



WELCOME TO OUR

Monthly Newsletter



Fitindissfitness



Welcome to March!

We did it! We survived the cold, dark days of winter, and while it's still a bit chilly, we're officially on the upswing. The sun's out a little longer, and before you know it, we'll be complaining about how hot it is instead of how cold. But for now, let's stay focused on our goals because the warm days are coming (and energy levels will return). This month, we're talking about the basics of nutrition and how to eat in a way that actually supports your goals, no fad diets, just real food that fuels your body.



In this newsletter you will find:

Advice on nutrition, depending on goals, meal prep tips.



Macronutrients: What the Heck Are They?

Think of your food like a team with three MVPs: protein, carbs, and fats. Protein is your muscle's bestie, it helps repair and grow them after workouts. Carbs are your energy source, like the fuel in your gas tank (yes, even if you're trying to lose weight, you need them). And fats? They keep your hormones happy and your brain functioning, so don't skip them!

Now, how much of each do you need? It depends on your goals. If you want to build muscle, you'll need more protein and carbs to fuel your workouts and recovery. If you're trying to lose weight, protein is still key (so you don't lose muscle), but you'll likely eat fewer carbs and fats to stay in a calorie deficit. The key is balance here, too much of anything (even the "healthy stuff") can throw things off. Instead of overcomplicating it, focus on eating enough protein, choosing carbs that give you lasting energy (think rice, oats, potatoes), and getting healthy fats from things like olive oil or seeds. Once you get the hang of it, it's way easier than it sounds!



Eating to Lose Fat vs. Muscle Growth.

Eating for fat loss and eating for muscle growth are two very different things. If your goal is to lose fat, you need to be in a calorie deficit, which means eating fewer calories than you burn. But this doesn't mean starving yourself, it just means making smart choices with food. Protein is the most important thing to focus on because it helps you keep muscle while losing fat. Eating high-volume, lower-calorie foods like vegetables, lean proteins, and fiber-rich carbs will help keep you full without overloading on calories. Carbs are still important, but choosing whole grains, potatoes, and fruits over processed foods will help you stay satisfied longer.

If your goal is muscle growth, you need to be in a calorie surplus, which means eating more than your body burns. This doesn't mean eating everything in sight, it means eating enough protein to support muscle growth, increasing carbs to fuel workouts, and including healthy fats. Protein should be at least one gram per pound of body weight, and carbs should be high enough to give you energy in the gym and help with recovery. If you're working out hard but not seeing progress, you're probably not eating enough. Tracking your intake and making sure you're gradually increasing calories will help your body build muscle.



Healthy Meal Prep Ideas

Meal prep doesn't have to be complicated or time consuming. It's just about making sure you have food ready so you don't have to scramble when you're hungry. A good meal includes protein, carbs, veggies, and some healthy fats. The easiest way to prep is to cook everything in batches. Making a big pot of rice, roasting a tray of vegetables, and cooking a protein source like tofu or eggs all at once saves time and makes it easy to throw meals together throughout the week.

Having easy snacks on hand is just as important as prepping meals. Greek yogurt, cottage cheese, hard boiled eggs, protein shakes, or hummus with veggies are quick options that help keep you full and make it less likely that you'll grab something out of just hunger in a pinch. Drinking enough water also makes a huge difference in how you feel, especially if you're working out regularly. If you're someone who gets bored with the same meals, switch up the seasonings and sauces instead of making a completely new recipe every time. Small changes like adding different spices, marinades, or toppings can make the same basic ingredients taste completely different.

The goal with meal prep isn't to be perfect, it's to make your life easier so you have better options when you need them. The more you simplify it, the more likely you are to stick with it.



I will always share as much free information as I can.

I genuinely want to see everyone succeed, and I'm always happy to share valuable information or insights from the heart if it can help someone in any way.

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TAKE CARE OUT THERE GUYS.