



# Body Beyond Limits

*nutrition guide*



# Nutrition info

Below is your nutrition plan. Remember, nutrition is not one size fits all so if you have any health concerns, queries, you are finding it's not enough food, or you want to let us know your personal goals etc. then please send an email to the above address or comment in the Facebook group so we can amend your plan to suit. We all have different body composition, different activity levels, different goals, train differently, sleep differently, so we all require different intakes... And remember, as your body changes, your nutritional requirements will too, so don't be alarmed at any stage, just get in touch with me.

You can mix and match many of the meals for ease and convenience but we'd prefer you to stick to the plan as much as possible. If in doubt, contact me!!!!

## TIPS:

Pre/Post workout: When having carbohydrates, try to have them before and after training, even if this means taking them out of your other meals to have it in these meals. Carbs are better used for energy and less likely to be stored as fat at these times and they help hugely with toning especially when paired with a lean source of protein.

Protein Shake Post workout: After any intense training (bootcamp, weights) please include a protein shake. Not all protein is equal so check the one you have with us or go through Michael for your supplement orders.

Sleep: Sleep is one of the most important components of fat loss and a healthy lifestyle. Basically if you are lacking sleep, have low energy levels and high cortisol levels it can be very difficult to lose fat and reach your goals so if you are really struggling in this area get in touch with me otherwise aim for a minimum of 7-8 hours per night.

Water: Stay hydrated...again, if you are not adequately hydrated, fat loss, muscle building or toning will be extremely difficult. Sip on water throughout the day, drink plenty before, during and after training and aim for 2-3 L minimum. When you wake up, it is so beneficial to have lemon water and even better if you add 1 TB apple cider vinegar.

Coffee: I really would love everyone to cut back on their caffeine intake and if you must keep your daily coffee, have a long black or instant coffee with a dash of milk, NO SUGAR – none, (you can have a little natural sweetener – way better than sugar) and switch to skim or almond milk or cut the milk out completely for the best results. If you are having a cappuccino, latte etc. then that counts as part of your snack so let me know so I can tell you how to fit it in. But again, cutting out sugar and milk in your coffee will give big results!

No Chai Lattes, mochas or hot chocolates from cafes, these are LOADED with sugar and we really want to minimize or cut out all refined sugars during the challenge. You will feel 100x better for it and notice some big results just by cutting the white stuff!

Alternatives: Sugar free Drinking Chocolate (Coles/woolies), Chai tea with a dash of milk, any tea is allowed just being mindful what you are adding to it, instant coffee, decaf coffee etc.



**Flavour Additions:** You do not have to eat plain, bland food to lose weight. My main goal of this plan second to changing your lifestyles was to keep it delicious and interesting. I will list some flavourings and seasonings with little to no calories that you can use.

**Savoury:** Pink Salt, Pepper, Herbs, Spices (without salt added), lemon/lime, garlic, ginger, chilli, reduced sodium soy sauce, sugar free sweet chilli (Coles), Fountain no added sugar BBQ and Tomato Sauce (do not use regular tomato/BBQ etc. sauce, it is loaded with sugar!), Celebrate Health Sauces (Coles- available in Teriyaki, Butter Chicken, Tuscan Meatball, Chinese Beef stir-fry), pasta sauce with less than 10g sugar per 100g, mustards, vegemite, miso, curry paste (red and green usually better but look for low fat and oil), curry powders.

**Sweet:** Natvia, Stevia, Sugar free Maple Syrup (queens brand – Coles/woolies), Lemon/lime juice, cinnamon, vanilla essence, sugar free drinking chocolate, PB2 (available at Pink Muscle or some Coles).

**Cut out:** Regular sweet chilli, tomato, BBQ sauces, mayonnaise, margarine (I'd prefer you to use real butter), cream, diet yoghurt (for this plan I specify to use the plain chobani yoghurt), cheese (in moderation you can enjoy beca 50% less fat cheddar, light feta, ricotta, cottage cheese), Vegetable oils (use a good quality olive oil or coconut oil in small amounts), Juice – even freshly squeezed – you can have freshly juiced veggie juices with one serve of fruit, soft drink, roasted or salted nuts, dried fruit, muesli bars etc. As I said if it's not on the plan just check it with me.

**Meal Preparation:** Feel free to prepare meals in advance and pick meals that are more easily prepped in bigger quantities and can be refrigerated or frozen, any meats can be pre-cooked in large batches, overnight oats or omelette's for breakfast etc. We want this to be as easy as possible for you and if you don't like cooking each day then by all means prepare ahead. This will also help on those nights you feel like take away or not eating because you will have things ready to go.

**Eat Regularly:** The plan has 3 main meals and 2 snacks. This is to ensure you are eating every 3 hours and keeping your metabolism firing or to speed it up if it has slowed. Try not to skip any meals or snacks, long periods of time without food leads to fat storage and we don't want that.

