



Summer BBQ Top Tips

1. A BBQ is not a free for all, treat this like any other meal, use the meal builder as a guide like you would at home or going to a restaurant
2. Don't overdo the sauces, dips and snacks. Things like hummus, guacamole, tzatziki are common place at a BBQ along with crisps, breadsticks and cheesy bites so just be careful that you are not overdoing the appetisers before piling your plate!
3. Fill up your plate with vegetables or salad first, not as an afterthought, if you are not sure whether there will be a salad then take one with you that everyone can share!
4. Or prepare some vegetarian vegetable skewers that can be cooked on the BBQ – the vegetarians (*and most of the other ladies*) will thank you later!



5. Choose your protein wisely, whilst sausages and burgers are staples and can be tasty, they are also calorie dense and often of poor quality when bought in bulk. If you want sausages, search for a quality brand like HECK or make your own burgers at home which are often tastier than the shop bought ones anyway! (*especially if you use the fitter food recipe book!*). Fish and steak also make great BBQ additions!



6. Watch your bread intake, a bun with every sausage and burger could bump your caloric load up by a chunk, so just be aware of what is going into your mouth. Personally I MUCH prefer to have an extra sausage instead of a bun OR more veggies from the grill!
7. Precook your meat in the oven before it goes on the BBQ grill, this is better for making sure your food is cooked but also to make sure that you are minimising the

char on the meat itself. Charred food has been linked to cancer and other health issues (this actually has research behind it unlike lots of the other scare mongering in the media) so just be careful and scrape off any char before you eat it!

8. Listen to your appetite signals, don't just eat for the sake of it because everyone else is....learn to recognise when you are full and when to stop
9. Observe the normal digestion good habits that apply for every other meal
 - a. Eat slowly with lots of chewing (*aim to be the last person eating*)
 - b. Try and eat something bitter before you chow down the meat (rocket salad, olives, apple cider vinegar)
 - c. Take 2 deep breaths between each bite
 - d. Consider a short gentle stroll after you finish eating to give your digestive system some space to work its magic (sitting down in chairs can cramp your digestion especially if you are eating more than normal, common at events and BBQ)
 - e. Take 20-30mins before you decide to go for seconds, really consider if you are hungry or just eating for the sake of it!
10. Consider eating/drinking something that will assist with digestion like homemade sauerkraut, other pickled foods, drinking kefir, taking a bottle of fizzy kombucha instead of coke, this could all help deal with the meat and vegetable mountain that you plan to eat!
11. Enjoy yourself, a BBQ is a great chance to be social, to enjoy your food and it would be fab if you could do this stress free and guilt free! Talk to me if you have any concerns about your feelings around food and events!

