

Hello

Thank you for downloading the 6 week nutrition and exercise plan from www.edpersonaltraining.com

This is designed as a guide, and is not medical advice, please consult guidance or an initial health check from your doctor prior to beginning your exercise program and nutrition plan.

Good Luck

Guidelines

Keep a record of everything you eat for one week and give it to me personally or email to info@edpersonaltraining.com I will review this free of charge and give feedback and recommendations for the new week ahead.

Portion sizes

Start looking at the overall weight and divide up the correct amount of portion size.

A good starting method is to buy cooked chicken or turkey breasts and/or fish

(If you buy a 200 / 250 grams packet, divide it in half = one portion size)

Same with rice buy the microwave sachet and take half the bag (100 to 125 grams)

This is one portion size, this will be useful when cooking from a big bag of rice.



Be organised

Prepare lunch the majority of the time, if you don't have it prepared, please do not snack on packaged sandwiches, buy cooked meat (chicken, turkey or mackerel) and a mixed salad.

Great tip: example;

If you are having turkey breast with seasoning, vegetables and wholegrain rice for dinner, make an extra portion, put it in a container, once it has cooled place it in the fridge and take it for your lunch the next day.

This can obviously be done for any meal you are preparing in the evening. This is a great method of controlling your healthy eating as pre-packaged sandwiches have lots of added fats and sweeteners.

Always have breakfast

If for any reason you are going to miss breakfast, get to the shop and buy some fruit, you need to eat something at the start of your day. Everyday. Ideally you would have porridge and 2 egg whites. NEVER MISS BREAKFAST!

Get home hungry?

Always try and have fruit or veg in the fridge.

Cut up a piece of fruit (wash thoroughly first) and snack on this whilst making dinner

Or; chop up some raw vegetables (wash) and eat on its own or dip in hummus or low calorie alternative

Or, have a delicious small salad with balsamic vinegar and chopped tomatoes with a sprinkle of sea or rock salt.

Or, sweet celery and humous.

Balsamic vinegar

Balsamic is an essential ingredient for salads, not only is it a healthy alternative to various dressings you will find on the shelves, you will find it tastes a lot nicer also.

Do you drink too much tea or coffee?

For the next 6 weeks, switch to herbal tea.

Or why not try a detoxifying drink as follows: 2 tablespoons of cider vinegar in hot or cold water, with or without honey, you may also add a slice of lemon if desired. This helps oxidate the blood, promotes digestion, and it neutralizes any toxic substance taken into the body.

Diet or healthy eating?

When I say to people to eat healthy, or that I will design a nutrition plan, people automatically think 'diet', but this is simply not the case. Some people actually find that they have to increase the amount and frequency that they are eating and although they are eating more, and more frequently, I find on analysis they are consuming less calories, less fat, less sugar, less additives and a better quality of food with higher nutrition content.

How often

You should not go more than 3-4 hours without eating, do not graze and eat every half hour or hour, give your body time to digest and recover from each meal. But to achieve optimum metabolism, eat every 3 - 4 hours.

Stay focused

Whether you are using healthy eating to compliment your workouts, lose weight, feel better or simply to improve your health overall then it is really important that you remain focused and avoid processed foods and high sugar sweets and biscuits. I can assure you, when you see the results you will be proud of yourself. You will feel amazing with all the energy in the world, better skin, improved muscle tone, increased energy levels and slim waistline also. You will not want to put that high sugar, highly processed, bad fat content foods back into your body, although if you do, you won't for long as you will feel a fluctuation in energy levels and the feeling of lethargy returning.

Enlist the help of your friends or work colleagues

Nutrition is essential for health and will have a massive impact on your waistline and give your metabolism the kick-start you need to achieve a more toned and lean physique when combined with the correct workout routine. Why not share this with one or more of your friends and family. This will help you both to stay on track.

I will be more than happy to email all the necessary details to as many people as you wish. Simply tell them to log on and download it for free.

You don't have to photocopy it!

BREAKFAST

Start your day with a slice of lemon in a mug of hot water/cup of green or herbal tea/water with cider vinegar/glass of water

Choose one option:

- 30 grams of porridge oats with water only – add fruit, cinnamon or honey for taste if desired – ideally add 2 egg whites (no yolks) half way through cooking.
- 2 eggs: poached, boiled or scrambled (no yolks) with a big handful of fresh spinach leaves and/or on a slice of wholemeal bread.
- 30 grams Bran flakes, All Bran or Muesli (with no added sugar or salt) with skimmed milk

LUNCH

Choose one option:

- Tuna salad: be creative with different leaves and add small slices of onion, celery, tomato or anything that will make you enjoy it more.
- Avocado and tomatoes: tastes great with a side serving of rocket or spinach
- Home made fresh vegetable soup.
- A small portion of what you had for dinner the evening before.

