

JUMPSTART NUTRITION



PART 2

**READ ME AFTER
FITNESS &
FATLOSS IN 7
STEPS**



Introduction

JUMPSTART is all about helping you get going with healthy eating and getting fitter. I want to make these 14 days as simple as possible for you to understand. No points, no counting, just basic healthy eating habits!

This guide and the shopping list is very intentionally stripped right back to give you a foundation to work with. **Remember YOU DO YOU!** You don't have to follow this to the letter! I'm giving you some ideas but you have creative licence to mix and match meals and recipes, change or add other foods to the basic recipes. It's totally up to you!

All I ask is that you create a plan filled with foods that you really fancy and look forward to making and eating!

Create your own meals, so long as you are cooking or making them from scratch and using as many fresh ingredients as you can to create simple, delicious, healthy meals.

OPTIONAL ELIMINATION

If you want to, you can choose to eliminate ALL processed foods, coffee, tea, alcohol, sugar, and ready meals on the very real premise that, by removing these foods the body will be able to burn fat more efficiently and become leaner and stronger.

It will also be a welcome break for your body from these 'liver loaders' and allow it to reset and focus and do the things it needs to in order to create balance in your mind, your body and hormones.

It really isn't a faddy diet. It is an optional invitation for you to further strip back on your nutrition if you choose to and nourish your body with whole, fresh foods.

If there are some things you feel like you can't live without, like a morning coffee, why not reduce caffeine and try not to have it past lunchtime. Make choices that will work for you!



Nutrition Basics

The whole approach to this nutrition plan is healthy eating and cooking from scratch as much as you possibly can.

Don't panic! The meals are quick and simple to prepare. If you prepare your own food, you know exactly what is in it.

You can make up whatever meals you would like, using ingredients from the shopping lists or follow the recipes provided in any order and repeat as many times as you like.

Use the weekly planner from the website to jot down your meal choices.

What are the aims of the JUMPSTART Nutrition Programme?

1. To enjoy cooking from scratch with whole, natural foods and ingredients.
2. To reduce or stop grazing during the day to improve blood sugar and energy balance.
3. To understand the importance of fresh foods, especially fruit and veggies, to reduce body fat.
4. To increase energy.
5. To lose body fat and inches.



Nutrition Prep

1. Clear out the fridge, pantry, freezer and kitchen of anything likely to tempt you away from your plan for the next two weeks.
2. Get rid of processed food, packaged, microwave dinners, frozen foods (apart from frozen fruit and veg which is amazing), ready meals – anything packaged, and containing E numbers.
3. I'm **inviting** you to remove wheat and gluten for a week or two, so get rid of bread, biscuits, cakes and breakfast cereals. Wheat and gluten, for many people, are simply indigestible or place a large stress on the digestive system. Get to know if these are inflammatory foods for you.
4. I'm also **inviting** you to remove dairy – milk, butter and cheese just for a week or two but you don't have to! If you love a cup of tea with semi-skimmed milk have it!
5. Alcohol should be reduced or removed for as long as you can - including wine and spritzers. Alcohol is a toxin your body has to work hard to remove from your system, placing stress on the liver, kidneys and adrenal glands.
6. Remove fizzy drinks - fizzy water included.
7. Sugar – all forms create an insulin response. The simpler the makeup of the sugar, the more rapid and aggressive the insulin response. Reduce or remove this for as long as you can.
8. Avoid chocolate, sweets or confectionary for as long as you can too.



Basic Shopping List

The beauty of this plan is that you can design your own meals, as long as you eat the food on the shopping list or get ideas together from our suggested recipes.

This shopping list includes just the basics to look through to help you create your own meals with basic ingredients. If you choose recipes from the Recipe Ideas download you'll need to add the things that you need to your list. You do not have to strip things right back if you don't want to.

You can follow the suggested **JUMPSTART** menu, build your own if you wish or mix it up!

So, here's our BASIC SHOPPING LIST, starting with all-important PROTEIN. A top tip is to create each meal around what your source of protein is, for example, chicken then will it be a salad, a stir fry, a kebab...then add to it!

