

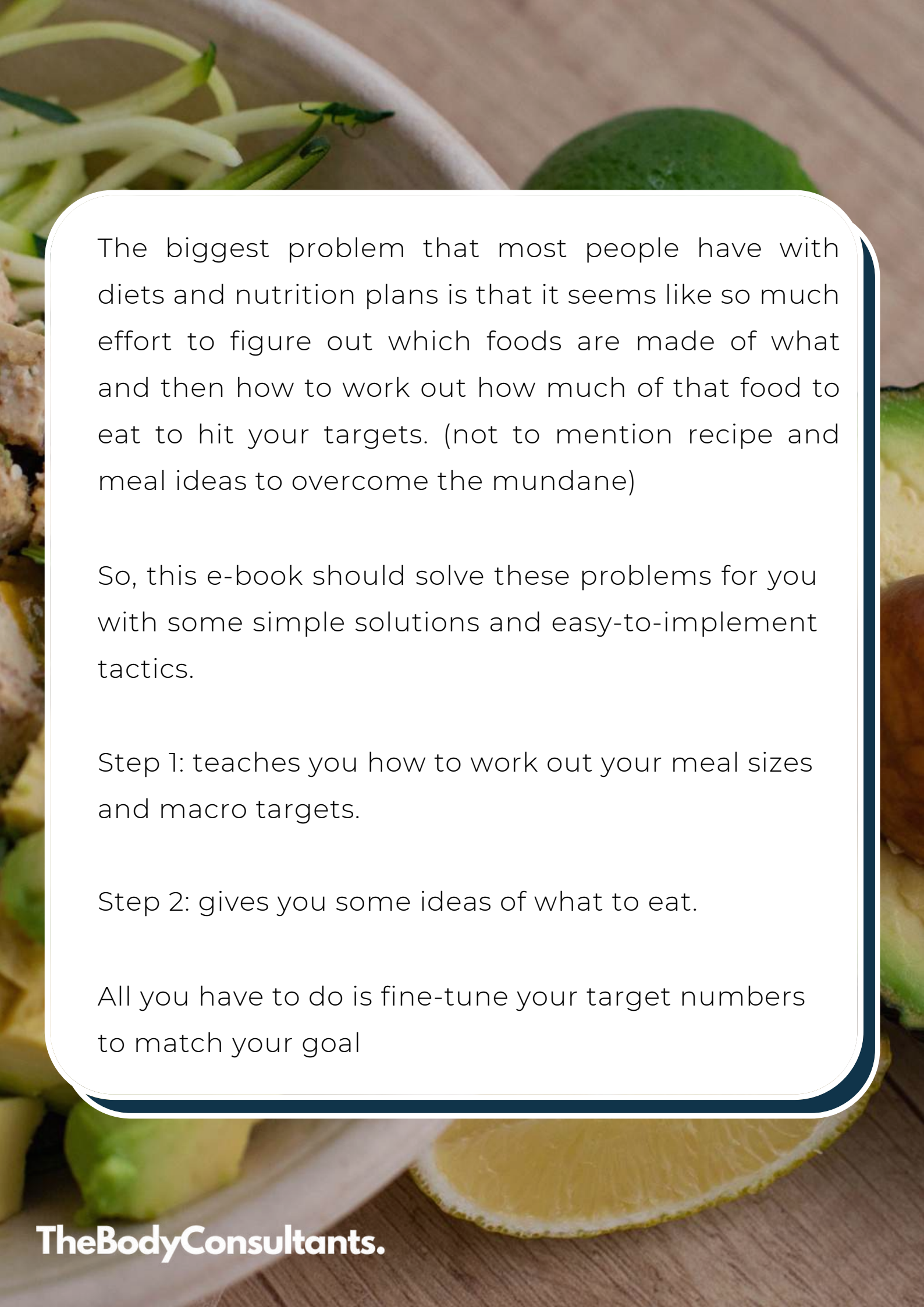
THE EASIEST

NUTRITION

PLAN TO FOLLOW



TheBodyConsultants.



