

Eat Better & Meal Prep on a Limited Budget



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Table of Contents

Building a Healthy Kitchen	3
• Start with a Clean Slate	4
• Get the Right Cookware and Storage	4
• What to Buy and How to Store It	5
Essential Kitchen Staples for Healthy Meals	8
• What Should a Healthy Meal Include?	9
• 14 Staples to Always Have on Hand	9
• Pantry Staples to Always Have on Hand for Healthy Meals	10
• Healthy Refrigerator and Freezer Staples	11
Healthy Meal Prep on a Limited Budget	13
• How Meal Planning Leads to Saved Cash	14
• Is Healthy Meal Prep Possible with Limited Monies?	14
• 5 Steps to Budget Meal Planning	15
• Additional Tips for Mastering Meal Prep on a Budget	16
• Nutrient-Packed Meal Prep Ideas for a Budget Meal Plan	16
Why Pursue a Nutrition Certification?	18
• What Sets a Fitness Nutritionist Apart?	19
• A Deep Understanding of Nutrition	20
• Learn Nutrition at Your Own Pace	20

Building a Healthy Kitchen



A well-balanced fitness program should include a nutritional strategy to support activity and recovery. Most clients cite “lack of time” as an obstacle to reaching fitness goals. The goal of a kitchen makeover is to make healthy food more accessible and enticing by getting rid of what is unhealthy, organizing the kitchen, and stocking up on healthier ingredients. Start supporting better eating habits by creating a healthy kitchen environment that includes nutritious foods that are also convenient.

Start with a Clean Slate

The most successful kitchen makeovers begin with getting rid of unhealthy foods; namely, those calorie-dense, nutrient-deficient, high-fat snack foods that only serve to calm emotions, not improve health. Food that comes from the middle of the store, with a few exceptions, should take up very little space in the pantry.

Use these guidelines to clear the pantry, refrigerator, and freezer shelves:

- **Skip it:** Potato chips, dips, crackers, cookies, candies, boxed meals, colorful cereal, fruit cups, soda, fruit juice, salad dressing.
- **Be selective:** Whole grain crackers, whole grain bread, canned beans, canned vegetables, dried fruit.
- **Keep it:** Olive oil, coconut oil, avocado oil, seasoning blends and spices, whole grains (quinoa, brown rice, oats, whole grain flour, vinegar, dried beans, lentils, nuts, nut butters—natural, unsweetened)

Next, clean and organize the fridge, freezer, and pantry. Look for expiration dates and throw out old food and condiments.

Get the Right Cookware and Storage

Support healthy eating habits by making meal prep easier. Although a gourmet kitchen is not necessary, certain cookware, dishes, and utensils make it more convenient and less time-consuming. Again, dinner won't be drive-thru if there are fast, healthy options waiting at home.

First, declutter the drawers and cabinets and take an inventory. Compare with the list below:

- Large and small mixing bowls
- Glass casserole dishes
- Baking sheets
- Roasting pans
- Large skillet
- Sauce pots
- Dutch oven
- Peeler
- Grater
- Sharp knives
- Cutting boards – use separate boards for meat, fish, fruits and vegetables, and cheese
- Spatulas

Keep mixing bowls, spoons, and measuring cups together. Organize baking sheets, roasting pans, and casserole dishes together. Keep pots, pans, and lids in a cupboard near the stove.

Keep cutting boards and knives close to the prep area. Organize food storage containers here too, to make meal prep faster.

Use canisters for bulk grains like rice, oats, and flour. Store dried herbs and spices away from the stovetop and out of direct sunlight. A tiered spice shelf will keep dried herbs and spices organized and in clear view.

What to Buy and How to Store It

Now that the kitchen is clean and organized, it's time to stock up on the good stuff.

Stock up on Healthy, Whole Foods

Choose whole foods, rather than processed. Food from the center aisles of the store is modified with chemical preservatives, fillers, and colors to have a long shelf life.

Junk food generally has more than five ingredients and includes ingredients only scientists can pronounce. Healthy food typically has one ingredient—the food itself.

