

# Nutritional Report

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## **WELCOME**

Hello! Welcome into your new journey!

It's time to learn and apply some information about food. Whatever your goal is, your diet needs to adapt.

Your nutrition needs to be manipulated so your body functions with you to burn fat and build muscles therefore please take some time to read through all the information regarding your nutrition and follow it as best you can to see the results you want.

Get ready; this is where it all begins!

## **MONITORING MY PROGRESS**

I would like you to keep track of your progress throughout the program you are following using pictures and strength tests where applicable.

## **BEFORE & AFTER PHOTOS**

This is the best way to monitor how your body changes over 4 weeks as you see yourself in the mirror every day and may find it hard to tell whether you are making changes. Wear some tight-fitting clothing, a swimsuit or bikini and take a front, side and back picture.

Take these pictures on the same day you take your measurements. Choose something you wouldn't mind people seeing, as once you've successfully lost body fat you will want to show these pictures of to everyone.

If you are happy to share your experience, please email me at [umaxfitness@gmail.com](mailto:umaxfitness@gmail.com) and I will feature your transformation on my media.

## **NUTRITION FOUNDATION**

Before you get caught up on exactly what to eat and how much to eat it's important to have a good foundation knowledge and understanding of what you need to do to improve your health and kick start your fat loss. Just by taking on board by following guidelines and sticking to them you will be in a better position than most people to lose body fat and get into great shape!

### ***DRINK UP***

Switch to water only (i.e., avoid fizzy drinks, Starbucks, flavoured water) for a short period of time to feel the benefit of this simple, free liquid.

Drinking only water will help you to lose 5% of your bodyweight without doing anything else. Plus, your skin will look healthier, your muscles will feel energised and your bowel and kidneys will work better as water helps to clear waste from the body.

And if you struggle to drink water, eat it! Yes, eating more vegetables and fruit will increase the amount of water in your body.

Make sure you are well hydrated during the day. Ideally drink 2litres of water a day without counting the water you drink during your workouts. Our bodies are made of 80% of water and losing a little like 10% of your total body weight can lead to death. Remember we continuously lose water while breathing (in form of steam), sweating and in waste (urine). A good indication of whether you are drinking enough is your urine, if it's clear perfect, if it's not then drink up.

### ***EAT REAL FOOD***

Make sure majority of the food you eat is not processed. It's better to get 'more bang for your buck', what I mean by that is whole foods that have not been pre-packed and pre-prepared will usually have fewer calories than processed sources of food, therefore you can eat more of them. For example, a single slice of bread has roughly 20 grams of carbs whereas a medium sized sweet potato also has 20 grams of carbs, with the potato you are getting more food in size but roughly the same number of calories.

So simply switching 80-90% of the food you eat to unprocessed sources will help you to reduce your calories drastically while still making sure you have plenty of food available to eat throughout the day. Note it says 80-90% which leaves a little

room for you to enjoy foods that you fancy, just be sure to account for them using your portion sizes and calories (this comes later).

### ***EAT YOUR VEGGIES***

If you are lacking in a variety of vegetables in your diet, there could be a chance you are deficient in a many vitamins and minerals, so make vegetables the base of your diet.

At every main meal half, the plate should be covered in green fibrous vegetables (100-250g or 2 large fistfuls). Try to eat green & cruciferous vegetables such as broccoli, cauliflower, spinach or kale with every meal; it will help you to also meet your daily fibre needs.

### ***START THE DAY WELL***

Always start the day with breakfast and try to include protein in this meal. Eating a well-balanced meal that contains protein is the perfect way to wake you up, keep you alert and supply quality nutrients to your muscles first thing in the morning. It is understandable that everyone's lifestyle and taste buds are different, so do what work for you're here.

If you have time to cook and have a tasty omelette great but if you're a grab and go person, then try something like fruit and yogurt with a scoop of protein already made the night before.

### ***PROTEIN IN EVERY MEAL***

Protein is essential for muscle repair and fat loss. It's best to eat lean high-quality protein with every meal and snacks, including breakfast, this constant supply of protein will keep you fuller for longer and help eliminate cravings. Males aim for a minimum of 2g – 3g per kilo of bodyweight and females 1.8g – 2.5g per kilo of bodyweight.

Try to eat food containing protein every 3-4 hours but don't worry if your lifestyle doesn't allow you to do this, it's more important to meet your total daily needs than to worry about meal timings. Good protein sources are things like lean meats, fish, eggs, dairy such as cottage cheese and Greek yogurt, beans\*, peas\*,

legumes/lentils\*, tofu, tempeh and protein supplements. \*These also count as carbohydrate sources so control the portion sizes.

## ***ADD GOOD FATS***

Including healthy fats from a wide variety of sources is the key in a well-balanced diet. Fats play an important role in your body, from regulating hormones to the building of cell walls. For fat loss hormones play an important role so going extremely low fat is a big no no.

