

BALANCED DIET AND NUTRITION GUIDANCE



SRG Personal Training

Gain confidence and live a healthier lifestyle

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LET'S TALK FOOD



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A healthy diet is one that helps maintain or improve overall health.

A healthy and balanced diet provides the body with essential nutrition: fluid, macronutrients, micronutrients and adequate calories.

MACROS

Protein

The body's brick and mortar for rebuilding muscle, replicating DNA and catalysing metabolic reactions. High amounts are found in meat, fish, animal products and plant based sources such as legumes, nuts and seeds. Eating enough protein combined with weight training promotes muscle growth (AKA muscle protein synthesis) and maintenance of muscle mass.

Fats

There are a few different types of fats, some healthy and some that have no health benefits at all. Monounsaturated and polyunsaturated fats are found in foods such as avocados, nuts, olive oil and oily fish and boast big health benefits. Saturated fats such as coconut oil, meat, egg yolk and dairy are beneficial also. And then you have trans fats that are found in ready meals, fast food and confectionary. These should be avoided as they can be harmful to health and cause weight gain.

Carbohydrates

There are 2 main types of carbs, starchy carbs which are generally the main source of carbs and play a key role in energy metabolism. These include bread, pasta, potatoes, rice and cereal. Try to eat the wholegrain varieties as they contain more fibre and nutrients. Then we have fruit and veg, which boast a huge range of vitamins and minerals essential for health. Veg helps you feel fuller for longer due to the fibre content and are lower in carbs. Fruit is generally higher in carbs than veg and some contain more sugar than others.

CALORIES



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A calorie is a unit of energy defined as the amount of heat needed to raise a quantity of water by one degree of temperature.

When we eat and drink more calories than we use as energy, our bodies can store the excess as body fat, which over time will lead to weight gain.

The amount of calories each person needs depends on age, gender, weight, physical activity levels and other factors.

There's no one size fits all.

Should you want to work out an approximation of your calorie intake use the steps below

Work out your calories

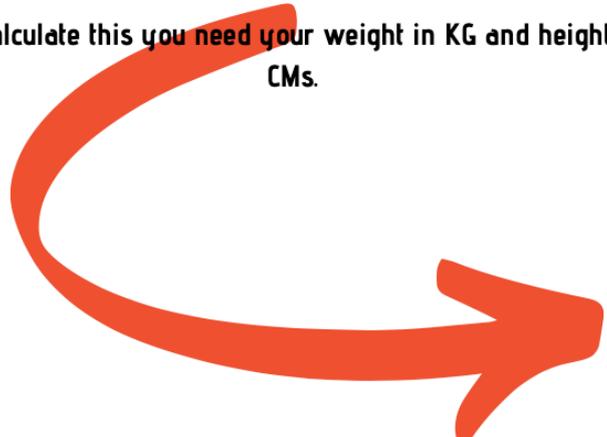


STEP 1

Work out your BMR

Your BMR is your basal metabolic rate. This is the amount of energy/calories your body burns if you did nothing but rest all day.

To calculate this you need your weight in KG and height in CMs.



Men

Women

10x Weight (KG)	10x Weight (KG)
+	+
6.25X Height (CM)	6.25X Height (CM)
-	-
5X AGE	5X AGE
+5	-161
=	=
YOUR BMR	YOUR BMR

Work out your calories



STEP 2

Work out your TDEE

Your TDEE is your total daily energy expenditure. Which is the amount of calories you need daily including all physical activity (PAL).

To work this out you need to multiply your BMR from step 1 by your physical activity level



Sedentary

Moderately Active

Highly Active

1.4

1.6

1.8

YOUR BMR X PAL =

Work out your calories

STEP 3

Work out your GOAL TDEE

To lose fat whilst building muscle, subtract approx. 500cal from your TDEE. Your body will use up remaining calories from energy stores. Please note that the energy can be taken from both muscle and fat stores so it's important to keep weight training and eating sufficient amounts of protein.

If your aim is to build muscle, studies suggest to add approx. 500cal to your TDEE. Take body measurements regularly and increase calories in 250cal increments to reduce rapid weight gain.

FOR FAT LOSS

Your TDEE - 500CAL =



FOR MUSCLE GAIN

Your TDEE + 500CAL =



It isn't essential that you work out your calories, but it can be helpful to know approximately how much you should be eating for your body and activity level. Using a food tracker or keeping a food diary will also be helpful should you want to track calories, and will give you a good idea of what calories are in the foods you eat.



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BREAKFAST

No need to skip breakfast to lose weight. Chances are when you skip breakfast you end up overeating later in the day and have late night cravings. A decent breakfast with the right foods will prevent this from happening. If you don't like to eat breakfast at all that's fine too.

TOP TIPS:

- Keep breakfast within 200-300 calories
- Breakfast should be protein rich, this will keep you fuller for longer and keep calories lower.
- If you have a high carb breakfast then choose one high in fibre such as oats as these will keep you full but note that they will be higher in calories than a protein rich breakfast.
- Keep sugars to a minimum as well as carbs that are low in fibre such as bread, as these won't keep you full.

