

FITNESS HUB 21 NUTRITION TIPS – FAT LOSS

FOOD CHOICES

Vary fruits, vegetables, fats and protein sources to expose your body to as many nutrients as possible

LOW GI FRUIT – 2-3 X A DAY MAXIMUM		
Apples	Plums	Grapefruit
Cherries	Prunes	Peaches
Grapefruit	Strawberries	Coconut
Pears	Blueberries	Kiwi fruit
Raspberries	Oranges	

BREADS AND GRAINS - ELIMINATE WHERE POSSIBLE OR MAKE THE BEST CHOICES

Spelt or rye bread – for most its better to eat a couple of times a week

Brown, wild or red organic rice

Oats - soaked in water overnight and cooked in the morning

Buckwheat

Pearled Barley

Quinoa

FATS - use a variety to provide the body with more nutrients

Organic cold pressed Coconut oil - (good for high heat)

Organic cold pressed olive oil - sainsburys do a good one

Organic cold pressed hemp seed oil - Sainsburys (keep in the fridge)

Avocados

NUTS - SOAK IN WATER OVERNIGHT

Brazil

Pecans

Almonds

Hazelnuts

Macadamias

Walnuts

VEGETABLES - NOT LIMITED TO THESE, EAT A WIDE VARIETY			
Asparagus	Cucumber	Celery	Cauliflower
Beans	Chard	Carrot (raw)	Broccoli
Chives	Okra	Eggplant	Brussel sprouts
Garlic	Olives	Lettuce	Kale
Leeks	Spinach	Fennel	Mushrooms
Onion	Artichoke	Tomato	Watercress
Peas	Peppers	Cabbage	Rocket

Eat 1.2-2g/kg a day, keep it varied and **avoid** any foods that **bloats you or upsets your stomach**

PROTEIN CHOICES - NOT LIMITED TO THESE, EAT A WIDE VARIETY			
Chicken	Beef	Mince meat	Eggs
White fish	Lamb	Gluten Free sausages	Smoked salmon
Oily fish	Prawns	Turkey	Halloumi
Feta	Cottage cheese	Shellfish	Pork

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LISAS TOP 10 RULES

1. If you eat breakfast make sure its healthy – Lean protein, fruit and vegetables, maybe jumbo organic oats. E.g. 2 chicken thighs and 1 apple, 40g oats and 2 eggs, 2 egg omlette with mushrooms, tomato etc.
2. Eat 2-4 meals a day spaced out (whatever number you desire)
3. Eat a variety of vegetables, good fats and protein in each meal.
4. Favour real carbs like grains, vegetables and fruits over refined and processed carbs.
5. Eliminate or greatly reduce (1-2 times a week max) processed foods.
6. Eliminate completely trans fats or hydrogenated fats from your diet (they are found in most processed cakes, biscuits and bars etc).
7. Train 3-4 times a week (weights or intervals).
8. Have a permissive meal 1-2 times a week – provided you are eating well. It will keep you sane.
9. Work on ways to reduce stress levels – epsom salt baths, yoga, sauna etc
10. Be in bed by 1030-11pm every day (8hrs sleep)

For maximum health I aim to eat more vegetables and fruit, increase my protein intake and choose better choices of carbs to help fuel my workouts

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NUTRITION RULES

1. GREEN IS GOOD

- Make veg the foundation of your diet

2. EAT PROTEIN WITH EVERYTHING

- Protein is important and eating more will be less hungry, eat it at every meal

3. DON'T FEAR FAT

- Eating good fat wont make you fat, it is essential for fat loss and building muscle – nuts, seeds, avocado, olive and coconut oil

4. START AS YOU MEAN TO GO ON

- Breakfast should be protein, fat and carb based
- It will set you up for the day and help with fat loss

5. FOR FAT LOSS CALORIES ARE MORE IMPORTANT THAN MACRONUTRIENTS

- Being in a calorie deficit is needed for fat loss, after that the order of importance is protein, fats and carbs

6. FREE RANGE IS PREFERABLE

- These animals have more exercise and eat a different diet – which means you will gain more nutrients from then over farmed and caged animals/eggs

7. EAT REAL FOOD

- Avoid processed products such as cakes, bread, pastas, crisps, sweets, ham and processed meats etc

