

**WELCOME TO  
A HEALTHIER  
LIFESTYLE.**

NUTRITION PLAN





# WELCOME TO A HEALTHIER LIFESTYLE.

THIS IS A VERY SIMPLE PLAN THAT WORKS BEST WITH THE BMR CALCULATIONS BUT CAN STILL BE USED EFFECTIVELY NOT TAKING INTO ACCOUNT ANY CALORIE OR MACRO COUNTING. THIS IS A HEALTHIER LIFESTYLE RATHER THAN DIET.

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THE IDEA IS THIS WILL HELP YOUR BODY TO METABOLISE AT A BETTER A RATE AND BE USED AS AN "EASING IN GENTLY" TO A NEW WAY OF EATING. OVER THE WEEKS OR MONTHS IF YOU START TO ADD DIFFERENT DEGREES OF EXERCISE AND WANT TO STEP IT UP A NOTCH THEN WE ALREADY HAVE A BASE TO WORK FROM.

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DON'T BE AFRAID TO HAVE A CHEAT MEAL, TAKEAWAYS AND TREATS. THIS IS A GUIDE FOR EATING HEALTHIER AND IT'S A LIFESTYLE CHANGE NOT A FAD DIET. IT'S ABOUT KEEPING EVERYTHING REALISTIC AND HAVING MORE GOOD DAYS IN A WEEK THAN BAD.



# WHAT YOUR BODY NEEDS.



## **CARBOHYDRATES.**

USED FOR ENERGY AND TO TRANSPORT PROTEINS TO THE MUSCLES.

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## **PROTEINS.**

USED TO REPAIR AND ASSIST IN THE GROWTH OF MUSCLES.

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## **VITAMINS AND MINERALS.**

USED FOR A MULTITUDE OF FUNCTIONS IN THE BODY.

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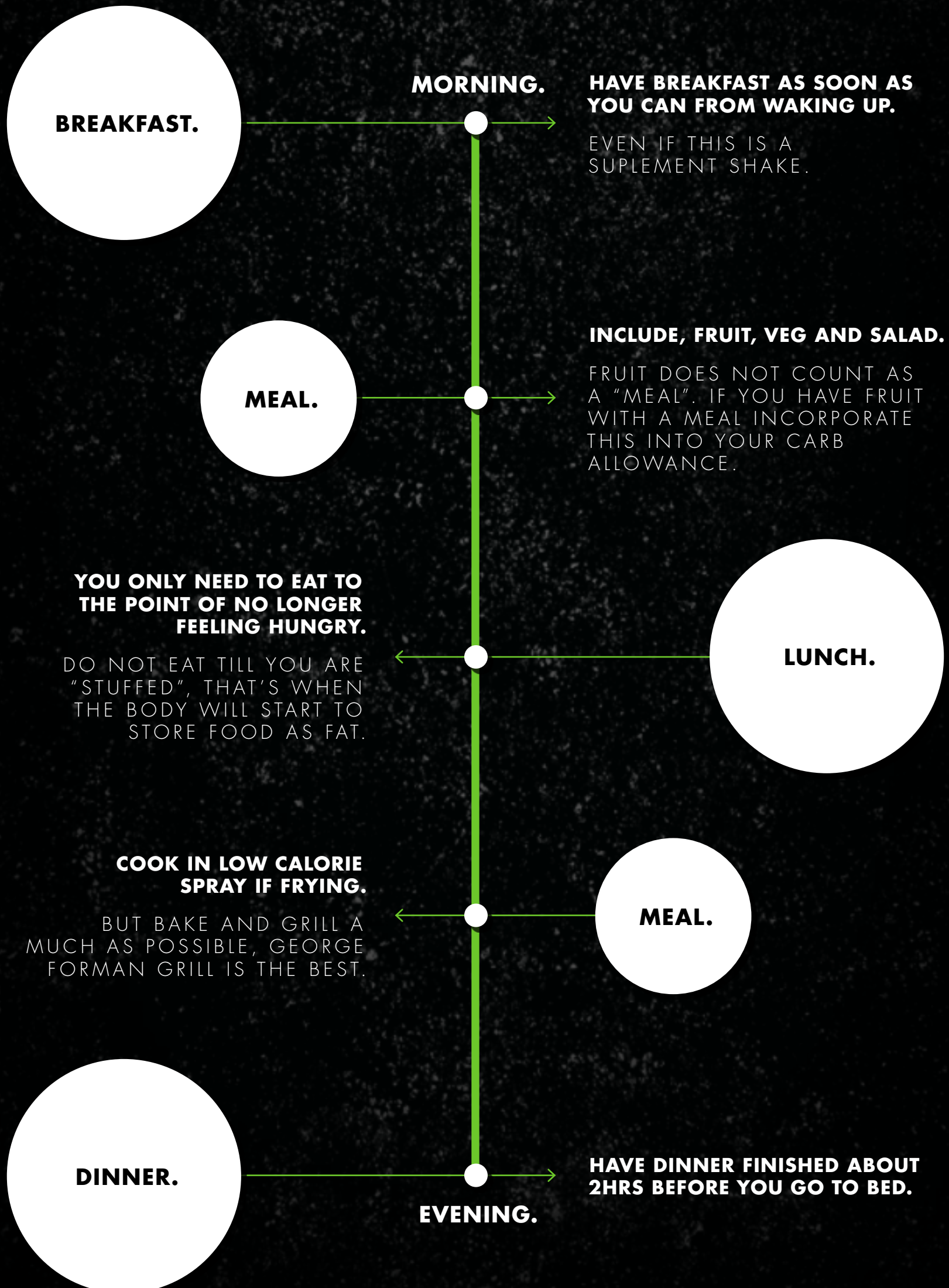
## **WATER.**

