

Further Information

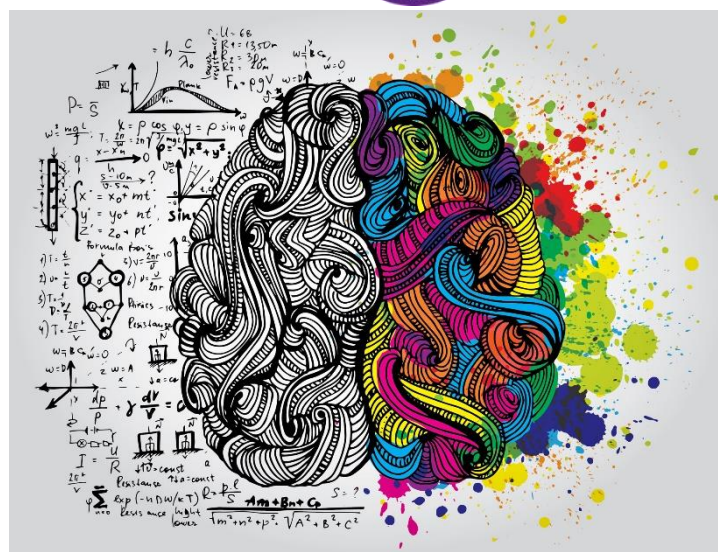
These are basic strategies in the first instance – but they are a good starting place for anyone looking to optimise their eating habits – if you want more technical advice, tweaks to your program or ideas about how to optimise your training, nutrition or anything related to health and fitness head to www.eattosucceedltd.co.uk or reach out to me on Insta @conorpillaipt or email me conorpillai@eattosucceedltd.co.uk – If you’re interested in 1-2-1 Coaching come chat to me at TheGym Group – Castle Street!

A little about the author: Conor is an experienced Personal Trainer, Physiotherapist, Nutrition Coach and is also deeply invested in human behaviour(psychometrics), communication styles, personality types and genuine coaching. He currently works out of TheGym Group – based in High Wycombe.

Conor Pillai – Director of EATTOSUCCEED LTD
<https://eattosucceedltd.co.uk/>
BSc Hons Physiotherapy 21
Senior Personal Trainer (REPS Level 3)
FN Qualified Nutrition Coach
Optimum Nutrition Qualified Nutrition Coach
DISC Personality Profile Assessor
Cardiac Rehab IV Specialist



Energy - Satiety - Confidence



Building your Optimised Performance Plate:

I want you to think about every meal – and how you construct it, regardless of what situation you may find yourself in during the day in the same way – that way, you know that you are optimising your choice for your needs during the day, and it's balanced with nutritionally dense foods and options (please see <https://optimisingnutrition.com/> for full lists of nutrition choices – to achieve fat loss/maintenance/weight gain/performance and to combat nutrient deficiencies)

1. Protein – High Quality – MAINTENANCE
2. Carbohydrates – Slow Releasing - FUEL
3. Vegetables, fruits and healthy Fats – PROTECTION
4. Fluids – HYDRATION

Handy Measures:

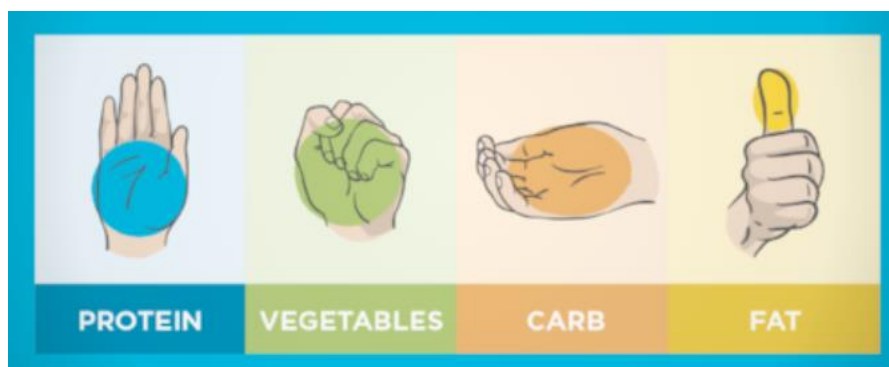
A single portion of protein is the equivalent of **YOUR PALM**