When it comes to fresh fruits and vegetables, experts recommend eating 5-13 servings per day. The best part? Whole foods, like fruits and vegetables are the ultimate fast food—just pick it up and take a bite.

Fresh produce won't last as long as a jar of processed queso dip, but some fresh foods can hang out in the refrigerator for quite a while. Check out our downloadable handout at the end of this article for a chart of fresh produce storage recommendations.

Nuts add healthy fat into the diet and can be stored at room temperature for about one month. After that, place them in an airtight container and store in the refrigerator. They'll keep in the fridge for up to six months and in the freezer for up to one year.

When it comes to spices and seasoning blends, here are a couple of general storage guidelines:

- Whole spices like cinnamon sticks, cloves, star anise, and peppercorns have a longer shelf-life than ground spices.
- Use ground spices and seasoning mixes within 6 months of opening.

Stay Hydrated

Dry skin, constipation, headaches, fatigue, and irritability are [signs of chronic dehydration](#). In addition, living in a state of dehydration may impact blood pressure, cause respiratory issues, and increase blood cholesterol.

To inspire better drinking habits, keep a pitcher of fruit water nearby. Fruit-infused water has fewer calories than soda or fruit juice. Delicious flavorings include:

- Lemon
- Grapefruit
- Cucumber and strawberry
- Orange and raspberry
- Watermelon and mint
- Pineapple, mint, and ginger

Keep the Freezer Stocked

Rather than stocking the freezer with unhealthy snack foods, leave room for nutritious foods that support a healthy diet. Purchase fresh cuts of lean meat and fatty fish. Divide them into individual portion sizes, place into freezer bags, and label each bag with the date of purchase and type of meat or fish before placing in the freezer.

Store-bought frozen fruits and vegetables are a healthier alternative to canned varieties as they are picked at the peak of ripeness and flash-frozen to maintain flavor.

A better option is to head to the farmer's market when fruits and veggies are in season and stock up. Wash, dry, and trim the fresh produce, then slice, dice, or chop the ingredients.

Vegetables should be blanched (cooked in boiling water for 1-2 minutes) before being frozen. Fruits should be ripe and the core or pit removed before freezing. Freeze using either of these methods:

- Solid pack: once fresh produce is prepared, place it in the freezer bag, label the bag, and place in the freezer.
- Loose pack: freeze fresh produce in a single layer on baking sheets. Once frozen, transfer to a freezer bag, label, and place in the freezer.

Smoothie recipes can be packaged into individual portion sizes and frozen for a quick breakfast or light dinner option. When labeling the smoothie packs, include blending instructions like what liquids, spices, or powders to add and in what amount.

Add healthy fat and a rich creamy texture to smoothies by adding an avocado to the freezer-pack.

If you're ready to dig deeper into nutrition and help clients build healthy eating habits, be sure to explore [ISSA's Nutritionist course](#).

FRESH PRODUCE STORAGE RECOMMENDATIONS

ALL ITEMS SHOULD BE STORED IN THE REFRIGERATOR UNLESS OTHERWISE NOTED.

2 DAYS

Blackberries
Watermelon 

 Countertop

 Pantry

 Whole

 Cut

3 DAYS

Alfalfa sprouts
Asparagus
Avocados
Bok choy
Cantaloupe 

Cherries
Grapes
Basil
Cilantro
Chives

Honeydew 
Kale
Oranges 
Pineapple 
Pomegranate, seeds

Radishes
Raspberries
Spinach, bunch
Strawberries
Tomatoes 

4 DAYS

Kiwis
Mangoes

Onions 
Snow peas

Sugar snap peas

5 DAYS

Apricots
Arugula, bunch
Bananas 
Red, yellow and orange bell peppers

Cantaloupe 
Clementines
Collard greens
Cucumbers
Parsley
Min

Honeydew 
Lettuce
Nectarines
Peaches
Pears
Pineapple 

Plums
Potatoes 
Scallions
Squash, summer
Zucchini

1 WEEK

Artichokes
Green bell peppers
Blueberries

Broccoli
Broccoli rabe
Brussels Sprouts
Cauliflower

Grapefruit 
Green beans
Leeks
Mushrooms

Rhubarb
Squash, winter
Tangerines
Watermelon 

2 WEEKS

Green and red cabbage
Carrots

Celery
Chili peppers, fresh

Rosemary
Thyme
Oranges

Sweet potatoes
Yams
Turnips

3+ WEEKS

Apples
Beets
Cranberries
Garlic 

Ginger
Grapefruit
Lemons
Limes

Onions 
Pomegranates 
Shallots 
Squash, winter 

Tomatillos

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Essential Kitchen Staples for Healthy Meals



