

Caroline Radway Integrated Fitness Coaching Presents:

YOUR KETTLEBELLEBODY S.I.M.P.L.E. NUTRITION GUIDE

One of the most important parts of a training programme is, in fact, nutrition. This applies for fat loss as well as improved performance, energy and wellbeing. **BUT I DO NOT RECOMMEND DIETING!**

The word 'DIET' is doomed to failure before you even start - it starts with the word 'DIE' for one! The idea of a temporary eating strategy that will get you to your goals means you may get there (still that comes with its own set of complications) but you will certainly not maintain your results if you go back to your old habits.

Instead, you want to gradually work new and improved habits into your life, that you absolutely enjoy and actually want to keep up with for life!

Filling your body with delicious, nutritious, satisfying foods is no hardship.

When your aim is to lose fat, you will need to be stricter in terms of total amounts and overall 'compliance' than when you are maintaining your weight, but the principles of sound nutrition apply regardless, and if you make these lifestyle changes new habits, you will achieve your goals and be sure to maintain your great results for good. This is about HEALTH not just fat loss - the two go hand in hand.

Calories do count but you can avoid counting calories if you follow these guidelines! You can eat MORE calories when the quality of the food is high as it is not only the calories that go in that counts, but how the body processes those calories. If your fat burning and energy releasing hormones are all working properly then you will burn more than if they are not working properly. You can directly influence your hormone levels by eating according to these guidelines.

Think fibre, not carbs & think 'nutrients' not energy - we have energy we need to release, we need the nutrients to ensure our hormones are working optimally so we can release the stored energy we have!

DON'T FORGET: YOU CAN'T OUT-TRAIN A BAD DIET!

The S.I.M.P.L.E. Nutrition System:

S. is for SELECT THE GOOD STUFF
I. is for IGNORE THE DODGY STUFF
M. is for MAKE EVERY CALORIE COUNT
P. is for PLAN & PREPARE
L. is for LIFESTYLE CHANGES
E. is for EAT & ENJOY!

WHAT CAN I EAT?

The best foods for fat loss are ones that give you maximum nutrition and satisfaction for minimum calories, therefore unprocessed, 'clean' foods are king! But you can eat all pure, healthy foods and still not lose fat if you are eating too much of them, so I have put them into categories for you.

Focus about 50% of your intake on the A* foods, 30% on the A Grade foods, and be cautious with B & C grade foods (about 10-20% max), eating the starchier foods in the morning or after a workout, and with the more calorie dense foods making sure you keep the portions small.

Phase 1: For 12-13 consecutive days minimum (ideally go the full 4 weeks if you want absolutely incredible results!) stick to only A* to C foods, using the guidelines above to control overall amounts and proportions of each type of food. For even better results, skip C foods too!

You can then have 1 'low grade' meal (Friday or Saturday night, hence the 12 or 13 day rule), where you can include foods (and beverages) from D-F. Immediately back to Phase 1 for another 12 days minimum.

The 'Low Grade' or 'Planned Off-Plan' meal:

Pick the foods you really want, enjoy & savour every mouthful and limit yourself to 45-60 mins for the meal (or it can become a day!). Drink lots of water beforehand, have a fish oil supplement with it, and have a protein-based snack a few hours before so you are not ravenous.

An even better way to work this, for best results, is to still avoid D,E&F foods, instead use this meal to have a larger portion of the starchy carbs and sweeter fruits etc from B & C. You can make delicious, indulgent meals without ever needing to use the D,E & F foods! I prefer to do this, and have some wine with it, rather than eating low quality foods, as they don't make me feel good and I don't really like them or want them so much - you will likely find the same happens over time, but that is your journey to have! If

you are really craving something, knowing you can have it at some point can really help you stick to the plan and is a great psychological help.

Phase 2: Once you have completed a full month at Phase 1 you may want to drop to Phase 2. You still stick to A* to B/C foods according to the guidelines but can have one 'low grade' meal each week until you hit your goals. If results stall or if you have a lot to lose, stay on Phase 1 for longer, with a fortnightly or monthly 'low grade' meal rather than a weekly one.

