

FUELING YOUR BODY AS A BUSY MOM

Presented by:

SONSHINE NUTRITION

SONSHINE NUTRITION

A holistic nutrition practice... but my dream is to help women reconnect to each other, to the earth and to their Creator.

If you have any questions or concerns about your nutrition or your child's, please feel free to reach out:

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HOW DO YOU FUEL YOUR BODY AS A BUSY MOM?

This is so important! Your kids will feel lighter if you feel Strong! So let's focus on you for a moment.

Don't worry about what your kids will eat for now...

Lets lead by example ok?!!



CALORIES & MACRO-NUTRIENTS

Unit of measure to express the energy value of food.

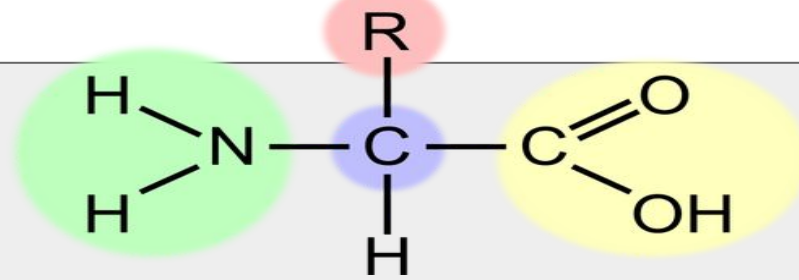
1 gram of protein contains 4 calories.

1 gram of carbs contains 4 calories.

1 gram of fat contains 9 calories.

But we will not count calories today. Although counting calories has its purpose and place. This is not the focus today. We will focus on our protein needs to build muscle, burn more fat and feel fabulous! Are you in?!!!!

PROTEINS



Proteins are made of organic molecules called **amino acids**. They are the building blocks of our human bodies.

There are 20 amino acids that are the building blocks of our tissues and out of these **9 are essential**, meaning we **MUST GET THEM FROM FOOD!!!** The others we produce as long as we are consuming enough of the essential ones.

THE ROLE OF PROTEINS

Bone Matrix

Muscles

Neurotransmitters

Hormones

Enzymes

Hemoglobin





HOW MUCH DO I NEED?

Your weight in KG =
Grams of protein per
DAY.

I am 63kg, so I need
63g as a base. Which
means 21g per meal.
THAT IS A MINIMUM.

WHERE DO I FIND THEM?

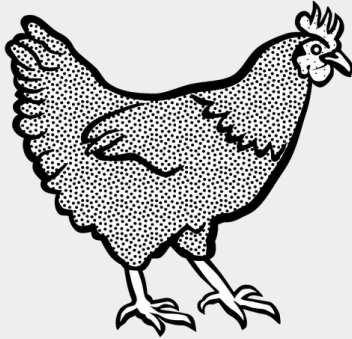
COMPLETE (9 essential amino acids)

Meat

Fish

Eggs

Dairy



INCOMPLETE (some essential amino acids)

Whole Grain + Bean

Whole Grain + Nut

Bean + Nut



Seeds are also a great source of plant protein.

*Mushrooms, Quinoa, Chia, Hemp, Pumpkin seeds, Buckwheat, Spirulina, Soy.

WHERE DO I GET MY BREAKFAST PROTEIN?

Let's aim for a minimum of 20g at Breakfast. It can be the hardest meal to cover but it is the most important!!!

1 Cup Greek Yogurt
(add a scoop of protein powder)



FOCUS ON SAVORY (IT WILL HELP YOU GET OFF THE ROLLERCOASTER)

One egg has 5-6g of protein, so most of us need at least 3, unless we are using some ham and cheese along side the omelette.

3 egg veggie omelette



FOCUS ON SAVORY (IT WILL HELP YOU GET OFF THE ROLLERCOASTER)

Salmon has 22g of protein for 100g serving.

Quinoa and Salmon Bowl



FOCUS ON SAVORY (IT WILL HELP YOU GET OFF THE ROLLERCOASTER)

Beans & Tofu have 15-20g protein per CUP.

Tofu scramble with tomato, spinach and feta.



FOCUS ON SAVORY (IT WILL HELP YOU GET OFF THE ROLLERCOASTER)

Beans & Tofu have 15-20g protein per CUP.



Baked Beans & A Slice
of Sourdough ancient
grain bread.

MACRO-BALANCED SNACKS



Veggies & dip

Seed Crackers & Hummus

Almond Crackers & cheese

Greek yogurt & fruits

Cold Cuts & veggies

Chia Pudding

Rice cake & avocado

Banana bread & Nut butter

Dark chocolate covered almonds

GET YOUR FREE BREAKFAST MENUS!



THANK YOU! AND I
LOOK FORWARD TO
SERVING YOU ON
YOUR HEALTH
JOURNEY.

