



## BBT Week 1 and beyond....

Hello ladies and welcome to the beautiful body transformation course!

The first thing that I want to be absolutely clear about is that your success and results on this course are down to how **HARD** you are prepared to work. If you choose not to do the goal setting, food diaries, daily habit checks and tests...your results will suffer. **BUT** If you get into this course and really get your teeth stuck in, your results could be phenomenal!

Work hard, play hard and get the body that you deserve!

Each week I will send out a guiding document to let you know what I expect you to do, some weeks there will be 'homework' other weeks it will just be about getting to grips with managing your lifestyle and not letting things slip.

If at any time you feel that things are slipping and you feel lost, **TELL ME**. I can't help you if I don't know what is going on. In life things happen and we feel motivation waxing and waning....this is ok. We're not super humans, we are just human, it's normal to feel like crap one day and in the clouds the next. We're women and those pesky hormones can have a big say in our mood!

That said, if you allow this to become an excuse, your results will not be what you want or expect! You have chosen to employ me as your coach, so use me when you get stuck or need help!

Email: [nicola@rossellfitness.co.uk](mailto:nicola@rossellfitness.co.uk)

Phone: 07983551550

## ACTION POINTS

Pay attention to:

1. **Your 12 week training plan** – get to grips with this, stick it on the fridge, and start doing it!
2. **Your 6 week session cards** – this breaks down what we are doing in the sessions and goes through some gym etiquette and what I expect from you. Print the session card out 6 times – you will need this to log your progress. After week 6 the sessions will change up so you don't get bored!
3. **How to build a meal** – this is the foundation for your nutrition, there will be more nutrition guidance along the way **BUT** get to grips with this first of all!
4. Print your goal setting and logging table and fill in your measurements

## Your 12 Week plan

### Instructions

Print this out and stick it to the fridge. If you need to move some things around that's totally fine, fit this in around your life. This course should not take you away from your kids or family. Try and do the walking with your family/friends to kick start healthy social habits. If you choose not to complete this out of class hours training plan your results at the end of the course will not be as good.

#### Week 1 - 02/01/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 15 mins	BBT Class 630pm	R+R activity  Walk 15 mins	BBT Class 630pm	R+R activity Walk 15 mins	R+R activity Walk 15 mins	BBT Class 10am

#### Week 2 - 08/01/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 15 mins	BBT Class 630pm	R+R activity  Walk 15 mins	BBT Class 630pm	R+R activity Walk 15 mins	R+R activity Walk 15 mins	BBT Class 10am

#### Week 3 - 15/01/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 20 mins	BBT Class 630pm	R+R activity  Walk 25 mins	BBT Class 630pm	R+R activity Walk 25 mins	R+R activity Walk 20 mins	BBT Class 10am

#### Week 4 - 22/01/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity  Walk 20 mins	BBT Class 630pm	R+R activity  Walk 25 mins	BBT Class 630pm  FITNESS TEST	R+R activity  Walk 25 mins	R+R activity  Walk 25 mins	BBT Class 10am  30 DAY CHECK IN

Week 5 - 29/01/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 25 mins	BBT Class 630pm	R+R activity Walk 25 mins	BBT Class 630pm	R+R activity Walk 25 mins	R+R activity Walk 25 mins	BBT Class 10am

Week 6 - 05/02/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 30 mins	BBT Class 630pm	R+R activity Walk 30 mins	BBT Class 630pm	R+R activity Walk 30 mins	R+R activity Walk 30 mins	BBT Class 10am

Week 7 - 12/02/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 30 mins	BBT Class 630pm	R+R activity Walk 35 mins	BBT Class 630pm	R+R activity Walk 35 mins	R+R activity Walk 35 mins	BBT Class 10am

Week 8 - 19/02/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 30 mins	BBT Class 630pm	R+R activity Walk 35 mins	BBT Class 630pm <b>FITNESS TEST</b>	R+R activity Walk 30 mins	R+R activity Walk 35 mins	BBT Class 10am <b>60 DAY CHECK IN</b>

Week 9 - 26/02/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 35 mins	BBT Class 630pm	R+R activity Walk 35 mins	BBT Class 630pm	R+R activity Walk 35 mins	R+R activity Walk 35 mins	BBT Class 10am

Week 10 - 05/03/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity Walk 40 mins	BBT Class 630pm	R+R activity Walk 35 mins	BBT Class 630pm	R+R activity Walk 35 mins	R+R activity Walk 40 mins	BBT Class 10am

Week 11 - 12/03/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity  Walk 40 mins	BBT Class 630pm	R+R activity Walk  45 mins	BBT Class 630pm	R+R activity  Walk 45 mins	R+R activity Walk 40 mins	BBT Class 10am

Week 12 - 19/03/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R+R activity  Walk 50 mins	BBT Class  630pm	R+R activity Walk 45 mins	BBT Class 630pm  FINAL FITNESS TEST	R+R activity  Walk 50 mins	R+R activity Walk 55 mins	NO CLASS TODAY  90 DAY CHECK IN

## R + R Activities

These are the MOST important part of your week, do not underestimate the power of taking care of yourself!

1. Gentle walking without raising HR (3mph or less) done in a nature setting ideally
2. Comedy movie/tv (tv generally is stressful for the brain, but comedy is GREAT!)
3. Massage
4. Sex
5. Foam rolling/self massage
6. Epsom salt bath (4 cups of salts per bath tub)
7. Sauna
8. Contrast showers
9. Sunbathing
10. Time with pets
11. Herbal tea time
12. Meditation
13. Mindfulness activities (learning an instrument, colouring)
14. Cuddles with family
15. Naps (20 minute power nap or 90minute nap, between 1-3pm or 5-6.30pm)

THE NEXT PAGES CONTAIN  
YOUR TRAINING  
INFORMATION FOR THE  
GYM SESSIONS WITH  
NICOLA.

MUST FIND A MEANS OF  
PRINTING OUT THE  
CONTENT SO THAT YOU  
CAN TRACK YOUR  
PROGRESS IN THE GYM.

THIS SHOULD BE DONE IN  
ADVANCE OF SESSION 1.

# Training: **IMPORTANT INFORMATION**

You will work in pairs each session, usually with the same partner but I may swap things around occasionally depending on your progress.

When you come in, enter the training area (if free) and start warming up, please be aware that I may be with another client before your session! I will teach you a series of body movements to warm up but you may also choose to skip, or punch the bags (with gloves) or complete your own warm up of preference. I need to see you moving in different planes and getting your joints warmed up as we will be lifting weights. This warm up should last 5-8 minutes.

