

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Options for Eating Out

Here's some quick options for when you're dining out.

Y'know the baskets full of buttery hot white bread rolls, don't bother with them. I'd skip them altogether, if it were me. But if you really want to have bread with your meal then opt for multigrain instead.

Ask the waiter questions and be proactive about what's included on the menu. How is the food cooked, what's involved with the preparation, what's the side dish that comes with it? If you don't ask, you won't know.

If there's nothing on the menu that you think is appropriate, then ask them to keep the condiments to the side or just don't bother with them. Most places will have a healthier option for dressings if you ask them. Rather than having a some high calorie packed mayo, ask for mustard instead. Ask for your meat and veggies to be grilled.

Fill up on salads instead of chips doused with cheese and creamy sauces and gravies.

If you're having a day off your eating plan, treat day, then ask for smaller portions – that way you can eat what you like but you're not being going overboard.

If a meal is absolutely massive, then share with a friend. Don't try and force yourself to eat it all in one hit because you're worried about leaving it. Depending on the place you might be able to take the rest home in a doggy bag.

If you're going somewhere for the day, take your own food. Prepare it and take it in a coolie bag with you. That might sound a little nerdy for you, but believe me it makes the world of difference and then you can eat when you like as well. You don't have to wait around until everyone else is ready to have something.

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I take raw nuts, chopped bits of low fat cheese, apple, cherry tomatoes, cucumber. I'll take a salad with some tuna or red kidney beans in it. There's heaps you can do. You can freeze your own mixture of natural yoghurt and blueberries or mango and so you've got a yummy desert with you. There are so many yummy options you can do.

If you know you're going to need something more filling, make your own sandwiches or rolls at home using multigrain or gluten free (not white bread), packed with salad and lean protein. You can do the same with multigrain or gluten free wraps as well.

I always take extra, because even the folk that don't care about eating healthy end up nibbling on the food I bring along, wishing they had've done the same. 😊

Don't be Fooled By Low Fat Food Labels

I'm not going to get into an in depth topic of food labels.

I do however want you to think about the things you might have in your pantry - or that you could be currently consuming on a regular basis - that might be actually messing with your efforts to reduce body fat and achieve your goals of getting into great shape.

I had a client come to me a while ago who was struggling with her food. I asked her to complete a food diary for a week. So I could assess where she might be going wrong.

Example:

Having low fat cereal, low fat orange juice, low fat spread on toast in the morning for breaky.

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Having a popular label low fat cereal bar for a morning snack
For lunch she was eating lots of cracker bikkies and cheese with various low fat dips and stuff
Having a popular label low fat cereal bar for a afternoon snack
And at night she was eating some low fat frozen dinners

All of these things had low fat on them. But most of them were extremely high in sugar and or extremely high in salt.

I felt awful for her.

She honestly thought she was doing all the right things. She was really surprised, and a little upset, when she realized where she was going wrong. Because she had been doing it for so long.

So after looking over it for her we then worked out some of the tweaks she could make that would make a massive change to her ability to reduce body fat.

Once we changed this to a plan was much more nutritionally sound and suited for fat loss, the results that we got in just a few weeks from those changes was brilliant.

Sabotaging Your Eating Plan When Things Are Going Great – Don't Fall For it!

This might sound kinda strange, you'll be a couple weeks into your new program, your exercise and eating have been fantastic, and then you start getting these strange feelings of:

"who am I kidding, this isn't really going to work",
"I'm probably putting in all this effort for nothing"

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"I look at myself in the mirror and I'm too far gone
I'm too fat, too ugly and I'll never be in great shape
I'm a loser, why I'm bothering to try?"

"what happens if things start going wrong and I can't keep up with regular exercise or eating healthy?"

"What if I skip a day or two here and there, it will ruin all the hard work I've put in?"

"Do I really deserve to be spending this time and effort myself, when I have more important things I should be worrying about?"

"Is this really just a big pile of crap, and that there is really some secret pill or potion I can use, that I don't know about, that could get me into great shape?"

"Mandy, and people like her, must know some special hard core strategy or have a special supplement that she is taking that is making her get into great shape, that she is not telling me about, and without that I'll never get into shape."

"I went out last night and ate masses amounts of junk food, and drank some pretty crazy coloured high calorie cocktails, this has ruined my efforts, if I can't do stuff like this I'm not going to be able to enjoy my lifestyle, so I'm not going to bother any more".

I could easily continue this list with more and more self-sabotaging thoughts.

And just like in life where we get afraid of putting ourselves out there, or taking on new challenges, where we talk ourselves out of doing things that we know would be great for us, and we end up jeopardising those opportunities. We do the same with our health and fitness efforts.

No one is perfect, everyone has doubts and fears, no one sticks to their programme, their workouts, their eating plan 100% all of the time. And I'm not saying that to make you feel better, I'm telling you that because it's absolutely true.

I've experienced it myself, I see my clients go through it, I have seen fitness models, and competitors go through it. Just because someone seems like they are

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at the top of their game when it comes to their body looking like they couldn't get more perfect, you need to realise that they go through all the same ups and downs and self-sabotaging thoughts and fears that everyone else does.

And when this happens you have to make the choice to pull yourself out of it. You have to make a decision that you're not going to go down this path, that your goals are important to you, the thoughts you are thinking are only going to call you further away from your goals and make you feel like you're stuck in a rut, and can't get beyond it. Don't do that to yourself, because you deserve so much better. And you just don't want to go down that track again.

I know sometimes it's much easier to quit and find a reason to not do something than to actually getting in there and do it. But that's just part of the journey, and that's what makes the results so rewarding when you achieve them.

Treat Days

I personally don't have specific treat days, not unless I'm planning for a photo shoot, or something special coming up.

In general, if I'm going to take a day off I will. This is about being real here. Depriving yourself constantly and spending your days thinking about your treat day, can screw with your head.

So if you're having a day off, do it. Here's some tips so you don't get completely off track:

- Just be sensible with your portion sizes. Have plenty of salad with your meal
- Don't get up first thing and say "guess what, it's my day off, I'm going to eat junk for breakfast, lunch and dinner and every other opportunity in between". If you've been eating healthy, and go all out eating crap you'll make yourself feel sick. You'll end up with a headache or migraine, you'll feel really ill,

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nauseous, and it can knock you about for days. What was supposed to be a fun day of pigging out on junk food has turned into having most of the week off training and you feeling uninspired and feeling like someone has pumped you full of miserable medicine.

- Always make sure you train or exercise on your treat day
- Drink heaps of water
- Get plenty of sleep
- Juicing! If you've gone overboard, get out the blender or juicer, and grab a handful of chopped green veggies like spinach, celery, broccoli (it's up to you) and some of your favourite fruit chopped, with some cold water and bung it in the blender. Do this off and on through the day, for a couple of days afterwards, to get some decent nutrition back into your system. It's amazing the amount of nutrient's from fruit and veggies you can squeeze into a large glass of juice. You'll see for yourself the difference it makes.

Action Step:

Do you sabotage your own healthy eating habits? Open up your [prevent-eating-plan-sabotage-action-plan.pdf](#) Write them down and then include 10 points from today's lesson that you can apply to help keep you on track.