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NO MATH NUTRITION GUIDE

Nutrition Handbook and
Recipe Guide

Hey!

I'm Coach Asia

I'm a mother, former corporate employee turned business owner and over the past 5 years I've helped numerous women learn how to shift their mindset, create healthy habits, shred fat and keep it off FOR GOOD!



I know what it's like to feel uncomfortable in your body I struggled to balance all of the hats I wore as a mother, professional and a partner all while trying to focus on my health. There was no way I could fit exercise and healthy eating into my already jammed packed schedule.

But there came a breaking point where I had to prioritize ME. I couldn't continue to show up in all of the other aspects of my life as the best version of myself without investing in myself.

As your nutrition coach, I understand that your health and wellness goals are a priority. That is why I am committed to being available to you whenever you need me. Whether you need support or have a question, I am here to ensure that your unique needs are addressed promptly and effectively.

Now that we've got intros out of the way, let's get into why you're here...

Why Making ‘Good Choices’ Isn’t the Same as Eating in Balance

- ✦ You’re eating clean, avoiding junk, and trying to make good choices – yet the scale isn’t moving, or it feels unpredictable.
- ✦ That’s not because you’re doing it wrong. It’s because ‘healthy’ doesn’t automatically mean balanced.
- ✦ In this section, you’ll learn why effort alone doesn’t create results – and why simplifying how you build meals works better than tracking, restriction or trying to be perfect



How This Shows Up For You

Answer these questions honestly to get real insight on where you're struggling

What “healthy” habits or meals have you relied on that may not be helping fat loss?

Where do you feel most confused or stuck right now?



Let's break this down with examples that match your daily routine:

Most women underestimate calories by 175–500 kcal per day—especially when eating out.

Meal

Oat milk latte

Sounds Healthy

Plant-based,
no added sugar

But...

180–300+ hidden kcal
from milk + syrup

Smoothie

Fresh fruit,
protein powder

Can easily hit 400–600 kcal
if store-bought or DIY with
nut butters, honey, etc.

Salad with nuts,
cheese, and dressing

Leafy greens = healthy

The toppings often
double the calories



How to Balance Meals Without Counting or Restricting

These aren't 'good' or 'bad' meals.

They're examples of how small visual adjustments can make meals more satisfying and supportive – without weighing food, tracking calories, or starting over

Meal That Seems Healthy

What's Actually In It

More Balanced Version

Chipotle Bowl with brown rice, black beans, chicken, cheese, sour cream, guac, vinaigrette

>1,000 kcal; double carbs, added fats, heavy dressing

Salad bowl with grilled chicken, fajita veggies, black beans, lettuce, pico, and lime

Overnight Oats with banana, honey, PB, granola

Carb stacking + multiple fats; >500 kcal

Oats + chia + unsweetened almond milk + ¼ banana + cinnamon

Avocado Toast with Egg

500–700 kcal; full avocado + oil + fried egg

1 slice whole-grain toast, ½ avocado, poached egg or scrambled with 0kcal spray

Turkey or Veggie Wrap with hummus, cheese, avocado

Wrap alone is 200–250 kcal; double fats

Low-carb wrap or lettuce wrap; choose one fat source (e.g., hummus only)



The Plate Formula

This is the key to EVERYTHING! No counting calories, weighing food or scanning it into an app.

You're simply going to divide your plate into the portions shown below. That's it. This will ensure that your plate is ALWAYS balanced

$\frac{1}{4}$ Protein, $\frac{1}{2}$ veggies, $\frac{1}{4}$ healthy fats or carbs



How to Think About Drinks Without Overthinking Them:

Liquid calories don't fill you up – but they slow you down. This section helps you sip smarter without giving up your favorites.

I'm about to expose the truth about your favorite drinks, so don't hate me afterwards. This table breaks down popular "healthy drinks" and the hidden calories that are in them.

Drink That Seems Healthy	What's Actually In It
Starbucks Iced Matcha Latte with 2% milk	~250 kcal, 28g sugar from pre-sweetened matcha
Green Smoothie with Apple Juice Base	Juice + mango + banana = >45g sugar
Iced Caramel Macchiato	300 kcal, 30g sugar from syrup + drizzle
Chai Tea Latte (Hot or Iced)	~240 kcal, 42g sugar from chai concentrate

How to Think About Drinks

Without Overthinking Them Pt. 2:

This isn't about cutting things out, it's about understanding which choices support consistency and which are better enjoyed occasionally

Easy everyday choices

Brewed Chai Tea with Milk & Cinnamon

Black Coffee or Americano with a splash of almond or oat milk

Custom Smoothie with ½ banana, berries, chia/flax, unsweetened almond milk

Iced Matcha with unsweetened almond milk, no syrup

Occasional choices

Iced Coffee with 1 Pump Caramel, No Drizzle

Golden Milk Latte with unsweetened milk, no added syrup

Plant-Protein Smoothie with small banana, 1 tsp PB, unsweetened base

Less supportive for daily habits

Chai Tea Latte (Starbucks/chain)


