



# NUTRITION GUIDE

## **Our Nutrition Philosophy**

Increase energy, focus, strength and vitality in a sustainable and healthy way

*page 4*

## **Food Psychology & 'The Game'**

Learn what 'The Game' is and simply stop playing it. Take control of your own nutrition.

*page 10*

## **Recipe Ideas & Shopping List**

Try out my simple, healthy and easily adaptable recipe ideas at home

*page 25*



**ONE CLAN**

# Product Disclaimer

The information provided in this guide is provided on an “as is” and “as available” basis. Thus, all purchasers and/or readers of any expressly agree that their use or interpretation is done so at their sole and exclusive risk. It is provided only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this guide as a substitute for qualified professional health advice, diagnosis or treatment.

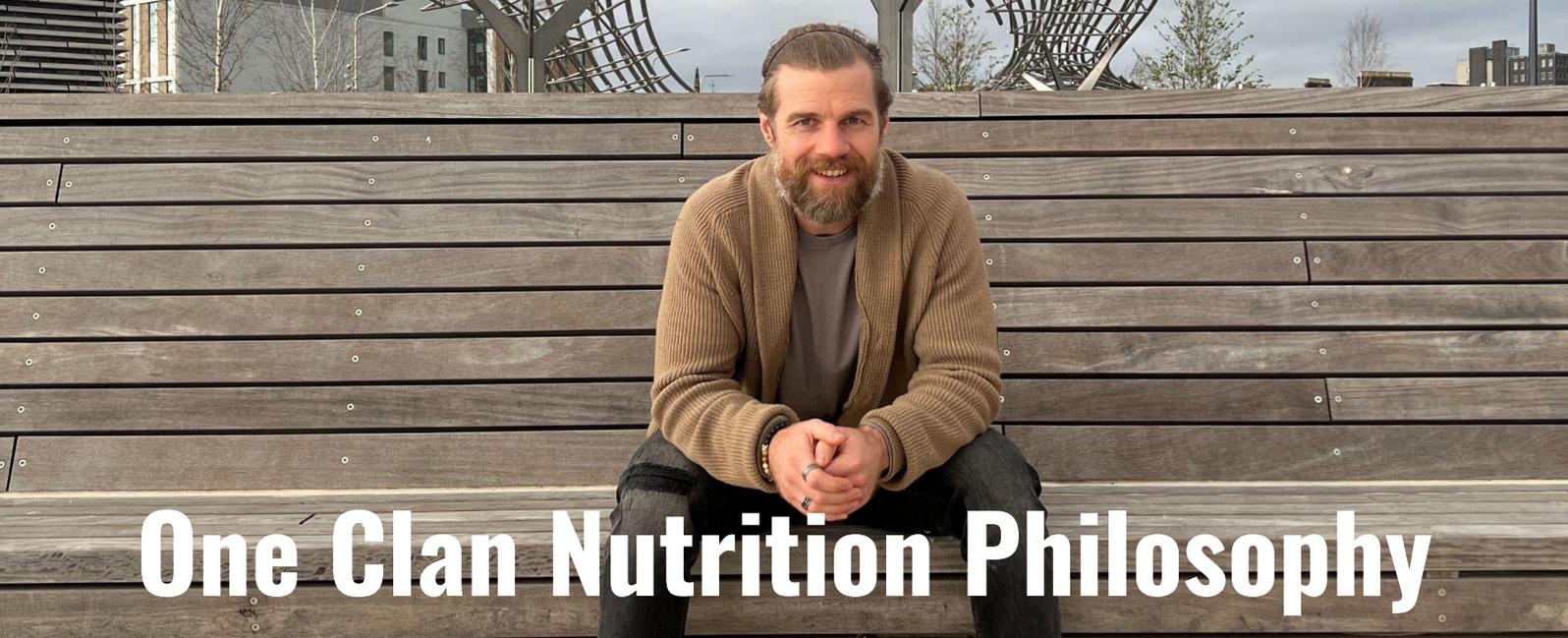
Neither One Clan nor their affiliates, licensors, suppliers or distributors will be held liable for indirect, incidental, special, consequential, or exemplary damages resulting from the use of the information or services provided.

The information and materials provided in this guide come from a variety of sources, including the professional experiences of the One Clan team. Accordingly the information in this program is copyright, 2023 © OneClan and no part of it may in any form by electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the prior permission of the publisher,



# Content

<b>One Clan Nutrition Philosophy</b>	p. 4
<b>One Clan Nutrition Principles</b>	p. 5
<b>How Much Should I Be Eating?</b>	p. 7
<b>Food Psychology &amp; 'The Game'</b>	p. 10
<b>What to Eat To Get The Best Results</b>	p. 12
<b>Eating to be more you</b>	p. 19
<b>Recipe Ideas</b>	p. 25
<b>Shopping List</b>	p. 34
<b>FAQs On Nutrition</b>	p. 36

A man with a beard and long hair, wearing a brown cardigan over a grey t-shirt and dark jeans, is sitting on a wooden bench. He is smiling and looking directly at the camera. The background shows a modern building with a glass facade and some trees under a clear sky.

# One Clan Nutrition Philosophy

Hey! I'm Stephen Clarke and I'm so happy you are reading this - because it means you're going to improve your overall health and well-being in body and mind. With this nutrition guide and your One Clan membership you'll be able to live your life on your own terms with bags of sustainable energy, strength and focus to do what needs to be done.

If you want to live a life of purpose then you must **eat on purpose**. In this guide you will find all my top tips and guidelines for how to improve your diet as part of a long-term healthy lifestyle change. Your nutrition plays a vital role in energy, motivation, strength and focus, plus it helps you build lean muscle mass and burn more body fat. When you feel strong, clear and fired-up the other areas of your life will follow suit.

Let's get creative in the kitchen and make what's best for you, your work and your relationships.

# One Clan Nutrition Principles

## #1

### EAT REAL FOOD

Eat food made by the earth. Not 'ON' this earth in factories or processing plants but 'BY' this earth. Animals, plants, seeds, nuts, fruits and vegetables.

If you don't want to or don't like anything on that list that's ok. But let's not pretend factory produced substitutes are in anyway better for you or for the environment than locally and ethically sources natural foods.

Whole, one-ingredient foods should make up 90% of your diet. Don't stress if you're not close to this. Make some small adjustments and aim to make progress.