Phase 3 / Maintenance: You can include a higher proportion of B, C (& D) foods, depending on your personal metabolism (so you need to keep track of how you respond). You still need to keep it under control and emphasise A* & A foods.

Monitor your stats and tweak accordingly. You may be able to move up to 2 'low grade' meals each week, but keep an eye on progress - maintenance can be hard as you take your eye off a mega-exciting goal! But ultimately, maintenance IS the goal... Flipping back to Phase 1 and 2 as you need them is all part of maintenance - life will throw things at you, now you have the tools to get right back on track straight away!

A * ROCKSTAR FOODS!

Focus on these for best results! 50% of your intake!

Green and multi-coloured, non-starchy veggies & salad:

Broccoli, spinach, kale, chard, cauliflower, courgette, sugar snap peas, mange tout, asparagus, chard, lettuce, cucumber, peppers, pak choi, onions / red onions, garlic, leeks, cabbage, beansprouts, celery, okra, radish, Brussels sprouts etc...

Drinks:

Water (filtered or bottled) 2-3 litres a day.

Green Tea, Rooibos Tea, Herbal Teas

Condiments:

Apple cider vinegar - ideally the unpasteurised stuff 'with the mother'

Lemon / lime juice - great on salads and have in hot water every morning

All spices and herbs! Get fresh and dried and use with every meal!

Cinnamon and ginger are especially good for you and great to add to shakes or fruit.

Celtic or Himalayan sea salt - grey or pink, not white! Not regular sea salt - you can sometimes get this in supermarkets, or get online.

Optional but recommended supplements:

Zinc, vitamin D, iodine, selenium, magnesium lotion (topical), good quality multivitamin.

Omega 3 fish oil: liquid oil best, 10ml in a smoothie

A full strength probiotic such as Solgar.

Glutamine Supplementation:

This is a great supplement to increase recovery after training, and also helps combat sugar and alcohol cravings!

I take 10g morning and evening in some water and lemon juice, as well as 10g in my super shake.

Chocamine - for energy, mood & cravings

L Tyrosine - for energy & recover

Milk Thistle - liver detox

5HTP - for sleep, mood, cravings

A GRADE FOODS

Great foods - aim for 30% from the following list

(This does mean you need to be judicious with fruit! 2-3 portions of low starch fruits each day in Phase 1&2)

Veggies:

Starchier veg: Celeriac, carrots, tomatoes, beetroot

Fruits:

Blueberries (have a stash of frozen ones in the freezer at all times!), strawberries, raspberries, apples, avocados, coconut, pears, grapefruit, olives.

Protein:

Lean free range / organic meats, poultry, game & wild fish (e.g. venison, lamb, beef, pork, chicken, turkey, cod, tuna, salmon, mackerel, haddock, shellfish.

Canned mackerel / sardines (in tomato sauce is OK)

Free range, organic eggs.

Sunwarrior rice protein (naturally sweetened with stevia):

www.sunwarrior.com

Nuts & Seeds:

Raw almonds, walnuts, brazils, cashews, pine nuts, hazelnuts, pistachios, hemp seeds (or powder as a protein powder), sunflower seeds, pumpkin seeds. (Not peanuts, or roasted / salted nuts).

Flaxseeds - buy whole seeds and grind as you use, great on salads & in shakes.

Oils & Fats:

Coconut oil / butter (best for cooking as stable at high temps), organic butter, olive oil (light for lower temp cooking, extra virgin cold pressed organic cold on salads / veggies). Rice bran oil is also good for high temperature cooking.

Drinks:

Coconut water - a great post exercise drink (best ice cold) as contains lots of electrolytes.

Coconut milk alternative - water down to replace milk, good in smoothies too!

Almond milk with no added sweetener.

Home-made hemp or almond milks

B GRADE FOODS

These are great foods but just need to exercise caution - either they are easy to over-do in terms of calories or they need to be eaten at certain times only. 10-20% max from B & C.

This means: starchier veggies, starches, pulses & sweeter fruits: small portions and eaten in the morning or after a workout, 1 portion a day in Phase 1 & 2.

