

Welcome to your nutritional package which we hope you will enjoy. We have designed this programme so that you can achieve success in manageable chunks.

Your key objectives are around routine, you can always learn more and add in more, however, if life gets complicated, this is your base line which is easy to remember.

- To establish regular eating patterns and to not skip meals or snacks.
- To drink 8 glasses of water a day.
- To ensure shopping has occurred for ingredients and snacks.
- To learn to cook a few low fat meals and then to cook them again for practice.
- To establish which pulses you can eat.

Our key objectives are to provide a simple strategy:

- To ensure a calorie deficit to achieve fat loss.
- To ensure that whilst using a limited selection of foods, nutritional needs are met.
- To ensure adequate hydration.

It is important to note that, good nutrition is achieved by eating a wide range of simple, unprocessed foods. This plan aims to start you off by simply learning bit by bit how to cook, plan and achieve. From this you will gradually become more confident at creating your own versions.

Cooking Tips:

No margarine, butter or cooking oil used at all.

Tea/coffee to be made with no sugar and little amount of skimmed milk.

If cooking in a pan use a non-stick pan and no oil.

No processed foods using saturated fats

Shopping List

Don't overwhelm yourself with fruit, select maybe four fruits and then mix and match them up for a few days so nothing is waste

Skimmed milk
Lemon juice
Dried porridge oats
Runny honey
Bran flakes or wheetabix
Frozen blueberries
Plums, pears, bananas, apples, kiwi, satsuma's
Watermelon, mango, strawberries, grapes
Balsamic vinegar
Soy sauce, tabasco
Pesto sauce in a jar
A tube of tomato puree
Some tinned chopped tomatoes.
Brown rice pre cooked or dry in packet
A clove of garlic
Courgettes, cherry tomatoes, water cress salad, mustard and cress
Carrots, celery, onions, peppers different colours, cucumber
Lettuce, spinach leaves, spring onion, bean sprouts, chinese leaves
Frozen broccoli chunks, frozen peas, frozen sweet corn
Low fat yoghurt
Ryvita
Granary bread
Pasta twists
Turkey breasts (divide and freeze) or chicken breasts (divide and freeze)
White frozen fish (use one at a time)
Chick peas, kidney beans, x2 new ones untried by you yet.
Eggs
Baked beans
Tinned tuna in water or brine.
Cottage cheese
Humus
Brown pitta breads
Malt loaf
Raisins, nuts (mixed pack, apricots (eaten in moderation))

Daily Food

Breakfasts:

1. Porridge made with water and blueberrys, or honey, or other fruit.
2. Branflakes or wheetabix with skimmed milk and topped with fruit.

Mid-morning snack:

Two fruits of choice. If grapes or similar then fist size portion in a bag.

Lunches home based:

1. x1 small can of beans warmed through and spread on two slices of toasted granary bread (no spread) and fruit, or x2 hard boiled eggs chopped up mixed with cress, (optional) spread in x2 granary bread (no spread), salt and pepper. Fruit and yogurt for pudding
2. In a small pan warm up 1/2 can chick peas and stir in a spoon of pesto sauce. Add to this a table spoon of sweet corn and a fist full of cooked pasta. Serve with green salad. Fruit. Prepare double of the chick pea mixture and store in fridge.

Lunches packed for work:

1. Salad to consist of all sort of thins from basic lettuce, cucumber, tomato etc to bean sprouts water cress, spinach and peppers etc. Additions: a handful of kidney beans or any pulse will give you a lovely full feeling, last nights left over rata-taille, or a piece of fish or chicken. You can buy prepared cooked lean chicken.
2. x2 granary breads with lean chicken and salad as a sandwich. Fruit. Small box of raisins.

Afternoon snacks:

1. Slice of malt loaf and a bannana either mashed on top or eaten separately
2. Two ryvita (the new fruit range are very satisfying) with a thin spread of honey, a big crunchy apple
3. A handful of malties with a few raisins and nuts thrown in and fist of grapes

Daily Food

Evening Meals:

Option 1

Pasta Pesto and Turkey Salad (or chicken)

Cook 1 fist of pasta and drain. Place in bowl and stir in pesto. Grill or non-stick pan fry (no oil) a 1/2 palm size piece of turkey. Whilst it is cooking squeeze a little lemon over it, salt and pepper. Prepare a large green salad on a plate. Place the pasta on top of the salad. Chop the turkey into slices and place on top.

Watermelon for pudding.

Option 2

White fish Oven baked (or salmon, tuna)

In an oven proof dish place 1 piece of fish. Flavour with salt and pepper. Slice an onion and put in. Slice green pepper and put in. Add any fresh herbs you like. Cover with a 1/2 tin of chopped tomatoes. Cover with foil and bake for half an hour at gas mark five. Serve with lots of steamed broccoli and carrots.

Pineapple for pudding.