Healthy eating doesn't have to be difficult or even expensive. Show your clients how easy it can be to eat well just by stocking their kitchens with nutritious staples.

It's easy to be tempted by snacks or high-calorie, high-fat meals, but when you keep the kitchen full of mostly nutritious staples, the options are limited. You are forced to choose from among healthy foods. Here's what a healthy plate looks like and how to stock your kitchen to achieve it every day.

What Should a Healthy Meal Include?

Your kitchen staples should reflect what you need to put on the plate at each meal for a healthy, well-rounded diet. But first, you need to know what a healthy meal looks like. While some people have specific dietary needs related to medical conditions, allergies, or athletic training, general guidelines suit most everyone.

Think of every meal as a plate with all the nutrients in balance. Once you have the basic pattern for a healthy plate, you can fill it in with your pantry staples:

- **Vegetables and fruits.** Half of each plate should be produce, mostly vegetables. For some meals, you may want this to be all vegetables, and reserve a piece of fruit for a snack. Choose a variety of produce and use fresh or frozen. Avoid pre-seasoned vegetables and limit the use of add-ons like butter, oil, and salt.
- **Whole grains.** Fill about a quarter of the plate with whole grains. You can also include starchy vegetables in this category, like sweet potatoes. Choose things like barley, brown rice, whole grain pasta, and whole grain bread.
- **Protein.** About one quarter of the plate should be protein. Depending on training and weight loss goals, you may want to increase the protein portion and reduce carbohydrates from vegetables and grains. But don't go overboard; balance is key. Choose lean proteins like chicken, fish, beans, and low-fat dairy.

The basic healthy plate is pretty simple. Add to it in sparing amounts healthy fats like nuts and seeds and olive oil. For seasoning, limit salt, butter, and sugar and use flavorful spices and herbs liberally. Hot sauces and pepper also add a lot of flavors without sacrificing the healthy balance.

14 Staples to Always Have on Hand

Meal planning is so important for making healthy eating easy. Without a plan, you're more likely to reach for something simple, pre-packaged, and not necessarily nutritious. By stocking the kitchen with staples, and using those to plan weekly meals, you have no excuse not to eat well.

Using only some of the following staples, a simple meal plan for a day might look like this:

- **Breakfast**– Savory oatmeal with broccoli and hardboiled eggs
- **Lunch**– Canned tuna mixed with veggies and a baked sweet potato
- **Snack**– A half cup of Greek yogurt with thawed, frozen peaches
- **Dinner**– Chili made with canned beans and tomatoes, a cooked grain like farro, and a frozen vegetable blend on the side

Snack time is a great opportunity to include more protein when you're building muscle. Here are some tips for [easy protein snacks for on the go](#).

Pantry Staples to Always Have on Hand for Healthy Meals

The pantry is easy to keep stocked because these foods have a long shelf-life. Keep the pantry full of these foods and limit snack foods to build healthy meals every day.

1. Whole Grains and Pastas

These store for years. Invest in some good plastic containers to store grains after you open a bag and they'll last even longer. Keep brown rice, farro, quinoa, whole grain pasta, oatmeal, and barley in the pantry at all times.

2. Canned Beans

Canned beans are an easy pantry staple to use. Just heat and serve or add to a dish you're cooking. Beans are high in protein, fiber, and other nutrients. Rinse them before use to reduce sodium.

3. Canned Fish

This is another easy protein source for quick meals and snacks. Choose tuna and salmon packed in water and avoid those with oil, which adds fat and calories.