8. AVOID ALCOHOL

- The occasional glass of red wine is ok, but most alcohol is counterproductive for fat loss

9. MASTER THE BASICS AND DO THEM WELL – BE PATIENT, BE CONSISTENT

- BASICS – calorie deficit, protein goal, eat enough fats, eat a variety of fruits, vegetables and starches – in that order

10. STAY HYDRATED

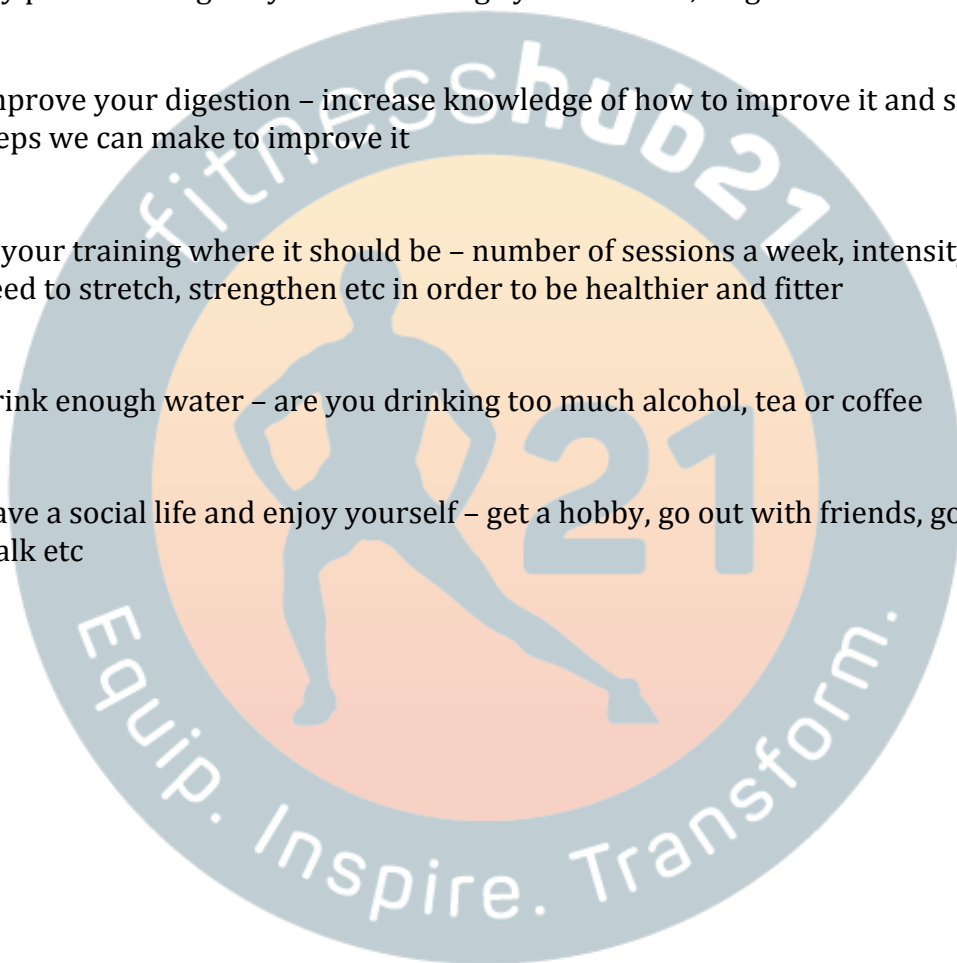
- Drink 2-3 litres a day as a guide only – that includes tea and coffee

YOU CANT OUT TRAIN A BAD DIET

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8 HEALTHY HABITS TO LIVE BY

1. Plan your meals (breakfast, lunch, dinner, snacks)
2. Get good sleep (length, quality, routine)
3. Think positive thoughts about yourself and how you look – replace the bad thoughts with good ones
4. Say positive things to yourself – change your self talk, be grateful
5. Improve your digestion – increase knowledge of how to improve it and small steps we can make to improve it
6. Is your training where it should be – number of sessions a week, intensity, need to stretch, strengthen etc in order to be healthier and fitter
7. Drink enough water – are you drinking too much alcohol, tea or coffee
8. Have a social life and enjoy yourself – get a hobby, go out with friends, go for a walk etc



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