

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 80-85% 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!



Task #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. This needs to come from YOUR belief system so that we can begin to understand your natural prejudices to certain foods/groups of food.

FOODS THAT I THINK ARE GOOD (and why)	FOODS THAT I THINK ARE BAD (and why)
E.G. Bananas because I know they contain natural sugars and give me an energy boost when I need it	E.G. Pizza because it is oily and probably has too many carbs and fats

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



Protein
1 palm size



Carbs
1 fist



Fats
1 thumb size



Vegetables
2 fists

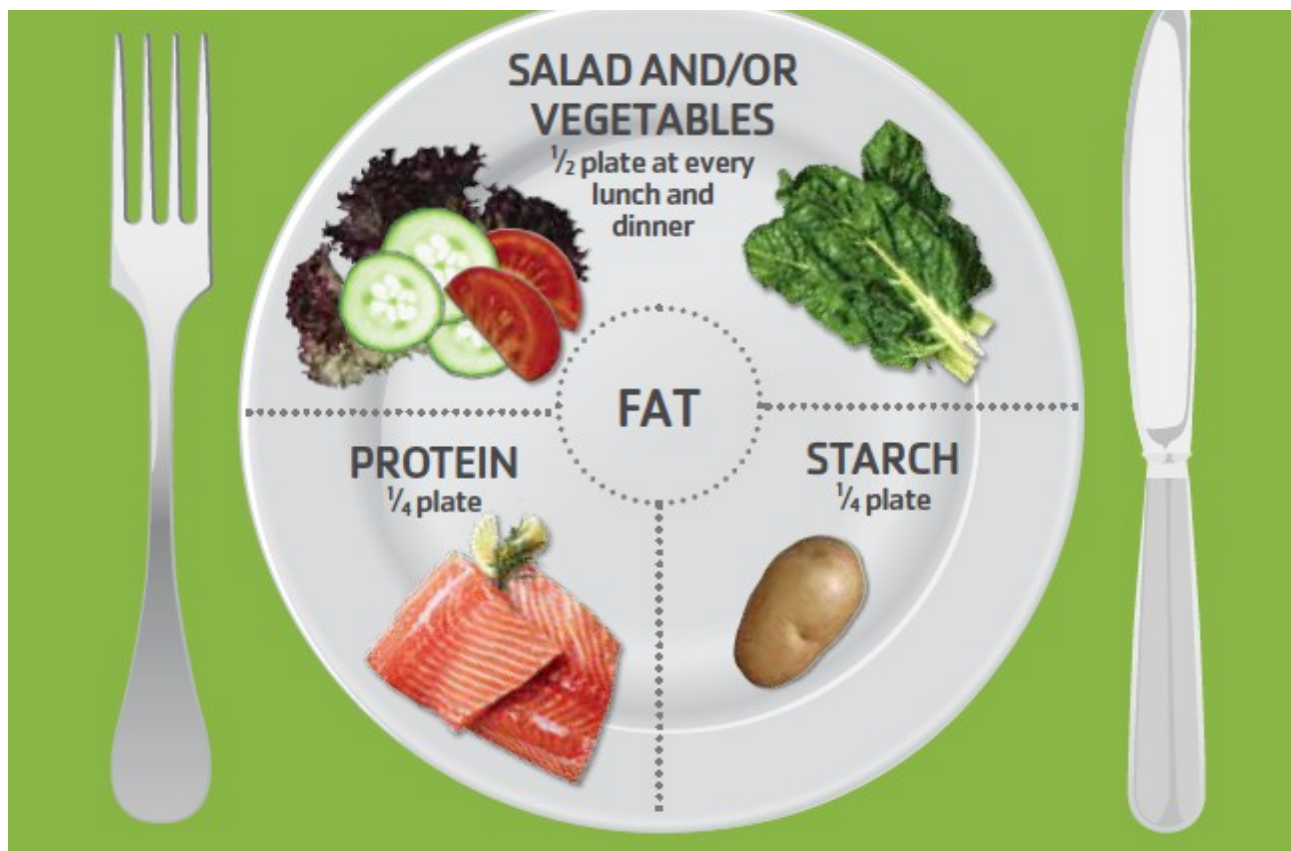
When you get the hang of building your meals like this we will look to see if we need to alter any of the parameters on an ongoing basis, based on the following:

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. Eat 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 to build the proteins that we need.

