

Eat smart guide

Try and get into the habit each morning before any food having half a pint of cold water and then also get in to a habit every morning with this herbal tea recipe I make. which is fantastic for quickening your metabolism

Herbal tea

1 cup of boiling water

1 slice of lemon

sprinkle of ground cinnamon

1 green tea bag (you can get lots of different flavours of green tea to make it more tasty.

Fresh sliced ginger (3 slices)

Try to have this at least 20mins prior to your breakfast.

Try and get used to mixing your breakfasts up.

Healthy snacks and baking

Also follow my blog www.roxy-fit.co.uk for the latest healthy snack ideas.

Cacao & Coconut Energy balls

2 cups medjool dates, pitted and chopped

2 cups raw almonds or macadamia nuts

3/4 cup raw cacao powder

pinch of salt

1/2 cup shredded coconut

2 tsp vanilla extract

2 to 3 tbs cold water

Shredded coconut/chia seeds/cacao nibs to coat outside

Directions

1. Combine chopped dates, almonds, cacao powder, and salt in a food processor. Process all ingredients until texture is coarse.
2. Add the shredded coconut, a quick pulse, then add the vanilla extract and a little water at a time, until it reaches a dry but moist dough consistency.

3. Scrape the dough mixture into a (29cm x 12cm) foil or baking sheet lined loaf tin and chill for an hour before serving. Before roll them in to golf ball size balls Coat outside with topping of choice and then leave them on the tray in the fridge to chill.

Healthy on the go snacks

The best thing is to make your own but your on the go these are your best choice of energy bars.

Lara bars

Soul sprout

Zing bars

9ine bars

Paleo crunch bars

Gomacro bars

You want to look for the less ingredients, more pure ingredients the better. I.e Lara bar says dates, cherries and walnuts

3-Ingredient Homemade Larabars Recipe

Serves: 8

Prep time: 5 minutes

Total time: 1 hour

Ingredients

1 cup nuts (almonds, cashews, walnuts or pecans)

3/4 cup pitted medjool dates

3/4 cup no added sugar dried fruit (such as cranberries, goji berries, mulberries, figs or more dates)

Pinch of sea salt

Preparation

- 1 Add the nuts to a food processor and pulse until they form large crumbs. Then, with the motor running, add the dates and other dried fruit to the food processor.
- 2 Process until you have a mixture that sticks together when you press it between your fingers.
- 3 Pour the mixture onto a large piece of plastic wrap. Form the mixture into an 8-inch square and wrap in plastic. Chill in the refrigerator for at least one hour before cutting into bars.

- 4 Store the bars in the refrigerator for up to a few weeks or in the freezer for a few months.

Apple Cinnamon Energy Bars

Ingredients

- 8 ounces pecans (2 cups)
- 5 3/4 ounces rolled oats (2 cups)*
- 8 1/4 ounces pitted and halved dates (1 1/2 cups)
- 2 teaspoons cinnamon
- 1/4 teaspoon salt
- 8 ounces chopped granny smith apples (or similar) (2 cups)

Instructions

- 1 Preheat oven to 350°F.
- 2 Line a baking sheet with parchment paper, and spread the pecans and oats out on it in a single flat layer. Bake in the preheated oven for 10-15 minutes, until toasted and fragrant.
- 3 Keep the oven preheated to 350°F. Line an 8" square pan or a 12" x 5 1/2" biscotti pan with parchment paper, leaving enough parchment on the sides to use as "handles" for pulling out the finished bars.
- 4 Place the toasted nuts and oats in a food processor along with the dates, cinnamon, and salt. Process until the mixture is coarse and crumbly, with no large pieces remaining. Add the chopped apple and pulse in until there are no longer any large chunks left. Continue to process until everything starts to clump together, using a spatula if necessary to help move things around. This process may move slowly, but eventually everything should come together.
- 5 Transfer the mixture to the prepared pan, using a wide, flat spatula to pat it down into a flat and compact layer that takes up the entire space of the pan. It helps to fold the extra parchment on the sides over the bars, and flatten with the spatula on top of the parchment (to prevent sticking). Be patient with this; the bars will look the exact same once they're done baking, so try to make them really flat and even.
- 6 Bake the bars in the preheated oven for 20 minutes. Cool for 10-15 minutes, and then slice into bars. Once completely cool, lift out of the pan. Store in an airtight container in the fridge.

Notes

*To make these bars gluten-free, use gluten-free rolled oats.

Munchie seeds <http://www.munchyseeds.co.uk/?gclid=CJny9I3krM8CFcOVG-wodBaIE3A>

Corn and Rice cakes (salt and sugar free)

Ryvitas or rye bread are also good for lunch on the go.

Corn, rice, oat cakes, rye bread & Ryvitas are great with a spread of my homemade tzatziki, avo or beetroot humous on top. Almond butter is also great (low sugar/salt and organic). Make sure it is just a thin layer and to have no more than 2.

They are also great with :
avocado olive oil and tomatoes.

Smoked salmon and cracked pepper with a drizzle of olive oil (also can replace the salmon with tuna, mackerel. If you don't like fish then a non fatty turkey or chicken will be fine.

Another great snack to carry around in a lunch box with you is :

Veggies to snack on with either humous, tzatziki or home made guacamole For example. Carrots, cucumber, celery, asparagus, broad beans, red pepper, mushrooms and tomato to dip in to the dips. Two table spoons of humous or dip per serving.

