

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Making Your Food About Nutrition And A Healthy Lifestyle – Not About Dieting

I know that the whole cravings thing, comes across as being all serious and morbid right?

But it's not. It's important to tackle this right from the start so you're not in your first week and falling into the same old routine and traps that you continually find yourself running into.

I don't know how many times I have seen this happen, and that's when people start to change their eating they make it all about going on a diet.

And you can bet, they'll usually base a lot their thinking around the day that they have their so-called "cheat" meal. By the way, I can't stand the words cheat meals, I think it's a stupid term. We use it so often. It plays with people's heads.

If all you are focusing on is the junk that you're wanting to eat on the weekend, or making it all about the foods you can't have then you're already losing perspective on the whole reason behind improving your nutrition. And that kinda gets you off on the wrong foot right from the get go.

You don't have to give up everything, it's not about that at all. But consuming crap all the time isn't going to help you get any closer to your goals of reaching your dream body either.

You basically want to get out of the habit of consuming junk on a regular basis.

And when do it here n there, do it with common-sense and not using it to try and fill some void in your life, falling back into to having all night munchy sessions all the time that you were doing before.

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You're really wanting to create a fun healthy fit lifestyle for yourself, and medicating yourself with junk food constantly isn't living a fun life. You're actually holding yourself back doing that.

So let's focus on the really cool, powerful nutrition strategies that that I've used myself, and my clients have used, to make eating healthy something that can be applied for the long-term.

My Favourite Foods To Include In My Everyday "Fat Loss" Nutrition Lifestyle

This isn't some crazy list of foods, these are all every day basic food items that you can incorporate into your lifestyle. And if you're not consuming these already, then you might want to consider doing so as from today.

Now, before I go any further, if you have food allergies, or a medical condition, that doesn't allow you to eat certain foods then make sure you use your doctor's advice when it comes to the following food list. These are just suggestions, they're not a cure, they're foods that I love to include in my everyday life, and that my clients really enjoy consuming as well to help reduce body fat, support lean muscle, ramp up your metabolism etc.

Now take a quick look at the food list that I've included with this workshop. This isn't a b-all and end-all list, far from it. This is really just an idea of some of the foods you can include in your everyday nutrition to help you get into terrific shape. I've tried to include the more common food items so they're easier to get hold of.

[foodlist-and-notes.pdf](#)

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Take a quick look through them. Does this look super restrictive? It doesn't does it. Of course not!

And this is one things that I found that women are really concerned about, because they automatically think that getting into great shape means going on a pre-competition diet.

A pre-comp diet, is a whole different ball game. Women on a pre-comp diet are on that diet for a specific reason, they're competing, it's no different from any other athlete who consumes a special diet for their particular sport.

This isn't a pre-comp diet. This is about being able to have your freedom, enjoy a huge variety of foods, and get into great shape, without making it super difficult for yourself to follow. Because you want to be able to apply this for the long term.

Can I Use Frozen Food?

Yes you can. And by that I mean frozen veggies, and even frozen fruit – not TV dinners. For example in my freezer I always have frozen broccoli, frozen cauliflower and frozen spinach on hand. In regards to fruit, I've always got frozen blueberries, and a combination of frozen mixed berries stashed in the freezer for emergencies.

And when it comes to meat, I personally don't eat much meat, but my hubby does. So I divide it up into whatever portion sizes that I need for him or for when I'm having family come and stay, put into freezer bag or sealy bags, and freeze it.

I also have frozen salmon in the freezer as well.

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Quick Food Notes

There are lots of Veggies, Nuts, Beans etc that contain protein. So if you're vegan and vegetarian don't think you can't build lean muscle without meat, because you totally can.

When it comes to meat, go out of your way to ask questions about where the meat has come from. How was it raised, was it free range, what were the animals fed. For the sake of your own health, knowing what goes into your body, and to support organic and free range farms who have a more compassionate approach to the welfare of their animals.

The same applies for dairy products. Without getting into all the details of this, which would be extremely distressing for the majority of you, because I know how compassionate you are. Try to aim for dairy products that are organic, free range and come from dairy farms that are bobby calf free.

If you're able to purchase organic fruit and veggies, and frozen organic fruit and veggies, then do so. So many supermarkets have them available now. There is so much more awesome organic home delivery options now as well, which means you don't even have to go to the supermarket, you can have everything delivered to your door.

And when you lead a busy lifestyle, being able to have your groceries and fruit and veg home delivered is such a huge timesaver for you.

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Getting Organized With Food Preparation

Being organised with your food isn't as hard as you think it might be.

When you do your food shopping for the week, and that's really how you should shop. Don't go leaving your shopping to something that is done on a day-to-day basis, because you'll always find yourself floundering and in a panic at the last minute trying to think of what you're going to have.

So whether you're doing your food shop online or going to the supermarket yourself, think ahead about what you're going to be having for your meals, over the next week or two, write those meals down, and get the ingredients for them.

Just choose 2 x 20 minute timeslots per week, for example one on the weekend and the other midweek and chop all your veggies up and put them in separate containers on those days. That way when it's time to make your meals everything is chopped up and ready to go.

And once the chopping board is out and your slicing up veggies, it only takes a few extra minutes to chop up a few more.

And just like anything, when it comes to things that you want in life in general, you need to plan ahead a little.

Think about it, how many times has it hit mealtime and you've thought "I have no idea what I'm going to make", and how often has that turned into eating something that you know really doesn't offer you much nutritional value?

That's another great thing about frozen veggies, they are already chopped up and ready to go.

Just say you did your food prep on Sunday, and by Thursday you've gone through all your veggies that you had prepared in the fridge. This is a great time to use

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those frozen veggies. Such as stir fry veggies, I'm not talking about the pre-packaged meals, I'm just talking about straight out chopped up veggies in a pack, with no added sauces or flavouring sachets.

Or you can use chopped veggies for a quick easy soup. And if you really need to go to the supermarket, then get some fresh pre-chopped salad and veggies and use those.

The whole point of this is to make it simpler for yourself to have better nutrition on a more regular basis.