4. Nut Butters

For your healthy fat fix, keep a selection of natural nut butters in the pantry. These are perfect for snacks such as peanut butter on a piece of fruit or whole grain bread.

5. Nuts and Seeds

Whole nuts and seeds are great as well. Keep a few different types stored in plastic containers, and they'll last a long time. Use pumpkin seeds, sunflower seeds, almonds, walnuts, and others in oatmeal and for snacks.

6. Sweet Potatoes

Sweet potatoes can last a while in the pantry, and they are an easy-go to side for any meal. You can cook one in the microwave in just about five minutes.

7. Canned Tomatoes

Many foodies actually prefer canned to fresh tomatoes. They are picked and canned at the height of freshness, so they have more flavor. Use canned whole or diced tomatoes in all kinds of recipes without the hassle of cooking and peeling fresh tomatoes. If you're concerned about BPA in cans, look for tomatoes in glass jars.

8. Honey

A little sugar in the diet is fine, and honey is a nutritious choice. Adding some honey to foods like smoothies will keep you satisfied and help you resist the urge to reach for cookies and desserts.

9. Spices and Herbs

Healthy eating can seem bland, but it doesn't have to be. You don't need a lot of sugar and salt to make food taste good. Keep a good stock of spices and dried herbs to spice up every meal.

10. Apple Cider Vinegar

This is a tasty and nutritious vinegar that you can use to add flavor to homemade salad dressings, soups, marinades, and more. Look for an unfiltered vinegar to get all the beneficial probiotics that aid digestions.

Choose whole foods as much as possible. Some processing is fine, like with canned tomatoes, but there are also pitfalls with processed foods. Learn more about [processed foods here](#).

Healthy Refrigerator and Freezer Staples

Your pantry is easy to stock and forget about, so is the freezer. The refrigerator requires a little more thought because these foods will spoil. Here are some basics you can keep for a decent amount of time and use in most of your healthy meals.

11. Eggs

[Eggs are a great source of protein and vitamins](#). They are inexpensive and keep for a long time in the refrigerator.

12. Nonfat Greek Yogurt

Yogurt also has a decent shelf life in the fridge. Plain Greek yogurt has a lot of protein and is a go-to condiment for many dishes. Eat it as a snack, with breakfast, or as a substitute for dips, sour cream, and yogurt.

13. Chicken

Chicken is one of the most affordable and easy lean proteins to use. You can keep raw chicken in the fridge for just about two days, but if you cook or freeze what you can't use, it will be there for later.

