



## Week 2 Nutrition 2018



Day	Breakfast	Lunch	Dinner
Monday	Courgette pancakes/Shape smoothie or any greens you have left over to make your own	Protein Packed Salad (PPS) Or Broccoli and Mint soup	Chilli Chicken with chickpea mash
Tuesday	Almond pancakes/ berry smoothie	PPS or sweet potato mess	Thai turkey wraps or chicken kiev with cauliflower mash
Wednesday	Homemade muesli/ Banana and cinnamon omelette	PPS or Prawn Mango and avocado salad	Rosemary, tomato and olive chicken.
Thursday	Courgette pancakes/Shape smoothie or any greens you have left over	PPS or chicken, quinoa and mango salad	Coconut chicken or use turkey if you prefer that to chicken.
Friday	Almond pancakes/ berry smoothie	PPS or any of the above	Steak and veggies or Pesto turkey burgers (these are amongst my favourites)
Saturday	Homemade muesli/ Banana and cinnamon omelette	Your choice just make sure everything on the plate at least swam, ran, grew or flew and wasn't made in a factory with chemicals.	Your choice from the 7-day detox (week 1) and the 30 Days of Fat Loss booklet.
Sunday	Your choice from the 7-day detox (week 1) and the 30 Days of Fat Loss booklet.	ROAST – yep just go for veggies. Just leave the white potatoes for now.	Your choice from the 7-day detox (week 1) and the 30 Days of Fat Loss booklet.

**You will find both recipe booklets (7 Day detox and the 30 Days of Fat Loss) in the first email I sent you in week 1**

**If you are intolerant to an ingredient then leave it out.**

**Some of the breakfasts have to be tried to be believed if you have been stuck eating cereal for a while....you will not look back.**

## SUPPLEMENTATION GUIDE

Many people think that supplements are only needed when we are ill or run down but with poor soil quality and more pollution around us, its more than likely you will benefit hugely from supplementation.

Like anything in life, variety is good. Supplementing during this programme will get you the best results possible. I recommend that after the first 12 weeks, you take a break from them and then pick up again after a couple of weeks. This will save your body relying on them, that said if your diet is lacking in one of the nutrients below then there is an argument to continue taking them to avoid deficiency. There are many poor quality supplements out there that I wouldn't waste my money on, you really do get what you pay for with the majority of them.

I have attached a copy (at the bottom) of the links where you can get supplements if firstly the local store doesn't have them in stock.

### **Branch Chain Amino Acids:**

**Pre workout:** When consumed 30–60 minutes before training, the blood stream will become flooded with amino acids. This forces the brain to flip on the anabolic switch associated with improved performance, muscle growth and body fat reduction.

Amino acid supplementation before workouts is proven to result in higher levels of fat loss during training – the body will use more stored fat as fuel during exercise, and research proves this. The muscle sparing impact of amino acid supplementation forces the body to concentrate on using stored fat as fuel.

<http://amzn.to/UhDxwy>

### **STRENGTH GOALS**

For **best** results using these, train in a fasted state (ie) before breakfast and have these 30-60 mins before training.

### **FAT LOSS GOALS**

For **best** results using these, train in a fasted state (ie) before breakfast and have these 90 mins after training.

## **FISH OIL is SO important for cellular health!!!**

I hate to say it but fish oils really are one of those 'miracle' supplements. Due to their high omega-3 content they are involved in everything from improving cells membranes to increasing the rate of fat burning to slowing the rate of fat storage to improving serotonin levels to helping you to fight stress and much, much more besides.

Fish Oils actually turns ON your fat burning enzymes and switches OFF your fat storing enzyme, its also vital for cellular health.

I'm NOT talking about cod liver oil so don't waste your money on that!

Just follow the dosage on the packet for these, but take with a meal. Lunch would be a good idea here.

A good fish oil is <http://amzn.to/2fq2o11> . They don't taste amazing, they aren't meant to..... top tip take them with food ☺

## **Magnesium**

Magnesium is a mineral that's vital to too many of the body's functional processes to count but including the synthesis of proteins, the transmission of nerve signals, the production and transportation of energy from food and detoxification.

Perhaps it's this last role (detoxification), when one considers the modern diet that most people consume, that explains the enormous depletion of magnesium that most people seem to suffer from or maybe it's the ever-increasing amount of calcium and calcium supplements, that many people are consuming, but whatever the reason, people are more in need of magnesium supplementation now than ever before.

Just make sure that whatever form of magnesium you opt to supplement with, it's not the oxide version which is practically useless for improving your health. Instead opt for any of the 'ate' versions of magnesium such as magnesium threonate, malate, glycinate, orotate,

Dosages up to around 400mg a day seem to work best for most people, though this is largely individual with some people tolerating less. One of the signs that you've taken too much is diarrhoea so build up slowly ;)

Best time to take magnesium is about 60-90 minutes before bed... it'll help you sleep better too!

<https://amzn.to/2pASK13>

If you suffer with cramps in the night you may be better off rubbing in the oil version, the transdermal absorption is though to be better than oral and it will go directly into the muscle tissues concerned. This is what I use personally after having a shower when the pores are open.

<http://amzn.to/2xxeY9o>

## Zinc

Zinc is another mineral of enormous importance and one that tends to be deficient in many people.

