

## **Nutritional Guidelines.**

Hi! I just want to say to you that these are just guidelines. Working on the food can be quite triggering for a lot of people. Focusing on one or two areas you can improve on is great. I love to pick one nutritional action step per week and you'll hear me say that a lot in our Thrive time. It may be to focus on eating 3 meals every day, or making dinner your last meal, or focusing over time, on getting rid of comfort eating. This is NOT a diet program and many of us struggle with the food side of thing... that's OK. Take it easy on yourself.

### **How to eat more healthy in 5 simple steps.**

1. Read through the **nutritional guidelines** below.
2. Use the sample meal plan as a **guideline** and sample overview of a week
3. **Focus on getting rid of bad habits first**, and then when you have that nailed, you can get more detailed with the food.
4. Submit your **Weekly Habits** every week.
5. The biggest game changers? **Kick the habit of eating after dinner and get rid of eating junk food during the week** (cakes, biscuits, crisps etc). You will feel amazing. This is a HUGE habit to crack and may take some time. That's OK.

**Here are the guidelines I want you to follow. Please read through them slowly and make a plan for yourself.**

1. **Drink 2 litres of water** every day.
2. Eat **3 meals & 2 small snacks** every day.
3. Ideally a **piece of fruit** for your mid-morning snack, like a banana, and **protein-only** for your mid-afternoon snack.
4. You may find it helpful to have **one main meal without starchy carbohydrates**, in it. Either your lunch or your breakfast.
5. Keep carbohydrates in your dinner but **avoid big bowls of pasta and rice**.
6. Eat **bread only once** per day.
7. Eat **cheese only once** per day.
8. **Potatoes are great for dinner mid-week** instead of rice and pasta.
9. **Lunch: Keep it simple.** Soup and a sandwich or a salad with brown bread are the best options.
10. **Make dinner your last meal** and the last food you eat for the day. To do this, you must make sure you have a proper snack mid-afternoon. It will help so much keep hunger at bay and will help keep you satisfied after dinner so you don't get tempted to eat more.

11. Aim to make **dinner your last meal**, 5 days per week.
12. Get **rid of late night snacking**. Aim to eat nothing at all after dinner.
13. **Focus on healthy eating 5 days per week** (No junk food/alcohol)
14. Treat nights: **Two evenings off after 6pm** on a Friday and Saturday.
15. **Plan your meals** for the week ahead on a Sunday.
16. Do your **weekly food shop on a Thursday** or Friday for the week ahead.
17. **Identify your triggers** for emotional eating throughout this process.
18. **Follow these guidelines** & use the Meal Plans below to create your own weekly plan.
19. **The sample plans below are guidelines**. Please feel free to pick your own dinners. There are lots of vegetarian, vegan and meat dishes to choose from.
20. There are **lots of dinner recipes** for you to choose from on the Dashboard. If you don't like trying new recipes, or you don't like cooking, having some form of protein, veg and a baked potato is always a terrific option.

# Sample Food Plan #1.

<b>1 Monday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Bowl of soup with brown bread sandwich
	Snack: Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Chickpea and Tomato curry with baked potato
<b>2 Tuesday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Wrap with bowl of soup
	Snack : Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Chickpea and Tomato curry with baked potato
<b>3 Wednesday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Wholegrain wrap with bowl of soup
	Snack: Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Fish, Veg & Baked Potato
<b>4 Thursday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Wholegrain wrap with bowl of soup
	Snack: Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Chicken, Veg & Sweet Potato
<b>5 Friday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Wholegrain wrap with bowl of soup
	Snack: Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Night off
<b>6 Saturday</b>	Breakfast: Of Choice
	Snack: Piece of fruit
	Lunch: Bowl of soup with sandwich
	Snack: Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Night off
<b>7 Sunday</b>	Breakfast: Of Choice
	Snack: Piece of fruit
	Lunch: wholegrain wrap with bowl of soup
	Snack: Protein only (Chicken/tuna/mackerel/hummus)
	Dinner: Vegetable curry

