

Nutrition Sheet: SuperFitMum

You can use this nutrition sheet for weeks, as you can mix up the all the meal and snack options each week. I have also included in your exclusive weekly emails more healthy recipe options for you.

| | Day 1 | Day 2 | Day 3 |
|---|---|--|--|
| Breakfast | 2 Eggs-Poach scramble or omelette 1 x Toast ¼ Avocado Spinach, mushrooms if available | 1 x Banana 1 x Apple 2 large spoonfuls of full fat yoghurt 6-8 nuts, 4-5 dried dates | On the go breakfast.... Smoothie: ½ Can full fat coconut milk or milk ½ Can of water- can also use coconut water 1 x slice pineapple large handful of mixed frozen berries Hardboiled egg |
| Snack 1 This snack is sometime not needed | 1 x Apple | - | handful of nuts |
| Lunch | 125 grams tuna/chicken/meat mixed with olive oil, grated cheese, salt and pepper, balsamic vinegar on either a baked potato, kumara or with a large salad | Corn on the Cob 100gram Full fat Cottage cheese with Salad | Cheese and Mushroom omelette with small salad |
| Snack 2 | Handful of nuts | carrots and ¼ cup hummus | 3-4 rice crackers with a dip |
| Snack 3 | 1 x Fruit | | |
| Dinner | 150grams of Protein large mixed salad include | 150-175grms Fish Oven baked potato or kumara chips/wedges with a small salad or peas/sweet corn etc | 150-175 grams Meat with ½ cup cooked rice and veggies |
| Treat | | 2-3 pieces of dark chocolate | |
| Water | 2 litres | 2 litres | 2 litres |

Guidelines:

Try to limit your intake of wheat - Stick to one pasta meal each week and try to have 1-2 servings of bread a day if you have too. Wheat can increase abdominal bloating and fluid retention therefore reducing how well you engage and activate your core muscles.

Try to avoid sugar - again too much sugar will have an effect on your results; it works well if you can eliminate sugar for 21 days. If you have to have a sweet treat you can opt for a couple of pieces of dark chocolate. **There is no sugar in the above plan.**

Avoid Processed foods - again too much of anything is not good for us. Try to stick with whole foods as often as you can again for optimal results but also for your health and energy.

Avoid low fat options always choose full fat instead - nothing has been taken out and this way the food you eat is a whole food!

Never miss a meal- Make sure you have your 3 meals a day, if you go too long without eating then you could end up over hungry and make poor food choices such as biscuits and cakes!

Stay hydrated - Drinking enough water especially if still breastfeeding and sleep deprived will actually help keep your energy levels up! Low fluid intake may make you feel tired and bloated. Aim to drink 1.8-2 litres a day, more if you are breastfeeding and exercising

Adding fat to a salad – Always add fats to your salad this could be avocado, olive oil, cheese, bacon. Fat helps to transport all the healthy antioxidants predominantly vitamins A D E & K found in your fruit and veggies. It helps us feel fuller for longer and enables us to burn more fat, eat fat to burn fat! It also makes your salad taste better. Try not to fear fat if you don't eat fat you won't burn fat.

Vegetables: For your evening meal mix up your veggies your carbohydrates, I often make sweet potato oven chips, carrot and potato mash. I will add a little coconut cream and butter to roast pumpkin mash and serve with broccoli and mushrooms in a tomato based sauce. There are many options, fill your plate with vegetables and salad.

This doesn't mean it has to be boring and tasteless there are many healthy recipes out there, check out some of my Pinterest:

<http://pinterest.com/mummytrainer> boards! If you are trying to lose weight dinner is a good time to cut out complex carbohydrates such as wheat, pasta, rice, bread. Just have your protein with salad or vegetables- still with a sauce and dressing though!

More Breakfast Options:

Porridge: ½ Cup Oats made with full fat milk or coconut milk or even just add water, add 4-5 dates or a handful of frozen blueberries, 1-2 spoonfuls of yoghurt and a little honey. The kids will love this too!

Make your own muesli- Nuts, seeds, oats, coconut oil toasted in the oven and enjoy with fruit juice or milk and yoghurt.

Bircher Muesli- I find this is awesome if I have to be out to work earlier than usual as I prepare it the night before.

1/3 Tin Peaches, 1/3 Cup Oats, 1/2 Cup of other fluid-milk, juice, coconut water, small handful or raisins and 2 spoonfuls of yoghurt, mix and leave in fridge to set over night. You can add more fluid or yoghurt in the morning. I like to add 4-6 nuts and a sprinkle of coconut.

Lunches

Soups are great options just make sure you stick to one piece of bread.

You can also have a smoothie for lunch if out and about or in a rush.

Out for lunch? If you didn't have eggs for breakfast then an omelette is a good option.

You need to watch out for heavy bread options or large bowls of pasta as the protein portion in these meals is often too little.

Sushi can also be a good option, choose pieces that are packed with fish and chicken or large portions of sashimi.

Out for dinner?

It can be easier than you think going out for dinner:-

Indian- try to go easy on the rice and breads but choose the creamy and butter meal options if you wish.

Thai- again reduce the rice in favour of more protein and vegetables; fish is generally a good option at a Thai restaurant

Italian- entree calamari or antipasto with minimal bread and crackers for a main go for a steak but if you want pasta treat its ok once in a while, choose what you want! How often do we go out as mums? 😊

Dinners at home: I make lots of stews, curries and bbq frequently in the summer. Try various salads using a variety of in season vegetables which help keep the cost down. It's always a good idea to grow your own lettuce at the very least.

Snacks: Tip I find most of these snack are best in the afternoon and spread out over a period of 4-6 hours after lunch

2-3 pieces of fruit a day only,

Corn on the cob with butter

Nuts 1-2 handfuls (2 snacks),

Dried fruit if you must just try to stick to 6-8 dates or 4-5 dried apricots

Hardboiled eggs,

1 x Toast and Peanut Butter,

Large Glass of Milk,

1 x Fruit and Yoghurt- afternoon snack,

1 x Apple or Pear with piece of Cheese (50gm)

Cheese and rice crackers or have with a dip of choice- afternoon snack,

Carrots/Celery sticks and Dip,

Cottage Cheese (full fat) 1/2 Cup with tomatoes and capsicum slices

Small Green Smoothie,

Treats:

Alcohol- I advise all my client to aim to not have no more than 1 bottle of wine over the period of a week or the equivalent in spirits so approx 8 units of alcohol.

Chocolate- dark every time, 1-2 pieces every day or save up and enjoy over 2 days

Cheese and crackers- Big slices of cheese 4-5 crackers once a week

Homemade baking with the kids- bliss balls are awesome and I make lots of healthy biscuits, cupcakes- I always melt chocolate on the top instead of icing sugar- the lesser of two evils so to speak! Again there are so many amazing recipes on the internet now that you should never feel deprived!