

DEDIKATE Welcome to RESET.

Our Philosophy

Here at Kate Ivey Fitness we believe in a well balanced diet that does not exclude any food groups but includes an abundance of vitalising nutrients. We support a healthy approach to your nutrition through evidence based nutrition education and mindset shifts. This allows you to drop confusion around food choice and banish

guilt that many of us attach to food wants and needs. Our aim is to support every woman to approach their food with the same joy and excitement that we do. Always with a focus on what feels good and what feels nourishing! We believe in your healthy mind and your healthy body. You are so capable of all this and more. Are you ready to learn how?

Meet your Nutritionist

Amy Allport is a qualified nutritionist with a Bachelor of Science in Nutrition and Health, and a Masters Degree in Sport and Exercise Nutrition. She has worked in the health and fitness industry for 10 years. In that time she has worked in health intervention for local government in England and ran a successful nutrition consultancy in New Zealand for 5 years before joining the DediKate team. Amy is passionate about supporting women to reach a level of comfort and contentment over their own health and nutrition choices. She knows all too well that this is a journey, but one that starts with knowledge and empowerment.



week 01

Intentions and Objectives

What does a nourishing diet look like?

We want to support you to enjoy a diet filled with colour, nutrients and enjoyment. Every mouthful, nourishing and serving a purpose to your body and mind.

Here are some nutrition basics that we think you should be aiming for. This would create an ideal, nutritionally balanced week. If your typical diet does not look like this then not to worry, that is what we are here for. This list is simply to help you to identify what areas you may want to work on first. This is just an example of what would be great in an ideal world and we are well aware we can't all be ideal all of the time. We are here to learn and to improve direction and focus.



Drinking around 2 litres of water per day



Eating fruit or vegetables with every meal



Eating a source of protein with every meal (animal or plant based)



Eating a healthy fat with every meal (nuts, seeds, olive oil, avocado, oily fish)



Including fibrous foods in every meal (starchy vegetables, wholegrains, oats, fruits)



Snacking is an opportunity for nourishment to top up on protein, fibre, healthy fats, fruits or veggies that you didn't get in your meals



Limited alcohol



Limited highly processed foods



7-9 hours of good quality sleep



Active most days

Activities for the Week:

- Fill out your long term and 5 weeks goals.
- Fill out 3 intentions to change this week plus 3 objectives to complete to get there.
- Fill out the diet diary for the week and tick off your intentions as you go.

01

Big long term goal?

What is the best outcome for your health and wellbeing that you can hope for? A healthy relationship with food? More energy? Feeling no confusion around food choice? What is it for you that would be the ultimate shift towards a healthier you? Let's set that intention now and keep it in mind as we work through the course.

02

Goal for the 5 weeks?

What do you hope to achieve by the end of the 5 weeks on this course? To be making better nutrition choices? To have stuck with it all the way through? To have a better mindset about your health? What realistically do you expect of YOURSELF in the next 5 weeks? Let's set an intention now and work towards that.

Intentions for this week?

What unhealthy habits do you need to work on immediately to feel more control over your health? What healthy habits would have the biggest impact on your health right now? What, realistically, can you change for the better in the upcoming week? Let's set our intentions now and this time I would like you to write down 3 objectives of how you will achieve this. The first one has been completed as an example.

INTENTION	<i>Take a healthy lunch to work</i>
OBJECTIVE 1:	<i>Go to the grocery store on Sunday and buy everything I need for lunches</i>
OBJECTIVE 2:	<i>Make my lunch every night whilst I am cooking dinner in the kitchen</i>
OBJECTIVE 3:	<i>Set my alarm to remind me to grab my lunch in the morning</i>

INTENTION	
OBJECTIVE 1:	
OBJECTIVE 2:	
OBJECTIVE 3:	

INTENTION	
OBJECTIVE 1:	
OBJECTIVE 2:	
OBJECTIVE 3:	

INTENTION	
OBJECTIVE 1:	
OBJECTIVE 2:	
OBJECTIVE 3:	

NUTRITION DIARY

	MEAL 1	SNACK	MEAL 2	SNACK	MEAL 3	SNACK	TICK OFF
DAY 7							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 6							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 5							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 4							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 3							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 2							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 1							<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3

week 02

Meal Planning and Principles

This week we are going to be focusing on how to apply healthy eating principles by meal planning for nutritionally balanced meals. We want your meals to be nourishing and satisfying for both your mind and your body. This means choosing foods based not only on their nutritional content but also on what you desire. In order to develop a nourishing diet that you will stick with for the long run it is important to eat portions that truly satisfy your appetite and fuel your body for what you ask of it.

