

# BODY BY

# BUEHLER

## Easy Eats Guide

For self guided, knowledge based, wholesome nutrition



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# Meet Carly

Hey there, Carly here. I'm the founder of Body By Buehler, an online training platform for both nutrition and fitness. Body By Buehler is a brand that came about from inspiration from former clients. We needed a way to keep in touch when I moved 1,000 miles away so I began sending them workouts via email, and things just kind of catapulted from there. Since inception in October, 2017, Body By Buehler has grown tremendously and my programs have expanded from just fitness to nutrition help too!

The common thing I'm realizing with all nutrition clients, or even nutrition based questions, is that some people have just be led wrong in the past. Meaning that they have been given false information, have gotten their information from someone who may have been very one-sided or from someone who approached everyone as a "one size fits all". There's so much about diet in the news now a day, how do we know what to believe? Better off how do we know what is right for us, and how can we balance that with simply living and enjoying our life?

*Easy Eats is here to help you find that balance. It is equipped with all of the basic tools you need to educate yourself going forward. No crazy diet talks here. You will be able to figure out how to live well and eat well, and have them go hand in hand*

## Carly's Background:

### Experience:

- Personal Training since early 2013
- Instructing Group Exercise since early 2014.

### Background:

- BS in Exercise Science,
- BS in Health Promotion

### Certifications:

- ACE certified Personal Trainer
- Currently working on: Fitness Nutrition Specialist Program

### Specialties:

- Calculating the appropriate calorie consumptions
- Balance through nutrition
- Fat loss through strength training
- High Intensity Interval Training
- Programming for females



# Macronutrients

***Your body can't live without them.***

Macros stands for Macronutrients, it's just a shortened version of it!  
There are 3 macronutrients that our bodies need to survive and thrive.  
Going without even just one of these can wreak havoc on the body.  
The 3 macronutrients, which you have probably heard of are:

