

# *Fettle* + FOOD



## WELCOME PACKAGE

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[www.fettleandfood.com](http://www.fettleandfood.com)

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"To eat is a necessity, but to eat intelligently is an art."

## ABOUT FETTLE + FOOD

Welcome to the home of individualized nutrition coaching. You won't find any cookie-cutter programs here. Everything we do is tailored to each unique client, their life, and their goals. We are a team of nutrition coaches who come from different backgrounds, and you have been paired with a coach based on your personality, goals and experience you are looking for.



### Our why:

We are driven by a desire to support and empower individuals on their health and wellness journey by being their partner, friend, and coach. Fettle + Food clients are inspired to push outside their comfort zone and have experiences that develop them.

Our goal is to deliver effective and scientifically sound nutrition coaching based on your body and the results you want – whether that's more energy to play with your kids or hitting a new personal record in the gym. We love helping our clients and we personally live the Fettle + Food lifestyle every day.

[www.fettleandfood.com](http://www.fettleandfood.com)



## YOUR COACHES



### ANN CHISHOLM, OWNER & NUTRITION COACH

Born and raised in Quispamsis, New Brunswick, Ann's interest in nutrition and fitness began at 14 while playing high-level basketball and experimenting with being a vegetarian. She played university basketball in Halifax where she completed a bachelor's degree in public relations and marketing. Following this, Ann completed her personal training certifications, diploma in Holistic Nutrition, Precision Nutrition and Eat to Perform certifications. Ann is driven to help others discover how nutrition can be a powerful tool to fuel their bodies and their lives. Ann loves playing in the mountains on Vancouver Island and now competes in ultra mountain racing.



### HEATHER DAVEY, NUTRITION COACH

Heather is originally from the small town of Nelson, BC, but made the move to the Island in 2003. The build-up to her decision to gain a Certified Nutritionist designation began when she started to struggle with body image in her teen years. In 2017, she competed in a fitness competition that unfortunately led to a difficult relationship with food once the season ended. Somewhere along the line, she recognized a huge problem with rampant misinformation being spread by diet culture and chose to gain an education within the field to help demystify the world of nutrition. She quickly discovered a passion for the subject and a desire to apply her knowledge as a nutrition coach. Heather loves being active, especially in the outdoors where she can enjoy the beauty that is British Columbia.



## YOUR COACHES



### ELISSA CARROLL, NUTRITION COACH

Elissa heads up our Sparwood location of Fettle + Food. Elissa has a long journey (like most of us) struggling with her weight and body image. When she decided to make a change, she felt muddled down with information and found herself under-eating and over-exercising for years. Wanting to find a middle ground and help others not make the same mistakes she did, she became a Certified Personal Trainer through NASM and a Nutrition Coach through the Nutrition Coaching Institute. Elissa loves spending time with her family and friends, especially outdoors. Helping others and seeing them succeed is one of the things that she enjoys most. She aims to support clients with compassion, understanding, knowledge and accountability to help them reach and maintain their goals.

# PHILOSOPHY

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## Fettle

: state or condition of health, fitness, wholeness, spirit, or form — often used in the phrase “in fine fettle”

## Food

: material consisting essentially of protein, carbohydrate, and fat used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy

We're passionate about bringing physical fitness (sport, exercise, performance, body composition) and nutrition together. In fact, we believe it's essential. To get the results you want – no matter what they are – fettle and food go hand-in-hand.

Why we do it: eating well is not about the latest diet or gimmicks on Instagram for weight loss – it's about learning to think of food differently and picking and preparing foods that work with you to reach your goals. We won't give you a diet plan. Instead, we'll help you develop all-around strategies for better eating – strategies that match your body type, goals, and your lifestyle. We monitor progress, support and coach you to reach those goals with a lifestyle program designed by our expert coaches, so you have a sustainable plan for the long-term.



## WHAT TO EXPECT

### SUPPORT:

We are here to support you through this whole process. We will cheer you on, but also give you some tough love when it is needed. We will be alongside you as your partner to help you reach your goals and provide education along the way.

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### COMMUNICATION:

Communication is key in this relationship. We will have our weekly and monthly check-ins, but we want you to reach out to us whenever you have a question or need advice.

### COACHING:

You have a coach, and that is what we will do - COACH YOU. We will educate, motivate, and guide you. We will push you harder than you will push yourself and we will always be transparent and honest with you through the whole process.



