

Energise Nutrition Plan

See the results. Feel the difference.



INTRODUCTION

"Life is really simple, but we insist on making it complicated." Confucius

Over the next 6 weeks you'll establish 3 simple dietary habits which will help you develop a fit, toned, body which has stacks of energy and lets you get a good night's sleep every day.

When you pair the nutrition advice in here with your PT workouts, you'll accelerate your fat loss while sending the right signals to your body to sculpt, strengthen and tone in all the right areas. You'll experience an increase in energy levels and start to sleep much better.

LET'S CLEAR THE AIR RIGHT NOW:

You may be expecting a more complex in-depth plan.

A plan which tells you how many calories you should be eating, how many carbohydrates to eat, how much protein to eat, when you should be eating, what combinations of foods you should be eating, super foods, foods to avoid and so on.

Maybe you're even expecting to have every single meal set out for you for the next 6 weeks.

To be truthful we've tried all that.

The big problem with it?

Overwhelm.

On top of an already busy life it's too much for the brain to cope with, trying to count calories, learn how much protein, fat and carbs to eat, making sure you drink enough water, making sure you take all the recommended supplements and plan ahead with recipes and whatnot. We've all seen the photos of a weeks worth of food in tupperware pots...urgh!

The human brain can only cope with so much information at a time and trying to suddenly stick to an all singing all dancing nutrition plan is overwhelming, highly stressful, counter productive and for the majority of people totally unnecessary.

Losing body fat and getting more energy is really simple but that isn't the sexy answer some people want to hear. Most people look for more and more complex ways to handle their nutrition when actually going back to basics yields far better results.

Wrap your head around simplicity and you'll make fantastic progress.

Stop thinking you have to do more to get more, very often it's a case of needing to do less to get more. Focus your efforts on the 20% of things which get you 80% of the results.

Don't be fooled though, just because it's simple doesn't mean it's easy. In fact one of the hardest things to do in life can be to replicate something simple on a consistent basis.

Ultimately it's our goal to get you to a point where eating well to lose body fat, achieve optimal health and maintain your results is second nature and not a chore. It just becomes part of your every day life.

So don't overthink things, don't try and add things in that you think will get you results faster. You've invested in us so trust us, follow the plan, and just like hundreds of ladies before you you'll get amazing results.

HABIT 1: EAT NATURAL

If it didn't swim in the sea, run on the land, fly in the sky or grow in the earth then don't eat it.

If whatever you're going to eat couldn't be found in nature, don't eat it.

You can find a potato in the wild.

You can't find bread.

You can find a cow in the wild so a steak is fair game.

You can't find a bag of crisps.

You can find eggs in the wild.

You can't find cornflakes.

And so on.

The more you stick to this habit the harder you'll find it to overeat. I don't know of anyone who overeats proper food. It's the introduction of more artificially processed food that leads to fat gain and other health problems.

Whilst we've mentioned processed foods let's go into that in a little bit more detail. We sometimes get a question like:

Isn't peanut butter processed?

Or

What about bacon?

The answer is, there are two types of food processing. One is a natural process using natural ingredients.

Take smoked kippers for example. To smoke fish is to process the fish. But when you look at what's involved it's essentially: catch a fish, salt it, hang it in a room above a fire. All of which is natural.

The other type of processing is unnatural. Look at the ingredients on a loaf of shop bought bread and you'll see preservatives, emulsifiers.

If I asked you to go into the wild and find me some Preservative: E282 I bet you'd struggle.

But if I asked you to go into the wild and find me some kippers and smoke them, whilst you may not be angler of the year I bet you'd know where to start looking.

That's the difference and it's the unnaturally processed foods we want you to minimise.

When you eat proper food it contains all the necessary enzymes for the body to break down, digest and absorb it.

A good way of thinking about is if you have a £100 bar tab and you pay £90 in real money and £10 in monopoly money you haven't really given the bar £100. They have £90 they can use and £10 which is effectively worthless. The bar wouldn't be happy would they?

The same applies to the energy, vitamins and minerals your body gains from food. It needs a certain amount to function effectively and if you base your food intake on processed foods you're effectively short changing your body of vital vitamins and minerals.

This leads to fat gain, low energy and increased fatigue as your body is short of what it needs to run properly.

Processed foods also increase inflammation in the body and are a major cause of joint aches and pains.

After a couple of weeks of eating real food you'll notice a big difference in your energy levels and body composition. Your body will begin to process stored body fat effectively, meaning you'll start to shed body fat, and you'll begin to detox efficiently which will increase your mental wellbeing and start to reduce any cellulite you may have acquired over the years.