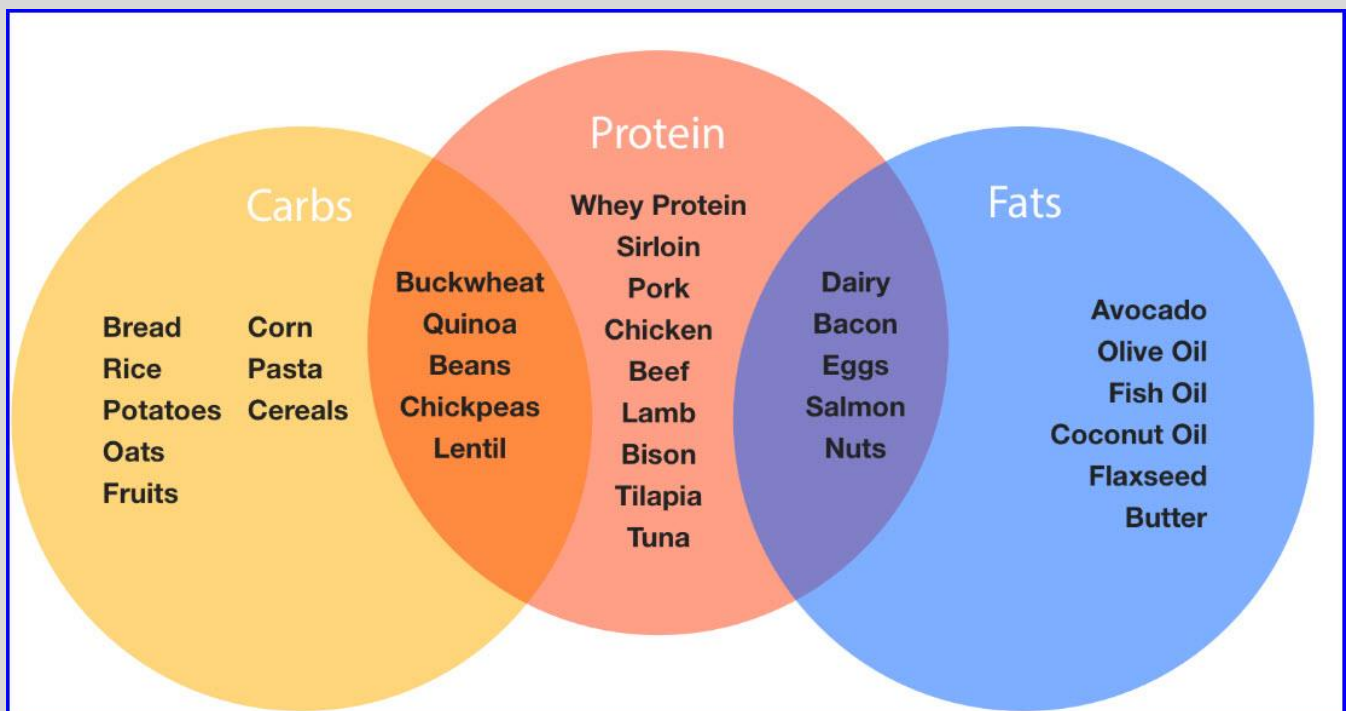
## Carbohydrates - Proteins - Fats

According to the Dietary Guidelines for Americans, there are ranges that we should be intaking of each macronutrient. The recommended intake of each of the three macronutrients are:

- **Carbs**: 45-65% of total calories
  - Carbs contain 4 calories per gram
- **Protein**: 15-20% of total calories
  - Proteins contain 4 calories per gram
- **Fat**: 20-35% of total calories
  - Fats contain 9 calories per gram



## A few examples of each nutrient



# Eating Healthy at Restaurants

## Do you know...

The average restaurant entrée is 1500 calories. That's 75% of the *average* recommendation of 2,000 calories per day!

It's no secret that over the years Americans have been turning to not only fast food, but also sit down restaurants more frequently for their meals. It's easy and also allows us with a social experience. But eating out isn't something we should fear when eating healthy, we just need to know how to be smart about it.

## Where are the calories hiding?

Most restaurants cook a majority of their food in either butter or oil, and those calories can add up. But that's not the only place they hide. Many restaurant dishes could be lower in calorie if the portion sizes were correct.

## Do you know...



Most restaurant dishes are 2-3X the recommended serving size (set by the Dietary Guidelines For Americans)

## Here's what you can do the next time you're out to eat

- **Skip the appetizer.** Appetizer calories average around 800 calories. Add that up with your entrée and you are over your calorie limit for the day
- **If you insist on an appetizer,** know how to choose the healthier options. Think “non-fried” and “less-grease” when looking at the menu. Hummus platter over fried pickles, chip and salsa over spinach and artichoke dip, just to name a few examples.
- **Split the entrée** with someone, or split it with yourself- save half for later!
- **Ask for a to go box when your food comes.** That way you can save half of it for later and not be tempted to eat it. Remember, your eyes are usually bigger than your stomach when eating out!
- **Ask for all dressings and condiments on the side.** You'll be surprised by how much of it you don't actually use when serving it up yourself. Even just 1 TBSP of restaurant ranch has 75 calories. Most restaurants would serve you up 2 TBSP and you don't even need it!
- **Ask for grilled instead of breaded.** Most restaurants can easily do this. They can grill chicken and pork for your sandwich instead of breading it and dipping it in grease. Even boneless chicken wings can sometimes be grilled instead.
- **Skip the soda.** Order a water, or unsweetened tea instead.



# Eating Healthy While Traveling

Weather it's in a car, on a plane, or on a week long vacation, there are ways to stay on track and choose healthy options while traveling!

## Getting there

*The road trip or the flight*



### **The easy choices:**

- Fast food
- Large bags of chips/ trail mix/ etc
- Sodas / juices /coffee
- Eating while driving or walking to your airport gate

### **The Better Choices:**

- Pre-packed food
- Pre-portioned bags of homemade trail mix or fruit
- Water / low cal sports drinks / low cal coffee
- Budgeting 10 extra minutes to sit down and eat
- Finding the healthy options on fast food menus

- Fast food joints are conveniently located near the gas stations or in the airport for a reason, because they know that people are probably in a rush and need a quick fix to settle their growling stomach. You want a McDonald's BigMac? 563 calories for just the sandwich. How about a taco bell salad, because you're trying to choose a healthy option? 740 calories.
- You grab a large bag of potato chips for your drive, and before you know it you've just eaten the whole bag. That's 8 servings and about 1,280 calories. That's called boredom eating my friends
- It's easy to say yes to the free soda on a flight or to want one of those delicious fountain sodas, but be mindful that there are many other options in the store, or even on the flight, that are low calorie!
- Do you know that eating more slowly and being mindful of your meals is better for you? It prevents you from over stuffing yourself out of being absent minded. Have you ever eaten while in a rush and finally sat down to collect yourself and feel stuffed? Yeah, you just ate more than you would have if you were being mindful.