# WHAT WE EXPECT

## OWNERSHIP:

We expect you to take ownership of your health and nutrition. This means you will be honest and open with us about your accuracy and consistency in implementing the tools and strategies we are providing so we can do our best to coach you.

## COMMUNICATION:

Communication goes both ways. We need you to communicate with us and provide details so we can provide the best solutions and support to you through this process. It helps us when we know what is going on in your life!



# FOOD TRACKING TIPS



- Use an app like MyFitnessPal or Cronometer
- When possible, use a food scale in grams and ounces over eyeballing or cup measurements
- Always measure and track meats cooked and grains, like rice, cooked
- Don't forget to track cooking oils, butter, etc. These are sneaky!
- Ask your coach to help you put recipes in your tracking app
- Meal prep as much as possible!
- When eating out do your best to find a similar entry and let your coach know it was a meal eaten out

# FOOD LISTS

Macronutrients make up calories. They include protein, fat and carbs. This table is an example to show you where different foods fall. Some foods have multiple macronutrients like avocado is mostly fat but it has a smaller amount of carbs and protein in it too. Once you start tracking your food you will quickly learn more about the macro balance of foods and how they fit into the targets we have for you. If you have specific nutrient needs/intolerances/allergies your coach will provide you with more options and recipes.



## PROTEIN

- Chicken & Poultry
- Lean cuts of red meat (e.g. sirloin, or 90% lean ground beef)
- Lean Cuts of Pork (e.g. tenderloin)
- Seafood & Shellfish
- Eggs/Egg Whites
- Plain Greek Yogurt & Cottage Cheese
- Protein powder



## CARBOHYDRATES

- Potatoes (all kinds)
- Rice (all kinds)
- Chickpeas &
- Beans
- Oats
- Fruit (all kinds)
- Quinoa, farro & other grains



## FATS

- Avocado
- Nuts & seeds
- Nut & seed butter
- Oils (extra virgin, coconut, avocado)

Note: some meats, like beef and pork, eggs, and some fish, like salmon also have fats in them.



# SUCCESS GUIDE

Factors that will influence your success:

## **Water:**

Hit your water goals as often as possible (1/2 your body weight in oz)

## **Move your body with intention:**

It doesn't have to mean hitting the gym, but make sure you are moving your body with intention every day (go for a walk, stretch for 20 minutes before bed).

## **Meal plan and prep:**

Do your meal prep! You don't have to cook everything you are going to eat for the week on Sunday but have a general plan for the week, keep your fridge stocked with healthy food, and invest in containers to pack your food for work and when you are out of the home.

## **What gets tracked gets changed:**

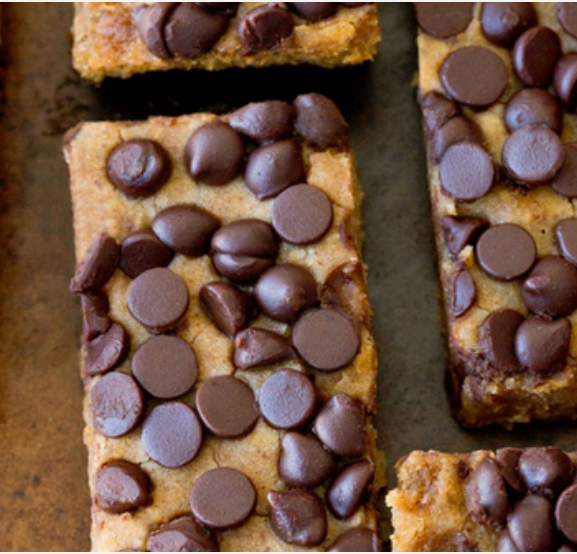
Tracking isn't a strategy you need to use forever, but you are here investing in your health, so let's dive all in. When you track your food, your coach can see what you are eating and better help you achieve your goals.

## **Be consistent:**

Consistency is king. Day in and day out we need you to be consistent with the program for you to get the results you want. Of course, there will always be little things that come up and throw you off for a day, but remember, one bad day won't break your diet and one good day won't make it.