The foundation of the meal needs to be A* veggies, with a protein portion!
Over doing these foods will halt fat loss - you have been warned!

Veggies:

Starchier veggies: Parsnips, swede, pumpkin, butternut squash, peas.
Tinned tomatoes.

Fruits:

Sweeter fruits *(Some people need to be more careful than others on sweeter fruits, so bear this in mind, and if in doubt stick to berries. Stick to 1-2 portions a day in the morning or after a workout. Of course, these are a way better choice for a snack or dessert than all the fake food / junk out there: Frozen mango or cherries straight from the freezer are divine!)*

Banana, mango, pineapple, kiwi, cherries, grapes, oranges, apricots, melons etc.

Nuts & Seeds:

Nut butters, tahini *(great foods but even easier to over-do than raw nuts / seeds)*

Snack Bars:

Only bars made with nuts and dried fruit, all good ingredients!

Protein:

Pulses, beans, lentils, chickpeas.

Dairy:

Total Greek Live Yoghurt, Live sheep / goat yoghurt.

(I'm not a big fan of dairy as a whole, and many are intolerant, most do better on less - however Greek Yoghurt is a better choice in terms of protein and is great way to transition from cereal / milk based breakfasts, as well as adding a bit of variety and indulgence to many of the recipes!)

Condiments:

Coconut milk *(high in calories but a great ingredient to cook with!)*
Organic balsamic vinegar

C GRADE FOODS

These are foods that add some variety and are good foods still, but must be treated as condiments, or an ingredient in a meal, and used in very small amounts, not the foundation of your diet.

5 - 10% max from group C.

Starchy Foods & Grains *(some need to avoid these altogether - I personally only include these in my 'off plan / low grade' meals):*

Sweet potatoes, oats, millet, quinoa, spelt, rye, brown / wild rice. Go for sourdough or sprouted grain breads made from the above grains. *(from health food stores: check labels and ensure these are the only grains used, not just a bit along with wheat!).*

Fruits:

Dried fruits: raisins, dates *(no added vegetable oil or sugar / sweeteners)*

Nuts:

Peanuts / peanut butter *(get all natural no salt / sugar / oil - Meridian from health food stores)*

Protein:

Organic nitrite-free bacon

Dairy:

Parmesan *(a great way to add flavour, use small amounts only)*

Goats or sheeps cheese / feta.

Condiments:

Tomato puree

85% chocolate or raw cacao - a small piece a day is OK if you can keep it at one!

Xylitol, raw agave as a sweetener

Drinks:

Coffee - good quality espresso / organic, 1 per day max (before 2pm), with a dash of cream or black.

Regular tea.

Raw cacao hot chocolate - as a cravings killer! Raw cacao with almond / coconut milk. Xylitol, stevia or raw agave as a sweetener if you need it.

D GRADE FOODS

These are to be used for 'off-plan' or 'low grade' meals only - but are the better choice for those off-plan meals! If your goal is not fat loss you have more leeway but still keep to a minimum.

Starches:

New potatoes in skin. Baked potatoes in skin (*even better - take out some of the inside and mash with cauliflower, celeriac, sweet potato or butternut squash!*)

Protein:

Bovine dairy products (still go for organic): cheese, cream cheese, cream, creme fraiche, quark, milk.

Condiments:

Home-made mayo. Sauces that are made with no artificial additives, sweeteners, sugars - if the ingredients are real foods these can be OK but this is rarely the case.

Raw, unprocessed honey.

Drinks:

Fruit-based smoothies (as opposed to juice).

E GRADE FOODS

These are strictly for the 10% 'off-plan' meals. These will not help you lose fat and will encourage you to gain fat!

Protein:

Sausages, fatty cuts of meat, processed meats (salami etc)

Dairy:

Flavoured / processed dairy. Low fat yoghurts. Ice cream.

Starchy Foods & Grains:

White flour, white rice, pasta, all wheat-based breads, sugar in all forms.
(*molasses, sucrose, glucose-fructose syrup - watch for -ose at the end!*)

Boxed cereals, cakes, pastries, muffins, biscuits, confectionary, cereal bars, healthy sounding cereal bars etc..

