

# Strong Body, Strong Heart.

{What pageants have taught me about health}

by: nicole renard

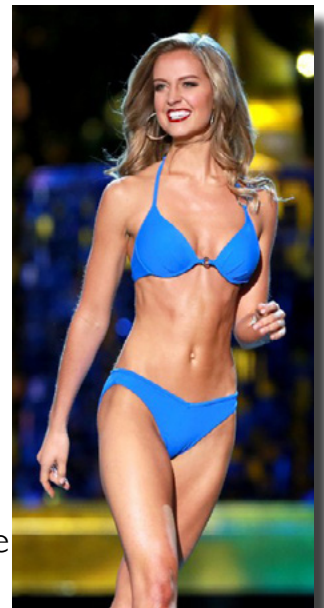
# Hey y'all!

For years I struggled with health and knowing what being “healthy” really means. I've always been naturally lean and didn't have to take my health that seriously growing up. That all changed when I went to college. Stress and anxiety ruled my life and everything about my lifestyle was unhealthy. I wasn't sleeping, and there were times I couldn't even keep food down. I tried to smother my stresses in desserts, but ended up just feeling sick and empty.

I used to think I had to earn my right to eat through exercise or use exercise as a compensation for what I just ate. I dreaded the gym because I spent hours there and never saw any results. I felt guilty talking about it because I was already naturally thin and my problems weren't as “big” as other people's. So I told myself I could never get any better and I was miserable.

All of that changed when I decided to compete in the Miss America Organization. Since it was the first time I would ever have to wear a swim suit on stage I knew I wanted to prepare the right way and develop a healthy lifestyle that would last long beyond my years with a crown. I didn't want to go on some crazy diet right before the pageant and then gain 50 pounds after the competition because I deprived myself just to look good in a swim suit.

The transformation I've experienced on this journey is indescribable and has been both physically and mentally healing. I gained so much confidence because I remembered how I felt a year ago and knew how awesome I feel in my body now. And not just because of how it looked on the outside, but also because I learned so much about what to put in it and how to take care of it!



**I learned that society isn't always right.** I started seeing results when I worked out *less* and ate *more* than I used to. Why? Probably because my body was so stressed out internally because all I was doing was exercising, not giving it a single day to recover and then not feeding it enough to function! **I learned that I'm a human who needs food to function. I don't earn the right to eat.** I eat because my body needs food. and I don't have to weigh the consequences of my meal in terms of miles run on the treadmill to burn it off. I exercise to make my body strong so I can be energized and perform to the best of my

ability in other areas of my life; and surprise, I don't spend all day at the gym.

I'm showing you my before and after picture not to boast about my success, but to show you that you CAN do this and you CAN achieve your health goals, even if your genes tell you otherwise. I believe in you and that's why I created this little booklet. I wanted to share with you what I learned and found helpful about making this something that lasts more than a New Year's Resolution or Final Pageant goal. I hope it helps you and takes some of the pressure off, because I know it's hard. You have every right to love yourself, flaws and all.

**As you embark on this journey I urge you to love your before picture just as much as you love your after picture.** You are not defined by your body or what it looks like. You were made perfect in the image of God and He loves you as you are, no matter what...so you should too. Don't take this too seriously because if this starts to consume your life and your every thought, then it's not worth it.

Be present and give your best in that moment. Don't look at the whole experience all at once and be overwhelmed thinking you can't do it. YOU CAN, but you have to have patience because this will take some time. I'm going to be with you on this journey 100%, praying for you, encouraging you and lifting you up! I'm not here to hide all my secrets. I want you to be successful and we need friends to encourage us on this. We are a team!

**MAJOR DISCLAIMER** before I go. I am not perfect. I don't have this whole thing figured out and I am still learning too. What I included in this booklet is what worked for me. It may not work for you and that's okay!! Use what works and scrap the rest! Listen to your body and find your jam! That's what's so great, every body is different so you can figure out what's best for you! If you have any questions or want to chat PLEASE DO! I'm in this with you because I know you can't do it alone. Thank you for supporting me, encouraging me and following me on this crazy journey of life. Let's get strong bodies, but most importantly strong hearts.

Love always,

*Nicole E. Rencel*

**"But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."**

**-Isaiah 40:31**



# PROTEIN

Your body needs protein to function! Protein makes you feel full and gives you the fuel to make it through the day. If there's a consistent shortage of protein in your diet, your body has no choice but to start breaking down the proteins *within* your body to provide the amino acids necessary to produce the most vital body proteins. So help it out and just give it a little protein!!