### ***Let's spot the healthy choices***

1. The easiest, fail-proof option: pack your food! I'm talking bagged fruit and veggies, almonds, string cheese, homemade sandwiches, nutrition bars, etc.
2. If trail mix is your thing, then make it yourself! That way you have ingredients that you like and aren't throwing away the few pieces you don't like, and you also can control the nutritional content.
3. I've said it before and will say it again, opt for the water! When at gas stations, look for the low cal sports drinks such as Propel or Powerade Zero. Both hydrating and low calorie. If opting for coffee, skip the creamer. If you're at a gas station and you don't have the convenience of asking for milk as creamer like you would at a Starbucks for example, then walk on over to the fridge and buy a mini milk yourself!
4. What did you really gain by eating in the car instead of sitting down for 10 minutes? Not much likely. By sitting down not only are you being a more safe driver, but also are helping your gut out by not over eating.
5. If fast food is your only option, know how to spot the healthy choices. This refers back to eating healthy at restaurants, but here are a few examples:
  - **McDonalds:** Artisan grilled chicken sandwich: 340 calories. Better yet, skip the bun
  - **Chik-Fil-A:** grilled nuggets: 210 calories
  - **Taco Bell:** Spicy tostada: 210 calories
  - **Subwav:** Veggie delight (no cheese): 230 calories

# Alcohol

So you're trying to get healthy and eat better, right? That means you've got to eliminate alcohol all together or else you are failing yourself, right? Wrong. There are ways that you can include alcohol into your routine without totally sabotaging yourself. It all just comes down to

## BALANCE.



As we know, there are 3 macronutrients; carb, proteins, and fats. Each of the 3 serve a specific role in the body. In addition, each of the 3 carry their own weight in calories.

Alcohol is not one of these 3, but there is a way that we can 'fit' it in to be, if you are tracking macros that is *(tracking macros, what's that. See Body By Buehler 4-week guide to learn how!)*

An option that you have for fitting alcohol into your macros is to use it as one of the 3 main macros. But how?

Carbs= 4 calories per gram  
Protein= 4 calories per gram  
Fat= 9 calories per gram  
Alcohol = 7 calories per gram

Find a beverage and look it up on google. Let's say that you find a beer that is 100 calories, and in your macros for the day you want to use it as a carb. You would take  $100 / 4 = 25\text{g carb}$ . If you want to use it as a fat you would take  $100 / 9 = 11.1\text{g fat}$

## Tips for while you're consuming alcohol

- You've probably heard this before, but it's true and also important. Alternate your alcoholic beverage with water. This will not make your level of drunkenness any lesser, it will just keep you more hydrated and prevent a nasty hangover the next day
- Stay away from added sugar. I know, another bummer because those sugary and fruity cocktails are the best! Not only is added sugar not good for you, all of that sugar will indeed give you a nasty hangover the following day.
- Be mindful of calorie consumption. Yes, I am encouraging you to enjoy yourself, but it doesn't have to come with such a hefty price tag. Be conscious of lower calorie drinks and slow your rate of consumption

## Low Cal Drink Options

- |                                      |   |
|--------------------------------------|---|
| • Corona Premier: 90 cals/ 2.6g carb | • Gin: 73 calories                            |
| • Michelob Ultra: 95 cals/ 2.6g carb | • Diet cranberry juice mixer: 5 cals          |
| • Blue Chair Bay Rum: 75-96 cals     | • Diet pop mixer: 0 cals                      |
| • Vodka: 75 calories                 | • Water + calorie free water enhancer: 0 cals |
| • Tequila: 64 calories               |   |

## Tips for the day after

- Have food options on hand that will not only cure any small bit of hangover you may have, but will also not break your calorie bank for the day. It is common for people to want to grab anything greasy to eat, but don't underestimate the power of a good egg sandwich, or omelet, or regular toast.
- Hydrate as soon as you wake up. Better yet, start hydrating the night before. You have just severely dehydrated yourself, so that water needs to get to work as soon as possible. Reach for water or zero calorie sports drinks.
- Move! Get up and do something. Moving around and getting some fresh

Carly's Homemade Margarita  
102 calories /6g carb

\*Compared to restaurants at 300+ cals

- 2 oz Sauza Gold Tequila + 2 oz Trop  
50 OJ + 2 oz Rose's Sweet Lime Juice



# Health and Fitness Apps

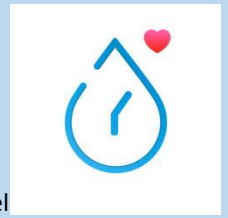
## MyFitnessPal:

- Calorie and macronutrient tracking
- Daily calorie goal
- Nutrient dashboard
- Input exercise and weight
- Track your water
- Get reminders



## Drink Water:

- Water reminder app
- Daily water intake calculator
- Add alert times
- Automatic bed time mode
- Graphic display of hydration level



## Sweat (By Kayla Itsines):

- HIIT training
- Short workouts
- Nutrition coaching
- Post progress pictures
- 300 pages of education



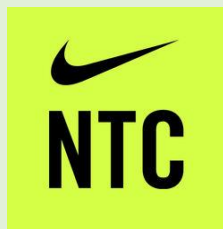
## Headspace:

- Reframe stress
- Guided meditation
- Mindfulness techniques
- Bring wellness and balance to your day



## Nike Train Club (NTC):

- 100+ workouts
- Instructional video
- Personalized plans
- Adaptive plans
- Access to Nike Master Trainers



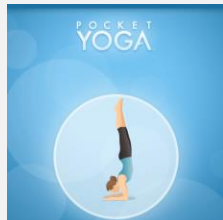
## Lifesum:

- Personal diet plan
- Food and calorie tracker
- Healthy recipes
- Tips and reminders to stay on track



## Pocket Yoga:

- Full yoga classes
- Practice anywhere
- Air play on your TV
- Comprehensive pose dictionary



## MyPossible Self (app and website):

- Recognize patterns in behavior
- Self-help modules
- Tackle stress, anxiety, etc
- Deal with major life changes
- Use moments function to monitor feelings



## Fooducate

- Meal and nutrient tracker
- 250,000 product barcodes
- Nutrition grading scale
- Free weight loss tips



## Sleep Cycle:

- Rated best smart alarm clock
- Tracks your sleep cycle
- Wakes you up in light sleep
- Uses sound analysis sleep tracking
- Provides detailed sleep stats



## You Ate:

- Food accountability through pictures
- Review your habits
- Mark your food as on track or off track
- Available on iPhone's only



## Meal Logger:

- Nutrition network app
- Journal meals through pictures
- Nutrient goals
- Pie chart to visualize efforts
- Connect with friends



# Recipes

## Carly's Specialties

### Guacamole

- 2 avocados, pitted
- 1/2 tomato, cut into small chunks
- 1/3 red onion, cut into small chunks
- ½ tablespoon cilantro, cut
- 2-3 teaspoon lime juice (more or less to taste)
- 1-2 teaspoon sea salt (or just eye ball to taste)
- Pepper to taste
  - Mix all together and serve with Pita chips, homemade sweet potato chips, on a rice cake, etc!



### Protein 'Iced Pudding'

- 1 scoop whey protein. (Recommended proteins): Quest Nutrition (\$\$), 1st phorm (\$\$\$), PEScience (\$\$), or Optimum nutrition (\$\$)
- ½ mini package of sugar free pudding mix (I used SF chocolate or chocolate fudge)
- 8 ounces almond milk
- 8-10 ice cubes
  - Blend all in a blender for 2 minutes and serve!

### Summer Chili

Mix all of the following ingredients in a slower cooker and cooker for 4 hours on high or 8 hours on low:

- 1.5 lbs chicken
- 1 can black beans, drained
- 1 can pinto beans, drained
- 1 can corn, drained
- 1 can fire roasted tomatoes
- 1 small can diced green chilis
- 3 TBSP tomato paste
- 1 cup water
- 1 TBSP cumin
- 1 TBSP coriander
- 1 TBSP oregano
- 1 TBSP chili powder
- Salt and pepper to taste

### Energy Bites

- 2 cups quick oats
- 4 TBSP peanut butter
- 4 TBSP PB2 (powdered peanut butter) mixed with 2 scoops protein powder of choice – mix with a splash of water at a time until a smooth but sticky consistency (only about ½ -1/3 cup water TOTAL, but don't put it all in at a time!)
- ¼ cup coconut flakes
- 2-3 TBSP honey
- 32 Ghiradelli dark chocolate 60% cocoa chips (32 chips = 2 servings)
  - Mix all together into individuals balls (makes 20-22 80 cals /3g fat /9g carb / 4g protein /3g sugar)