Processed foods in general:

Anything in a packet! Ready meals / microwave meals / weight watchers meals / desserts...

Soya products: soy milk, flour, burgers, yoghurts etc! All highly processed and soya can inhibit thyroid & promote 'man boobs'!

Oils & Fats:

Vegetable oils: sunflower, rapeseed etc.

Condiments:

Commercial mayo, ketchup, sweet chilli sauce etc. Mustard with sugar as ingredient. Most stirfry / packet sauces - check the label.

Gravies & commercial stock cubes.

Drinks:

Fruit juice & juice drinks.

Alcohol

F GRADE FOODS

Franken-foods not fit for human consumption! Getting rid of these completely is the way forward! As your tastebuds change you will begin to become more sensitive to these foods anyway...

Oils & Fats:

Trans fats, hydrogenated / partially hydrogenated vegetable oils.

Corn oil

Margarines & processed butter alternatives.

Foods containing these oils include ALL crisps (even the veg ones) unless baked and no added oil. The vegetable crisps you can buy in the supermarkets are fried and not really any better than regular crisps!

Additives:

MSG, all artificial sweeteners, preservatives etc.

Drinks:

All soft drinks! Even diet versions...

HOW TO STRUCTURE MEALS:

Each meal should consist of 1-2 servings of vegetables - this controls insulin / blood sugar levels, improves the absorption of protein and ensures you get loads of vitamins, minerals, fibre and antioxidants. They keep you full on hardly any calories, too, which is a bonus! At least 50% from the A* list, 30% from the A list is the goal.

A huge plate of veggies / salad, with a serving of protein and some good fats (nuts / avocado) plus a piece of fruit (or a small portion of starchier food if appropriate) would be a great meal!

GOOD QUALITY CARBS:

White flour and sugar are refined carbohydrates (present in cakes, biscuits, white bread, white pasta). The body breaks them down very easily and quickly for fuel which can cause energy levels to become high very quickly but then drop quickly. They also have a very high caloric value and will be used as fuel before you can begin to burn any body fat. These heavily processed and refined foods provide us with energy but actually require vitamins to be digested that they do not provide - they are therefore 'vitamin robbers'!

If you think FIBRE, not carbs, you will automatically make better choices. You can get plenty of carbs through veggies and fruit. This is not a low carb plan - it is a high nutrient and health plan! Too many people make the mistake of treating the veggies as the side-kick when they need to be the star of the show!

For other carb choices, stick to wholegrain products (brown rice, quinoa, oats, sourdough / sprouted bread, rye bread,), sweet potatoes / yams and butternut squash.

Lentils are amazing, as are other beans and pulses, such as chick peas (baked beans are not so good due to sugary sauce!). They are starchier so are in the B category as you should be aware that the starch in a serving is usually plenty for one meal.

You will get best results if you keep your carb intake primarily to the morning and after your workout, when they are least likely to be used to create body fat and will instead be used to promote recovery and repair, boosting your body ready for the next workout. Focus on veggies being the centrepiece of your meal, protein next, and then a small portion of carbs depending on your calorie / energy needs.

Some people are more sensitive to carbs than others, so you will need to adjust based on how you feel and how your fat loss is going.

HEALTHY FATS:

We need fats to ensure we are lubricated on a cellular level - fats are vital in the cell walls and in every function of the body. Cut them too low at your peril! But as mentioned, high fat foods are also calorie dense, so make sure you don't over do it. Aim for about 30% of your calories from fat.

Fish oil / oily fish provide Omega 3s and should be consumed regularly - take a fish oil supplement daily.

Nuts and seeds provide good fats also (be careful not to overeat these as the calories do add up quickly). Always go for raw, unsalted nuts and try nut butters - not Skippy but the natural, nut only versions (no added sugar or salt).

Avocados are a great source of healthy fat, and added to a salad can replace unhealthy creamy sauces and mayonnaise but keep all of the indulgence factor!

Avoid trans fats (found in processed foods) completely – it is these, not saturated fats, that are the biggest health danger. Look for 'hydrogenated' on the label (of course you're avoiding labels anyway, but if you are looking out of curiosity this should remind you why you're not going to eat it!) and steer well clear.