## #2

### FAT DOESN'T MAKE YOU FAT

Don't be afraid of high-fat foods! Fat isn't just necessary for your body to function properly, it also keeps you full for longer and gives you slow-releasing energy to fuel your body and brain for training, work, family and any creative endeavours. The reason many western diets are so unhealthy is that they combine lots of fat with lots of sugar - that's a recipe for weight gain, brain fog and lethargy! Eating heart-healthy unsaturated fats will help you feeling full of energy throughout the day.

## #3

### SUGAR IS THE ENEMY

It's becoming increasingly clear that sugar is the primary cause of weight gain, many diseases, brain fog and low libido. In particular, stay away from sugary drinks - with no fiber or other nutrients, they're absorbed very quickly by the body and cause unhealthy blood sugar spikes. This applies to juice as well as soda - it's just as sugary, with none of the healthy fiber you get from whole fruits.

# #4

## DRINK PLENTY OF WATER

That means you should aim for around 8-12 glasses of water, spread out over the course of the day. Keeping your body hydrated means it can perform better in your workouts, it will be easier for you to lose fat, and you'll have way more energy than normal for your work and play. A crystal or two of sea or rock salt will also add some essential electrolyte that your body needs without your water tasting salty.

# #5

## MINIMIZE ALCOHOL

Alcohol is processed by the digestive system in a very similar way to sugar, not to mention all its other negative health effects. A glass of wine in the evening every now and again might be your stress release and that's fine, but it should be an occasional treat - definitely not part of your daily routine. Alcohol is also a depressant meaning it brings your mood and your whole vibration down. If you want to live a vibrant, purpose filled life keep alcohol to celebrations only or even not at all.

# #6

## LISTEN TO YOUR BODY

A typical western diet high in sugar and refined carbs produces lots of spikes and crashes in your blood sugar. This can make you feel hungry again soon after eating as well as lethargic and less focused. So paying attention to how your body and mind feel before, during and after food can help you tune into your innate wisdom and make better decisions for yourself. Most people eat what they eat due to convenience and habit so let's listen to your body and adjust accordingly.

# How much should I be eating?



## **25-30% of your calorie intake should be from carbohydrates**

Stick to whole food carbohydrates which also have plenty of fiber (e.g. sweet potatoes, rice or oatmeal) rather than refined carbs or sugary foods. This will ensure you get a slow release of energy over the course of the day, rather than an unhealthy blood sugar spike followed by a crash.

## **35-40% of your calorie intake should be from protein**

Whether you want to lose fat, gain muscle or both, it's crucial to eat enough protein! The amino acids found in protein are the building blocks your body uses to create new muscle tissue. Plus, it takes more energy to digest than carbs or fat, and it keeps you full for longer, so it's a winner if you're trying to lose weight!

## **35-40% of your calorie intake should be from fats**

Don't be afraid of fat - as long as it's the healthy unsaturated or polyunsaturated kind, which you normally find in plant foods like olive oil, nuts and avocados. Minimize saturated fats and especially trans fats found in processed foods, which are bad for your heart.

# Simple portions that make sense

---



If you want a really simple and straightforward way to keep on top of your nutrition, here's a simple rule you can follow. I know that in-depth analysis isn't for everyone, so this is a really quick and zero-effort way to make sure you're eating roughly the right amounts of each food group!

In every meal, you should aim for one quarter of your plate being taken up by protein, one quarter being healthy fats (such as avocado), one quarter being vegetables, and one quarter being healthy carbohydrates.

If you are trying to lose fat, you should reduce the proportion of carbohydrates - replace them with more vegetables or fruit. If you are trying to gain muscle, then the amount of lean protein on your plate should be bigger than a quarter.

In general, feel free to eat as many low-carb vegetables as you feel like, and combine them with healthy fats like avocado or olive oil. It's difficult to overeat high-fibre food because it makes you feel full so quickly!

# General Guidelines



You've already learned the basic principles of my approach to nutrition, but next I'll give you some more detailed guidelines you can apply to your daily diet to focus more on what you need to thrive.

These are good habits that will help anyone stay healthy, but they're especially important when you're aiming to increase strength, energy production and mental clarity like in the One Clan membership!

If you follow these guidelines, it will help you perform at your best and get the most out of your workouts too.

Before we get into the more specific One Clan nutrition principles it's important that we first talk about 'The Game' and that you wake up to the difference between food and products.

# Food Psychology

---



Your physical body, your hormones, neurotransmitters, instincts etc are programmed to look for food that will help you survive a famine. This means high fat, high sugar, high salt. The food manufacturers know this. So...

## **Let's not play their game!**

There seems to be this unspoken game that society plays. Manufacturers of processed 'food's make claims that their products are healthy. As long as it says something resembling 'healthy' or 'good for you' or even just naming some random nutrients that are present in small quantities, we all seem to play our role in the game and consume said 'food'. Sometimes even convincing ourselves that it is indeed good for us.

## Some Hard Truths...

Don't get me wrong, there are absolutely some companies out there making great products and are genuinely trying to make a difference. But let's not kid ourselves. Most product manufacturers do not care about your health, regardless of what it says on the packet. They care about profits and they will prey on any lazy, half-arsed efforts of being healthy by using buzz words on their packets and in their marketing.

We'll even knowingly buy and consume products that we know are not good for them but justify it by saying it's a treat or 'everything in moderation' when in fact your diet is far from balanced with more food out of a packet than out of the ground.

I've already given you the 6 One Clan Nutrition Principles but your mindset around your nutrition is probably the most important aspect of your journey.

Your honesty and integrity around the food you eat and why you eat it will serve you well on your journey to live fully.

It's ok to consume sugary products, potato chips, drink alcohol or the occasional protein bar. I'd be a hypocrite if I said it wasn't. But let's be mindful around it and be honest with yourself about why you are consuming these things. If it's on a regular basis there's likely a little deeper work required. To get uncomfortable with yourself and speak some truth. Working with a therapist or a coach on a one-to-one basis could also help.

Food doesn't just contribute to our physical health but our mental and emotional well-being too. This is why we find ourselves consuming things that provide no physical nourishment but do provide a certain mental or emotional effect.

This is obvious with chocolate, potato chips and such like. Essentially these things exist to give us a little high, much like other drugs.

This, of course, is a much deeper topic than I can fully cover here but I hope this has given you some food for thought (pun intended) around your own nutritional habits.

# Staying hydrated

---

Before we get into how to eat for improved energy, strength and focus I can't emphasise enough the importance of drinking plenty of water. Your body can't function properly if it's dehydrated, let alone keep you sharp or build strength and lean muscle! So if you want to stay in shape, you need to make sure you're constantly sipping on water throughout the day. Always have a bottle with you - it'll soon become a habit!