14. Frozen Fruits and Vegetables

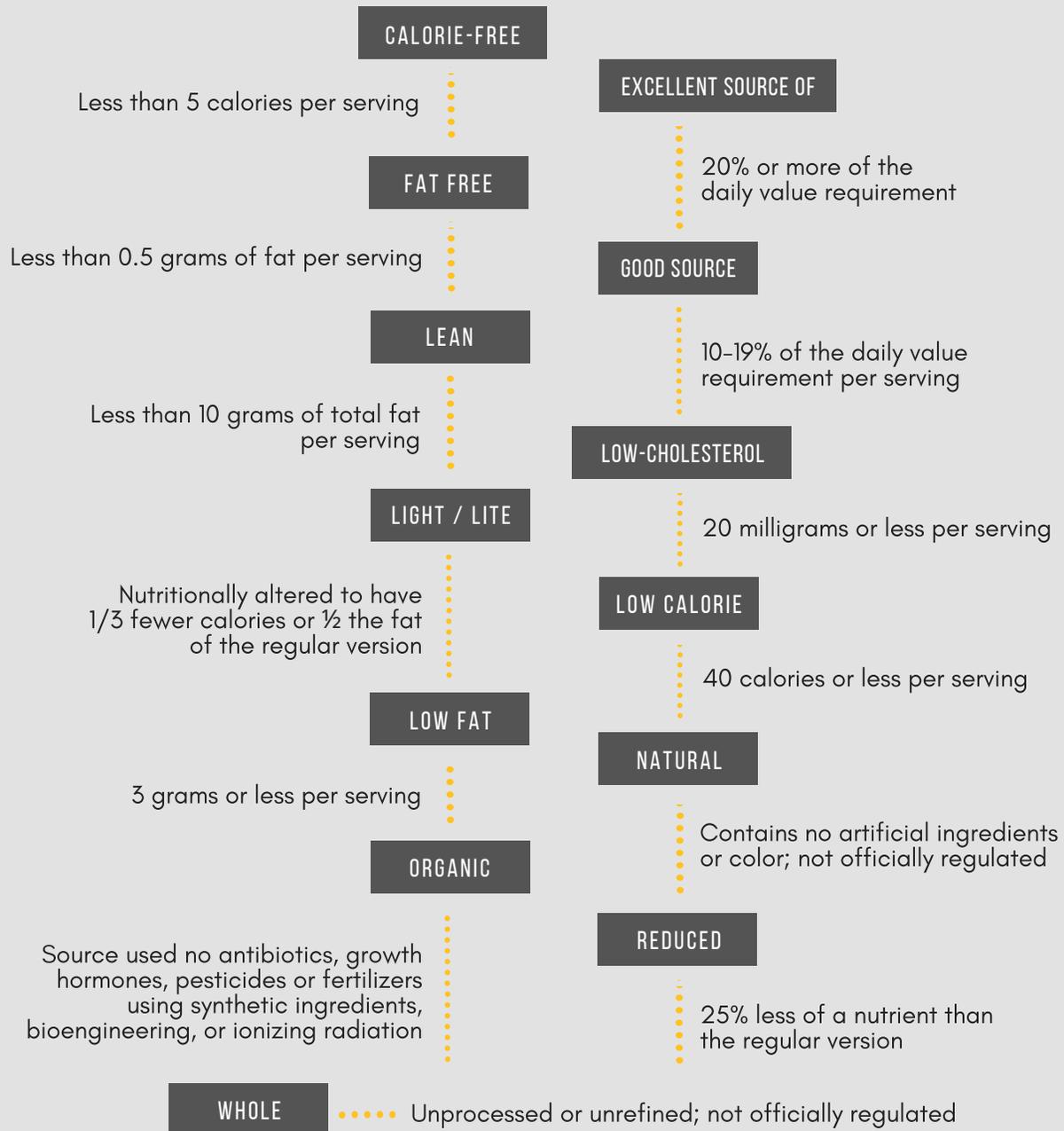
You should keep fresh fruit and veggies on hand as needed, but you can keep frozen produce indefinitely, so you never run out. Frozen veggies and fruit—unseasoned—are as healthy as fresh. They're easy to use too. Add vegetables to any meal and snack on fruits with yogurt for a snack.

Another great thing about frozen produce is that you can get more variety. Choose frozen berries, for instance, when fresh berries are out of season. Get vegetable mixes for five to ten different veggies in one meal.

These are just the basics, the staples you need in the kitchen to build a balanced, healthy diet. Teach your clients more about healthy food choices and they will be ready to develop their own well-stocked pantries and refrigerators.

Learn everything you need to know about nutrition so you can coach your clients. [ISSA's online Nutritionist program](#) is a great way to earn a new credential at your own pace.

KNOW THE LINGO HEALTHY GROCERY SHOPPING



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Healthy Meal Prep on a Limited Budget



Have you ever found yourself standing in front of your fridge or pantry, wondering what to have for breakfast, lunch, or dinner? The problem with this approach is that it can be incredibly easy to choose not-so-healthy foods.

If you have a meal plan in place, you can avoid this scenario. You already know what you're going to make, increasing the likelihood that you'll stick to a [healthy diet](#).

But there's also another benefit of doing some advanced meal prepping. If you do it right, you can actually save yourself quite a bit of cash.

How Meal Planning Leads to Saved Cash

One way meal planning can help you keep more of your hard-earned cash is that it reduces the chances that you'll eat out due to a lack of planning. A healthy meal at a typical fast-food restaurant is usually somewhere between \$5 and \$10. Order from a sit-down restaurant and you will often pay a higher amount.