Option 3

Brown Rice and Pulse Salad (try different pulses)

You can buy and cook brown rice as per instructions or you can buy Uncle Bens pre-prepared cooked brown rice for one. In non-stick pan fry (no oil) one small onion and a 1/2 clove of garlic. To this add 1/2 a sliced yellow pepper, 1 thinly sliced carrot and a nip of water. Add any fresh herbs you like. Stir in a 1/4 tin of pulses. These are bought in tins and just need to be drained. Stir in a teaspoon of tomato puree and a tablespoon of balsamic vinegar. Prepare a plate of spinach leaves. Add a fist of brown rice and heat through. Serve on top of the spinach.

Mango for pudding.

Option 4

Ratatouille with Brown Pitta Bread. (use in you lunch box the next day)

In non-stick pan (no oil) fry a small onion, a clove of garlic and some thinly sliced celery(2 sticks). Once cooked down add a nip of water. Now stir in a teaspoon of tomato puree and a teaspoon of pesto sauce. Add another nip of water if need be...so that sauce mixes in and just about covers the vegetables. Add salt and pepper. Add to this two chopped up courgettes, one chopped up carrot, a handful of cherry tomatoes and a handful of frozen peas. Tip on to this a can of chopped tomatoes. Add any herbs you wish and let it cook through slowly for 25 mins. Warm up one brown pitta and chop into strips. Serve ratatouille with chopped up pitta and a serving of watercress salad, topped with a little balsamic vinegar. (store leftovers for tomorrow).

Grapes for pudding.

Have A Go

What we have seen so far is that low GI food gives us slow releasing energy that helps to give us a nice, steady energy flow from one meal to the next.

We also now know that we get hungry often because our bodies use up the fuel we put in quickly and that the more active we are the more fuel we need. Likewise, we understand that the less active we are the more sluggish the body becomes and the more likely we are to store any unused energy as fat. We realise that the body requires protein to repair cells, essential fats for hormone regulation and carbohydrates for energy. We understand that the body requires these things in certain amounts for optimal well-being.

We understand that in terms of calorific value, fat contains more calories than carbohydrate or protein and therefore any calorie allowance for fat must come from good quality fats which are essential to our bodies.

We are beginning to understand foods are not separate groups at all really, that some proteins contain fats, that a lot of carbs are veg and fruit and that some carbs (such as granary bread) do contain protein and fat.

Have a go and devise two snacks:

- 1.
- 2.

Now devise one new lunch dish:

Now devise one new supper dish:

Good Plate Guide

Remember fruit and veg are carbohydrate some are high in calories some low, also pulses equal low fat, slow release carbs and protein combined.

Pre breakfast:

x2 glasses of water and lemon set the system up beautifully for the whole day. Remember, water is vital to every bodily function and process and eases fatigue.

Breakfast:

Porridge for its slow release, fibre containing, low fat and filling properties. Top with sliced pear and a dribble of honey. Granary toast and jam (no butter). Granary toast with mashed banana on top. Boiled eggs and ryvita (no spread). Dip chunks of ryvita into soft eggs or hard boiled and chop eggs onto ryvitas. Bran flakes with skimmed milk. Sprinkle a handful of grapes on top. Fruit added or combined creatively.

Mid-morning:

x2 glasses mid-mornin this contributes to your eight a day.

Two pieces of fruit, mix this up so you get a loads of variety and choose some things that are new. The calorie values of fruit vary but over the course of a week will average itself out. If you are at your target weight then you should be eating fruit from a wide range. Try different combinations too, e.g.. Kiwi and strawberries, grapes and plums.

Lunch:

x2 glasses of water with your lunch this aids digestion and helps fill you up.

This is the best time of day to have your pulses and we do recommend you eat pulses every day. They fill you up, they give the body a wonderful source of carbohydrate and protein. They stabilise blood sugar and they are slow releasing. I would recommend you make food at home to take to work along the lines of a chick pea salad or a mixed bean filled brown pitta with salad. Fruit and malt loaf for pudding.

Mid-afternoon:

x1 glass mid-afternoon to combat fatigue.

Given that most people get a slump around 5pm and that your pulses will have done their job by now, we recommend you prepare well for 5pm. This means snacks brought in to work in the form of dried cereal in a bag (which is satisfying like crisps or biscuits but not full of rubbish). Low fat yoghurts. Ryvitas and honey. Banana sandwiches. Fruit and veg snack bags. A cup of tea.

Supper:

x1 glass with supper a little less here so that your bladder is not too full.

The evening meal is a good time to have some good quality protein. Fish has essential fats for hormones and we recommend you eat from a wide range of sources. Again the calories vary but will average out over the course of a week. Lots of vegetables can be eaten and remember any pasta or rice etc should ONLY be fist size, no bigger. Let the vegetables fill you up and provide you with lots of roughage and vitamins at the same time.