What's more, people often overeat because they're thirsty, not hungry. If you drink water before a meal, you're likely to eat around 90 fewer calories. You're also less likely to turn to other, less healthy drinks like soda or alcohol if you always have water with you.

If you get bored drinking plain water all the time, try adding lemon juice or infusing it with fruits. You can use fresh or frozen fruit - there are so many options out there! Unsweetened, naturally caffeine free tea is also a great option to stay hydrated.



# What to eat to get the best results

---



Although the One Clan nutrition philosophy aims for overall health and well-being there are three main principles that will bring you energy optimisation, strength, focus and creativity.

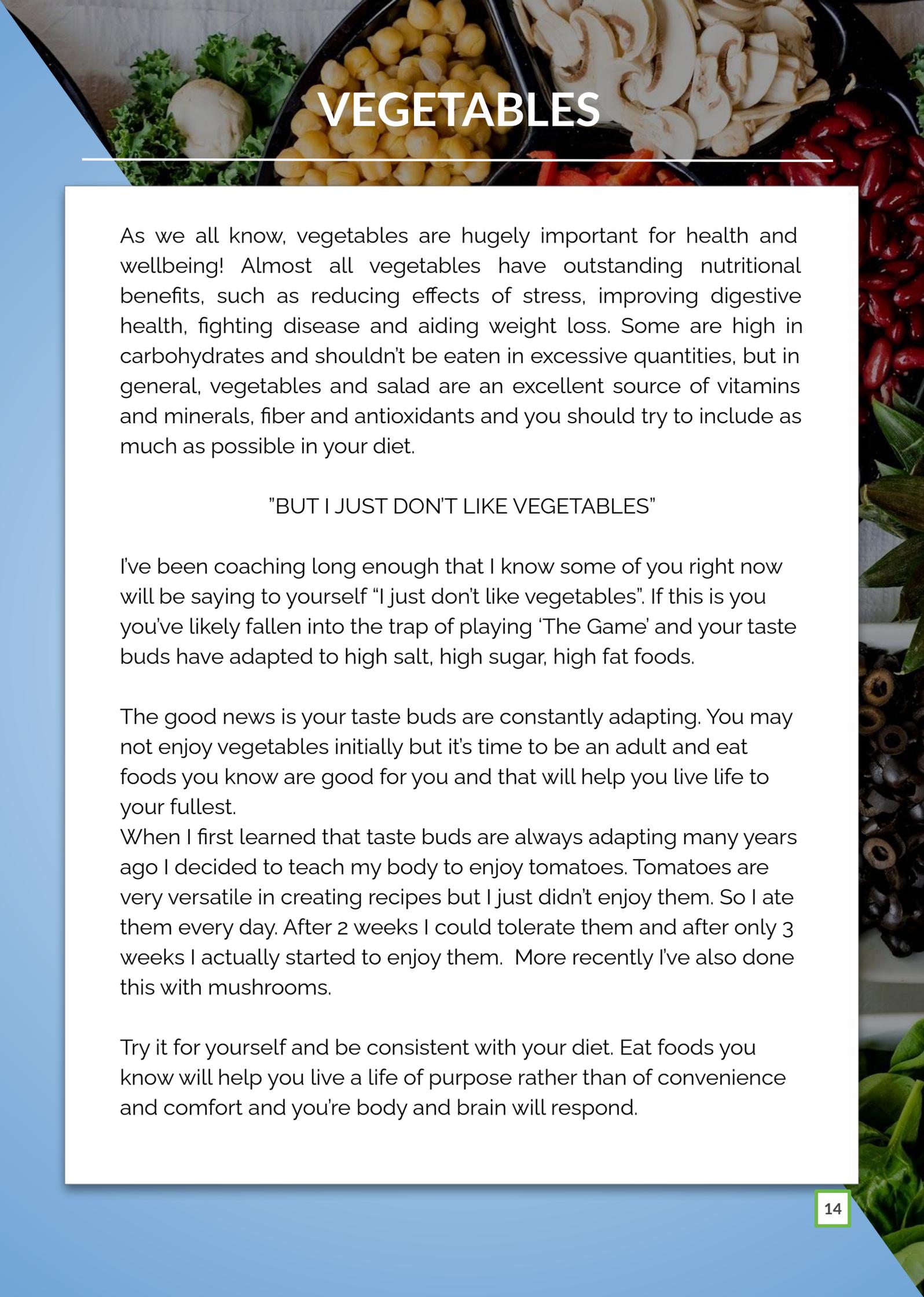
These are:

- Balancing Blood Sugar Level
- Increasing Metabolism
- Hormone Balance

In my experience complete diet plans can work but more often than not they are like sugar. Consume a little sugar and you'll feel great for a short period of time before you crash and you go looking for the next high. A diet plan is similar in that it works really well but only for a short period of time. Before long you'll find yourself back in your old habits and looking for the next solution but a little more deflated than you were when you started.

So instead of a diet plan I feel it's better to educate and give you more responsibility to create your own diet. Yes, there's a little more work required from you but the difference in your long-term progress will be worth it.

At the end of this section I've provided some specific guidelines around balancing blood sugar levels and hormones as well as increasing your metabolism. But first let's get to grips with the basic food groups.



# VEGETABLES

As we all know, vegetables are hugely important for health and wellbeing! Almost all vegetables have outstanding nutritional benefits, such as reducing effects of stress, improving digestive health, fighting disease and aiding weight loss. Some are high in carbohydrates and shouldn't be eaten in excessive quantities, but in general, vegetables and salad are an excellent source of vitamins and minerals, fiber and antioxidants and you should try to include as much as possible in your diet.

## "BUT I JUST DON'T LIKE VEGETABLES"

I've been coaching long enough that I know some of you right now will be saying to yourself "I just don't like vegetables". If this is you you've likely fallen into the trap of playing 'The Game' and your taste buds have adapted to high salt, high sugar, high fat foods.

The good news is your taste buds are constantly adapting. You may not enjoy vegetables initially but it's time to be an adult and eat foods you know are good for you and that will help you live life to your fullest.

When I first learned that taste buds are always adapting many years ago I decided to teach my body to enjoy tomatoes. Tomatoes are very versatile in creating recipes but I just didn't enjoy them. So I ate them every day. After 2 weeks I could tolerate them and after only 3 weeks I actually started to enjoy them. More recently I've also done this with mushrooms.