However, fats also are the most calorific type of food (1g of fat = 9calories whereas 1g of protein or carbs only = 4 calories) which is why they get a bad reputation, therefore make sure you eat them according to your daily serving sizes. Fats in your diet should come from mostly red meat, oily fish, nuts, seeds and eggs. For cooking try to use virgin coconut oil, macadamia nut oil, dripping or grass-fed butter (e.g. Kerry Gold or Anchor) and for dressings use extra virgin olive oil but not for cooking.

## ***CARBS FOR ENERGY***

Carbohydrates are needed for energy. It is true that going low on carbs can help you lose body fat quickly; this is because your body's stores are depleted of carbohydrate, so it must rely on burning fat for energy. This is all great, but have you ever tried a low carb diet for a long period of time? You feel rubbish, you have no energy and bad breath too!

Not only this but carbohydrates also help you hold on to muscle tissue when you are burning body fat, so going too low on carbohydrates will cause you to lose lots of muscle which means you end up looking skinny, wobbly and not toned plus your metabolism gets destroyed.

So, getting the balance right between too much and too little is important. The majority of the carbs you eat should come from good fibrous, single ingredient sources such as oats, wild rice, sweet potatoes, butternut squash, quinoa, lentils, pulses and vegetables, these types of carbohydrates release energy slowly so you don't get a huge spike in blood sugar. Fruits are another great source of carbohydrates however they have a higher amount of sugar so should be limited to 2-3 portions a day. Berries are great as they are lower in sugar, fructose and calories, and also rich in antioxidants (again more bang for your buck).

## **SHOPPING LIST**

So, we've been talking lots about protein, carbohydrates and fats but exactly what foods contain each type of macronutrient. (Macronutrients are nutrients your body needs in larger amounts, the three types are protein, carbohydrates and fats.) Here are examples of foods that belong to each macronutrient group, just remember that all foods include more than one type of macronutrient. (You can also use this as a shopping list):

*Protein:* Lean meat such as chicken, turkey, bison, venison. Fish such as salmon, tuna, cod, mackerel, sardines, trout, herring Eggs (omega-3 and free range) Plain Greek yogurt, cottage cheese, or coconut milk yogurt Protein supplements (whey, milk or plant protein sources) Beans\*, lentils\*, legumes\*, peas\* (\*also carb sources) Tofu, tempeh

*Carbohydrates:* Whole-food non-starchy - Rice / wild rice (preferably whole grain, unprocessed), Sweet Potatoes, Oats (preferably whole oats), Quinoa. Beans, Lentils, Legumes Vegetables – Spinach, Carrots, Tomatoes, Broccoli, Cauliflower etc. Fruits – Mixed Berries, Apples, Oranges etc.

*Fats:* Eggs, dairy, fish oil, beef, avocado, Chicken Skin Nuts & seeds - almonds, cashews, pistachios, tahini, sunflower seeds, olives, chia seeds, brazil nuts, macadamias, pecans, hemp seeds, pumpkin seeds, hazelnuts, flax seeds, walnuts, pistachio. Oils – Grass fed butters, algae oils, safflower oil, virgin coconut oil, flax oil macadamia nut oil.



## **HOW MUCH SHOULD I EAT?**

You know the main principles and what types of food to eat but knowing how much the big key to fat loss is. Even if the sources of food you are consuming are great for you there is still a need to practice some form of portion control to stop yourself from over eating at meals and to make sure the meals you are eating are well balanced.

A great way to know if you are on calories deficit is being hungry. Consider that as a reserve fuel light on the dashboard of a car. Stay on that state for a bit before your actual meal. If you are hungry way earlier than your next meal you know you have eaten too little.

Being hungry 30 minutes to 1 hour before your meal is the sweet spot. If you had breakfast at 7am and you suppose to have lunch at 1pm and maybe a snack at 1030am you should be hungry at 10am not 830am, and just after 12pm not 11am.

To monitor weekly progress, have a weight check day (before week-end can be a good idea) and track your weight, I suggest Friday morning when you wake up, just after toilet with no clothes. Changes in diet should be slowly introduced or made and not drastic.



## **THE EASY BUT STILL EFFECTIVE WAY TO PORTION**

how do you still make sure you are eating the right amount without calories counting? The easiest way to do this without using any scales is your hands! This is where the serving information is useful, here is how it works:

### **Your palm determines your protein portions**



Men - 2 palm sizes = 1 serving



Women - 1 palm size = 1 serving

### **Your fist determines your veggie portions.**



Men - 2 fist sizes = 1 serving



Women - 1 fist size = 1 serving

### **Your cupped hand determines your carb portions.**



Men - 2 cupped hand sizes = 1 serving



Women - 1 cupped hand size = 1 serving

### **Your thumb determines your fat portions.**



Men - 2 thumb sizes = 1 serving



Women - 1 thumb size = 1 serving

Although this method is easy to use, very helpful and for the most part pretty accurate and will give you excellent results, please use it as a rough guide and not as an absolute measure.

