



NUTRITION E-BOOK

START YOUR JOURNEY
TO HEALTH



FITNESS PYRAMID



Welcome to Cigar City Crossfit's Nutrition E-Book! You've probably heard the saying: "You can't out exercise a bad diet." Well, it's true. Nutrition is the **foundation** of the Fitness Pyramid and our health. It helps regulate hormones, digestion, energy levels,

and our overall mood. We need to be aware of everything we are putting into our bodies and understand the purpose behind it. Are our food choices fueling us or hurting us? These are all important questions to ask yourself.

"MOTIVATION IS WHAT GETS YOU STARTED.
HABITS ARE WHAT KEEP YOU GOING."



GUIDED. TESTED. PROVEN.



DETERMINING YOUR BASELINE

We test body fat and take detailed measurements to determine your baseline and track your progress. This allows us to create a customized plan for you based on your starting point.

BASELINE



PROGRESSES

TRACKING YOUR PROGRESS

Our nutrition app integrates with MyFitnessPal which allows your nutrition coach to continue to provide support beyond the in-person visits. We will help you track your progress and tweak your plan to ensure continued progress towards your goals.

5 KITCHEN TOOLS YOU NEED TO OWN (AND USE)

- CROCKPOT OR INSTANT POT
- 3 COMPARTMENT CONTAINERS
- MUFFIN TINS
- REUSABLE WATER BOTTLE
- FOOD SCALE

6 TIPS TO KEEP YOU ON TRACK

- PICK 1-2 DAYS A WEEK TO MEAL PREP
- AIM TO EAT WITHIN 1 HOUR OF WAKING AND EVERY 3-5 HOURS AFTER THAT
- DRINK LOTS OF WATER (AT LEAST 80 OZS)
- BALANCE YOUR MEALS, AIM TO INCLUDE: PROTEINS, CARBS, AND HEALTHY FATS IN EVERY MEAL & SNACK
- LOG YOUR FOOD USING AN APP LIKE MYFITNESSPAL- OR WRITE IT DOWN IN A NOTEBOOK
- HAVE A PLAN



CLICK TO SEE OUR FAVORITE RECIPES!

BREAKFAST

[Amish Oatmeal](#)

[Egg Muffins](#)

[4 Ingredient](#)

[Protein Pancakes](#)

[Quinoa Egg](#)

[Scramble](#)

[Quinoa Blueberry](#)

[Pancakes](#)

LUNCH

[Easy Crockpot](#)

[Chicken](#)

[Mexican Fiesta Bowl](#)

[Avocado Chicken](#)

[Salad](#)

[Citrus Chicken &](#)

[Quinoa Salad](#)

[Lettuce Wrapped](#)

[Turkey Burgers](#)

DINNER

[Meatloaf Muffins](#)

[General Tso's](#)

[Chicken](#)

[Butternut Squash](#)

[Stuffed Chicken](#)

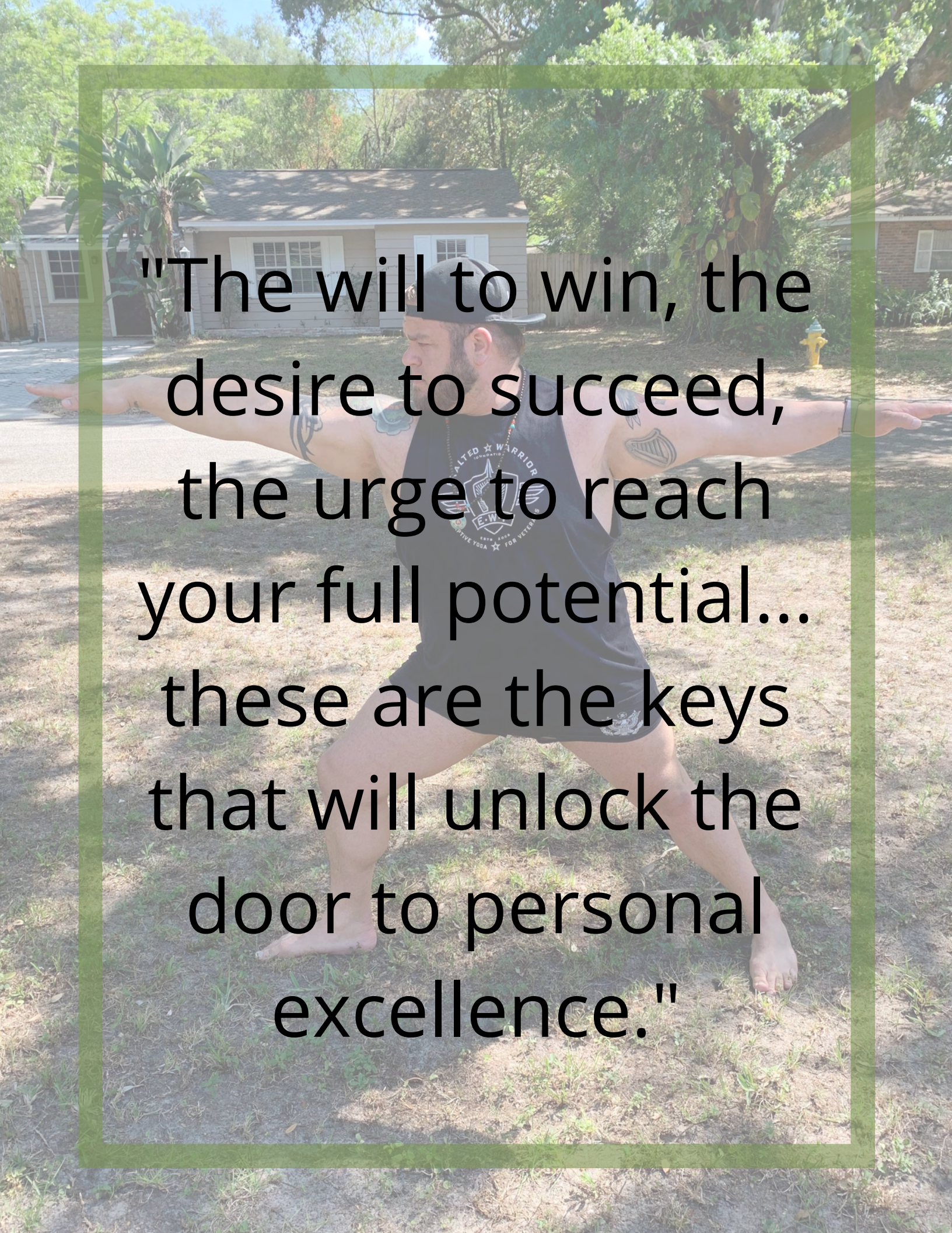
[Coconut Mahi](#)

