



WOMEN'S FOOD TIPS

These are only guidelines to assist you with having a balanced diet

- ** WATER WATER WATER – keep a 1.5L bottle with you all day to flush out the toxins (if you are struggling to get through this add some fat free cordial or lemon juice for added flavour)
- ** Don't drink fizzy drinks as they are full of sugar and provide no nutritional benefit (sparkling mineral water allowed)
- ** Try and limit carbohydrate intake to breakfast and lunch meals only
- ** Dinner should consist of protein and salad / vegetables and try not to eat later than 8pm – if you do eat later than 8pm then strictly NO CARBS
- ** ***Aim to exercise at least 4 times a week for at least an hour each session – a healthy diet combined with exercise promotes total wellbeing *****

Breakfast: Options

Upon rising drink a glass of warm water with squeezed lemon juice to get your metabolism going

Poached eggs with spinach and tomato

Fruit salad with Low Fat Yoghurt (eg Jalna fat free)

- eat rockmelon, honeydew, pear, strawberries, passionfruit, kiwi fruit
- limit grapes as high sugar content

Cereal with skim milk – special K, Weetbix, “Norganic” Crunchola

Wholegrain toast with vegemite or low fat cottage cheese - try to go without butter or margarine

Coffee and tea as desired but with low fat milk and no sugar if possible

NB – It is much better to eat fresh fruit rather than fruit juices as you can control the amount you are eating and limiting the amount of sugar consumed.

MID MORNING: Options

Carrot / celery sticks
2 x wholegrain vitaweats
2 x wholemeal Salada biscuits
Nuts – 6-8 x almonds (no salted nuts)
Apple
Banana with Jalna fat free yoghurt – apricot flavour

LUNCH: Options

Grilled fish, smoked salmon, chicken breast with as much salad as required
(for flavour add balsamic vinegar to salad – NO OIL)

Wholegrain salad sandwich – NO BUTTER, with chicken breast or tuna
- if desired have a scraping of hummous or avocado
- salad = beetroot, mushrooms, asparagus, tomato, cucumber, carrot, lettuce

4 egg omelette with spinach and tomato mixed through (4 egg whites and 1 yolk)

MID AFTERNOON: Options

As per mid morning but with no crackers

99% fat free protein drink available from most supermarkets and convenience stores – PROTEIN REVIVAL / MUSASHI or similar

DINNER: Options

During the cooler months start off with a vegetable soup or tomato soup to fill you up

Grilled fish with salad or steamed vegetables – no potato (try and stick to vegetables such as broccoli, asparagus, zucchini, squash, mushrooms)
Corn is high in sugar so try to avoid eating too much at night

Packet of Tuna (or tin of tuna) in brine / springwater with lettuce, cucumber, tomato and either balsamic vinegar or 97% fat free mayonnaise

Chicken breast (no skin) with salad and steamed vegies as above

If desired add a cup of brown rice (1 cup when cooked)

Minute steak or 2 small chops – lean meat with no fat with salad and vegies as above

Spaghetti Bolognese – use lean / trim mince and no oil and 1 cup of wholemeal pasta (try adding fresh tomatoes to the Bolognese sauce to make it more hearty and fill you up)

If you feel like a glass of wine make it red wine as it contains anti-oxidants. White wine is more acidic and contains sugar

DESSERT

Coffee and tea as desired with low fat milk, no sugar
Fruit salad
Small tub of diet jelly

Notes to remember:

- Listen to your body
- Do not consider this as a diet but more as a healthy lifestyle
- We all go off the rails occasionally – if you have a bad day forget it, move on and start again fresh the following day
- Try not to supplement meals OR snacks with protein bars unless you are exercising everyday for over an hour as you will end up consuming more fat and carbs than required
- If you are vegetarian and taking Iron supplements ensure you are getting enough fibre in your diet – wait half hour before having coffee after taking iron tablets
- Multi-vitamins will only assist you if you do not have a balanced diet (speak to your trainer or nutritionist if you need assistance with supplements)
- If you have a sweet craving keep some dark chocolate in the cupboard (Lindt 70%) and have one square, not the whole block!!!!
- Keep in mind that if you sugar (ie lollies etc) at night it probably won't be burnt off and therefore turns to fat so keep your sugar intake to a minimum after dark!!

REMEMBER --→ Everything in Moderation

--→ Keep active and get moving