



THRIVING
TRIBE
NUTRITION

NUTRITION

FOR PERFORMANCE AND WELLBEING

WORKSHOP RECAP



BODY COMPOSITION

CHANGING BODY COMPOSITION

ENERGY REQUIREMENTS (calories)

BMR: Basal Metabolic Rate

Metabolism when laying and only breathing

EER: Estimated Energy Requirement

TDEE: Total daily energy expenditure

BMR + activity you do in the day

I recommend the Mifflin St Jeor equation to calculate your daily calories!

- My fitness pal uses this equation
- Online calculator tool

<https://goodcalculators.com/tdee-bmr-calculator/>

Select 'mifflin St Jeor equation'

ALIGN WITH YOUR GOALS

Weight loss: take away calories

200 (to 500 calories)

Weight gain: Add more calories

200 (to 500 calories)

PROTEIN REQUIREMENTS

Protein is an important part of any health picture, regardless of your goals. Always focus on protein first!

MACROS

Weight loss

	Regular	Lower carb	Lower fat
PROTEIN	20-30%	35%	30%
CARB	40-50%	25%	50%
FAT	20-30%	40%	20%

Weight gain

PROTEIN	20-30%
CARB	40-60%
FAT	15-25%

1.4 to 2.0 grams of protein per kilogram of body weight
3 to 5 grams of carbs per kg of bodyweight

OTHER

MINIMISING INJURY

Connective tissue (bones, skin, ligaments and tendons) is predominantly collagen

Ingredients for collagen:

- Amino acids in protein: Proline, Lysine, Glycine
- Vitamins/minerals: Vitamin C, copper, manganese, zinc
- Reducing added sugars in the diet (they can disable collagen from being able to do its job)

HOT TIPS

- Eat a range of fruit and veg for these nutrients, and good quality protein!
- Reduce added sugar in the diet
- Reduce stress (this uses up Vit C!)
- Good quality collagen is beneficial for those with a nutrient filled diet.

SYMPTOMS OF IMBALANCE THAT MAY BE IMPACTING YOUR GOALS

- Stool output loose or hard
 - Floating stool
 - Gas
 - Abdominal pain
 - Bloating regularly
 - Reflux
 - Cold hands and feet
 - Hair loss
 - Dry skin
 - Weight gain
 - Mid weight gain
 - Menopause
 - PCOS
 - Sugar cravings
 - Low energy
 - Headaches
- Women only:
- Irregular cycles
 - heavy bleeding
 - PCOS
 - Endometriosis
 - PMS symptoms
 - Facial hair

SUFFER FROM ANY OF THESE? BOOK IN TO THRIVING TRIBE NUTRITION FOR ASSISTANCE!

MY FITNESS PAL

MY FITNESS PAL 'HOW TO'

1. Add your info, and goals.

- Get in touch if you want advice on how to accurately input your activity level as there are a couple of different options (admin@thrivingtribenutrition.com.au; *Thriving Tribe Nutrition* on insta)

2. Manually change your macros

3. Add food

- Search for food, and manually add it to your breakfast, lunch, dinner or snack category
- Scan a meal- take a photo of food and it will approximate what it is and how much
- Scan a barcode for precise information, and just add your meal amount.
- Add regular meals, foods and recipes for convenience to add quickly next time

4. Keeping aligned

- Check your macros to ensure you are eating within your distributions

5. Remember to enjoy food!

BUILD A SNACK

CHOOSE A PROTEIN (20G-30G)

100g Greek yoghurt	10g
Small tin of tuna	20g
2 boiled eggs	12g
1 cup cow milk	8g
30g Haloumi cheese	6g
100g Ricotta cheese	11g
2/3 cup oats	12g
1/4 cup peanuts	8g
1/4 cup almonds	7g
1/4 cup cashews	5g
2 slices roasted turkey	7g
3 Tbspn Hemp seeds	11g
2 scoop protein powder *	20-30g

ADD A WHOLEFOOD CARBOHYDRATE

Veggie sticks
Piece of fruit
Whole grain bread
Wholegrain corn thins
Wholegrain crackers (other)

SNACK IDEAS:

- Greek yoghurt with oats/granola and berries
- Boiled eggs with avocado on corn thins
- Avocado, tomato and ricotta on crackers
- Granola/nut bar* and an apple
- Celery sticks with nut butter
- Smoothie: milk or milk alternative, banana or berries, protein powder, ice
- Protein balls*
- Whole grain toast with nut butter, and banana
- Protein muffin

** Be careful of packaged snacks, and high added sugar content.

BUILD A MEAL

BREAKFAST, LUNCH, DINNER

CHOOSE A PROTEIN (20-30G)

