



Fuel Your Flow

A NUTRITION GUIDE FOR STRONG, ENERGIZED, AND RESILIENT YOGIS



WHY NUTRITION MATTERS FOR YOGIS & HOW THIS GUIDE WILL HELP

You walk in and out of the doors at Vibe Power yoga 2, 3 maybe 6 days a week. You go in, you set your intentions, you focus on your practice and you do the best you can to walk out that door not only more clear headed (and probably happier) but a stronger version of yourself. If you have taken any of Gabby's classes you know how the saying goes: Strong Mind, Strong Body.

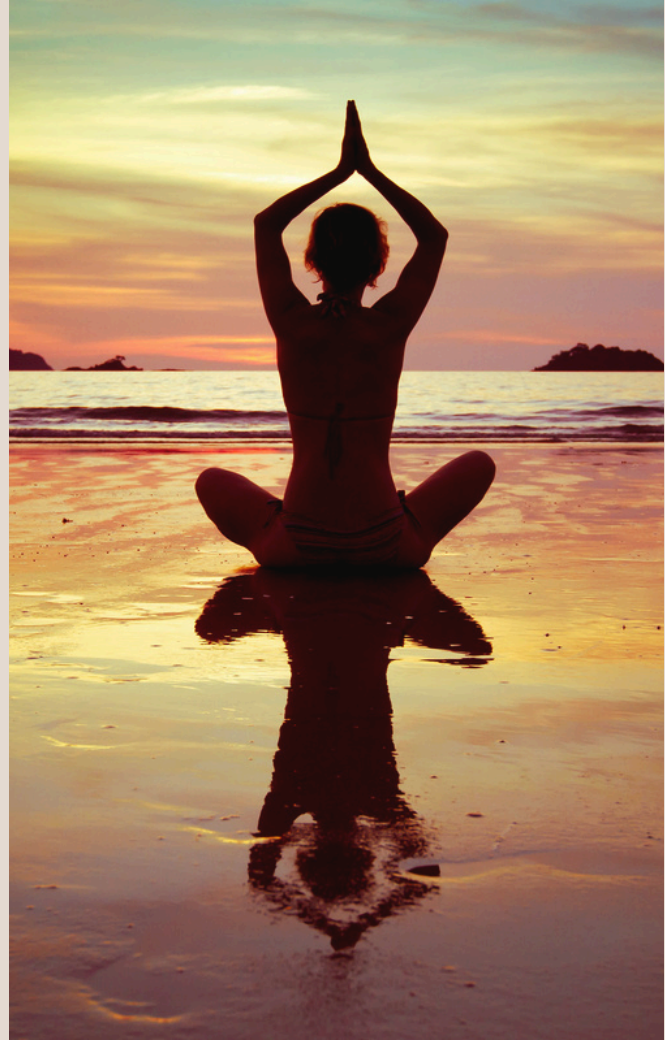
But what happens after you walk out that door? What are you doing to lead with that intention of a strong body? Because while your practice matters, what you do the other 23 hours of that day matters even more. Nutrition is a massive piece of the puzzle to feeling your best. And why are we focusing on how you feel? Because when you feel good, you show up differently in the world. When you feel good, you make better choices for your health. When you feel good, you make better choices for your fitness. When you feel good you make better choices, period.

So in these pages you are going to learn how to feel good. Not just with how you fuel yourself but also with how you live your life. Because let's face it, your lifestyle will inevitably also have an impact on your nutrition and food choices. You will learn about the "foundation" of nutrition and how to optimize that. You will also learn some of the nuances when it comes to nutrition. And finally, you will learn how to bring these concepts to the busy life that so many of you lead.



WHY I'M COLLABORATING WITH THIS STUDIO

A quick hello from me! I am a fellow vibe community member and I have been working in the nutrition and fitness space for about 20 years. With a short hiatus to use my Biochemistry degree in a bit more formal way, my passion for health and wellness couldn't keep me away long. From owning a brick and mortar facility to now, primarily coaching in the online space, I have been a practicing nutritionist working with hundreds and hundreds of people over the last 2 decades.



WHO AM I?

I am a mom of 2 little boys, I love to trail run, hike and travel with my little family. I have competed in high level athletics ranging from ultramarathons to national level olympic lifting events. I have spent time as a plant based human and a human who eats everything. I see the value in education and curiosity when it comes to fueling. My goal is to help you be less afraid of food in a world where fear mongering, shrinking and doing the most while eating the least is praised. But above all else, learning how to honor the season you're in

GAYLEMARIE KAYES



YOU'RE INVITED TO THE VIBE COMMUNITY!

