

NUTRITION ADVICE

This is not a diet, this is healthy eating, trying to avoid processed foods where possible. Try and adapt current meals you already have, rather than trying to change every meal you have into brand new things.

Depending on your mentality you might want to go into it head first, or you may want to work on changing breakfast first, then the next week add in lunch changes. Find what works for you, as this is supposed to be a way forward, not a quick fix, or a diet.

Last meal before 8pm, if you get hungry after, have a high protein snack 45 mins before bed to balance sugar levels.

Eat within 30 mins of waking, and every 2-3 hours after. **DO NOT LET YOURSELF GET HUNGRY!**

Your food routine should look something like this:

Breakfast

Snack

Lunch

Snack

Dinner

If you are doing cardio in the morning like HHTP, then you can do this as fasted cardio, so long as you can eat within the hour once you have finished your workout.

Keeping a food log can help you see exactly what you eat, and whether is it too much or not enough. By eating often you will be keeping your metabolism up, meaning your body will be more efficient in the fat burning process.

Protein

I recommend you try and get 30g-40g of protein in you, within 30-60 minutes of waking up, or straight after HHTP in the morning. The protein powder will help you, 1 scoop of the Naked Whey 80 will give you 23g, (for example an egg on average is about 7g). I encourage you to have your protein shake with a breakfast containing protein, as real food is what your body is designed for, rather than filling up only on supplements. The Naked Whey 80

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1kg bag should last a month. You do not have to have a shake, if you can make an eat 30g-40g of protein in the morning then that would be ideal.

Why Naked Whey Protein Powder?

The Naked Whey 80 Protein is made from Milk, and is one of the few protein supplements I have come across with a natural sweetener of Stevia, rather than the cancer linked Aspartame or Sucrose. Check labels on anything processed, particularly sugar free foods, as these may contain Aspartame or Sucrose, these have also been linked with holding on to weight.

If you would like protein you can buy from Purity, or direct from Protein Works.

Caffeine

Eliminate caffeine where possible, the extra toxin is not needed, and can dehydrate you as well. When having caffeine, real coffee is best, an hour before starting a work out, will be the best time. By avoiding processed foods, and getting a good 7-8 hours sleep a night, you will find that those 2 things alone will help you wake in the mornings.

When picking your meals, pick your protein first, add the carbs. For every handful of protein, add a handful of carbs.

Your meals should be made up of 50% carbs and 50% protein. On days you train your carb portion can have half power carbs and half green veg after a workout, if you are not training, then your carbs should only be made up of veg, particularly green veg.

Try to plan out your meals as much as possible, write out the different meals you could have, preparation is everything to stick to this.

Drink 3-4 litres of water a day - carry a bottle around with you. This will accelerate fat loss.

Cheat Meal

Once a week you can have a cheat meal, this is very beneficial, as it will kick start your metabolism, as it will shock your system. Also it will give you a chance to have the food, you have been denying yourself in the week.

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The cheat meal can be anything, but it is a cheat meal, not a day, not a weekend, it is a meal, once that meal is over, that's it! Your cheat meal should be 5-7 days apart, no less.

PROTEIN

Meat/Fish/Dairy

Eggs
Free-Range Chicken/ Turkey
Free-Range Duck
Beef
Lamb
Calf's Liver
Game (Buffalo, Venison)
Crayfish, Prawns, Lobster
Mussels, Clams, Scallops, Oysters
Mackerel
Sardines
Tuna
Cod
Halibut
Wild Salmon
Full Fat, Low Sugar Yoghurt
Gammon
Bacon

If you are vegetarian, please use the Quorn, Linda McCartney or Tofu alternatives. They are more processed, but you will still get good results.

CARBOHYDRATES

Vegetables

Asparagus
Avocado
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Cucumber
Celery
Green Beans
Green Peas
Kale
Leeks
Mushrooms
Onions

Nuts/Seeds

Almonds
Brazil
Cashews
Hazelnuts
Macadamia
Pecans
Pistachio
Walnuts
Sesame Seeds
Sunflower Seeds
Nut Butter (ideally not Peanut Butter)

All Lentils i.e.:

Beans
Chick Peas (homemade hummus)

All other green Veg.

Power Carbs

Grains

Quinoa
Rye
Oats
Brown Rice

Root Veg

Sweet Potato
Butternut Squash

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Olives
Peppers
Spinach
Tomatoes
Watercress

GOOD FATS

Oils

Coconut Oil
Macadamia Nut Oil
Avocado Oil
Extra Virgin Olive Oil
Flaxseed Oil
Butter (full fat)
Yoghurt (full fat, low sugar)

EXTRAS

Herbs/Spices

All herbs & spices including:

Basil
Cinnamon
Cardamom
Cumin
Garlic
Ginger
Mustard
Oregano
Parsley
Pak Choi
Rosemary
Sage
Thyme
Turmeric
Apple Cider Vinegar
Balsamic Vinegar

Fruit

Bananas
Pears
Apples
Coconut
Berries
Lemons
Limes

Beverages

Herbal Teas (Licorice tea is great if you like sweet drinks)
Water

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