The hand portion sizes are just a guideline to give you the estimated amount of food you need. Go by how you feel, if you feel you are not losing body fat then reduce portion sizes and if you are struggling with energy or constantly feel hungry then increase portion sizes.

Also vary your sources of protein, vegetable, carbohydrate & fat and note that portion sizes should also vary with different sources of food as some foods will be more calorie or nutrient dense than others.

# A Healthy Plate

**Add a small amount of margarine or oil in cooking at the table.**

**Choose 1 serving of milk, which is 8 ounces.**

**Add 1 serving of fruit.**

**Fill 1/4 of your plate with a starchy choice, such as 1/2 cup mashed potatoes.**

**Fill 1/4 of your plate with lean meat, chicken, or fish; this is about 3 ounces.**

**Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.**

**For breakfast, use only half the plate.**

**For lunch and dinner, use the whole plate.**

## EXAMPLE MEAL PLAN

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast Porridge with berries & protein shake	Breakfast Nuts, seeds & coconut granola with almond milk	Breakfast 2 boiled eggs & wholemeal toast	Breakfast Overnight oats & protein shake	Breakfast Spinach & onion omelette with handful of almonds	Breakfast Beef steak & 2 pouched eggs.	Breakfast Bacon, mushroom, spinach & 3 scrambled eggs
Morning Snack Handful of Walnuts with fruit	Morning Snack King prawns/shrimp with salsa	Morning Snack Smoked salmon	Morning Snack Two scrambled eggs	Morning Snack Protein Shake with fruit	Post-workout Whey protein shake a handful of fruit	Post-workout Whey protein shake with a handful of fruit
Lunch Steak with roasted veg	Lunch Salmon salad with mixed beans	Lunch Turkey salad with new potatoes	Lunch Tuna, new potato and veg salad	Lunch Tuna salad	Lunch Plaice fillet with steamed veg and quinoa	Lunch Chicken Stir-fry with wild rice
Afternoon Snack Tin of tuna	Pre-workout Whey protein shake with a handful of fruit	Afternoon Snack Beef jerky	Pre-workout Whey protein shake with a handful of fruit	Afternoon Snack Handful of almonds	Afternoon Snack Two boiled eggs	Afternoon Snack Raw veg with guacamole
Dinner Chicken Stir-fry & rice	Dinner Steak with steamed green veg & wild rice	Dinner Cod fillet with steamed veg with spiced wild rice	Dinner Steak with roasted veg & baked sweet potato	Dinner Roast beef with steamed veg and sweet potato chips	Dinner Minced lean beef chilli with veg & wild rice	Dinner Chicken breast with roasted vegetables & sweet potato chips

Please remember this is just an example, you can substitute food with whatever you like to make sure it follows the guidelines and meets your daily requirements. Be creative, this plan has been designed to keep things simple and easy to follow, but you can use spices, herbs and your own recipes to make the suggestions taste much better.

Check out these websites for great recipes:

[www.riverford.co.uk/recipes](http://www.riverford.co.uk/recipes)

[www.rawfoodrecipes.com/recipes](http://www.rawfoodrecipes.com/recipes)

[www.spoonfulofsugarfree.com/recipes-by-picture](http://www.spoonfulofsugarfree.com/recipes-by-picture)

[www.thegraciouspantry.com/find-recipes-by/recipe-by-ingredient](http://www.thegraciouspantry.com/find-recipes-by/recipe-by-ingredient)

[www.paleoplan.com/recipes](http://www.paleoplan.com/recipes)

[www.jamieoliver.com/recipes](http://www.jamieoliver.com/recipes)