# EXTRAS



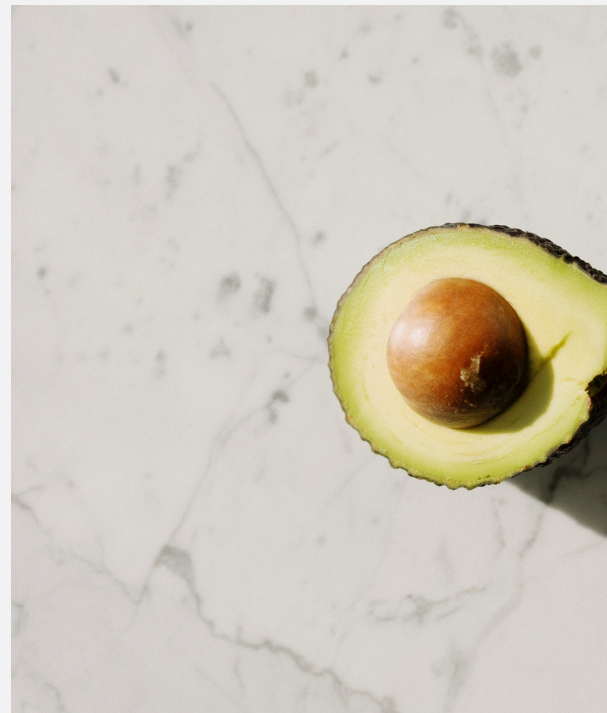
What you need:

- Internet (to access our online portal/app)
- A weight scale and tape measurement (optional)
- Food scale - tracking is most consistent with this!
- Food tracking app (e.g. MyFitnessPal)



Fettle + Food clients have access to:

- 2 complimentary personal training sessions with Tropos Fitness Club (virtually or in-person - new clients)
- 10% off all supplements at Popeye's Supplements Victoria
- Group hikes and adventure travel trips
- A monthly e-newsletter with additional resources, recipes and information



# *Fettle* + FOOD

## RECIPES



Fall in love with the process, not the product.



# BREAKFAST RECIPES

## Smoothies

### Ingredients:

- A source of carbs: 1-2 cups frozen fruit (good combos are mixed berries, strawberry banana, mango blueberry)
- A source of fat: nut butter, flax, chia seeds, avocado, coconut, etc.
- A protein: protein powder (vanilla goes good with everything), plain greek yogurt or cottage cheese
- A liquid: unsweetened nut/oat milk or Fairlife milk are great options. Doing 1/2 water and half milk is a great way to save a few calories as well.

### Instructions:

- Blend everything together and enjoy!

## Overnight Oats

### Ingredients:

- 1/2 cup - 1 cup of quick oats (depending on your goal)
- 1/2 cup - 1 1/4 cup of liquid, like unsweetened nut/oat milk (depending on desired consistency)
- 1 tbsp chia seeds
- Optional toppings: fruit, nut butter, cinnamon, honey, maple syrup

### Instructions:

- Mix together oats, liquid and chia seeds, and store in the fridge overnight
- In the morning add toppings and enjoy!

# BREAKFAST RECIPES

## Tofu Scramble

### Ingredients:

- $\frac{1}{3}$  cup almond milk
- 2 tablespoons nutritional yeast
- 2 garlic cloves, minced
- $\frac{1}{2}$  teaspoon Dijon mustard
- $\frac{1}{4}$  teaspoon ground turmeric
- $\frac{1}{4}$  teaspoon ground cumin
- $\frac{1}{2}$  tablespoon-extra virgin olive oil
- $\frac{1}{2}$  cup diced yellow onion
- 14 ounces extra-firm tofu, patted dry and crumbled
- Sea salt and freshly ground black pepper
- Optional toppings: avocado, salsa, tortillas

### Instructions:

- In a small bowl, whisk together the almond milk, nutritional yeast, garlic, mustard, turmeric, cumin, and  $\frac{1}{2}$  teaspoon salt. Set aside.
- Heat the olive oil in a large skillet over medium heat. Add the onion and pinches of salt and pepper and cook until soft, about 5 minutes. Stir in the tofu and cook for 3 to 5 minutes, until the tofu is thoroughly heated. Reduce the heat to low and stir in the almond milk mixture. Cook for 3 minutes, stirring occasionally. Season to taste with more salt (I like to add an additional  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon at this stage) and freshly ground black pepper.
- Serve with veggies, salsa, and tortillas, if desired.