# Sample Food Plan #2

<b>1 Monday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack: Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Chickpea and Tomato curry with baked potato
<b>2 Tuesday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack : Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Chickpea and Tomato curry with baked potato
<b>3 Wednesday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack: Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Fish, Veg & Baked Potato
<b>4 Thursday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack: Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Chicken, Veg & Sweet Potato
<b>5 Friday</b>	Breakfast: Porridge
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack: Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Night off
<b>6 Saturday</b>	Breakfast: Of Choice
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack: Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Night off
<b>7 Sunday</b>	Breakfast: Of Choice
	Snack: Piece of fruit
	Lunch: Big salad with protein
	Snack: Protein only (Chicken/tuna/mackerel/hummus) with 2 Ryvita
	Dinner: Vegetable curry

# FAQs

## What is protein?

Protein is brilliant as it repairs your muscles from workouts. It also helps keep you feeling full and keeps your blood sugar levels stable. Having protein only for your snacks in a really great way to lose stubborn fat rather than having a carbohydrate snack. We tend to eat way too many carbohydrates and not enough protein.

1. Sirloin
2. Fillet
3. Round steak mince
4. Turkey breast
5. Chicken Breast
6. Turkey bacon
7. Eggs
8. Salmon
9. Whiting
10. Cod
11. Tuna
12. Sardines
13. Natural yoghurt
15. Smoked Salmon
16. Chickpeas
17. Borlotti Beans
18. Nuts
19. Nut butter
20. Lentils
21. Kidney beans
22. Tofu
23. Soya mince
24. Hummus
25. Cannellini beans
26. Mackerel

## What are starchy carbohydrates?

The starchy carbohydrates food group includes **potatoes and grains such as wheat, barley and rice**. Grains can be used to make flour, which in turn is used to make foods such as bread, pasta and cereal. Starchy carbohydrates are best had only twice per day.

1. Potatoes
2. Pasta
3. Rice
4. Bread

## What are non-starchy vegetables?

These can be eaten in almost unlimited quantities. Enjoy these foods. Eaten with your meals they will help to keep you satisfied while still keeping you on track and helping you towards your weight loss goals.

- |                |                   |
|----------------|-------------------|
| 1. Broccoli    | 11. Celery        |
| 2. Cauliflower | 12. Asparagus     |
| 3. Cabbage     | 13. Garlic        |
| 4. Spinach     | 14. Spring onions |
| 5. Mushrooms   | 15. Peppers       |
| 6. Onions      | 16. Rocket        |
| 7. Peas        | 17. Radish        |
| 8. Courgette   | 18. Runner beans  |
| 9. Cucumber    | 19. Mangetouts    |
| 10. Fennel     | 20. Lettuce       |
|                | 21. Tomatoes      |

## **What are the best snacks to eat?**

A piece of fruit mid-morning and a protein only snack mid- afternoon is terrific.

## **Help, I'm feeling overwhelmed.**

OK, follow this step by step process:

1. Do your induction and follow all the instructions.
2. Read the nutritional guidelines above.
3. Start by getting rid of mid-week junk food, and stop eating after dinner.
4. Eat 3 healthy meals and 2 small snacks every day.
5. Drink 2 litres of water every day.

That's a terrific place to start. If you did all that, you would be doing great.

## **Can I drink tea and coffee?**

Without sugar, yes, as much as you want. I am not here to restrict your caffeine intake.

## **Can I eat something healthy after dinner?**

If you have to, do it. Ideally, dinner would be your last meal. A hot chocolate in the evening helps me so much.

## **What's the best time to have dinner?**

6-6:30pm. If you have no choice but to eat dinner later, that's totally OK. I eat dinner at 8pm quite often.

## **Are protein bars good?**

In my experience, eating unprocessed, real food is the best way to get healthy and feel great in your clothes.