Macronutrients

These are your large or main nutrients that all supply a level of energy for your body and have very individual functions.

Protein




What is Protein?

Protein is made up of molecules called amino acids. There are 20 amino acids in total, 9 of which are essential, meaning that the body cannot make them and therefore they must be ingested in the diet. Animal proteins typically contain all 20 amino acids whereas plant proteins contain different varieties of the amino acids often lacking in 1 or more. This is why we call animal proteins complete proteins. You can still reach protein requirements through plant based sources, but you will need to eat a larger variety of plant based protein sources to include all of your amino acids. For example, beans and bread are incomplete proteins but a meal of beans on toast will supply you with all of your 9 essential amino acids.

What is Protein's Function?

- Growth and repair of all the bodies cells
- Helps biological reactions such as in the digestion and energy processes
- Act as transporters such as hemoglobin transporting oxygen
- Provides structure for all the bodies tissues
- Supports immune function

Protein Food Sources:

Meat		Complete Protein
Poultry		Complete Protein
Fish		Complete Protein
Eggs		Complete Protein
Dairy		Complete Protein
Beans		Incomplete Protein (except soybeans)
Legumes		Incomplete Protein
Grains		Incomplete Protein (except Quinoa)

Carbohydrates








What are Carbohydrates?

Carbohydrates are sugars, starch or fibre that can be broken down to the simple sugar, glucose, in the body for energy. Starch and fibre carbohydrates are what we call complex carbohydrates as they are typically made up of longer chains of smaller units. Longer chains are slower to break down and therefore they enter the bloodstream as glucose at a much slower and steady rate. Whereas sugar or refined carbohydrates are what we call simple carbohydrates as they are single or very short chains of units that are easier for the body to break down. Shorter chains enter the bloodstream as glucose much quicker e.g. sugar is only a two unit chain consisting of glucose and fructose. Refined carbohydrates have been processed out of their complex forms often stripping away the gut health benefits listed below associated with starch or fibre. All plant based foods are made up of carbohydrates and some sugars occur naturally in dairy .

What is Carbohydrate's Function?

- To provide energy for every cell in the body
- To provide storable energy sources in the liver and muscles that can be broken down and utilised much quicker than fat
- As an energy source for gut microbes
- To provide fibre for a healthy and strong intestine
- Preferentially used as energy so that protein can be preserved for it's important primary functions

Carbohydrate Food Sources

Fruit		These sources contain most of their carbohydrate as starch or fibre (except fruits but they still contain fibre). Refined carbohydrates have the fibre removed during processing and therefore do not provide some of the health benefits of these listed foods.
Vegetables		
Wholegrains		
Oats		
Beans		
Legumes		
Nuts & Seeds		

Fats










What is Fat?

Fat (or lipid) molecules contain long carbon chains. Their molecular structure dictates whether it is a saturated fat (no carbon double bonds), a monounsaturated fat (1 carbon double bond) or a polyunsaturated fat (multiple carbon double bonds). These different types of fat have different functions in the body. Unsaturated fats have lots of health benefits and therefore should be prioritised over saturated fat where possible. Fats are found naturally in animal and plant based foods. Trans fats are typically fats found in highly processed foods with an unusual molecular structure due to processing. These are not healthy for human consumption and have been found to increase the risk of cardiovascular disease. The WHO has set out guidelines to ban trans fats by 2023 but they are yet to be banned in New Zealand and Australia.

What is Fat's Function?

- Provides energy for low level activity
- Provides stored energy in adipose (fat) tissue
- Provides protection and insulation to the body
- Provides fat soluble vitamins A, D, E and K
- Aids absorption of some bioactive compounds
- Provides essential fats for cell structure, especially in the brain












Fat Food Sources:

Meat Fat		Saturated Fat
Dairy		Saturated Fat
Coconut Oil		Saturated Fat
Oily Fish		Polyunsaturated Fat
Nuts		Polyunsaturated Fat
Seeds		Polyunsaturated Fat
Vegetable Oils		Polyunsaturated Fat
Olive oil		Monounsaturated Fat
Avocado		Monounsaturated Fat

Micronutrients

Micronutrients are non energy providing nutrients that are required by the body in smaller amounts than the macronutrients. These micronutrients are typically vitamins and minerals that are naturally occurring in wholefoods. They are required to support general health and for lots of functions in the body, including facilitating metabolism of the macronutrients. When we talk about nutrient density we are typically referring to the micronutrient concentration of a food or meal.