### Coconut Chicken with Orange Sauce

- 1.5 lb chicken breast
- 1 cup sweetened shredded coconut
- ¼ cup Panko bread crumbs
- ½ cup whole wheat flour
- ½ teaspoon black pepper
- 2 large eggs
- ½ cup coconut oil

#### Spicy Honey Orange Sauce

- ½ cup orange preserves/ marmalade
- ¼ cup honey
- 3 TBSP Dijon mustard
- 1 tsp crushed red pepper flakes
- Salt to taste

#### To make:

- Cut chicken into tenders, lengthwise
- Preheat oven to 400 and line a large baking sheet with parchment paper and set aside
- Pulse coconut in a food processor. Mix it with Panko in a medium bowl. Set aside.
- In a second medium bowl, whisk flour, salt and pepper
- In a third bowl, whisk eggs together
- Heat the coconut oil in a large skillet over medium high heat
- Coat each chicken stirp in flour, shake off excess. Then dip in egg and then generally roll in coconut mixture
- Fry 2 minutes per side and bake for 6-10 minutes until chicken is completely cooked
- For the sauce: mix all ingredients together





# Recipes, cont.

## Crockpot shredded buffalo chicken

Place all of the following in a crockpot and cook on high for 4 hours or low for 6

- 4 chicken breasts
- 1 cup no fat / low sodium chicken broth
- 3 stalks celery, cut up
- 2/3 bottle Frank Red Hot Buffalo sauce OR Sweet Baby Ray's wing sauce

## Spicy Chicken Sweet Potato Bowls

Ingredients

- 2 lbs chicken breasts, cut into small pieces
- 3 TBSP spicy seasoning mix
- 1-2 TBSP olive oil
- 3 medium sweet potatoes, peeled and diced
- 5-6 cups broccoli florets
- Sea salt and pepper to taste
- Avocado, hummus, and lime juice to top



To make:

- Preheat oven to 425 degrees. Toss chicken with the spice and a dash of olive oil. Store in fridge until needed
- Chop your potatoes if not done already
- Arrange broccoli and potatoes on their own separate sheet pans. Drizzle with olive oil and sprinkle with salt
- Arrange chicken on its own sheet pan
- Bake all sheet pans 12-15 min. Remove broccoli and chicken from oven and stir the sweet potatoes and cook for 15 more minutes
- Serve all up on a plate or divide for meal prep!

## Crockpot Breakfast Casserole

- 1 dozen eggs
- 1 cup milk
- 2 lbs hash brown potatoes (frozen)
- 1 lb turkey bacon. Cooked and cut
- ½ cup onions- diced
- 3 cups cheddar cheese
- ¼ tsp dry mustard
- ¼ teaspoon garlic powder
- 1 tsp salt and pepper



To make:

- Beat 12 eggs until blended then mix in milk, garlic powder, mustard, salt and pepper
- Layer potatoes in the bottom of the pot and sprinkle 1/3 of the onions
- Then layer 1/3 of the bacon and top with 1 cup cheese
- Repeat this layering 2 more times
- Lastly pour the egg mixture over the layers
- Cook for 8 hours on low

## Summer Succotash

Grill the following (in any amount of bulk you desire!)

- Corn on the cob
- Red peppers
- Red onions

Then:

- Remove and cut corn from the cob
- Cut up peppers and onions into 1 in. squares
- Set all of the above aside in a large pan

Finally add the following prepared items to the large pan:

- Edamame and cherry tomatoes that have been sautéed together
- Chopped green onions
- Squeeze lime juice over top
- Top with feta

Mix all together and enjoy!

## Vegetarian Burritos

Ingredients

- 1 head cauliflower cut into small florets
- 1 TBSP olive oil
- ½ red onion chopped
- 1 bell pepper chopped
- ½ cup taco seasoning
- 12 large tortillas
- 19 oz can black beans drained and rinsed
- 4 cups shredded cheese
- 16 oz jar salsa



To make:

- Rice your cauliflower using a box grater OR pulse cauliflower in food processor
- Heat oil in a large pan and cook onions and pepper, roughly 5 min
- Add cauliflower rice and taco seasoning a cook for 2-3 more minutes, stirring continuously
- Once rice is done cooking (soft but not mushy) remove from heat and cool completely

Assemble burritos as you wish!

