

## Lifestyle Change Food Choices

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The following foods can be consumed as much as you like with any meal:-

**Ground black pepper, cinnamon, basil (fresh or ground), green tea, water, chilli (fresh or ground), garlic balsamic vinegar, water melon, tomato puree/pasata**

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From the list of breakfast foods below you may choose one main food, two toppings & one drink. It is recommended to eat breakfast between 6-9am.

### Breakfast

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- Main Food x1
- Porridge (1 bowl)
- Quinoa (1 bowl)
- Bran Flakes (1 bowl)
- Wholemeal toast (1 slice)
- 3 egg omelette (3 eggs/1 yolk)
- 2 poached eggs

### Toppings x2

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- Raspberries/blueberries (1 hand full)
- Marmite (1 teaspoon)
- Honey (1 teaspoon)
- Walnuts (1/2 hand full)
- Skimmed/soya/almond/coconut milk (1/2 cup)
- Banana
- Dried cranberries (1 hand full)
- Raisins (1 hand full)

### Drink x1

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- Tea (no sugar/skimmed milk)
- Coffee (no sugar/skimmed milk)
- Cherry juice (pure)
- Orange juice (pure)

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From the list below you will need to select one snack, one at 10-12 (between breakfast & lunch) & the second at 4-6 (between lunch & dinner).

### Snacks x2 a day

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- Rivita (1) & Cottage Cheese (1 teaspoon)
- Wholemeal bread (1 slice) & peanut butter (1 teaspoon)
- Almonds (1 hand full)
- Prawns (1 hand full)
- Rice cake (1) & low fat spread/cheese (1 teaspoon)
- Banana/apple/pear/orange (1)
- Dried fruit (1 hand full)
- Beef jerky (30g)
- Greek yogurt ( 2 table spoons)
- Protein shake 30g (skimmed milk/water)

From the list of lunches below it is recommended that you select one carbohydrate, one protein, one fat's, one drink & two vegetables. It is recommended to eat lunch between 1-2pm & before exercise.

## Lunch

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- Carbohydrates x1
- Sweet Potato (1) Steamed or jacket
- Whole meal rice (1 cup)
- Whole meal pasta (1 cup)
- Whole meal bread (2 slices/1 baguette)
- Couscous

## Proteins x 1

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- Turkey (1 breast) steamed/grilled)
- Chicken (1 breast) steamed/grilled)
- Tuna (1 can)
- White fish i.e. cod/mackerel (1 fillet)
- Shell fish i.e. prawns, scallops, mussels, Cray fish (1 hand full)

## Vegetables/salads x2

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- Tomato/pasata (1)
- Cucumber (1/4)
- Lettuce/baby spinach (1 hand full)
- Pepper (1/4)
- Red onion (1/2)
- Mushrooms (1 hand full)

## Fat's/sauces x1

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- Pine nuts (sprinkle)
- Pesto (1 teaspoon)
- Sesame seeds (sprinkle)
- Extra virgin olive oil (1 teaspoon)
- Low fat spread (1 teaspoon)
- Sweet chilli (1 teaspoon)
- Humous (1 teaspoon)

## Drink x1

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- Coffee (no sugar/skimmed milk)
  - Tea (no sugar/skimmed milk)
  - Diet coke (1 glass)
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From the list of dinners below it is recommended that you select one protein, one fat's, one drink & three vegetables. It is recommended to eat dinner between 6-8 pm & after exercise.

## Dinner

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- Protein x1
- Salmon (1 fillet)
- Lean minced meat (100g)
- Any white meat/fish (1 steak)
- Tuna (1 can/steak)
- Prawns – any 3 shell fish (2 hand full's)

## Vegetables x 3 (all steamed/grilled)

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- Broccoli (1 cup)
- Pak Choi ( 1 cup)
- Peas (1 cup)
- Kale (1 hand full)
- Savoy cabbage ( 1 hand full)
- French beans (1 hand full)
- Mange Tout (1 hand full)
- Spinach
- Squash (1/4)
- Aubergine (1/2)
- Courgettes (2)

## Fat's/sides x1

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- Pine nuts (sprinkle)
- Extra virgin olive oil (1 tea spoon)
- Cottage cheese ( 1 teaspoon)
- Boiled egg (1)
- Sun flower seeds (sprinkle)
- Flax seeds (sprinkle)
- Greek yogurt (1 tablespoon)
- Kidney beans (1 hand full)
- Avocado (1/2)

## Drink

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- Tea (no sugar/skimmed milk)
  - Coffee (no sugar/skimmed milk)
  - Diet coke (1 glass)
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The following foods should only be consumed 1 day per week and will be known as your cheat day, this can be any day of the week but it is the best to stick to the same day every week. You can either choose one item from the following list or three from the lower list. A cheat day is not essential but may help with motivation.

## Cheat Day

Choose one of the following x1

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- Indian (1 rice dish/1 meat/veg dish)
- Chinese (1 rice dish/1 meat/veg dish)
- Fish & chips (1 fish/1 chips)
- ½ bottle wine (preferable white)
- 3 cans of beer (preferably light)
- 2 cans cider]slice of cake
- Ice cream (1 bowl)

Or choose three from the following list x3

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- 1 glass of wine (preferably white)
  - 1 can of beer (preferably light)
  - 1 steak
  - 2 slices bacon]1 white baguette/2 slice white bread
  - 30g Cheese
  - 3 biscuits
  - 1 chocolate bar
  - 1 hand full sweets
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