

## 6-6 Members Eating Guide

**Starting Monday 8th November - W/C Monday 13th December**

To calculate your calories for free go to; [www.calculator.net](http://www.calculator.net)

To keep you on track use the **total kcal requirements table below** as your guide for approx servings of each macronutrient per day. Portion sizes for Carbs and Protein should be the size of your clenched fist, fats and sugars in moderation!

Total Kcal requirements	Carbs	Meat & Fish	Dairy	Fruit	Veg	Fats & Sugars
1600	6	2-3	2-3	2-3	3-4	0-3
2000	7	2-3	2-3	3-4	4-5	0-3
2200	8	3-4	3-4	3-4	4-5	0-3
2500	9	3-4	3-4	3-4	4-5	0-3
*2800	10	4-5	3-4	4+	5+	0-3
3000	11	4-5	3-4	4+	5+	0-3

**Not sure what the different food groups are?** Basically they are macronutrients and a breakdown of each can be found below;

<b>Macronutrients</b>
<p><b>Protein;</b> beef, chicken, turkey, fish            *Vegetarian alternatives; eggs, quinoa, beans, legumes, and cottage cheese            **Vegan; quinoa, beans, legumes - all the above can be enjoyed by all!</p>
<p><b>Carbohydrates;</b> complex carbs like brown rice, buckwheat, quinoa, oats and barley...            good quality wholemeal bread (support your local bakery)            *try to avoid simple carbs like white bread, white rice and pasta</p>
<p><b>Fibre;</b> eat plenty of fruit &amp; veg where possible; bananas, apples, oranges, strawberries (when in season), mixed berries and dark coloured veg (DGV) to keep your gut happy!</p>
<p><b>Healthy fats;</b> butter (in moderation), avocados, olive oil, coconut oil, oily fish, eggs, nuts &amp; seeds</p>

### How to implement this...

Try not to focus on the calories too much but use them as a rough guide to keep you on track and put your energy into exercise, which is where the 2 classes a week will be beneficial. Below are some examples of meals and snacks to keep you motivated :)

### **Breakfast:**

\*Overnight Oats; Uncooked Oats (50g), Greek Yogurt or non dairy alternative (100g), Almond Milk (100ml), 1 TBSP Honey (I use Manuka especially good at this time of year - natural antibiotic) and then top with Cinnamon (optional) and some fruit of your choice like Blueberries (25g) = 462 kcals

\*2 eggs (however you want them) on toast with 100g of avocado = 570 kcals

**Nb. Kcals per meal should be around 450-600 where possible**

### **Lunch (This meal must contain; Protein, Complex Carbs and some form of Veg or Salad) soooooo think;**

\*Fish (salmon/mackerel), brown basmati rice and stir fried green veg of your choice

\*Chicken (stir fried or baked), sweet potato wedges and a salad or your choice

\*Medium sized Jacket Potato with a bit of butter or a drizzle of olive oil (healthy fats), topped with Protein ie; Tuna, Chilli Con carne, Avocado Salad mix, Mixed Beans, Baked Beans, Cheese, Spinach and pine nuts, Mushrooms and cashew nuts... the list goes on (butter and cheese is optional if veggie or vegan)

\*Home made salad or veg box; new potatoes, couscous or quinoa, mixed DGV or a salad or your choice, dress with olive oil, lemon and garlic - prepare the night before, have for lunch the next day!

\*Wraps using last nights, chicken, fish or whatever meat and dress with salad, easy and convenient :)

**Nb. Kcals per meal should be around 450-500 where possible**

### **Dinner (as with lunch try to get all the macronutrients in each meal);**

\*Healthy Singapore Stir Fry (great for the next day or freezing)

\*Haddock or Chestnut Hot Pot

\*Winter Chilli (Try Quorn mince as an alternative)

\*Fajita Wraps with either, Chicken, refried beans or tofu (Great the next day too)

\*Sweet Lamb/Veg mince Pie (Basically a Shepards pie but the top is a mixture of white and sweet potatoes with Kale mashed in too)... bloody Lush!

**All can be cooked with Veggie or Vegan alternatives, some examples included**

Some of these are from the BBC Good Food website which is useful because it breaks down the kcals for each serving and you can add your own little twist to them

DGV = Dark Green Veg; Spinach, Kale, Winter Greens, Cavolo Nero, Bok Choy, Broccoli

**Nb. Kcals per meal should be around 300-450 where possible**

**Snacks (try to take a stash of these with you everyday so you are always prepared):**

- \*Protein Trek Bar (available on most places)
- \*Fruit
- \*Nuts and Seeds (no more than 30g a day thou)
- \*Half Toasted bagel (wholemeal) with peanut butter and honey
- \*Good quality Protein shake or a smoothie as a last resort

**Nb. Kcals per snack should be no more than 100-200 where possible**

**WATER:** You should be drinking at least 1.5-2 litres of water per day... minimum

**Emily's Top Tip - Look up the Zoe App for eating and well being tips...**

\*joinzoe.com - you can read the blog and it had some really useful articles; discussing some diet myths and gives you understanding about nutrition and some additional recipes

These small changes will help you to achieve weight loss but arguably even more importantly they will have a huge impact on your mood, energy levels and sense of well being :)

Enjoy and don't forget to do your weigh in during Week 1, 3 and 6 - you got this!

The Fitness Team x