Examples of some Micronutrients. This list is not exhaustive.

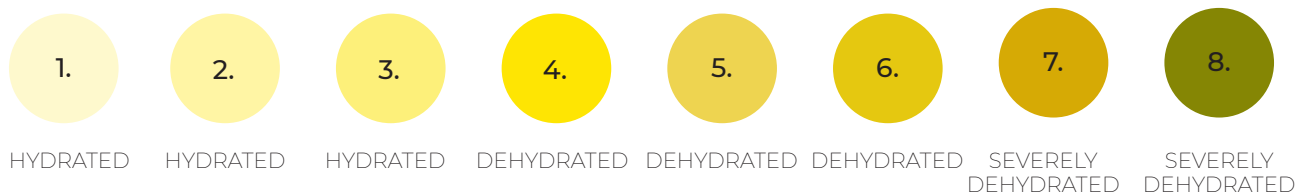
Vitamin A		Liver, fish oil, leafy greens, eggs, carrots
B Vitamins (of which there are 8)		Meat, dairy, eggs, nuts, grains, leafy greens
Vitamin C		Citrus fruit, strawberries, capsicum, oranges
Vitamin D		Oily fish, eggs
Vitamin E		Nuts, seeds, vegetable oil, meat, avocado
Vitamin K		Broccoli, brussel sprouts, kale
Calcium		Dairy, canned fish, leafy greens, tofu
Magnesium		Nuts, grains, leafy greens
Potassium		Banana, avocado, potato, leafy greens, white beans
Iron		Liver, red meat, leafy greens, seafood, beans
Zinc		Meat, wholegrains, seafood

Hydration

Staying hydrated means drinking enough fluid to meet your fluid requirements and support multiple functions in the body including:

- Regulating body temperature
- Keeping joints lubricated
- Prevent infections
- Delivering nutrients to cells
- Keeping organs functioning properly
- Hydration also improves sleep quality, cognition, and mood

We are recommended to drink around 2 litres of water a day, this is around 8 glasses. These requirements can be met through any water based fluid intake other than alcohol including coffee, tea, cordial juices and sodas. Although we, of course, recommend water as a healthy way to meet this fluid target. The best way to check your hydration level is to look at your urine.



Meal Frequency

We typically suggest a minimum of 3 meals per day. This gives you an efficient opportunity across the day to fuel yourself and contribute to your overall nutrient requirements. Eating less than this may lead to under-fueling and lower nutrient intakes. It is quite difficult to reach all of your macro and micronutrient requirements in 2 meals. For example, to reach half of your calcium requirements in a meal you would have to include 270g of yoghurt or 10 cups of broccoli. It is often easier to spread food intake into multiple meals for this reason. Plus for many nutrients, like protein, it is more beneficial to have them circulating in your system throughout the day so that they can continually be used for their function, for protein this is to repair and maintain our cells.

We recommend at least 3 meals per day.

However more meals may better suit your lifestyle, activity level or nutrient requirements, therefore feel free to use more opportunities for nourishment in the day if this works for you.

Snacks can be as limited or as frequent as you like depending on your ability to hit nutrient requirements and appropriate fueling during your meals. For example, a very active person may have higher carbohydrate and protein requirements and therefore feel hungry in between meals. If they found it difficult or inconvenient to get more carbohydrate and protein into their meals they may opt for a morning tea of yoghurt, oats and berries and an afternoon tea of apple, peanut butter and a protein shake. Snacks are an extra opportunity for nourishment when your main meals are not adequate for your needs (your body will let you know, you will get hungry). Ideally snacks are eaten in amounts that will satisfy you until your next larger nutritionally balanced meal.

Snack as much or as little as you like in line with appetite. The food quality and nutrients we choose to snack on are much more important than the amount.

Meal Planning

There are no hard and fast rules around meal planning as it is more important that you are reaching your nutrient requirements in total across the day or week, and no one meal will change that much in the grand scheme of things. But to help you out we will give you guidance around what a balanced meal should look like the majority of the time.

Per meal choose:

- 2 serves of protein equalling around 30g (see table following page for portions)
- 2 serves of healthy fat equalling around 20g (see table on following page for portions)

The bulk of the meal should be made up from carbohydrates (see table on page 7 under 'Carbohydrate Food Sources'). Choose predominantly fruits or vegetables but also beans, legumes and whole grains. There is no recommendation around this portion; it depends on appetite and fueling requirements.

Protein Servings

Each serving = 15g of protein. Choose 2 for each meal and 1 for optional snacks.

