

Team



LINDSEY *Mitchler*

FITNESS

NUTRITION GUIDE

YOU HAVE TO BE
WILLING TO

Sacrifice.

WHO YOU ARE FOR
YOU TO BECOME
WHO YOU

want to become



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BUILD STRENGTH

X

MOVE FORWARD

Welcome!

I AM SO EXCITED TO BE WORKING TOGETHER TO HELP YOU BECOME THE BEST VERSION OF YOURSELF! DURING THIS PROCESS YOU WILL GET A BETTER UNDERSTANDING OF MACROS, PORTION CONTROL AND HOW TO MAKE THIS A LIFESTYLE! YOUR STARTING MACROS WILL BE DISCUSSED ON OUR CALL PRIOR TO STARTING BUT PLEASE READ THROUGH ALL THE INFORMATION BEFORE THIS CALL AND WE WILL GO OVER EVERYTHING TO MAKE SURE YOU ARE SET UP FOR SUCCESS!

Every week I will be looking at your food logs and this will allow me to offer more detailed food recommendations to help you hit your macros based on our weekly check ins.

If you hit your macros but not the calories do not stress. Depending on what you are eating the calories will fluctuate but if you are hitting your macro numbers it should be very close to the calories calculated.

Order of Importance

If you go over carbs one day or fats, no problem. You can interchange these as long as you stay within total calories. I want you to eventually have this dialed in but the two most important factors are #1 Hitting your protein and #2 total calories. Try to be within +/- 50 calories of your total amount. Try to be as close as possible within 10 grams of carbs/protein and within 5 grams of fat.

I suggest 15-20 grams of fiber per day. I put that range there since a lot of times when people go over 20-25 grams and they are not used to getting in enough fiber they may start feeling a little bloated in the beginning. It is important to make sure that you are getting your fiber intake from whole food sources. Incorporating a variety of whole foods throughout the day will help you with this.

If you ever feel overwhelmed or have any questions with anything that comes along the way do not hesitate to ask me questions even if it is not the day for our weekly check in. You can email me or text me (701-412-1042) whichever you prefer. I am here to help guide you in this process and help in any way that I can. You have 24/7 access to me so again no matter how small reach out to me!

xo,

Lindsey


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SUPPLEMENTS TO *Start* WITH

We will discuss which supplements specifically for you and your goals I recommend in order of importance during our call.

FOUNDATIONAL HEALTH

Foundational health is absolutely key! After all, you cannot build a solid house without a solid foundation.

This is where Full Mega and Microfactor come into play!



MICROFACTOR >> **VIEW**

This is going to include all your essential vitamins and minerals to ensure you have the micronutrients you need for your body to work as efficient as possible.



FULL MEGA >> **VIEW**

One of the most underrated supplements in my opinion! Omega 3's impact various functions but decreasing inflammation and keeping my joints strong and mobile are the biggest benefits daily!



OPTI-HEALTH STACK: **OPTI-GREENS 50 & OPTI-REDS 50**

>> **VIEW**

Especially since you do not eat or enjoy fruits and vegetables these will be extremely important for cellular function that aids in weight loss. This is not just a greens superfood blend, it also has probiotics and digestive enzymes that improve the overall gut health and most importantly the glycemic balance blend helps regulate blood glucose levels which decreases cravings and will help a lot with your sweet tooth!

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PROTEINS TO *Start* WITH



MEAL REPLACEMENT PROTEIN >> VIEW

Level-1 is a slow digesting protein option meaning it will digest at a similar rate to a whole food meal. This is great to have on hand to help reached your daily protein goal and I use this to make a protein chocolate mug cake almost every night, add to my coffee or oatmeal which also helps my sweet tooth and gives me 23 grams of protein!



POST WORKOUT STACK >> VIEW

I wish I had these two at the start of my fitness journey. My effort in the gym would have mnaed an appearance so much faster! Improved recovery, decreased soreness and aiding in muscle growth has helped me lean out more and become my strongest self! The amazing tastes and no stomach aches are additional perks of taking this after every workout!



COLLAGEN >> VIEW

Especially as we age, supplementing with collagen is one of the best things we can do to imprpve our skin, hair, nails and joints!