If you do this just once per week, taking the time to meal plan can save you several hundred dollars per year. Do it more than once a week and you can cut your food-related expenses even more. This is money that you can put back into your budget so it isn't quite so tight. Another option is to put your savings in the bank and have the comfort of a rainy-day fund.

Meal planning also reduces your food waste. Because you've put some thought into it, you can plan your meals in a way where you use the items you have on hand. This limits the items that must be thrown out because they are spoiled or past their safe use date.

Is Healthy Meal Prep Possible with Limited Monies?

There is a huge misconception that healthy meal planning is impossible when you are on a budget. However, nutritious foods aren't only available to people in a higher financial bracket. You can also plan a healthy, cheap meal if you're somewhat strapped.

The key is to know how to meal prep on a budget, which we'll get into in a moment. But it also involves creating meals that are as satisfying to the taste buds as they are to the wallet. When you enjoy the foods you eat, you're more likely to stick with your plan.

Experimenting with various spices can help. This helps keep you from getting bored with your diet and most spices last a long time. You can even grow them yourself if you want to save more money while giving your foods a huge boost of flavor.

5 Steps to Budget Meal Planning

If you're interested in meal prepping in a way that doesn't hurt your budget, follow these five steps.

Step 1: Review Your Fridge and Pantry

One of the biggest ways to waste money is to buy food items you already have at home. That's why the first step to budget meal prepping is to take stock of your fridge and pantry. This keeps you from doubling up on things you don't yet need. It also frees up more monies in your budget to get the things you do.

Step 2: Check Out Local Ads

Most grocery stores still mail out ads, giving local customers a preview of their current sales. Instead of throwing those ads away, take the time to go through them. Look for foods that you can work into your menu plan that week.

Don't feel like you have to stick to your regular grocery store either. Check out the ads for other area supermarkets. It may be worth it to stop at a couple of different locations. Or you may find that your store isn't as cost friendly as you'd like and you could save more if you started shopping elsewhere.

Step 3: Download Coupons

Gone are the days where you have to sit down with a newspaper or circular and cut out coupons for the items you buy. Now, when you sign up for a store's loyalty program, you can download or "clip" these coupons directly to your phone. Then, when you check out, the savings are automatically applied to your bill.

Make it a point to review available coupons at least once a week. The last thing you want to do is buy something only to get home and find that you could have got it at a reduced rate had you downloaded the coupon first.

Some stores send extra coupons to people who sign up for rewards. And these coupons are often customized, meaning that they are for items that you typically buy. This provides savings above and beyond what everyone else can get.

Step 4: Come Up with a Meal Plan

After seeing what you have at home, reviewing the ads, and downloading all available coupons for items you normally buy, it's time to come up with meal prep ideas. Create a weekly meal plan that takes all of these into consideration, offering maximum savings.

Maybe you have brown rice in the pantry, but nothing to go with it. Then you notice that chicken thighs are on sale this week and the store has a downloadable coupon for a frozen veggie packet. These all work together to create a healthy, budget-friendly meal.

Step 5: Create Your Grocery Shopping List

Once you've created your meal plan, it's time to write out your [grocery shopping list](#). This ensures that you'll get all of the items you need to follow through with that week's menu. It also minimizes the need to go to the store more often than necessary.

Shopping with a list could reduce the likelihood that you'll make an impulse purchase. These types of purchases make it easy to spend more than you intend. So, the more you can avoid them, the easier it becomes to stay within your desired budget.

Additional Tips for Mastering Meal Prep on a Budget

There are a few other things you can do to take your meal prepping to the next level.