Chicken	●	50g
Lean Beef	●	70g
Beef Mince	●	80g
Pork	●	60g
Lamb	●	85g
White Fish/Shellfish	●	75g
Oily Fish	●	75g
Cheese	●	45g
Cottage Cheese	●	125g
Eggs	●	3
Yoghurt (greek high protein)	●	160g
Beans (cooked/canned)	●	1 cup
Lentils (cooked/canned)	●	1 cup
Quinoa	●	2 cups
Tofu	●	150g
Protein Powder	●	2 tbsp

Fat Servings

Each serving = 10g of fat. Choose 2 for each meal and 1 for optional snacks.

Oils	●	1 tbsp
Nut butters	●	1 tbsp
Butter	●	1 tbsp
Brazil nuts	●	3
Walnuts	●	3
Other nuts	●	20g
Seeds	●	20g
Avocado	●	½ medium
Coconut milk	●	60ml

Handy Conversions:

- 50-100g of meat or fish = 1 serve = approx ½ a palm of meat/ fish/ poultry
- 45g cheese = approx the size of 1 matchbox
- 125g cottage cheese = approx ½ cup
- 160g yoghurt approx ½ cup
- 1-2 cups of legumes or grains = 1 serve
- 150g tofu = approx ⅔ cup cubed
- 1 tbsp of oils or butters = 1 serve
- 2 tbsp nuts or seeds = 1 serve
- 60ml coconut milk = approx 4 tbsp

Example Dishes

PROTEIN	160g yoghurt, 2 tbsp protein powder	3 eggs, 45g cheese	100g chicken
FAT	1 tbsp almond butter, 2 tbsp chia seeds	1 tbsp olive oil	1 tbsp olive oil, 2 tbsp cashew nuts
CARBS	berries, banana, oats	mushroom, onion, tomato, spinach	onion, capsicum, bok choy, broccoli, rice

Recipes

For great and nutritious recipes check out the DediKate website (you can sign up for a 2 week free trial www.kateiveyfitness.co.nz) or grab a healthy eating recipe book such as Nadia Lim's Fresh Start recipe book. There are so many exciting and tasty ways to balance your meals, it's just a case of finding which ones you love the most.

Caveats:

If your taste preference is for a smaller portion of fat, that is fine, you should eat the amount that you will enjoy. You can always incorporate some healthy fats into snacks to make up for it such as peanut butter or nut and seed mixes.

You may want to choose just one additional portion of fat for meals that already contain fats from your protein source such as oily fish, mince, lamb, pork, cheese or eggs.

Activities for the Week:

- Fill out the diet diary this week, including serves or amounts of protein, fat and carbohydrate.
- Tick off the vegetable symbol each time you include fruits or vegetables in a meal.
- Tick off the hydration symbol for every day that you are hydrated (checking urine?).

MACRONUTRITIENT

DIARY

= Hydrated
 = Fruit + Vegetables
 P = Protein F = Fat C = Carbohydrate

1. Write down your protein, fat and carbohydrate foods for each meal. Use the portions discussed above.
2. Remember to tick off your daily hydration and fruits and vegetables achieved in every meal.
3. Tick off the intentions that you achieved each day.

	MEAL 1	SNACK	MEAL 2	SNACK	MEAL 3	SNACK	TICK OFF
DAY 1	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 2	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 3	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 4	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 5	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 6	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3
DAY 7	P F C	P F C	P F C	P F C	P F C	P F C	<input type="checkbox"/> Intention 1 <input type="checkbox"/> Intention 2 <input type="checkbox"/> Intention 3

week

03

Flexible Planning and Indulgences

Whilst perfect nutritionally balanced meals, drinking enough water and reaching our fruit and vegetable targets each day are awesome for our long term health, we also have to be realistic. Things might not always go to plan. Therefore a vital part of your nutrition knowledge building is to practise flexible planning for when things aren't perfect. Also accepting and enjoying the odd indulgence guilt free for when we don't want things to be so perfect. Treats and less

nutritionally dense meals can still be a part of a healthy lifestyle. In fact we believe it is important that they are. We do not believe in restriction of any food or food groups but focusing on how each food and meal is nourishing our body, mind and emotions. This week you are going to learn how to be flexible with your planning and how to develop a healthy mindset around indulgences.