A single portion of carbohydrates is the equal to **1 CUPPED HANDFUL**

A single portion of Vegetables is **2 HANDFULS**

A single portion of fruit is **1 HANDFUL**

A single portion of **HEALTHY FAT** is the **SIZE OF YOUR THUMB**



Protein – High Quality – MAINTENANCE

Remember one portion = A PALM

- CHICKEN
- TURKEY
- PORK (BACON/MINCE/SAUSAGES ETC)
 - BEEF (STEAK/MINCE/DICED)
- LAMB (STEAK/CHOPS/MINCE/DICED)
 - EGGS
 - SALMON
 - TUNA
 - HALIBUT
- KING PRAWNS
 - TOFU
 - TEMPEH
 - QUINOA

- **BUCKWHEAT**
- **GREEK YOGHURT (LOW-FAT)**
- **BEANS (E.G. KIDNEY, BLACK, PINTO)** *(these are incomplete proteins and will need to be combined with another source e.g.. Basmati rice to give you a full protein portion)*
- **LENTILS** *(these are incomplete proteins and will need to be combined with another source e.g. Basmati rice to give you a full protein portion)*
- **CHICKPEAS** *(these are incomplete proteins and will need to be combined with another source e.g.. Basmati rice to give you a full protein portion)*

Carbohydrates – Slow Releasing – FUEL

You must consider the Glycaemic index of these choices – it is important to focus on slower energy release (unless pre-performance – i.e. game/race/event etc..) – wholegrain variants will always be a winner!



Remember one portion = 1 cupped handful

- OATS
- MUESLI
- RICE (WHOLEGRAIN, BASMATI OR WILD)
 - WHOLEWHEAT PASTA
 - BUCKWHEAT
 - QUINOA

- LENTILS
- SWEET POTATO
 - SPELT
 - BARLEY
 - BULGAR
 - FREEKEH
- RYE OR WHOLEGRAIN BREAD

Vegetables, Fruits, and Healthy Fats – PROTECTION

The aim here should be to include two different types of vegetables in each meal to improve your micronutrient intake – this structure also allows for a serving of fruit, for breakfast or snacks (e.g. antioxidant rich berries or fibre rich apples or pears) – Although the overall aim should be to include more vegetables than fruit as they contain less sugar.



Remember one portion = 2 handfuls (Veg)

- BROCCOLI
- SPINACH
- BEETROOT
 - ONION
- ROMAINE LETTUCE
- AVOCADO (HALF)
 - ROCKET
- GREEN BEANS
 - TOMATOS
 - PEPPERS

- BOK CHOI
- ASPARAGUS
- MUSHROOMS
- COURGETTES
 - CARROTS
- PEAS + SWEETCORN

Remember one portion = 1 handful (Fruit)



- BLUEBERRIES
- BLACKBERRIES
- RASPBERRIES
- STRAWBERRIES
 - APPLES
 - PEARS
 - BANANA
 - KIWI
 - MELON
 - CHERRIES
- POMEGRANATE
 - ORANGES
 - PEACHES
- PASSIONFRUIT

Remember one portion = 1 thumb (Healthy Fats)



- EXTRA VIRGIN OLIVE OIL
- RAPESEED/CANOLA OIL
- SEEDS (CHIA, FLAX, SUNFLOWER)
- NUTS (E.G. WALNUT, ALMOND, MACADAMIA, PISTACHIO)
 - AVOCADO (HALF)
 - OILY FISH

Portion Sizes – Standard or Large?