Use saturated fats (butter, ghee or coconut oil) or light olive oil for cooking as polyunsaturated vegetable fats are unstable at high temperatures.

Use good quality (cold pressed unfiltered extra-virgin) olive oil raw as a dressing on salads / vegetables. A little goes a long way - try mixing with lemon juice, apple cider (or balsamic) vinegar then drizzling on salads and veggies.

Eating 30% of your calories from fat is the target - this is more than you might think, but as fat is calorie dense it can be done quite easily.

SWEET TREATS:

Rethinking treats is a great way to succeed! Make substitutes of your old favourites - there are ideas in the recipes section, but be creative!

When you do eat something 'off plan' make sure you enjoy it and savour every mouthful, and log it in your journal. If you eat something you feel you

perhaps shouldn't have then despair that you have 'blown it' so go all out, it is then that you do the real damage. The initial 'off plan' moment was not a big deal. There really is space for the odd treat in a balanced approach to nutrition, its just making sure that you are not doing it too often.

Ideally you will be planning an 'off plan' or 'low grade' meal for one meal a week which is when you can eat the things you really miss (although for some people this will just re-aggravate cravings) but if you can keep even your more indulgent meal involve healthier versions of your old favourites you will get even better results!

Indeed, if you have severe sugar addiction / cravings you are advised to make healthier versions, avoiding sugar and wheat / refined carbs even then.

MEAL TIMINGS:

Timings are given as a general guideline only. Different people find that different eating strategies work best - you may need snacks to manage hunger levels, in which case make sure you include them. But you may also find that you prefer sticking to 3 meals, which is also fine, so long as the overall intake is well distributed to give you energy throughout the day.

4-6 smaller meals spread throughout the day works for many people as it keeps energy levels high and hunger at bay. This also may assist with digestion.

Skipping a meal to "save calories" will likely lead to overeating when you do eat, so this is usually not a good tactic. Some people prefer to stick with 3 meals a day, and that is fine too, so long as you don't overeat during those meals because you have got so hungry. The secret is to find a distribution that suits you best. Choosing low calorie / high volume foods (vegetables, lean protein) means you can eat more and feel more satisfied on fewer calories too.

Stop eating 2-3 hours before bed (aim to get to bed at 10.30pm) and aim to have 12 complete hours off between dinner and breakfast.

Most of your starchier foods need to be at breakfast and before and / or after training.

Breakfast (between 6.30 and 9.30am):

Breakfast should contain some protein and suit your lifestyle - if you are 'on the go' a shake is a good option. If you eat at your desk, prepare something in advance and take it with you to work, to eat at your desk. Always have breakfast - this doesn't need to be as soon as you get up, but

just as soon as you can: certainly before the mid-morning munchies get hold! Don't panic if you miss breakfast, however. You are better off waiting and getting a good quality breakfast, than panicking as you have heard of 'starvation mode' and grabbing a pastry or pie on the road!

Optional morning Snack (between 9.30 and 11.30am):

A small balanced snack providing some protein and some 'good' (low glycaemic index / GI) carbohydrate. If you can get veggies in here even better!

Lunch (between 12.30 and 2.30pm):

Again, ensure you eat some protein in order to preserve muscle tissue, slow the release of energy from your meal, keep you fuller for longer and raise your metabolism. A balanced meal would include some protein some vegetables / salad plus some fruit, as per dinner. See suggestions and recipe ideas later in the manual.

Always make your lunch to take to work if you can! This will hugely improve your chances of success (the same goes for snacks). If you can make extra for dinner and take a serving to have for lunch you have made this super easy to achieve.

Optional afternoon snack (between 3.30 and 5.30pm):

An afternoon snack will help to keep energy levels high and stave off hunger. Especially important if you are working out in the early evening.

Dinner (between 6.30 and 8.30pm):

Again, you should have a balanced meal including some low fat protein and plenty of vegetables / salad. You should avoid too many carbohydrates in the evening as you do not need the energy they provide throughout the night so they are more likely to be stored as fat.