Satiety

Satiety is a state of being completely satisfied. We want you to think of this as the goal each time you choose and eat your food. What will satisfy you completely? Not just in terms of fullness level but also in terms of emotional state. What will leave you emotionally satisfied? This question can be answered in different ways in different situations. Often times you need tasty and super nourishing food to feel satisfied with your food choice and sometimes you get satisfaction from the textures, flavours and environment you eat some not so nourishing foods in, for example, a birthday cake. By paying attention to your physical satisfaction, but also your emotional satisfaction, in food choice you will develop a more balanced nutrition approach and mindset.

Hunger Rating:

Everytime before you eat, ask yourself how hungry am I on a scale of 1-10?

1.
Not interested in food

10.
I would eat anything

There is no shame in the level of hunger you are experiencing. This is a normal biological response to whatever has happened before this point, in your nutrition, activity, stress etc. You don't have to understand it but this is the level of requirement your body is communicating to you and you should honour it. Again food choice becomes very important here. Choose foods or meals that completely satisfy you physically and emotionally that also satisfy your particular hunger rating at the time. Jot down these pre-food hunger ratings and post-food levels of satisfaction in your 2nd food diary below.

Satiety Rating:

Everytime after you eat, ask yourself how satisfied am I on a scale of 1-10?

1.
I still can't stop thinking about food

10.
I am 100% physically comfortable & emotionally content

Flexible Planning

Often we eat less nutrient dense foods when we have not planned or prepared for a situation and we don't know how to be nutritionally flexible around it. It is always a good idea to have plan A, B and C in your head just in case the unexpected happens, which let's face it can happen more often than we'd like. In the first diet diary below I would like you to plan each meal for the next day the night before with a plan A for the ideal situation, plan B if it doesn't quite go to plan and plan C for if everything seems to not be working out for you. You should make sure that every plan that you consider is acceptable to you on a physical and emotional level, and one that you would be content to carry out if necessary.

For example:

Meal 2- Lunch at work

PLAN. A	PLAN. B	PLAN. C
<i>Homemade chicken and quinoa salad</i>	<i>Tinned tuna, microwave rice and bagged spinach I left in the work kitchen as a back up</i>	<i>Rush through McDonalds drive through on the way to a meeting and order grilled chicken and salad wrap</i>

Troubleshooting in this way can help you to feel more comfortable with your food choices when you have to eat less than nutritionally perfect. You can also set boundaries for yourself ahead of time to honour what will satisfy you physically and emotionally without feeling panicked into making a rushed decision you might not feel great about later. When flexibly planning you should consider all factors that will affect your food choice at that time in particular and be realistic about what you expect of yourself. Things to consider:

- How much time do I have to prepare?
- How much time do I have to eat?
- What cooking equipment or cutlery will be available?
- How much money do I want to spend on that meal?
- What will other people want to eat?
- What will I actually feel like?
- How much food will I need?
- How hungry will I be?
- What will satisfy me?
- What will fuel me for what I need to do next?

Healthier Indulgences

Indulgences can definitely be part of a healthy balanced nutrition plan, however these indulgences have to fit with what is acceptable to you. What is acceptable for you physically and emotionally in each different situation. For example, overeating on chocolate most nights to the point of feeling physically uncomfortable and emotionally let down by yourself is clearly not acceptable to you if this is how you feel. However, getting a weekly coffee and a cake with a girlfriend after a walk can be extremely satisfying both physically and emotionally. You need to find where those boundaries are for you. These boundaries in themselves can be flexible too depending on how you feel and what else is going on in your life. Sometimes we just indulge because we want to and that's just fine too.

In the busy lives many of us lead today it can be hard to avoid less nutrient dense meals from take-aways or fast food shops sometimes. And sometimes we just need a break from cooking and to enjoy eating out with loved ones. We do not believe in avoiding eating out and nights off from cooking entirely. However, you still want these meals to fit within your boundaries of satisfaction. This is the secret to being comfortable with your food choice anywhere and anytime. Below is a list of some healthier options from popular fast food chains, takeaways and restaurants to help you identify what meals might work for you and your nutrition journey.

