

The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 6: Lesson 1



Choosing your Favourite Foods And Start Creating Your New Menu

Choose your favourite fruit, veg, protein sources, fat sources. Start your ideas for your meals, around those ingredients.

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Sample Food List

Veggies and Salads	Fat Sources
Asparagus Broccoli Brussels Sprouts Cauliflower Celery Cucumber Eggplant Fennel Green Onion Lentils Lettuce - (check any type of lettuce) Mushroom Onion Red Onion Organic Tomatoes Spinach Tomato Zucchini	Organic Virgin Coconut Oil Sola Virgin Olive oil Margarine Liable Cheese (I haven't used the margarine, but my clients have) Almonds (raw) Egg Yolk (raw) Hemp Seeds (raw) Peanut (raw) Organic Almond Butter Avocado Macadamia (ground) Olive seeds
Protein Sources	Legumes
Beef (steak, ground beef, etc) Lamb Minced Chicken Breast Turkey Breast Salmon Tuna Protein powders (I personally use Organic Rice Protein) Scallops Prawns / Shrimp Collage Cheese Greek Yogurt Natural Yogurt Eggs (whole or whites - free range) Tofu	Kidney Beans Black Beans Black/Red Lentils Lima Beans Chickpeas Pinto Beans Butter Beans Navy Beans Lentils

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Other Veggies and Grains	Fruit:
Pumpkin Squash Sweet Potato Brown Rice Quinoa Corn Rice Ravioles Gluten Free, Multigrain Bread	Apple Orange Apricots Peaches Pears Grapes Kiwi Watermelon Mango Raspberries / Strawberries Plum Pineapple Paw Paw / Papaya Strawberries Blackberries Blueberries Cherries Oranges Sour Cherries

There are lots of Veggies, Fats, Legumes etc that contain protein. 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
Isoleucine
Leucine
Methionine
Valine
Lysine
Histidine
Phenylalanine
Threonine
Tryptophan
Valine

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Non-essential Amino Acids
Alanine
Arginine
Asparagine
Aspartic acid
Cysteine
Glutamic acid
Glutamine
Proline
Serine
Tyrosine

Here's a link to the Nutritional Database:
Below is an example of how to use:
<http://www.nutritiondata.nlm.nih.gov/lookup.aspx?search=protein%20%20>

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 detail" and you 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, used a free range, what was the animals fed. For the sake of our own health, involving what goes into our 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 interesting 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 and free.

If you're able to purchase organic fruit and veg, and from organic fruit and veg, then do so.

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Have 2 to 3 breakfast options, to make it more straight forward.

For dinners and lunches you'll want to have a few more options.

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Sample Meal Plan

Breakfast

1 x scoop Vital Organic Plus Protein Powder - Vanilla, Vital Greens, water, 1/2 cup plain greek yoghurt, Glutamine Powder, 2 x slices of mango into a blender.

Vital Greens is a blend of nutrient dense greens, vegetables, fruits, additional herbs, vitamins and minerals, powerful antioxidants, pre and probiotics, essential fatty acids, fibre and has a small amount of protein in it. Is the same brand as my protein powder.

or

1/2 cup oats cooked with water. Pour in 1/4 cup egg whites and some cinnamon and zap in the microwave. You'll need to keep an eye on it to ensure it doesn't spill.

or

Omelette made with 4 egg whites, 2 whole eggs, baby spinach (I just put my hand in the bag and grab a handful of spinach), handful of mushrooms, 1/4 of a chopped red onion, ground black pepper.

Morning Snack

Small Tub of Plain Greek yoghurt, with a small organic chopped apple, handful of baby spinach, and into the blender with some water

or

Small Tub of Plain Greek yoghurt, chopped nuts (see food list), with vanilla stevia

or

Small Tub of Plain Greek yoghurt, with either a small amount of blueberries or strawberries


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Lunch

3 oza (90 grams) of any white meat (chicken or seafood) with capsicum, cucumber, cherry tomatoes, red onion, baby spinach leaves, small handful almonds (small amount in palm of hand)

or

3 oza (90 grams) of any white meat (chicken or seafood) with sweet potato (cooked) with broccoli or spinach.

or

3 oza (90 grams) of grilled chicken breast, with 1/2 of a cup or brown cooked rice (don't add anything in with the rice when you cook it, just keep it plain), serve with chopped celery, cucumber, cherry tomatoes, chopped red onion, baby spinach leaves. Then sprinkle onto your meal some balsamic vinegar. This will add heaps of flavour to the rice.

Snack

Egg Dip and Celery Sticks
2 boiled eggs, small amount of greek yoghurt (just enough to help maintain the eggs when you mash them), spinach, pinch chili powder or curry powder, mash it up. Chop up some celery into sticks and dip it into the egg mixture.

Or

Chopped celery sticks with small amount of Organic Almond Butter (spread organic almond butter onto celery sticks).

Dinner

3 oza (90 grams) of any lean meat (red or white) with capsicum, cucumber, cherry tomatoes, red onion, baby spinach leaves.

3 oza (90 grams) chicken, steamed broccoli and nuts


3 oza (90 grams) Prawns or scallops with salad and walnuts

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Salad Dressing

lemon juice, balsamic vinegar, splash of olive oil and ground black pepper

finely chopped spring onions, lemon juice, Dijon mustard, ground black pepper, olive oil

greek yoghurt, mustard, garlic, balsamic vinegar, dry bit of organic honey

Seasonings

chili powder, cumin, garlic powder, coriander, organic paprika, black pepper, organic onion powder, organic garlic powder, thyme, sage, parsley and cayenne

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You don't have to miss out on burgers, fries, chicken nuggets - you just find healthier ways to make them.

Involve your children as part of the process, so they can get really excited about making healthy meals.

My main focus, is giving you examples of how to be more organised with your own nutrition and give you ideas that you can put into action.

A really awesome resource for you:

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

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

Images of recipes from CleanEating.com



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ACTION STEP

**Open Your choosing-your-fav-foods.pdf
And write up your shopping list...**

Then share it in the Bootcamp
Private Facebook Group...