[Nuggets](#)

[Balsamic Pork](#)

[Tenderloin](#)

**[CLICK HERE FOR GREAT DIETICIAN
APPROVED RECIPES!](#)**

A man with tattoos and a beard is performing a yoga pose (Warrior II) in a grassy yard. He is wearing a black tank top with a logo that says 'ALTED WARRIOR' and 'E-W', black shorts, and a black cap. His arms are extended horizontally to the sides, and his legs are in a wide stance. The background shows a house, trees, and a yellow fire hydrant. A green rectangular overlay covers the entire image, and white text is centered on it.

"The will to win, the
desire to succeed,
the urge to reach
your full potential...
these are the keys
that will unlock the
door to personal
excellence."

CARBOHYDRATES

1

The body's main source of energy. Spares protein from being used as energy and aids in the breakdown of fat. Stick with low sugar (less than 6g per serving)

high fiber (more than 3g) minimally processed options.

Eat a variety of fruits, vegetables and whole grains.



PROTEIN

2

Keeps us full and satisfied and stokes our metabolic fire. Helps us to maintain and build lean muscle.

Sources: Chicken, Fish, Cottage Cheese, Egg Whites, Oikos Triple Zero Greek Yogurt



FATS

3

Helps keep us full and satisfied for hours. Fat is a buffer to carb absorption; When we have carbs alone, our blood sugar spikes too quickly then crashes too quickly. Is used as an energy source. Use fat sources in moderation: avocado, nuts, nut butters, seeds, olive oil, & coconut oil.