Iced Caramel Macchiato with Drizzle

"Bulletproof" Coffee with butter + coconut oil

Green Smoothie with Apple Juice Base

A Simple Way to Order Out Without Tracking or Stress


Step 1: Choose what matters most



Instead of trying to make everything 'perfect', pick what you care about most in that meal – enjoyment, balance or satisfaction – and let the rest be neutral

Step 2: Build a balanced plate

Use the same visual method you use at home. Restaurants don't require a different strategy, just a simpler one



Step 3: Decide ahead of time

Preview the menu if you can, choose your non-negotiable, and balance the rest without second-guessing



MY TOP EASY GO-TO RECIPES



Greek Yogurt Protein Parfait



2 SERVINGS



10 MINS

Calories
180

Protein
20g

Fats
12g

Carbs
10g

INGREDIENTS:

- 1 cup plain Greek yogurt: Full fat or non-fat
- 1 tbsp honey or maple syrup:
- ½ tsp vanilla extract:
- ¼ cup granola:
- ½ cup mixed berries: Fresh or frozen (thawed).
- 1 tbsp chia seeds (optional): For an extra fiber and omega-3 boost.
- Pinch of cinnamon:



INSTRUCTIONS:

Sweeten the yogurt: In a small bowl, mix the Greek yogurt, honey (or maple syrup), and vanilla extract. Stir until smooth and creamy. Taste and adjust sweetness if needed.

Prep your berries: If using strawberries, slice them thinly. For frozen berries, let them thaw slightly so they're juicy but not watery.

Layer the parfait: In a glass or bowl, start with half the yogurt mixture. Top with half the berries, then half the granola. Repeat the layers.

Add the finishing touches: Sprinkle chia seeds and a pinch of cinnamon on top for extra flavor and texture.

Serve immediately or chill: Enjoy right away for the best texture, or refrigerate for up to 2 hours if prepping ahead.

Breakfast Crunch Wrap



2 SERVINGS



25 MINS

Calories
450

Protein
20g

Fats
12g

Carbs
24g

INGREDIENTS:

- 3 large eggs
- 2 tablespoons milk optional
- Salt and black pepper to taste
- 1 tablespoon butter or oil for cooking eggs
- 1/2 cup shredded cheddar cheese
- 1 cups frozen hash browns or diced potatoes cooked until crispy
- Optional: cooked bacon sausage, or ham (crumbled or sliced)
- 2 large flour tortillas burrito size
- Optional sauces: salsa hot sauce, sour cream, or breakfast sauce
- Butter or oil for toasting



INSTRUCTIONS:

Cook hash browns in a skillet according to package instructions until golden and crispy. Set aside.

In a bowl, whisk eggs with milk if using, salt, and pepper.

Melt butter in a skillet over medium heat, then add eggs and cook gently, stirring until just set and fluffy. Remove from heat.

Lay a flour tortilla flat and layer scrambled eggs, crispy hash browns, optional protein, and shredded cheddar cheese in the center.

Add salsa or sauce if desired, then fold tortilla edges inward over the filling to form a sealed hexagon shape.

Heat a clean skillet over medium heat with butter or oil, place crunchwrap seam-side down, and cook 2 to 3 minutes until golden and sealed.

Flip and cook another 2 to 3 minutes until crispy and heated through.

Serve hot whole or sliced in half, with extra sauce on the side if desired.

Garlic parmesan chicken pasta



2 SERVINGS



15 MINS

Calories
430

Protein
38g

Fats
16g

Carbs
36g

INGREDIENTS:

- 0.5 cup • Protein plus Penne | Barilla
- 2-piece boneless skinless chicken breasts
- 1 cup low salt chicken broth
- 0.5 cup Yogurt, Nonfat, Greek, Strained | Fage
- 0.5 cup Grated Parmesan Cheese, Grated Parmesan | Kraft
- 0.5 cup Low Fat Milk
- 1 tsp Minced Garlic | Great Value
- 0.5 tbsp Italian seasoning
- 0.5 tsp Paprika
- 2 cup Spinach
- 1 tbsp flour

INSTRUCTIONS:

Bring a large pot of salted water to a boil. Add whole wheat pasta and cook according to package instructions until al dente. Drain it and set it aside.

While the pasta cooks, heat 1 tablespoon of olive oil over medium heat in a large nonstick skillet. Add cubed chicken breast, then season with salt, pepper, paprika, and Italian seasoning. Cook the chicken for about 5–6 minutes, flip it occasionally, until it gets golden on the outside and cooked through. Transfer the chicken to a plate and set aside.

In the same skillet, add the remaining tablespoon of olive oil. Stir in the minced garlic and sauté for 30–60 seconds, until fragrant. Don't let it brown because it turns bitter fast.