Pick up your clipboards and papers and check which session you are doing, and I will assign you to an exercise, go and collect the weights from the weights area that you need bearing in mind that the gym is not always going to be empty and other people might be using things that you need. In this case, just select the nearest weight to what you need and start there. Learning to share equipment is a valuable part of gym etiquette.

Complete 1 warm up set with weights for each big movement (listed first in each row in the table) using a lighter weight than for you would use for your main set then complete 3 sets of 10...so your record should look something like this  
20kgx10x1 (warm up set), 35kgx10x3 (main sets). I need to see these numbers so please be vigilant about recording these so I can make sure that you are progressing with the weight lifting. Without pushing yourself in the weights room your progress will stagnate.

Exercises are paired together to maximise your time in the gym, some are activation exercises to support the bigger movement pattern, others are just to keep you working out whilst your partner is working on the bigger movement.

I expect you to work hard in your gym sessions but to have fun too, the benefits of training in a group is the relationships that you can develop and the friends that you can make. In previous courses we have had a lot of fun in these sessions so don't be afraid to chat and egg each other on, provided you are not wasting time. If you run out of time to complete the set exercises, make sure that you manage your time better the next week.

At the end of the session please return all weights to their original location, putting your weights back is the **MOST** important rule of gym etiquette and will earn you eternal respect from any other weight lifter and gym staff.

In this course there will be 3-4 main weight lifting exercises that work out your whole body, plus an 8-10 minute section for high intensity cardio. The weight lifting will remain the same over the 6 weeks so we can measure some progress in those lifts and then change for week 7-12.

DB = DUMBBELL KB = KETTLEBELL BB = BARBELL SB = STABILITY BALL

**PRINT THE NEXT PAGE OUT 6 TIMES PLEASE!**

Name: .....

Week .....

Session 1

How is your ENERGY 1-20 ..... / MOOD 1-20..... / SLEEP 1-20.....

<b>Exercise</b>	<b>Weight x reps x sets (ie 10x10x3)</b>
<b>Deadlifts (bent legs) x10</b> <b>Russian twists x20</b>	
<b>Standing Dumbbell press x10</b> <b>Core</b>	
<b>Kickboxing</b> <b>Section</b>	
<b>Walking Dumbbell lunges x20</b> <b>Core</b>	
<b>Cardio</b> <b>section</b>	

Session 2

How is your ENERGY 1-20 ..... / MOOD 1-20..... / SLEEP 1-20.....

<b>Exercise</b>	<b>Weight x reps x sets (ie 10x10x3)</b>
<b>Hamstring curls x10</b> <b>Spidermans x20</b>	
<b>KB squat and press x10</b> <b>Core</b>	
<b>Kickboxing</b> <b>Section</b>	
<b>Lying glute bridge x10</b> <b>Dumbbell punches x 30s</b>	
<b>Cardio</b> <b>Section</b>	

Session 3

How is your ENERGY 1-20 ..... / MOOD 1-20..... / SLEEP 1-20.....

<b>Exercise</b>	<b>Weight x reps x sets (ie 10x10x3)</b>
<b>Goblet squat x10</b> <b>Resistance band walks x 20</b>	
<b>Press ups x10</b> <b>Core</b>	
<b>Kickboxing</b> <b>Section</b>	
<b>Bent over dumbbell row x10</b> <b>Core</b>	
<b>Cardio</b> <b>Section</b>	

# PRINT THIS PAGE

## 90 day goal setting for BBT fitness

Name:

You have completed your first FITNESS TEST

Based on this AND your first week of lifting weights I want you to set some workout targets for the gym!

**By day 30** which is .....

I will be able to

1. ..
2. ..
3. ..
4. ..
5. ..

**By day 60** which is .....

I will be able to

1. ..
2. ..
3. ..
4. ..
5. ..

**By day 90** which is .....

I will be able to

1. ..
2. ..
3. ..
4. ..
5. ..



## BBT

### Timeline of important dates + progress

<b>Date</b>	<b>Event</b>	<b>Completed ?</b>
<b>Week 1</b>	<b>BBT Fitness test #1</b>	
<b>Week 4</b>	<b>30-day benchmark questionnaire Barriers worksheet completed</b>	
<b>Week 4</b>	<b>BBT Fitness test #2</b>	
<b>Week 8</b>	<b>60-day benchmark questionnaire Barriers worksheet completed</b>	
<b>Week 11</b>	<b>Written testimonial + Video testimonial due</b>	
<b>Week 11 or 12</b>	<b>BBT Fitness test #3</b>	
<b>Week 12</b>	<b>Final session 90-day benchmark review Clap yourself on the back 😊</b>	

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# RF TRANSFORMATION MONTHLY FITNESS TEST

Exercise	Test	Rest	Test 1 (week 1)	2 (week 4)	3 (week 8)	4 (week 12)
Burpees	60	90				
Squats	60	90				
Press ups	60	90				
Plank	PB	90				
Punches	60	90				
Front Kicks	60	90				

1. Complete each test
2. Record your progress in the box
3. Clap yourself on the back
4. Rinse and repeat each month and watch how fit and strong you get!

**PRINT THIS PAGE**

**PRINT THESE PAGES**

BBT Challenge Progress chart

Name:

Exercise/achievement	Date	Sticker
5 burpees without rest		
15 second plank		
1 full press up OR 10 deep ones on knees		
10 step ups in 30s		
<b>Nailed it - You have reached the beginner level</b>		
10 burpees without rest		
30 second plank		
2 full press ups OR 15 deep on knees		
15 step ups in 30s		
<b>Awesome - You have reached the intermediate level</b>		
15 burpees without rest		

45 second plank		
3 full press ups OR 20 deep on knees		
20 step ups in 30s		
Awesome - You have reached the intermediate+ level		
20 burpees without rest		
60 second plank		
5 full press OR 25 deep press ups on knees		
30 squat thrusts		
Super charged - You have reached the advanced level		
2 full press ups + 30 burpees no rest		
75 second plank		
8 full press ups without rest OR 35 deep ones on your knees		
40 squat thrusts + 2 full press ups		
Thermo nuclear - You have reached the advanced+ level		

20 Plyometric lunge jumps		
10 full press ups (no rest) OR 40 deep ones on your knees		
20 squat jumps + 20 squat thrusts		
90s plank		
<b>Epic – you have reached the bad ass level</b>		
40 burpees no rest		
20 squat holds (2seconds) + 20 Plyometric lunge jumps		
2-minute plank		
10 full press ups without rest + (40 squat thrusts in 60 seconds)		
<b>Wowzers - You have reached the ROCK STAR level</b>		
50 burpees NO REST		
Plank advanced challenges #1: 10 shoulder taps + 10 renegade rows + 30s hold		
Plank advanced challenges #2: 20 shoulder taps + 20 renegade rows + 30s		

hold		
Plank advanced challenges #3: 20 shoulder taps + 20 renegade rows + 10 spidermans + 30s hold		
Plank advanced challenges #3: 20 shoulder taps + 20 renegade rows + 20 spidermans + 60s hold		
<b>No one can reach you INCREDIBLE!</b>		

### The rules

1. Aim to complete the challenges as you go along, but don't overdo it and compromise your class performance
2. Please make sure that you complete a full warm up BEFORE you attempt any challenges
3. If you want to try any of these at home to achieve your sticker make sure you capture it on video to show us how well you did it!
4. You can attempt challenges that are beyond your level but you cannot graduate to the next level fully until you complete ALL challenges at the lower level.
5. Get a training buddy to help you time your efforts, this is also useful for motivation and helping you push yourself to get your challenge
6. Don't be disappointed if you try a challenge and don't quite reach the target - we just try again next session! You'll get there!