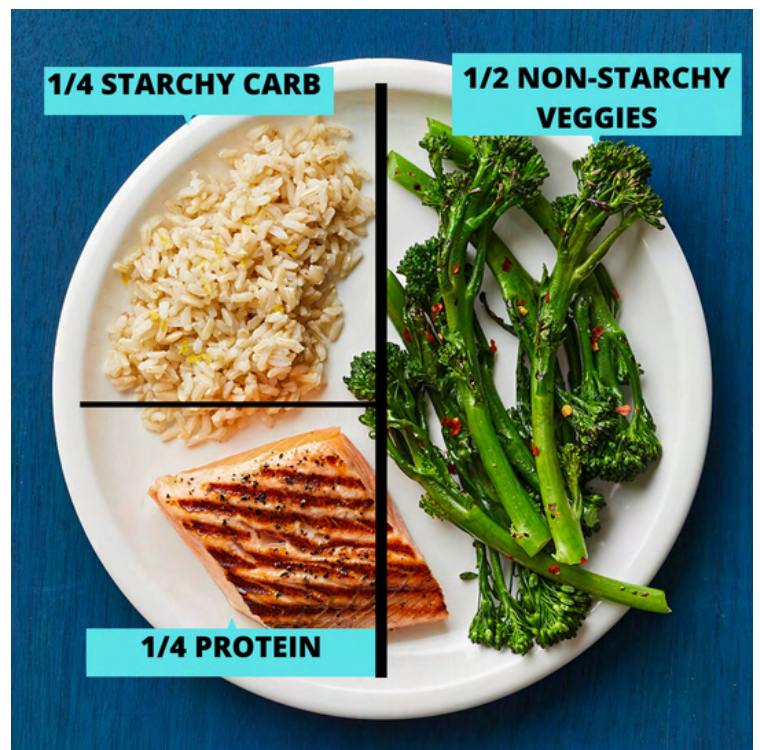


KNOW YOUR MACROS

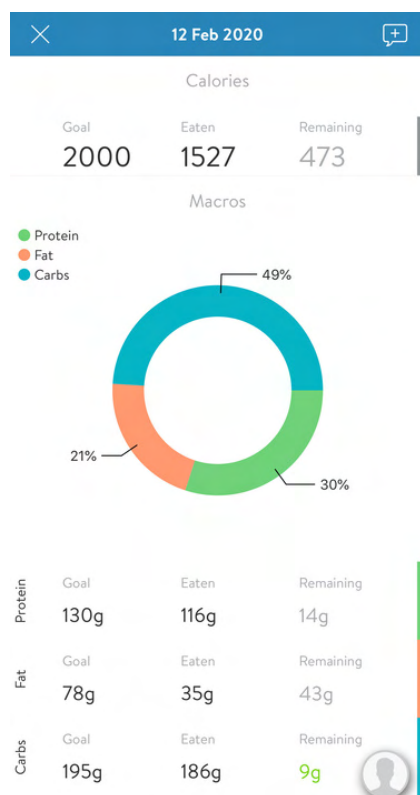
All 3 macronutrients are essential. Don't be afraid to eat them! In fact, the goal is to incorporate all 3 into every meal AND snack! Doing so helps keep you full and satisfied.

THE PLATE METHOD!

Use the plate method whether you are eating out or eating at home. It will help you create a healthy, balanced meal. Fill 1/2 your plate with nonstarchy vegetables, 1/4 plate with a lean protein, and 1/4 plate with a starch. Add a little of your favorite healthy fat option!



If you were trying to dial in your finances, you would start by tracking everything you spend. You'd want to know how much you spend, how often you spend it, and then you'd want to make sure everything you're buying is ESSENTIAL



TRACKING YOUR FOOD!

We recommend tracking your food on the free app, MyFitnessPal. It familiarizes you with serving sizes & portions and shows you exactly what you're putting into your body. You can set calorie, protein, carbohydrate, and fat gram goals, or we can set those for you when you sign up for a Custom Nutrition Plan!

GOAL SETTING 101

Set yourself up for success by setting SMART goals.

-  Look at the big picture first. What are your health & fitness goals at the 1, 5, & 10 year marks?
-  Set smaller goals for what you would like to accomplish. - Have a daily, weekly & monthly to-do list - Use a calendar - Prioritize your goals - Set performance goals that will motivate you!
-  Create ACTION goals like "Do 10 push ups a day for 30 days" or "Stop adding sugar to my coffee".
-  Figure out WHY you have set these goals. Want to lose 10 lbs? WHY? What will happen or how will you feel when you lose the weight?
-  Always have an action plan. Write down the realistic steps you're going to take to achieve your goals. If you miss a step, be ready to pick up where you left off instead of focusing on your mistakes or completely giving up.
-  Create Accountability! By telling your family and friends, you will have support and encouragement to keep you accountable and motivated.

WHY CIGAR CITY NUTRITION?



GUIDED

Work with an expert nutrition coach to design a plan that will work for you! You walk away with meal plans, recipes, nutrition education, access to our exclusive nutrition app and so much more. Weekly check ins with your coach will allow you time to ask questions and tweak your plan as needed.



TESTED

Your nutrition coach is with you every step of the way! We track progress through biometric testing to ensure you are achieving your goals. Your plan is tweaked along the way to ensure continued progress. .



PROVEN

This Nutrition Program is implemented at hundreds of CrossFit gyms around the world. Over 10,000 clients have seen success with this program. Our goal is to give you the tools and skills to be able to implement healthy, lifelong nutrition habits - no matter what season of life you're in.

**WRITTEN AND BACKED BY A
REGISTERED DIETICIAN**

"CrossFit works for me BECAUSE of the people and my coaches. Feed your body and mind right." - Brittany

March 2019



March 2020



I LOST

↓ 2.2% BODY FAT

↓ SEVERAL INCHES

I GAINED

↑ 2.3LBS MUSCLE

↑ STRENGTH

↑ MEAL PREP SKILLS

IN 1 MONTH



I LOST

↓ 10LBS

I GAINED

↑ FOOD PREPPING SKILLS

↑ A SIMPLE, EFFECTIVE PLAN

IN 1 MONTH!



"Crossfit and healthy nutrition habits have been such a big part of my life the past 2 years. I've met so many amazing, beautiful, strong people that motivate me to be better every day." -Coach Courtney

August 2017



March 2020



GUIDED. TESTED. PROVEN.

"Success leads to motivation."

[CLICK HERE TO BOOK YOUR FREE NUTRITION CONSULTATION!](#)