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WHERE TO TRACK MY *Macros*

The easiest way to track your macros is through the 1st Phorm app you have downloaded. If you have not downloaded the app yet please do so following the link below. You can also use the My fitness pal app whichever you prefer.

The app will calculate numbers when registering but you will go to nutrition, customize macros and input the numbers I personally calculated for you. Then simply hit update!

www.mytransformationstartstoday.com/windsor

Weighing AND *Measuring*

The process of weighing and measuring our food can be a little tedious and stressful in the beginning but I promise you it will become second nature in no time

- 1** You will need to have a food scale so you can accurately measure servings. Electronic food scales can be found at target, Wal-Mart or bought from amazon for around 10 dollars. You can change the units you are measuring in which makes it much easier depending on what you are eating, and which units are listed for measuring.
- 2** Proteins such as chicken, beef or fish will be best measured in ounces.
- 3** It is important to make sure you are weighing and measuring your food as accurately as you can. Vegetables such as romaine lettuce, spinach, onions, pepper etc. that are going into a salad or recipe can be more estimated but main carb sources, fats and proteins should be weighed to ensure the servings are accurate. If you are adding multiple items to your meal such as when you are making a salad you can put your lettuce in the bowl then tare your scale to 0 and add the next item and then tare again to 0 for the next and so forth. Using the bar code scan on foods makes it very easy to add items quickly into my fitness pal.
- 4** If for your meat, there is no bar code scan use the search bar in my fitness pal and look for the nutrition listed that is most accurate and use your best judgement. For example, if you are looking at ribeye steak and for 9 ounces it says 10 grams of fat you would not want to choose that one because ribeye steak is a very fatty meat and is going to have close to 40 grams of fat or more for that large a serving. Meat does shrink some when it is cooked but if you are tracking with your meat already cooked every time stick with that and whichever way will be consistent. Since I typically cook for more than one person, I always weigh out meat after it is cooked which saves time for me.

If you have certain recipes or meals such as your breakfast or lunch that you eat on a daily basis you can use the 'save meal' option in the 1st Phorm app by hitting the '...' after you have entered all the items for that meal, then hit 'save meal' and you can label the meal and the next time that you go to add that meal you will hit the '+' button then the tab that says 'add food' and you will find it saved when you type the name in.



ON THE *Go* AND *Fast Food*

The greatest thing about tracking macros with a flexible dieting approach is if you are on the go and do not have food with you there are numerous amounts of options to stay on track and within your macros. There are many restaurants that have their menu uploaded to My Fitness Pal! Chipotle, Chick-Fil-A, Apple Bees, Chilis', TGI Fridays, Seasons 52, Subway, Red Lobster, Macaroni Grill, Olive Garden, Panera Bread and so many more.

If you are going to eat fast food ALWAYS check out the nutrition values that are listed on their websites or in the search tab on My Fitness Pal first so that you can choose accordingly to your goals. If you have not had to do this in the past some food items can surprise you with how many calories are in them for such a small amount.

Another fast option is going to the grocery store and picking up something from the local deli. If you know you are going to be out all day and will get hungry keep protein bars or jerky with you for something to hold you over until your next meal. I do not suggest replacing a whole meal with a protein bar since it will not have a lot of volume but if you are on the go and that is all you have it works as a good substitute snack or quick breakfast if you do not like eating in the morning.

Eating out AT A *Restaurant*

If you are going to eat out always check out the menu beforehand so you can plan your day accordingly. Not all restaurants are going to list their macro nutrients and most dishes will scare you a little with how many calories are in them, but it will give you some guidance. I always ask for my meals to be prepared with no butter or oil. I promise they will not get mad from you asking for this! 😊

If you know you are going to go out for sushi for dinner you can always plan your day accordingly by saving most of your carbs and fat for your dinner and eating more low-fat proteins and veggies during the day. Remember it is like a bank account, move around your macros according to what is going on that day. If you are having a hard time figuring out what to order to stay on track let me know and I can help you.

If you are going out for your birthday or a very special occasion and want to have an untracked meal let me know and we can work around it. I promote balance and having one untracked meal will not completely deter your progress if the untracked meals are not happening daily.

