



# Your Food Guidance

## ***Food & Life Recommendations***

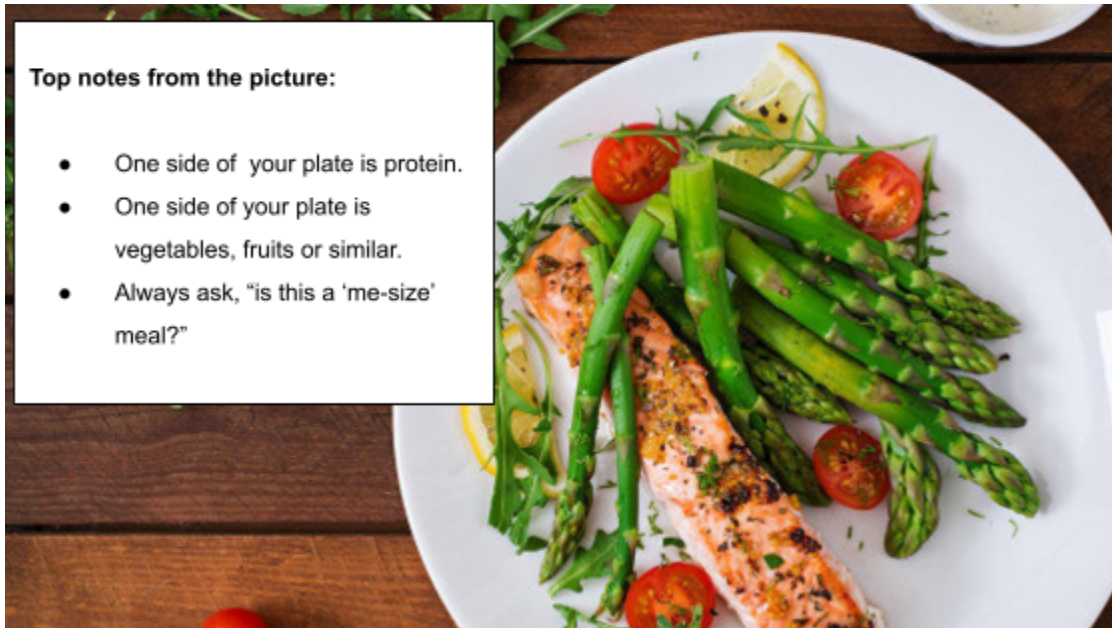
### ***To do's:***

- Eat 3 main meals a day: breakfast, lunch and dinner.
- One side of your plate should be fruits & vegetables.
- One other side should be proteins.
- Eat wholefoods and organic foods.
- Drink 2.5L of water a day.
- Drink more than 2.5L of water a day on exercise days.
- Try to have a maximum of two snacks a day: protein bar, fruit or berries.
- Invest in weight-loss supplements.
- Include friends, family and work colleagues into your weight-loss goal.
- Get enough sleep: Men = 8 hours / Women = 9 hours.

### ***To Avoid:***

- Do not exceed the amount of calories your body needs.
- Avoid putting yourself in situations where you can not control yourself (parties, cafes etc...).
- Avoid added sugar, processed foods & sugar-filled drinks.
- Avoid alcohol.
- Avoid pastry.
- Do not eat less than 1,200kcal a day without speaking with your doctor first.

# Your Plate Portions



**Top notes from the picture:**

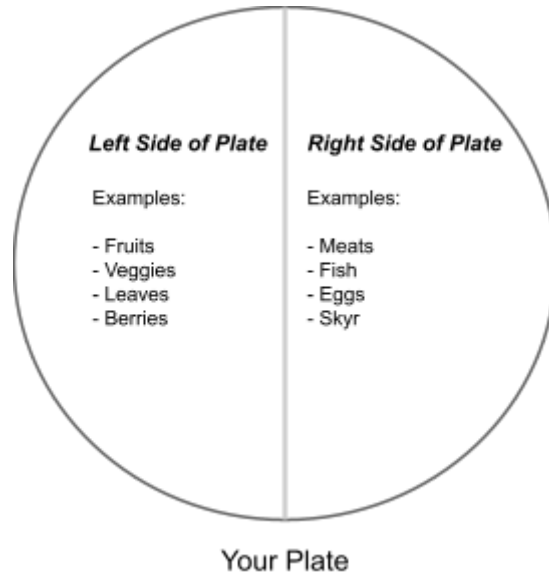
- One side of your plate is protein.
- One side of your plate is vegetables, fruits or similar.
- Always ask, "is this a 'me-size' meal?"

