

New Image Personal Training Basic Food Choice Diet

Nutritional Guide

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New Image Healthy Eating Plan

Welcome to the New Image Nutritional plan which will help you to plot a healthy course towards good health and well being. Healthy eating is essentially very easy. You don't need to count points, calories, grams, work out percentages or nutrient ratios. You do however need to be organised, have plenty of the right types of foods readily available and plan in advance. This is one of the most common problems you will face. By not planning in advance and ensuring there are healthful foods and snacks available, poor food decisions will be made through the need to eat rather than through choice.

After having worked with hundreds of clients and seen their successes and their failures I have been able to pinpoint the reasons why some are very successful whilst others do averagely well. The importance of a balanced diet is of the utmost importance. If you are aiming to get in to great shape, lose weight or improve your fitness but you do not address your diet then you will fall short of achieving any real success.

In this FREE download I have included a small selection of recipes. For a comprehensive manual which includes a full meal planner, shopping lists and a large selection of practical and nutritious meals see my e-book – the ultimate weight loss guide, nutrition manual available as a PDF download for only £9.99 here – www.jagoholmes.com/ebooks.html

In this healthy eating plan I recommend you choose only one treat day a week to have a couple of the sorts of foods you enjoy that aren't particularly any good for you, don't go mad but don't feel guilty either.

Alcohol is a no-no during the week but a couple of drinks on your chosen treat day are fine. Many people fall foul to the effects of calorie laden alcoholic drinks. It is one of the most common ways to ingest more calories in to your diet than you need by drinking them

Try to add taste and flavour to the foods you choose by using herbs, spices, marinades and home made low fat dressings some of which are listed in this manual.

To get you started we have devised a few recipes. If you choose you can simply select foods from the healthy eating plan on the last page of this manual.

In an all too busy lifestyle, convenience is often what we are looking for. If you often struggle for time then to ensure that you consume a well balanced meal instead of a takeaway sandwich or chocolate bar then try a nutritious meal replacement protein shake. You can buy them here – www.jagoholmes.com/diet/html

New Image Easy Option Plan

To make things easy I have created 3 lists. A meal should ideally contain a food from each list, eat a protein with a carbohydrate and a portion of vegetables. Each nutrient should be of equal size, about the amount you can hold in a cupped hand. The lists are as follows: -

Carbohydrates

Whole wheat Pasta
Brown rice
Baked or boiled potato
Oats
Whole wheat bread
Corn
Butternut squash
Barley or couscous
Bulgar wheat
Sweet Potatoes

Proteins

Skinless Chicken or Turkey
Fish (not battered or fried)
Shell fish
Egg whites
Cottage cheese
Low fat yoghurt
Lean beef
Semi or skimmed milk
Tofu
Quorn
Beans and Pulses

Vegetables

Cauliflower
Carrots
Broccoli
Tomatoes
Onions
Mushrooms
Peppers
Celery
Aubergine
Peas
Green Leafy vegetables

An example meal might be brown rice, chicken (baked in foil) and steamed broccoli.

An example breakfast might be porridge with a protein shake or a homemade sugar free fruit smoothie

- Choose one food from each list, all should be of equal size on the plate
- Try to roast or fry using a quick burst of spray oil to minimise use or cook with olive oil in moderation.
- Minimise intake of wheat to a maximum of one meal per day
- Avoid adding high fat/sugar sauces.
- Consume fruits with other food types to minimise blood sugar highs.
- Avoid any pastries, pies or puddings.
- Avoid using cream or butter sauces
- Any gravies used should be made without using the fats from roasted meats
- You should be drinking at least 2 litres of water every day
- Eat every 3 – 4 hours

The key to changing your eating habits is to phase all these guidelines in slowly over a couple of months. Try to get the hang of maybe just drinking water in week 1. Then in week 2 you might decide to cut out pies, pastries and puddings and so on. Remember this is not a diet, not something you plan on doing for only a short period of time, this is a life changing eating plan which will keep you healthy well in to old age.

Breakfasts

Quick Ideas

Porridge made with semi skimmed milk, sweetened if necessary with sweetener.

or

Scrambled eggs made with three egg whites and one egg yolk, 2 slices of whole wheat toast, no butter

or

No added sugar or salt muesli

or

Low fat natural Yoghurt with fresh fruit and a bran muffin

or

Shredded wheat with semi skimmed milk with raisins or berries

Porridge

50g 2 oz rolled oats

300ml/½ pint skimmed milk

Top with: -

1 tsp clear honey or

1 tbsp raisins or raspberries

1. Pour the milk into a saucepan and heat until just before boiling. Add the oats and stir for 2 – 3 minutes until the porridge is thick and creamy.