PROTEIN

Beef	Shellfish/Shrimp	Prawns
Chicken	Crab	Eggs
Duck	Lobster	Rainbow Trout
Turkey	Salmon	Haddock
Lamb	Cod	Mackerel
Liver	Plaice	Sea Bass
Kidney	Halibut/Turbot	Tuna - ideally not tinned
Veal	Hake	Tofu
Bacon - very lean	Bream	



CARBOHYDRATES

Spinach	All leafy greens inc. salad	Peas
Courgette	Tomatoes	Peppers
Cucumber	Onions	Green Beans
Broccoli	Kale	Purple Sprouting Broccoli Broad
Rocket	Cabbage	Beans
Aubergine	Celery	Cauliflower
Squash	Mushrooms	Avocado
Carrots	Beetroot	

EXTRA CARBS

*These foods are better on days that you are active and after exercise if possible!

*Brown/White Rice	Coconut/Almond Milk
*Sweet Potatoes	Nut Butter (go easy)
*Quinoa	Strawberries
*Lentils, Pulses, Beans	Blueberries
*Gluten Free Porridge Oats	Herbs & Spices, Stock Cubes, Tomato Puree
*Banana	Impact Whey Isolate Protein Powder - optional!
*Mango	

NUTS

A great snack choice but go easy they are calorific!

Almonds	Pecans
Macadamia	Walnuts
Pistachios	Mixed Seeds
Cashews	Flax Seeds



FATS

Cook with coconut oil and flavour food with olive oil if you wish.

DRINKS

Plenty of water min 2L daily and herbal/fruit teas.

BASIC PLAN

Aim to eat 3 meals daily at any time that suits you - try not to snack between meals.

Frozen fruit, veg, stir fry or smoothie mixes are your best friend, they are super healthy and save so much time peeling and chopping! Use prepared soup mixes too for a real time saver!

Ensure you eat plenty at every meal and fill up on veggies.

Aim to drink 1.5-2 litres of water daily.

Drink fruit teas.

Plan and prepare your meals in advance and use your slow cooker if you can. If you can make a larger salad that covers 2 lunches why not? It's OK to have the same lunch twice in a row!

Use leftovers from dinner for a ready-made lunch the next day.

Perform activity daily, a live or replay workout or do your own activity. Ideally, DO YOUR WORKOUTS BEFORE BREAKFAST!

Sleep! Bed early and aim for a minimum of 6hrs sleep every night!



What Next?

This is all about getting started, trying things, doing more of the things that step you towards your goals and less of the things that don't.

You can't 'do it wrong'. You're simply going to plan some healthy meals in and get active. You're going to eat plenty, load the veggies onto your plate and move more!

Avoid overthinking this. If your meals are samey and quite plain... so what! Make this as easy as possible for you. Repeat meals, have a lunch at dinner, a breakfast at lunch... Whatever you want to do is absolutely fine.

For these two weeks, you are going to learn how you can create a healthy eating plan that you enjoy and that you can replicate MOST (not all of the time). The truth is that whilst we might be perfectly capable of sustaining healthy choices ALL of the time for 2 weeks, its unlikely that we can forever (how boring would that be anyway!)

Give yourself permission NOT to be perfect because you don't have to be. Move away from "unless I'm perfect I'm doing nothing" and move towards "every healthy choice I make counts and is making a difference".

The biggest favour you can do yourself is accepting that long term success doesn't lie in the black or white, on it or off it but it is in the grey. Success LONG TERM comes from being able to quickly return to healthy habits time and time again and being relaxed and cool with that.

No punishment, no deprivation, ENJOY what is to be enjoyed and come back to your healthy choices as soon as you can afterwards.

Never lose sight of the fact that you are in the driving seat and in control of your choices, your diet should never control you!

Next explore your JUMPSTART Recipes and PLAN PLAN PLAN!!

It really is as simple as the 7 steps I'm going to take you through!