Each month, you're invited to join the **VIBE Community** for a live nutrition call—an interactive space where we dive into key nutrition topics, answer your questions, and explore practical strategies to fuel your body and lifestyle. These **monthly Zoom calls** are your opportunity to connect, learn, and gain clarity on the nutrition challenges that matter most to you.

GAYLEMARIE KAYES



PART I: THE FOUNDATION

LIFESTYLE FOR OPTIMAL ENERGY & RECOVERY

You wouldn't build a house without a stable foundation. You need to think of your body, your muscles, and your health in the same way. Your foundations are the basic things you come back to in any season of life and with any goal in mind. But your foundations are where to start when trying to feel your best.

While food is nutrition, these foundational principles are also nutrition. They impact everything from the choices you make, the foods you crave, how you digest food, how you recover from a challenging workout and even your mindset surrounding your body and your health. Many people are programmed to simply look at calories or food groups when it comes to trying to feel their best, by not taking into consideration (and optimizing) these foundations, no number of diet tweaks will help you reach your goals.



STRESS MANAGEMENT & RECOVERY

Stress- Believe it or not, this will impact how you look, how you perform, how you feel. Stress impacts EVERYTHING from gut health to digestion, from food choices to cravings. When you are stressed, do you want to dive headfirst into a plate of spinach or are the chips and cookies calling your name?

MANAGING STRESS THAT YOU CAN CONTROL (THAT'S KEY) IS IMPORTANT.

Stressors that you don't realize are stress: we know stress like rushing, traffic or trying to meet a deadline. But there are a few things that are actually stress on the body that you may not realize. Your body can't tell the difference from one stressor to the next. So things like intense exercise- that's a stress on the body even if it feeeels good.

Under eating- not eating enough causes your body to physiologically work harder. Harder to have energy, to produce hormones, to metabolize food, to generally survive.

Not sleeping enough...which brings us to our next point- SLEEP.

Start here: 1- Identify your top stressors. Work, home life, relationships 2- Out of those top 5, which ones can you control? 3- Come up with an ACTION plan on how you will manage that stress

Some ideas: 1- A mantra. A phrase to repeat to yourself when you find yourself stressed out. 2- Deep breathing. BIG breaths in and BIGGER breaths out 3- Go for a walk (bonus points if its in nature). This has been shown to change the chemical composition of your brain (for real!)



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SLEEP & SLEEP HYGIENE

Again, similar to stress, this is something that might not 100% be in your control. Shift workers or new parents, you have to do the best you can. That goes for anyone. *You have to do the best you can.* But you also have to be HONEST and REALISTIC about what the best you can give is.

Ideally you want at least 7 hours of sleep. *That means you will likely need to be in bed for 8 hours.* This might mean sacrificing a bit of alone time after the kids are down, this might mean turning Netflix off earlier than you want. There will be some sacrifices required at different seasons of life. But they are worth it. Why?

Under sleeping changes a few things:

Sleeping actually burns 100 calories an hour. So not sleeping enough and being awake longer (hello evening snacking!) likely means you aren't naturally burning as many calories and possibly eating more calories.

Sleeping is where your body recovers and regenerates important hormones. Especially if you workout and lift weights, human growth hormone is replenished as you sleep and you NEED this to recover and adequately build muscle.

Sleep helps balance your ghrelin and leptin- those are your hunger and fullness hormones- the ones that tell you when you are adequately full. **When we don't sleep enough the balance is off and you might find yourself hungrier than normal!** Even being quicker to grab sugar or carbs can be increased with the lack of sleep. This is because sleep deprivation shifts your body toward wanting quick-digesting, high-calorie foods (sugar, refined carbs, and fats).

Lastly, going to bed earlier helps ensure you have a better start to your day the next day. A good day starts the night before.

TIPS TO GET MORE SLEEP



SET AN ALARM

Set an alarm for 20 minutes before you want to be in bed as a reminder to start winding down.



MINIMIZE STIMULATING ACTIVITY

Minimize stimulating activity 30 minutes prior to bed. Ideally no screens, no exciting novels that get your brain amped up, no exercise or strenuous activity.



CONSISTENT SLEEP & WAKE TIMES

Stick to consistent sleep and wake times (even on weekends).



HYDRATION & MOVEMENT OUTSIDE OF YOGA

The number one nutrient most humans are malnourished on is water. *Insane right?* But it's true. The goal is to ideally drink $\frac{1}{2}$ your body weight in ounces. And, if you workout/sweat, you want even more than that. A good rule of thumb is to start with 75 ounces of water.