## HERE ARE MY FAVORITE PROTEINS

- Egg Whites

1/3 of a cup has 10g of protein !! What a deal!

- Chicken

- 93% Grass Fed Ground Beef

Yes red meat is okay. if you like it, eat it!

- Seafood

Salmon, Shrimp, Cod: In the PNW we are spoiled with good seafood. Load up the fish!

- Cottage Cheese

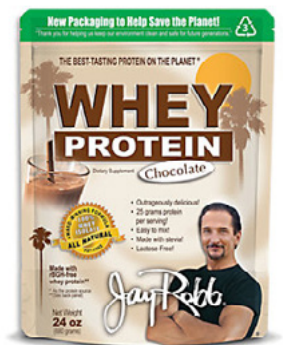
Nancy's with the probiotics is my jam

- Plain Nonfat Greek Yogurt

Siggis is my go-to

- Collagen

- Vanilla & Chocolate Protein Powder



This is my fav brand & there's no sugar!

## How much should I eat?

Every body is different so you'll have to experiment and figure out what's best for you, but my body responds really well to moderate protein. **I shoot for 18-25g of protein in each meal.**

## THE COLLAGEN CRAZE

You may have seen collagen all over instagram lately and been wondering, "What's the big deal?!" Well let me fill you in: Collagen is the body's most abundant protein. Around age 21 your body reduces its production of collagen every year. Over time this leads to wrinkles, saggy skin, joint pain and slow muscle recovery.

Including it in your diet helps **reduce wrinkles, joint pain, grow healthy hair, skin & nails and overall gut health!** It's flavorless so you can literally add it to anything.

Click [HERE](#) to get yourself some and use NICOLETHENOMAD for a discount!

# FAT



You know what's crazy?! I learned that I wasn't eating enough fat! Seriously?! Yeah. I started seeing results when I added fat back into my diet. I think a lot of times we think if we eat fat, we're going to be fat but that's not how it works. There are good fats and bad fats. Good fats actually protect your brain and heart! Including healthy fats can improve your mood and even help you shed pounds. Can I get an Amen for being able to eat fats again?!

## HERE ARE MY FAVORITE FATS

- Avocado
- Coconut oil
- Coconut flakes
- Almonds
- Cashews
- Almond butter

Or other nut butters like cashew butter

- Salmon
- 93% Grass Fed Ground Beef
- Any kind of oil like Extra Virgin Olive, Macadamia Nut etc.



## I'm not convinced yet. Why should I eat fat?

If you stop eating fat then your body will go into starvation mode and hold onto all the fat it does have and not let go of it because it's afraid you won't give it any more. Your body is smart so it will do whatever it takes to keep you alive. That means hanging onto fat because it knows it needs it. If you start giving it the right kinds of fat regularly in the right portions, then it will begin to release some fat and you might actually lose weight because your body isn't afraid that you won't have enough to live. Trust me, try it. What's that thing Elsa said? Oh yeah... LET IT GOOOOOO!!!



# CARBS *dun dun dun...*

**The word everyone is afraid of.** Before you freak out and think you're never going to be able to eat bread or anything delicious again, **breathe.** That's not true. Just like protein and fats, your body needs carbs!! If you don't eat carbs you are going to feel awful. You can do it, but personally I prefer to enjoy life, so I eat carbs.

Lots of foods have carbs; fruit has carbs, veggies have carbs, grains have carbs and obviously processed food has carbs. So are all carbs the same? NO! There are certain carbs that are on your team and will keep you properly nourished and energized and then there are carbs (refined carbs) that aren't your friend that you'll only want to visit every once in awhile. Notice I said once in awhile. You won't die if you have these carbs and I'm not saying you can't eat them ever again.



**I'm a firm believer in developing a healthy balance with all things regarding nutrition and exercise because if you don't you'll go crazy and let's be honest, life is meant to be enjoyed and you deserve to treat yourself and not feel guilty about it.**

Refined carbs are low in fiber which means the sugar will hit your bloodstream much quicker resulting in a **"sugar high"**. When this happens, your blood sugar spikes, and then crashes. Healthy carbs are rich in fiber and allow the sugar to break down at a slow, steady pace. You'll feel fuller longer and experience steady energy levels. So what are healthy carbs and what are refined carbs?

