

The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 5: Lesson 3



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

Don't make it all about going on a diet and your cheat meal.

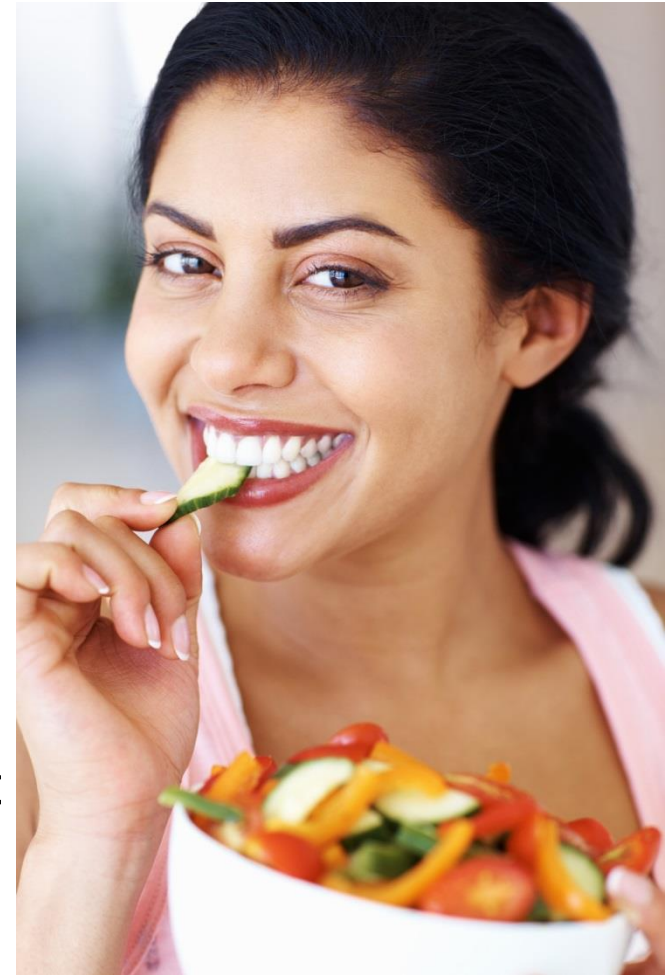
If all you are focusing on is the junk that you're wanting to eat, you'll loss perspective on the whole reason behind improving your nutrition.



You don't have to give up everything.

You're really wanting to create a fun healthy fit lifestyle for yourself..

Focus on the really cool, powerful nutrition strategies 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

My FAV foods...

This isn't some crazy list of foods, these are all every day basic food items that you can incorporate into your lifestyle.



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Sample Food List

Veggies and Salads

Asparagus
 Broccoli
 Brussels Sprouts
 Cabbage
 Cauliflower / Bell Pepper
 Cauliflower
 Celery
 Cucumber
 Eggplant
 Fennel
 Spring Onion
 Leek
 Lettuce - that's any type of lettuce
 Mushroom
 Onion
 Red Onion
 Organic Carrots
 Snow Peas
 Spinach
 Tomato
 Zucchini

Protein Sources

Beef (steak, ground beef, etc)
 Lamb
 Skinless Chicken Breast
 Turkey breast
 Salmon
 Tuna
 Protein powder
 (I occasionally use Organic Raw Protein Powder)
 Scallops
 Prawns / Shrimp
 Cottage Cheese
 Greek Yoghurt
 Natural Yoghurt
 Eggs (whole or whites - free range)
 Tofu

Fat Sources

Organic Virgin Coconut Oil
 Extra Virgin Olive oil
 Flaxseed oil
 Lida's Choice Oil blend (I haven't used the myself, but my clients have)
 Almonds (raw)
 Brazil Nuts (raw)
 Hazelnuts (raw)
 Pecans (raw)
 Walnuts (raw)
 Organic Almond Butter
 Avocado
 Max seeds (ground)
 Chia seeds

Legumes

Kidney Beans
 Black Beans
 Black-eyed Peas
 Lima Beans
 Chickpeas
 Pinto Beans
 Butter Beans
 Navy Beans
 Lentils

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Other Veggies and Grains

Pumpkin
 Squash
 Sweet Potato
 Brown Rice
 Quinoa
 Corn
 Pasa
 Potatoes
 Gluten Free, Multigrain Bread

Fruit:

Apples
 Oranges
 Apricots
 Peaches
 Pears
 Grapes
 Kiwi
 Mango
 Watermelon
 Honeydew
 Black Nectar / Cantaloupe
 Rhubarb
 Plum
 Pineapple
 Paw Paw / Papaya
 Blueberries
 Strawberries
 Blackberries
 Raspberries
 Cranberries
 Cherries
 Bananas

There are lots of Veggies, Nuts, Legumes 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. Ensure you consume a good mixture of veggies containing essential amino acids (cannot be produced by the body - so it needs to be in your diet). A non-essential amino means it can be produced by the body.

Essential Amino Acids

Histidine
 Isoleucine
 Leucine
 Lysine
 Methionine
 Phenylalanine
 Threonine
 Tryptophan
 Valine

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Nonessential Amino Acids

Alanine
 Arginine
 Asparagine
 Aspartic acid
 Cysteine
 Glutamine
 Glutamic acid
 Glycine
 Isoleucine
 Serine
 Tyrosine

Here's a link to the Nutritional Database:

Below is an example of raw broccoli:

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2325/0>

If you scroll down on this page, on the nutrition site, to the nutrition information you'll see the Protein and Amino acids intake, just click on "more details" and box will expand for you.

Animal proteins contain very high amounts of the essential amino acids.

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 was 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 participating in this workshop, because I know how compassionate you are. Try to aim for dairy products that are organic and come from dairy farms that are happy calf free.

If you're able to purchase organic fruit and veggies, and frozen organic fruit and veggies, then do so.

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Now take a quick look at the food list that I've included with this workshop. Does this look super restrictive? Of course not!



This **IS NOT** a restrictive pre-comp diet.



Typical pre-comp diet of bland grilled chicken and broccoli

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.

You want to be able to apply this for the long term.



Can I Use Frozen Food?

Yes you can.

Examples:

frozen broccoli
frozen cauliflower
frozen spinach
frozen blueberries
frozen mixed berries
frozen salmon





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, you totally can.

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

Meat - go out of your way to ask questions about where the meat has come from.

The same applies for dairy products. 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.



Getting Organized With Food Preparation

Think ahead about what you're going to have for your meals, write those meals down, and get the ingredients for them.

Just choose 2 x 20 minute timeslots per week, chop your veggies up and put them in separate containers.

The whole point of this is to make it simpler for yourself.

That's my Labrador "Arnie" in the background



Zucchini, carrot, cucumber, red onion, baby spinach, brown onion, sweet potato, tomato, capsicum all chopped and ready to "rock n roll".



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ACTION STEP

**Make sure you check out your
foodlist-and-notes.pdf.
Do it now!**

**C'mon over to the Bootcamp
Private Facebook Group and join
the discussion on this.**