65% OF THE BODY IS WATER (ON AVERAGE)



# WHAT TO EAT AND WHEN.

IDEALLY, YOU WANT TO BE EATING FOUR TO FIVE TIMES A DAY. THIS SHOULD CONSIST OF BREAKFAST, LUNCH, DINNER AND TWO OTHER FAIRLY EVENLY PLACED MEALS IN BETWEEN.





# WHAT TO EAT AND WHEN.

## SUGARS = BAD.

WATCH OUT FOR HIGH SUGAR CONTENT IN "LOW FAT" FOODS.

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## STARCHES = GOOD BUT NEED TO BE IN MODERATION.

(THIS IS YOUR HEAVY CARBS).

ANYTHING THAT CAN BE REPLACED WITH "BROWN" IS BETTER FOR YOU BUT IT'S NOT ESSENTIAL.

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## FIBRES = GOOD.

| CATEGORY.   | FOOD EXAMPLES.   |
|---|--|
| <b>SUGARS.</b><br>SIMPLE STRUCTURES, THE MOST COMMON OF WHICH IS GLUCOSE.                           | FRUIT, FRUIT JUICES, DRIED FRUIT, TABLE SUGAR, HONEY, JAMS, CONFECTIONERY.           |
| <b>STARCHES.</b><br>COMPLEX STRUCTURES MADE MOSTLY FROM LONG CHAINS OF SACCHARIDES JOINED TOGETHER. | BREAD, PASTA, RICE, CEREALS, GRAINS AND BEANS, POTATOES, SWEET POTATOES, VEGETABLES. |
| <b>FIBRE.</b><br>THE INDIGESTIBLE PARTS OF STARCH WHICH HELP TO KEEP THE DIGESTIVE SYSTEM HEALTHY.  | FRUIT, VEGETABLES, WHOLE GRAINS, CEREALS, BEANS.                                     |

## FRUIT.

FRUIT SUGARS ARE GOOD FOR A HEALTHIER LIFESTYLE BUT ARE NOT IDEAL FOR WEIGHT LOSS.

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HAVE A GLASS OF WATER WITH OR JUST AFTER FRUIT, THIS IS JUST A THEORY OF MINE BUT IT CAN'T HURT.

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FRUIT AS A WHOLE IS BETTER FOR YOU THAN JUICED OR DRIED. AS SOON AS YOU CHANGE IT'S STRUCTURE YOU'RE INCREASING THE SUGARS EFFECTS ON THE BODY.