For the base recipe (not including optional add-ins or toppings) - Makes 3 servings

Calories: 310

Protein: 26 grams (depends on the brand of tofu)

Carbohydrates: 29 grams

Fat: 10 grams

# MEAL PREP RECIPES

## (LUNCH & DINNER)

### Lemon Basil Chicken Stir Fry

#### Ingredients:

- 1 tablespoon olive oil
- 1/2 large yellow onion, chopped (can omit)
- 4 cloves garlic, minced
- 1 1/2 pounds boneless skinless chicken breasts, cupped
- 2 tablespoons low-sodium soy sauce
- 1/4 teaspoon ground black pepper
- 5 cups loosely packed baby spinach
- 1 tablespoon lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 2 cups fresh basil leaves
- Kosher salt and pepper to taste
- Prepared brown rice for serving

#### Instructions:

- In a large skillet, heat the olive oil over medium. Once hot, add the onion and cook, stirring often until softened, about 4 minutes. Add the garlic and cook until fragrant, about 30 additional seconds.
- Add the chicken, increase the heat to medium-high, and let cook for 3 minutes, browning all sides. Stir in the soy sauce and black pepper. Let cook until the chicken is completely cooked through, about 3 minutes longer.
- Stir in the spinach a few handfuls at a time, letting the heat of the pan wilt it as you go. Stir in the lemon zest, lemon juice, and basil. Cook and stir just until the basil is wilted about 1 additional minute. Taste and season with additional salt or pepper as desired. Serve warm with rice as desired.

Per serving: 1/4 + 1/2 cup brown rice

Calories: 349

Protein: 40 grams

Carbohydrates: 28 grams

Fat: 8 grams



# MEAL PREP RECIPES

## (LUNCH & DINNER)

Tacos (leftovers make a great taco bowl or taco salad)

Ingredients:

- 6 or 8 corn tortillas
- 1lb shrimp
- 1 tablespoon extra-virgin olive oil or avocado oil
- 1 teaspoon chilli powder
- 1 teaspoon ground chipotle chilli
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- Cabbage
- Garnishes: avocados cilantro, sour cream (or Greek yogurt), lime wedges

Crema:

- 1 cup plain greek yogurt or dairy-free alternative
- Juice of 1 – 2 limes
- 1 Bunch of cilantro stems
- 1 Jalapeño
- 2 cloves of garlic
- ½ Shallot
- Salt to taste
- Pinch of honey

Instructions:

- Cook shrimp: Drizzle with 1/2 tablespoon olive oil and sprinkle with the chilli powder, chipotle chilli, cumin, and salt. Toss to coat evenly and cook on a pan.
- Crema: Add into a food processor and blend until smooth.
- Cabbage: shred up
- Warm the tortillas (optional) and assemble the tacos with shrimp, cabbage, cream and any other options

Per 1 taco:

Calories: 113

Protein: 16 grams

Carbohydrates: 10 grams

Fat: 1 grams

# MEAL PREP RECIPES

## (LUNCH & DINNER)

### Chili Tofu & Sweet Potato Noodles with Avocado Sauce

#### Ingredients:

- 1 firm block of tofu (you can sub this for any meat as well)
- 12 small sweet potatoes, spiralized or grated
- 1 cups cherry tomatoes, halved
- 1 teaspoon avocado oil
- 1/2 teaspoon chilli powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- pinch of red pepper flakes
- salt and pepper, to taste

#### Avocado lime sauce:

- 2 medium avocados, skin and pit removed (260 grams)
- 1/2 cup canned lite coconut milk
- 3 tablespoons lime juice
- 1/2 cup packed cilantro
- 1/2 teaspoon red pepper flakes
- 2 tablespoons of water
- salt and pepper, to taste

#### Instructions

- Make the avocado sauce. In a Vitamix or blender, add ingredients for the avocado sauce, blend until smooth, and set aside.
- Make the tofu. In a small bowl mix together the spices. Rub all over the tofu until covered. Heat a large skillet over medium heat. Add avocado oil and let it get hot, for about one minute. Cook until crispy.
- In the same pan add sweet potato noodles and sauté for 3-4 minutes. Turn off the heat, add tomatoes and 1/4 cup avocado sauce and mix well.

