

# COACH GLOSSOP NUTRITION GUIDELINES

## DAILY MEALS

I recommend 3-5 meals per day. Spaced evenly across the duration of the day from wake up 5/6/7am through till 7/8pm. You can either have 5 smaller meals more often, or 3 larger meals with some small snacks in between if hungry.

## MEAT CONSUMPTION

In any one sitting I recommend females eat no more than 100 to 150g of meat (raw net weight) per meal. Males 180 to 250g. Eating meat every meal is not a necessity for me. If you would like one of your meals each day with meat or all five I don't mind; just remember you still need to meet your daily protein intake targets. Rotate your meats, feel free to use kangaroo, beef, lamb, chicken, turkey, pork, bacon, salmon, fish, prawns. Try to eat darker meats in the morning and lighter, whiter meats at night. Easier to digest lighter meals at night and sleep easier.

## GREEN VEGETABLES

I recommend 2 cups of green vegetables with every meal. For me the consumption of your green vegetables is superior to any other of the food groups I will be recommending to you. Although I say get minimum 2 cups of greens in with every meal, go wild, eat as much greens as you like! Some green vegetable examples from me include: spinach, broccoli, kale, asparagus, beans, capsicum, brussels sprouts, watercress. You can cook your vegetables by steaming them, baking or pan cooking them in coconut oil, nut oil, butter; or you can simply eat them raw!

## COLOUR VEGETABLES

I recommend 1 cup of colour vegetables with every meal. Some colour vegetable examples from me include: beetroot, pumpkin, sweet potato, capsicum, onion, mushroom, tomato. One beetroot a day will have you bouncing with energy! You can cook your vegetables by steaming them, baking or pan cooking them in coconut oil, nut oil, butter; or you can simply eat them raw!

## CARBOHYDRATES

Your carbohydrate intake for me is where you can accelerate your body composition goals whilst still increasing your athleticism. I have seen great results with myself, with my clients and with world class athletes I have contact with; do excellent on lower carbohydrate regimes. It's an easy way to bring your daily caloric intake down, reduce bloating and reduce tiredness. And, it begins with eliminating refined carbohydrates out of your regime, foods such as bread, wheat, cereal, oats and pasta; these foods have been used by people previously just to "fill up", well we are looking for more than that, right! We want effective results efficiently as possible. The myth of carbs being a body's best source for energy is just that, a myth. We have found higher energy levels achieved through higher consumptions of good fats and proteins. So I don't recommend a zero carbohydrate regime, we need carbohydrates, but keep them lower than usual and make better selections for your intake. I like to include sweet potato, white potato, brown rice and white rice. Also, remember your green vegetables have plenty of carbohydrates in them as well. If you end up choosing to restrict your carbohydrate intake to one meal per day, which is fine with me, I recommend you have it in your post workout meal, a time when your body needs it most. Note, lowering your carbohydrate intake is best done gradually week by week over four weeks whilst your body adjusts to using fat for energy more effectively.

## COOKING

My favourite way to cook my food is with organic butter from a grass feed cow source. Using correct sources of butter is one other way to reduce the amount of unwanted hormones entering your body; there are many more! Another is the kind of kitchen ware you cook your food in and eat from; reduce or eliminate completely the use of plastic items you heat and eat from; glass or china are much better options. Next, try to reduce or eliminate the use of microwave and stick to your oven and grill and reduce re-heating your food as much as possible. Eliminate the use of vegetable oils in your cooking and reduce or eliminate the use of extra virgin olive oils as well, even the best of them can still change state under heat and turn into trans fats. If you want to use an oil, use coconut oil or various nut oils. Note, using oil cold, poured over a salad for example is very good, it's only when the state is changed from heat that you need to be concerned. Go nuts with herbs and spices, all are great. Some examples of ones that I recommend include: Turmeric, oregano, garlic, paprika, coriander, celtic salt and pepper corns.

## SNACKS

Snacks I recommend include nuts such as almonds, cashews, brazil nuts, pistachios etc. These go perfectly in a large jar combined with dried fruits such as figs, dates, prunes, cranberries, goji berries, raisins, apricots or pineapple. Just keep the amount in one sitting to 2-5 handfuls depending on how many meals you have decided to have per day (3 or 5). Secondary snack I use is avocado with cottage or ricotta cheese and tomato on crackers, with celtic salt and cracked black pepper.

## DRINKS

3 litres of water per day minimum for females, and 4 litres for males. My green juice is another drink I recommend and if you do use it, include it into your regime as a snack item. My recipe is: ½ Lemon, ½ beetroot, ½ carrot, 1 handful of spinach, ½ cup coconut water, and then filled with as much still water as you desire for the consistency of your juice. Another great drink I recommend is smoothie, which is: 1 scoop of whey protein isolate, 1 banana, 1 tablespoon of cacao powder, 1 cup of almond milk, 1 handful of spinach, 1 handful of mixed berries, and then filled with as much still water as you desire for the consistency of your smoothie.

## SUPPLEMENTS

Supplements in my programs are not necessary for beginners, however if you have gone through the necessary adaptations and achieved great, consistent whole food nutrition, they will now provide you with benefits. When I introduce supplements the first three I recommend are: a proper multi nutrient tablet, whey protein isolate powder, and a proper fish oil, krill oil or cod liver oil. Next you could look into adding a magnesium or zinc supplement, both very helpful! Males can benefit in their training performance from using creatine monohydrate and beta alanine before training sessions. However this is not required until you are reaching advanced levels. The exact usage and timing will be relative to your current nutritional habits, so ask me for the serving size and timing for you when you're ready!