

MFT

My-FitnessTrainer.com



*my nutrition*TM

Meal Planner *v3.0*

Easy to follow!

No calorie counting!

No daft 'points'!

Never go hungry!

Just great results!

Forever...!



Designed by Multi Award Winning Fitness Trainer David Souter

www.My-FitnessTrainer.com

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***Very Important...!
Please read your nutrition plan first...!
See 'Boost Your Results'***

Pages...

- 2 - Breakfast**
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- 5 - Lunch**
- 7 - Evening Meal**
- 9 - Snacks**



The following is a sound basis for a healthy lifestyle. Aim to have double the amount of vegetables to fruit (i.e. if you have 2 handfuls of fruit aim for 4 handfuls of veg) and remember this is just some ideas to make things easy for you, there are hundreds of other healthy options you can choose from, plus there are loads of healthy and tasty meals in the recipe eBook!

Upon waking up (5.30-8am) aim to get 8 hours sleep every night

Large glass of water and/or make up a 1.5-2l bottle of water with juice of 1 lemon or liquid chlorophyll
<https://in10sitynutrition.myllonline.com/> - to be drunk throughout the day.

Breakfast Options (6-9am)

- Homemade Muesli (ready made is very high in sugar): mix dry porridge oats, small amount of puffed rice & nuts (pine nuts/almonds/walnuts/hazelnuts/coconut pieces/pecans) & seeds (sunflower/pumpkin/sesame) & fruit (blueberries/cranberries/raisins/sultana-keep the amount low) serve with low fat/no sugar yogurt or rice/oat/coconut milk
- Porridge or Ready Break (heated with water) options: molasses, chopped fruit, nuts, seeds, cinnamon or a drop of honey – if on muscle gain/definition program add a scoop of protein powder,
- Rolled oats (dry porridge) mixed with apple slices & low fat natural yogurt
- Oak flakes, Cheerios (original), Oatabix and/or All Bran with rice milk/oat/coconut milk: mix and match them and add

nuts and seeds – max 3-4 times a week, great for fibre and fat burning

- Eggs & mushrooms/peppers/tomatoes– 2-3 whole eggs, cooked anyway you like, but not fried, add some couscous mixed with chopped banana
- Any Ezekiel 4:9 cereals (Original, Almond, Cinnamon or Flaxseed) with oat, rice or coconut milk
- Mixed fruit salad & fat free natural yogurt/greek yogurt (watch for sugar content)
- Oat cakes, small spoon of peanut butter & mashed (add seeds and mashed banana)
- Sweet omelette – 2-4 eggs, sliced banana, peanut butter and drizzle over yogurt
- Fruit or fruit juice drink made fresh with a juicing machine
- Drinks: Green tea/Grapefruit juice/water

More Breakfast Options...

Best breakie to boost your immune system (great for winter!)

50g of porridge oats, handful of blueberries, handful of pumpkin seeds, tsp molasses. Heat with water and once served drizzle rice/oat/coconut milk over the top.

Best breakie to build muscle (more muscle/more fat burning)

3 egg omelette with handful of chopped mushrooms and sprinkle with spinach leaves. Blend a tin of kidney beans with 2 cloves of

garlic, 3 tbsp of lemon juice & a tbsp of olive oil until smooth top with sesame seeds and serve on the side of your omelette.

My top breakfast

2 egg omelette with chopped red onion & bell peppers, side serving of quinoa mixed with a chopped banana & diced chicken, Green tea.

Super Porridge Breakfast

Jordans Porridge Oats, a small shot of Vanilla Protein powder, tsp Bee Pollen (see below), tsp Maca root powder, dash of sea salt, large sprinkle of cinnamon, 2-3tsp of Psyllium seeds (see end) – WOW this will set you up for the day and/or is a great pre-workout meal!

Always eat something for Breakfast!

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Why Can't I Drink Cow's Milk???

Nearly every week one of my clients ask why can't they drink cows' milk or ask if it's ok just to have a drop in tea or coffee – well the answer is they can – however I strongly advice against it!

Why? Cows' milk is designed to nourish calves and gives them a **300% weight gain per year!** Milk literally sends a message to your cells that says GROW!

Also as adults we would never drink breast milk – but do you really want to drink a cows' breast milk???? Stick to unsweetened almond, coconut, rice or oat milk.

Snack (see snack list) & large glass of water/lemon bottled water

Great energy booster snack

Greek yogurt or natural yogurt (Do not use low fat) 5-6 walnuts and chopped apple.