Clare xxx



FAQ's

Why do I have to moderate my fruit intake?

Fruit contains natural sugar so it does produce a certain blood sugar response. Stick to fruit post-workout wherever possible however, it's super healthy. Don't sweat if you want a piece of fruit!

Will I have to make separate meals for my family?

NO! We really hope your family will get behind you, and support you, all the way. Get everyone involved and interested in healthy eating, this is a lifestyle change and one we hope you will continue with into the future.

I haven't got time to cook and I'm not that great at cooking anyway!

Don't worry. All the meals and recipe ideas can be made quickly. You really don't have to be a chef to enjoy cooking from scratch with good quality ingredients. Use a slow cooker so you always have a ready meal and plan in advance.

Which cooking methods can I use?

We would recommend steaming, stir frying, oven baking, grilling and using a slow cooker or airfryer.

What happens when I go back to eating 'normally'?

We would advise you to continue following the plan, using the '80/20 method. If you return to your old eating habits, you will experience the same results those eating habits gave you.

Isn't it dangerous to eat more than 3 eggs per week? Will I increase my cholesterol?

No, it isn't dangerous. There are 2 types of cholesterol, 'good' and 'bad' known as HDL and LDL respectively. Eggs contain good cholesterol and are fine to be included regularly in your diet.

Why can't I eat things that are from a gluten free range, like bread, cookies etc?

Most of the products you find in the 'free from' aisle at the supermarket will tell you they are free-from gluten, wheat, dairy etc, but what they don't advertise is the fact that they contain sugar and, more often than not, E numbers and other preservatives. We have to get away from eating sugar. You may not realise many of your staple "healthy" foods contain hidden sugars



FAQ's cont...

Where will I get my energy from if I cut my carbs? This is a myth, as you are not cutting carbs. You are limiting “starchy” carbs but eating loads of good carbs, such as green vegetables. Carbohydrates are not limited to bread, pasta, potato etc, they are found in all fruit and vegetables.

Doesn't bread help regulate your bowel movements? NO! In fact, it can do the exact opposite. Modern wheat is very heavily processed and can aggravate the gut wall. It's so heavily processed that it can be almost impossible to digest. As an example, how do you make glue as a kid? Water and flour! How do you make bread?

Isn't wholemeal/rye/dark/brown/granary etc bread is good for you? These products will also contain gluten, are very carb-heavy and stress the digestive system.

Isn't drinking too much water dangerous? We recommend you drink up to 2 litres of water per day to help eliminate excess toxins from your body, hydrate your cells so that they work as efficiently as possible and aid muscle recovery.

If I already attend fitness classes and/or go to the gym, can I continue to do so? Yes.

Do I have to have a rest day? Yes. Your body needs time to repair and rebuild. We would recommend at least 2-3 rest days per week from more rigorous exercise but light daily movement is great.

Isn't red wine good for you? No. It contains sugar, resulting in a blood sugar response... and how many times have you made a poor food choice following alcohol consumption? When you drink alcohol, your liver stops metabolising fat and concentrates on dealing with breaking down the alcohol so, in effect, when you drink your body stops processing fat.

I'm at a party in 2 weeks' time. What is the best alcoholic drink to have? Unfortunately, there isn't one. All alcohol has the same effect. If you want results, then you have to make changes!

Can I have decaf coffee? No. In order to remove caffeine, the coffee beans must go through a process that often involves chemicals. In addition to this, to be classified as decaf, the product only needs to contain 97% less caffeine than traditional coffee.

I'm premenstrual and have powerful cravings. We can suggest ideas for cravings. Keep drinking lots of water and stay busy. Cravings are more often than not in the mind. I promise that you will see amazing results; your body shape will change, you will have so much more energy and zest for life!

I'm vegetarian will the plan be suitable for me? Yes, we can assist with vegetarian options. Stick with the plan 100% and it will change your life forever.

How important is it to stick to the nutrition plan? Your nutrition forms around 80% of your results. Use this as a basic plan and figure out the methods that suit you.