You'll find some sample recipes and meals in this plan but don't be constrained by them. Feel free to search for, and eat, your own favoured recipes just so long as they're based around real food.

You'll also find a list of real foods on the next page. The list isn't exhaustive (Avocados aren't on the for an obvious example) but it's a great starting point. If what you're about to eat isn't on this list then give it a miss and pick an alternative.

You can even stick to this principle if you eat out a lot. Just look at the ingredients in a meal and ask yourself if you'd be able to find them in the wild. If not, order something else or adjust the meal accordingly.

A LIST OF NATURAL CARBS, PROTEINS & FATS

Proteins

- Game meats
- Organ meats
- Pork
- Beef
- Chicken
- Turkey
- Lamb
- Eggs
- Fish
- Shellfish
- Protein powder
- Greek yoghurt
- Full fat milk
- Tofu
- Tempeh

Carbohydrates

- Rice
- Oats
- White potato
- Sweet potato
- Quinoa
- Lentils
- Squash
- Pumpkin
- Beans (limit to evening meal)
- Kidney beans

Fats

- Unsalted Nuts
- Seeds
- Lard
- Butter
- Coconut oil/milk
- Olive oil
- Walnut oil
- Avocado oil
- Cheese
- Peanut butter
- Cream
- Shredded coconut
- Chia seeds

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapefruit
- Melons
- Kiwis
- Mangos
- Nectarines
- Oranges
- Papayas
- Peaches

- Pears
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Vegetables

- Artichoke
- Asparagus
- Bean sprouts
- Beetroot
- Brocoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Courgette
- Green Peppers
- Greens
- Leeks
- Mushrooms
- Onion
- Peas
- Sauerkraut
- Beans (Broad, Green, Runner)
- Squash
- Sweetcorn
- Tomato
- Turnips

HABIT 2: DRINK WATER



Drink 2 litres of water, minimum, every day

By the time you feel thirsty you are already dehydrated and even a tiny degree of dehydration has noteworthy consequences.

Studies have found that people who lose as little as two percent of their body weight through sweating have a drop in blood volume which causes the heart to work harder to circulate blood.

A drop in blood volume may also lead to muscle cramps, dizziness, fatigue and heat illness. Here are some of the effects of dehydration at a mild to moderate level (recognise any of them?!):

- Fatigue
- Muscle weakness
- Poor concentration
- Headaches
- Dizziness or light-headedness
- Decreased metabolism

Not only does dehydration affect your every day performance but it can affect how you look.

The body naturally tries to store water as a survival technique which is truly wondrous and if we were stuck in the Sahara that would be amazingly useful.

However in a world where, for most of us, water is freely available at the turn of a tap we don't need our body to store water.

Stored water obscures muscles, reducing definition and hiding all the good work that you have put in by eating well and exercising effectively.

Consistently drinking plenty of water will teach your body that it doesn't need to store it which will help increase muscle definition and reduce your overall size.

Also fat metabolism slows without sufficient water.

Your liver is the organ that metabolises (burns) fat. Fat is burned in the liver into usable energy for the body. This is the process of burning stored body fat and is the major process for losing weight.

When you don't drink enough water, it is actually your kidneys that can't do their job due to the lack of water. Your kidneys are the organs that filter waste products from your blood and they require a lot of water to work properly. When you are low on water (dehydrated) the kidneys slow down and the liver has to pick up the slack to filter out the waste. This means that the liver now has to do the kidney's job of ridding your body of toxins and is now too busy to metabolise fat, thus fat metabolism slows down and you lose less weight.

So when you are low on water, you aren't burning as much fat!

Fortunately it's easy enough to avoid this.

Drink 2 litres of water, minimum, every day.

HABIT 3: TAKE MAGNESIUM

Take a magnesium supplement with your evening meal before bed

More than 350 enzymes in the body can claim magnesium as a key player and it's also involved in pretty much every metabolic process, i.e. the organic processes which are essential for life.

It also has a large role to play in temperature regulation, formation of healthy bones and improving insulin sensitivity (which helps fat loss) as well as overall cardiovascular health, blood pressure regulation and muscle relaxation.

Deficiency in magnesium has been associated with fun things like cardiac arrhythmia, sudden cardiac death, hypertension and stroke. Studies from as far back as 1937 found low magnesiums levels, and not cholesterol or saturated fat intake as one might expect if you believe the media, is probably the greatest predictor of heart disease. It's also been found that excessive calcium intake paired with low magnesium levels greatly increases the risk of heart disease.