## 5 ingredient protein bars

- ½ cup milk
- 1 cup natural chunky peanut butter
- 2 TBSP honey
- 1 ¼ cup vanilla whey protein powder
- 2 cups old fashioned rolled oats



To make:

- In a heavy pot, combine milk, PB, and honey over low heat. Stir until combined and add protein and oats.
- Lightly grease an 8X8 pan and press mixture evenly into pan. Allow to cool and cut to enjoy!

# Tips, Tricks and More

## Don't underestimate Water!

Your goal should be to drink half your weight in ounces of water each day. But why?

- Increases brain power
- Promotes healthy weight management
- Flushes out toxins
- Improves complexion
- Boosts immune system
- Prevents headaches

Tips to make sure you are drinking MORE:

- Download an app to remind you!
- Get a water bottle and dedicate that to your "water only" bottle and always have it on hand ready to drink
- Every time you get up to go to the bathroom, take your bottle with you to refill along the way

## Daily Nutrition Nibble: *Nutrition to help Boost Brain Power*

Feeling a little forgetful? Suffering from a foggy brain? Perhaps it is time to take a look at your diet! Studies have shown that the foods we eat can directly impact the way we think and feel. Nutrients like omega 3 fatty acids, lycopene, iron, and choline have been shown to help improve memory and brain function. Stay mentally alert by eating these nutrient-dense, brain-boosting foods:

- ❖ Walnuts
- ❖ Spirulina
- ❖ Tomatoes
- ❖ Blueberries
- ❖ Pumpkin seeds
- ❖ Broccoli
- ❖ Sage
- ❖ Turmeric
- ❖ Coconut oil
- ❖ Cauliflower
- ❖ Spinach



## TRY small MEALS

6-8



smaller meals throughout the day can help **manage symptoms** like nausea and weight loss, and are **easier to manage** with a lack of appetite.

## Are you hungry or bored?

Next time you're feeling hungry, and it is not time to eat yet. Drink some water and wait 10 minutes. Chances are you won't be hungry anymore. If the hunger has passed, you weren't hungry in the first place! If it's still there, then grab a little snack, because you ARE hungry!

## Develop a healthy relationship with food

Instead of thinking of food as "good or bad" look at it as wholesome and fueling or not. When we call food 'bad' we put ourselves down for eating that food. Instead, just focus on the wholesome food and if you find yourself eating something lower on the nutrient scale, that's okay! Enjoy it and move on!

## Multi Grain is NOT Whole Grain.

This is a common mistake that I see, and I've done it before too. Choosing multi grain thinking that because of those words 'multi grain' that it is infinitely better than traditional white.

What we need to be reaching for are whole grains, but why?

Whole grain foods contain nutrients, fiber, and healthy plant compounds found naturally in grain. They also still contain all parts of the grain, which means it has maximum nutritional value still.

Multi grain on the other hand may not have all parts of the grain and therefore, not all nutrients. Multi grain simply means there are multiple different grains in the bread, but likely each of those grains have been broken down and ridded of their nutritional value. It's just a fancy play on words to get you to buy something that you think strikes the same nutritional value, but likely doesn't.

## SUGARS.

No matter how you spell it, sugar is sugar, and so are all of these:

- |                          |              |               |
|--------------------------|--------------|---------------|
| -White sugar             | -Honey       | -Raw sugar    |
| -Anhydrous dextrose      | -Brown sugar | -Sucrose      |
| -Confectioner's sugar    | -Dextrin     | -Cane juice   |
| -Granulated sugar        | -Fructose    | -Glucose      |
| -Crystal dextrose        | -HFCS        | -Fruit nectar |
| -Liquid dextrose         | -Lactose     | -Maple syrup  |
| -Sugar can juice         | -Maltose     |               |
| -Pancake syrup           | -Molasses    |               |
| -Fruit juice concentrate | -Nectar      |               |

Know how to spot a sugar the next time you're reading a food label!

# THANK YOU

Thank you for being here, I hope you got something out of *Easy Eats*. And remember, it's a journey- enjoy it! Take your time to experiment with new food, give yourself time to make progress. It will happen, but only with consistency and discipline



If, after reading this, you are ready to take the next step, then get in contact with me! Personalized nutrition [and fitness] programs are available through Body By Buehler.

Email: [bodybybuehler@gmail.com](mailto:bodybybuehler@gmail.com)

Instagram: [bodybybuehler](https://www.instagram.com/bodybybuehler)

Facebook: [Body By Buehler](https://www.facebook.com/bodybybuehler)



In health,  
Carly

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