



Build a meal

'if it ran, swam, flew or grew'

It is my aim to teach you how to eat well for the rest of your life. Learning to plan your own nutrition is essential because I want you to understand how to plan in your meals, snacks, treats and vices without feeling guilty.

With practise and my guidance, you will understand exactly how to build a meal that suits your needs and goals, and how to plan meals out, meals in and snacks that you enjoy and that satisfy your tastes and preferences! I want to help you find the freedom to enjoy food with your friends and family again.

The basics

So let's start with the basics! To lose weight and feel happy, healthy and satisfied with your food, your nutrition choices will have to be decent for 80-85% of the time.

In an ideal world of course it would be 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 and beliefs right now shall we? Food is not inherently good or bad, they are just labels that you apply to them which usually make you feel good or bad about your choices.

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 80% of GREAT STUFF giving you 15-20% of your week for eating out, flexible choices and treats. In context, 80% of your week (based on 3 meals per day) means that you can eat out or treat yourself on 4 occasions (*this does not mean binge eating or stuffing your face...!*)

If you can make that 80% 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!

Exercise #1 – YOUR 'good' and 'bad' foods

Make a list of foods/drinks in each column that you think are good or bad.
This includes things that make you feel guilty, ashamed or impact your subsequent choices

FOODS THAT I THINK ARE GOOD	FOODS THAT I THINK ARE BAD

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)!*

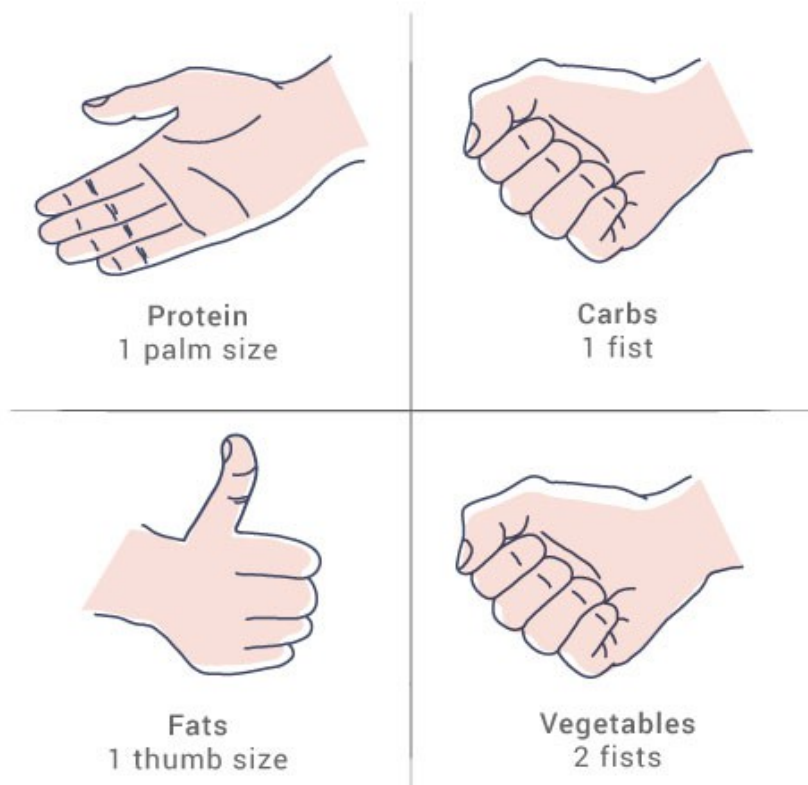
I know that it might be sounding a bit far fetched, and you might be feeling a little intimidated at the ideas I'm throwing out here, but when sink your teeth into the next section of the booklet and you will begin to see that the process can is very simple.

How to build a meal?

This is how we are going to begin structuring your meals

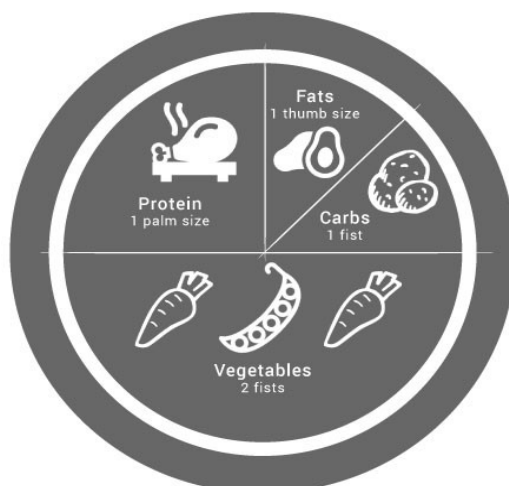
1. 1 Palm size portion of protein
2. 2 fists of vegetables (half of your plate)
3. 1 thumb sized portion of healthy fats
4. 1 fist of carbohydrates (or starchy veg)

Guide to portion size for women



Guide to portion size for women

Build a meal



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 done on a whim.

