

# Getting Started Guide

Use this guide to help you make good decisions with your diet. Aim to select food from the table below for 80% of your meals.

Meats (Protein)	Seafood (Protein)	Other Protein (Protein)	Carbohydrates	Healthy Fats
<p><b>Lean beef</b> Top sirloin steak Fillet steak Extra lean mince Any other lean cut of beef</p> <p><b>Lean poultry</b> Chicken breast Turkey breast lean mince</p> <p><b>White Meat</b> Pork loin Pork chops Extra lean mince</p> <p><b>Game meat</b> Buffalo Goose Ostrich Pheasant Venison Wild turkey Duck</p>	<p><b>Fish</b> Bass Bluefish Cod Eel Flatfish Grouper Haddock Halibut Herring Mackerel Monkfish Mullet Northern pike Perch Red snapper Salmon Shark Sea bass Sunfish Tilapia Trout Sardines Tuna Shrimp</p>	<p><b>Eggs</b> Chicken (choose enriched omega 3 variety ) Duck Goose Quorn</p>	<p><b>Fruit</b> Mixed berries (blueberries, raspberries, cherries) Apples olives <i>Bananas (exercise days only)</i></p> <p><b>Other carbohydrates</b> Sweet potato New potatoes Brown rice Whole oats Quinoa sprouted grain wraps.</p> <p><b>Post Workout Carbohydrates</b> <i>70% dark chocolate (after exercise)</i> <i>jasmine rice (after exercise)</i></p>	<p><b>Nuts &amp; Seeds</b> Macadamia nuts Walnuts Flaxseeds Brazil nuts Cashews Almonds Chestnuts Hazelnuts Pine nuts Nut butter (cashew, almond, etc) Pistachios Pumpkin seeds Sesame seeds Sunflower seeds</p> <p><b>Oils</b> Olive oil Avocado oils flaxseed oils Extra virgin coconut oil Fish oil</p> <p><b>Other</b> Natural Cheeses Cows Milk Coconut Milk Almond Milk</p>

What about **vegetables**, well there is an almost unlimited choice of **vegetables** out there so other than potatoes that we are classing as a **carbohydrate**, everything else is fair game choice form Brussels Sprouts, Carrots, Courgettes, Asparagus, Aubergine, Cabbage, Celeriac, Cucumber, Celery, Bean sprouts ,Choy, Radishes, Pumpkin, Leeks, Broccoli, Kale, Swede, Squash, Spring, onions, Cauliflower, Lettuce, Turnip, Mushrooms, Rocket, Peppers, Spinach, Watercress, the list just keeps going on. Whilst talking about **veg** for the purpose of this program we will treat a tomato as a **vegetable**.

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## Herbs, Spices & Sauces



This program may well have the odd restrictions every now and then as you progress forward however one thing I will never recommend it not using spices and healthy sauces. Your food should never be bland so use plenty of herbs and spices when cooking and add salt and pepper to season to taste. Yes you need to be carefully with sauces but I will show you how to look for the right types and as you progress you will be able to account for the excess calories, very easily, without counting calories or macros and without any extra effort when cooking.

How much food?

So if you have seen any of my videos you will know that calorie counting is not really a practical solution for most people. So somehow we need to translate your caloric intake into a very simple portion control system.....

As luck has it I have one! All you are going to do is use your hands to measure out food. We will start with your Foundation portions and a foundation diet and as you progress ,we will make small adjustments to ensure you get continued results.

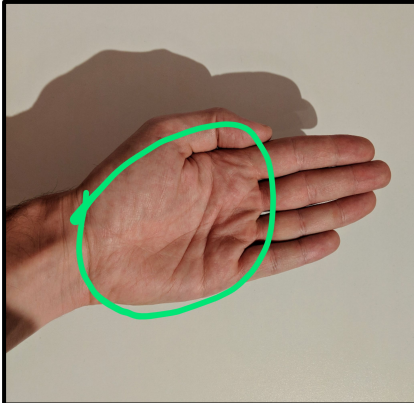
So in a nutshell, based on 3-4 meals per day you need to have:

- 1 palm sized portion of **protein** would be 1 serving at a meal.
- 1 fist sized portion of **veggies** would be 1 serving at a meal.
- 1 cupped hand of **carbohydrate** would be 1 serving at a meal.
- 1 thumb sized portion of **fats** would be 1 serving at a meal.