Try it for yourself and be consistent with your diet. Eat foods you know will help you live a life of purpose rather than of convenience and comfort and your body and brain will respond.

# Fruits

Fruit is fantastic for overall body health. It is packed with essential nutrients, vitamins, minerals and fiber. Eating plenty of fruit will improve your health and your energy levels, and will also help you avoid processed snacks by giving you a healthy sweet treat!

Often people say to limit your fruit because of the sugar content, but I believe that adding any piece of whole, natural food to your diet is beneficial. That said, don't eat so much fruit that your sugar intake goes off the charts, or that you are not hungry come meal time.

For a balanced diet, you need to eat plenty of other foods like lean protein, complex carbohydrates, good fats, and vegetables. If you would like to add one or two servings of fruit as a snack or dessert, that's fine, as long as it's not ruining your appetite for other foods.

Try to eat fresh rather than dried fruit, which is a much more concentrated source of sugar and calories.

There's also one particular fruit that gets a lot of attention in the wellness space and that's the avocado. Avocados are unique in that they provide an amazing source of monounsaturated fat.

This makes it ideal for balancing blood sugar levels, lowering cholesterol and blood pressure and they're even great for digestion as they contain plenty of potassium and fibre too.



# Animal foods

---

Meat and dairy can be a great source of protein, but shouldn't be eaten to excess. Some types of meat and dairy are much better for you than others, so it's important to make smart choices. Here are some examples of good animal foods to include in your diet:

## Meat

You should also always buy organic and grass-fed meat when possible. Farmed animals which are fed on corn, rather than grass, produce much fattier and less nutritious meat. How the animal lived and died should also be considered. A free animal such as a Deer in Scotland that doesn't know it's going to die until it is shot will pass on completely different physical and emotional information to the consumer of the meat as opposed to animals living in crowded sheds and then led to a slaughter house. Choose locally and ethically sourced meat when possible.

## Fish

Fish tends to be high in protein and low in saturated fat compared to red meat. It's also a good source of healthy omega-3 oils (especially the fattier fish such as salmon). Examples of healthy types of fish are sardines, salmon, mackerel..

## Eggs

Eggs are an excellent and convenient source of protein, and can be cooked in a huge number of ways - scrambled, fried, poached, boiled, or any way you like!

## Dairy

In moderation, dairy foods are a great source of fat and protein, but they can be high in calories and saturated fat (especially cheese), so don't go crazy! That said, you should always go for full-fat over low-fat dairy. It's more satisfying and will keep you full for longer. Plus, low-fat dairy products often have sugar added to replace the fat, so they're actually much less healthy.

# Vegetarian and Vegan Alternatives

---

One of the most frequent questions about plant-based diets is: Where do you get your protein? Vegetarian and vegan diets can be incredibly healthy and nutritious, but if you don't pay attention it's easy to fall into the trap of eating lots of carbs and fat and not enough protein.

Although I've given protein quantities below it would be more accurate to say 'amino acids' as most vegetarian sources don't contain all essential amino acids. Don't worry though. As long as you are marrying up two different sources of amino acids they tend to make up a complete protein.

Example of this would be vegetables with grains, Pulses with nuts. Vegetables with pulses etc.

- Beans (21g protein/100g)
- Lentils (9g protein/100g)
- Chickpeas (19g protein/100g)
- Tempeh (19g protein/100g)
- Tofu (8g protein/100g)
- Green peas (5g protein/100g)
- Spinach (3g protein/100g)
- Broccoli (3g protein/100g)

# Whole Grains and Other Carbs

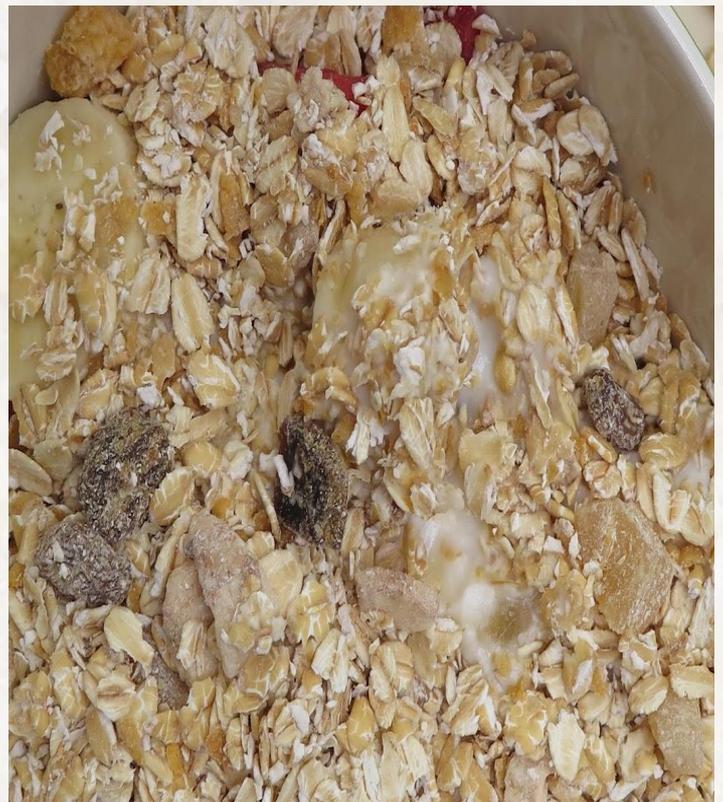
---

You should try not to eat too many carbohydrates, as they don't have as many health benefits as protein or good fats and can crowd those other food groups out of your diet! However, in moderation, complex carbohydrates are an important part of a balanced diet as they provide energy, keep you full and are rich in fibre, which benefits the digestive system.

Avoid simple/refined carbohydrates like white bread or pasta, which are calorific but have fewer health benefits and won't keep you full for as long.

Here are some healthy sources of complex carbohydrates:

- Quinoa (Gluten Free)
- Brown rice (Gluten Free)
- Amaranth
- Buckwheat (Gluten Free)
- Barley
- Wheat berries
- Bulgur
- Oatmeal or muesli
- Wholewheat or corn tortillas
- Bananas
- Potatoes
- Sweet potatoes





# NUTS AND SEEDS

---

## **NUTS & SEEDS**

Nuts and seeds are an excellent source of protein and healthy fats. They're also extremely versatile – they're great on their own, or in sweet and savoury dishes. A fistful of nuts and seeds is a super convenient snack and will definitely satisfy your hunger. Nut butters are also an easy and versatile way to include them in your diet.

There are however a few considerations to bare in mind.