## HEALTHY CARBS

- Fruits
  - Veggies
  - Starchier carbs (Yams, brown rice, quinoa)
- \*\*\* i'll explain

## REFINED CARBS

- Desserts
- Cereals
- Refined flour (bread, pastries, donuts)
- Soda & Sugary Drinks

# What are “starchier” carbs??

The carbs you get from veggies are a little different than the carbs you get from “starchier” carbs such as yams, brown rice and quinoa and oatmeal. Vegetables are full of fiber.

Here’s a little fun fact. You can subtract the total amount of fiber from the carb count of a food because **our bodies don’t digest fiber like other carbs**. Example: a food has 20g carbs but 10g fiber. Your net carbs = 10g. Seriously?! YES. So load up the veggies, because they are full of fiber.

Your body has to work harder to break down starchier carbs and once they enter the small intestine, the enzymes turn them to glucose and they enter your bloodstream the same way that sugars do. **So it’s important when eating starchier carbs to eat them right before and after your workout or cardio.** That way your body has some good energy to work off of and then has some good energy to burn when you’re done. Make sense? If not call me.

## WELL TUTTY FRUITY!

Yes fruit is “healthy” and its a better carbohydrate option than a brownie, but fruits have a lot of natural sugar in them. Just be mindful of this because our bodies process the sugar from fruit the same way in processes sugar from sweets!! It doesn’t know the difference! Some people eat a ton of fruit thinking they are so much healthier because they aren’t eating ice cream, but remembering this tip will help you be aware of your sugar intake.



## HERE ARE MY FAVORITE CARBS

- |               |                  |                             |
|---------------|------------------|-----------------------------|
| - Berries     | - Tomatoes       | <b><i>Starchy Carbs</i></b> |
| - Pears       | - Sweet Potatoes | - Rolled Oats               |
| - Apples      | - Celery         | - Yams                      |
| - Mangos      | - Broccoli       | - Brown Rice                |
| - Spinach     | - Green Beans    | - Quinoa                    |
| - Mushrooms   | - Cucumber       | - Butternut Squash          |
| - Cauliflower | - Asparagus      | - Rice Cakes                |
| - Peppers     |                  |                             |

# FUN FOOD

One of my favorite parts of this journey was there was never a time where I felt like I was starving or I couldn't have something. A huge thing I learned is that I can't live without dessert. I mean, come on, that should have been obvious. I tried it for awhile and I failed. **Every single time.**

So instead of punishing myself and being miserable, I figured out a way to have my sugar and still reach my health goals. And there's good news for you: **IT IS POSSIBLE!!**

Don't restrict yourself from any food because that creates fear and food doesn't deserve to hold that much power in your life. You are in control and food is meant to be enjoyed.

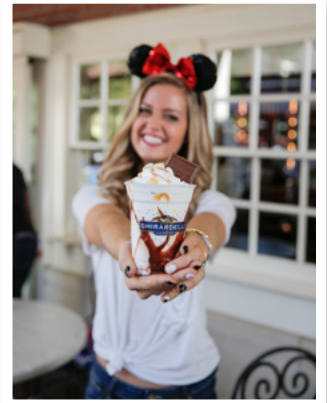


Remember, eating in moderation creates a healthy balance giving you a plan that is maintainable and works long term, not something where you starve yourself for 4 months just to be skinny and then gain it all back and more once you are done with your competition or whatever it may be.

**Being healthy is a LIFESTYLE and something that requires intentionality (not perfection) every single day.**

Please, take time and have your free meal without thinking about calories or sugar content. Eating 80% "optimal" and 20% "fun or less than optimal" isn't going to kill you.

**Think about it this way:  
If all you eat is hamburgers, one salad isn't going to make you skinny. If all you eat is salads, one hamburger isn't going to make you fat.**



I recommend having your free meal on a day that you work out because you are burning more calories those days so it won't make that big of a difference.

With that being said, there are some things I've discovered satisfy my cravings and are actually pretty healthy! These ideas might come in handy if you have a sudden sugar attack.





# MY TOP 4

1



You know how they usually don't recommend eating an entire pint of Ice cream? Well with Halo Top, if you did, it wouldn't be the end of the world because the whole thing is only 240 calories and has 25g protein! If you can't live without icecream this will do the trick.

You're welcome.