Cheat Meals

When tracking your macros there is no need to have a cheat meal or cheat day because you can use flexible dieting to your advantage! If you are craving something like a cheeseburger it is as simple as making it at home instead of going out.

My favorite way is to use 93% lean ground beef (less fatty than other cuts), whole wheat bun, reduced fat cheese, light mayo and sugar free ketchup!

A mindset shift to get out of is thinking of food as a reward for doing what you are supposed to be doing. If you want to have an untracked meal like what was discussed above that is fine! But for the 8 weeks try to limit this as much as possible to really focus on building stronger habits and shifting your mindset!

HOW TO TRACK

Alcohol



This is very dense compared to the main macronutrients.

CALORIES PER GRAM

To track alcohol, we track towards either carbohydrates or fats. NEVER PROTEIN.

1
GRAM
CARBS
=
4
CALORIES

1
GRAM
PROTEIN
=
4
CALORIES

1
GRAM
FATS
=
9
CALORIES

To track as carbs:
Take the total amount
of calories in the drink
and divide by 4.

To track as fats:
Take the total amount
of calories in the drink
and divide by 9.

Example:
If a drink has
100 calories you
could track as:

Carbs 100 divided by 4
= 25 grams of carbs

Fats 100 divided by 9
= 11.11 grams of fats

If you want to track half the calories towards fat and half towards carbs, you can do that. In this example you would take 50 calories divided by 4 to which it would be 12.5 carbs. And take the other 50 calories divided by 9 which it would be 5.5 grams of fat and you would track both of those.

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MEAL TIMING + MEAL PLANNING

I recommend eating every 3-5 hours to remain in an more anabolic fat burning state and to prevent you from getting too hungry between meals leading into bad decisions. If you are hungry between meals having flavored water or a zero-calorie flavored beverage.

Aim to eat within 60 minutes if possible when you wake up to break the fast. If you struggle with eating in the morning this is the perfect time to supplement with a scoop of protein in your coffee or a shake and pair it with a fruit such as a banana or apple. You can even add a scoop of Level-1 protein to your coffee!



PROTEIN EXAMPLES

- Chicken Breast
- Shrimp
- Lean Steak
- Lean Ground Turkey
- Venison
- Whole Eggs
- Egg Whites/Egg Beaters
- Cottage Cheese (4%)
- Tuna
- Pork Tenderloin
- Turkey Sausage
- Any Fish
- Greek Yogurt
- Whey Protein Powder



CARBOHYDRATE EXAMPLES

- Fruit of any kind
- Sweet Potatoes
- Russet Potatoes
- Red Skin Potatoes
- Spaghetti Squash
- Grits
- Any type of beans
- Kodiak Pancake Mix
- Vegetables of any kind
- Breads
- Quick Oats
- Cereal
- Rice Cakes
- Brown Rice
- White Rice
- Quinoa



FATS EXAMPLES

- Coconut Oil
- Olive Oil
- Avocado
- Flax Seeds
- Bolthouse Salad Dressings
- Mayonnaise
- Heavy Cream
- Chia Seeds
- Cheese
- Nut Butters
- Butters

ADDITIONAL SUGGESTIONS:

Especially if you are very busy during the week and in the beginning, it is very important to meal prep in advance. Crock Pots make it very easy to cook chicken to shred that can be used in different ways such as in wraps, on top of salads, for tacos etc.

On a week where you are extremely busy and do not have time to cook anything for the next day grabbing a Grocery store rotisserie chicken and portioning it out is a great way to stay on track and is a huge time saver. www.cleaneatz.com Clean Eatz is a meal prep company I highly recommend! Keeping these meals stocked in the freezer is a life saver for busy days and if you do not have time to meal prep over the weekend. They ship for free and you can order just 5 meals to give them a try.

In the beginning your meals may seem plainer and simpler but as time goes on and you start becoming more comfortable with your food intake and balancing out your schedule it will become easier to get more creative. Make sure to utilize plenty of spices when you are cooking to add lots of flavor!