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 us feeling fuller for longer so will help with your appetite control and generally feeling more satisfied after each meal or snack!

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 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 further along in this worksheet to guide you and as you build your meals each day/week you can begin to develop an understanding of how your body responds to your food and which combinations suit you better.



Task #2

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!

As you get a sense for what is serving your body well and what is making you feel a bit yucky (gas, bloating, fatigue, brain fog, diarrhoea, constipation etc) try to log these foods so that you develop a list of GO TO foods that you know you can eat and feel WELL and a list of foods to LIMIT so that you are not putting your body consistently in a state on inflammation or digestive stress.

FOODS THAT I RESPOND WELL TO (AND WHY)	FOODS THAT I DON'T RESPOND WELL TO (AND WHY)
E.G. Avocado because I feel full after I eat it and I like the taste	E.G. White bread because I have noticed that I get bloated when I eat it and it gives me gas

Real Life Plate Examples

These are not pretty picture perfect meals that would go on Instagram, these are simply examples of meals that I have made (thrown together often) to show you what meal building looks like.



PROTEIN	Salmon, edamame beans
FATS	Coconut oil for cooking
CARBS	Basmati rice
VEGETABLES/SALAD	Spinach, courgettes, leeks
NOTES	See meal builder for portion size guide

Real Life Plate Examples



PROTEIN	Fish cake, edamame beans
FATS	Coconut oil for cooking
CARBS	Spanish omelette
VEGETABLES/SALAD	Carrots courgettes, leeks
NOTES	Some meals fit better into the builder than others do. Just do your best to use it as a guide.

Real Life Plate Examples



PROTEIN	Eggs (2), cottage cheese
FATS	Coconut oil for cooking
CARBS	Oats, honey
VEGETABLES/SALAD	Blueberries, banana
NOTES	<p>Pancake recipe</p> <p>2 eggs 100g cottage cheese 40g oats 1 tsp cinnamon 1 tsp nutmeg Pinch sea salt</p> <p>1 Blend it all together 2 Drizzle coconut oil in a small pan 3 Heat the oil and put some batter in the pan 4 Cook for 2-3 mins each side 5 Serve with your fave topping</p>

Real Life Plate Examples



PROTEIN	Protein powder (mixed into porridge)
FATS	Brazil nutes, cacao nibs
CARBS	Oats
VEGETABLES/SALAD	None
NOTES	Cinnamon on top