This was almost a given. I'm the Ghirardelli Girl!! There's nothing a good Ghirardelli Chocolate Square can't fix. And when I'm watching my sweets, the dark chocolate is the way to go!



2

3



## *Chocolate Overnight Oats*

Breakfast, or midnight snack, this ones a winner.

### Ingredients:

- 1/3 cup oats
- 1/2 scoop chocolate protein powder
- 1 Tbs chia seeds
- 1 Tbs flax seed
- 3/4 cup almond milk
- 1 Tbs almond butter
- 1/2 Tbs Cocoa powder

### Directions:

1. Mix all ingredients together in a bowl.
2. Pour into a mason jar or mug.
3. Refrigerate overnight. Enjoy!

(You can mix it up by using vanilla protein powder and cinnamon or pumpkin pie spice!)

## *Square Organics Bars*

Imagine the most divine chocolate bar and then finding out it's gluten free, vegan and has 10-12g of protein...You've just met my BFF, Square Organics.

Click [HERE](#) and use **NICOLE\_THENOMAD** for 20% off!



4

# GO GIRL

## I'm on the go! What am I going to do?!

Relax. I gottchu girl. I'm the queen of being busy so I know how you feel. If you want to talk about it, call me up and we can compare schedules. Sometimes you just need something quick to grab and eat on the go so you don't end up in the McDonald's drive thru.

## HERE ARE MY FAVORITE SNACKS

- Rise Bars
- Epic Bars

Kind of weird but a nice change from protein bars

- Square Organics Bars

Use NICOLE\_THENOMAD for discount

- Perfect Bars
- Nuts

Make a little baggie!

- Veggies

These little buggers like to go with you!

- Nut Butter Packets

Justin's is great, have you tried their new cashew butter or cinnamon almond butter?!

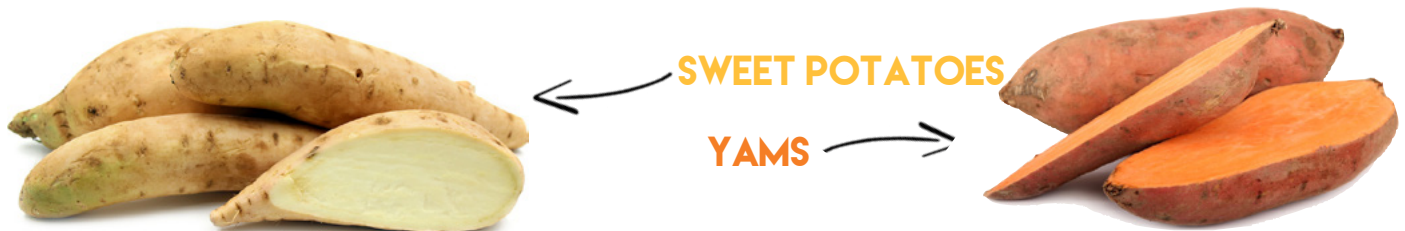


---

## SWEET POTATOES vs YAMS

{There's a difference y'all!}

This makes me nuts. Pay attention at the grocery store because sweet potatoes are completely unrelated to yams and you'll want to get the right ones!! Oh and by the way, if your "sweet potato" fries are orange, they're not sweet potatoes, they're yams.



Sweet Potatoes are a vegetable and your body processes them like other vegetables. Because of the fiber it does not break down into glucose.

Yams are a starchy carbohydrate. When you eat them your body breaks them down into maltose, which turns to glucose and enters your bloodstream like sugar does.

# WHAT'S ON MY LIST?

*Here are some of the things on my grocery list*

## **Veggies**

- Spinach
- Bell Peppers
- Mushrooms
- Celery
- Cauliflower Rice
- Kale
- Cucumber
- Cherry Tomatoes
- Sweet Potatoes
- Green Beans
- Asparagus



## **Fruits**

- Blueberries
- Blackberries
- Raspberries
- Pears
- Apples



## **Protein**

- Chicken Breasts
- 93% Grass Fed Beef
- Frozen Cod
- Salmon
- Collagen
- Whey Protein Powder
- Omega 3 Eggs
- Egg Whites
- Cottage Cheese
- Greek Yogurt
- Chicken Sausages