# Tracking Your Progress

Photos are really important in process of progression. The scales can be a good indicator for weight change, but I feel there are way more important ways to assess your change than weight alone.

Our top ways to assess how you are progressing, in order of important are:

1. How you feel (we will assess this shortly)
2. Waist to hip ratio, waist to chest ratio
3. Visual progress photos
4. Weight (only if you feel that you can objectively use this metric)

## **How to take your photos:**

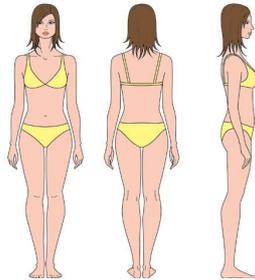
When taking your photos, what are some of the key points to consider...

1. Take your photo in good natural lighting. With bad lighting comes poor shape, choose a room in your house that is well lit, ideally by natural light or at least good overhead lighting to minimise shadows.
2. Take your photo in a place where you can always take it, changing where you take your photo will change the light, angle and depth, taking your photo in the same place with the same conditions every time will allow you to see the honest changes you are making each time you choose to take photos.
3. Choose an angle that captures your whole body.
4. Get someone else to take your photo, doing a 'selfie' is likely going to result in a poor angle and change how the photo looks each time. Where possible get someone else to take the photo, but if your photo must be a selfie then this is ok too, just someone else taking it is the ideal.
5. Take a photo from front, both sides, and back, this will allow you to see changes from all angles of your body.
6. Wear as minimal amount of clothing you are comfortable with. We would ideally suggest to take photos in your clothes, and in minimal clothing, this will show you several ways in which your look is changing,
7. Choose a position that is relaxed and natural, there is no set pose or way to do these photos, just whatever feels comfortable.

Turn the page to see an example of how to take your photos

## Taking photos

Please do not feel obliged to take images wearing your underwear, select something that we will be able to see progress in and something that you will feel comfortable and notice your body changing in.



## Taking body measurements

	Day 1	Day 30	Day 60	Day 90
Weight (kg)				
Chest/bust				
Waist (belly button)				
Thighs (widest point)				
Arms (widest point)				
Hips (widest point around bum)				
Chest/waist ratio				
Waist/hip ratio				
Happiness* 1-20?				
Energy* 1-20				
Confidence* 1-20				
Fitness* 1-20				

\*Judge this on an average basis, not necessarily how you feel right this second!  
Generally, are you fairly happy (perhaps 15/20) or generally are you quite unhappy (perhaps 5/20)

**THIS IS THE END OF THE  
SHEETS NEEDED FOR  
PRINTING**

**YOU NEED ONLY PRINT  
OUT THE REMAINDER OF  
THE BOOKLET IF YOU  
WISH**

**IT IS NOT ESSENTIAL  
FOR THE TRAINING IN  
THE GYM**

# ROSSELL FITNESS GUIDE TO WARMING UP

Before you begin your training plan it is VITAL that you warm up your body. This does not just mean a couple of minutes of cardio, when we are lifting weights and doing explosive movements like high intensity work (boxing, jumps, tyre flips etc) we must make sure that we oil up the joints and prepare your body for what is to come. Follow this simple step by step guide and start to consider the warm up as an ESSENTIAL part of your training plan.

## STEP 1 -> RAISE YOUR HEART RATE

Complete a few minutes of cardio to bring your HR up!

This could be skipping, cycling, walking on the treadmill, rowing etc

## STEP 2 -> MOBILITY

This is valuable and should not be skipped, your joints need to be put through different range of motions, and your body ideally needs to be working all planes of movement to prep you for your training. I suggest the following. If you need me to show you any of these movements just ask me in the gym!

Hamstring walk outs (2 times through the whole routine, twist to each side 3 times within each)



Bodyweight squats (20 repetitions, squeeze your glutes at the top)



### Bodyweight lunges (20 repetitions)



### Glute Bridge x 10 (with bum squeeze) and Single leg glute bridge (10 repetitions each side)



### Side leg raises (10 repetitions each side)



### STEP 3 -> MUSCLE ACTIVATION

Using resistance bands here is a GREAT way to really make the most of your warm up. If you need me to show you any of these movements just ask me in the gym!

Resistance band gluteal sidewalks x 10 each side



### Hamstring activation



### Resistance Banded full deep squats x 20 (go as deep as you can)



### Banded gluteal clams x 10 each side



### STEP 4 -> SPECIFIC MOVEMENT WARM UPS

What is in your training plan? Whatever you are doing it is 100% advisable to complete at least 1 set of warm up on each different exercise. I usually recommend just starting with the bar and making sure you are thinking about which muscles you need to be contracting (squeezing) to ensure that you lift the weights with good technique!

Depending on how experienced you are and how much weight you are lifting you might need to complete a few work up sets to reach your final weight.

### STEP 5 -> STAY WARM

Don't just hang around between sets, use the time to do some more muscle activation or train your weaker areas, I usually suggest doing some core or glute work to fill the time!

# ROSSELL FITNESS GUIDE TO COOLING DOWN

After your workout, to keep muscle soreness and injuries at bay, we must complete a cool down. I recommend 1-2 mins of gentle walking or movement to bring your heart rate down after your hard work, followed by a range of stretches to relax the whole body. I suggest that you do this in your own time following the session, you are welcome to remain in the gym to do so, so that we can make the most of your session time for the main workout, however if you are not confident with the stretching or cool down in any way, please make me aware of this and we can cover it within a session!