Makes 3 servings

Calories: 378

Protein: 39 grams

Carbohydrates: 33 grams

Fat: 10 grams

# MEAL PREP RECIPES

## (LUNCH & DINNER)

### Salmon Caesar salad

#### Ingredients:

- 1–1 ½ lbs. salmon fillets (4–6 fillets, about 4–6 oz. each)
- ½ cup healthy caesar dressing (primal kitchens is my face) + 1/4–1/3 cup more for tossing greens
- 1 ⅓ cups cooked brown rice or quinoa
- 7–8 cups roughly chopped romaine, loosely packed (about 4 small heads or 2 large)
- ¾ cup sliced radishes
- 1 avocado, sliced
- ⅓–½ cup parmesan cheese, shreds or shavings
- ½ cup roasted chickpeas
- 1 lemon, sliced into fourths

#### Instructions

- Preheat the oven to 425°F.
- Place the salmon fillets in a shallow dish. Pat dry and then pour ½ cup of the Caesar dressing over the fillets. With a fork or tongs flip the fillets to coat well then place salmon skin side up in the dish. Place in the fridge and marinate for 15 minutes while you prepare the rest of the ingredients.
- In a large bowl combine the romaine, sliced radishes and ¼ cup of parmesan cheese. Toss gently with about 1/4–1/3 cup Caesar dressing. You want it to be just lightly coated as you'll drizzle more on top before serving.
- When marinating time is up, place salmon, skin side down on a baking sheet lined with parchment paper. Discard excess marinade. Bake in the preheated oven for 9–12 minutes or until salmon is cooked through and flakes with a fork. Remove from the oven and let rest for 5 minutes.
- Assemble the 4–5 bowls as you please. Divide the Caesar salad among the bowls then add a ¼–⅓ cup of rice to each bowl, a salmon fillet (remove skin if on) and avocado slices. Top each bowl with a sprinkle of additional sliced radishes, parmesan cheese and crispy chickpeas.
- Drizzle the contents of the bowl with a little Caesar dressing and serve with a lemon wedge

Makes 5 servings

Calories: 517

Protein: 31 grams

Carbohydrates: 33 grams

Fat: 20 grams.

# MEAL PREP RECIPES

## (LUNCH & DINNER)

### Greek Chicken Zucchini Noodle Salad

#### Ingredients:

- 1 pound chicken tenders
- 1 tablespoon olive oil + more for coating
- 1/2 tablespoon dried oregano
- 4 medium zucchini, spiralized into half-moon shapes (900 grams)
- 2 cups cherry tomatoes, halved (300 grams)
- 1 cup diced red onion (120 grams)
- 1 cup Kalamata olives, halves (125 grams)
- 1 can (14 ounces) of quartered artichoke hearts, drained
- 1/2 heaping cup crumbled feta (2 1/2 ounces) (leave off for paleo/Whole30)
- 1/4 cup packed fresh parsley, rough chopped
- 1/4 cup packed fresh mint, rough chopped
- 2 tablespoons packed fresh dill, rough chopped
- salt and pepper, to taste

#### Greek Dressing

- 3 tablespoons lemon juice
- 2 1/2 tablespoons red wine vinegar
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes
- salt and pepper, to taste

#### Instructions:

- Add the chicken tenders, 1 teaspoon olive oil, 1/2 tablespoon oregano, and salt and pepper to a medium bowl and mix until the chicken is coated. Heat a large saute pan over medium-low heat. Add 1 tablespoon olive oil and let it get hot, about 30 seconds. Add chicken and cook for 15 minutes, flipping once halfway through, until golden brown and cooked through.
- While the chicken cooks, prep your veggies. Cut off the ends of your zucchini and then cut a slit lengthwise halfway through the zucchini. This will create half-moon shapes when you spiralize them. Run through the spiralizer with using the thicker noodle shape attachment (mine is blade B on my Inspiralizer). Chop the tomatoes, onions, and olives, and add them to the bowl along with the artichoke hearts and feta. Chop parsley, mint, and dill and set aside.
- Make the dressing by adding lemon juice, red wine vinegar, olive oil, dried oregano, red pepper flakes, and salt and pepper to a small jar. Mix well to combine.
- Once the chicken is done, roughly chop and add to the large bowl with the veggies. Pour the dressing over it and mix well to combine. Add the fresh herbs and mix one more time.