**REMEMBER:** Small changes = HUGE results!



# Portion Size Guide

(this is purely a guide, most quantities are in the plan but otherwise check back here)

	Size	Examples
<b>Protein</b>	Deck of cards, palm of your hand. <b>Women:</b> 80-120g Cooked meat 150g Cooked White Fish 120-140g Cooked Salmon/Trout <b>Men:</b> 150-200g Cooked meat 150-200g Cooked white fish 150-180g Cooked Salmon	Lean steak, chicken breast, tofu, fish, kangaroo, turkey, lean cuts of lamb, pork and 5 star of heart smart mince meat, tinned fish, eggs, and seafood. Try to avoid processed meats like sandwich meats, sausages, burger patties etc. unless you make them yourself. Oily fish like trout and salmon are very healthy, containing lots of the necessary essential fatty acids.  Post Training sessions consume a shake, preferably WPI (see me about this if you are not sure as not all protein powders are equal!) with 20-30g protein in it per serve especially if they are strength based.
<b>Carbohydrates</b>	<b>Women:</b> ¼-1/3 Cup cooked rice/quinoa 80-100g Cooked Sweet Potato 1 Cup Pumpkin 1-2 Mountain Bread wraps (limit these as they are still bread) 1/3 cup raw oats <b>Men:</b> ½-¾ Cup cooked rice 150-200g cooked sweet potato ½-1 cup raw oats 2-3 mountain bread wraps	Carb timing is important. Men, if you are wanting to gain muscle then time the majority of your carbs before (1-2 hours pre workout) and post workout (1-2 hours post) then smaller amounts in the other meals and snacks.  Women who want to achieve fat loss, try to have little to no carbs at breakfast to keep your body in a fasted, fat burning state so have a meal containing higher protein and fats. Keep carbs pre workout to 4 hours prior to training unless you really need the energy kick or you will be doing a heavy strength session.  Carb dense vegetables to limit or be mindful of portions: Corn, green peas, beetroot, potato, sweet potato.
<b>Vegetables</b>	Include as much veggies as you wish (non-starchy vegetables) to fill you up and provide you with nutrients. These are the vegetable options when it is written on the plan.	Vegetables such as asparagus, broccoli, cabbage, celery, cauliflower, green beans, leek, lettuce, mushrooms, onions, capsicum, zucchini, salad greens, tomato etc. Aim for 5-6 serves minimum per day. Use salad greens, cucumber, broccoli, zucchini, bean sprouts etc. to bulk up your meals as they will help fill you up and don't really count towards your calories.
<b>Fruit</b>	½ Cup for berries, ½ large banana or 1 small, 1 piece of fruit	Fruit is so nutritious but it is also high in sugar so stick to maximum 2 serves per day and remember they are carbohydrates. Avoid dried fruit.
<b>Nuts</b>	Women – 12-16 raw nuts Men – 1/3 – ½ cup raw nuts Brazil nuts – 3 nuts Nut butters – 1 TB (approx. 120 calories so be mindful)	Avoid salted, flavoured and roasted nuts. Look for raw nuts wherever possible or dry roasted on occasion. Look for nut butters that are 100% nuts. Please don't consume any with vegetable oils or added sugar.

# 3 Day sample plan to get you started.

## Female portions

Day 1	<b>Green Brekky Bowl:</b> 1 cup baby spinach or kale 2 eggs – boiled, poached or fried without oil Cooked mushrooms, zucchini etc 30g haloumi or 30g avo	Yopro yoghurt	<b>Tuna and rice salad</b> 1 x small cans tuna 100g cooked rice Baby spinach + tomato + cucumber + onion + avo	2 corn thins 2 tb cream cheese Sliced tomato + cucumber	<b>Easy Chicken Curry (see recipe)</b> <b>Serve with Cauliflower rice</b> and greens
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## Male Portions

Day 1	<b>Green Brekky Bowl:</b> 1 cup baby spinach 2 eggs – boiled, poached or fried without oil Cooked mushrooms, zucchini etc. 50g avo or 30g haloumi	170g Chobani yoghurt with ½ cup berries or ½ banana, cinnamon, natural sweetener or sugar free maple syrup	<b>Tuna and rice salad</b> 2 x small cans tuna 150g cooked rice Baby spinach + tomato + cucumber + onion + avo	4 corn thins 4 tb cream cheese Sliced tomato and cucumber	<b>Easy chicken curry (see recipe)</b> Serve with ½ cup cooked rice
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## *Easy Chicken Curry*

300g chicken breast or thigh, cut into chunks

1 onion, chopped

½ cup Chobani plain yoghurt

2 TB tomato paste or 1 cup plain tomato passata

4 cloves garlic

1 tsp cinnamon

1 tsp chilli

1 tsp turmeric

Salt

5 cardomom pods

5 whole cloves

Chopped coriander

### **METHOD:**

1. Blend spices, yoghurt, garlic, tomato sauce/paste, ¼ cup water until smooth.
2. Saute onion for 2-3 mins. Add chicken and cook until onions transparent
3. Pour in spice/yoghurt mixture and bring to a boil. Reduce to a simmer, stir occasionally for 25mins or until chicken tender.

We hope you enjoy your new lifestyle.  
Remember,  
If you don't challenge yourself you  
don't change!!!

*Healthy Regards*  
*The Team at Body Beyond Limits*

All material included in the Beyond Limits nutrition guide is intended to be of a general nature only, and is included for the sole purpose of providing general information. Users should seek advice as appropriate from a professionally qualified dietitian on all specific situations and conditions of concern to them. For full support and proper nutrition assistance please join one of our 30 day challenges.