2. Serve with the topping of your choice

Vegetable Omelette

3 large egg whites, 1 egg yolk

2 tbsp semi-skimmed milk

1 tsp olive oil

25g/1 oz mushrooms

25g/1 oz finely chopped red pepper

25g/1 oz tinned sweet corn

Use a very good non stick pan and a very small spraying of olive oil

1. Mix the egg whites, yolks and semi-skimmed milk in a bowl and whisk well

2. Heat the pan and cook the peppers and mushrooms

3. Add the sweet corn and egg mix. You should see the edges of the omelette start to set immediately, gently stir the centre for a moment so it doesn't burn.

4. When the underside is cooked place the pan under a hot grill or flip over and cook, this side should only take a couple of minutes

5. Turn the omelette out and season to taste

Soups

Roasted Tomato and Basil Soup

2 ½ lbs medium ripe red tomatoes
1 small bunch of fresh basil leaves
2 cloves of garlic, peeled and chopped
6 oz / 150g potatoes
2 heaped tsps of tomato puree
Olive oil for drizzling
Salt and freshly milled black pepper

1. Skin tomatoes by pouring boiling water over and leaving for 1 minute, then drain. The skin should now be easily removed
2. Slice the tomatoes in half, arrange on a roasting tray, cut side uppermost and season with salt and pepper, add chopped garlic and top each one with a piece of basil leaf then sprinkle on a few droplets of olive oil
3. Place in a pre heated oven, gas mark 5 190°C for 50 minutes to one hour or until the edges are slightly blackened
4. About 20 minutes before the end of roasting time peel and cook potatoes, placing in a saucepan with the salt and cook in 25fl oz boiling water adding tomato puree and simmer for 20 minutes
5. When everything is cooked blend everything leaving some texture
6. Serve with wholemeal pitta breads

Leek, Onion and Potato Soup

4 large leeks
1 medium onion, peeled and finely chopped
2 medium potatoes peeled and diced
1 tbsp sunflower oil
1 ½ pints / 850 mls hot vegetable stock made with marigold Swiss vegetable bouillon powder
10fl oz / 275 ml semi skimmed milk
Salt and freshly milled black pepper
To serve – 1 ½ tbsp snipped fresh chives or parsley

1. Begin by trimming the leeks, disguarding the tough outer layer, now split them in half lengthways and slice them finely. Wash thoroughly in 2 or 3 changes of clean water and drain well.
2. Heat the oil in large saucepan, then add the onion, leeks and potatoes stir them around, season with salt and pepper then cover and allow to sweat over a very low heat for about 15 minutes
3. Pour in the milk and stock, cover and simmer gently for a further 20 minutes.
4. Allow to cool slightly and then blend to a puree
5. Return to the pan, reheat and stir in the snipped chives or chopped parsley
6. Serve with toasted wholemeal pittas or warm whole wheat rolls

Snacks

Between meal snacking can supply essential vitamins, minerals and nutrients contributing to the nutritional needs of adults who may find fitting meals in to a busy schedule difficult and impractical. The key to healthy snacking is to prepare in advance, for example the night before and find the right kind of low fat, high fibre, nutrient dense foods such as fruits, low fat cheeses and yoghurt, whole grain crackers and plain popcorn.

Cakes, biscuits, sweets and crisps are difficult to fit into a healthy eating plan because of the high levels of sugar, fat and calories usually found in these items. As an added downside they also supply little in the way of nutrients.

Below is a list (by no means exhaustive) of some possible ideas for healthier snacks which provide a good range of nutrients.

Easy Options

Plain Popcorn	Nuts and Raisins	Vegetable sticks – celery
Wholemeal pitta breads	Bananas	Bran or English muffins
Whole grain crackers	Low fat cheeses	Semi skimmed or skimmed
Crispbread or ryebread	Chicken or Turkey	Cold new potatoes
Tuna, salmon or mackerel	Rice cakes	Cottage cheese
Low fat crème fraiche,	Carrots etc.	Protein shake
Milk	Fruit	Yoghurt

Quick Ideas

Jacket potato with the following fillings: -

Baked beans, Tuna, Cottage cheese, chicken

or

Whole wheat sandwiches unbuttered with the following fillings: -

Tuna, chicken, turkey, salmon, mackerel

or

Home made salads with:-

Lettuce, tomatoes, cucumber, peppers, red or spring onion, boiled egg, fish or lean white meats

or

Rice cakes with cottage cheese and cherry tomatoes

or

Hummous with vegetable sticks: - celery, peppers, carrots, cucumbers,

or

Low fat natural oghurt or a protein shake

Main Meals

Vegetable Curry

250g / 8oz swede
1 aubergine
350g / 12oz new potatoes scrubbed and halved
250g / 8oz cauliflower
250g / 8 oz button mushrooms wiped
1 large onion peeled and chopped
250g / 8oz carrots peeled
2 tsp sunflower oil
2 garlic cloves, peeled and crushed
5cm / 2inch ginger root peeled and chopped
1 – 2 fresh green chillies seeded and chopped
1 tbsp paprika
2 tsp ground coriander
1 tbsp mild curry powder or paste
450ml / $\frac{3}{4}$ pint vegetable stock
1 400g tin of chopped tomatoes
Salt
1 green bell pepper seeded and sliced
1 tbsp corn flour
150ml / $\frac{1}{4}$ pint coconut milk
2 – 3tbsp ground almonds