Ideally finish eating 12 hours before you plan to have breakfast. Our bodies need a break from eating!

What if I don't want to snack?

If you do not have the time or inclination to snack then that is fine, so long as it doesn't mean that you are so hungry when it gets to mealtimes that you overeat!

What about eating before and after exercise?

If you are exercising you should aim to have a snack about an hour beforehand or a light meal 1-2 hours beforehand - although if you are training in the morning you may not be hungry or have time to digest anything, training fasted is fine for most and can have a beneficial fat

burning effect. If you find you don't have enough energy for training then try an easily digestible snack, such as a protein shake or banana. You should also have a snack or meal 30-60 minutes after working out - this will mean you are likely to need to spread your calories over 4 meals / snacks.

MIX & MATCH MEAL PLANNER:

Select one of the following breakfast, snack, lunch and dinner options each day. See the Recipes section of your manual for specific recipes!

BREAKFASTS:

- Scrambled / poached / boiled eggs or omelette with veggies, fruit. (You could go for some sourdough bread here but veggies preferable.). (See recipes for ideas.)
- Plain live Greek yoghurt with fruit and nuts / seeds, possibly a sprinkle of oats.
- Leftover dinner! Meat / veg / salad - wierd but a great way to start your day!
- A protein shake (25-30g rice / whey) with coconut / almond / rice milk and frozen berries (can also add greens to this if you are brave! I actually add frozen chopped spinach and spirulina plus a few other powdered supplements). Add a tsp of ginger / cinnamon / mixed spice. (See recipes for more ideas)
- Avocado and veggies / salad + seeds.
- Porridge (30g) with egg or protein powder stirred in plus some nuts / seeds / fruit
- Banana Omelette (see recipes)

OPTIONAL AM / PM SNACK:

- Handful of mixed nuts
- Fruit or veggies and nuts or nut butter
- Tuna with chopped tomatoes & cucumber
- Veggies & home-made houmous
- Protein shake and fruit (see breakfast)
- Boiled egg and fruit or veggies
- Fruit / nut based snack bars only, possibly with oats also but nothing else!

LUNCHES:

- Any variation of salad - see the salad creation template.
- Leftover protein / veg from dinner.
- Omelette or frittata & salad / veg (see recipes)

DINNERS:

- Any protein / veggie combination you like - see the preparation guide in the next section.
- Any main meal recipe from the Recipes section of the manual.

HOW TO PREPARE FOODS!

These are ideas you can use so that you don't need to rely on recipes all the time! Learning a few simple ways to prepare foods means that you can make quick and easy meals from what you have in the fridge and can whip something up in minutes.

Be creative and start using new veggies and foods you might not usually try!

Keep things simple and focus on veg and lean protein and other great ingredients from the A* to C food lists.

Keeping things simple means you can easily fit healthy eating into your life - I hardly ever use actual recipes, preferring to 'freestyle' it!

VEGGIES:

Simply steam and serve with apple cider or balsamic vinegar and a little olive oil and herbs or salt and pepper, or even some grated parmesan!

You can get a simple stove-top steamer from Sainsburys: see link in the shopping list!

Puree to make healthy versions of mash (cauliflower, celeriac, butternut squash, sweet potato are all delicious). Puree with a handheld blender to get really creamy - add a little 0% Greek yoghurt or coconut milk to make these more creamy. Nutmeg works well with mashes too...

Roast or BBQ with a little olive oil / balsamic vinegar and seasoning. Great veg for roasting / BBQs are courgettes, peppers, red onions, aubergine (not too much oil), asparagus.

Or why not stir-fry using coconut oil or butter, adding a little tahini and / or coconut milk, for an exotic flavour.

Use a SPIRALISER or a veg peeler to make courgettie spaghetti! Strips of veggies that look like noodles or pasta - result!

EGGS:

So many ways to cook eggs, you can surely never get bored! Omelettes / Scrambled / Fritattaed / Poached / Boiled...

Add veggies (tomatoes, peppers, spinach) to your omelette or scrambled eggs. Sprinkle a little grated parmesan over the top. Serve with salad or veggies. Asparagus goes especially well with runny eggs!