## Gluteal stretch



## Gluteal stretch #2



## Hip Flexor stretch (push your hips forwards, do not arch your back)



## Hamstring stretch back



## Lats stretch - grip onto a bar/pole, push your hips back



Inside leg stretch (you can also intensify this by turning your extended leg toes to face the ceiling)



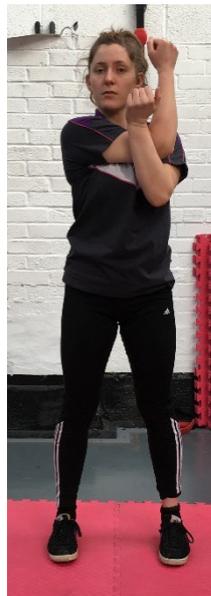
Triceps  
sides)

(both sides)

Shoulder (both

Upper back

Chest (do both



If you have any questions about these movements, please don't hesitate to ask in your sessions or email me! If any of these movements hurt or cause discomfort, please inform me immediately so that we can look at technique and support your body and joint health!

# How To Build a meal

*'if it ran, swam, flew or grew'*

It is my aim to teach you how to eat for the rest of your life. It is not my intention to make you dependant on a food plan that see's you lose weight for 3 months and then gain it all back after you hit your goal, because you do not understand how to structure a meal for your needs. This way you learn exactly how to plan in your treats and vices, exactly how to build a meal that suits your needs, that you enjoy and that satisfies your tastes and preferences!

## The basics

So let's start with the basics, to lose weight and feel happy, healthy and satisfied your food choices will have to be decent for 85% of the time, I would say 100% but from experience I know that this is difficult especially if you have a social life, a family and a particular taste for chocolate or cake (or insert your own vice here – come on you know you have one!)

There is flexibility in our programme to still include the foods that you enjoy, even the foods that you might think are naughty. Let's get rid of those labels right now. Food is not good or bad, they are just labels that you apply to them which usually make you feel good or bad about your choices (more on this later in the course).

From now on there are just choices and your acceptance of the responsibility for what goes into your body knowing that the results that you want (weight loss) will be affected by how close you can get to that 85%

If you can make that 85% full of single ingredient foods, then you are making a great start. What I mean by single ingredient is for example chicken -this is one ingredient, broccoli – another single ingredient. You can build your meal from lots of single ingredients, but the building blocks should be as close to natural as possible, ie anything you get from a packet should be limited. Use the catchy phrase, *'if it ran, swam, flew or grew'* then it's probably ok!

## The ground rules

- If you struggle with anything – tell me
- If you are confused by anything - tell me
- If you don't agree with me – tell me
- If you want to do things differently – tell me
- Communicate with me so that we can make this the best experience for you!

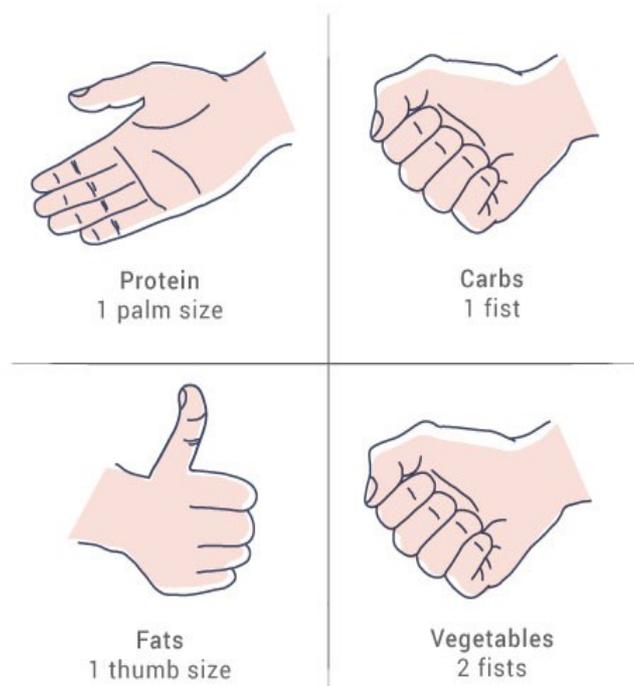
This process is about discovering a way of eating that can last you a lifetime, a way that you understand and can adapt based on different circumstances, events, and happenings in your life. Ultimately, we want to develop something that can sustain you, satisfy you, get you the results that you want and keeps you eating with your family/friends! *(not asking for much eh)!*

# How to build a meal?

This is how I would like you to aim to structure your meals from now on!

1. 1 Palm size portion of protein
2. 2 fists of vegetables
3. 1 thumb sized portion of healthy fats
4. 1 fist of carbohydrates (or starchy veg)

## Guide to portion size for women



When you get the hang of building your meals like this we will look to see if we need to alter any of the parameters on an ongoing basis, based on the following:

1. Your training sessions
2. Your progress
3. Your hunger
4. Your energy
5. Your cravings

We will look at your progress individually and assess whether we want to bump up fats, or lower carbs (etc) – these decisions are made with evidence and reason and not just assumed.

# Your Pantry

Your pantry, cupboards and fridge needs to be stocked with the basics to give you the best chance of preparing and eating healthy, tasty foods! This list should inform your shopping list each week and includes but is not limited to:

## Vegetables

### **2 fist sized portions per meal**

Broccoli, Chard, Collards, Dandelion Greens, Kale, Bok Choy, Mustard Greens, Spinach, Artichokes Asparagus, Brussels, Cabbage, Carrots, Cauliflower, Celery, Cucumbers Aubergine, Fennel, Garlic, Green Beans, Leek, Lettuce, Mushrooms, Onions, Peppers, Radish, Sugar Snap/Snow Peas, Summer Squash, Tomatoes, Zucchini, etc  
Legumes: All Beans (Black eye, Lentils, Lima, Navy, etc.)

## Carbohydrates

### **1 fist sized portion per meal**

Amaranth, Buckwheat, Corn, Millet, Oats, Quinoa, Basmati Rice  
Starchy Vegetables: Beets, Parsnip, Sweet Potato, Pumpkin, Turnip, Winter Squash

## Fruits

### **Maximum of 2 portions PER DAY:**

Apples, Blueberries, Cantaloupe, Grapes, Lemons, Limes, Melons, Oranges, Peaches, Pears, Raspberries, Strawberries

## Proteins

### **1 palm sized portion per meal**

Beef: All Lean Cuts, Lamb: All Lean Cuts, Scallops, Mussels, Sardines, Wild Alaskan Salmon, Tuna, Wild-Caught shrimp, Chicken, Turkey (light meat) Pork: All Lean Cuts, Eggs, Protein Powder, Edamame, Tempeh, Tofu

## Healthy fats

### **1 thumb sized portion per meal**

Avocado oil, Coconut oil, cold pressed extra virgin olive oil, Macadamia nut oil.  
Nuts and Seeds: Raw, unsalted: Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Nut Butters, Pecans, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts, etc. Fruits: Avocados and olives  
Spreads/ Condiments: Grassfed butter or ghee, Guacamole, Hummus, Pesto

## Herbs and spices

### **Use liberally and varied**

Chilli powder, Curry powder (mild or hot), Ground cumin, Cinnamon, Garlic (fresh and powder) Ginger (root and powder) Harissa spice mix, Mixed herbs, Paprika (sweet and smoked) Ras el Hanout spice mix, Zaatar spice mix

## Miscellaneous (useful bits)

Protein powders, Dark chocolate, Arrowroot (to thicken casseroles), Tapioca flour (to thicken casseroles), Gluten free flour, Black coffee, Coconut water, Mineral/filtered water, Green tea, Black tea, White leaf tea, Herbal teas, Kombucha, Water, kefir,

Unsweetened nut milk, Butter, Cheese, Double cream or sour cream, Crème fraiche.  
Natural or Greek yoghurt.

