

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Choosing your Favourite Foods And Start Creating Your New Menu

Go through the food list, and start choosing yours, your partners, your children's favourite fruit, veg, protein sources, fat sources. And that's the easiest way to start because you're consuming foods that you really love to eat. And start your ideas for your meals, around those ingredients.

Have 2 to 3 breakfast options, and I'll include some examples in the sample menu of what I eat, and what some of my clients eat. Just having 2 to 3 options makes it so much easier than trying to rack your brain when you're racing around in the morning trying to figure out what you're going to eat for breakfast.

This could be a smoothie, an omelette.

And do the same for snacks, lunches, and dinners. For dinners and lunches you'll want to have a few more options, but you get what I'm saying. If you have children, ask for their input as well.

Just because your kids might say they want burgers, fries, chicken nuggets, that doesn't mean you miss out on them, you just find healthier ways to make them. You don't have to be an amazing cook to make these meal options, they're so easy and so straightforward. And if you googled them you'd be able to find heaps of really healthy recipes that you could use, that are simple, super tasty and wayyyyyyyyyyyyyyyyy better for you nutritionally.

And if your kids are old enough to be helping you in the kitchen, make them part of the process, so they can get really excited about making healthy meals.

At the end of the day, I'm not here to provide nutritional advice for your children, it's really more about helping you save time and be able to include better nutrition

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in your meals, without feeling like you are depriving yourself from what people would typically call “fun food”.

My main focus, is giving you examples of how to be more organised with your own nutrition when you're so busy, and showing you some of the things that I do for myself, and for my clients, to help reduce body fat, build or maintain lean muscle, with the aim being to get into great shape. So that you can get some ideas for what you can do and put them into action.

A really awesome resource for you:

<http://www.cleaneatingmag.com/>

<http://www.cleaneatingmag.com/recipes/under-45-minutes/luscious-lean-burgers/>

<http://www.cleaneatingmag.com/recipes/20-minutes-or-less/>

Open Your choosing-your-fav-foods.pdf Menu Sheet

Write up your shopping list, go through the list and have a look at the foods that are there and think about what you can do with the ingredients to create quick healthy meal options for yourself.

And as ideas start popping into your head while we doing this make sure you write them down. And you can go back to them later and brainstorm on them.