**In the picture, I am recommending the following:**

- one side of your plate should be foods that are your fruits, vegetables or of that nature.

- one side of your plate should be foods that are high in protein.

\*please use a human-sized plate.



**Portion / Measurement terms for the diet guidance on page 4:**

Any number between 1 - 10 means the amount (i.e. 10 berries, 2 eggs or 1 salmon filet).

*Half* means about half the amount... (i.e. half an avocado).

*Hand long* means approximately the length of your hand, from wrist to fingertips.

*Fist* means approximately the size of your fist... (i.e. chicken breast approximately the size of your fist).

*Cup* means approximately 1 cup or half a standard mug.

*Tbsp.* means tablespoon.

# Foods To Love

## Carbs, Proteins & Fats

Left Side of Plate		Right Side of Plate
Carbs	Fats	Proteins
Vegetables	Eggs	Chicken / Turkey
Fruits	Avocados	Crab
Berries	Almonds	Eggs
	Cashews	White Fish / Salmon/ Tuna
	Coconuts	Scallops / Oysters
	Walnuts	Prawns / Shrimps
	Whole Milk	Skyr / Low Fat Yogurts
	Pistachios	Cottage Cheese
	Olives / Olive Oil	Pork
	Seeds	Lamb
	Salmon	Lean Mince (5% fat)

**Note:** Some of these foods cross over to other categories. (I.e. eggs are both a fat and a protein source).

## LEFT SIDE of Plate: Top Fruits, Vegetables & Berries - Try to be as organic as possible.

Vegetables	Fruits	Berries
Spinach	Bananas	Blackberries
Celery	Oranges	Strawberries
Avocados	Apples	Raspberries
Sweet Corn	Grapes	Blueberries
Cabbage	Peaches	Cranberries
Onions	Cherries	
Peas	Pears	
Asparagus	Tomatoes	
Mushrooms	Bell Peppers	
Cauliflower	Pineapples	
Rocket	Berries	
Carrots	Kiwis	

# Different Day Plates - Non Vegan

Left Side of Plate - Choose One	Right Side of Plate - Choose One
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- Breakfast**
- Option 1 - Fruit & Half Avocado
  - Option 2 - Fruit & 10 Nuts

- Option A - Turkey Bacon 3-4
- Option B - Skyr (200g) 5-6 tbsp.
- Option C - Eggs 2
- Option D - 1 Salmon Hand long

Left Side of Plate - Choose One	Right Side of Plate - Choose One
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- Lunch & Dinner**
- Option 1 - Vegetables & 10 Olives
  - Option 2 - Vegetables & Half Avocado
  - Option 3 - Vegetables & 10 Nuts
  - Option 4 - Vegetables & 10 Seeds
  - Option 5 - Vegetables & Nuts-Seeds
  - Option 6 - Cauliflower Mash
  - Option 7 - Carrot & Parsnip Mash
  - Option 8 - Leafy Vegetables Only

- Option A - Cottage Cheese 1 cup
- Option B -Chicken / Turkey 1 fist
- Option C -Crab / Prawns / 1 cup
- Option D -Shrimps 1 cup
- Option E -Salmon / White Fish Hand long
- Option F -Tuna 1 cup
- Option G -Scallops / Oysters 1 cup
- Option H -Pork or Lamb 1 fist
- Option I -Lean mince (5% fat) 1 fist

Ok dressing & sauces...	Ok snacks...
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- Low sugar ketchup / Low calorie salsa
- Soya sauce
- Tzatziki
- Mustard
- Vinegar / Low sodium soy sauce
- Guacamole
- Any Slender Chef dressing.
- Any low calorie or 0 calorie dressing.

- Protein Bar (<5g sugar per bar)
- Any 1 fruit
- 1 large carrot or 1 medium cucumber
- 10 medium sized strawberries
- 10 - 15 blackberries
- 10 - 15 raspberries
- 10 - 15 blueberries
- 10 - 15 cranberries

Try this daily food routine...

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
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