

Week 1: The Basics behind Swole Nutrition.

There are three things you can control about your nutrition:

- Quality
- Quantity
- Timing

Let's start with timing, then tackle the other two in the coming weeks. How you manage your nutrition during the hour before and the hour after your training session is important. I call this "the magic window." (Perhaps I've read too many kids books lately.)

Now you understand the science behind both why and how to fuel before and after your training. So, let's talk about the art of nutrition, too. You have to play with what feels right to you. If eating 20g of protein immediately following your training sessions makes you feel funky, then push it out twenty minutes after. Then try forty minutes. See what makes you feel best.

The beauty of dialing down your nutrition habits is that it's personal and there is room (once you understand the science) to play with exactly what will work for you. Stay tuned for next week as we dial in on quality, meal planning, and food prep.

Week 2: Meal Planning and Food Prep

Confession: I (Christy) can't cook. Really. At all. In life, I am confident and adventurous, but in the kitchen I can be a huge bumbling idiot.

How can I work in a food-related profession and be bad at cooking? I don't know. I have no good answer for that question, but it is a weakness I have learned to own. When it comes to recommending food choices, meals, and meal-prep strategies, you can trust I have tried them all.

I've tried prepping for the whole entire week on Sunday. I have tried prepping each evening for the next day. And I have tried just buying a whole crap-ton of healthy foods with the game plan to just wing it. In my experience, none of it works.

What I mean by that is one approach does not work every single week without fail. I have had to step away from a fixed approach to food prep and embrace a more fluid approach.

Download the Nutrition Planner Worksheet and follow along to food prep for a swole week.

1. Mark off the time you already have obligations. Think of the "must dos" like work, family care, etc. Be honest here! Don't choose watching The Amazing Race over something that can get you to your best self.

2. Identify a one-hour block of time to do your large shopping trip, and then two twenty-minute blocks of time for quick trips to replenish and fill in.

3. Block off your workouts. Block the fifteen minutes before and after for warm up and cool down time, as well.

4. Identify a one-hour block of time to prep your main items (throw chicken in the slow cooker, chop veggies, mix batter for Banana nonPancakes, prep salad base). Then, identify three to four twenty-minute blocks of time to prep for the following days (put leftovers in to containers, cut any veggies & fruit that you just bought, prep the following day's breakfast).

Download the Example Shopping Guide and follow along to see how I prepare meals.

1. Start with your protein choice. When you have a goal to build lean muscle, you have to prioritize protein. You should get between 0.9 and 1.1 grams of protein per kilogram of body weight each day. Do the math, then look back at what you have consumed over past few days. Are you close? If not, start tracking this at each meal. Remember, you need to get at least 20g in that hour immediately following your training session.

2. Add your veggies. Have at least two heaping handfuls of whatever veggie you have chosen for the meal.

3. Top with fruit or grains. Prioritize a 3:1 veggie-to-fruit ratio. Once you've filled your plate with your two heaping handfuls of veggies, use that 3:1 ratio as your guide for what portion of fruit you need.

4. Factor in fat. Good clean fat sources are vital for a swole body. But even the cleanest fat source can be easily overeaten. Pop quiz: how many almonds are considered a serving? The answer is twelve to fifteen. If you consistently consume more than that, you might be overdoing it. Fat should be

25-30% of your overall daily intake. If you don't know your fat intake, using an app like MyFitnessPal will give you a glimpse.

5. Sit and enjoy. No, I'm not being sarcastic. Sitting down to taste and enjoy your food is a daily habit I cannot stress enough. Getting into this habit forces you to be more aware of your portion size, your likes and dislikes, and even your own hunger cues. Take time to enjoy your meal and prepare to be amazed at how this habit can transform your relationship with food.

These resources and habits will have a huge impact on your ability to build the body you want. Meal planning and food prep is both an art and a science, and requires an honest look at what you are willing to do to get the results you want.

Week 3: Getting Over the Hump

Hangry: (adjective)

A state of anger and irritability resulting from being hungry.

The mid-point of the Swole Sisters program can be a little brutal. It takes 21 days to create a habit and you are rounding out those days right now. The process of forming new nutritional habits can induce cravings, symptoms much like detox, and the occasional occurrence of *hangriness*.

When the weight gets heavy in a lift, you rely on technique to get you through it, right? The same principle applies to your nutrition habits. Technique comes in the form of creating daily habits and reinforcements aligned with your goals.

Check back in on the basics. How's your hydration? How are you managing the magic window? Is the quality of your food still in check?

Let technique start taking over and rely on the habits you've created.

Need an easy dinner idea? Check out this slow cooker [Moroccan Beef recipe](#). Your whole house will smell amazing and it's chock full of good carbs and protein.

Week 4: The Fruits of Your Labor

This is the best week of the whole program. You will see a tangible and real result in the next seven days. I'm assuming you have been dialed in to your daily nutrition habits and you got through week three without punching anyone. Or maybe you did punch someone. No judgment either way.

There is a whole movement starting that runs counterculture to what you see in magazines and on TV. She's the confident girl. Not perfect by any stretch, but so in love with her contributions to this world that her imperfections are celebrated right along with her accomplishments. This is the Swole Movement, and you are part of it.

So go post your pics to Instagram #swolesisters! Show us your best. We want to see you having fun with this, food prepping, and enjoying your new found swoledom.

While you are out there posting away, check out this power lunch - [kale salad with bacon and veggies](#). So easy, and you can have this as a meal or as a side to your favorite protein.