Some of your meals might not look like they fit into the meal builder template, so in those cases just use your best discretion to apply the meal builder when and where possible

This is not a strict rule book (I'm sure you are getting this by now!). This booklet is to help you come to understand your body, your appetite, your cravings and how to make confident choices that work for you!

Why we need carbohydrates

Carbs are an essential part of your nutrition. How much your body can tolerate is the key component to getting your weight loss moving and controlling your blood sugar levels.

Carbs are important for providing nutrients for the good bacteria in our intestines that helps us digest our food!

A cool trick here is to use resistant starch, which is created simply by cooking your carbs and cooling them down over night. Eating them cold the next day and there will be a bunch of resistant starch in there which is great for the gut and for managing blood sugar!

We also need carbs for protecting our muscles because carbohydrates are the first source of energy for our body when we are working out especially, and without it, protein from our muscles can be used instead meaning that our body could effectively eat its own muscles which is not good for your metabolism!

So simply ensuring that you get your daily dose will help with these things! When you are overweight, you typically have a lower ability to metabolise carbs, this DOES NOT mean that you should cut them out....life without carbs is no fun ;-)we just need to find the right ratio for your progress and results.

Use the meal builder and the food diary to collect the information and we then make smart informed choices from there about cutting down or increasing your carbs!

Please also see the pantry for a list of recommended foods to include in your cupboards

Why we need Fats

Dietary fats are essential to give your body energy and to support cell growth. They play an essential role in ALL of your cells and without fats in your nutrition you are putting your health at severe risk on a cellular level!

They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients, for example there are certain vitamins that are only fat soluble. This means that without fats, these vitamins cannot get shuttled into the body.

Vitamin A, D, E and K are purely fat soluble. So in the absence of fat, we are at strong risk of being deficient in these essential vitamins!

Fats also play a role in producing important hormones too. Your hormones play a BIG role in controlling your weight loss.

Can you see, there is a big link between all of the functions in the body. We must find the right balance for your body to stimulate the best weight loss results, but also to remain healthy at the same time!

Use the meal builder and the food diary to collect the information and we then make smart informed choices from there about cutting down or increasing your fats!

Please also see the pantry for a list of recommended foods to include in your cupboards

Why we need Protein

Proteins are the building blocks of life. Every cell in the human body contains protein which means that it is completely essential on a cellular level for general functioning and health.

The basic structure of protein is a chain of amino acids. Which is why it is also essential to get a good variety of proteins in your nutrition, so that you consume all of the essential aminos.

You need protein in your diet to help your body repair cells and make new ones. Every time you push your body hard, your muscles tear on a micro level and need protein for recovery, this is how your muscles grow (and tone).

Muscle growth may not be your priority, but it should be. The more muscle that you have (*I'm not talking Arnie level body building, just enough to stimulate the right processes for your weight loss*), the higher your metabolism will be.

Muscle is ACTIVE tissue, and actively contributes to the burning of calories in the body. If you DON'T build any muscle, you will be stuck with a bunch of fat...which is INACTIVE body tissue.

Protein is also fantastic for satiety, it keeps up feeling fuller for longer so will help with your appetite control and generally feeling more satisfied after each meal or snack!

Why we need vegetables

Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Vegetables are packed with vitamins & Minerals that not only help you feel healthy and energized but also help manage your appetite too.

Always aim to load up your plate with vegetables first, if you pick up just ONE habit from this book, make it this one.

At least half of your plate, load up with veg so that you have a solid base of healthy nutrients, minerals and vitamins at every meal!

So now its your turn.....

Use the examples on the next pages and as you build your meals each day/week you can begin to add to EXERCISE 2 and work out which types of food are going to help you in this health and weight loss journey, and which foods just don't make you feel good at all – and therefore have the potential to hinder your progress and possibly damage your health!