## **VEGETARIAN EXAMPLE MEAL PLAN**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast Porridge with berries & protein shake	Breakfast 2 boiled eggs & wholemeal toast	Breakfast Nuts, seeds & coconut granola with almond milk	Breakfast Spinach & tomato egg muffins	Breakfast Spinach, mushroom & onion omelette	Breakfast Overnight oats & protein shake	Breakfast Mushroom, spinach & 3 scrambled eggs
Morning Snack Greek yogurt with berries	Morning Snack Greek yogurt with fruit	Morning Snack Cucumber & carrot sticks with salsa	Morning Snack Snap peas with guacamole	Morning Snack Protein Blend shake (slower release)	Post-workout Whey protein shake a handful of fruit	Post-workout Whey protein shake a handful of fruit
Lunch Tempeh, spinach, tomato & mixed bean salad	Lunch Feta cheese, spinach and bean salad	Lunch Pea & cauliflower curry & mixed salad	Lunch Vegetable Ratatouille with wild rice	Lunch Spicy avocado soup with new potatoes	Lunch Stuffed peppers with spinach, peas & tomatoes	Lunch Cashew nut & vegetable Stirfry
Afternoon Snack Raw vegetable sticks with cottage cheese	Pre-workout Whey protein shake with a handful of fruit	Afternoon Snack Protein Blend shake (slower release)	Pre-workout Whey protein shake with a handful of fruit	Afternoon Snack Handful of almonds	Afternoon Snack Greek yogurt with berries	Afternoon Snack Raw veg with guacamole
Dinner Quorn chicken style pieces & veg stir fry and rice	Dinner Lentil curry & mixed salad	Dinner Stuffed Mushrooms with spinach, savera paneer & onion	Dinner Spicy kidney bean burgers & mixed salad	Dinner Roasted veg & Tempeh, mixed salad with quinoa	Dinner Grilled veg & savera paneer kebab & wild rice	Dinner Roasted veg, sweet potato chips & Quorn chicken style pieces

Please remember this is just an example, you can substitute food with whatever you like to make sure it follows the guidelines and meets your daily requirements. Be creative, this plan has been designed to keep things simple and easy to follow, but you can use spices, herbs and your own recipes to make the suggestions taste much better.

On a vegetarian diet, you will struggle to get enough protein into your diet, so it is important you use a protein shake in your diet (see super supplements on page 18), and get the rest of your protein from sources such as dairy, beans, legumes, pulses & lentils. Another great way to add protein and flavour to your meals is to use 'Braggs Liquid Aminos', it's a great low sodium replacement to soy sauce and can be purchased online.

Check out these websites for great recipes:

[www.rawfoodrecipes.com/recipes](http://www.rawfoodrecipes.com/recipes)

[www.spoonfulofsugarfree.com/recipes-by-picture](http://www.spoonfulofsugarfree.com/recipes-by-picture)

[www.thegraciouspantry.com/find-recipes-by/recipe-by-ingredient](http://www.thegraciouspantry.com/find-recipes-by/recipe-by-ingredient)

[www.paleoplan.com/recipes](http://www.paleoplan.com/recipes)

[www.jamieoliver.com/recipes](http://www.jamieoliver.com/recipes)

## **LOW GI FRUIT AND VEGETABLE**

The glycaemic index (GI) tells us whether a food raises blood glucose levels quickly, moderately or slowly. This means it can be useful to help you manage your diabetes. Different carbohydrates are digested and absorbed at different rates, and GI is a ranking of how quickly each carbohydrate-based food and drink makes blood glucose levels rise after eating them.

The GI index runs from 0 to 100 and usually uses pure glucose, which has a GI of around 100, as the reference. Slowly absorbed carbohydrates have a low GI rating (55 or below), and include most fruits and vegetables, unsweetened milk, nuts, pulses, some wholegrain cereals and bread.

Research has shown that choosing low-GI foods can particularly help manage long-term blood glucose levels in people with Type 2 diabetes. There is less evidence to support this in people with Type 1 diabetes, but we know that on a day-to-day basis choosing low GI foods can help keep blood glucose levels steady after eating.

Combining foods with different GIs alters the overall GI of a meal. You can maximise the benefit of GI by switching to a low GI option with each meal or snack. Go easy on lower GI foods like chocolate, which is high in calories, especially if you are trying to lose weight. Save them for occasional treats.

Gooseberry	15	Lettuce	10
Cherries	20	Mushrooms	10
Lemon	20	Red onion	10
Apricot	23	Onion	15
Lime	24	Cucumber	15
Blackberries	25	Dill	15
Currant	25	Eggplant	15
Grapefruit	25	Ginger	15
Nectarines	30	Courgette	15
Passion Fruit	30	Spinach	15
Raspberries	32	Artichokes	15
Dates	36	Asparagus	15
Pears	38	Green beans	15
Apple	39	Garlic	30
Blueberries	40	Peppers	30
Orange	40	Radish	32
Plum	40	Broccoli	32
Strawberries	41	Brussel sprout	32
Mandarin	42	Parsley	32
Peaches	42	Celery	32
Cranberries	45	Cauliflower	32
Avocado	50	Tomato	38
Dragon fruit	50	Carrot	39
Persimmon	50	Cabbage	45
Kiwi	52	Chives	45
Grapes	53	Chilli peppers	45
Banana	55	Green peas	48
Mango	56	Butternut squash	51
Papaya	59	Sweetcorn	54
Figs	60	Potato	60
Pineapple	66	Beetroot	64
Cantaloupe	67	Basil	70
Pomegranate	67	Peppermint	70
Watermelon	72	Rosemary	70
Guava	78	Sweet potato	70