KFC	<ul style="list-style-type: none"> • Twisters • Snack box • Salads 	MCDONALDS	<ul style="list-style-type: none"> • Warm chicken salad • Loaded lettuce chicken or beef patty • Chicken McWrap
BURGER FUEL	<ul style="list-style-type: none"> • Chicken Fenders • Hamburgini • Bambina • Bio-fuel (lettuce wrap) 	CHINESE	<ul style="list-style-type: none"> • Boiled rice • Stir fried vegetables • Chicken/Prawn ginger and onion • Chicken and sweetcorn soup
PUB GRUB	<ul style="list-style-type: none"> • Plain steak or meat servings • Salads • Swap chips or carb sources for extra vegetables • Order from the side plate menu e.g. mixed vegetables, chicken wings, pita bread etc. • Dressings on the side and use sparingly 		
INDIAN	<ul style="list-style-type: none"> • Tomato based curry • Vegetable curry • Boiled rice • Papadams (not naan) • Saag aloo (spinach and potato) • Aloo Gobi (cauliflower & potato) • Dahl curry (lentil) 	TURKISH	<ul style="list-style-type: none"> • Pitta and hummus • Boiled rice • Chicken Salad • Yoghurt sauce and mint sauce • Tabbouleh (grain salad)
JAPANESE	<ul style="list-style-type: none"> • Edamame beans (high in protein) • Miso soup • Sashimi (plain raw fish/meat on rice) • Tuna/salmon/chicken & vegetable sushi (no deep fried) 	THAI	<ul style="list-style-type: none"> • Satay chicken 1-2 • Tom Yum Goong (shrimp tomato soup) • Pad Pak stir fried vegetables • Boiled rice • Fish/ chicken and vegetable stir fried

Activities for this Week:

- Use the Flexible Planning Diary to make a plan A, B and C for all meals for the week, keeping in mind what you find acceptable and realistic to achieve.
- Fill out the Actual Diet Diary with the meals that you ate in reality. Put your hunger rating 1-10 at the top of each meal box and your satiety rating 1-10 at the bottom of each meal box.
- At the end of the week read through your diet diaries and make a note of which plan (A, B or C) you managed to commit to for each meal. Why was this the case?
- Highlight meals and snacks that left you with a low satisfaction rating (physically and emotionally) and make notes in the 'What to Improve' section for your own considerations.

		MEAL 1	MEAL 2	MEAL 3
DAY 1	PLANA			
	PLANB			
	PLANC			
DAY 2	PLANA			
	PLANB			
	PLANC			
DAY 3	PLANA			
	PLANB			
	PLANC			
DAY 4	PLANA			
	PLANB			
	PLANC			
DAY 5	PLANA			
	PLANB			
	PLANC			
DAY 6	PLANA			
	PLANB			
	PLANC			
DAY 7	PLANA			
	PLANB			
	PLANC			

What to Improve

Highlight all the areas of your week that you rated yourself very high in hunger levels and/or very low in satisfaction ratings. Remember this is satisfaction both physically and emotionally. Make notes below around improvements that could be made for each of these cases.
Where was I extremely hungry or unsatisfied this week?

1. WHERE WAS I EXTREMELY HUNGRY OR UNSATISFIED THIS WEEK?

Why was this?

What can I do better next time?

2. WHERE WAS I EXTREMELY HUNGRY OR UNSATISFIED THIS WEEK?

Why was this?

What can I do better next time?

3. WHERE WAS I EXTREMELY HUNGRY OR UNSATISFIED THIS WEEK?

Why was this?

What can I do better next time?

week 04

Nutrition for an Active Lifestyle

Hydration

Dehydration impairs exercise performance and can put you at risk of overheating and fainting during exercise. Stay hydrated by drinking around 2 litres of fluid per day and checking your urine colour as a marker of hydration. See week 2 information on hydration.

If you lose a lot of sweat during exercise a great indicator of how much fluid you need to replace can be estimated through body weight. The amount of weight you lose in grams is the amount of fluid that you have sweated out in millilitres and therefore need to replace.

Example:

Pamela weighed 75 kg before her DediKate bootcamp workout.
Pamela weighed 74 kg after the DediKate bootcamp workout.
Pamela lost 1000g of water weight
1000g of water = 1000mls of water
Pamela must drink 1000mls of water to regain her starting hydration level.

Protein Requirements

Daily Requirements:

For adequate muscle repair and growth you should be aiming for around **1.4 - 2g of protein per kg of body weight**. If you are over 65 years old this requirement increases to over 1.6g per kg of body weight as protein absorption begins to decline. If your weight in Kg is such that your protein range comes out at a high number that you will struggle to fit into your diet then you can revert to general health guidelines of around 1g per kg of bodyweight.

Example:

Pamela weighs 75 kg.
She calculates
 $75 \times 1.4 = 105$
AND
 $75 \times 2 = 150$
So Pamela's protein target range is 105-150g of protein per day.

Add up your protein intake using the protein serving list (week 2) to see if you are hitting within your target range.