MEAL TIMING + MEAL PLANNING

CONTINUED.
ADDITIONAL SUGGESTIONS:

GOOD
MORNING

When you eat and how much you eat at each meal will depend on your preferences. If you do not like eating in the morning having a protein bar or protein shake to get around 30 grams of protein in is a great option to do. Keeping some fresh fruit, Greek yogurt or jerky is good to keep on hand if you come in for lunch or other meals and are extremely hungry you can eat something to hold you over until your next meal is ready if you are cooking.

I suggest aiming for a gallon of water a day if possible or at least 100 oz. You will feel better overall if you are hydrated. If your water intake is currently very low, you can build up to this. Make sure to spread out drinking your water throughout the entire day.

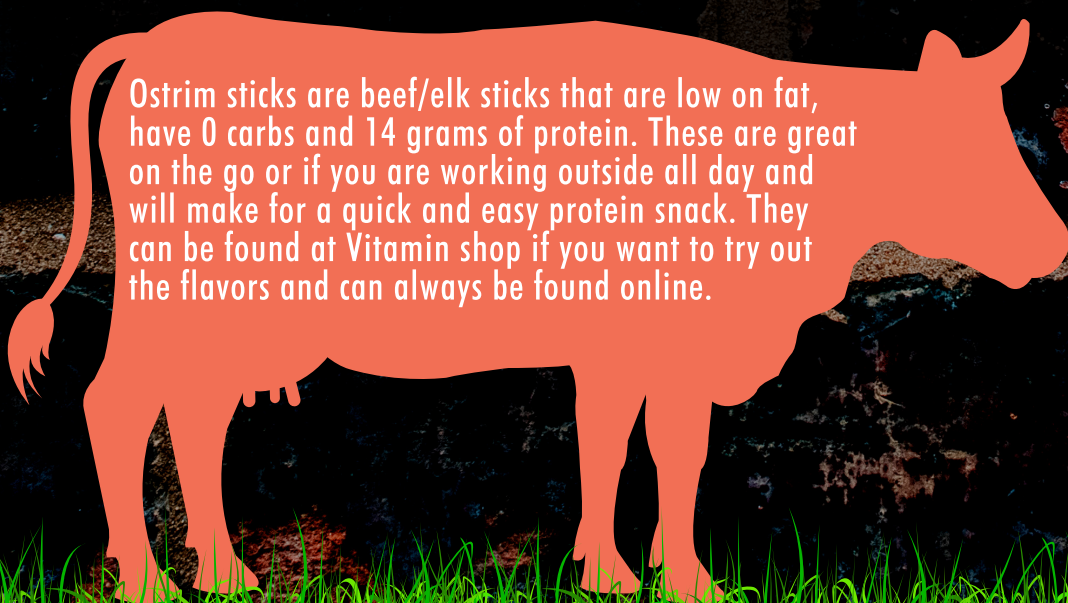


If you like yogurt instead of Yoplait yogurt or traditional yogurt I highly suggest switching it out with Greek Yogurt. My favorites are Dannon Oikos Triple Zero Greek Yogurt (Mixed berry is my favorite) or Dannon Light and Fit Greek Yogurt (favorite flavors are the strawberry cheesecake and strawberry banana). These are found at any grocery store and can also usually be bought in bulk at any Costco, BJ's or Sam's Club if you have a membership there. I suggest buying them one at a time and trying out the flavors so you can make sure you like them and find which flavor is your favorite.

Protein shakes are a great way to get in extra protein, but it is important to also make sure most of your protein is coming from whole foods. I would keep it to two shakes a day as a supplement for food if you are still having a hard time getting your protein in.



Ostrim sticks are beef/elk sticks that are low on fat, have 0 carbs and 14 grams of protein. These are great on the go or if you are working outside all day and will make for a quick and easy protein snack. They can be found at Vitamin shop if you want to try out the flavors and can always be found online.