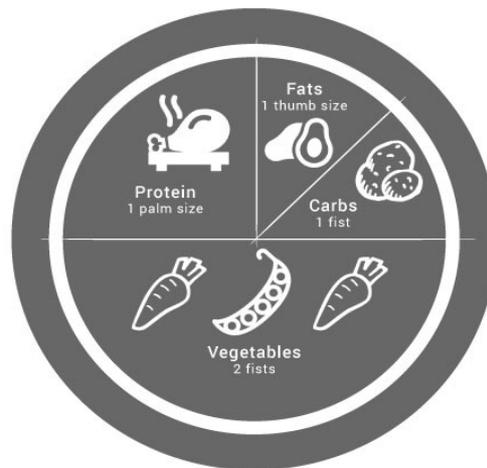
### Condiments

Apple cider vinegar, Balsamic vinegar, Cocoa powder, Raw honey, Coconut palm sugar  
Stevia drops, Tamari sauce (gluten free soya), Wholegrain mustard, Xylitol powder

If you are unsure about any foods, please ask me

### Guide to portion size for women

Build a meal



## Real Life Examples



Food choices are a very personal thing, and you must make the choices that are best for you and your body.

You must adapt your food choices to what suits your body best, if a food makes you feel good, that's fab, if a food makes you tired, bloated and gassy, it's probably something to cut out, at least for now!

# Emergency Foods

These are things that you should always have stocked in your kitchen so that on those days where you run out of time you have options to fall back on:

1. Boiled eggs (in your fridge)
2. Avocados
3. Tinned fish (tuna, sardines, mackerel)
4. Salad leaves
5. Mixed nuts (portion out into little pots in 30g portions)

## Grab and go supermarket food

If you're on the go and needing a meal or snack, all is not lost, simply get into the habit of knowing which isles to go down to find your foods that are going to protect your energy and your conscience! Avoid the convenience section and aim to stick to high protein, high fat foods for your 'on the go' options. It isn't ALWAYS possible of course, but if you can get used to choosing these things instead of your typical sandwiches, crisps, biscuits options that would be a great start!

1. Cooked prawns
2. Thick cut ham
3. Cooked chicken (*not rotisserie and be a little careful for additives*)
4. Rocket/spinach
5. Avocado
6. Ready made vegetable soups (*check ingredients, you want mainly vegetables and stock*)
7. Boiled egg pots



VS



# Eliminated foods

I dislike the practise of banning foods or food groups for no good reason so this short list includes a few things that I feel very strongly about and should not be included in your nutrition for health reasons!

- Margarine or any man made fake butter spread concepts
- Vegetable oils including sunflower oil, vegetable oil, soybean and canola
- Soy based protein supplements/ soy based processed foods

Anything else that you are not sure about, ask me! We may have to cut out other foods, but this will be based on how the foods react with your body and affect your energy, mood and gut.

## Why Should I Avoid Genetically Modified Soy?

Types of soy that are OK

1. Miso
2. Natto
3. Tempeh
4. Edamame

As always with any nutritional choice, IT DEPENDS ON

1. Your nutrient status
2. Your nutrient quality
3. Your metabolism
4. Your hormones
5. Your exposure to toxins, xenoestrogens
6. Your micronutrient consumption
7. Etc etc etc

Your best bet, is to read this research article and make your own decisions about whether you want to include soy based products in your nutrition

<https://examine.com/nutrition/is-soy-good-or-bad-for-me/>

## Limited Foods/Drinks (but NOT BANNED)

1. Coffee (caffeine) is a great antioxidant and super healthy in small amounts. It can also wear out your adrenals and cause poor quality sleep which will work against us in weight loss. I recommend investing in a decent decaf brand like Grumpy Mule as these are organic and not chemically processed (look for 'swiss water filtered')! Aim for no more than 1-2 cups decaf per day, and limit to 1 caffeinated beverage – focus your fluid intake on water! Lots of water!



2. Alcohol – red wine has health benefits, so if you like this then that's great! Most alcohol is empty calories and will be a thorn in your side for weight loss. I'm not saying never, I'm just saying – be aware of your intake and account for it with great food choices. If you are having some alcohol, perhaps this is the day where you forgo dessert. Create that balance that works for you!



3. Junk food – as mentioned before, find the balance that works for you and your results. We all know that chowing down fast food and packaged foods isn't the best. However, it does not mean that we have to eliminate it completely. You can find a happy medium, sometimes we might want to eat a take away or in a fast food restaurant because our family is, and we need to be able to share times with our families without feeling guilty or ashamed or anxious. Do you see?

# Planning your week (*this is an example*)

*Please note: this works for MY life, and my goals, the point of this is that you design your own life around your own commitments, what works for me is unlikely to fit exactly into your life. So it's a trial and error process where you can apply flexibility, but ultimately you are creating good healthy habits that you can sustain and adapt a little as circumstances arise in your life!*

## Soup-er Sunday

- Flip open recipe book and pick out 3 main evening meals that I want to batch cook
- Plan a shopping list including snacks, breakfasts, other bits
- Order food online OR go to the shop and get the food
- PM take 30-60mins to prep some food, chopping veg, marinating meats etc
- I usually prep a big batch of soup on a Sunday whilst I am making the Sunday dinner

## Movement Monday

- I schedule in my longest walk
- I try to do something else active like a swim or climb
- I take a couple of hours of ME TIME (this can vary each week and is not fixed to a Monday)

## Testing Tuesday

- My busiest working day, and I work in the evening so I have to eat at the gym, therefore I must have something made up for this (here my food prep comes in handy)
- ME TIME scheduled for the afternoon (*usually a movie, a massage or the chiropractor*)

## Workout Wednesday

- Yoga (ME TIME) first thing
- Gym workout
- Climbing or walking in the evening
- Ensure there is a meal prepped and stored for thurs night (or get one out to defrost)

## No clever name Thursday

- Another long walk usually (AM)
- Prep a protein shake for the evening workload as I usually get home after 9pm
- Have a meal ready in the fridge to zap and eat before bed

## Food prep Friday

- I have people round for dinner on Friday nights, so I spend around 90 mins doing the food prep for that and for the weekend/following week including chopping more veg, potatoes, making a bit batch of mash potato maybe, marinating meats

## Slow cooker Saturday (also my FULL day off)

- Usually spend the day out somewhere and if I am not eating out, I make sure I have thrown something tasty in the slow cooker, a chilli, a stew etc so that I am all set for when I come home – particularly handy if it's been a long day – no one wants to prep and make a meal when they are tired!
- No social media or needless phone use on this day, I just try and be present with the people in my life!