- **Turn cheap meal prep into a challenge.** Make a game out of your meal planning to see how much you can save. Try to save more than you did last week.
- **Brainstorm meal prep ideas with family and friends.** Talk with others about what they do to create healthy meals without breaking the bank. Some may have cheap meal prep ideas you've never thought about. You may be able to help them too.
- **Start a cheap meal prep recipe exchange.** If you're tired of cooking the same meals or aren't an expert in the kitchen, start a recipe exchange. Set up a social media group where people can share their favorite low-cost, high-nutrient meals.
- **Set up a meal prep container.** Every night, do your meal prep for the next day. Put all of the items you'll need for tomorrow's meals in a container for easy access. Healthy meals start with a healthy kitchen.
- **Always keep basic pantry staples on hand.** You can have the best meal plan in the world, yet not be able to follow it because something suddenly pops up. You have to work late or take care of an emergency family situation. Having basic pantry staples on hand help you prepare a healthy meal on the fly. Food items to consider are brown rice, quinoa, cans of tuna, and frozen fruit.
- **Have a list of easy meal ideas for extra busy days.** Also keep on hand a list of easy meals for those days where you know in advance that you're going to be tired and won't want to spend a lot of time in the kitchen. A slow cooker or Instant Pot is good for this purpose. Put your meal in it in the morning before you head out and it's ready to eat when you get home.

Nutrient-Packed Meal Prep Ideas for a Budget Meal Plan

Which food items work well together to [make a healthy meal](#) without hurting your budget? Chicken is one. Generally speaking, chicken is usually cheaper than pork or beef. You can save even more if you buy a whole chicken versus buying individual chicken parts.

Throw the chicken in a slow cooker and cover it with chicken stock. Sprinkle it in even amounts of cumin and chili powder. Once it's tender, shred it with a fork and add canned beans. This makes a great white chicken chili that is low in fat but high in taste and nutrition. Throw in some bell pepper and onion for more flavor.

If you prefer chicken breast over a whole chicken, a cheap meal prep idea is to plan for a burrito bowl. Put a little olive oil in a pan and throw in a chicken breast. When it's cooked through, add some taco seasoning and stir it well. At the same time, boil brown rice. Put the brown rice in a bowl and top it with the seasoned chicken. Add a layer of beans (black bean works well) then top it with diced tomatoes and a little bit of cheese.

You can also meal prep breakfast foods, helping you save even more cash. One of the easiest is overnight oats. You make overnight oats in the slow cooker, saving you the time of having to make it in the morning. For best results, use steel cut oats. If you've never made them, you can find a recipe online.

For a low-cost lunch on the go, make a tuna sandwich on whole wheat or pre-cook some ground turkey or lean ground beef and throw it on a bed of leafy greens. Add chickpea, a vegetable or two (chopped carrots work well), and your favorite salad dressing. Throw it in a container and take it with you.

An apple with a couple scoops of peanut butter is a great snack option that doesn't cost a lot. Greek yogurt is another option and one that can usually be found on sale. If you want something sweet, a sweet potato sprinkled with cinnamon is a low-cost way to satisfy this urge.

Learn even more ways to put together a healthy meal plan by earning your [ISSA Nutritionist certification](#). This course teaches you how to educate clients about what to eat and how to make it a healthy and doable lifestyle.

4 SIMPLE PLANT-BASED MEALS



PEANUT BUTTER SANDWICHES

Go for a better whole grain bread, and a healthy peanut butter. This combination not only checks the box for a complete protein, it's also really delicious, easy to make, and will keep for meals on the go or at the office. For a great breakfast option, try it as peanut butter toast.



HUMMUS AND PITA

Whereas whole grain pita bread is optimal here, you can either buy fresh hummus or make your own with some easy chickpea recipes. This is a great snack, or with vegetables, can be a great lunch!



BEANS AND RICE

This combination is a complete source of protein for the body, is easy to prepare, and can last a while. This is a great "base" to ensure you're getting everything you need.



QUINOA AND ANYTHING

A great option for in the morning, afternoon, or evening, quinoa is itself a complete protein already. So make sure it works for you as much as possible!

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Why Pursue a Nutrition Certification?



Gaining an ISSA certification as a personal trainer brings with it a working knowledge of good nutrition to pass on to your clients as a way to enhance their overall fitness. Learning how to identify a client's goals and motivations, as well as any outside factors that might be hindering those goals, are equally important.

Clearly, clients need to combine good nutrition with an effective exercise program in order to achieve their goals. Whether a client wants to gain muscle, lose fat, or establish a healthier lifestyle, the limiting factor usually lies beyond the exercise training program. Poor nutrition is often what holds clients back.