MEAL TIMING + MEAL PLANNING

CONTINUED. ADDITIONAL SUGGESTIONS:

It is important to incorporate fruits and vegetables into your meals so that you are getting a good number of micronutrients in every day and that you are getting fiber from whole foods. I suggest 3-6 servings daily if possible. I find it is always better to not over buy so you don't risk anything going bad. Fresh is always going to be better than frozen but if you are on a tight budget or frozen works better for you of course you can do that. I really like the fresh vegetables that come in the steam able bags that you just need to poke holes in and microwave for 2-3 minutes. It saves time since they are already pre-cut and washed, and the entire bag is usually around 3-4 servings. Fruit is always going to have 0 fat and a good amount of carbs so if there are days when you have reached your fat and protein intake but still need carbs fruit is a great way to do it. If 80-90% of your food is coming from whole food sources do not feel bad incorporating in some treats or other items that you also like. If you enjoy ice cream at night having that planned into your macros will make it easier to plan the rest of your day accordingly. Flexible dieting is great because it allows us to still be able to fit some fun food items into our day without feeling guilty and not depriving ourselves completely either.



Meal Prep IDEAS

Be sure to also check out my Meal Prep Highlight reel on Instagram to see how I prep potatoes, vegetables, use crock pots etc. to make meal prep easy and not take hours in the kitchen! Instagram handle is @lindsey_mutchler There will also be numerous recipes in the Team Lindsey Mutchler Facebook Group Page! A good way to meal prep is to pick out certain food items that you enjoy eating and that you can have for a couple of days at a time. The below recipes can be used in meal prepping if you decide to make them in bulk, but you can also simplify it by making simple grilled meats and pairing your meals with a carb and vegetable/fruit source. As stated above if your week gets extremely hectic and you are low on time using a Publix rotisserie chicken and portioning out for your meals is a great way to stay on track. Also buying boar's head deli meat and using the deli meat on top of a salad, wrap or making a sandwich at home is another alternative.

Crock pots are a simple way to cook your meats. Below I will list some links on ways to prep your meats for your meals.

Two cookbooks that I highly recommend are Emily Frisella's The Fresh Farmhouse Kitchen and The Saint's Plate and The Sinner's Dinner. Both books are loaded with recipes and all macros are listed per serving!

» [SLOW COOKER RECIPES](#)

» [SHREDDED CHICKEN RECIPES](#)

Meal Prep IDEAS CONTINUED...

Having the already made chicken sausages are also an easy way to make a quick and easy lunch or dinner. Seasoning and cooking extra lean ground beef also is something that I have done many times. I season and cook the ground beef with onions and peppers and serve with diced potatoes and vegetables. I sometimes top the meat with light mayo, ketchup, hot sauce or some other kind of sauce depending on my mood. Depending on your taste's preferences will determine what you choose to have for your meals. It is good to get creative if you can and think about the foods you enjoy and look for ways to make them macro friendly and easy to fit into your day.

Bolthouse yogurt dressings are found in the produce section of any grocery store. These dressings are a life saver and not only taste delicious but are super macro friendly. They have several flavors and if you are making different salads for lunch you can switch up the dressings so that you do not get bored. Another delicious dressing that is found by the bolt house dressings in Publix is the Panera Poppy seed dressing. If you are topping fruit on top of your salad this dressing goes wonderful with it and it is also super macro friendly.



Suggested items you should have on hand:

This is just a small list, based off your food preferences there will be several more.

Protein to cook (chicken, extra lean ground beef, lean cuts of steaks, pork chops, fish)

Tuna packets

Fresh fruits and vegetables: Apples and bananas are the easiest fruits to grab and go. If you are looking for a low carb fruit strawberry, blueberries, raspberries and blackberries are going to have a lot of less carbs for a high-volume amount.

Egg Whites or Egg Beaters (I prefer eggbeaters) and Eggs

Greek Yogurt

Reduced fat cheese or Regular Cheese

Flavored Rice Cakes

Deli Meat

Protein Bars

Recipes

Options you can always make that are simple and easy are any grilled or baked protein, vegetable and potato or rice on the side. Using different seasonings on your meat and using a crock pot to make pulled chicken or pulled pork for a few days can save a lot of time.

There are many more recipes in the Facebook Group ☺

Other fast lunches can always be boars head deli meat on a sandwich with toppings of your choice with a side of vegetables or veggie straw chips, home-made tuna salad on a sandwich, in a wrap, or on top of a salad, all-natural chicken sausages served with vegetables etc.