# WHAT TO EAT AND WHEN.

| FOOD GROUP.                                   | PORTION GUIDE.  |
|---|---|
| <b>FRUIT.</b>                                 | <p><b>SMALL FRUIT.</b></p> <p>2 SATSUMAS, 2 PLUMS, 2 KIWI, 7 STRAWBERRIES, 14 CHERRIES.</p> <p><b>MEDIUM FRUIT.</b></p> <p>1 APPLE, 1 BANANA, 1 PEAR, 1 ORANGE.</p> <p><b>LARGE FRUIT.</b></p> <p>HALF GRAPEFRUIT, ONE 5CM SLICE OF MELON, 1 LARGE SLICE OF PINEAPPLE.</p> <p><b>DRIED FRUIT.</b></p> <p>ABOUT 30G, ONE LARGE HEAPED TABLESPOONS OF RAISINS OR SALTANAS, HANDFUL OF BANANA CHIPS.</p> |
| <b>VEGETABLES.</b>                            | <p><b>GREEN VEG.</b></p> <p>2 BROCCOLI SPEARS, 4 HEAPED TABLE SPOONS OF KALE, SPINACH, OR GREEN BEANS.</p> <p><b>SALAD VEG.</b></p> <p>3 STICKS OF CELERY, 5CM PIECE OF CUCUMBER, 1 MEDIUM TOMATO, 7 CHERRY TOMATOES.</p> <p><b>COOKED VEG.</b></p> <p>3 HEAPED TABLESPOONS CARROTS, PEAS, CORN OR CAULIFLOWER.</p>   |
| <b>BREAD, RICE, PASTA AND POTATOES.</b>       | <p>1 SLICE OF BREAD.</p> <p>HANDFUL OF RICE OR PASTA.</p> <p>HANDFUL OF BREAKFAST CEREAL.</p> <p>1 SMALL TO MEDIUM POTATO.</p>  |
| <b>MEAT, FISH, EGGS AND BEANS.</b>            | <p>LEAN MEAT THE SIZE OF A DECK OF CARDS.</p> <p>1 LARGE EGG.</p> <p>SIDE OF FISH THE SIZE OF A STANDARD CHEQUE BOOK.</p> <p>HANDFULL OF BEANS, NUTS OR SEEDS.</p>  |
| <b>MILK AND DAIRY.</b>                        | <p>SMALL CUP OF MILK.</p> <p>150ML OF YOGHURT.</p> <p>PIECE OF CHEESE THE SIZE OF A MATCHBOX.</p>   |
| <b>FOOD AND DRINKS HIGH IN FAT AND SUGAR.</b> | <p>LIMIT THESE TO NO MORE THAN 8% OF TOTAL INTAKE.</p>  |



# 10 RULES TO HEALTHIER NUTRITION.

**1.**

LIMIT THE CONSUMPTION OF SUGAR.

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**2.**

MINIMISE THE CONSUMPTION OF REFINED CARBOHYDRATES (WHITE BREAD, CAKES AND BISCUITS).

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**3.**

EAT MORE BEANS, LENTILS AND WHOLE GRAINS (RICE, MILLET, RYE, OATS, WHOLE-WHEAT, CORN, QUINOA).

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**4.**

EAT MORE DARK GREEN, LEAFY AND ROOT VEGETABLES (BROCCOLI, SPINACH, GREEN BEANS, PEAS AND SWEET POTATO).

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**5.**

STICK TO ABOUT 3 PIECES OF FRESH FRUIT A DAY (LOW GI, FRUIT STILL CONTAINS SUGARS EVEN THOUGH NATURAL).

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**6.**

2 LITRES OF WATER IS ABOUT 6 GLASSES A DAY (SEE TABLE BELOW TO EXPLAIN WHY WATER IS SO IMPORTANT).

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**7.**

AVOID FRIED, BURNT OR BROWNEED FOOD, HYDRONGENATED FATS (SOLID FATS) AND EXCESS ANIMAL FATS.

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**8.**

MINIMISE THE CONSUMPTION OF PROCESSED MEAT (PACKET HAM, TURKEY DRUMSTICKS ETC.), ARTIFICIAL COLOURS AND FLAVOURS.

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**9.**

AVOID CAFFEINE ESPECIALLY AFTER 4PM BUT IF YOU MUST HAVE CAFFEINE, 300MG A DAY MAX (SEE PAGE 6).

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**10.**

AVOID CIGARETTES AND ALCOHOL BUT AGAIN IF YOU MUST DRINK, HAVE ONE ALCOHOLIC DRINK A DAY.