Being hydrated helps manage a few things:

Controlling hunger. Sometimes we may feel hungry when in fact it's a sign of dehydration

Managing weight. Did you know if you are dehydrated you might be heavier according to the scale. Dehydration actually causes water retention which will show you weighing more.

Poor recovery. Water is responsible for lubricating your joints and muscles. When you aren't adequately hydrated, you may feel more stiff or achy

More challenging time breathing during workouts. Water is responsible for blood production. You need blood (and for it to travel around your body efficiently) in order to essentially catch your breath when working out. When you are dehydrated you might find yourself winded quicker than normal.

HOW? How are you supposed to all of a sudden wake up tomorrow and start drinking more? Try these tips:

Drink from one water vessel. Ideally a 32 ounce bottle or more, this will help you keep track of how much water you are actually drinking.

Pair drinking with things you already do. Make coffee? Drink water. Brush your teeth? Drink water.

Start your morning with 10-12 ounces. As soon as you wake up, drink some room temp water (bonus points if there are electrolytes like LMNT or a pinch of pink himalayan salt in it). You have essentially just slept, dehydrating yourself all night. Replenishing your water as soon as you wake will help you reach your hydration goal

****Yes, you will pee a lot. Peeing is your body's way of removing toxins. So, that's a good thing!****

TIPS TO DRINK MORE WATER



DRINK FROM ONE WATER VESSEL.

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STACK DRINKING WATER WITH HABITS

Pair drinking with things you already do. Make coffee? Drink water. Brush your teeth? Drink water.



START EARLY

Start your morning with 10-12 ounces. As soon as you wake up, drink some room temp water (bonus points if there are electrolytes like LMNT or a pinch of pink himalayan salt in it). You have essentially just slept, dehydrating yourself all night. Replenishing your water as soon as you wake will help you reach your hydration goal

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MOVEMENT

Like I said earlier, your workout is important. *But what you do the other 23 hours of the day also matters.* Being a generally active human is good for so many reasons—better recovery, improved metabolism, increased energy, enhanced mobility, and overall longevity. It's not just about crushing it in the gym; it's about how you move, fuel, and care for your body all day long. The movement you do that is not exercise is called Non Exercise Activity Thermogenesis (**NEAT**).

A good goal is to start with at least 7k steps a day. **The point of movement is to feel good.** What's worse than sitting all day either staring at a computer screen like most people find themselves doing these days? Nothing. Making it a point to get up and move around every hour is a great place to start.

A few reasons you should consider walking more:

- As little as 5 minutes of walking after a meal can help regulate blood sugar and improve digestion.
- Walking boosts recovery since it's a low-intensity movement and that helps reduce soreness and keeps your body feeling loose between workouts.
- It improves mood and reduces stress as even short walks can lower cortisol levels, boost endorphins, and improve mental clarity.
- And last but not least is walking supports overall metabolism. More daily movement helps maintain a higher calorie burn without needing to add more intense exercise.



PART 2: THE NUTRITION PIECE

FUELING FOR STRENGTH, LONGEVITY & ENERGY

GAYLEMARIE KAYES



UNDERSTANDING CALORIES

CALORIES ARE KING. In order to fuel yourself well, calories are IT. To lose, you need to be in a deficit. to gain, you need to be in a surplus and to stay where you are, you need to be in maintenance. How do you know what's what?

A quick and simple calculation:

- Fat Loss = 12-13 calories per pound of body weight
- Maintenance = 15-16 calories per pound
- Weight Gain = 18-19 calories per pound

A few things to remember: it's not always a simple answer. Some things nutritionists often consider when determining calorie intake:

Current intake. If your goal intake is 2000 calories but you are only consuming 1300, do not wake up and start eating 2000 calories over night. You are an ideal client for a reverse diet. A reverse diet is simply that, the opposite of a diet where instead of cutting calories, you add calories to your.

Stress levels. Are you going through a job change, divorce, moving? Did you just have a baby? These things impact caloric needs. The higher the stress on the bod, the more we want to support health and that often means eating a bit more- at least in maintenance or a slight surplus.

Training. Are you an ultra endurance athlete and train 50 miles a week? Or is a typical training session 3+ hours? Alternatively, are you injured and/or super sedentary? Movement impacts calorie needs.

How is your sleep? We learned that sleep is the magic pill. if you aren't sleeping enough, that's a major stress on the system and considering eating at maintenance or above is ideal.

A QUICK NOTE ON WHY UNDER EATING IS THE WORST THING YOU CAN DO

(not being dramatic here 😊)

Remember, the goal is to FEEL GOOD.

A slow metabolism, poor performance, energy crashes, hormone imbalances, muscle loss, restrict and binge cycles or injury...those things do NOT feel good, right? Lets dive in a bit more on what happens when you under eat.