Take a look at the guide on the next page to see what this looks like and how it translates to your plate and your meals.

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## Portion control per meal (based on 3-4 meals per day)



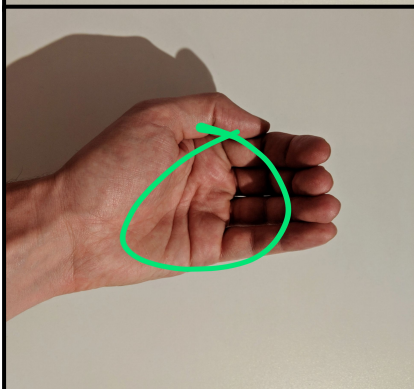
### 1 PALM SIZE PORTION OF LEAN **PROTEIN** AT EVERY MEAL

Eat 1 palm sized portion of lean **protein**, both in width and thickness with every meal. Choose **protein** dense foods such as meat, fish, dairy and beans.



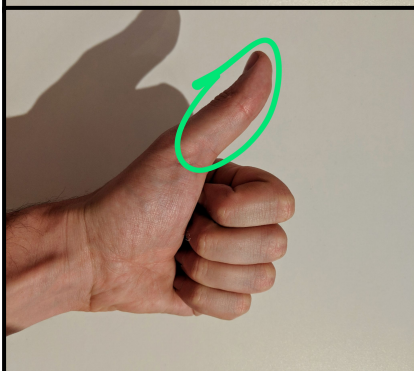
### 1 FIST SIZE PORTION OF **VEGETABLES** AT EVERY MEAL

Eat 1 closed fist sized portion of **vegetables**, with every meal. **Vegetables** such as broccoli, spinach, carrots, peppers, mushrooms, etc.



### 1 CUPPED HAND SIZE PORTION OF LOW GI **CARBOHYDRATES** AT EVERY MEAL

Eat 1 cupped handful of **carbohydrate** dense foods like grains and starches with most meals. E.g. rice, potatoes, quinoa Foods like rice, potatoes, quinoa, etc.



### 1 THUMB SIZE PORTION OF HEALTHY **FATS** AT EVERY MEAL

Eat 1 thumb sized portion of healthy **fats** with every meal. Include fat dense foods such as nuts, seed, oils, butter, avocado, etc

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## What will your meals look like?

Above is what your plate might look like. One thing we do need to know if this is too much or too little food for you at the moment. We can check this when you eat your meals. Every 2-3 days I want you to use the guidance below and note how you feel in relation to the statements in the table. If you feel your way off from those statements you can make adjustments to your program, using the notes in the last column.

Hours after food	How Should you feel	If not, what adjustment can be made?
0	You're probably still a little hungry, It takes about 20 minutes for your body to register the food.	<b>I'm full:</b> You could have eaten too much, try to slow down when you're eating  <b>I'm still hungry:</b> wait 20 minutes. If you are not satisfied, then increase your protein intake by a thumb sized portion.
1	You should still feel satisfied with no desire to eat another meal.	<b>I'm still hungry:</b> if you're not satisfied then increase your protein intake by a thumb sized portion.
2	You may start to feel a little hungry, like you could eat, but the feeling isn't overwhelming.	<b>I'm still full:</b> You could have eaten too much,. Try reducing your carb intake by thumb sized portion & your fat intake by half a thumb sized portion.  <b>I'm starving:</b> If you're not satisfied, then increase your carb intake by a thumb sized portion and your fat intake by half a thumb sized portion.
3	You should feel like its time for the next meal. hunger should be around 7 out 10 (10 being starving).	<b>I'm still full:</b> You could have eaten too much, try reducing your carb intake by half a thumb sized portion & your fat intake by half a thumb sized portion.  <b>I'm starving:</b> Increase your carb intake by half a thumb sized portion and your fat intake by half a thumb sized portion.
4	You're so hungry you could eat anything. Aim to have eaten before your reach this point	<b>I'm still full:</b> You have eaten too much, Try reducing your your carb intake by thumb and a half sized portion.