# THE DANGERS OF DEHYDRATION.

| WATER LOSS. | EFFECTS.  |
|-------------|---|
| 1%          | GENERATES THIRST PRODUCTION.  |
| 2 - 3%      | IMPAIRED PERFORMANCE AND INCREASED BODY TEMPERATURE.  |
| 4%          | 20-30¼ DECREASE IN ENDURANCE PERFORMANCE<br>SYMPTOMS: FATIGUE, NAUSEA, VOMITING AND DIARRHEA.               |
| 5 - 6%      | HEAT CRAMPS, CHILLS, NAUSEA, CLAMMY SKIN, RAPID PULSE,<br>DEHYDRATION FROM THIS POINT ONWARDS CAN BE FATAL. |
| 6 - 10%     | REDUCED SWEAT AND URINE PRODUCTION, WEAKNESS,<br>HEADACHES DIZZINESS, CONFUSION AND DRY MOUTH.              |
| 10% +       | CAN BE LIFE THREATENING HEAT STROKE, HALLUCINATIONS,<br>UNSTEADY WALK NO URINE OR SWEAT PRODUCTION.         |



# PROTEIN PORTIONS.

| FOOD GROUP.                             | PORTION SIZE.         | PROTEIN (G). | KCAL. |
|---|-----------------------|--------------|-------|
| <b>BEEF FILLET STEAK, GRILLED, LEAN</b> | 2 SLICES (105G)       | 31           | 197   |
| <b>CHICKEN BREAST, GRILLED</b>          | 1 BREAST (130G)       | 39           | 191   |
| <b>TURKEY, LIGHT MEAT, ROASTED</b>      | 2 SLICES (140G)       | 47           | 214   |
| <b>COD, POACHED</b>                     | 1 FILLET (120G)       | 25           | 113   |
| <b>MACKEREL, GRILLED</b>                | 1 FILLET (150G)       | 31           | 359   |
| <b>TUNA, CANNED IN BRINE</b>            | 1 SMALL TIN (100G)    | 24           | 99    |
| <b>CHEESE, CHEDDAR</b>                  | 1 THICK SLICE (40G)   | 10           | 165   |
| <b>COTTAGE CHEESE</b>                   | 1 SMALL CARTON (112G) | 15           | 110   |
| <b>SKIMMED MILK</b>                     | 1 GLASS (200ML)       | 7            | 66    |
| <b>LOW-FAT YOGURT, PLAIN</b>            | 1 CARTON (150G)       | 8            | 84    |
| <b>LOW-FAT YOGURT, FRUIT</b>            | 1 CARTON (150G)       | 6            | 135   |
| <b>FROMAGE FRAIS, FRUIT</b>             | 1 SMALL CARTON (100G) | 7            | 131   |
| <b>EGGS</b>                             | 1 JUMBO SIZED         | 8            | 90    |
| <b>PEANUTS, ROASTED/SALTED</b>          | 1 HANDFUL (50G)       | 12           | 301   |
| <b>PEANUT BUTTER</b>                    | ON BREAD (20G)        | 5            | 125   |
| <b>CASHEWS, ROASTED/SALTED</b>          | 1 HANDFUL (50G)       | 10           | 306   |
| <b>WALNUTS</b>                          | 1 HANDFUL (50G)       | 7            | 344   |
| <b>SUNFLOWER SEEDS</b>                  | 2 TBSP (32G)          | 6            | 186   |
| <b>SEASAME SEEDS</b>                    | 2 TBSP (24G)          | 4            | 144   |
| <b>BAKED BEANS</b>                      | 1 SMALL TIN (50G)     | 10           | 166   |
| <b>RED LENTILS, BOILED</b>              | 3 TBSP (120G)         | 9            | 120   |
| <b>RED KIDNEY BEANS, BOILED</b>         | 3 TBSP (120G)         | 10           | 124   |
| <b>CHICKPEAS, BOILED</b>                | 3 TBSP (140G)         | 12           | 169   |
| <b>SOYA MILK, PLAIN</b>                 | 1 GLASS (200ML)       | 6            | 64    |
| <b>SOYA MINCE</b>                       | 2 TBSP, DRY (30G)     | 13           | 79    |
| <b>TOFU</b>                             | HALF PACK (100G)      | 8            | 73    |
| <b>TOFU BURGER</b>                      | 1 BURGER" (60G)       | 5            | 71    |
| <b>QUORN MINCE</b>                      | 4 TBSP (100G)         | 12           | 86    |
| <b>QUORN CHILLI</b>                     | 1 BOWL (200G)         | 9            | 163   |
| <b>QUORN KORMA</b>                      | 1 BOWL (200G)         | 8            | 280   |



