



## **Nutrition Guidelines**

This guide will support you over the next 16 weeks as we work together to build lasting habits that yield long-term results. I recommend printing it out so it's always handy. Remember, there's no need to implement everything from day one.

During our calls, we'll determine which elements to focus on first based on your unique goals and progress.

As we discussed, each guideline here is designed with your personal goals in mind. Our calls will allow us to fine-tune and adjust these guidelines based on the photos you share and the progress we track together.

Some of these adjustments may feel challenging initially, but once you settle into the rhythm, they'll bring significant benefits to your journey.

### **Key Principles**

1. 3 or 4 meals a day
2. Protein with every meal
3. Coffee after a meal before 11am

### **3 or 4 meals a day**

- If you eat breakfast before 8am have 4 meals
- If you have breakfast later than 8am have 3 meals
- Roughly 4-5 hours between meals

### **Protein with every meal**

- Make protein the priority of each meal
- Doing so will help you feel satiated longer and stop overeating
- Acts to protect your muscle mass

### **Coffee Timing Matters**

- Why: Drinking coffee on an empty stomach spikes and then drops cortisol levels, which can lead to hunger suppression and lower energy later in the day.
- When: Have coffee after your first meal and ideally before 11 am to keep your energy balanced.



## **How and What to Eat**

1. Limit Carbs Until Dinner
2. Preferred Sources of Protein, Fats, and Carbs
3. Limit Alcohol and Gluten

### **Limit Carbs Until Dinner**

- Eating carbs later in the day helps maintain steady energy levels, aids recovery, and promotes better sleep.
- Adjustment for Early Workouts: If you're engaging in early or intense workouts, you may benefit from adding a small amount of easily digestible carbs like a banana before or after your workout to improve performance and recovery without affecting overall energy balance.

### **Preferred Sources of Protein, Fats, and Carbs**

- Protein: Beef, lamb, chicken, pork, eggs, seafood, venison, kangaroo.
- Fats: Butter, olive oil, coconut oil, avocado, halloumi, goats cheese.
- Carbs: Rice, potatoes, pumpkin, parsnip.

### **Limit Alcohol and Gluten**

- To support weight loss and reduce inflammation, ideally no alcohol, otherwise limit alcohol (to no more than four standard drinks per week) and avoid gluten-rich foods, as they often cause digestive issues.
- Dining Out Tips: When at social events, prioritise protein, and look for gluten-free options if available. For drinks, try limiting it to 1-2 drinks, choosing clear spirits like gin or vodka with soda water and lime, or a low-carb beer. This way, you can enjoy social gatherings while staying on track with your goals.

### **Meal Prepping**

- Preparing meals in advance sets you up for success by saving time, giving you control over your choices, and reducing the chances of impulsive eating.
- Suggested bulk-prep proteins: Beef mince, lamb shoulder, pork shoulder, beef brisket, beef cheeks.



## **Tracking Calories**

As we begin, listen to your body and practice mindful eating rather than counting calories right away. Once a structured routine is established, we may track calories briefly to deepen your understanding of energy balance.

- If you're working toward fat loss or strength gain, understanding calorie intake can help fine-tune your approach.
- After 2 weeks of tracking, you can either continue or shift to portion control and mindful eating.

## **Portion Control and Mindful Eating**

- If you don't want to continue calorie counting start to portion control / mindful eating
- Eat slowly, eat until satisfied
- Try to eyeball your foods to keep the portions similar to when you calorie counted

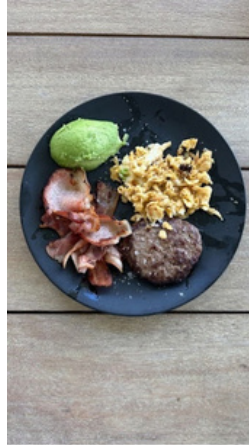
## **Eating Out / Pre-Made Meals**

- Follow the 90/10 Rule: Aim to make mindful choices 90% of the time, allowing for flexibility with 10% of meals.
- Select high-quality pre-made meal brands like Papa Macros for busy days, but avoid relying on them daily.

## Examples

### Breakfast

- 2 eggs
- 3-4 rashers of bacon
- 1 burger patty
- ¼ avo



### Breakfast Smoothie:

- 1x scoop Protein powder
- 1x banana,
- half avo
- 3x tablespoon coconut yogurt
- 1x raw egg (trust me)
- water, or your milk preference.



### Lunch

- Meat of choice
- Spinach
- Halloumi
- Cherry tomatoes
- Mushrooms



### Dinner

- Meat of choice
- Potatoes
- Carrots
- Kent pumpkin

### Cook Books:

<https://drive.google.com/file/d/1VrGTMb1XbkyEAPqqbzg6sNhBORbhrU20/view?usp=sharing>

<https://drive.google.com/file/d/1q-1jGNjZRc0sfbAOpz-eJQwRMU8meQCR/view?usp=sharing>