs are fully cooked.

4. Sprinkle feta cheese over the eggs and serve immediately.

Greek Yogurt with Nuts and Seeds

Ingredients:

- 1 cup Greek yogurt

- 1/4 cup mixed nuts almonds, walnuts, pecans

- 1 tablespoon chia seeds

- 1 tablespoon flaxseeds

- 1 tablespoon honey or maple syrup

Instructions:

1. In a bowl, add Greek yogurt.

2. Top with mixed nuts, chia seeds, and flaxseeds.

3. Drizzle with honey or maple syrup.

4. Mix well before eating.

Protein Pancakes

Ingredients:

- 1 cup rolled oats

- 1 scoop protein powder vanilla or plain

- 1 banana

- 2 eggs

- 1/2 cup almond milk or any milk of choice

- 1 teaspoon baking powder

- 1 teaspoon vanilla extract

- Cooking spray or coconut oil

Instructions:

1. Blend all ingredients in a blender until smooth.

2. Heat a non-stick skillet over medium heat and lightly grease with cooking spray or coconut oil.

3. Pour small amounts of batter onto the skillet to form pancakes.

4. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.

5. Serve with fresh fruit or a drizzle of maple syrup.

Cottage Cheese and Fruit Bowl

Ingredients:

- 1 cup cottage cheese

- 1/2 cup sliced strawberries

- 1/2 cup blueberries

- 1/4 cup granola

- 1 tablespoon honey

Instructions:

1. In a bowl, add cottage cheese.

2. Top with sliced strawberries, blueberries, and granola.

3. Drizzle with honey before serving.

**High-Protein Lunch Ideas**

Chicken and Quinoa Salad

Ingredients:

- 1 cup cooked quinoa

- 1 cooked chicken breast, diced

- 1 cup cherry tomatoes, halved

- 1 cucumber, diced

- 1/4 cup red onion, finely chopped

- 1/4 cup feta cheese, crumbled

- 2 tablespoons olive oil

- 1 tablespoon lemon juice

- Salt and pepper to taste

Instructions:

1. In a large bowl, combine quinoa, chicken, cherry tomatoes, cucumber, red onion, and feta cheese.

2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

3. Pour the dressing over the salad and toss to coat.

4. Serve chilled or at room temperature.

Tuna and Avocado Wrap

Ingredients:

- 1 can 5 oz tuna, drained

- 1 avocado, mashed

- 1 tablespoon Greek yogurt

- 1 teaspoon lemon juice

- Salt and pepper to taste

- 1 whole wheat wrap

- Handful of baby spinach leaves

Instructions:

1. In a bowl, mix together tuna, mashed avocado, Greek yogurt, lemon juice, salt, and pepper.

2. Spread the mixture onto the whole wheat wrap.

3. Add a handful of baby spinach leaves.

4. Roll up the wrap and serve immediately.

Lentil and Vegetable Soup

Ingredients:

- 1 tablespoon olive oil

- 1 onion, chopped

- 2 garlic cloves, minced

- 2 carrots, diced

- 2 celery stalks, diced

- 1 cup dried lentils, rinsed

- 4 cups vegetable broth

- 1 can 14.5 oz diced tomatoes

- 1 teaspoon cumin

- 1 teaspoon paprika

- 1/2 teaspoon dried thyme

- Salt and pepper to taste

- Fresh parsley, chopped for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onion and garlic, and sauté until soft.

2. Add carrots and celery, cooking for another 5 minutes.

3. Stir in lentils, vegetable broth, diced tomatoes, cumin, paprika, thyme, salt, and pepper.

4. Bring to a boil, then reduce heat and simmer for about 30 minutes until lentils are tender.

5. Garnish with fresh parsley before serving.

Turkey and Hummus Sandwich

Ingredients:

- 2 slices whole grain bread

- 3-4 slices turkey breast

- 2 tablespoons hummus

- 1/2 avocado, sliced

- 1 tomato, sliced

- Handful of arugula or lettuce

Instructions:

1. Spread hummus on both slices of bread.

2. Layer turkey breast, avocado, tomato, and arugula or lettuce on one slice of bread.

3. Top with the other slice of bread.

4. Cut in half and serve.

These high-protein recipes are designed to be nutritious, easy to prepare, and delicious, helping your clients stay energized and satisfied throughout the day.

**Breakfast Ideas**

- Greek Yogurt with Fresh Berries and Nuts: Combine plain Greek yogurt with a handful of fresh berries and a sprinkle of nuts for a protein-packed, delicious start to your day.

- Avocado Toast with Poached Eggs: Top whole-grain toast with mashed avocado and a poached egg. Add a pinch of salt, pepper, and a dash of hot sauce for extra flavour.

**Lunch Suggestions**

- Quinoa Salad with Grilled Chicken: Mix cooked quinoa with chopped vegetables, grilled chicken, and a light vinaigrette. This dish is packed with protein and fibre.

- Lentil Soup: Prepare a hearty lentil soup with carrots, celery, onions, and a variety of spices. Serve with a side of whole-grain bread for a complete meal.

**Dinner Options**

- Baked Salmon with Asparagus: Season a salmon fillet with lemon, garlic, and herbs. Bake until cooked through and serve with roasted asparagus.

- Stir-Fried Tofu and Vegetables: Stir-fry tofu with a mix of colourful vegetables like bell peppers, broccoli, and snap peas. Serve over brown rice or quinoa.

**Snack Ideas**

- Hummus and Veggie Sticks: Pair homemade or store-bought hummus with carrot sticks, celery, and bell pepper slices for a healthy, satisfying snack.

- Protein Smoothie: Blend together a scoop of protein powder, a handful of spinach, a frozen banana, and almond milk for a quick and nutritious snack.

**Protein-Heavy Snacks**

- Greek Yogurt Parfait: Layer plain Greek yogurt with granola and fresh berries for a protein-rich snack.

- Turkey Roll-Ups: Roll slices of turkey around slices of avocado or cheese for a simple, high-protein snack.

- Cottage Cheese with Pineapple: Combine cottage cheese with fresh pineapple chunks for a sweet and savoury snack that is high in protein.

- Hard-Boiled Eggs: Keep hard-boiled eggs on hand for a quick, portable source of protein.

**Fitness Tracking Advice**

Tracking your fitness progress is essential for staying motivated and ensuring you’re on the right path to achieving your goals. Here are some tips:

- Use a Fitness App: Apps like MyFitnessPal or Fitbit can help you log your workouts, meals, and monitor your progress over time.

- Keep a Workout Journal: Write down your daily exercises, how you felt during the workout, and any notes about your performance.

- Set SMART Goals: Make sure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

- Track Your Measurements: Regularly measure your body weight, body fat percentage, and take progress photos to visually track your changes.

- Monitor Your Nutrition: Keep track of your daily food intake to ensure you're meeting your macronutrient goals and maintaining a balanced diet.

**CONTACT DETAILS**

We are always here to support you on your fitness journey. Feel free to reach out to us with any questions or for additional guidance.

Phone: 250-891-9363

Email: info@beyondfitness.biz

Follow us on Instagram and Facebook for updates and inspiration.

Thank you for choosing Beyond Fitness. We are excited to embark on this journey with you and look forward to helping you achieve your health and fitness goals. Welcome to the Beyond Fitness family!

Best regards,

Sarah Jane and the Beyond Fitness Team