



Shaping You Fitness

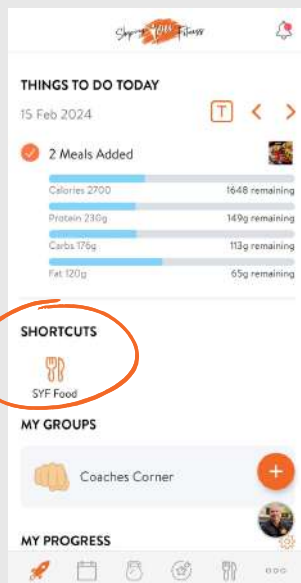
MEAL GUIDE

MEAL GUIDE - HOW TO USE

WE KNOW THAT STARTING A NEW NUTRITION PLAN CAN BRING BOTH EXCITEMENT AND CHALLENGES. THEREFORE, WE ARE COMMITTED TO GUIDING YOU ALONG THE WAY TO ENSURE YOUR COMFORT AND SUCCESS IN THIS PROGRAM.

THIS IS A DETAILED GUIDE ON HOW TO USE YOUR **SYF FOOD LIST** ON THE **HOME SCREEN** OF YOUR APP FOR EASY MEAL PREPARATION.

IMAGE #1



SYF
FOOD
LIST

IMAGE #2



YOUR
MEAL
PLAN

YOUR COACH HAS CREATED A PERSONALIZED MEAL PLAN DETAILING THE RECOMMENDED PORTIONS OF FOODS AND MEAL TIMINGS BUILT JUST FOR YOU. THIS IS IDENTIFIED WITH THE KNIFE AND FORK SHOWN IN IMAGE #2 LABELLED, "YOUR MEAL PLAN"



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MEAL GUIDE

MEAL GUIDE - HOW TO USE

STEP 1: SELECTING YOUR REQUIRED FOOD ITEMS TO EAT

- HEAD TO THE HOME SCREEN ON THE SFY APP. THE HOME SCREEN IS THE FIRST PAGE WHEN YOU OPEN THE APP.
- UNDER THE **SHORTCUTS** MENU, OPEN THE **SYF FOOD**, EASILY IDENTIFIED BY A FORK AND KNIFE ICON. AS SEEN ON THE PREVIOUS PAGE ABOVE. **IMAGE #1**
- BROWSE THROUGH THE CATEGORIZED LIST OF FOODS DISPLAYED IN THE COLUMNS. THE TOP OF THE LIST SHOWS THE PORTIONS SUCH AS 1/2, 1, 2, 3 AND SO ON. THE NUMBERS IN EACH ROW SHOWS THE MEASUREMENTS YOU WILL NEED TO WEIGH OUT IN GRAMS.
- FOR EACH OF THE MACROS (PROTEIN, CARBS, VEGGIES, FRUITS, AND FATS), SELECT A FOOD ITEM FROM THE MATCHING MACRO CATEGORY THAT YOU HAVE TO EAT. **FOR EXAMPLE, PROTEIN: YOU MAY CHOOSE "CHICKEN BREAST".**
- MEASURE OUT YOUR CHOSEN ITEM ACCORDING TO THE PORTION SIZE LISTED FOR THAT SPECIFIC MEAL. ALL PROTEINS ARE MEASURED AFTER COOKING. FRUITS & VEGETABLES ARE MEASURED RAW UNLESS SPECIFIED OTHERWISE. **FOR EXAMPLE: 2 PORTIONS OF CHICKEN BREAST: 100 GRAMS**



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STEP 2: COMBINING FOOD PORTIONS

- FEEL FREE TO MIX DIFFERENT FOODS WITHIN THE SAME CATEGORY TO MEET YOUR PORTION SIZE REQUIREMENTS. FOR EXAMPLE, IF YOU ARE TO EAT TWO PORTIONS OF FRUIT, FEEL FREE TO MIX 1 PORTION OF STRAWBERRIES AND 1 PORTION OF BLUEBERRIES.

STEP 3: MAKING YOUR PLATE:

- BY FOLLOWING STEPS ONE AND TWO, THIS IS HOW YOU WILL BUILD YOUR MEALS MOVING FORWARD. THIS PROCESS ALLOWS YOU TO CHOOSE THE FOODS YOU LIKE, WHILE MAINTAINING PORTION CONTROL AND FOLLOWING A BALANCED DIET.