Real Life Plate Examples



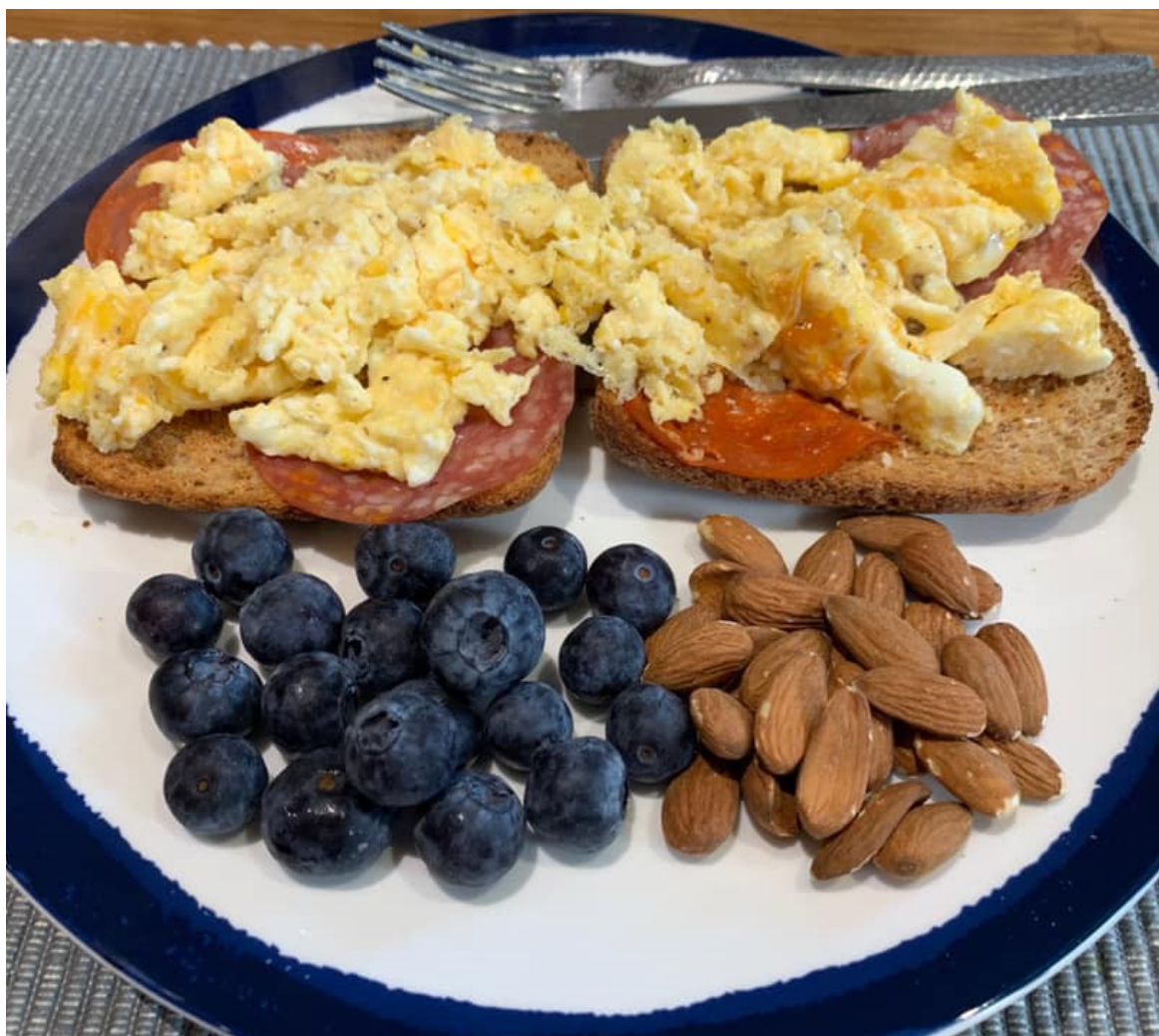
PROTEIN	Eggs (3)
FATS	Feta cheese (30g), coconut oil to cook
CARBS	None
VEGETABLES/SALAD	Tomatoes
NOTES	Salt, pepper, seaweed sprinkles

Real Life Plate Examples



PROTEIN	Chicken
FATS	Cooking oil – olive
CARBS	Parsnips
VEGETABLES/SALAD	Green leaves, broccoli
NOTES	N/A

Real Life Plate Examples



PROTEIN	Eggs (2), prosciutto
FATS	Almonds (25g)
CARBS	Seeded bread (2)
VEGETABLES/SALAD	Blueberries
NOTES	I scrambled my eggs in the microwave to save adding extra cooking fat

Stuck / Confused

Remember that you're new to this and the whole process is one big fun experiment for you to work out how to adapt your food and your habits to serve you better.

The sooner that you let go of your pre-conceived ideas about food and drink, the easier it will be for you to test out different ideas and find out things that do work for you.

Please don't be scared to try and try and try again. We are all still adapting and changing things along the way as we learn more or our preferences change.

Keep an open mind, and be prepared to really enjoy eating again because when you get the balance right for your health, and your body, your weight-loss will begin to feel easier and more natural as you serve your body the right foods.

Talk to us if you feel confused about what you need to do!

Take Action Today

1. Complete task #1 and task #2 and begin to get a sense of how your ideas about food match OR don't match with the reality of how food makes your body feel
2. Practise building your meals for the next few days. Take a photo of each meal and post it in the facebook group and caption it with 'meal building practise' (they don't have to be picture perfect)