Because quality nutrition is such a critical aspect of good health and fitness, there is a need to have more than a working knowledge of the fundamentals of nutrition. Nutrition for competitive athletes, senior citizens, or those with chronic medical conditions are all examples of situations where a deeper understanding of the subject is in order.

An [ISSA certification in nutrition](#) offers you the tools and knowledge needed to provide your clients that additional expertise. Similarly, athletes, people dealing with chronic illness, people with food allergies, and those dealing with obesity are among the specialized populations that can benefit from your services as a specialist in fitness nutrition.

There is an increased need for nutritional guidance as more people learn about the importance of eating right and staying active to prevent disease. Gaining a fitness nutrition certification opens you up to an industry that offers a variety of positions and excellent compensation.

According to [glassdoor.com](#), the average salary for a nutrition specialist in the United States is \$63,432. Numerous companies and organizations have nutritionists on staff, including hospitals, nursing homes, and collegiate and professional sports teams. It's become common for professional athletes to hire nutrition specialists to aide in their training as well as to oversee their diet throughout the course of a demanding season.

As a Certified Nutritionist, you can start your own business as well. You can offer nutrition consultations for your personal training clients and produce nutrition guides and videos. Is it for you? [Check out this article to learn more about what it takes to be a great nutrition coach.](#)

What Sets a Fitness Nutritionist Apart?

Among the important skills and expertise you'll gain is the ability to help clients make better nutrition choices and develop healthy habits. Through the course you'll learn the communication skills needed to be an effective coach and how to help clients to set and meet goals.

Course participants also will learn how to guide clients in selecting fresh, nutrient-dense foods, and how to shop for and prepare healthy meals. When applicable, fitness nutritionists will be able to set up a diet to meet specific goals.

Among the key areas of study are:

- Carbohydrates, fats, proteins, vitamins, and minerals
- Food as energy for maintenance, physical work, and repair
- Effects of exercise on nutritional needs and how nutrition affects exercise
- Assessing a client's nutritional situation and their needs
- Determining the best approach for each client
- Progressing clients until they reach their goals

A Deep Understanding of Nutrition

The nutrition specialist course teaches you the practical skills of coaching like a fitness nutritionist as well as the scientific principles those skills are based on. Knowing how the body adapts to exercise is one of the keys to understanding what it needs nutritionally to work at the optimal level.

You will learn about:

- Digestion and absorption
- Energy transformation and metabolism
- Energy balance
- Aerobic and anaerobic metabolism
- Macronutrients and micronutrients
- Hydration

Once you have a thorough understanding of nutrition and the body, you are positioned to meet the specific needs of each client. You have the tools to develop personalized and informed nutrition habits as you gather details through client assessments. Additionally, you can suggest nutritional supplements that might prove beneficial to your clients' unique needs.

Keep in mind that your goal is to help clients meet their goals. As a fitness nutrition specialist, you will help clients set specific nutrition goals and develop a plan to ensure those goals are met. Finally, any needed adjustments can be made until the goals have been met.

Learn Nutrition at Your Own Pace

Enrolling in [ISSA's Nutritionist program](#) ensures that you can study at your own pace, with flexible, online learning to fit your schedule. Then you will take the exam online when you are ready. ISSA provides unlimited educational support throughout the process. Once certified, you have access to continuing education resources that allow you to stay up to date on issues, trends, and new developments.

Adjacent career opportunities in fitness nutrition:

- Corporate fitness and nutrition consultant
- Online nutrition coach
- Transformation specialist
- Author and expert in nutrition lifestyle change
- Fitness business owner
- Sports nutritionist
- Personal fitness nutritionist
- Elite fitness coach

Want the Full Package? Take Your Career to an Elite Level

[Get ISSA's Elite Trainer Certification.](#) As an Elite Trainer you get: Personal Trainer Certification - Self-Guided Study Program, Nutritionist Specialization, and any advanced specialization. Expand your knowledge and expertise and set yourself up for success right away!