Salted nuts are 'more-ish' and very easy to over-consume. Although a little salt is good for your health and hydration it's well known that too much salt in your diet will have detrimental effects on your blood pressure and heart health.

When adding nuts into your diet try to keep things interesting. Different nuts and seeds will give you different benefits so let's mix things up.

I personally like to add in walnuts or unsalted cashews to a morning smoothie and pecans to salads or sometimes thrown into roast vegetables.

Seeds have also become popular over the years for good reason, as they both provide a host of nutrients for good health. Try adding some to soups, smoothies or a sprinkle on salads.

The healthy fats contained in all nuts and seeds will contribute to balanced blood sugar levels, improved energy, cognitive function, hormones and immune system.

Be careful of the calories but get them in your diet!!

# Eating to live fully



Ok, so now that you have the run-down on the food groups let's talk about eating to live fully.. As I mentioned earlier in this nutrition guide there are three main principles that will help you have more energy, become stronger, more focussed and more creative.

1. Balanced blood sugar level
2. Increased Metabolism
3. Balanced Hormones

## **Balanced blood sugar level**

You should have a small understanding of how to balance out your blood sugar by now through the information provided so far in this guide.

But let's simplify it a little more now as well as taking a deeper dive into metabolism and testosterone production.

You should construct your diet around protein, healthy fats, fibre, vitamins and minerals. Carbs can be consumed but it's wise to avoid quick release carbohydrates such as bread and other wheat based products, cereal bars and of course all sugar orientated foods.

### **Does that mean I can never have bread again?**

No not at all. There is actually a time when quick release carbs will be a benefit and that's after intense training. After you've worked hard in the gym your muscles are screaming out for nutrients. Protein is still vital here as it's the building blocks of your muscles but if you consume your protein with some quick carbs your body will absorb everything a little quicker leading to better recovery.



If you have NOT trained, stick with protein, fats, fibre and some slow carb vegetables.

The most important time to apply this principle is your first meal when most people reach for cereal, bagels or toast. This obviously makes you feel good which many people think they need first thing in the morning. However, the sugar spike and subsequent crash leads to Yo-Yo energy/crash cycles all day as you reach for cookies, coffee, cereal bars, more bread for lunch etc.

If you really can't go without your carbs in the morning one way of slowing down the release of sugar into the bloodstream is by including some healthy fats. This of course then brings in the extra calories but this might not be a problem for you. For example toast will give you a quick spike in blood glucose but if you have some avocado on it (which contains lots of healthy fats) then the release will be a little slower.

Start the day as you mean to go on.

## Increased Metabolism

When I was Personal Training I had many clients come to me with low energy, lots of health problems and excess body fat.

After a little investigation it was very common for me to find that new clients simply weren't eating enough good nutrients to create long-term health and vitality. They'd typically be focused on '*eating less and doing more*' because that's the nonsense that's spouted across social and mainstream media.

One particular client, Keith was only eating 1200 calories per day... and still not losing weight!!



## The Protocol

Each week we increased Keith's calorie intake by 100kcal.

This was mainly done through protein based foods in the early weeks (mostly chicken) because your body uses protein as the building blocks of your muscle, connective tissue and contributes to many other things such as your immune system.

As we increased nutrients each week, moving from protein based foods to more healthy fats and eventually a little more carbs too it was vital we monitored Keith's weight. If his weight went up by more than 2lbs in any given week we would hold strong with the calorie intake until the weight levelled off again. (We only had to do this once in 3 months).

As Keith ate more of the right nutrients, coupled with the right training, his metabolism increased to match his intake. During this three month period of INCREASING his food intake Keith's weight did fluctuate by a few pounds here and there but in the end actually lost 4lbs. Not a huge amount I know but he went from consuming around 1200kcal daily to 2500kcal.



Improvements made:

- Getting out of bed in the morning with a spring in his step.
- Physically stronger than he had ever been.
- Mentally more switched on and focused.
- Emotionally more resilient, being able to tackle some difficult life situations that had been looming over him for some time.
- Happier, more engaged and more present in all areas of his life.
- A back injury that was lingering finally started to heal.
- Dramatically increased libido. (He had many stories to tell me)

After this three months of increasing metabolism, Keith then went on to lose a further 20kg (44lbs), got a lofty promotion at work, knocked his golf handicap down by 5 and his back injury fully recovered.

## What is metabolism and how do we improve it?

Metabolism is the general term we use when talking about how much energy you burn each day and is made up of four different aspects.

1. Basal Metabolic Rate (BMR) - The number of calories you would burn each day at rest.
2. Non-Exercise Activity Thermogenesis (NEAT) - Calories burned from day-to-day physical movement such as housework, walking the dog, general fidgeting.
3. Thermic Effect of Exercise (TEE) - Calories burned due to specific exercise sessions.
4. Thermic Effect of Food (TEF) - Calories burned due to the consumption and processing of food.

BMR - You can forget about this for now as you don't have direct control over it.

NEAT - Keeping your body moving not only burns a few extra calories but it keeps your circulation going, lubricates your joints, improves brain function and generally makes you feel good. I know moving all day long is not possible for most people due to work but you can prioritise walking at lunch times or in the evening before or after your dinner. You'll also find that when you focus on TEE and TEF that you will naturally want to move more.

TEE - Training causes a spike in calories burned and therefore overall metabolism. However not all training creates the same effect. When you create tension through your muscles and joints you start to stimulate a much deeper response than just calories burned in the moment. The right stimulus will send a signal for your muscles, joints and bones to become stronger and more active plus demanding nutrient delivery and storage to be more efficient. This means that even after you finish your training your body has to work overtime to repair your body and adapt it to meet the new stimulus. This is all takes calories, nutrients and time. This is why resistance training is important as it's great for hormone balance but more on this later.

TEF - Not all foods will take the same energy to be processed. It's estimated that carbs and fats will take around 10% of the calories contained within the food to be processed while protein takes around 30%. Ever experienced the meat sweats? This extra calories burn is why!

You soon see that protein isn't just vital for a strong and capable body but you increase your metabolism just by consuming this over the typical excess in carbs and fats found in the western diet.

Protein at every meal is ideal.

# Recipe Ideas



The next few pages will give you some simple recipe ideas! You can use these as inspiration and create your own twists on them.

A good approach to your diet is to set aside the time once per week to plan out the recipes you will use for the next 7 days, and decide exactly when you're going to meal prep. Make sure the recipes you choose to do outside of this guide are in line with the general guidelines, so that you stay on track.