## Meal timing

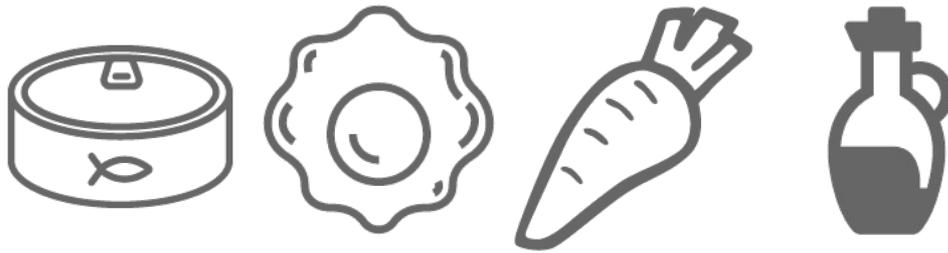
After you hit the gym or workout hard, it would be advisable to aim to consume protein and carbs within a few hours. This can tie in with a meal or if you are really stuck, a protein shake will be fine until you can get to your meal. Still use the meal builder for building these post workout meals as this is the basis and foundation to good practise for your future.



Eating carbs in the evening is useful, as they stimulate serotonin (happy) which is the precursor for melatonin (sleepy). In the evening we want you to be sleep so you evening meal should always contain a decent portion of carbs.



Don't be afraid to eat carbs for lunch and dinner, or breakfast and dinner, but perhaps keep one meal per day carb free – at this meal it would be best to increase either your protein, vegetables or healthy fats to make up for the calories.



Ideally we should be leaving about 4-5 hours between feeds to give your body a rest and digestion time. If you are getting hungry (not thirsty or bored) earlier than this it could indicate that you are not eating enough at your meals.

In this case, firstly try increasing your protein portion by  $\frac{1}{2}$  palm size and a bit of extra veg/salad and see if this makes a difference. If it does not, discuss this with me and we will look at your meals in more detail.

We need to make sure that you are eating enough, to support your metabolism and your weight loss goals. If you are not eating enough you will not lose weight, if you are eating too much, you will not lose weight. We must get this right and we shall experiment with this each week.

### Quick tips for Oils/cooking

When cooking with oil, use high temperature resistant oils such as organic virgin coconut, macademia nut or avocado oil as they have a high smoke point and will retain their integrity when heated.

Olive oil is ok for roasting however is certainly better at room temperature where its structure remains uncompromised – best used as a salad dressing for example. Butter (proper butter like Kerrygold) is great for scrambling eggs or omelettes!

### Quick tips for Hunger

Often when we feel hungry, we are dehydrated, if you have eaten recently and can't fathom your sudden hunger then please try drinking a glass of water and waiting 20 minutes. If still hungry, make a note and come and talk to me – useful information to have would be a record or photo of the meals that you had that day.

### Quick tips for Food diaries

Really useful information for me to know include the following: hunger, energy, cravings, mood. If you are tracking your food in a diary, please also include information about these to give me context. The more we can relate food to any symptoms that you might be having, the faster we can get results for you!

### Quick tips for Energy

If you find that your energy drops after breakfast or lunch, take a look at what you ate! Often brain fog and fatigue can be a sign of being a little less tolerant to carbohydrates, we can make a few simple tweaks in your nutrition to combat this. Collect the information and bring it to me!

## Quick tips for Food prep

Getting ahead and having food in your fridge will be a god send when you get home from work feeling exhausted and nothing like cooking a big dinner from scratch. Enter FOOD PREP! If you can cook in batches (bolognaise, chillis and curries all keep well) you will always have some emergency food for those days when cooking seems like too much effort! Rather than ring the take away, you have a readymade, homemade meal right there. Left overs also make great emergency meals, or lunches for the next day. One of the easiest ways to batch cook is to prep extra dinner so that you have extra portions left over for the following day.

## Quick tips for BETTER snacking

If you want to curb your sweet tooth cravings (and this is most definitely a good idea if you want to get your weight loss efforts under control and avoid falling off the wagon and binge eating your way through a family box of maltesers) then we need to practise and train your taste buds to accept and enjoy savoury foods. You can start off really simply by making sure that your snacks are predominantly protein and fat based

- Avocados
- Olives
- Homemade hummus
- Nuts
- Seeds
- Boiled eggs
- Slices of ham/turkey

## Quick tips for meal timing

Ideally, we want to aim to eat within a 10-12 hour window with 3-5 hour gaps between each meal. Use these examples as guides for planning your meals throughout the day:

1. Wake 630am, breakfast 8-830am, lunch 12.30-1pm, dinner 6-630pm
2. Wake 730am, breakfast 9am, lunch 130-2pm, dinner 630-7pm
3. Wake 830am, breakfast 10am, lunch 2-3pm, dinner 7-8pm

These are simply examples of how you could set out your day, you will need to work on personalising this to suit your hunger, energy, cravings, moods, family, commitments. Just know that leaving gaps between meals is an important part of the fat loss process to allow the body to get into a fat burning state. If you want some more information on this, please talk to me!