- Stick to the above templates for meals if you weigh less than 75kg (standard portion)
- If you weigh more than 75kg you take the larger portion – which equates to the below:
 - **Protein:** Increase to 1.5 portions (**1.5 Palms**)
 - **Carbohydrates:** Increase to 1.5 portions (**1.5 Cupped handfuls**)
 - **Vegetables:** Increase to 1.5 portions (**3 cupped handfuls**)
 - **Fruits:** Increase to 1.5 portions (**1.5 handfuls**)
 - **Healthy Fats:** SAME PORTION (**1 Thumb**)

Types of Performance Plates

Depending on the nature of your work (Active, field, desk job, 9-5, Shift patterns etc...) your needs will vary at different times. If you are an active person and exercise regularly (3+ per week) and complete this at a moderate to high intensity (5+ sessions per week) then your needs will vary drastically in terms of energy balance.

PEAK PERFORMANCE NUTRITION STRATEGY GUIDE



1. Eat slowly and stop eating when you're 80% full
2. Eat more vegetables than fruit
3. Choose mostly whole foods with minimal processing
4. Choose local or organic FOODS where possible.
5. Use smaller or larger plates (outlined below) based on your body size and activity requirements
6. Be conscious of your hydration strategy and choices.
7. Finally, ENJOY YOUR FOOD, take your time, it's an opportunity to socialise; chat whilst eating, interact and savour every bite...
MAKE...TIME...TO...EAT! (NOT AT THE DESK!!!!)

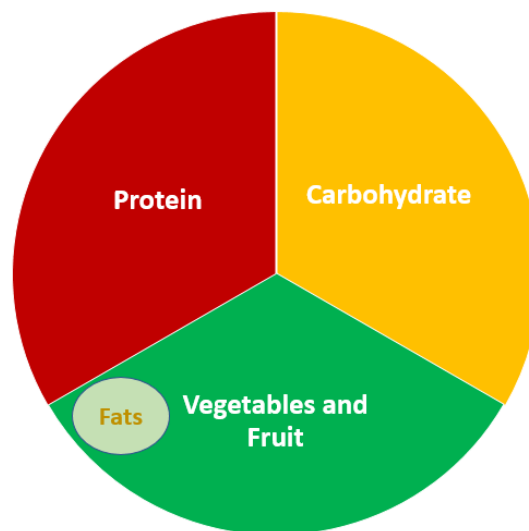
As such there are three different "Performance Plates" that you can assign to yourself based on your role, situation and requirements – These are basic principles, and help to give you guidance and help with decision making and planning – if you are looking to progress to an amateur competitive level,

push for specific goals i.e. 10% body fat or want to become or are an Athlete then you'll need more tailored and specific requirements – but these are not sustainable in the Long term... just remember that. These are the foundations of your energy plan, key to delivering an effective meal to meet your requirements on any given day. It is critical to start with structure around these to regulate your appetite (satiety/satiation) hormones and blood sugar and overall energy levels. Without these core principles of the type and timing for each of your meals in place you might find that you are always hungry or lacking energy.

Performance Plates:



1. Fuelling Plate

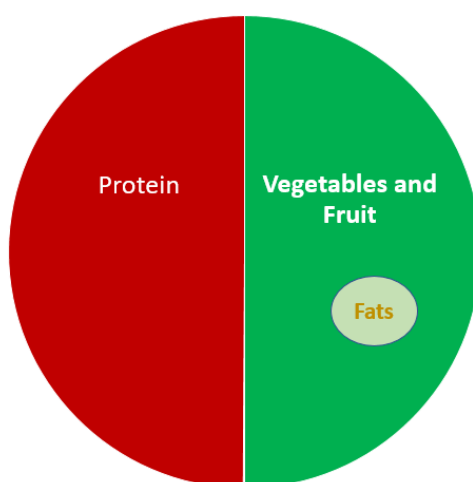


To Be used post-workout, as your preferential lunch time meal (in the majority of cases) and on days of heavy training to fuel your upcoming activity.