If you have specific dietary requirements, such as gluten intolerance or allergies, I would advise you to always be flexible and try to find alternatives that have a similar nutritional value and are the healthiest option which you can find. You can share your findings with other members of the community who may be struggling to find alternatives.

# Breakfast Ideas

Your breakfast should include protein, a healthy fat, vegetables or fruit and a complex carbohydrate! If you're rushed in the mornings, try to prepare something in advance the night before.

## **BREAKFAST BURRITO (V)**

*2-3 servings*

- 2 whole wheat tortilla wraps
- 1 red bell pepper, chopped
- ½ cup red onion, chopped
- 1 cup black beans, drained and rinsed
- 2 eggs
- Salt and pepper
- Olive oil
- Optional: tomato salsa
- Optional: cilantro or chives, chopped
- Optional: avocado, sliced or mashed

Cook the bell pepper and red onion in the olive oil over a medium-high heat until they start to soften.

Lower the temperature, and add the eggs to the pan. Keep stirring until they're scrambled.

Warm your tortillas in the microwave, then add the egg, vegetables, and any toppings you like.





# Protein Banana Pancakes (V)

---

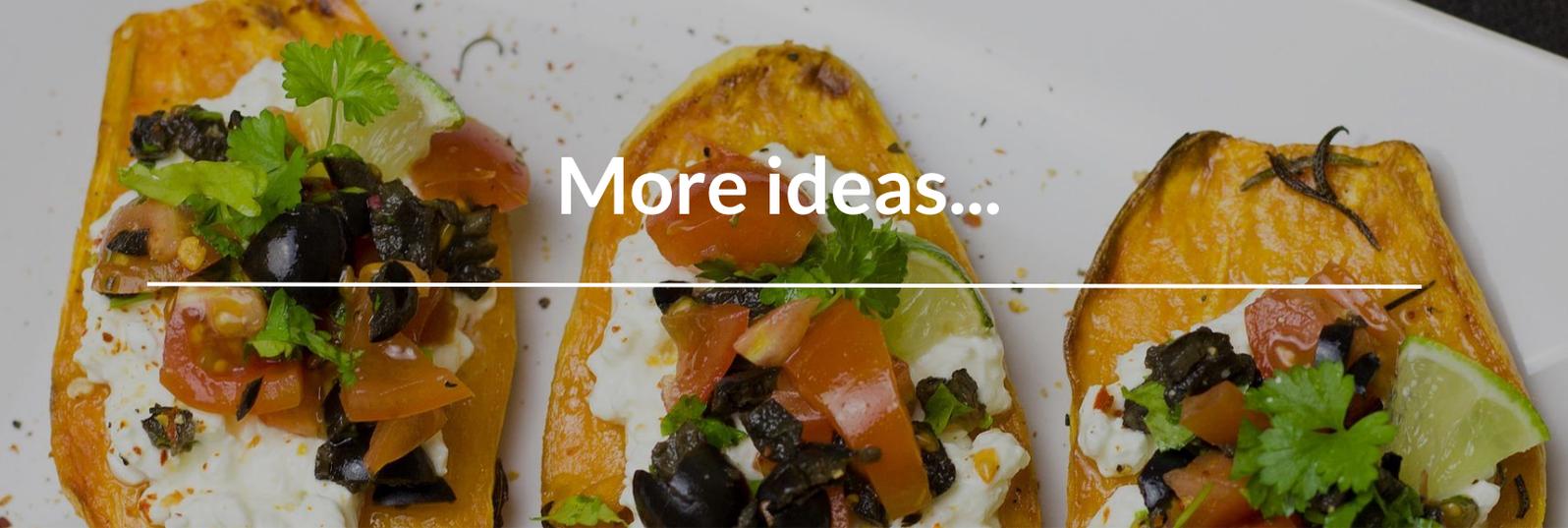
*2 - 3 servings*

- 2 mashed bananas
- 2 whisked eggs
- ½ cup of protein powder
- Fresh fruit and nuts, seeds or nut butter
- Oil for frying - if you find the taste of olive oil too strong in sweet dishes, try a more neutral-tasting oil like rapeseed

Mix together the banana, eggs, and protein powder.

Grease the pan with a little oil, then place over a medium heat. Add a ladleful of mixture when the pan is hot, and sprinkle your topping onto the pancake.

When you start to see little bubbles forming on top, flip the pancake over - they should only need around a minute per side. You might need to grease the pan again in between each pancake!



More ideas...

## FROZEN YOGURT CUBES

- 1 ½ cups of plain full fat Greek yogurt (use soy or coconut yogurt if you're vegan)
- ¼ cup of milk (or your choice of vegan milk alternative)
- Berries/chopped fruit of your choice

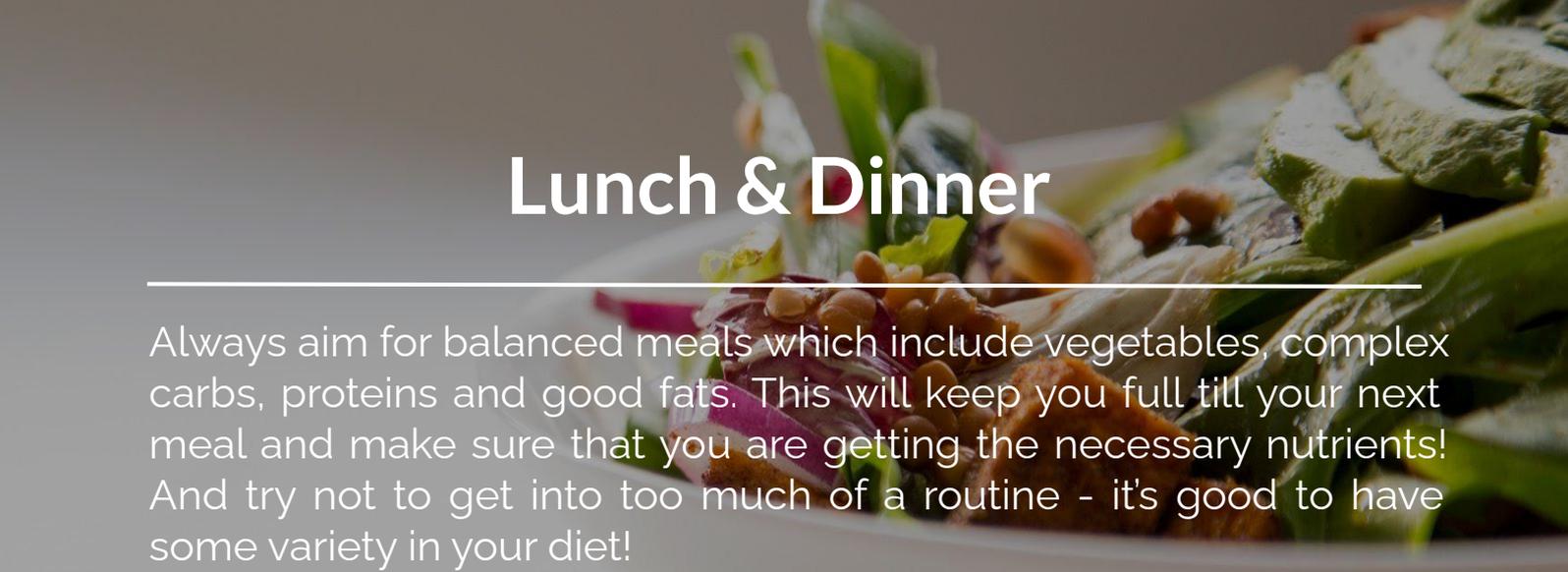
Mix all the liquids and whisk until the mixture is smooth. Put the berries or fruit into an ice cube tray and then spoon the mixture over the top until the tray is full. Leave until frozen and enjoy!

