



NUTRITION OPTIMISATION.

Nutrition Optimisation.

Over the next 7-10 days will be optimising your food intake.

You are what you eat isn't far from the truth. I like to think that you become what you optimise for, nutrition being the foundation of this.

From now until the end of the 14 program we can use this technique to reset and optimise your body for results.

We will be following a whole food approach without a large calorie restriction. That's as simple as is it effective.

For 4-5 days a week you will follow the low carb meals outlined here. You can add extra vegetables to them if you are still feeling hungry.

Aim for either 3-4 of these a day. 4 if you are above 80kg and 3 if below.

You will also add snacks from the snack list for another 4-500 cal a day depending on how you feel.

For the other 2-3 days a week you will follow the recipes here (selecting the training day snack)

This one if above 80kg

<https://www.davidkingsbury.co.uk/food-2600/>

This one if below 80kg

<https://www.davidkingsbury.co.uk/food-2400/>



Low carb meals and snacks

Quick Breakfast

Strawberries 160g
Almonds 24g
Boiled Eggs x 4

Quick Omlette

Cheddar 44g
Oil olive 1 teaspoon
Spinach 20g
Ham 22g
Eggs x 3

Scrambled Eggs & Avocado

Avocado 140g
Spinach 20g
Tomatoes 85g
Eggs x 3

Quick Steak

Avocado 70g
Spinach 40g
Tomatoes 85g
Oil olive 1 teaspoon
Rump steak 227g

Salmon & Asparagus

Salmon 180g
Butter salted 1 teaspoon
Spinach 80g
Lemons 1x Wedge
Asparagus 84g

Chicken Open Sandwich

Chicken 200g
Tomatoes 85g
Mayonnaise 2 teaspoon
Salad mixed large handful
Protein Bread 2 slices

Quick Shake

Peanut butter 2 teaspoons
Oat Milk 135ml
Whey Protein 60g

Steak & Eggs

Sirloin steak 160g
Oil olive 1x teaspoon
Spinach 80g
Eggs

Low carb meals and snacks

Steak Salad

Salad mixed 150g
Avocado 70g
Sirloin steak 235g

Chicken Kebab

Chicken 170g
Oil olive 1 tsp
Sour cream 2x teaspoon
Roasted Vegetables 180g
Dry Tikka spice 1 tsp

Salmon & eggs

Salmon 110g
Avocado 70g
Eggs x 2

Chicken Veg & Pinenuts

Pine nuts 20g
Broccoli 95g
Asparagus 85g
Oil olive 1 tsp
Chicken 170g

Bacon & avocado frittata

Eggs x 3
Spinach 40g
Cheddar 30g
Bacon 70g

Mackerel Salad

Salad mixed 200g
Smoked Mackerel Fillets 135g

Boiled Eggs & Nuts

Eggs boiled x 3
Nuts mixed 150g

Snacks

Nuts and seeds
Avocado
Peanut butter

Meat & eggs
Protein powder

You can make protein/ fat pots or shakes using these ingredients.

Pre and probiotics

Adding pre and probiotics is an essential part of this. It will help your digestive health and testosterone levels.

Add kimchi and sauerkraut to meals 1-2 times a day.

Add garlic and onions to meals as much as possible with meals.

Also load up on healthy veg. If you can add artichokes to a meal a day that would also be ideals.

Eating with the family

When we coach clients this is probably the most important and challenging part

If the family don't back you and if you can't make it work you will fail.

Often people say they struggle to eat healthy as they eat with the kids. The question here has to be why feed your children foods you don't consider to be optimum.

Getting the family onboard will really help and you can still eat with them. Just adjust your plate of food to contain the protein and vegetable elements and add some healthy fats or more veg to replace carbs.

Some examples would be courgette/carrot spaghetti instead of pasta

Healthy fats instead of rice (nuts/seeds etc)

Avocado instead of potato.

Word of warning!!

Healthy fats like nuts and seeds are very calorie dense so please don't overdo the intake of these. Keep portions down to a sensible size to keep calories on track.