Feel free to sprinkle over a good quality olive oil to any of the above lunches, as research has proven this to control LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels

DINNER

- Chicken or turkey breast accompanied with mixed vegetables such as carrots, sweetcorn, broccoli or brussel sprouts.
- Steamed or grilled tuna steak with green vegetables.
- Prawns with 50 grams of linguini (dried weight) stir in a tablespoon of red pesto, add olives/chillies/fresh basil to taste.
- Steamed or grilled salmon with asparagus, baby corn or mange tout.
- Medium sized Baked potato (225 grams) with cottage cheese and salad
- King prawn or chicken kebabs with peppers, onions, mushrooms and courgettes with wholegrain rice (50 grams, dried weight)

Be prepared and stock up on the following frozen vegetable;

Broccoli, cauliflower, peas, sweetcorn, asparagus, brussel sprouts, mange tout, peppers, cabbage, green beans, and any other frozen vegetables the more the merrier!

I would recommend that you buy the following fresh vegetables;

Celery, cucumber, lettuce, spinach, rocket, mushrooms, tomatoes.

Although some people recommended that you buy fresh vegetables, research shows frozen vegetables are equal to, and in some cases more nutritious than fresh vegetables, one of the main reasons I suggest buying frozen is due to the importance of vegetables in a healthy diet, it is essential that you always have a stock supply in the freezer.

SNACKS

- As you are eating a lot of vegetables with lunch and dinner, have 3 different kinds of fruit per day.
- Mixed nuts and raisin mix (one hand full)
- 2 – 3 Oatcakes, crackerbread or bread sticks with 30 grams of humous
- 2 – 3 Rice cakes on their own or with a sprinkle of honey for an energy boost.
- Fruit salad, or just a piece of fruit on its own.

Would you like some more healthy recipes, receive free exercise routines, need some assistance or advice, would like a more personalised plan, just want to let me know how well you are doing?

log onto: www.edpersonaltraining.com or email info@edpersonaltraining.com

Pease note:

The above guidelines are designed to be full proof, it is almost impossible not to eat healthy and balanced on this nutrition plan! It is also important to understand that my main motivation for designing this plan is to give you the education and understanding so that you can take control of your health like never before.

- You know exactly **what** to do to achieve the results you desire
- You know exactly **how** to prepare meals that will achieve optimal results
- You know exactly **why** you want to achieve these results.

Some possible goals that you would like to achieve

Improve your self esteem, confidence or body image through:

Weight loss Increased energy levels Feeling and looking toned Dropping a dress size
 Trousers feeling loose Reduction or totally relieving back pain or stiffness
 Feeling healthy, more relaxed, a sense of achievement, feel good factor, basically....happy!

The good news is you can achieve some or all of these goals with this 6 week nutrition plan.

IMPORTANT!

Prior to starting the plan, please take the following measurements. This will help you stay focused throughout the 6 weeks.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Waist measurement (belly button)						
Hip measurement (widest part of hip)						
Weight						
General health: Headaches? Energy levels? Skin condition? Health problems?						

This is where I ask for something in return!

Remember the saying 'nothing in life is free'!

I would really appreciate you logging onto www.edpersonaltraining.com/forum and providing me with feedback on the healthy eating guide.

Changes you experienced in your energy levels, skin condition, general health, how much weight you lost or how many inches, and any improvements YOU feel that could help others who are thinking of trying out the plan or help inspire others who find it more challenging.

Would you like exercise tips to optimise your healthy eating plan? Email me the following details:



- Name
- Age
- General health status
- Your measurements from the grid above
- A brief exercise history for the last 3 months

Special offer
 When you purchase 10 Personal Training sessions (value £350)
 You will receive 2 free sessions, Plus.....an extra £50 off
 That's 12 sessions for £300
 2 sessions per week for the 6 weeks of the plan

FREE DOWNLOADS coming soon to edpersonaltraining.com: Medicine ball workouts/Egg ball core conditioning session/Pilates for posture and much more. Log onto www.edpersonaltraining.com

Food log:

Make a note of everything you eat, portion size, fluid intake, and make a note of how you are feeling.

If you are getting bored, email me and I will send you some recipes.

WEEK1	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Exercise							

WEEK2	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Exercise							

WEEK3	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Exercise							

WEEK4	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Exercise							

WEEK5	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Exercise							

WEEK6	MON	TUE	WED	THUR	FRI	SAT	SUN
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Exercise							