The biggest problem that most people have with diets and nutrition plans is that it seems like so much effort to figure out which foods are made of what and then how to work out how much of that food to eat to hit your targets. (not to mention recipe and meal ideas to overcome the mundane)

So, this e-book should solve these problems for you with some simple solutions and easy-to-implement tactics.

Step 1: teaches you how to work out your meal sizes and macro targets.

Step 2: gives you some ideas of what to eat.

All you have to do is fine-tune your target numbers to match your goal

STEP 1



Working out your target numbers for each meal.

If you haven't worked your target numbers out yet, use this [TDEE calculator](#).

Remember to decide whether you are maintaining, cutting, or bulking and your preferred choice of macro splits.

If you aren't sure what your body fat is, [try this website](#)

From there, work out how many meals a day you will eat so you can divide the totals. I work out my diet using 3 meals per day so that I can divide my total calories and macronutrient targets by 3 and then eat 3 evenly proportioned meals. You can do the maths if you're eating more or fewer meals. (increase or decrease numbers to match).

Here's a table for my macros at the moment.

	Protein	Fat	Carbs
Per Day	199	103	232
Per Meal	66	34	77

These daily macronutrients add up to 2654 calories/day and 884/meal, however, I find it easier to work out macronutrients so I can pick a food group and multiply the weights of the food to hit my target.

To do this, simply work out the macronutrients of each food per 100g (using myfitnesspal) and then multiply the numbers to work out how.

E.g. I know that I need 199g of protein per day which means that I need $(199/3 = 66)$ grams of protein per meal).

To eat 66 grams of protein for lunch, I have chosen chicken breast. It has 22g/protein per 100g of weight, which means that I need 300g of chicken breast for my lunch.

Repeat for carbohydrates and fats.

I simply work through the corresponding foods list, pick something I like and then multiply the numbers to find my portion size. The more foods you add in, the more foods you will need to play around with.

E.g.

Protein = meat

Fat = avocado

Carbs = rice

I'll make a meal that incorporates these 3 things and work out the corresponding numbers to fit my macros.

I.e. if you want to add blueberries, you'll have to work out the macros in blueberries so that you can make sure you haven't tipped the scales on one of your other food sources. If you have, simply work out the portions again.

If you really want, you can splice the meal sizes however you like, as long as your total daily counts are on point. I just find it easier to make all the meals the same size to start with and tweak as I go.

E.g. If you'd prefer to have less protein at breakfast but more at night, you can reduce breakfast by an egg and add an extra 50g of steak at dinner.

Or if you don't want to eat carbs at breakfast, remove the toast or oats and add in some sweet potato at dinner.

Meal timing for fat loss is less relevant than you think. The major key is daily and weekly calorie + macronutrient targets.





STEP 2

Meal Ideas

I have broken the nutrition guide into

Breakfast

Lunch

Dinner

Dessert

Snacks

Stocking Fillers

I will leave it up to you to decide exactly what weights of each food you need, based on your calories and macros.