Real Life Plate Examples

PROTEIN	SALMON
FATS	COCONUT OIL FOR COOKING
VEGETABLES	KALE, ROCKET, GREEN LEAFY STUFF
CARBOHYDRATES	CAULIFLOWER



Real Life Plate Examples

PROTEIN	Chicken
FATS	Coconut milk in sauce
VEGETABLES	Spinach, collards
CARBOHYDRATES	Basmati rice, mango

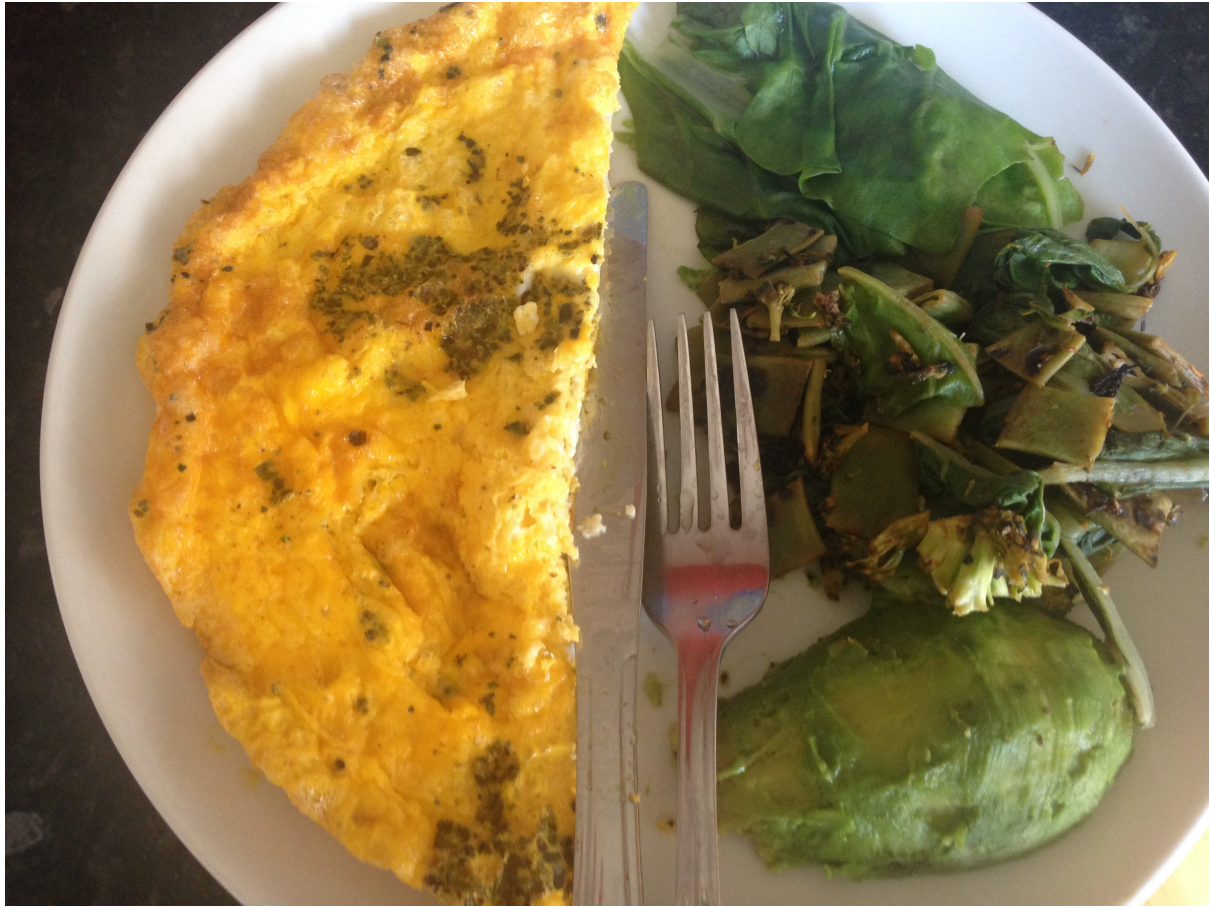


Real Life Plate Examples



PROTEIN	Steak
FATS	Coconut oil for cooking
VEGETABLES	Peppers, courgette, green beans, spinach, onions
CARBOHYDRATES	Sweet potato chunks

Real Life Plate Examples



PROTEIN	3 eggs
FATS	½ small avocado
VEGETABLES	Spinach, runner beans, kale
CARBOHYDRATES	None at this meal (my choice)

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 until we can work out what is going on!

Exercise #2 – Foods that make you feel good/bad

Begin to make a list of foods that make your body FEEL good or bad! This means paying attention to symptoms like

Your ENERGY

Your MOOD

Your GUT

Some of the reasons that you might put a food in the 'bad for me' column include symptoms that make you feel: gassy, bloated, sick, brain foggy, diarrhoea, constipated, reflux, cravings.

FOODS THAT MAKE ME FEEL GOOD	FOODS THAT MAKE ME FEEL BAD