Serve with smoked salmon or king prawns for an indulgent treat.

MEAT / POULTRY:

Grill (a George Foreman is great and makes it tasty!) or roast / BBQ with a bit of olive oil and herbs / spices.

Slice and stir fry with loads of veggies.

Roasting meats in balsamic vinegar and / or a little olive oil (use a pump action spray) plus a few herbs / spices is surprisingly delicious and makes the meat really tender. You can do this with fish too.

Make a casserole – saute the onions in coconut oil (or spray on olive oil) wiping any excess with greaseproof paper, add meat and brown, add a generous portion of veggies, tinned tomatoes / tomato paste / garlic, lentils etc and transfer to an ovenproof dish for 1-2 hrs. This is a great way to make cheaper, tougher cuts of meat delicious.

A slow cooker is an amazing investment - simply throw in onions, herbs / spices, meat, some veg and a little water and maybe a little coconut milk and leave to work its magic!

Make your own version of chilli or Bolognese, similar to the above but using mince and no need to cook for so long. Go for lean beef mince or try turkey mince.

Curries! Fantastic for you, so long as you are in control and don't add loads of cream or use too much fat. Using ghee or coconut oil is best for cooking though, just don't use loads (wipe the excess with greaseproof paper). If you cook in a slow cooker you don't need any extra oil. The spices are great for boosting the metabolism and onions, garlic and chillis are superfoods with loads of health-boosting benefits.

Try a moussaka variation instead of lasagne, using large slices of aubergine instead of pasta. Replace cheesy sauces with some Greek yoghurt and a little parmesan cheese only.

FISH:

So good for you and so much more variety to choose from than meat!

Whole trout or mackerel are great simply wrapped in foil, with a little olive oil to prevent sticking and seasoned to taste. Barbecue or oven bake 20 mins and serve with veggies of your choice! Add garlic / lemon / parsley before baking for extra flavour.

Fish steaks are great oven baked, barbecued, grilled or pan fried, with a little oil or balsamic vinegar, and herbs, spices, garlic.

Filletts of white fish are great poached in water and spices, and you can add some coconut milk too. Simply put in a wide pan, cover with liquid and some herbs / spices (add a bay leaf or thai spices or garam masala) and simmer gently. The juices go amazingly well with cauliflower mash.

SWEET TREATS:

Sometimes it is best to have a small sweet treat (such as a square of 85% chocolate or a few pieces of frozen fruit) to prevent the cravings later, but also it is best to get out of the habit of always following a meal with something sweet.

There are some recipe ideas for sweet treats, but bear in mind we have usually had plenty of calories once we have had dinner, so keep the sweet treats as treats - that 10%. Going for healthier options for those treats will get you to your goals much more quickly!

PREPARATION STRATEGIES:

When you are preparing dinner, make double and have the leftovers the next day for lunch (or breakfast!).

Or you can spend a couple of hours a couple of times a week preparing a batch of proteins and veggies to use throughout the week, but I prefer simply making extra when I'm already cooking (it's fresher and tastier that way too).

Save veggies from the night before and add to your omelette the next day.

Split leftovers into portion-sized amounts and refrigerate or freeze, then you always have healthy food ready when you need it!

TOOLS OF THE TRADE:

Steamer, slow cooker, spiraliser and blenders: see links in shopping list!

SHOPPING STRATEGIES!

Never go grocery shopping on an empty stomach - every single thing inside that supermarket is designed to get you leaving the store having bought junk food products you had not intended to buy, wreaking havoc on your wallet as well as your waistline!

If your home is full of lovely healthy foods and quick and easy snacks you will find it easy to stay on track.

If you absolutely must buy junk for other family members (quite frankly, I think the entire family should eat healthy foods and no home should be full of junk...) then ensure you put it away, out of sight and mind, as soon as you get in.

Frozen meat / fish, veg (spinach is the best!) and fruits (blueberries and raspberries, mangoes and cherries) are great to have on hand for those 'emergencies' where you haven't had time to shop. Make sure your freezer is always stocked (and not with ready meals!) and there is never any excuse!

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