## SWEET POTATO TOAST

- 1 small sweet potato

Clean the potato well and cut it lengthways into slices about 1cm thick, and then put them in the toaster! Make sure the heat is on a high setting, and adjust if necessary. The slices are cooked when they are tender enough to push a fork through them. You can then add a range of toppings just as you would with normal toast - try eggs, fruit or peanut butter!

# Lunch & Dinner



Always aim for balanced meals which include vegetables, complex carbs, proteins and good fats. This will keep you full till your next meal and make sure that you are getting the necessary nutrients! And try not to get into too much of a routine - it's good to have some variety in your diet!

## AVOCADO CHICKEN SALAD

*2-3 servings*

Combine the following ingredients:

- 2 cups cooked chicken breast (you can also use tofu, beans or high protein veggies)
- 1 avocado
- ½ red onion
- 2 ripe tomatoes
- 1 cup each lettuce and cucumber
- A squeeze of lemon
- A drizzle of olive oil
- A drizzle of balsamic vinegar
- A little salt and pepper for seasoning
- Optional: fresh parsley or cilantro
- Add more veggies if you like!

## VEGETABLE SOUP

*2-3 servings*

Use your imagination! Choose whichever vegetables/greens you like and follow the steps below. If you make a big batch, you can eat soup for multiple lunches, with different toppings to keep it interesting!

- 1) Chop the vegetables
- 2) Fry the vegetables in 1 tbsp. of oil until they start to soften
- 3) Add chicken or vegetable stock to the veggies (enough to cover them), then leave to simmer for 10-15 minutes
- 4) Blend the soup until smooth. You could add some fresh or dried herbs at this point, such as cilantro, parsley, or basil – use whatever is your favourite.
- 5) Add salt and pepper to taste
- 6) Eat with wholegrain bread, or add toppings like sunflower seeds, plain yogurt, chilli slices and/or a drizzle of olive oil



# Salmon Tray Bake

---

*2-3 servings*

As with the soup recipe on the last page, you can add whichever veggies and greens you like! But here are my favorites:

- 2 salmon fillets
- 1 small onion, chopped
- Drizzle of olive oil
- 1 clove garlic, minced
- Salt and pepper
- 1 zucchini, chopped
- 10 cherry tomatoes, whole
- Fresh dill (or try thyme or basil instead)
- 1 lemon
- ½ tsp dried oregano

Heat the oven to 200C/400F/gas 6. Put the zucchini, onion, tomatoes and garlic in a bowl together and drizzle over a little oil. Mix together, then season with salt and pepper.

Take two sheets of aluminum foil (one per salmon fillet), and divide the veggies between them. Brush a little oil on the salmon, then season with salt and pepper on the skin side. Place the salmon on top of the vegetables, then sprinkle over the oregano, squeeze over some lemon juice and place a sprig of dill on the salmon.

Fold the foil over the salmon and vegetables so they're covered (but not too tight – you want the air to circulate), and seal it shut. Put on a baking tray and cook in the oven for 20-25 minutes, or until the fish has cooked through (this can vary depending on the thickness/size of your fillet). When cooked, serve with lemon wedges.

Fun alternative: Lose the garlic, dill, and oregano, and spread 1 tsp of pesto over each salmon fillet instead!

# More Meal Ideas...

---

## BLACK BEAN BURRITO BOWL

*2 servings*

- 1 cup quinoa
- 1 tbsp olive oil
- 1 clove of garlic, chopped
- 1 tbsp cider vinegar
- 1 tsp honey (use agave nectar if you don't eat honey!)
- 400g can of cooked black beans
- 100g kale
- 1 avocado, sliced and halved
- 1 tomato, chopped
- 1 small onion
- Coriander and lime wedges, to serve

Cook the quinoa - if you like, you can use chicken or vegetable broth rather than water to add more flavor. Heat the oil in a pan and add garlic, followed by the beans, vinegar, and honey. You can add spices of your choice here! Boil the kale for one minute and drain it. Finally, spoon the quinoa into bowls and top with the beans, kale, avocado, tomato and onion.

## PASTA SALAD

*1 serving*

- $\frac{3}{4}$  cup wholemeal pasta
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 can of tuna
- 1 small onion
- 1 cup of frozen vegetables of your choice
- 1 handful of cherry tomatoes

Cook the pasta in salted water. In a separate pan, fry the onion, tomatoes and frozen vegetables in some olive oil. Season to taste and add whatever herbs and spices you like. Serve and enjoy hot or cold!

## SPICY STUFFED PEPPERS

*3 servings*

- Olive oil
- 1 small onion, chopped
- 1 clove garlic, finely chopped
- 1lb ground meat of your choice (you can also use crumbled tofu or a vegetarian mince substitute)
- Salt and pepper to taste
- Chilli powder, paprika and cumin to taste
- 3 bell peppers, halved
- 1 cup of grated cheddar
- 1 cup shredded lettuce
- Lime wedges for serving (optional)

Preheat the oven to 375 degrees and grease a large baking tray. In a pan, heat 1 tablespoon of olive oil, and then add the onion and garlic. Then add the ground meat and drain the fat. Add the spices and season. Place the bell peppers in the baking tray, fill them with the meat mixture and put the cheese on top. Bake for 15-20 minutes, and serve with lettuce and lime if you like.