# VEGAN PROTEIN SOURCES.

THIS IS A LIST OF THE AVERAGE AMOUNTS OF PROTEIN AND CALORIES PER PORTION OF PLANT BASED PRODUCTS. MOST PLANT BASED PROTEINS ARE NOT A "COMPLETE" PROTEIN, WHICH MEANS THEY MISS OUT ESSENTIAL PROTEIN STRANDS (AMINO ACIDS) THAT MAKE THEM EQUAL TO THE PROTEIN YOU WOULD FIND IN MEAT.

THIS MEANS YOU NEED TO MIX AND MATCH YOUR INCOMPLETE PROTEINS. BEAN AND GRAINS ARE ALWAYS A GOOD MIX BUT AS LONG AS EACH MEAL HAS AT LEAST TWO OF THE FOLLOWING, YOU SHOULD BE GOOD.

| BEANS & LEGUMES.       | PORTION SIZE. | PROTEIN (G). | KCAL. |
|------------------------|---------------|--------------|-------|
| <b>TEMPEH*</b>         | 1 / 2 CUP     | 15.5         | 160   |
| <b>SOY BEANS*</b>      | 1 / 2 CUP     | 11           | 127   |
| <b>BROWN LENTILS</b>   | 1 / 2 CUP     | 9            | 115   |
| <b>RED LENTILS</b>     | 1 / 2 CUP     | 9            | 115   |
| <b>GREEN LENTILS</b>   | 1 / 2 CUP     | 9            | 115   |
| <b>KIDNEY BEANS</b>    | 1 / 2 CUP     | 8            | 109.5 |
| <b>SPLIT PEAS</b>      | 1 / 2 CUP     | 8            | 115.5 |
| <b>LIMA BEANS</b>      | 1 / 2 CUP     | 7.5          | 108.5 |
| <b>BLACK BEANS</b>     | 1 / 2 CUP     | 7.5          | 113.5 |
| <b>BLACK EYED PEAS</b> | 1 / 2 CUP     | 6.5          | 99    |
| <b>TOFU*</b>           | 1 / 2 CUP     | 6            | 94    |
| <b>PINTO BEANS</b>     | 1 / 2 CUP     | 7.5          | 122.5 |
| <b>NAVY BEANS</b>      | 1 / 2 CUP     | 7.5          | 127.5 |

| NUTS & SEEDS.      | PORTION SIZE. | PROTEIN (G). | KCAL. |
|--------------------|---------------|--------------|-------|
| <b>HEMP SEEDS*</b> | 30G           | 10           | 162   |
| <b>PEANUTS</b>     | 30G           | 7            | 164   |
| <b>WALNUTS</b>     | 30G           | 7            | 173   |
| <b>FLAX SEED</b>   | 30G           | 3.8          | 110   |
| <b>CHIA SEED*</b>  | 30G           | 4.7          | 138   |

\*INDICATES A COMPLETE PROTEIN PRODUCT



| <b>VEGETABLES.</b>        | <b>PORTION SIZE.</b> | <b>PROTEIN (G).</b> | <b>KCAL.</b> |
|---------------------------|----------------------|---------------------|--------------|
| <b>SPINACH</b>            | 1 CUP                | 5                   | 41           |
| <b>ASPARAGUS</b>          | 1 CUP                | 3                   | 27           |
| <b>BROCCOLI</b>           | 1 CUP                | 2.6                 | 31           |
| <b>BRUSSEL SPROUTS</b>    | 1 CUP                | 3                   | 38           |
| <b>PEAS</b>               | 1 CUP                | 8                   | 118          |
| <b>SUN DRIED TOMATOES</b> | 1 CUP                | 8                   | 139          |