## **Fats**

- Avocado
- Raw Nuts
- Coconut Oil
- Justin's Maple Almond Butter
- Ghee



## **Carbs**

- Yams
- Quinoa
- Brown Rice
- Rolled Oats



## **Spices**

- Cinnamon
- Pink Himalayan Salt
- Lemon Pepper
- Oregano
- Hamburger Seasoning



## **Snacks**

- Square Organics Bars
- EPIC Bars
- Nut Butter Packets



## **Fun Food**

- Halo Top Ice Cream
- Trader Joes Dark Chocolate or Ghirardelli

## **Random**

- Unsweetened Almond Milk
- Ground Flax Seed
- Unsweetened Cocoa Powder
- Green Tea
- Kombucha



# 5 TOP TIPS FOR HEALTH

1

**Drink more water!** You'll be surprised how much just drinking water will change. I always keep a bottle with me so I can constantly remind myself to drink up! Try to drink at least 1 gallon a day.

2

**Eat more often.** Yup! Instead of having 3 big meals a day I eat about 5-6 every 3 hours. I have 3 meals with 2 meals (or snacks) in between. They all have around the same macros in them. This helps your metabolism run constantly and burn more energy which is what keeps you healthy and gives you results!

3

**Make sure all your meals have some amount of protein, fat and carbs in them.** It's not good to completely cut out a food group. Your body will respond better when you give it everything it needs!

4

**Sleep!** Your body won't show results unless you get sleep! Not sleeping stresses your body out internally and it holds onto extra fat. Go get your snooze on!

5

**Work ins are just as important as your workouts.** What's a workin? Something you do for you!! Sauna, Deep breathing, Massage, Epsom Salt Bath, Yoga etc. Your body is most likely stressed out. Working out and eating alone is hard work. Then think about how crazy your life is on top of that! Focusing on stress release was one of the most effective things I could do. I saw results when I took a step back from working out and rested.





# WHAT'S IN MY KITCHEN?

Having the right tools can make all the difference when it comes to being healthy, especially when you're making your own food. I'm a busy bee, so I don't have time to twiddle my fingers and spend hours in the kitchen. Investing in some good tools will make eating clean more easy and fun!

## JOSEPH JOSEPH MICROWAVABLE STACKABLE COOKING SET



I literally use this thing 4 times a day. With all the different ways you can stack and load it, you can make every single one of your meals in the microwave. I've even taken it to school. Don't judge me. [Click here to shop!](#)



## NUTRI NINJA BLENDER



If you're going to make smoothies, you might as well invest in a good blender because you honestly can't get the same results without one. Vitamix's are GREAT but if you're on a budget like me, this ninja works just as good and has little personal cups for mixing which is perfect when you're on the go. And yes, I have taken this to the gym with me... you gotta do what you gotta do! You can also make soup, jelly, cookie dough, and nice creams in one of these! WINNER WINNER CHICKEN DINNER! [Click here to shop!](#)

## JOSEPH JOSEPH FOOD ON THE GO

These little containers make packing SO easy and they're super trendy. It's hard to tell in these images but they stack so you can fit 2 meals in the lunch box and something like veggies and hummus in the snack pot or soup and bread in the soup pot! I made a YouTube video explaining how they work so you can check that out [here!](#) [Click here to shop!](#)



SHOP THE OTHER NIFTY THINGS I HAVE IN MY KITCHEN ON MY WEBSITE!  
[CLICK HERE!](#)



# THANK YOU!

I'm inspired to #DoStuff because of you and because you believe in me. Now it's my chance to return the favor.

I hope this booklet did 3 things: help you learn more about nutrition and health, encourage you to make some healthy lifestyle changes and remind yourself of how so very valuable you are to God, me and the world.

Your body is your vehicle to make a difference in this world so it's important that it moves, functions & gives you the ability to serve at your 100% best.

**What matters is that you have a body. You should be proud of that whether you're a size 0 or 16.**

God gave us these incredible bodies that breathe, digest, reproduce, feel, & heal so we should love them & keep them in great condition.

Now go DoStuff and change the world. If you liked this booklet, (please let me know) and share it with a friend who you think would like it too.

**For more encouragement, healthy tips and recipes:**

1. Join the #DoStuff team for 2 free recipes every month. Click [HERE](#).
2. Subscribe to my [YouTube channel](#) because I'll be posting encouraging messages periodically.
3. Follow me on [Instagram](#) for the latest inspiration and color to your feed.

**YOU ARE AMAZING! GO CONQUER THE WORLD!**

xx *Nicole E. Renard*  
#DoStuff