1. Cut the swede, aubergine and potatoes in to 1cm cubes. Divide the cauliflower in to small florets. Leave the mushrooms whole or slice thickly, slice onions and carrots.
2. Heat the oil in a large saucepan, add onion, swede, potato and cauliflower and cook gently for 3 minutes, stirring frequently. Add the ginger, garlic, chilli and spices and cook for 1 minute, stirring all the time.
3. Add the stock, tomatoes, aubergine, mushrooms and season with salt. Cover and simmer gently for about 30 minutes or until tender, stirring occasionally. Add the green pepper, cover and continue to cook for a further 5 minutes.
4. Smoothly blend the corn flour with the coconut milk and stir in to the mixture. Add the ground almonds and simmer for 2 minutes, stirring all the time, taste and adjust the seasoning if necessary
5. Serve with boiled brown rice

If preferred substitute some of the vegetables with chicken or fish

Poached Salmon, Potato Wedges and Broccoli

1 Salmon fillet
1 Large potato
50g/2oz broccoli, cut in to florets
1 tbsp Olive oil
Salt and Freshly milled Pepper
1 tsp paprika
1/2 tsp hot chilli powder

Potato Wedges

1. Scrub the potato and chop into large wedges.
2. Put the prepared potato, olive oil, paprika, chilli powder, salt and pepper in a mixing bowl and stir until all the ingredients are evenly combined.
3. Cook in a pre heated oven 200 °c, gas mark 6 for 40-50 minutes.

Poached Salmon

1. Bring a pan of water to simmering point.
2. Add salmon making sure it is completely covered with water.
3. Bring back to simmering point and cook for 4-5mins.

Broccoli

Cook broccoli for 10-15mins until tender.

Sauces, Dressings and Marinades

Salad Dressing

1 tsp set honey
3 tsp English mustard
Juice of 1 lemon
Dash of malt vinegar

1. Mix all the ingredients together in a bowl
2. Add to salad bowl and mix well, ensuring an even coating

Tomato sauce

1 red onion
400g tin chopped tomatoes
1 tbsp tomato puree
2 tsp paprika (optional)
1 tsp oregano or basil
1 tsp olive oil

1. Finely chop red onion and sauté until transparent
2. Add paprika if using this adds heat if liked and cook for a further minute stirring continuously
3. Add remaining ingredients and season with salt and pepper
4. Cover and simmer on a low heat for 20 – 30 minutes until sauce thickens

Low Fat Gravy

1 onion, peeled and chopped
2 tsp olive oil
25g plain flour
1 garlic clove, crushed
425ml water
1 vegetable or chicken stock cube
1 tsp yeast extract
1- 2 tsp Soy sauce
Freshly ground black pepper

1. Fry the onion in the oil on a low heat for 10 minutes
2. Add the flour and let it brown over the heat stirring constantly
3. Add remaining ingredients and bring to the boil. Leave to simmer for 10 minutes
4. Strain if desired and season to taste

Protein Shakes and Smoothies

You can use any protein shake to make these smoothies and shakes, just make sure they are not high in fat and sugar. If you want to use the finest quality protein shakes at a very reasonable price then go here to buy – www.jagoholmes.com/diet.html

Spicy Double Dutch Chocolate

1 scoop Chocolate Forever Lite
10 oz. hot skimmed milk
1/4 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. cloves
Blend until smooth
200 calories

Oatmeal Delight

1 scoop Vanilla Forever Lite
1 tbsp. honey or brown sugar
2 tbsp. instant oats
1/2 tsp. cinnamon
10 oz. skim milk or water
Blend until smooth
300 calories

Dream Cream

1 scoop Vanilla Forever Lite
6 oz. fresh orange juice
4 oz. natural sparkling
Mineral water
Crushed ice
Blend until smooth
175 calories

Forever Fruit

1 scoop Vanilla Forever Lite
10 oz. skimmed milk
1/2 banana
3 fresh strawberries
1 tsp. crushed pineapple
1 tsp. orange juice
Crushed ice
Blend until smooth
290 calories

Choco-Berry Nut

1 scoop Chocolate
Forever Lite
10 oz. skimmed milk
3-4 strawberries
1 tsp. peanut butter
Crushed ice
Blend until smooth
300 calories

After Eight

1 scoop Chocolate Forever Lite
8 oz. skimmed milk
Fresh mint leaf
Crushed ice
Blend until smooth
200 calories

Choco-Nana Chunk

1 scoop Chocolate Forever Lite
8 oz. cold skim milk
1/2 banana
Crushed ice
Blend until smooth
255 calories

Fruit n' Honey

1 scoop Vanilla Forever Lite
8 oz. apple juice
1/2 c. frozen or fresh fruit
1 tsp. honey
Crushed ice
Blend until smooth
250 calories