Lunch (12-2pm)

- Quinoa, grains, lentils or wild/brown rice (mixed with diced fruit or raw veg) can be eaten hot or cold
- Cous-cous (mixed with diced fruit, nuts or raw veg) can be eaten hot or cold
- Quinoa (mixed with diced fruit, nuts or raw veg) can be eaten hot or cold
- Ready made quinoa (by Merchant Gourmet, Asda & Aldi) are great, stay off the wheat ones for the first 2 weeks, there are also some lovely lentil ones – just mix with veg and meat!

Add one of the following to one of the above options...

- Salmon or tuna or mackerel or sardines (tinned are fine)
- Chicken or Turkey or Red meat (red meat after week 1)

More Lunch Options...

- Rolled oats (dry porridge) mixed with apple slices, nuts, seeds & low fat natural yogurt (only if you did not have this for breakfast)

More Lunch Options...

- Wholemeal Toast(after 2 weeks)/Rice cakes/Oat cakes, peanut butter & mashed banana – No spread (only if you did not have this for breakfast)
- Mashed banana/organic peanut butter/seeds with crumbled oat cakes or ryevita
- Eggs, lean ham & tomatoes– as many eggs as you want, but not fried – remember eggs are fine to be cooked and then ate cold later
- Diced Mackerel on bed of spinach raw mushrooms, sliced peppers and onion and large spoon of guacamole
- Couscous salad & chicken or tofu
- Avocado, nuts & chicken salad
- Bean salad & salmon
- Wild rice salad & beans & asparagus
- All Vegetables
- All Fruit
- Salad – no salad dressing - use vinaigrette

I have tried to take into consideration that most people will be stuck at work for their lunch hence most of the above can be prepared in the morning and eaten cold at lunch

Drinks: Tea or coffee (x1 per day)/water

Great cholesterol lowering lunch

Grill and slice some turkey and mix with ½ slice avocado, handful of rocket leaves and some spinach – add and roll it all up in a corn wrap.

My top lunch

Salmon, broccoli & spinach plus quinoa mixed with a diced peach & diced yellow bell pepper

Mid Afternoon Snack (3.30-5pm)

See snack list & large glass of water

Great snack for energy levels and skin protection

Handful of dried figs (3-5) and 15 almonds – great for those of you with a sweet tooth!

- Keep carbohydrates to minimum after 5pm

NO *bread/rice/wheat/pasta/white potatoes!

Evening Meal (5-7.45pm)

- Chicken or Turkey x3-4 week
- Salmon or Tuna or Mackerel or White fish x3-4 week
- Red meat x1-2 per week, after week 1
- Vegetables – as much as you want
- Salad – no salad dressing or gravy - use vinaigrette
- Choose steamed, baked or grilled food rather than fried or cooked in a sauce - avoid creamy or buttery sauces
- Drinks: Tea/coffee (x1 per day after 1-2 weeks)/water

More Evening Meal Options (5-7.45pm)

Great winter energy boosting stew!

Brown some lamb and lambs kidneys in some oil in a casserole dish, add onion and garlic and stir until softened. Add carrots, sweet potatoes, cumin, coriander and/or a spice of your choice – pour in veg stock. Transfer to the oven and cook for 90 mins at 180 degrees or until the meat is tender.

Great 'Six Pack in a Bowl' stew!

Fry some turkey until golden, add onions and soften, add spices (cumin, tarragon, paprika salt, pepper to you taste, mustard and Worcestershire sauce). Add kidney bean, chick peas, celery and tomatoes. Transfer to casserole dish and layer pre-boiled sweet potatoes and parsnips over the top – bake for 30 mins at 200 degrees.

My top evening meal

Roast chicken (drizzle with a tiny amount of kraft 'light' honey & wholegrain mustard dressing), roast sweet potatoes & butternut squash & baby corn (sprinkle with olive oil, salt and paprika)



Evening Snacks (7.45-10.30pm)

- Apple, grapes, nuts, seeds
- Optional: High quality whey protein shake with at least 30g protein
- Drink the remainder of your bottled water

Snacks List

- All fruits
- All vegetables
- Oak cakes & rice cakes
- Beef Jerky
- Ryevita
- Nuts (best – almonds & pine nuts)
- Seeds (best – pumpkin)
- Organic Peanut butter
- Hummus and veg
- Protein Shake/bar