Protein Based Breakfast:

- Eggs - You can have 2-3 eggs up to 5 times per week without worrying about cholesterol.
- Greek yogurt - Top this up with a combo of berries, chopped fruit and or chia / flax seeds to boost protein and fibre.
- Cottage cheese - high protein content, can add berries, ground flax seeds or nuts.
- Tofu - Full of protein, can add to eggs, serve with veg, fruit or brown bread.



Herb omelette with fried tomatoes

Calories: 204,
serves 2

*1 tsp rapeseed oil
3 tomatoes (halved)
4 large eggs
1 tbsp chopped parsley
1 tbsp chopped basil*

Heat the oil in a small non-stick frying pan, then cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and plenty of freshly ground black pepper in a small bowl. Scoop the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes.



Apple, mango & hazelnut

*Calories: 180,
serve 1*

*150g plain yoghurt
1 apple, cored and diced
½ mango, peeled and cut into chunks
1 tbsp skinned hazelnuts*

Place the mango and hazelnuts in a food processor and pulse a few times to form a rough paste. Place in the bottom of a dish, add the chunks of apple and top with the yoghurt.



Passion fruit and almonds

*Calories: 170,
serve 1*

*150g plain yoghurt
1 tbsp flaked almonds
1 passion fruit*

Toast the flaked almonds in a dry frying pan over a low heat for a few minutes, until they turn golden. Remove from the pan and allow to cool. Tip the yoghurt into a bowl and stir in the almonds. Cut the passion fruit in half, scoop out the seeds and stir them into the yoghurt.



Cottage cheese breakfast bowl

Calories: 250-300

*150 grams Cottage cheese
5-10 Nuts
Handful red fruits (e.g. raspberries)
Cinnamon powder*

I opted to use a combination of almonds and walnuts, but any kind of nut will work in this recipe. If you're allergic to nuts or just don't like them, you could use old fashioned oats or nut-free granola instead. Again, most any fruits will do, but I like to think berries pair really well with nuts and cottage cheese. Plus, who doesn't enjoy berries with breakfast? If it's wintertime and berries aren't in season, try a banana instead! Bananas are good all year round if you ask me. This step doesn't really need explaining, but you're going to need cottage cheese for this cottage cheese bowl (obviously...).

Carb Based Breakfast:

- Oats - Porridge, add milk and nuts to add proteins.
- Bananas - Great option for grab and go but not on a regular basis due to low protein and fibre content.
- Brown bread - Eat occasionally rather than on a regular basis and pick a brand that is high in fibre.



Avocado tomato and ricotta toast

Calories: 366,

*1 slice hearty whole grain bread
1/3 cup low fat ricotta cheese
1/2 cup avocado, sliced
4 cherry tomatoes, halved
1/2 lemon
pinch black pepper*

Toast the bread to your liking. Spread the bread with the ricotta cheese, layer the avocado slices on top, arrange the tomato halves on top of the avocado, then top with a squeeze of lemon and a dash of black pepper.



Oat porridge with blueberries

Calories: 123,
serve 1

*1/2 cup old fashioned rolled oats
1 1/2 cup water
1 pinch salt
1/4 cup [frozen blueberries](#)
1 teaspoon brown sugar optional*

Place a high wall pot (The porridge needs room to cook!) on medium heat. Start with adding the oats, water, and salt. Mix well with the back of a wooden spoon. Cover till there is a boil. Reduce the heat to low and continuously stir the porridge for about 6-7 minutes till it becomes creamy. It will be thick, with all the oats broken and you will see air bubbles popping out. * Remove from heat and empty in a bowl. Prepare the blueberry topping by steeping the frozen berries with 1 tbsp sugar and 2 tbsps water. Heat on stove for just a minute and mash with the back of a wooden spoon to release the juices and still have bits of the beauties. Make a small well in the porridge and pour in the beautiful blueberry topping in between. Enjoy warm.

LUNCH & DINNER



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It's key to pick the right foods that will keep you full but that will also provide you with the right energy for the day. Eating balanced meals will prevent cravings and overeating later on in the day as well as providing your body with the nutrients it needs.

Key ingredients for a balanced meal

Proteins

- Poultry - chicken, turkey and duck.
- Lean meats - lamb, beef, venison and pork.
- Any fish - salmon, cod, tuna
 - Seafood - prawns, mussels, clams
- Eggs and dairy
- Beans, lentils, chickpeas, legumes
- Whole grains such as quinoa, spelt, barley etc
- Tofu

Fruit and Veg

- Green leafy veg such as, kale, spinach, cabbage, rocket
- Broccoli, asparagus, sprouts
- Best fruits are berries
- Minimise starchy carbs such as potatoes and some tropical fruits

Fats

- Prioritise unsaturated fats
- Oils such as olive or canola
- Fatty fish such as salmon or sardines
- Avocado
- Nuts and Nut butter
- Hummus
- Chia and flax seeds



*24 ounces 93% lean ground turkey breast
1 tablespoon minced garlic
1 teaspoon ground cumin
2 teaspoons dried oregano
1/3 cup Kalamata olives, finely chopped
3 ounces crumbled feta cheese
1 cup finely chopped and packed fresh spinach
Pinch each salt and black pepper
Olive oil spray
For serving: lettuce leaves or whole grain bun*

Greek Turkey Burgers

*Prep time: 15
minutes*

*Cook time: 15
minutes*

*Serves 4, 443
calories per burger*

Preheat oven to 420 degrees F (215 C).