Fruit Apple, strawberries, blueberries, raspberries, blackberries are your best ones. But doesn't matter to much as fruit is natural sugar. 1 cup per serving. And try not to have in the evening best to snack on fruit in the morning or lunch time.

Apple and pear slices with Almond butter or coconut butter spread on top is amazing source of energy snack. Best almond butter is with out added sugar or salt. 2tbp per serving

Almonds and Brazil nuts : I tell my clients prepare portion sizes out for the next day in separate bags so your not tempted to over indulge in any of the above. as even though nuts are a great source of protein and energy they are high in good fats.

only a hand full (a fist size per serving per day).

Seed mixes : Again don't have the whole packet. 1 cup per serving.

Grain free granola (recipe in breakfasts) Again don't have the whole packet. 1/2 cup per serving.

Kale chips You can buy these but I like to bake them myself. You can also do this with broccoli too which is delicious.

Take 2 handfuls of kale and take the stalks off them
place the kale on a foiled baking tray and drizzle 2tbp of olive oil over them.
sprinkle then black pepper and smoked paprika
mix with your hands

bake on 350f for 5 mins then check on them and turn them and then bake for another 5mins.

they will go darker and crispier and are delicious. Keep a close eye on them whilst baking as they do turn crispy quickly.

Fresh smoothie juices (homemade is best as you know what is going in it. Try and stay away from putting a lot of banana , yogurt and milk unless it's more of a breakfast smoothie. I love adding avocado in to mine as it makes it creamy so you don't need yogurt or milk and you can't tell its avocado.

Stick to one fruit smoothie per day.can also add a scoop of protein powder in to them if you are training that day.

Personal favourite

Energy boost smoothie

Half cup spinach
Hand full of blueberries
Hand full of strawberries (frozen)
Half avocado
1/4 cup water
1/4 cup of ice

Go green smoothie

Handful spinach
Half Handful water cress
1 pear
1 kiwi
Half cup of frozen mango
1 cup of coconut water

Good on the go lunches:

- **Soup** that is low in salt and sugar (no creamy ones). Fawen if in the US and Glorious and covent garden soups if in the UK.
- **Salads**, Stay away from the pasta and creamy dressings. Stick to olive oil and balsamic vinegar (separately not already mixed ones) with a squeeze of lemon or lime and cracked black pepper. Most salad bars will be able to mix this up for you.
- For carbohydrate stick to with chunks of sweet potato, butternut squash, pumpkin, quinoa in them or bulgar wheat. Try and have them with a portion of some sort of protein chicken or lean meats and fish on the side.
- **Sushi** is great. Fresher the better. Sashimi is your best choice, or the sushi wrapped with cucumber, brown rice, quinoa or black rice.

Craving something sweet

Don't ignore your sweet craving as you might after a while give in and reach for the chocolates or sweeties. Here are a few good replacements.

- 2 cubes or organic green and blacks or any 85% and higher dark chocolate
- frozen mango or raspberries
- Zero Greek yogurt with organic honey, agarve nectar, cinnamon
- In your nutra bullet/blender blend frozen blueberries and raspberries together with some water to create your very own sugar free sorbet.
- Frozen banana with a dash of KoKo milk blended in a nutra bullet or blender makes banana ice cream.

Cacao desert smoothie

1 medium, ripe avocados
1/3 cup raw coconut or date nector
1/3 cup raw cacao powder
1 teaspoon vanilla extract
Pinch of salt

In the bowl of a blender or food processor, blend avocado until smooth. Add all other ingredients, blending until mixture is uniform. Chill for about 2 hours in the fridge or half an hour in the freezer. Garnish with fresh fruit or chopped nuts.

Stay away from

- For the 8 weeks & in general try and stay away from Alcohol to give yourself the best chance of losing as much weight as possible and then we can talk about introducing it back in to your diet after the 8 weeks. If needed at an event stick to vodka soda lime, gin and slimline tonic and prosecco.
- White carbs in any form. Replace pasta, potato and rice with sweat potato, quinoa, bulgar wheat, brown rice, wild rice. Replace white bread to rye, sour doe or whole wheat but only 3 times a week once a day.
- Limit caffeinated drinks 1 per day or less, no lattes if you go to Starbucks no more than 1 skinny small cappuccino. Replace with matcha latte or green tea. Stick to either Coconut or almond milk

- If you have a social event coming up or If you are going out for dinner try and stick to one main meal, if you NEED a starter go for the salad or smoked salmon options (stay away from the bread basket and fried foods). Main meals stick to grilled or pan fried fish or any lean meat including steak (fillet best) with green veggies. Also avoid heavy and creamy sauces stick to olive oil, lemon and black pepper. It is best for your digestion to avoid fruit after your lunch and dinner.
- Frying with butter or oil switch to Olive oil, Avocado, rap-seed or low cal spray oil.
- Make a habit on the weekend sitting down and writing down every day for the week ahead your meals, this way you are prepared and are not tempted to grab non healthy snack on the go.
- Portion control. Try not to over pack your plate you need to give your body time to digest and break down the food. Put the rest away and keep it for the next day or if you are hungry in a couple of hours have another few bites. <http://blog.myfit-nesspal.com/essential-guide-portion-sizes/>

I would recommend on training days to have 3 healthy meals a day + 2 small snacks. And on non training days 3 healthy meals a day +1 snack. You can always leave out the snack on non training days if you have had a very sedentary day. It is important to not skip any meals to make sure your metabolism is speeding up if you eat less then it will slow down. It is also important to fuel your body from your workouts so that your body only burns the fat from your body and not the muscle.

Good luck and enjoy you can do this ;).