Good sources of magnesium include leafy green vegetables, nuts and seeds.

But even if you eat really well you are, thanks to deficiencies in soil quality from over-farming, highly likely to still be deficient in magnesium. If the soil that said leafy green veg, nuts and seeds grow in isn't rich in magnesium then those foods inherent magnesium levels will drop too. Many veggies and fruit have been shown to contain up to 80% less magnesium compared to those our great grandparents ate which is pretty scary.

So don't think just because you have some spinach with your tea you've got the magnesium thing sorted. You won't have.

Which is why I recommend a good quality magnesium supplement.

Here are 13 other reasons we recommend supplementing with Magnesium:

It improves detoxification.

Magnesium helps maintain proper liver function. Every day we are exposed to toxins from chemicals, pesticides and pollution. Magnesium inhibits those toxins attaching to tissue and keeps newly introduced toxins suspended for easier elimination by the liver.

It greatly decreases your risk of developing cancer.

Cancer rates are expected to double in the next few decades. A study recently published in the American Journal of Clinical Nutrition found that for every 100-milligram (mg) increase in magnesium intake, a person's risk of developing colorectal cancer drops by about 13 percent.

It helps keep your heart and lungs healthy.

Of particular importance to me this one.

"The most important marker for impending heart disease is a low magnesium to calcium ratio in the cells." -Andrea Rosanoff, Ph.D.

Magnesium regulates the contractile ability of the heart muscle and is concentrated 18 times greater in the heart muscle than the blood stream. Deficiency in magnesium may predispose you to coronary spasms and inefficiencies in the hearts pumping ability.

It can help with depression.

"A magnesium deficiency magnifies depression and stress. Serotonin, the feel good brain chemical that is boosted artificially by some medications, depends on magnesium for its production and function. A person that is going through a stressful period without sufficient magnesium can set up a deficit that, if not corrected, can linger, causing depression and further health problems." Carolyn Dean, MD, ND

It slows down ageing.

Note that it won't make you 21 again but accelerated ageing has been shown to be as a result of magnesium deficiency. Rather coolly this was first picked up by long space flight missions where low magnesium levels amongst astronauts correlated with cardiovascular aging 10 faster than on earth. Same happens on good old earth too.

It helps you cope with stress.

Chronic stress results in overproduction of adrenaline which depletes magnesium stores in the body. The more stressed you are the greater the loss of magnesium. This results in your heart rate and sympathetic nervous system being sent into overdrive creating feelings of anxiety. Magnesium helps calm the central nervous system and acts at the blood brain barrier to prevent stress hormones entering the brain.

It helps with fat loss and diabetes.

Magnesium is numero uno for minerals when it comes to improving insulin sensitivity. Better insulin sensitivity equals better management of carbohydrates which makes fat loss a lot easier.

It helps prevent constipation and bowel disease.

A deficiency in magnesium slows down bowel movements, ultimately leading to constipation. Which in turn can lead to bowel disease, increased toxicity, lack of nutrient absorption and colitis. Good times.

It helps prevent fatigue.

Deficiency on magnesium often portrays itself as tiredness, fatigue and a feeling of being run down due to hundreds of enzymatic reactions (remember those 350?) being compromised.

It helps you sleep better.

Magnesium has a calming effect on the body nervous system which helps you fall asleep easier. Deficiency of magnesium also manifests itself as the good old restless legs syndrome.

It helps regulate cravings.

Your body needs magnesium to absorb and utilise nutrients. Without it your body can't properly use the fats, proteins and carbohydrates we eat and when we are deficient in nutrients our body sends signals initiating cravings to try and get those vital little fellas. If you often crave chocolate then that is a key sign you are deficient in magnesium as chocolate tends to be rich in magnesium. Note that doesn't mean you can eat chocolate instead of taking a good quality magnesium supplement...

It improves pre-menstrual symptoms.

Magnesium levels drop during the second half of a females menstrual cycle suggesting a possible link with many of the symptoms of PMS. If irritability, headaches, cramps and bloating are your companions at that time of the month then try supplementing with a good quality magnesium supplement.

It may relieve headaches and migraines.

Low magnesium levels have been found in people who suffer from chronic migraines. A study demonstrated a 41.6% reduction in the frequency of attacks in people who took a good quality magnesium supplement.

Note that it's important to get a good quality magnesium supplement.