1 cup lentils	18g
1 cup legumes	15g
100g tofu	12g
1 cup quinoa	12g

100g meat (approx)	20-25g
80g turkey mince	20g
100g fish (approx)	20-25g
100g cottage cheese *	15g
120g feta cheese *	20g
30g Haloumi cheese*	6g
1 egg	6g

*Low fat cheese may be a better option for some
Eating a range of both meat and legumes is important

ADD A WHOLEFOOD CARBOHYDRATE

1-2 cup whole grain or cereal

- Whole meal pasta
- Brown rice
- couscous
- Quinoa

2 pieces wholegrain/sourdough bread

1-2 medium starchy veg

- Potato, sweet potato

Exact amounts can depend on your goals

PLUS NON-STARCHY VEG/SALAD

- Eat as much as you like
- Eat a range of colours

Focus on*:

- Broccoli
- Citrus
- Capsicum
- Tomatoes
- Mushroom
- Carrots
- Cabbage

* These foods contain some nutrients needed for collagen production

INCLUDE A FAT

- Cook with small amount of olive oil
- 1/4 avocado
- Sprinkle of seeds
 - Hemp*
 - Sunflower*
 - Pepitas*
- Sprinkle of nuts
 - Walnuts*
 - Almonds*

* These foods contain some nutrients needed for collagen production

ADD FLAVOUR AND FLARE!

BREAKFAST

- Wholegrain/high fibre cereal + milk or protein enriched milk alternative
- Wholegrain toast + cheese – sliced, cottage, ricotta and tomato.
- Fruit toast + ricotta or fruit yoghurt
- Grain toast + shaved ham + tomato and mushrooms + avocado
- Wholegrain toast + eggs (poached/ scrambled/boiled) + Spinach + Avocado
- Porridge + milk or natural yoghurt + crushed nuts or pepitas
- Bircher muesli + natural yoghurt + berries
- French toast + avocado + vege sides
- Smoothie with fresh fruit + natural yoghurt or protein powder + spinach/kale (or any other veg)
- Omelette with spinach and mushrooms + toast or 125ml 100% fruit juice
- Grain toast + peanut butter + a tub of yoghurt or good quality protein shake
- Green vege bowl with roast sweet potato and sautéed kale + poached eggs + flaked almonds

LUNCH

- Sandwiches on wholegrain/sourdough bread + lean meat + salad + avocado
- Wrap + lean meat or cheese + salad or leftover cooked vegetables
- Garden salad + roast vegetables + mixed legumes + chopped almonds
- Garden salad + sweet potato + grilled chicken or tinned tuna or tofu + drizzle extra virgin olive oil.
- Pasta salads filled mostly with vegetables + chicken or tuna (avoid versions with creamy dressings)
- Sushi with grilled chicken or salmon + seaweed salad and/or edamame on the side
- Brown rice, cous cous or quinoa salad + fresh or roast vegetable + lean meat eaten cold
- Baked potato + baked beans or legumes + salad + avocado
- Vegetable soup + meat and cheese toastie on wholegrain/sourdough bread
- Wholegrain toast + hommus or egg + avocado + cherry tomato + feta + dukkah sprinkle
- Dinner leftovers!

DINNER

- Grilled lean meat + chargrilled vegetables or salad + baked potatoes OR crusty bread to serve
- Stir fried vegetables + chicken, beef or pork + noodles or rice
- Tomato and roasted vegetable pasta + chicken (could use leftovers or BBQ chicken)
- Tuna in extra virgin olive oil stirred through pasta + green beans or other vegetables
- Slow-cooked casseroles with potatoes and vegetables (all in one)
- Egg frittata with sliced sweet potato + zucchini, capsicum and feta cheese
- Spaghetti bolognese with a salad on the side or lots of vegetables included in the sauce (think grated carrot and zucchini, or even lentils)
- Lasagna made with cheese or ricotta and salad to serve, including vegetables in the layers
- Potato pie with a minced beef or pork and vegetable base + extra veg to serve
- Curries made with lean meat, light coconut milk, lots of vegetables and basmati rice
- Grilled fish with baked potatoes and steamed broccoli and asparagus
- Homemade pizza using a wrap for the base + zucchini, eggplant, capsicum, tomato, spinach, mushrooms + some leftover lean meat and small amount cheese
- Homemade burger using a wholemeal bread roll + homemade rissole + salad vegetables + hommus or avocado as a sauce
- Burrito bowls with lean mince or lentil sauce + cheese + rice or corn + tomato, onion, capsicum + guacamole
- Lentil dahl with light coconut milk + snow peas, bok choy, eggplant + basmati rice or crusty bread