

HEALTHY LIVING

Weekly Shop

Food Bags, Berries, Grapes, Grapefruit, Apples, Gem Lettuce, Peppers, Plum Tomatoes, Frozen Mixed Veg, Frozen Casserole Veg, Wholemeal Medium Bread, Semi-Skimmed Milk, Tuna Cans, Beans, Lentils, Pasta & Rice, Quaker Oats Porridge Sachets, Brown Sugar & Sweetener, Chicken & Meat, Light Cheese, Margarine & Mayo.

Daily Calorie & Nutrient Intake

Energy Values of Calorific Nutrients

1g Carbohydrate = 4 Calories
 1g Protein = 4 Calories
 1g Fat = 9 Calories

RDI 1800 Calories [Example]

Carbohydrates: 45-65%
 Protein: 10-35%
 Fat: 20-35%

Daily Serving Examples

Fruit (2): 1 med fruit, 1/2 large fruit, slice of melon, 2 small fruits, 3 plums, handful of grapes, med banana, 7 small strawberries, 1tbsp dry fruit, 150ml juice.

Veg (3): 3tbsp veg, bowl of salad, 1 tomato, 6 mini tomatoes.

Carbs (6): 1 slice bread, roti, biscuit, crumpet, pancake, corn on cob. 2tbsp pasta, 2 small potatoes. 1/2 bread roll, baguette, pitta, muffin, scone.

Pulses (2): 4tbsp peas, beans, lentils.

Dairy (3): 2 medium eggs, 200ml milk, small yoghurt pot, 30g cheddar cheese, 45g low fat cheese, 90g cottage cheese, 60g low fat soft cheese.

Meat (1): 60-90g meat, chicken or fish. 150g tinned fish.

Fats (1): 1tbsp butter, margarine, ghee, oil, mayo, peanut butter, double cream. 2tbsp light mayo, light salad dressing, single cream.

Replace saturates with unsaturated fats such as; coconut oil, fish oil, olive oil, rapeseed oil and nuts.

Exercise Routines

1. Cardio 15-30mins (5 days)

Stationary Bike/Treadmill

Slow Days (3):

Increase Tension, Incline.

HIIT Days (2):

Variable Speed, Tension, Incline.

**Mix up these cardio routines every few weeks.*

2. Resistance (2 days, or before cardio)

Dumbbells Workouts:

Chest, abdomen, shoulders, back, hips, legs, arms.

Mat Workouts: Sit-ups, Push-ups.

**Online/Videos/Manuals.*

Healthy Eating Plan

0930: Breakfast

1230|1600: Lunch|Snack (A|B)*

1930: Dinner

2100: Milk

**Each Meal Split Twice If Required*

Avoid eating larger meals later in the day.

Glass of milk (200-250ml) at bedtime to boost muscle growth overnight.

Breakfast

Oats, tea, toast.

Boiled eggs, toast, tea.

Oats, fruit, tea.

Or any combination and extras such as beans or spaghetti.

Lunch/Dinner

Proportionate Carbs, Proteins, Fats.

Split lunch into two meals with snacks spread out. Have dinner at home, and glass of milk before bed.

Snacks

Bowl of salad/veg.

Bowl of fruit.

Handful of mixed nuts.

Eat mixed nuts to replace calorific loss and saturates.

Plan these meals the night before.

Meal Examples As Guideline

	FAT	CARBS	PROT	CALS
	40.22	241.1	93.51	1,748
Breakfast (5)	16.14	59.57	28.9	517
Hovis Wholemeal Bread Medium 2 x 1 slice, 80 g				
Boiled Egg 2 medium				
Quaker Oat So Simple Original 1 sachet, 27 g				
Tea with Semi-Skimmed Milk 1 teacup (180 ml)				
Brown Sugar 1 tsp unpacked				

	FAT	CARBS	PROT	CALS
Lunch (4)	18.28	63.19	31.7	565
Hovis Wholemeal Bread Medium 4 x 1 slice, 160 g				
Hellmann's Light Mayonnaise 1 tbsp, 15 ml				
Cathedral City Mature Lighter 1 serving, 50 g				
Tea with Semi-Skimmed Milk 1 mug (240 ml)				

	FAT	CARBS	PROT	CALS
Lunch (4)	18	61.1	46.7	615
Hellmann's Light Mayonnaise 1 tbsp (15 ml)				
Hovis Wholemeal Bread Medium 4 x 1 slice, 160 g				
John West Tuna Chunks in Spring 1/2 can, 65 g				
Cathedral City Mature Lighter 1 serving, 50 g				

	FAT	CARBS	PROT	CALS
Dinner (3)	5.13	71.07	15.49	418
Tilda Fragrant Jasmine Rice 70 g				
Tesco Everyday Value Mixed Vegetables 180 g				
Semi-Skimmed Milk 200 ml				

Breakfast Example

Lunch Example A

Lunch Example B

Dinner Example

Snack Examples Include Fruits & Salad Bowls.