1 Your metabolism slows down.

Consistently eating too little tells your body to conserve energy, making it more efficient at holding onto fat and burning fewer calories throughout the day. Over time, this makes it harder to see body composition changes.

2. Leads to Energy Crashes & Poor Performance

Not fueling enough = low energy, brain fog, and sluggish workouts. Your body needs carbs, fats, and protein to train hard, recover well, and keep up with daily life.

3. Messes With Your Hormones

Increases cortisol (stress hormone) → can lead to fat retention.

Decreases leptin (fullness hormone) → making you feel hungrier.

Disrupts thyroid function → slowing metabolism and energy production.

4. Breaks Down Muscle Instead of Building It

Your body needs adequate protein and calories to maintain and build muscle. When you under-eat, your body starts using muscle for energy, leading to a softer look instead of a strong, lean physique. If you want that toned, lean look we all desire, you need muscle. Muscle creates your shape.

5. Creates Binge & Restrict Cycles

Extreme hunger will eventually catch up with you, leading to overeating, cravings, and loss of control around food. The body fights back when it's underfed for too long.

6. Worsens Recovery & Increases Injury Risk

Lack of proper nutrition = slower muscle repair, more soreness, and higher chances of injury. You can't train hard if your body isn't getting what it needs to recover.



UNDERSTANDING MACRONUTRIENTS

Lets talk about Macronutrients.

Also known as MACROS. *Macronutrients are your proteins, fats and carbs.* Let's talk about each macro and it's importance.

Protein: 1g Protein = 4 calories. For active humans we want to shoot for 0.8-1.0g of protein per pound of body weight. Protein is important for recovery, muscle growth and to preserve lean body mass. This is often the most challenging macro target to hit.

Carbohydrates: 1g Carbohydrate = 4 calories. Carbs are your body's primary energy source, especially for workouts and daily movement. They help fuel performance, support recovery, and keep you feeling energized. Prioritizing whole food sources like fruits, veggies, and grains will keep blood sugar stable and energy levels high.

Fat: 1g Fat = 9 calories. Fats are essential for hormone health, brain function, and overall recovery. They help with nutrient absorption and keep you feeling satisfied. Focus on healthy sources like avocados, nuts, olive oil, and fatty fish to support long-term health and performance.



PRE & POST-YOGA NUTRITION: WHAT TO EAT BEFORE & AFTER

Pre-Yoga:

The goal is to fuel your body without feeling too heavy or sluggish. Keep it light and easy to digest.

◆ **30-60 minutes before:**

A small snack with carbs & a little protein for steady energy

Examples:

- Banana with a spoonful of nut butter
- Greek yogurt with a drizzle of honey
- 2 graham crackers with some nut butter
- A smoothie with fruit and protein powder

◆ **If it's an early morning session:**

If you prefer fasted yoga, that's fine for low-intensity sessions, but a small carb-based snack can help if you feel sluggish.

Post-Yoga:

The focus is on replenishing energy and supporting recovery, especially if it was a longer or more intense session.

◆ **Within 30-60 minutes after:**

- Protein to support muscle recovery
- Carbs to replenish glycogen
- Hydration to replace fluids lost

◆ **Good options:**

- Scrambled eggs with whole-grain toast
- Smoothie with protein, banana, and almond milk
- Oatmeal with protein powder and berries
- Cottage cheese with fruit and granola

For hot yoga or longer sessions, make sure to rehydrate with electrolytes and get in a balanced meal soon after.



PART 3: NEXT STEPS

BRINGING THIS INTO YOUR LIFE

It's not just about hitting macros or calorie goals or crushing workouts—it's about creating habits that make you feel good, inside and out. How you fuel, move, and recover directly impacts your energy, mood, and overall well-being. When you focus on feeling strong, energized, and balanced, the results will follow.

Actionable Takeaway: *Small Shifts to Feel Better Today*

- Eat in a way that supports your energy, not drains it.
- Move daily—not for punishment, but because it makes you feel good.
- Stay hydrated and listen to what your body actually needs.
- Let go of extremes—small, consistent habits will get you further.

Join Our Monthly Community Calls!

If you're ready to ditch the stress around food and start fueling in a way that actually supports your life, our monthly community calls are here for you. Get support, ask questions, and find what works for you—because you deserve to feel amazing every day. 💪✨

If you're ready to fuel your body for strength, performance, and the way you want to look—without the burnout—**Macros Done Different** is for you. It's a no-BS approach to nutrition that fits your life and goals. I have spots open in MDD and for 1:1 coaching if you want more personalized support. Let's make your nutrition work for you!



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