Example:

Pamela is having 2 serves of protein from the protein list each meal = 30g in 3 meals.
 $30g \times 3 = 90g$
Pamela has 1 serve of protein at morning tea (yoghurt with berries) and one for afternoon tea (cheese with apple).
 $15g \times 2 = 30g$

Total = $90 + 30 = 120g$
Pamela is within her range (105-150g).

Per Meal Protein Requirements:

You are recommended to have between 20-40g of protein per meal in order to keep up with daily requirements and exercise needs. If your requirements are quite high you might go for the higher end of this range (~40g) and if your requirements are low or you get full quickly you may want to go for the lower end of this range (~20g). Typically aiming for around 30g per meal will be achievable and sufficient for most people.



Protein Timing:

The timing of the protein feeding is less important than making sure you just cover your total protein requirements across the day. Your body will continue to repair and grow muscle for around 24 hours after exercise so you have a whole day to reach your protein target around training. Don't worry too much if for whatever reason you can't manage your 30g protein dose around your workout, you will still be able to recover. However, having protein around a workout puts you in the best possible position for efficient recovery. For optimum muscle growth protein feedings would occur every 3-4 hours. With this being said, be realistic about what you can personally achieve and always come back to your overall protein target for the day being more important than specific timing.

Protein Supplements:

Protein powders are usually proteins extracted from milk or pea, rice, hemp seeds or other plant based protein sources. They can be extremely helpful in achieving your protein target. You definitely don't have to use one but if you would like to, choose a protein powder that is:



High in protein

Whey concentrate (concentrated milk protein powder) will typically be around 25g per serve and whey isolate (more fats and sugars removed) will typically be around 30g per serve. There are lots of vegan options available too, however these tend to be slightly lower in protein per serve.



High in the branched chain amino acid Leucine.

This amino acid is a reflection of quality and is one of the most important amino acids for triggering muscle growth. It's not as complicated as it sounds, just look at the nutrition label and it should have Leucine content over 2500mg per serve. Vegan sources will be lower due to plant based proteins having a different amino acid profile.



As little additional ingredients as possible

No extra vitamins, minerals, green tea extract and fat burners etc. Good quality products don't tend to need to bulk up with cheap ingredients to get you interested. There may be lots of different proteins listed though and that is fine. This is called a blend and may actually help to improve the amino acid profile. Vegan blends can be helpful as they use different plant sources to obtain all the essential amino acids.



Check the sweeteners

Check that the sweeteners used in the product align with what you feel comfortable ingesting. If you have reactions to certain sweeteners then be careful about what protein products you purchase and always check the label.

Carbohydrates

As we learned in week 2 carbohydrates are our primary source of fast energy. Whilst our bodies are happy to slowly burn fat as a fuel during our everyday low intensity activity e.g. walking to the car or even sitting and typing at our desks, as soon as we switch the intensity up a few notches we rely more and more on our carbohydrate stores. Our muscles need that energy and need it instantly when we are exercising. For this reason your high intensity or weight lifting performance can be affected by a lack of carbohydrate in the system.

Simple Carbohydrates for Energy:











Simple carbohydrates are typically those that we think of as not so nutritious. They have less fibre than other carbohydrates and for this reason may also be lacking in micronutrients. This is ideal for a pre-exercise snack however as your body doesn't have to bother with trying to digest fibre throughout your exercise. They happen to be the best go to if you are lacking in energy, have been underfueling or typically eat with a low carbohydrate approach, for instant energy in high intensity exercise. This is because simple carbohydrates digest fast and supply sugar to the blood stream super quick to be used by the exercising muscles. This is why runners will swig gatorade, suck on gels or eat lollies during a marathon.

In a 30 minute high intensity workout you might use 15-30g of carbohydrates. Consuming one of the following before a workout may help your energy levels, performance and mood. Pre-workout carbohydrates are not always necessary if you feel you have good energy, good recovery and plenty of carbohydrate throughout your daily diet.

Complex Carbohydrates for Recovery:

Complex carbohydrates are the carbohydrates in our diet that typically contain more fibre and micronutrients than simple carbohydrates. They are very nutritious and good for our digestion as well as helping us to recover from exercise. Unless you are carrying out around 90 minutes of high intensity exercise per day or eating an extremely low carbohydrate diet, it is unlikely that you are completely depleting your glycogen (carbohydrate) stores. Having said that you will be using some glycogen if you exercise regularly and eating carbohydrates can aid your recovery of these stores. Include complex carbohydrates in each of your meals across the day, which we already recommend for basic nutrient requirements. Check out the carbohydrate table from week 2 for carbohydrate sources and make sure to include an abundance of fruits and vegetables. If you feel like you are lacking energy, have low performance, bad mood or you are dropping body weight too quickly in response to exercise please try to boost these carbohydrates by including 1-2 cups with each meal. This may include rice, pasta, oats, quinoa, beans, lentils, potato, kumara and pumpkin on top of an abundance of non starchy vegetables.