Per 2.5 cups

Cals: 344

Protein: 22 grams

Fat: 15 grams

Carb: 18 grams



# SNACK RECIPES

## Oat Protein Balls

### Ingredients:

- 2 cups oat flour (blended quick oats)
- 1/4 cup ground flaxseed
- 1 scoop of protein powder or two scoops of collagen powder (vanilla or unflavoured)
- 1/2 cup nut butter (peanut, almond, etc.)
- 1/2 cup honey
- 1 tsp. vanilla
- 1/4 cup mini dark chocolate chips (optional)

### Instructions:

- In a medium bowl combine all of the ingredients.
- Mix until well combined (if too dry just add a scoop of honey and nut butter)
- With hands, form into small round balls. About 24.
- Chill in the fridge.
- Store in an airtight container in the fridge. If you like them softer you can pull out a few and they will last okay for a few days on the counter in an air-tight container

Per 2 balls

Calories: 168

Protein: 8 grams

Fat: 6 grams

Carbs: 24 grams

# SNACK RECIPES

## Blueberry Baked Oatmeal

### Ingredients:

- 2 tablespoons ground flaxseed + 6 tablespoons warm water
- 2 cups whole rolled oats
- $\frac{2}{3}$  cup coconut flakes
- $\frac{1}{4}$  cup brown sugar or coconut sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- $\frac{3}{4}$  teaspoon sea salt
- $\frac{3}{4}$  cup almond milk, at room temp
- $\frac{1}{4}$  cup maple syrup
- 3 tablespoons melted coconut oil
- 1 banana, chopped
- 1 cup strawberries, sliced
- $\frac{1}{2}$  cup blueberries

### Instructions:

- Preheat the oven to 350°F and spray an 8x8-inch baking dish with cooking spray.
- In a small bowl, combine the flaxseed and warm water and set aside to thicken for about 5 minutes.
- Reserve 2 tablespoons of the almonds, hemp seeds and coconut flakes and set aside. In a large bowl combine the oats, the remaining almonds, hemp seeds and coconut flakes, and the baking powder, cinnamon, brown sugar and salt.
- In a medium bowl, combine the almond milk, maple syrup and coconut oil and whisk to combine. Stir in the flaxseed mixture and blend until smooth.
- Pour the wet ingredients into the bowl of dry ingredients and stir to combine.
- Layer the bananas and strawberries in the baking dish and spread the oat mixture on top. Top with the blueberries, reserved almonds, hemp seeds and coconut flakes.
- Bake for 40-50 minutes or until the top is crisp and the middle is set. I find it easiest to wedge a knife in and make sure the middle has thickened nicely. Remove and let cool for 15 minutes before serving.

Makes 6 servings

Calories: 246

Protein: 8 grams

Carbohydrates: 40 grams

Fat: 6 grams

# SNACK RECIPES

## PB Chocolate Protein Cookie

### Ingredients:

- 1 cup chocolate chips
- ½ cup natural creamy peanut butter
- 1 ½ tsp. pure vanilla extract
- 1 tsp. virgin coconut oil
- 2 cups oat flour
- 1/3 cup coconut sugar
- ¼ cup cocoa powder
- 3 scoops collagen or 1 scoop protein powder
- ½ tsp. baking powder
- ¼ tsp. salt
- 3 whole egg

### Instructions:

- Preheat the oven to 350 degrees. Line two baking sheets with parchment paper
- In a small saucepan over medium-low heat. Combine ¾ cup chocolate chips, peanut butter, vanilla and coconut oil. Stir continuously just until melted and smooth (you don't want the chocolate to be too hot). Remove from heat and set aside.
- In a medium bowl mix together the almond flour, sugar or sweetener, cocoa powder, collagen or protein, baking powder and salt.
- To the bowl add the melted chocolate and eggs. Mix to combine well. Fold in 1/3 cup of chocolate chips.
- With a cookie scoop, scoop the dough (about 2 Tbsp.) and drop it onto the prepared baking sheets. You will end up with about 20-24 cookies.
- With hands press dough to form cookies. The dough will not spread out much with baking. Top each cookie with a couple of additional chocolate chips if you wish. Slightly press them into the dough.
- Bake cookies in the preheated oven for 9-11 minutes. Remove from the oven and let cool on the baking sheets for 10 minutes.

Makes 12 cookies

Calories: 197

Protein: 7 grams

Carbohydrates: 24 grams

Fat: 5 grams

# MORE SNACK IDEAS

## SNACKS

75% + dark chocolate

Mary's crackers (or something similar  
+ 1/4 cup hummus (or veggies and hummus)

1 piece of fruit + 20 nuts or 1 tbsp nut butter

5 cups of air-popped popcorn with 10g of butter  
melted on top (or 1/2 tbsp coconut oil)

2 hard-boiled eggs + 1 piece of fruit

2 rice cakes + 1/2 avocado spread on  
top (or 1 tbsp nut butter)



# CONTACT US

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