Breakfast Options

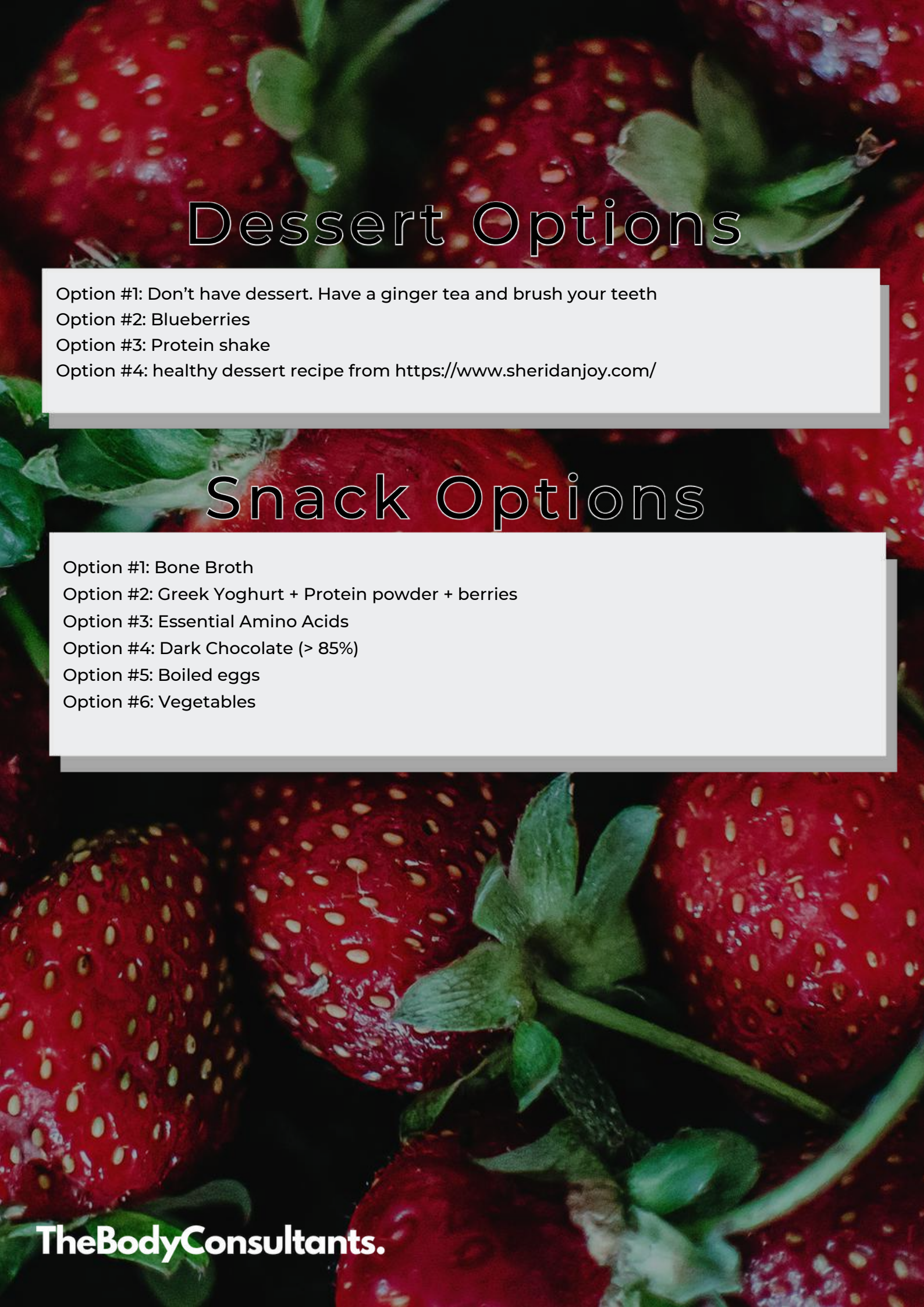
- Option #1: Scrambled eggs, bacon, avocado & sourdough bread
- Option #2: Boiled eggs, sourdough bread, (soldiers), avocado
- Option #3: Angus beef Pattie, scrambled eggs, avocado
- Option #4: Ommellate with halloumi, veggies and a side of carbs (fruit, oats, bread)
- Option #5: Oats/ Muesli, Milk, Honey,
- Option #6: Lamb chops, blueberries and avocado
- Option #7: Protein Porridge
- Option #8: Breakfast smoothie with protein and fruits

Lunch Options

- Option #1: [Fitfood](#) or [CleanMealsNZ](#) or another company that has something similar
- Option #2: Grass-Fed Steak, potato or starchy carb, olive oil, veggies
- Option #3: Grass-Fed Lamb chops, starchy carb, olive oil, veggies
- Option #4: Leftover dinner from the night before, assuming you ate the right macros
- Option #5: Chicken Breast, rice, avocado
- Option #6: Seafood, rice, avocado, nuts
- Option #7: Protein packed Sandwiches (protein + bread + fillers)

Dinner Options

- Option #1: [My Food Bag](#) or Hello Fresh meals or similar meal service company (ideally high in protein)
- Option #2: BBQ Meat, carbs, vegetables
- Option #3: Slow cooked meat and oven-baked vegetables
- Option #4: Oven cooked meat and Vegetables
- Option #5: Seafood, carbs, vegetables

A close-up, high-resolution photograph of several ripe, red strawberries with green leafy tops. The strawberries are clustered together, filling the entire frame. The lighting is soft, highlighting the texture of the strawberry skin and the vibrant red color.

