



Module 10 Summary:

More Nutritious Eating

Checklists:

Before you move onto this module, have you:

- ✓ Read the module 9 workbook?
- ✓ Watched the educational 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.

Review Module 10, the habit of adding one more hour of exercise to our weekly schedule and how you can move from your existing diet to a more nutritional diet. Improve what you eat already, review the 5 habits you should be adopting at every meal. Talk about eating a wide variety of foods and give yourself time off and kick out 10% of the time knowing that your body will adapt and still keep you healthy in the long term. 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:

Most people are meat and two veg! Family life or otherwise known as 'dependants', depending on mood swings, mean this standard plan makes for simpler meal planning and an easier life for you.

Planning ahead, making large shepherd's pie, which can then double up as spaghetti Bolognese later on in the week will help to make your standard fare easier. It is the beginning of prepping and planning.

In terms of incorporating a healthier lifestyle, have you considered shredding your veg to make 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 carbohydrate.

Before you start you need to get the right equipment.

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.”

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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 mealtime.

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 your hunger cues and body sensations.
- Reduces total calorie intakes, without counting calories.

Habit 2: Eat protein dense foods with every meal.

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

Habit 3: Eat vegetables with each meal.

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

Habit 4: Save high starch meals until after exercise.

- Helps with your 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.

You probably 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, start incorporating spinach, kale or romanesco (purple cauliflower)

Instead of the same old carbohydrate source like pasta, bread and rice, try quinoa or barley which have more protein content.

So up your meal planning, think things through at the beginning of the week and decide how you can swap your standard choices for something different each week.

Altering your choice of vegetable 'colours' will keep your cholesterol levels lower.

Fruits, vegetables and herbs help lower LDL cholesterol. In particular helpful ones are:

- garlic,
- onions,
- apples,
- pears,
- avocados,
- berries,
- cabbage family vegetables,
- dark leafy greens
- aubergine.

Fruits and vegetables contain high levels of antioxidants that counter the effect of cholesterol oxidation in your body.

Cholesterol is a wax like substance that occurs naturally in your body and helps your body to function. You can also gain cholesterol from the food that you eat. Problems occur when you are eating too much in foods such as:

- Commercially fried foods
- Take aways and fast food
- Commercially baked goods
- Polyunsaturated vegetable oils for instance margarines

The cholesterol builds up and becomes oxidized, which is again a natural process in your body unless a food source triggers an overproduction of oxidized cholesterol. Your immune system can mistake cholesterol for bacteria and tries to fight it, which causes inflammation.

The solution is to reduce commercially baked foods and fast foods and increase your monounsaturated fats (nuts, avocado and olive oil to you and me) to balance

the excessive vegetable oils found commercially in our diet. And of course eat more VEG!

Fruits and vegetables also contain soluble fibre and phytosterols. Phytosterols are plant cholesterol and a diet rich in phytosterols is a great way to reduce your risk of heart disease. And now researchers suspect that phytosterols also play a role in prevention of Alzheimer's disease as well. Eat your greens!

Easy step:

Add spinach to your omelettes.

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.

Rather than expecting 100% adherence, try for 90% compliance. And that means you get to, and should, 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 (if your exercise routines mean you require those snacks)

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.

You have considered your nutritional requirements, redesigned your kitchen and been shopping.

Now you need to 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 can 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 were 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 but 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 prepping in this way.

Here is what you will need:

2 x chicken breasts.

1 fillet of salmon

Oats.

1 cucumber.

1 large tomato.

1 onion.

Blueberries and raspberries.

Crushed pecans.

Ham or turkey.

Quinoa.

Bag of spinach.

Garlic, cumin

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 1 tsp. 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 measure of oats with a pinch of salt and 2 measures of water in a non-stick saucepan. Bring everything to the boil, Remove from heat and cover. This will stay on your cooker 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 1 tbsp. olive oil and salt/pepper.

Place your Mediterranean salad in the fridge 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 breasts; chop into cubes, sauté it in a non-stick pan over a medium heat together with 1 tsp. olive oil, 1/2 chopped onion and 2 cloves of chopped garlic for 2 minutes.

Add 1 cup of drained chickpeas, 1 large chopped tomato, a dash of cumin 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 cooker?

When you wake up in the morning, bring the porridge 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 raspberries

Makes 1 serving, so double up for others.

Please don't think that this is a must do it is 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 menus.

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 exercise in the morning, have your carbs i.e. oats after the workout, remember from module three, carbs after exercise:

6 am - Omelette and veg from fridge.

Workout in morning with homemade workout drinks or just water.

10 am - Oats with blueberries and raspberries

2 pm - Quinoa chicken.

6 pm - 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.

6 am - Omelette and veg from fridge.

10 am - Blueberry Oats.

2 pm - Chicken with chickpeas and Mediterranean salad.

WORKOUT in afternoon with homemade workout drinks or just water.

6 pm - 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). 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.). 80 oz 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.

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.

Adele x