| <b>GRAINS.</b>           | <b>PORTION SIZE.</b> | <b>PROTEIN (G).</b> | <b>KCAL.</b> |
|--------------------------|----------------------|---------------------|--------------|
| <b>SEITAN</b>            | 1 / 2 CUP            | 31.5                | 180          |
| <b>OAT BRAN</b>          | 1 / 2 CUP            | 3.5                 | 44           |
| <b>WHOLE WHEAT PASTA</b> | 1 / 2 CUP            | 3.5                 | 87           |
| <b>BUCKWHEAT*</b>        | 1 / 2 CUP            | 11.5                | 29.5         |
| <b>WHEAT FLOUR</b>       | 1 / 2 CUP            | 8                   | 203.5        |
| <b>QUINOA*</b>           | 1 / 2 CUP            | 4                   | 111          |
| <b>OATS</b>              | 1 / 2 CUP            | 5.5                 | 153.5        |

| <b>PROTEIN POWDERS.</b>   | <b>PORTION SIZE.</b> | <b>PROTEIN (G).</b> | <b>KCAL.</b> |
|---------------------------|----------------------|---------------------|--------------|
| <b>REA PROTEIN</b>        | 30G                  | 24                  | 119          |
| <b>BROWN RICE PROTEIN</b> | 30G                  | 26                  | 117          |
| <b>HEMP PROTEIN*</b>      | 30G                  | 27                  | 117          |
| <b>SOY PROTEIN•</b>       | 30G                  | 27                  | 116          |

\*INDICATES A COMPLETE PROTEIN PRODUCT



# CARBOHYDRATES. LOW GI.

BELOW IS A SELECTION OF LOW GI FOODS. THE LOWER THE FOOD IS ON THE GLYCEMIC INDEX THE SLOWER THE FOOD IS DIGESTED AND THEN ABSORBED BY THE BODY. THE SLOWER A FOOD IS ABSORBED THE BETTER ENERGY RELEASE THE FOOD HAS AND THEREFORE REDUCING THE CHANCE OF IT STORING ONTO FAT.

AIM TO EAT FOODS THAT ARE BELOW 65 ON THE SCALE, YOU WILL FIND MORE COMPLETE LISTS ONLINE.

## **FRESH FRUIT.**

THE MORE ACIDIC THE FRUIT, THE LOWER THE GI. APPLES, PEARS, ORANGES, GRAPEFRUIT, PEACHES, NECTARINES, PLUMS, APRICOTS.

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## **FRESH VEGETABLES.**

VEGETABLES ARE GENERALLY VERY LOW ON THE GI SCALE, THE EXCEPTION IS POTATOES.

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## **STARCHY VEGETABLES.**

SWEETCORN (GI 46-48), SWEET POTATO (GI 46), AND BUTTERNUT SQUASH (GI 51).

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## **BREADS.**

STONEGROUND WHOLEMEAL BREAD (NOT ORDINARY WHOLEMEAL BREAD), FRUIT & MALT LOAF, WHOLEGRAIN BREAD WITH LOTS OF BITS, BREAD CONTAINING BARLEY, RYE, OATS, SUNFLOWER SEEDS, LINSEED. PITTA, CHAPATTI, PUMPERNICKLE, SOURDOUGH.

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## **BREAKFAST CEREALS.**

PORRIDGE, MUESLI, OAT OR RYE BASED CEREALS, BRAN BASED CEREALS (ALL BRAN).

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## **GRAINS.**

BULGUR WHEAT, NOODLES, OATS, BASMATI RICE.

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## **BEANS AND LENTILS**

CHICK PEAS, RED KIDNEY BEANS, BAKED BEANS, CANNELLINI BEANS, MUNG BEANS, BLACK EYE BEANS, BUTTER BEANS, SPLIT PEA LENTILS.



# CAFFEINE CONTENT.

A LIST OF THE AVERAGE AMOUNTS OF CAFFEINE FOUND IN POPULAR PRODUCTS.

| SOURCE.                      | CAFFEINE. |
|------------------------------|-----------|
| <b>GROUND COFFEE</b>         | 80 – 90   |
| <b>INSTANT COFFEE</b>        | 60        |
| <b>ESPRESSO</b>              | 45 – 100  |
| <b>FILTER COFFEE</b>         | 60-120    |
| <b>DECAFFEINATED COFFEE</b>  | 3         |
| <b>BLACK TEA</b>             | 40        |
| <b>GREEN TEA</b>             | 40        |
| <b>ENERGY/ SPORTS DRINKS</b> | UP TO 300 |
| <b>COLA</b>                  | 40        |
| <b>DARK CHOCOLATE</b>        | 40        |
| <b>MILK CHOCOLATE</b>        | 12        |