You can buy cheap stuff from the high street but quite often it's made from magnesium oxide which is very poor quality and has poor absorption rates by the body.

Remember, you get what you pay for.

We recommend MAGNESIUM BISGLYCINATE TABLETS by a company called Bulk (Google it. Yes it is more expensive than stuff you can buy in Holland & Barratt but you get what you pay for with this. No we don't get commission!).

Take it with your evening meal before you go to bed, put it somewhere visible in the kitchen so you don't forget.

STICKING TO THE PLAN

You have to track whether you have done your daily actions.

If in 30, 60, 90 days you can look back and say 'Ok I've hit my daily actions 90% of the time' then I guarantee you will have made considerable progress towards your goals. We see it time and time again.

If you review your actions and you can't say for certain that you have done the actions you need to do to move you towards your goals then it's very unlikely you'll be making significant progress.

Does that make sense?

If you haven't tracked your daily actions then you're guessing whether you're making progress and it's highly unlikely you'll actually make real progress.

The best way we've found to track your daily actions is to download an App called Habitbull.

You can set up your 3 habits and then tick them off each and every day you do them. The more days you tick off, the better your progress will be.

And it will also highlight if you're struggling with a particular habit and importantly let's us know as coaches where we need to help you focus.

A note on Tea and Coffee

Tea and coffee are technically processed but the idea of going a day without a coffee is a bit like imagining going a day without oxygen for some of us. We generally say limit caffeinated drinks to 2 a day and stick to decaf the rest of the time. Or even better, water

THE 80/20 RULE

AKA still being able to enjoy the finer things in life.

We're realistic here at Boost Your Body. We know that life is for living and the thought of prepping your food for the next week and eating out of Tupperware pots whilst avoiding social engagements isn't fun.

The good news is that you don't have to give up your social life. You can still live life and make fantastic progress towards your fat loss goals.

How?

By following the 80/20 rule.

Stick to the 3 habits 80% of the time and you'll do great. The other 20% of the time you can cut yourself some slack.

How does that look in reality?

Let's say you eat 3 meals a day, 7 days a week. Sometimes that might be breakfast, lunch and dinner. Other days it might be lunch, afternoon snack and dinner.

So let's say we eat 21 times over a week.

That means 17 times we stick to the guidelines in this book.

And 4 times you can go off piste.

So that may be a meal out with friends one night. A sandwich on the go on the way to a meeting one day. A slice of cake with friends another day and a chocolate bar when you're having a rubbish day.

The only two things to bear in mind are:

You need to think ahead and actually consider how many times a day you would eat normally if you were following the plan.

And you need to not go crazy when going off piste. If the meal out with friends involves 3 courses of real calorie heavy food (some sort of fried starter, a main meal of burger and chips and then a dessert of cheesecake for example) you might want to rethink your menu choices.

ALCOHOL

Nope, we're not going to tell you to give up your favourite tipple.

Booze, unfortunately for some, won't do you any favours if you're trying to lose the fat.

Let's be clear right from the start here. You're an adult, you know drinking more will slow and even stop your progress as well as impacting on your health.

I'm not going to tell you not to drink but you need to bear in mind the following effects on alcohol which are especially relevant for ladies going through, and having gone through, the menopause.

At up to 250 calories per drink, over the course of an evening, you can easily rack up the calories.

And of course, that's not including what you've already eaten that day, and what you'll eat during and after.

On top of that, these calories are empty calories in that they provide no nutritional value.

And still on top of that your body will need to burn all of those alcohol calories before it even thinks about shifting body fat from your system.

Most women can still drink during menopause, just not to excess. Major research on the connections between women's health and alcohol consumption during menopause is summarised below:

Moderate alcohol consumption for women is one drink per day. Research suggests that this type of consumption may decrease a woman's risks of heart disease and may actually slightly boost bone density. Moderate drinking is also associated with a lower risk of:

- type 2 diabetes
- dementia
- stroke
- obesity
- Risks of excess alcohol consumption

A fine line separates a “moderate” amount of alcohol from too much.

Consuming two to five drinks a day during menopause is considered excessive and may harm a woman’s health.

Excess alcohol consumption during menopause is associated with:

Increased cancer risk

Drinking any amount of alcohol is linked to an increased risk of breast and other cancers. This risk exists even for women who drink just one serving of alcohol per day. The risk of breast cancer is 1.5 times greater for women who drink two to five drinks per day.