Each serve = around 15g of carbs

-  ½ - full muesli bar
-  ½ -full banana
-  2 large rice crackers
-  2 tbsp dried fruit
-  1 medium piece of fruit
-  300ml of isotonic sports drink
-  15g jelly lollies
-  100g cream rice
-  1 piece of bread
-  1 tbsp jam/honey

Activities for this Week:

- Focus on reaching your individual protein requirements each day. Write the approximate amount of protein in grams you have included in each meal or snack (based on the table from week 2 or the nutrition label).
- Write the approximate serves of fat that you have included in each meal or snack (based on the fat table from week 2). This should be around 2 serves per meal and 1 serve for snacks.
- Focus on including complex carbohydrates (see the carbohydrate table from week 2) in each meal for performance. Write down how many cups of complex carbohydrates you have in each meal or snack. Tick off the fruit or vegetable symbol if you achieved this too.
- Write down your exercise for the day and rate your energy and performance out of 10
- If your energy or performance is lacking then increase complex carbohydrates or add a pre-exercise simple carbohydrate the next day.

DAY 7	DAY 6	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1	MEAL 1	SNACK	MEAL 2	SNACK	MEAL 3	SNACK	Rating out of 10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10
P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	Exercise: ___/10

week

05

Healthy Eating For Long Term Health

Well done! You have successfully reached the last week of the programme and we could not be more proud of you! This is a time for reflection and to use that to make informed decisions about planning going forward.

What physical techniques have best served you?

What psychological techniques have best served you?

Did you fulfill your 5 week goal?

What is important for your success going forward?

List your favourite nutritious go to meals to remind yourself of the possibilities

Going Forward

Now, we don't believe in having to stick rigidly to any particular way of eating or to using any particular dietary tools day in day out to be healthy. In fact, feeling like you can't deviate from the 'the plan' or be flexible in how you go about feeding yourself can be a recipe for increased diet anxiety, neglect of other health requirements, such as socialising or eating a varied diet, and may lead to disordered eating. If you feel like you have to write out plans for every meal and keep track of every morsel you eat then we have failed our mission. We set out to help you to increase your health for the long term, and that does not include increasing stress, food guilt and the amount of things you have to do in a day!

We hope that you can use the skills and knowledge that you have learnt about yourself during this programme to guide you through your future food and meal choices in a more educated and sustainable way. You may want to use some of the tools we have provided you from time to time.

For example:

Meal planning when you are struggling to juggle healthy meals and commitments.

OR

Checking in with hunger and satisfaction ratings when you feel like your appetite is getting out of control.

Below is a summary of some of the knowledge that we hope will continue to help you towards long term health. It is likely that you are at various stages of utilising these skills, some may need working on through continued use of some of the tools we used in the 5 week programme, some you may need to think about and check in with yourself mentally as a reminder and some may already be habits that you are able to include most days on autopilot.

1. If you have a healthy habit you want to work on, set the intention and make smaller objectives that you can complete to achieve it. Planning and preparation is key!
2. If you have an unhealthy habit you want to work on, set the intention and make smaller objectives that you can complete to abolish it. Planning and preparation is key!
3. Try to include protein, fat and complex carbohydrates in every meal.
4. Try to include fruit and vegetables every time you eat.
5. Try to drink enough fluid to stay hydrated (check your urine regularly).
6. Plan meals and snacks ahead of time when necessary.
7. Try to eat to satisfy your hunger every time you eat.
8. Try to eat to satisfy yourself emotionally with your food choice. It's a mental game as well as a physical one.
9. Exercise as often as is healthy and sustainable for you. For where you are at!
10. Work on areas of your health that are important to YOU. This could be socially, emotionally, mentally or physically. Sometimes grabbing a hot chocolate, a mate to chat to and some down time is just what you need.

Nutrition Planning

Just for Me

I work best with
_____ number
of meals per day

I work best with
_____ number
of snacks per day

I work best eating
_____ before a workout

I work best with
_____ number
of workouts per week

My most physically and
emotionally satisfying
take away is

I work best allowing myself
_____ as a sometimes indulgence

My best time to prepare
food is

My favourite throw
together healthy meal is

My best day to do the
groceries is

I never leave the house
without

When I am feeling unmotivated I will tell myself

■ _____

■ _____