



Module 10 Summary:

More Nutritious Eating

Checklist, before you move onto this module, have you:

- ✓ Read the module lesson from previous module,
- ✓ Watched the video,
- ✓ Completed the exercise class at least three times last week and had a 90% adherence rate to the new habit, adding one more fat to each meal?

Completed the previous modules assignments:

1. Complete video: abdominal workout.
2. Weekly adherence sheet - week 9.

If so then let's review Module 10, the habit of adding one more hour of exercise to our weekly schedule and how we move from our existing diet to a more nutritional diet. We will discuss improving what we eat already, review the 5 habits we should be adopting at every meal. Talk about eating a wide variety of foods and allowing us to give ourselves time off and kick out 10% of the time knowing the body will adapt and still keep us on a weight loss course in the long term. We will look at a sample 'nutritious' menu and look at simple cooking and when to eat these nutritious meals.

Your homework for this week:

- Review your first three day menu and provide changes/written critique against 5 habits.
- Complete video: cardio level 2 workout.
- Weekly adherence sheet - week 10



Module 10: Enhance the nutritional content of your meals.

Habit 10: Add one more hour of exercise to your week.

Exercise of the week: Cardio level 2.

Improving typical meal patterning:

Like most people I am a meat and two veg person and with a family or otherwise known as 'dependants', depending on my mood swing! I have to plan ahead, so I make a shepherd's pie, which can then double up as spaghetti Bolognese later on in the week.

Have you considered though of shredding your veg to make it spaghetti? Then use the vegetable spaghetti with the Bolognese or as a topping to the shepherd's pie? That would be one extra veg a day and one less carbo.

Before we start we need to get the right equipment. This spiralizer has been on my birthday wish list for a while, Good Housekeeping recommended this:

1. **Gefu Spiralfix Spiralizer £44.95/ukjuicers.com Good Housekeeping rated it 89/100 - and GH rocks!**

Runner up:

2. **Lurch Atila Hildmann Edition Spiralize £39.95 /ukjuicers.com**

Here is what my Good Housekeeping Bible has to say:

“Take out the carbs out of carbonara Spiralizers are THE kitchen gadget of the moment. Why the fuss? With a spin of the handle they transform courgettes, carrots and other veg into spaghetti-like strands, giving you a low-carb, low-cal, gluten free alternative to pasta.”

July 2015 Good Housekeeping

5 Habits:

In your goody bag, you received a 5 Habit card, by now this should make more sense and easy to comply with at each meal time. Here is a brief explanation and summary:

Habit 1: Eat slowly and stop eating 80% full.

- This will increase your appetite awareness.
- Able to listen to our hunger cues and body sensations.
- Reduces total calorie intakes.

Habit 2: Eat protein dense foods with every meal.

- Help to improve body composition, metabolism and exercise performance.

Habit 3: Eat vegetables with each meal.

- Improves nutrient and phytonutrient intake.
- Improves acid and alkaline balance in the body.
- Helps to control overall food intake.

Habit 4: Save high starch meals until after exercise.

- Helps with body's nutrient timing.

Habit 5: Eat good fats daily.

- Improves inflammation control, hormonal profile and metabolism.

Eat as wide a variety of good food as possible.

Most of us eat in a very habitual manner, eating similar breakfasts, lunches and dinners every day. Boring but easy.

It is important to include seasonal foods and healthy variety. Find healthy alternatives to the food you usually eat. For example, use a variety of protein sources instead of the old standbys like chicken, beef and eggs, you can incorporate game meats like venison, or simply use pork and turkey for a while.

Instead of the same old vegetable sources like carrots, broccoli, cauliflower, peas and green peppers, you can incorporate spinach, kale or romanesco (purple cauliflower)

Instead of the same old carbohydrate source like pasta, bread and rice, try quinoa or barley.

Plan to break the rules 10% of the time

There is pressure to be perfect. In fact, from a psychological perspective, it is important to eat some food that doesn't necessarily follow the rules from time to time. So rather than expecting 100% adherence, try for 90% compliance. And that means you get to, and should do, break the rules 10% of the time.

Be sure you're clear on what 10% really means. For example, if you're eating four meals and snacks per day over the course of seven days per week, you should be following the meal principles for about 25 of your 28 meals.

What constitutes a 10% meal? A 10% meal is a meal that doesn't conform to the principles you have learnt over these modules. Did you miss your protein source with

lunch? That is a 10% meal. Did you skip your veggies? That's a 10% meal. Eat an entire pizza? That's a 10% meal -maybe even 20%-30% deviation.

Just do your best to follow the principles most of the time, and allow a little room for pizza, biscuits, crisps or whatever foods you enjoy. If you're not seeing the results though, make sure your 10% is actually around 10% not 20 or 30%.

Simple Cooking.

We have considered our nutritional requirements, redesigned our kitchen and been shopping. So let's prepare it:

In some ways, this is the first meal of the rest of your life, mark this day. If you had an old ineffective eating pattern, this is the first of the new you! But it's more than that. You'll also be preparing most of your meals for tomorrow, so you'll be several steps ahead of the game.

The 'evening ritual' is a little routine that you perform once a day in order to make sure you're prepared, nutrition-wise, for the day ahead. You might like to perform the ritual in the morning, or evening, that is fine as long as you have some form of regular preparation time.

A typical evening ritual would mean that you cook dinner for tonight, plus meals for the next day. Of course if you are doing a 'morning ritual', you would start by making breakfast, plus all your meals for the rest of that same day.

Here is an example of how it might work for you, and this might not be a perfect meal plan for you. It is simply a step in the right direction, and to get you some practice with food prep in this way.