Dessert Options

Option #1: Don't have dessert. Have a ginger tea and brush your teeth

Option #2: Blueberries

Option #3: Protein shake

Option #4: healthy dessert recipe from <https://www.sheridanjoy.com/>

Snack Options

Option #1: Bone Broth

Option #2: Greek Yoghurt + Protein powder + berries

Option #3: Essential Amino Acids

Option #4: Dark Chocolate (> 85%)

Option #5: Boiled eggs

Option #6: Vegetables

Not hitting a particular target? Try this.

PROTEIN OPTIONS

1. Grass-fed steak
2. Chicken breast, chicken mince
3. Turkey breast, turkey mince
4. Seafood
5. Vensison
6. Extra-lean beef mince
7. Pork steak, Pork mince
8. Lamb, Lamb mince
9. Protein shakes
10. Protein bars (high quality and no processed foods)
11. Jerky

CARB FILLERS

1. Oats, muesli
2. Rice
3. Buckwheat
4. Sourdough
5. Pasta
6. Fruits
7. Potatoes (both kinds)
8. Honey, maple syrup

FAT FILLERS

1. Oils (cook with or drizzle)
2. Avocado
3. Nuts
4. Redder meats
5. Egg yolks
6. Peanut butter
7. Dark Chocolate

Not sure what to cook/ Need inspiration?

Take a look at these websites and see what they're making and replicate it on your own

EATTHISMUCH.COM

FITMENCOOK.COM

SHERIDANJOY.COM

MARLEYSPOON.COM

ACTIVEFOODS.COM.AU

MYMACROCHEF

MYMUSCLECHEF.COM

My Fitness Pal Tips

1

Change your goals in the goals section.
(activity level, goals, calories, macros)

2

Make sure you notice that carbs are first
and need to be changed from 50%.

3

Check out the plans section

4

Set reminders in MFP + your phone

5

Use the recipe discovery section

6

Add friends. Community is powerful. Add
Nico as a friend

7

Log/ store similar foods so you can “quick add”
each day. Less friction = higher adherence

8

Don't add your exercise or fit bits back in (we
have already accounted for that in your goals
section)

9

Adhere to your goals by tracking your food

Three bowls of fajitas, each containing strips of browned meat and sliced red, yellow, and purple bell peppers, are arranged vertically on the left side of the page. The bowls are dark-colored and set against a light blue background.

Extra Tips

- Don't drink your calories. Juices, sauces etc all have calories that people underestimate.
- Count your oils, fats and butters in your calories for a true number
- Set aside 20 minutes for each meal and put your knife and fork down between bites and fully chew your food.
- Have a glass of water before eating and while eating your meal
- Sit down at a table to eat: don't eat while watching the TV, reading
- Park further away when going somewhere
- Pace during phone calls
- Stretch/move whilst watching Tv (or go for an actual walk)
- Walk at lunch
- Take the stairs
- Get off the bus/train 1 stop early
- Take a walk after dinner
- Walk or ride to work

Sleeping Tips

Sleep can really help fast track your progress and results. When looking at recovery and growth of muscle tissue when we rest is when we grow! It is therefore essential that you look to get 7-9 hours of sleep per night. To get your best night's sleep, here are some tips:

Have a regular bed and wake up time

Have a sleep routine

Read prior to bed

Don't use your phone 1 hour before bed

(Using your phone can delay the onset of melatonin production by 3 hours)

If you struggle to sleep use a 'brain dump' and write down everything on your mind on a pad and paper

Aim for 7-9 hours sleep per night