CREATING A BUDGET FOR HEALTHY EATING

Coach Mal
Healthy Steps Nutrition Coach

WHAT WE ARE COVERING TODAY:

- Exploring ways to save money and reach your health & and wellness goals
- 3 tips and tricks to help you create a budget and stick to it
- One actionable step you can take today to help you TAKE ACTION NOW

THE HEALTHY STEPS NUTRITION FRAMEWORK™

Why a holistic approach?

What area are you succeeding in right now?

Looking back to one year ago, how has your food budget changed, and what are the reasons behind that change?

CREATING A BUDGET FOR HEALTHY EATING

TIP #1: PLAN YOUR MEALS & MAKE A SHOPPING LIST

Plan a few recipes for the week:

Breakfast:

Lunch:

Dinner:

Pairing a _____ with _____ veggies and _____ carbs can help you stick to the plate method.

TIP #2: FOCUS ON COST-EFFECTIVE NUTRIENT-RICH FOODS

Buy in BULK!

Protein:

Vegetables:

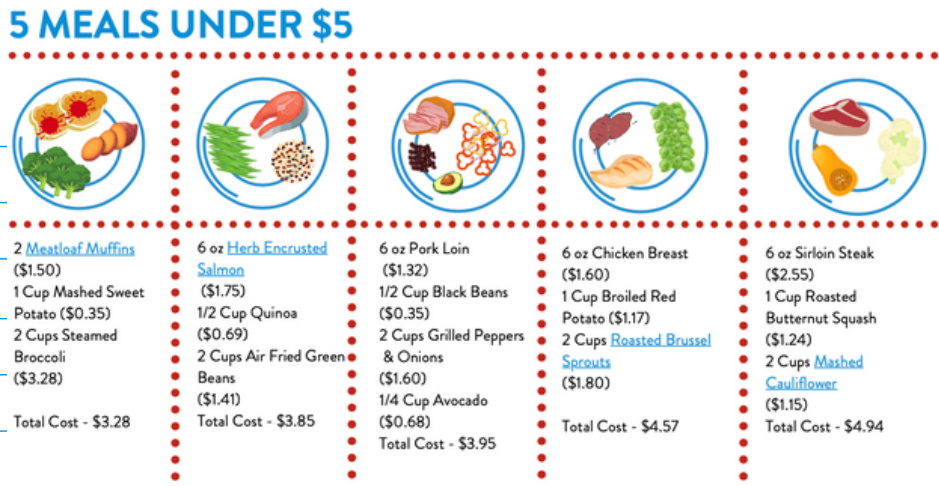
Fruit:

Carbohydrates:

TIP #3: SHOP SMART AND COMPARE PRICES

Choosing off brand items vs private label, can save _____ % compared to off brands of the same product

Grocery Store Apps:



ADDITIONAL NOTES:

TAKE YOUR NUTRITION TO THE NEXT LEVEL WITH CROSSFIT 4185 COACHING

Lose Weight & Body Fat

Support & Accountability

Gain Confidence

Gain Strength & Muscle

Improve Overall Health

Increased Energy

About Our Individual Nutrition Coaching Program:

- Customized Plans Based On Your Healthy & Wellness Goals
- Expert Coaches To Help You Every Step Of The Way
- Weekly Check-Ins With Your Personal Coach
- Holistic Support Addressing Stress, Sleep, Nutrition & Mindset
- Healthy Recipes & Meal Ideas
- Simple, Habit-Based Approach
- Ongoing Support & Accountability

How To Get Started In 3 Easy Steps:

1. **APPLY FOR COACHING**
2. **CREATE A CUSTOMIZED PLAN WITH AN EXPERT COACH**
3. **TRANSFORM YOUR HEALTH & SEE LASTING RESULTS**

HSN

PERFORMANCE NUTRITION

HEALTHY STEPS NUTRITION HAS HELPED OVER 35,000 PEOPLE AROUND THE WORLD TAKE CONTROL OF THEIR HEALTH THROUGH OUR SIMPLE, HABIT-BASED APPROACH!

GABE

118% Body Fat
50# of FAT
In 1 Year

KRISSY

14.5% Body Fat
52# of FAT
15 Inches in Waist
In 7.5 Months

LORENA

CROSSFIT + NUTRITION COACHING

5% Body Fat
35 Pounds
12 Inches

Strength
Endurance
Confidence

IN 5 MONTHS

"Just do it! It's worth it. There's good information and you're worth the time and investment! Even with my crazy schedule I was able to learn and grow during this challenge. I was disappointed I didn't participate as much as I would have liked, but I had to prioritize things and learned from all of this."

- **Nona McEachern - 3 year member at CrossFit 4185**

ARE YOU LOOKING FOR INDIVIDUALIZED HELP?

APPLY FOR COACHING TODAY

SCAN ME