Increased risk of heart disease, obesity, and organ damage

Excess drinking increases a woman’s risk of heart disease. It also increases a woman’s risk of “central” obesity, or the accumulation of weight mostly around the midsection. This kind of obesity is a big risk for developing heart disease. Heavy drinking increases a woman’s risks of organ system problems, including damage to the:

- heart
- nerves
- liver
- brain

Increased risk of osteoporosis and broken bones

Not only does heavy drinking increase the risk for osteoporosis, but it can also increase a woman’s risks of falling and fractures. This bone loss cannot be reversed, and severe fractures may require surgery.

Increased risk of depression and alcoholism

The risk of depression tends to increase in menopausal women. Heavy drinking can make depression worse. Even in women without depression, excessive alcohol consumption can lead to depression and alcoholism.

Worsened menopause symptoms

Researchers have also linked drinking to an increase in hot flashes and night sweats in some women. However, other women report these menopause symptoms are not triggered or worsened by alcohol.

So what do do?

We're not going to tell you not to drink. That would be hypocritical and living in Lala land. Just be aware the more you drink the slower your progress.

We strongly recommend consuming no more than the following (as a guide) on a weekly basis:

7 single gin and slimline tonics

or

1.5 bottles of wine

or

4 pints of lager

Some of you may find this easy, some may find it difficult but to get results and look after your health at this stage of your life it's what we highly recommend.

CALORIE COUNTING

We know we said don't but if you must, at least do it right.

Ok, let's cut to the chase. We've laid out the long term plan for achieving optimal health and body composition.

Those 3 habits will take you exactly where you want to be if you consistently and diligently implement them.

However some people just prefer calorie counting. It's like a safety blanket they can rely on whilst they get stuck into a new healthy living regime. If you're one of those people, this section is for you.

Before we begin telling you how to calculate how many calories you should be eating and all that jazz we're going to reiterate a few things you must bear in mind:

- Quality of food still counts. You can't eat 1,200 calories of twirls and expect to be healthy. You might lose weight but you won't be healthy.
- You still need to take your magnesium.
- You still need to drink your water.
- If you're going to do this, don't fib to yourself. The mayo you have counts, even if it's only a teaspoon or 2. The milk in your coffee counts even though it's only a splash. Track everything or track nothing.

So without further ado let's get into it.

First up, how many calories should you eat?

Log into myfitnesspal and set up your profile. Click the 3 white dots menu and select goals.

Then you need to fill in a little info to let the app calculate your calories.

First up is your current weight, so you're going to have to step on the scales. Sorry!

Then your goal weight. This isn't mega relevant in that it doesn't affect the calculations for your calories.

Next up is your weekly goal. You need to be a bit sensible here. Obviously saying you want to lose 2lbs a week will give a lower calorie target than saying you want to lose 1/2lb a week. The issue arises when you say you want to lose 2lbs a week but aren't prepared to stick to the calorie target to achieve that. You can get some pretty low targets if you aren't careful which makes things much more difficult than it needs to be.

We recommend putting 1lb a week. It isn't an exact science anyway, what we really want to do is determine a reasonable calorie target that we can consistently hit and then let our body handle the rest.

Finally you need to tell myfitnesspal your activity level.

Here we recommend you put lightly active unless you have a physically active job (think postman or teacher or some other job where you are on your feet a lot).

Now you'll have your calorie target.

What about carbs, protein and fat?

We then need to split that into carbs, protein and fat. You can do that under the 'calorie, carbs, protein and fat goals.

The split here is super simple:

35% Carbs/30% Protein/35% Fat

Final notes...

You can log your exercise to 'earn' extra calories (that's a pretty good incentive for making you attend your training sessions right??). For a Boost Your Body training session log:

HIIT: 15 minutes

Strength Training: 25 minutes

Both of those are under the cardio section of exercise.

You'll come out around 250 calories burnt for a BYB training session. If that seems low don't panic because what that doesn't account for is the higher metabolism you'll have for up to 24 hours AFTER training where you'll be burning more calories than the app accounts for.

Finally - if you go for a walk, log it but DON'T log stuff like a dog walk if your dog is stopping to sniff at every lamp post. Basically it's got to be a specific dedicated walk. Don't be trying to 'cheat' your way to extra calories by logging general bumbling around.

Remember the things we told you to bear in mind at the start of the calorie counting section...

**FOR SOME RECIPES THAT FIT WITH OUR PLAN, TO GET YOU STARTED,
PLEASE VISIT: www.boostyourbody.co.uk/nutrition**