Add all of the ingredients to a large mixing bowl and mix together thoroughly.

Scoop out a large fitful of meat, roll it into a ball, then flatten it to form a patty around 1 ½-inches thick. Repeat with the remaining meat to make into 4 large patties of equal size.

Once the patties are formed, use your thumb to make a shallow indentation in the middle of each patty to prevent them from forming a dome as they cook.

Set a large oven-safe nonstick skillet over medium-high heat and spray lightly with olive oil. When the skillet is hot, add the patties.

Cook on one side for 3 to 4 minutes, until the edges are brown and seared, then flip the patties over.

Cook for an additional minute, then place the entire skillet in the oven and cook until the internal temperature is 165F/74C.

You can also bake them on a baking sheet lined with parchment paper or aluminum foil for 8 to 10 minutes.

Enjoy served in lettuce leaves or with a toasted whole wheat bun topped with cucumber slices, then red onion slices, sliced tomato and a little Greek yogurt, Or pair the patty with salad, rice, quinoa, or roasted vegetables.



Steak Dijon with Green Beans

*Prep time: 10
minutes*

*Cook time: 15–20
minutes*

*Serves 4, 226
calories per serving*

12 ounces flank steak, trimmed of fat
1 tablespoon olive oil
1 medium onion, sliced
1 cup low sodium chicken broth
2 tablespoons finely chopped fresh dill
1 tablespoon Dijon mustard
1 pound microwave-in-bag green beans
8 cups mixed baby greens or baby spinach

In a large skillet, heat oil on medium-high. Sprinkle steaks with $\frac{1}{4}$ teaspoon pepper; cook until desired doneness, 5 to 7 minutes per side for medium (140 degrees F/60C) or 8 to 10 minutes for medium-well (150 degrees F/66C). Transfer to a cutting board; cover loosely with foil.

In the same skillet, cook onion 2 minutes, stirring. Stir in broth; heat to simmering. Simmer 5 minutes. Whisk in dill, mustard, and $\frac{1}{4}$ teaspoon pepper.

Prepare green beans as directed.

Slice steak, serve with green beans, baby greens, and sauce.



Roasted Salmon, Spinach, and Butternut Squash Salad

*Prep time: 10
minutes*

*Cook time: 25
minutes*

*Serves 4, 398
calories per serving*

1 16-ounce package diced peeled butternut squash
1 tablespoon olive oil
pinch salt
 $\frac{1}{4}$ teaspoon black pepper
4 6-ounce skinless salmon fillets
salt and pepper to taste
3 tablespoons fresh lemon juice
3 tablespoons extra virgin olive oil
2 cloves garlic, minced
1 tablespoon minced fresh tarragon (or 1 teaspoon dried)
1 teaspoon Dijon mustard
8 cups baby spinach

Preheat oven to 425°F (218C). Line a rimmed baking sheet with aluminum foil.

In a medium bowl, toss the squash with 1 tablespoon olive oil, a pinch salt and $\frac{1}{4}$ teaspoon black pepper. Spread on the prepared baking sheet and roast, stirring once for 15 minutes.

Remove the pan from the oven and move the squash to one side. Place the salmon fillets on the foil and sprinkle each with salt and pepper. Return to the oven and bake 5 to 10 minutes, turning halfway through cooking time. The salmon is finished when it flakes easily with a fork.

Meanwhile, in a small bowl, whisk together the lemon juice, olive oil, garlic, tarragon and Dijon mustard.

In a large bowl, add the spinach and half of the vinaigrette and toss to combine. Divide the spinach between four serving plates, top with $\frac{1}{4}$ of the butternut squash and a salmon fillet and drizzle with some of the vinaigrette.

Hydration

Water makes up two thirds of our body. It's vital we drink enough fluids to maintain a healthy balance. It's recommended we drink at least 8 glasses of water per day or approx 2 litres.

Staying hydrated helps to maximise physical activity. If you exercise you need to drink water to replace the fluid lost through sweat.

Dehydration can affect energy levels and brain function, studies have shown that even mild dehydration, such as the loss of 1-3% of body weight can impair many aspects of brain function.

And of course, drinking plenty will aid in the weight loss process. It can help with satiety, as studies have shown that drinking water before a meal will make you feel fuller and decrease the chance of overeating.