- *This plate is designed to provide you with adequate carbohydrate to meet your energy needs for the afternoon ahead, to refuel your glycogen stores and replenish lots energy post workout. (Pre-training fuelling and post training recovery)*
- *This plate will help you to concentrate – no blood sugar lows or crashes – slow releasing lower GI carbs will sustain you for longer and keep your blood sugar levels consistent.*

- Your brain is a hungry organ, using 20% of your total body's glucose requirements in a day (and this is every day may I remind you!) – so you need to have carbohydrate in your diet to sustain optimum brain function – we don't want foggy brains!
- **1 Portion of Protein (Maintenance) 1 Portion of Fuel (Carbohydrate) 1 Portion of Protection (Fruits/Vegetables + Healthy Fats)**
- **Hydration – Liquid – This doesn't necessarily have to be water, but it is optimal so why not energise it? Add lemon slices/Cucumber/Orange/Lime – make drinking water an experience and enjoyable – not a bug bear. Aim to consume – 500-800mls here. (Green tea, normal water, Lo-kcal/no sugar options are also acceptable)**

2. Maintenance Plate (Maintain/Sustain)



To be used within your flexible fuel planning – this meal makes sense to be consumed at the end of the day (when your energy demands are lower) and where no carbohydrate is required. So this fits nicely into a breakfast or dinner time slot.

- This plate is designed to provide you with flexibility – to have as a morning meal (breakfast) particularly if you were trying to improve your body composition – i.e. lose body fat, this would also be a good meal to have PRE- training if you wanted to train low (just remember to switch to a fuelling plate post workout within 45mins -4 hours of training to refuel!)
- Similar to the fuelling plate this will help you to concentrate – no blood sugar lows or crashes – slower energy releasing carbohydrates from your vegetables/fibrous fruits and less accessible energy in the form of proteins (which require more energy to digest to readily access them as an energy source) sustain you for longer and keep your blood sugar levels consistent –
- This will also help with satiety – you should not feel hungry as protein takes the longest amount of time to transit through the stomach!
- **1.5 Portion of Protein (Maintenance) 1.5 Portion of Protection (Fruits/Vegetables) 1 Portion Healthy Fats**
- **Hydration – Liquid – This doesn't necessarily have to be water, but it is optimal so why not energise it? Add lemon slices/Cucumber/Orange/Lime – make drinking water an experience and enjoyable – not a bug bear. Aim to consume – 400-600mls here. (Green tea, normal water, Lo-kcal/no sugar options are also acceptable)**

Snacks:

There are essentially only 3 types of snacks (like your performance plates) that I would suggest you invest in eating, if you feel the need to snack between meals (say approx. 1 hr 30 mins – 2 hrs after/before).



1. Protein-based (Maintenance) Snack



- Supports ongoing muscle growth and repair (including over-night, following hard training)
 - Meets increased protein requirements alongside a training program
- To increase protein intake during an energy deficit (when trying to reduce body fat)
- A Mid-afternoon snack to offset hunger before dinner or a mid-morning snack to offset hunger before lunch time

Examples Include: Seeds, Nuts, low-fat Greek yoghurt, edamame or a protein shake

2. Carbohydrate and Protein (Training based Snack)



- Pre-training snack (1-2 hours before a training session such as mid-morning for a lunchtime session or mid-afternoon for after work)
- Post-training a quick option to refuel and repair the muscles before your next mealtime such as finish a meeting mid-afternoon

Examples include: wholegrain bread with smoked salmon/chicken/beef, or low-fat Greek yoghurt or natural yoghurt with banana and nuts

3. Carbohydrate-Based (Competition Snack)



- *To top up carbohydrates pre-, during and post-event*
- *To provide easily digested carbohydrates, which means higher-GI close to and during competition*

Examples include: home-made flapjack, banana bread, granola bar or a ripe banana.