Next, sprinkle in the whole wheat flour and stir it into the garlic oil to form a light roux. Cook for about 30 seconds to remove the raw flour taste. Then, slowly pour in the chicken broth while whisking constantly to avoid lumps. Add the milk and continue whisking until the sauce begins to thicken—this should take 2–3 minutes.

Reduce the heat to low and stir in the Greek yogurt. Mix well until fully incorporated—this creates a creamy texture without the heaviness of cream. Add the grated Parmesan cheese and stir until it melts into the sauce. If the sauce feels too thick, add a splash or two of your reserved pasta water until it reaches your desired consistency.

Return the cooked chicken to the skillet along with any juices that collected on the plate. Toss in the cooked pasta and add the spinach if using. Stir everything together until the pasta and chicken are fully coated in the creamy sauce and the spinach is just wilted.



Ground Turkey + Sweet Potato Skillet



1 SERVING



40 MINS

Calories
358

Protein
24g

Fats
18g

Carbs
25g

INGREDIENTS:

- 16 ounce • Cooked Ground Turkey
- 2 sweet potatoes
- 1 tbsp • olive oil
- 1 Onions
- 1 tsp • Paprika
- 1 tsp • Pink Himalayan Salt, Pink Himalayan | Badia
- 1 tsp • freshly ground black pepper
- 2 cup • Spinach



INSTRUCTIONS:

Preheat oven to 425

Peel and boil sweet potato for 10-12 minutes or until semi soft

Remove from water, dice and bake in oven for 25-30 minutes or until completely soft

Heat oil, cook onion and garlic 2-3 minutes until translucent

Add turkey, break apart and cook 5-7 minutes until browned

Add paprika, cumin, salt and pepper

Add pepper sweet potato and spinach, cook 3-4 minutes until tender

Garnish with parsley

Shredded Chicken Tacos



3 SERVINGS



40 MINS

Calories
236

Protein
12g

Fats
12g

Carbs
20g

INGREDIENTS:

3 tbsp • lite mayo
1 Shallots
3 tbsp • Yogurt, Nonfat, Greek, Strained | Fage
1 tbsp • Cilantro
1 piece • garlic cloves
1tbsp • olive oil
2 tbsp • cider vinegar (or red wine vinegar)
8 ounce • boneless skinless chicken breasts
0.5 tsp • garlic powder
1 Jalapeno
1 red onion
0.5 piece • Avocado
0.3 cup • Feta Cheese
3 Flour Tortilla
1.5 cup • Spinach



INSTRUCTIONS:

Make the Creamy Chimichurri Sauce. Combine Greek yogurt, mayo, minced shallot, 1 tbsp. finely chopped parsley, finely chopped cilantro, virgin olive oil, red wine vinegar, 1 small garlic clove (either pressed or grated), and 1/2 tsp. salt in a small bowl. Whisk to thoroughly combine, then taste and season with more salt if needed. Set aside.

Season the Chicken. Combine garlic powder, 1/2 tsp. salt, and 1/2 tsp. freshly cracked black pepper in a bowl and stir to evenly combine. Season one 8 oz.(ish) chicken breast all over with the seasoning, then set the chicken breast aside for about ten minutes at room temperature.

Cook the Chicken. Heat 2 tsp. oil in a pan over medium heat. Cook the seasoned chicken breast for about 4-5 minutes per side, until browned and the internal temperature reaches 165 F. Transfer the chicken breast to a bowl and cover with foil. Let it rest for at least five minutes, then shred it in the bowl.

Cook the Jalapenos and Red Onions. Add a couple of tablespoons of water to the pan, then use a wooden spatula to scrape the browned bits into the water, creating a browned liquid. Add the sliced jalapenos and chopped onions to the pan, then cook for 3-4 minutes (stirring occasionally) until the jalapenos and onions are softened and just slightly crispy.

Shred the chicken while the jalapenos and onions are cooking, then transfer the chicken and any liquids from the bowl it was shredded in back to the hot pan.

Mix the chicken into the jalapenos and onions, then mix in the finely chopped cilantro. Turn the heat off from underneath the pan.

Build the Tacos. Layer the shredded romaine, sliced avocado, and shredded chicken into warmed flour tortillas. Top with crumbled feta cheese, and drizzle with creamy

Before you go....

If there's one thing I want you to take away from this, it's this:

You don't need more discipline.

You don't need stricter rules.

And you don't need to track everything for results to happen

This visual method works because it removes the mental load, not because it asks you to be perfect.

If you find that some days feel easy and others feel harder, that's normal. If you occasionally wonder, "Am I doing this right?", that's normal too

Some women are comfortable applying this on their own. Others prefer support, especially during busy weeks, travel, or seasons where routines don't exist.

If you ever want help personalizing this method to your lifestyle or learning how to stay consistent when life feels chaotic, that's exactly what I support inside coaching. You can book a call with me here (It's free 😊)

[Book a free call](#)

For now, keep coming back to the basics:

- balance over perfection
- consistency over intensity
- trust over control

You're not behind. You're not starting over. You're learning a new way of eating that actually fits your life.