FOR EXAMPLE:

DINNER

- Protein: 2 portions
- Carbs: 2 Portions
- Fat: 2 Portions
- Veggies: 1 Portions
- Fruit: 0 Portions
- 1 MULTI-VITAMIN FOR ACTIVE WOMEN
- 2 CAPS OF WILD FISH OIL 1000MG
- 1 TABLET OF 1000MG VIT-C

FOR THIS DINNER EXAMPLE, YOU MIGHT WANT TO CHOOSE THE FOLLOWING:
PROTEIN: CHICKEN BREAST (100 GR)
CARBS: YELLOW POTATOS (130 GR)
FAT: BUTTER (2 TBSP)
VEGGIES: BRUSSELS (290 GR)
FRUIT: NONE



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MEAL GUIDE - SUPPLEMENTING FOODS

VEGITABLES FOR VEGGIE GREEN POWDER, PROTEINS FOR PROTEIN POWDER, AND MEAL REPLACEMENT SHAKES....

IT'S ESSENTIAL TO PRIORITIZE REAL, WHOLE FOODS IN YOUR DIET WHENEVER POSSIBLE. NOTHING CAN REPLACE NATURAL FOODS. WE DO NOT SUGGEST TAKING SUPPLEMENTS TO **REPLACE** ANY SOURCE OF FOOD AS A REGULAR PART OF YOUR DIET.

SUPPLEMENTS ARE JUST THAT... SUPPLEMENTS. THEY ARE DESIGNED TO ASSIST IN REACHING YOUR MACRO AND CALORIE GOALS WHEN SOME OF THE PORTIONS ARE HIGHER TO REACH, SUCH AS PROTEIN.

HOWEVER, THIS DOES NOT MEAN THAT YOU CANNOT INCORPORATE THINGS SUCH AS VEGGIE GREEN SHAKES OR PROTEIN SHAKES WHEN NEEDED. THEY DO OFFER NUTRITIONAL VALUE AND CAN HELP REACH YOUR DAILY GOALS FOR MINERALS AND NUTRIENTS.

IF YOU DECIDE TO ADD A VEGGIE GREEN SHAKE TO YOUR DAY, 1 SCOOP IS EQUAL TO ONE PORTION OF VEGGIES. AS IS PROTEIN FOR PROTEIN POWDER.

BUT ALWAYS REMEMBER.... *Real foods first!!*



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MEAL GUIDE

FAQ:

DO PORTIONS REALLY MATTER?

YES! MONITORING YOUR PORTIONS ACCORDING TO THIS GUIDE WILL ENSURE THAT YOU ARE PREPARING BALANCED MEALS THAT ALIGN WITH YOUR SPECIFIC DIETARY GOALS. TOO MUCH OR TOO LITTLE CAN HAVE A VERY NEGATIVE EFFECT ON NOT ONLY YOUR DESIRED RESULTS, BUT ALSO ON YOUR HEALTH. SO STICK TO THE MEAL PLAN AS CLOSELY AS POSSIBLE.

I MISSED A MEAL. WHAT NOW?

IF YOU MISS A MEAL IN THE DAY, DO NOT COMBINE TWO MEALS INTO ONE. YOU SHOULD BREAK UP THAT MEAL INTO THE REMAINING MEALS OF THE DAY. FOR EXAMPLE, IF YOU MISS A MEAL THAT HAS 3 PORTIONS OF PROTEIN AND 2 PORTIONS OF FAT, SIMPLY BREAK THOSE PORTIONS INTO THE REMAINING MEALS THAT YOU HAVE LEFT AS EVENLY AS POSSIBLE.

DO I NEED TO TAKE THE SUPPLEMENTS SUGGESTED?

THE SUPPLEMENTS RECOMMENDED IN THE PLAN ARE NOT MANDATORY. THEY ARE TO ASSIST WITH CERTAIN FUNCTIONS OF THE BODY AND HAVE ALL BEEN DEEMED SAFE TO USE AS DIRECTED. ALWAYS CONFIRM WITH A HEALTH PROFESSIONAL LIKE YOUR FAMILY DOCTOR TO MAKE SURE THIS IS SAFE FOR YOU TO TAKE.



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