## BABY EGGPLANT PIZZAS

*2 servings*

- 1 eggplant, sliced into rounds for the 'pizza base'
- Olive oil
- Salt and pepper to season
- 2 tomatoes, finely sliced lengthways
- 1 cup grated cheese
- ½ cup mini pepperoni for topping (you can pick your own toppings, but this is my favorite!)
- Parmesan shavings
- Basil leaves

Preheat the grill to a medium-high heat. Brush the eggplant with olive oil and then season the slices. Grill the eggplant until it is tender and charred on both sides (this should take a few minutes each side) and then top each slice with tomato, cheese and mini pepperoni. Leave the eggplant under the grill until the cheese melts and then add the toppings. Enjoy!



It's Your overall diet that is important. If you plan only your meals you subconsciously don't take your snacks into consideration . This means you can eat loads more calories than you intend and can gain weight, feel sluggish and struggle to sleep. Even if those snacks are healthy.

Generally speaking I say focus on your meals and take that little feeling of hunger and reframe it as a good thing. Do that and you'll just not need to snack and it makes your nutrition much simpler. .

But I do get it that sometimes you just want to have a little snack, I do too. To that end, here are a few suggestions that will keep your nutrients high and the sugar low.

- Fistful of unsalted almonds
- Protein bar (make sure you choose one that's low in sugar)
- Apple or banana with peanut butter
- Kale chips
- Raw chopped vegetables with hummus (try carrot, cucumber, celery or bell pepper)
- A smoothie with two or three different fruits or vegetables (blend them with full fat dairy milk, or a vegan milk alternative)
- Grilled tomato slices with Parmesan and basil
- Sweet potato chips
- Homemade popcorn (lightly salted)
- Mixed nuts or homemade trail mix
- Roasted chickpeas (with seasoning of your choice!)

# Shopping List Ideas

## Example shopping lists

As well as groceries, think about what you'll need for food prep! Make sure you have plenty of tupperwares and food bags that you can use to store your food conveniently and take a healthy packed lunch to work.

## Suggested weekly food shopping list for one person:

Protein: Buy 3-4 from this group each week for variety

- 6 eggs
- Cottage cheese (100g)
- Red meat (1-2 portions of 100g)
- Turkey or chicken breast (1-2 portions of 100g)
- Lean turkey (1-2 portions of 100g)
- Cod (140g)
- Tuna (1 can, in water)
- Salmon (140g)
- Shellfish (160g)
- Monkfish (140g)

Protein for Vegans and Vegetarians

- Green peas - frozen is fine (1 cup)
- Quinoa (1/2 cup)
- Raw, dry roasted or unsalted nuts or seeds (¼ cup)
- Natural peanut or almond butter (1 tbsp)
- Beans (120g)
- Chickpeas (120g)
- Tempeh (100g)
- Tofu (100g)
- Edamame (120g)

# Shopping List Ideas

## **Vegetables:**

Buy as many different fresh vegetables as you can, for variety.

Frozen vegetables are also just as healthy and very convenient!

## **Carbohydrates: Buy 1-2 from this group per week for variety**

Quinoa

Oatmeal

Wholegrain bread and pasta

Sweet potato

## **Fruit: Buy 2-3 from this group per week for variety**

Again, buy as many different types of fresh fruit as you can, for variety.

Choose some like bananas, apples or pears which are easy to transport, so you can take a healthy snack with you on the go.

## **Dairy: Buy 1-2 from this group per week - always choose full fat!**

Milk

Yogurt (½ cup)

Cheese (use sparingly)

## **Healthy Fats: Try to have one a day**

Olive oil

Unsalted nuts or seeds

Avocado

I know it can sometimes be confusing and difficult to overhaul your nutrition, especially when you're busy with work and family commitments. But don't worry - every small improvement to your diet helps! It's okay to take things slowly. Here are some common questions you might want answered, and if there's anything I haven't covered here, don't forget to check out my interactive Q&A sessions!

## What other options for staying hydrated do I have if I get tired of water?

**Answer:** You can try out coconut water, herbal teas, You can also try infusing your water with lemon juice and/or fresh fruits to give it some extra flavor. But getting used to good old fresh water will be a habit that will serve you well.

## How often should I snack?

**Answer:** So long as you are not overeating you can afford to be flexible with meal times and when you snack. The key question to ask is whether you are genuinely hungry and need something to keep your energy levels up until your next mealtime, or whether you're just bored or tempted by the tasty-looking snack you saw. Listen to your body, only snack between meals if you really need it, and you can't go too far wrong.

If you find yourself looking for snacks on a regular basis I would take a closer look at your meals and be sure you're following the advice contained in the Nutrition Guide.

## What are the healthiest cooking methods?

**Answer:** Don't be afraid of cooking in fat - roasting, frying and sauteing are all fine. Try to stick to healthy fats such as olive oil or if cooking at high temperatures, coconut or avocado oil are great. Grilling and steaming foods are also good options. Steaming vegetables is better than boiling them, as they retain more nutrients.

## **Are there foods where I can eat as much as I want?**

**Answer:** If you want to reach your goals, you should really bear in mind that every food type needs to be eaten in moderation. You should also practise listening to your body and stopping when you're full rather than stuffing yourself, even if it's with a healthy food. But if you really love green veg then knock yourself out!

## **How much alcohol can I consume while following this guide?**

**Answer:** Nothing in my nutrition philosophy is completely off limits - you can have everything in moderation, and you don't have to be 100% healthy all of the time. However, keep in mind that alcohol has no nutrition benefits and a lot of negative health effects. It should only ever be an occasional treat, not part of your daily routine, and you should definitely avoid binge drinking. Again, I would say listen to your body. How do you feel before drinking? Are you consuming alcohol out of stress and therefore self-medicating? How do you feel while drinking? Are you happy with your actions? How do you feel after drinking? Do you feel on top of your game making decisions based on who you really are or because you're hungover and your whole vibe has gone down a notch or two?

## **What if I follow a specific diet or have intolerances or allergies?**

**Answer:** You know your body and your needs best! That's why my approach to nutrition is all about flexibility - you should always put yourself first and know what is going to work for you. My meal plans already include plenty of vegetarian and vegan options, but if you have other dietary requirements or allergies, feel free to swap out any foods in the recipes with a nutritionally similar alternative.

# Thanks!

Thank you for reading this guide! I hope it has inspired you to take at least one new action. It's often through these small changes that make the big difference.

Stephen