This mineral plays a vital role in growth, protein synthesis, liver function, detoxification, insulin synthesis and general metabolism amongst many others. Meaning that you'll speed up your metabolism, burn fat faster, reduce your cortisol levels and build up lean tissue more quickly.

Only about 20% of the zinc consumed in the diet is actually absorbed by the body and even less if phytates such as those found in grains nuts and legumes are present.

Dosages between 10-20mg seem to work best for most people and, as with magnesium, the oxide version of the supplement is best avoided.

<http://amzn.to/2fs0Aoz>

Take with magnesium 1 hour before bed for best effect.

## Tulsi Tea

Tulsi tea is another Ayurvedic compound made from the plant holy basil which has similar properties to Ashwaghandha in that it helps to lower the effects of both psychological and physical stress, lowers cortisol, reduces inflammatory responses, improves liver function as well as helping to fight infection.

Use Tulsi tea in place of tea or coffee and drink later in the day or when you need to de stress...it will calm you, even if the other half has stolen the remote control!

<http://amzn.to/2fq3IB1>

## Vitamin D3

Yes when the sun is out, we feel great and hot weather is awesome right?

And this is definitely part of the reason we feel so much better during the summer months. The other part is down to the higher availability of an essential Vitamin (D-3), you see our bodies have adapted over many years to be able to synthesize Vitamin D through the skin from sunlight. It does this when 7-dehydrocholesterol (A compound found in the epidermal layer of the human skin) reacts with ultraviolet light produced by moderate intensity sun rays. So essentially we use the sunlight to help the body produce a hugely in demand vitamin.

Vitamin D is a fat-soluble vitamin, which means our bodies collect and store it when we get plentiful amounts of it.

Now, it's estimated that 30-60 minutes of moderate intensity UV sunlight per day (every day) would be needed to stimulate the body to produce adequate levels of Vitamin D.

Due to its storage capacity in the body, (and the non apparent sun in our lovely little corner of the country) we would have to spend huge amounts of time in the sun (that we get) to get enough D.

Research scientists have now started to conclude that it is unlikely that we would get enough Vitamin D from our yearly levels of sunshine anyway without taking into account our lifestyles; now consisting of office buildings, indoor pursuits, shopping centres, manufacturing units and transport, even in the Summer most of us can't get outside even when we want to!

So to cut to the chase, most of us simply don't have enough vitamin D. The consequences of this are massive! Here are just a few well researched findings that show what it is that we need Vitamin D for.

#### **What do we need vitamin D for?**

- It is crucial for the **absorption and metabolism** of calcium and phosphorous, which have various functions, especially the maintenance of healthy bones
- It is an **immune system regulator**.
- It may be an important way to arm the immune system against disorders like the **common cold**, according to scientists from the University of Colorado Denver School of Medicine, Massachusetts General Hospital and Children's Hospital Boston.
- It may reduce the risk of developing multiple sclerosis. Multiple sclerosis is much less common the nearer you get to the tropics, where there is much more sunlight, according to Dennis Bourdette, chairman of the Department of Neurology and director of the Multiple Sclerosis and Neuroimmunology Center at Oregon Health and Science University, USA.
- Vitamin D may have a key role in helping the brain to keep working well in later life, according to a study of 3000 European men between the ages of 40 and 79.
- Vitamin D is probably linked to maintaining a healthy body weight, according to research carried out at the Medical College of Georgia, USA.
- It can reduce the severity and frequency of asthma symptoms, and also the likelihood of hospitalizations due to asthma, researchers from Harvard Medical School found after monitoring 616 children in Costa Rica.
- It has been shown to reduce the risk of developing rheumatoid arthritis in women.
- A form of vitamin D could be one of our body's main protections against damage from low levels of radiation, say radiological experts from the New York City Department of Health and Mental Hygiene.
- Various studies have shown that people with adequate levels of vitamin D have a significantly lower risk of developing cancer, compared to people with lower levels. Vitamin D deficiency was found to be prevalent in cancer patients regardless of nutritional status, in a study carried out by Cancer Treatment Centres of America.

So, as I've said a million times - getting healthy first is the key to getting in great shape. It appears Vitamin D is going to be a big factor in getting healthy AND stopping you getting colds and Flu etc.

Most interestingly, it appears that the Pancreas is sensitive to Vitamin D. The pancreas is where that hormone insulin is produced which is responsible for controlling blood sugar. This would boast a huge explanation as to why we 'CRAVE' carbohydrates and sugar more in the winter months.

So, to counter act all of these effects I take a vitamin D3 supplement. The best forms of these are the liquid and it must be Vitamin D3. My recommendation is that this should be taken at the recommended dose throughout the winter months and you should begin in Autumn (I actually supplement through spring also) this will ensure you have an adequate amount to keep u feeling, happy, immune, healthy and cut the carb cravings. People often ask me how I am so alert in the mornings, I put it down to not eating crap before bed time and getting plenty of vitamin D.

<https://amzn.to/2IL54Uy>

<b>Time</b>	<b>Supplement</b>
Before or After Breakfast (depending on goal)	Branch Chain Amino acids
Lunch	Fish oils, vitamin D3 (with whichever meal has the most fats in it).
Dinner	Fish oils, vitamin D3 (with whichever meal has the most fats in it).
Before Bed	Magnesium/Zinc