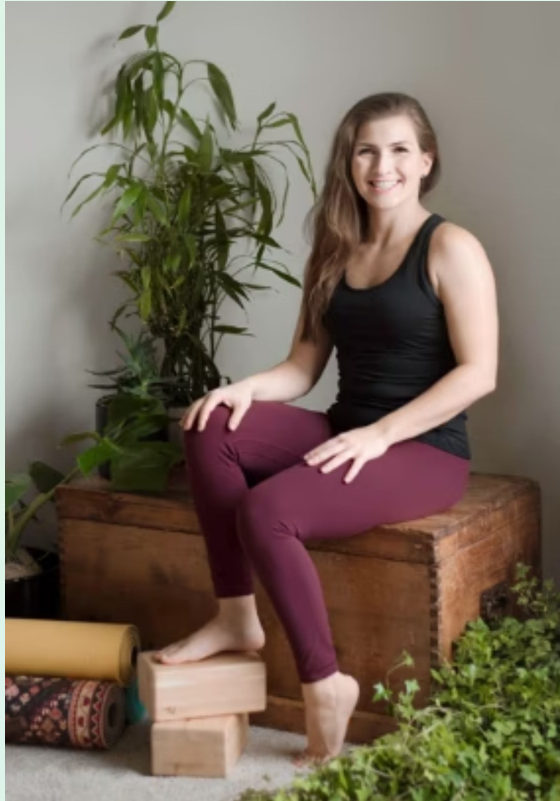


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Shaping Your Body as a Busy Mom

Presented by: Alexandra Iori, Owner Simply Yoga Rockland

Alex Iori



- 4 Kids
- 3 Jobs (Insurance, Yoga Studio Owner and teacher, & CrossFit Instructor)
- 2 Pets
- 1 Husband that travels for work
- 0 Family Members that live within 2.5 hours from me

If you have any questions after the presentation please reach out alex@simplyyogarockland.ca

Nutrition + Movement = Happy Mom

Even with a healthy diet, moving your body and working out is essential because nutrition alone can't provide all the benefits that physical activity brings.

Cardiovascular Health

heart and lungs, improving circulation and oxygen

Muscle and Bone Health

movement stimulates growth and strength

Metabolism and Weight Management

expenditure, boosts metabolism, and helps regulate blood sugar and insulin sensitivity

Longevity and resilience

reduces diabetes, heart disease, and osteoporosis

Choose a Goal

The goal needs to be measurable and time specific

Write a note in your phone NOW!



Shape Goals...

Healthy

Fitness

Athletic

Toned

Healthy

- ☐ Move your body most days with a mix of walking, mobility, swimming, and light strength work.
- ☐ sleep 7–9 hours and manage stress consistently.
- ☐ Eat balanced meals with mostly whole foods and enough protein.
- ☐ Maintain habits you can sustain long term.



Fitness

Strength-train 2–3 times per week to build functional muscle.

Add moderate cardio (intervals vs steady state) 1–2 times weekly.

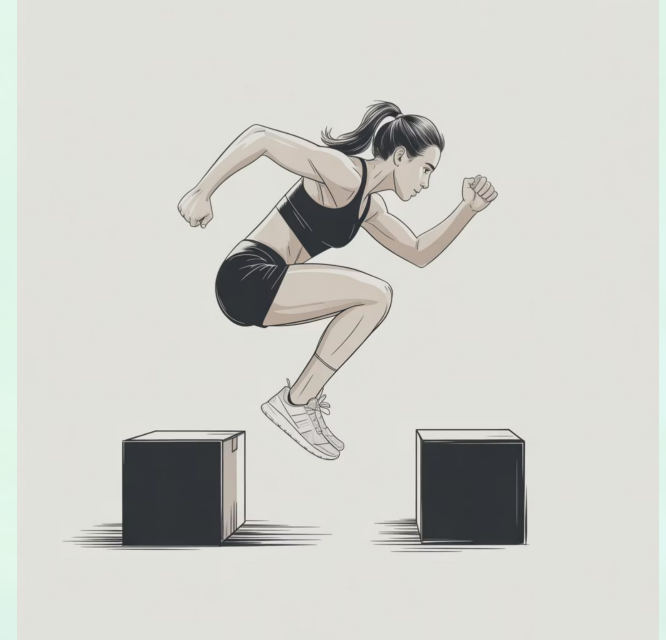
Prioritize protein at every meal and hydrate well.

Progress gradually with weights, reps, or intensity.



Athletic

- Train 4–5 days per week with strength, power, and conditioning.
- Incorporate skill-based or sport-style movements (jumps, agility, core stability).
- Follow structured programming with planned progressions.
- Fuel performance: higher protein, carbs around training, consistent recovery.



****Toned = Muscle Building****

Strength-train 3-4 days per week with progressive overload and targeted hypertrophy work.

Eat in a slight calorie surplus with high protein.

Prioritize heavier lifts plus accessory training to shape specific muscles.

Emphasize sleep, recovery, and consistent training cycles.

Barbell Babe vs Cardio Bunny

It's better to build muscle

Strength, longevity, and a faster metabolism

Intense cardio spikes stress, drains energy, and wastes muscle.

Strength training gives women healthier hormones, better body composition, and long-term power.



Let's Review the Basics



Posture

seated and standing



Squat



Deadlift



Push-ups

Questions?

Feel free to reach out with any further questions!

alex@simplyyogarockland.ca