Caffeine:



- **Can improve overall performance by up to 8% if used sparingly and timed effectively**
- 1-3mg per kg of body weight (70-210mg for someone who weighs 70kg) 45-60 mins before activity or where you feel you need the extra hit (work deadlines/projects/presentation etc...)
- Single espresso = 80mg, teaspoon instant coffee – 55-70mg and a cup of tea = 25-45mg
- Use it as a performance enhancer, not for habitual use, and try to stay under 400mg for the total day.
- Caffeine increases energy expenditure and fat oxidation and its effect therefore increases with increased consumption
- A 100 mg dose of caffeine, for example, increased energy expenditure by a mean of **9.2 kcal/hr** more than placebo in healthy humans
- Many dietary supplements promoted for weight loss contain added caffeine or an herbal source – here are a few ways to sneak that extra caffeine into your diet through supplementation – **Thermogenic supplements, Green tea extract, pre-workouts, energy drinks**
- Alongside its effect on weight loss Caffeine also has been shown to have significant and positive impact on cognitive concentration, and physical performance output – fantastic additional benefits!
- **IDEALLY DON'T TAKE AFTER 4PM – the half-life of caffeine means that it will remain in your system for 3 – 5 hours**
- **Word of warning – be sensible with the amount of caffeine you consume, start with smaller doses and incrementally increase as you become more tolerant and try not to consume more than 400-500mg daily; avoid after 4pm where possible and cycle off caffeine periodically to re-sensitise yourself to its positive effects!**
- **Be vigilant about how it affects you depending on time of day you have caffeine and the variety of your activity.**

Planner:

This is your personalised meal timing template broken down by the methods above. I have based this on the fact you can be flexible with your work. But I will give you two options to choose from – you will have to flex these to your days.

Medium Day:

1. Two fuelling Meals
 2. One Maintenance Meal
 3. Two Snacks (one fuelling, one maintenance)
- This is designed to allowed you to fuel and recover from daily demands that would typically involve one training session. The example assumes you are training in the morning; for evening training make the breakfast a maintenance meal and use the fuelling performance plate for dinner

IF TRAINING AM - BEFORE WORK WITH NO FOOD	
TIMING	Performance Plate Choice
TRAINING	
Breakfast (7:30-9am)	Fuelling Plate
AM SNACK (10:30-11 am)	Fuelling or Maintenance Snack
Lunch 12-2pm	Fuelling Plate
PM Snack 4-5pm	Fuelling or Maintenance Snack
Dinner 7-9pm	Maintenance Plate

IF TRAINING PM - AFTER WORK	
TIMING	Performance Plate Choice
Breakfast (7:30-9am)	Maintenance Plate
AM SNACK (10:30-11 am)	Fuelling or Maintenance Snack
Lunch 12-2pm	Fuelling Plate
PM Snack 4-5pm	Fuelling or Maintenance Snack
TRAINING	
Dinner 7-9pm	Fuelling or Maintenance plate

Low Day:

- One fuelling Meal
 - Two Maintenance Meal
 - Two Snacks (both maintenance)
- This is designed to help reduce your body fat – but also on your non-training (rest days) or travelling days when you can't fit in training or your energy demands are lower.

Non-Training Rest Day or Travelling	
TIMING	Performance Plate Choice
Breakfast (7:30-9am)	Maintenance Plate
AM SNACK (10:30-11 am)	Maintenance Snack
Lunch 12-2pm	Fuelling Plate
PM Snack 4-5pm	Maintenance Snack
Dinner 7-9pm	Maintenance Plate

Please see an example of what your training week and eating routine could look like, if you were to train in the morning Monday and Tuesday before work, and then train Thursday and Friday after work.

Working Week Example:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM (Training)	-	-	-	-	-	-	-
Breakfast	M	M	M	M	M	M	M
Snack	M	M	M	M	M	M	M
Lunch	F	F	F	F	F	F	F
Snack	M/F	M	M/F	M	M	M/F	M
PM (Training)	T (Total)	AR	T (Total)	R	AR	T (Total)	AR
Dinner	M/F	M	M/F	M	M	M/F	M

M = Maintenance Plate or Snack

F = Fuelling Meal or Snack

T = Training Session

R = Rest day

AR (Active Recovery Walk/non Intense exercise/Stretching/Mobility)