# Weekly Meal Planner Example

I almost always use the FITTER FOOD recipe book to plan my food, they are so tasty, and healthy and just simple to do! You can borrow our copy from the gym periodically OR invest in your own! It's definitely worth it!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1	Protein pancakes + green smoothie	Poached eggs, avocado, spinach	Protein smoothie + brazil nuts	Chia seed porridge with mix nuts	Scrambled eggs, avocado, steamed greens	Smoked salmon + mushroom omelette	Protein smoothie + walnuts
Meal 2	Tuna, avocado big rainbow salad	Left over chilli + salad	Leftover salmon big rainbow mixed salad	Left over stew	Leftover chicken + big mixed salad	Cottage pie + veggies	Butternut squash and carrot soup + sourdough bread
Meal 3	Slow cooker chilli	Salmon, new potatoes, veggies	Slow cooker stew	Chicken breast, sweet potato mash, veggies	MEAL OUT/FREE MEAL/DAT E NIGHT?	Steak night, veggies, chunky homemade chips	ROAST DINNER ? Pack your plate with veg

## Fancy food tips

*For a little crunch in a soup or salad:*

Add chopped walnuts, roasted chickpeas, pumpkin seeds (or other nuts)

*Maximise your protein shake*

Add collagen (*Great lakes*) to your protein smoothies for extra protein and support for your joints and gut health

*Jazz up you green smoothies*

Add fresh mint, ginger, coconut water for healthier, tastier smoothies (find recipes online for quantities)

*Get the best out of your veg*

Steam your veggies where possible, minimise frying and roasting and don't boil them to death!

*Simple salad dressings/toppings*

Extra virgin olive oil (*sparingly*), fresh lemon, salt, pepper, seaweed sprinkles, balsamic vinegar, apple cider vinegar

# Snacks and example meals

## Recommended Snacks

- Edamame beans
- 1-2 boiled eggs
- Sugar snap peas
- Organic rice cakes with nut butter
- Celery sticks with nut butter
- Apple slices with nut butter
- Homemade hummus with carrots/celery
- Jerky/biltong (grass fed)
- Small handful nuts/seeds (~30g)
- Slices of sweet pepper wrapped in ham/chicken slices (quality meat!)
- Tin of tuna
- Protein shake (Recommended: Genetic Supplements Whey)
- Dark chocolate (~15g)
- Total greek yoghurt 0% or 2%
- 1 portion of fruit/veg
- Quark
- Cottage cheese
- Olives (without vegetable oil)
- Homemade protein bars (ProteinPow)

For the most part snack on veggies, proteins, and healthy fats, keep your carbs at your evening meal as the priority. Your weight loss depends on us being able to control your blood sugar and insulin. If we can control carbs throughout the day and use the optimum time for consuming carbs as after training sessions and at dinner time in the evening.

# Vegetarian snack ideas

We all know that protein is key in lots of bodily processes that keep us alive, but its more than that – it also helps us in our quest to lose some body fat

Ensuring adequate protein is key for energy, performance, muscle growth and as an omnivore its fairly easy to hit your targets – simply rotate a variety of fish and meat through your meals and you're pretty much golden

But for the vegetarians amongst us it's a bit harder to hit our protein goals so I wanted to put together this info sheet to help bring the vegetarians up to hitting moderate-high protein targets!

## Food options

These are some of the foods that we can include that have a high protein content

- Quinoa (8g protein in 1cup cooked)
- Edamame beans (11g protein in 100g cooked beans)
- Eggs (6g protein per egg)
- Buckwheat (6g protein per cup cooked)
- Hempseed (10g protein per 2tbsp)
- Spirulina
- Chia seeds (4.7g protein per oz/28g)
- 



## Protein powders

Whey protein which is the type of protein that I would recommend to an omnivore because of its high leucine content is not necessarily suitable for all vegetarians depending on the level of restriction you use in your personal n Beyond whey we have options like

- Pea protein powder
- Hemp protein powder
- Brown rice protein powder

I personally use a vegan protein powder from SUN WARRIOR



## Recipe ideas

- Chocolate protein bars
- <http://www.popsugar.co.uk/fitness/Chocolate-Almond-Protein-Bars-Youll-Mistake-Dessert-37946888>
- Chocolate chia seed pudding
- <http://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/>
- Chia porridge
- <http://www.bbcgoodfood.com/recipes/coconut-quinoa-chia-porridge>
- Chia museli
- <http://deliciouslyella.com/bircher-muesli-with-almond-milk/>
- Egg free protein pancakes
- <http://www.onegreenplanet.org/vegan-food/how-to-make-rockin-vegan-protein-pancakes-without-eggs/>
- Pumpkin pancakes
- <http://www.food.com/recipe/light-and-fluffy-pumpkin-pancakes-187362>

If you want to avoid wheat flour – replace with almond flour (warning this makes everything more dense so you might have to play with the volumes a bit)



## Top Tips

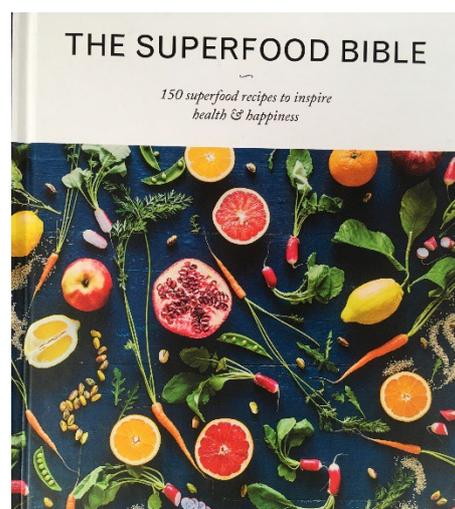
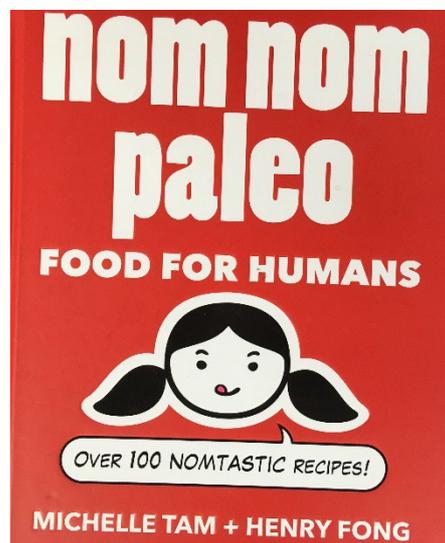
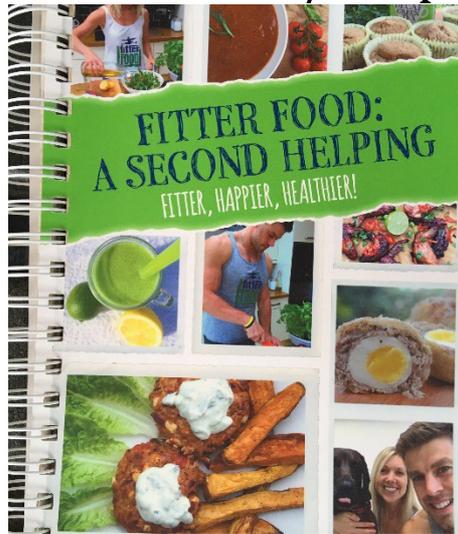
I'd recommend adding Total Greek yoghurt 0% to your breakfast (or as a snack later in the day) as this is a low fat high protein addition that will boost your protein levels. One big 500g tub generally makes 3-5 generous portions.