Taco Salad

To make a simple lunch that you can eat for 2-3 days depending on the serving. Cook 1.5 pounds of 93% lean ground beef and add taco mix (use taco bell low sodium mix or you can switch it out for another flavor you like. Macros will be listed with taco bell low sodium seasoning, 1 packet). Add 5 oz of beef on top of chopped romaine or spinach with 3.5 oz. chopped roma tomatoes, 1 serving reduced fat finely shredded cheese, 2 tablespoons Bolt house yogurt ranch dressing. 448 calories 49 protein, 10 carbs, 2 fiber, 22 fat.

If you do not want a salad and want two tacos instead serve the meat, cheese and tomatoes and divide the meat for 2 soft shell taco using xtreme wellness low carb high fiber wraps with 2 tablespoons fat free sour cream on each wrap. Eat with 150 grams carrots on the side.

Macros would be 682 calories, 60 protein, 50 carbs, 22 fiber, 22 fat.

Southwest Chicken Salad

You could also take the grilled chicken and make into wraps as well. It is important when doing macros to switch things up and make them fun and easy. Chopped romaine, 6 oz. grilled seasoned chicken (weight out 4.5 oz. but track for 6 oz. to account for the shrinking that occurs when the chicken cooks) 3.5 oz. roma tomatoes, 28 g Mission Tortilla Strips, ½ serving reduced fat finely shredded cheese, ¼ cup rinsed black beans, ¼ cup rinsed corn, 3 tablespoons cilantro avocado bolt house dressing. 553 calories, 54 protein, 42 carbs, 7 fiber, 19 fat.



Summer Salad

This option is lower on protein if you do not serve it with a grilled meat on the side but can be had for lunch or for dinner with any protein served on the side or by itself if you have reached your protein requirement. Fresh Spinach topped with 4.2 oz. fresh sliced strawberries, 60 grams pineapple, 70 grams fresh blueberries, 28 grams crumbled goat cheese, 1 serving Kraft Creamy poppy seed dressing. 302 calories, 8 protein, 37 carbs, 5 fiber, 12 fat.

Recipes

Options you can always make that are simple and easy are any grilled or baked protein, vegetable and potato or rice on the side. Using different seasonings on your meat and using a crock pot to make pulled chicken or pulled pork for a few days can save a lot of time.

There are many more recipes in the Facebook Group 😊

Other fast lunches can always be boars head deli meat on a sandwich with toppings of your choice with a side of vegetables or veggie straw chips, home-made tuna salad on a sandwich, in a wrap, or on top of a salad, all-natural chicken sausages served with vegetables etc.



Macro Friendly Pizza

This is a base recipe that can you play around with and make your own. You are going to start with any flavor of the flat out pizza crust. Put your oven on broil and put the flat out pizza crust in there until one side starts getting crispy. Then take it out, flip it over and put one serving of any pizza sauce you like (I usually use classico brand), Then top with one serving reduced fat mozzarella and one serving of fat free mozzarella (you can also use 2 servings of fat free cheese or 2 servings of reduced fat cheese whichever you prefer) and one serving of Hormel turkey pepperoni (it ends up being 17 slices). Then put it back in the oven on broil until the cheese is melted and it looks done and ready to eat! I am big on dipping my pizza in ranch so I usually dip the pizza in the Bolt House Yogurt Dressing Ranch Flavor. You can play around with the toppings and get creative with the kind of pizza you are in the mood for. This is great to serve with a green vegetable on the side to make sure you are also getting in your micronutrients. Macros with the pizza dipped in ranch 400 calories, 31 protein, 35 carb, 3 fiber, 14 fat. If you add a vegetable just account for that in the macros.

Quick & Easy Low Carb, Higher Fat Dinner

Grilled or pan sautéed 7 oz. of shrimp. Boil cauliflower and serve 100 grams on the side as is or serve as cauliflower mash, broil or grill 4 oz. of asparagus, 60 grams avocado. The macros will vary with how you cook the shrimp and what you add to your vegetables but if you cook the shrimp with 10 grams of butter the macros are 353 calories, 45 protein, 18 carbs, 9 fiber, 20 fat.

Disclaimer: All the information included are solely intended to provide assistance to you in your personal eating efforts. The information is not intended as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist. The services that I, Lindsey Mutchler, Lindsey Windsor Fitness, Lindsey Mutchler Fitness provide are not intended to be, and should not be construed as, a substitute for medical advice.