Here is what you will need:

2 x chicken breasts.

1 fillet of salmon

Steel cut oats.

1 cucumber.

1 large tomato.

1 onion.

Strawberries, blueberries and raspberries.

Crushed pecans.

Ham or turkey.

Quinoa.

Bag of spinach.

Garlic, cumin, cardamom pods

Lemon juice.

Here's what to do in an hour:

In 1 hour, begin:

1. Preheat oven to 200C
2. Take a fillet of salmon, de-skin it, rinse it, and pat dry with a paper towel. Combine 1tsp. olive oil, 2 tbsp. crushed pecans, salt and pepper and distribute over a plate, then press both sides of the salmon into the mixture. Store in the fridge.
3. Chop palm of protein - ham or smoked turkey, 1/2 onion and sliced mushrooms (1/2 cup). Place these in a glass container and place in the fridge. These will be ready for your omelette in the morning
4. Combine (1/3 cup) steel cut oats – remember they take much longer to cook. Add a pinch of salt and 2 1/2 cups water in a non-stick saucepan. Bring everything to the boil, remove from heat and cover. This will stay on the hob overnight, and you can resume cooking your oatmeal in the morning.

45mins left:

5. Place chicken breast on a baking tray, coat with lemon juice, salt, pepper and chopped garlic, and place in the oven. Put the timer on 20mins

6. Bring 2 cups of water and pinch of salt to boil in a saucepan. Add 1 cup dry quinoa, cover and simmer. Set a timer/smart phone for 12mins.
7. Chop 1 cucumber, 1 tomato and mix in a glass dish together with 1tbsp. olive oil and salt/pepper. Refrigerate your Mediterranean salad for tomorrow.

25mins left:

8. Chicken breasts should be cooked, remove them from the pan and chop into squares.
9. Quinoa timer should be going off, remove the saucepan lid add two handfuls of spinach, stir, and cover again. The steam should wilt the spinach.
10. Take one of the chicken breast, chop into cubes, sauté it in a non-stick pan over a medium heat together with 1tsp olive oil, 1/2 chopped onion and 2 cloves of chopped garlic for 2 minutes. Add 1 cup of drained chick peas 1 large chopped tomato, a dash of cumin, 2 cardamom pods and a dash of salt and continue cooking for 3 minutes, until the tomatoes have started to liquefy. Place the meal into a container, and store in the fridge for tomorrow.
11. Take the other chicken breast, chop into cubes, remove half the quinoa and spinach from the saucepan and place it into a container, top with chicken and 2 tbsp. lemon juice, and store in the fridge.

10mins left:

12. Use a steamer, fill the bottom with water, add 4 handfuls of spinach, and steam the spinach.
13. Remove the salmon from the fridge, heat a non-stick skillet or pan and on a medium-high heat, sear each side of the fillet for 4 minutes
14. Squeeze the spinach and toss with butter or coconut oil. Place the salmon and spinach on your other half of quinoa and you have a gourmet dinner for the evening along with a fridge stocked with healthy food for tomorrow.

In the morning:

15. Remember you have left a pot of unfinished oats on the hob, when you wake up in the morning, bring the oatmeal to boil again, remove from the heat, and stir in oat bran, flax seeds and cinnamon. Stir thoroughly, remove from the heat, add 1/2 cup of blueberries and perhaps mix in a protein supplement when sufficiently cool. Makes 1 serving, so double up for others.

Please don't think that this is a must do, I am simply outlining ways that can make your life easier, for busy schedules.

When to eat these meals:

Again please don't feel that you have to stick to these meal timings, they may not be your ideal menu. What matters now is that you start doing something that is going to improve your health and establish habits for the future. Please don't sweat the small stuff in the beginning....

For example, if you are going to work out in the morning, have your carbs i.e. oats after the workout, remember from module three, carbs after exercise:

- 6am - Omelette and veg from fridge.
Workout in morning with homemade workout drink or just water.
- 10am - Oats with blueberry's, raspberries and strawberries.
- 2pm - Quinoa chicken.
- 6pm - Chicken with chick peas and Mediterranean salad.

OR if your workout is in the afternoon, change the meals around so the carbo (Quinoa) is after your workout.

6am - Omelette and veg from fridge.

10am - Blueberry Oats.

2pm - Chicken with chick peas and Mediterranean salad.

WORKOUT in afternoon with homemade workout drink or just water.

6pm - Quinoa chicken.

Example menu:

Breakfast

1/2 palm sized portion of eggs - 1 egg.

1/2 palm sized portion of sausage (1/2 sausage).

1 fist sized portion of peppers and onions (3/4 cup).

1 cupped handful of toast (1 slice).

Water/green tea/black coffee.

Lunch

1 palm sized portion of chicken (3.5 oz.).

1 fist sized portion of tomatoes and spinach (3/4 cup).

1 'cupped handful of' wrap (1 wrap).

Water/green tea/black coffee.

Mid Afternoon

1 palm sized portion of protein (1 scoop).

Super Smoothie 1 fist sized portion of spinach (3/4 cup).
1 cupped handful of banana (1 small).
1 thumb of natural peanut butter (1 tbsp.).
80z unsweetened almond milk.

Dinner 1 palm sized portion of pork chop (3.5oz).
1 fist sized portion of asparagus (3/4 cup)
1 thumb of extra virgin olive oil (1 tbsp.).
Water.

Estimated	Protein	115g (36%)
Nutrition Facts	Carbs	90g (28%)
	Fats	50g (35%)
	Calories	1270

Homework assignments:

1. Review your first three day menu and write a critique using 5 habits.
2. Complete video: Cardio level 2 workout
3. Weekly adherence sheet - week 10.