You can get lots of ideas for what to do with Total Greek Yoghurt here:

[http://uk.fage.eu/recipes?gclid=CjwKEAjw1\\_KwBRDEz\\_WvncL4jGwSJAAEym0dwzhiYqWLFbFomsEkhZbeIY2hIQnKOZLvrXtD5hDFLhoC0iHw\\_wcB](http://uk.fage.eu/recipes?gclid=CjwKEAjw1_KwBRDEz_WvncL4jGwSJAAEym0dwzhiYqWLFbFomsEkhZbeIY2hIQnKOZLvrXtD5hDFLhoC0iHw_wcB)

## Recommended cook/recipe books



## Suggested bonus purchases

**Weight lifting gloves** – protect your hands and lift heavier weights with pair of gloves for better grip. You can usually find a decent pair on Amazon or in sports direct for around £5-10

**Protein powder** – if you struggle to get in enough protein in your day, or you need a substitute for a quick meal if you are busy and on the go... (Perhaps travelling/commuting a lot with little opportunity to cook and prepare meals) I recommend investing in a decent protein powder. You can do lots with this including making protein pancakes, protein porridge as well as the typical shakes.

The brand that I recommend is found at:

<https://awesomesupplements.co.uk/products/whey-protein/>

Or Sunwarrior Classic Blend

**Vitamin D** – if you know that you are vitamin D deficient and you already take a vitamin D supplement consider upgrading to a vitamin D+k2 supplement. The reason for this is that vitD absorbs much more effectively with vitK2. Don't waste your money on cheap supplements in this area because they won't be having the required effect. I don't recommend many supplements to be essential but this is one that I consider to be essential for most of us living in the UK! Look for the brand Thorne Research on Amazon.

**Magnesium** – since you are starting a new training programme, you can expect to have some DOMS (delayed onset muscle soreness), keep this at bay with a topical magnesium spray that you can use after exercise. This is also a handy supplement to use before bed for relaxing the muscle and winding down

I recommend <https://awesomesupplements.co.uk/products/recovery-spray/>

I use this personally and find it to be incredibly useful to prevent/lessen muscle soreness, and to help me sleep at night.

Another option would be Epsom salt baths – type organic magnesium salts into amazon and you should be able to find some good stuff!

## FAQ

### ***How fast will I see results on your programmes?***

This is very dependent on what we are able to do and is something that I will have discussed with you on an individual basis. However, you should be able to see results within a few days of making changes, and if you are prepared to keep practising your new habits, and trying out different things that suit your lifestyle, you will continue to see good results in all areas of your lifestyle. Here at RF we measure results a little differently, we will be looking at lots of different metrics including: energy, happiness, confidence, mood, fitness, flexibility, ability, movement. I place a high value on these lifestyle measures simply because they are the things that in my opinion, truly matter. We will use weight and body measurements at certain intervals to track progress too, but they are not the most important ways to assess your progress.

### ***I am vegetarian, will I get good results with your programmes?***

Yes, you can absolutely get great results with any of my programmes, however if you would feel more confident with a coach who specialises in vegetarians, I would be happy to assist you in finding someone to help you

### ***Do you recommend protein shakes?***

Yes, I do, however I would love you to focus on food first, once we have a strong foundation of meal planning and understanding of how your body works and responds to food, we might consider adding in a shake

### ***Will eating lots of protein make me big and bulky?***

No, it won't, eating the recommended protein in my meal builder will give your body what it needs for basic functions and hormone stuff! Protein is essential and needs to be the basis of your meals, especially if you are beginning a more intense training plan! Think of it this way, if protein had magic bulking properties, there would be no skinny men out there – to get big and bulky, it is a combination of protein (yes) but more importantly, stimulating the muscles for growth.

### ***Can I share this meal plan with my family?***

Yes, that would be fine. I love the idea of you trying to get healthy with your family and eating together and sharing your meals! However, I would add that the meal builder is specifically for women, men and children might need to adapt the meal portions to suit individual energy needs!

### ***What happens if I don't get my protein, or my meal doesn't fit the builder?***

Nothing dire happens, don't worry, use the meal builder as a guide and apply some flexibility as and when needed. Don't over think it, let's get away from stress around your food!

### ***Should I drink more water?***

It is no secret that water is an asset and tool when you are trying to feel healthier and lose some weight. Not only will it help keep you feeling full on those days where you are struggling with your appetite, but often we can mistake thirst for hunger. So, keep yourself hydrated through the day, use filtered water and drink out of stainless steel or glass for the best healthy options! Generally, aim for a minimum of 2L, but above that it is individual needs!

***Do you recommend supplements like multi vitamins, iron, vitamin D?***

Yes, I certainly do, but this happens after we have established a foundation of good habits with food. You can't patch over poor nutrition habits with a supplement! Once we have that healthy food choices and foundation laid down, we can then discuss supplements on an individual basis.

***W***

***hy should I eat organic foods?***

Organic produce has been grown without chemicals or hormones being applied to the foods, when crops are sprayed we can end up consuming some of the chemicals which is not very good for us! I would highly recommend organic vegetables services like RIVERFORD FARMS, and trying to source your meats from GRASS FED sources, and your fish from WILD sources. This is a general rule of thumb, don't stress yourself out if you are not able to do this all of the time.

***Why do you recommend so many vegetables?***

Veggies are packed with nutrients and minerals that we simply NEED desperately. Our western diet is typically very heavy in beige carbohydrate based foods, processed foods and this is not really doing us a favour in terms of our micro nutrients and minerals! Often the processed foods can actually block the absorption of the micro nutrients! Thus, increasing your veggies will guard against this, providing you with what you need to get the best results for your body and your weight loss goals! Additionally, veggies are very filling, so they will keep you from experiencing the snack attack between meals! If you struggle to get your veggies in, I suggest making them into a soup or smoothie for easier consumption!

***What happens if I am not seeing ANY results after working with you for some time***

If we are struggling despite you doing the mindset work, the lifestyle work, the fitness work and the nutrition work that we will do together and plan around your life, family and commitments, then we may have to explore another avenue. If your issues extend beyond my capabilities, we will look together for another coach who is more specialised in your particular challenges. I am not trained to fully guide you through the following: diabetes, PCOS, menopause, metabolic disease. I am able to provide you with information and guide you to an extent, but please know that if your condition is something that I am not well versed in, I will refer you to someone who is more capable in helping you on this healthy journey. At all times your health is my priority and I will not jeopardise that by trying to work outside of my abilities.

***Disclaimer***

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