

Your 10 Day Introduction to the 'New Normal'

Just because you have FCS it doesn't mean you can't enjoy delicious food. By embracing an FCS-friendly nutrition plan, you can find your 'new normal' and live your life to its fullest potential.

Use this 10 day plan to jump-start your FCS Nutrition Plan – or if you've strayed and need to get back to a FCS-friendly nutrition plan. Living with FCS is hard. But with a positive outlook and the right information and resources, it's manageable.

Keep in mind that nutrition information provided in this fact sheet is of a generalized nature and is for education purposes only. It is not medical advice and should not be construed as such. Always consult your healthcare provider for nutrition plans that are tailored to your unique needs.

DAY 1 – Research Key FCS Nutrition Concepts

Today is about taking in some basic information about FCS nutrition. Create some quiet space for yourself. Give this information the time and focus it deserves.

Goals for today:

- Find out why nutrition is so important to people living with FCS. Read the *FCS Nutrition Basics** fact sheet.
- Learn about FCS-friendly foods. Read the *Focus on What You CAN Eat** fact sheet.
- Discover the Three Ps of FCS nutrition by reading the *FCS Nutrition Facts** fact sheet.

DAY 2 – Review Menu and Grocery Shop

To make your introduction to FCS nutrition as easy as possible, we've created the *FCS-Friendly 7-Day Jump-Start Meal Plan** and the FCS-Friendly *Grocery List**. As you can see, there are plenty of good things to eat!

Goals for today:

- Review 7-day menu and grocery list.
- Feel free to make modifications and/or substitutions to suit your taste – while remaining within FCS nutrition guidelines.
- For suggestions on spicing up FCS-friendly meals, check the *International Flavors** fact sheet.
- Print grocery list, visit grocery store, and shop for needed items.



DAY 3 – Get Ready to Cook

It's time to prepare your first batch of FCS-friendly meals. Now is a great time to think through the next few days. Chopping vegetables and marinating chicken breasts is perfect for tomorrow night's dinner. Leftover chicken can be seasoned with Mexican spices for chicken tacos the following day. Slicing fresh fruit is perfect for snacking tomorrow but can also be used in a smoothie the following day.

Goals for today:

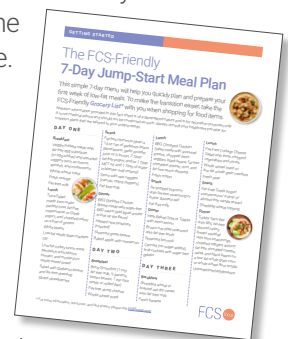
- Batch prepare foods for at least two days of meals.
- Enlist your significant other, family members, and/or friends to help you with prep work. The more they understand your new way of eating, the more support they'll be able to provide.

DAY 4 – Begin the FCS-Friendly 7-Day Jump-Start Meal Plan

For the next 7 days, you're going to be planning, prepping, cooking, and eating the FCS way. It's sort of like a nutrition dress rehearsal for the rest of your life. Don't sweat the details. Even if meals don't come out perfect, they'll still be delicious and healthy.

Goals for today:

- Prep, cook, eat, and enjoy FCS-friendly meals.
- Continue involving your significant other, family members, and/or friends in your meal preparation.



* For more information, resources, and fact sheets, please visit FCSFocus.com

DAY 5 – Learn How to Snack Well

Eating healthy, well-prepared FCS-meals diminishes the need for fatty, sugary snacks. When you do need a snack, there are plenty of FCS-friendly options, such as fresh-cut veggies with flavorful fat-free ranch dip (which you can buy or create yourself by adding a ranch seasoning packet to fat-free Greek yogurt or fat-free sour cream) and turkey jerky.

Read the [FCS Snack Guide*](#) fact sheet for a full list of snack ideas. Batch prepping snacks along with your meals makes life easier and sets you up for success.

DAY 6 – Add Flavor, Without Adding Fat

You may have heard the cliché “fat adds flavor.” While that may be true, fat is by no means the only way to flavor up your meals.

Flavor agents such as herbs, spices, vinegars enable you to dial up the flavor without adding fat. For example, you can amp up the flavor of a tomato-based soup by tossing some fresh basil leaves on top before serving. A dash of nutmeg and cinnamon give carrots a whole new flavor profile. Quick pickling of thin-sliced radishes in rice wine vinegar makes a deliciously flavorful topping for a portabella mushroom burger. A squeeze of fresh lemon wakes up the flavor of freshly steamed broccoli.

Read the [Adding Flavor Without Adding Fat*](#) and [International Flavors*](#) fact sheets for suggestions on keeping your taste buds excited.

DAY 7 – Review What You’ve Learned

You’ve learned a lot about FCS nutrition. Way to go! Now is a great time to call ‘time out’ and circle back to make sure you haven’t overlooked these key FCS nutrition concepts:

- **Limit fat to less than 20 grams per day** – It is critical that people with FCS eat no more than 20 grams total fat per day. To re-familiarize yourself with this and other FCS nutrition basics, consult the [Nutrition Basics*](#) fact sheet.
- **The Three Ps** – Preparation, Practice, and Positivity form the “big picture” of managing FCS while living life to its fullest potential. If you missed the *Three Ps* the first time around, revisit the [Nutrition Facts*](#) fact sheet.
- **MCT oil** – Considered a ‘safe’ fat for people with FCS, MCT oil is suitable for mixing into fat-free sauces and salad dressings, and should only be used for cooking at low temperatures. Talk to your doctor or Registered Dietitian to see if MCT oil is right for you.

DAY 8 – Develop Strategies for Dining Out

Eating out is a fact of life. You can’t, and shouldn’t have to, limit yourself to eating at home. The key to healthy FCS eating away from home is having a game plan – and that starts with knowing what’s on the menu. Informed decisions enable you to maintain control of your nutrition. For strategies and tips that cross pressure and anxiety off the menu, read the [Tips for Eating Out*](#) fact sheet.

DAY 9 – Track and Record Everything You Eat

You’re nearly through your first full week of FCS eating. Think about how far you’ve come in a short time and give yourself a well-deserved compliment.

If you’re wondering what the next level of FCS nutrition might look like, read the [FCS Focus Fat Tracker Facts*](#) and [Fat Tracker Worksheet*](#) fact sheets.

The short story is that using a fat & nutrition tracker can help you build confidence in your choices by adjusting your food intake to align with your fat target of no more than 20 grams per day.

Day 10 – Additional Resources

Congratulations on making it through your first full week of living a healthy FCS nutrition lifestyle.

You did it!

Now do it again. And again.

You can always ‘up your game’ with new FCS-friendly recipes, flavor agents, and cooking techniques – on your timeframe.

To expand your FCS nutrition knowledge base, explore these multi-channel FCS nutrition resources:

- **FCSFocus.com** – the web destination with the most comprehensive information about FCS nutrition.
- **FCS Healthy Lifestyle Video Series** – Search *YouTube* for ‘FCS Focus’.

Finally, a last word of recognition & encouragement. You have set the stage for a lifetime of good eating and optimal health. Don’t let up. You deserve to live a healthy and delicious life. Don’t let FCS get in the way!

Remember: It’s your food. It’s your health. It’s your life.

Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, FNLA.

* For more information, resources, and fact sheets, please visit FCSFocus.com

