



2024 FITSOM CHALLENGE

RESET/REFOCUS

NEW HABITS AND KICKSTART

**SETTING GOALS IS ONE THING,
ACHIEVING THEM IS ANOTHER.
THIS CHALLENGE IS ABOUT
LEARNING TO SET GOALS
AND SMASH THEM!**

START FRESH

**2024 FITSOM RESET
CHALLENGE**

**LET'S KICKSTART YOUR YEAR
OFF WITH A TEAM OF LIKE
MINDED FRIENDS!**

YOUR MIND CAN BE YOUR BIGGEST ADVANTAGE OR YOUR WORST ENEMY! HOW YOU THINK AND HOW YOU TALK TO YOURSELF MATTERS IMMENSELY WHEN IT COMES TO YOUR OVERALL HEALTH AND WELLBEING.

THE IMPORTANCE OF MINDSET

MINDSET IS EVERYTHING WHEN IT COMES TO HAPPINESS. WE'VE ALL HEARD THAT HAPPINESS IS CREATED FROM WITHIN AND NOT FROM OUTSIDE CIRCUMSTANCES AS WE'RE OFTEN LED TO BELIEVE.

In fact, it specifically comes from our minds, our perspectives and how we choose to look at things.

This is why cultivating a mindset where you're able to look at the world around you and consciously select a perspective that allows you to move in a positive direction and lessen pain and anguish, is going to help you succeed in your personal and professional life.

Many people develop either a growth mindset or a fixed mindset. The main difference is that a growth mindset allows you

to see potential for development and growth even if it's not obvious. It creates a deep sense of resilience and positivity leading to more successful actions and less negative reactions. Whereas the fixed mindset tends to stay stuck in negative thought patterns, a lack of self-love and self-belief and a tendency to react and act in ways that don't help your movement forward.

Many people have a mixture of both fixed and growth mindset depending on the situations, people and circumstances going

on in their lives and you may identify with both. This planner is designed to help you see and understand more clearly how you're choosing to see your world which is the first step in making any changes.

There's a chance to increase your gratitude, explore and identify any limiting beliefs, ways to shift your mindset in the moment, deal with a particular situation and an exercise to mindfully note down your (sometimes unconscious) inner thoughts.

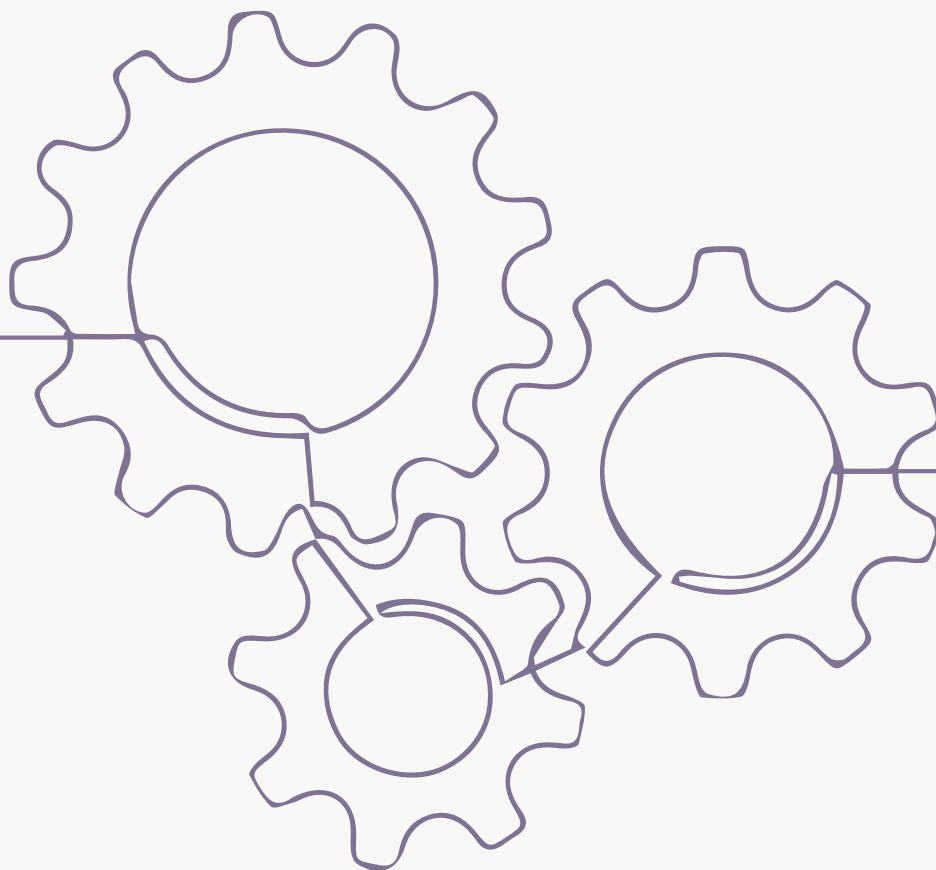
It's time to train your mind to see what's going right, to see the potential in creating a different perspective and change how you view yourself and the world!/
/



THE FIRST 10 DAYS

Thanks for joining us for our 2024 RESET Challenge. This is a reset for your brain and body. Its purpose is to help you take control of your health and joy by changing your thinking, decision making and behaviour. You will transform your habits, your relationships and the way you experience your life. It starts with just 10 days of focused effort.

A note: This is not a quick fix. This is a blueprint for long-term success and the permanent recalibration of your mental machinery. This 10-day plan is designed to be as practical as possible without sacrificing benefits or testing your willpower to an unrealistic extreme.

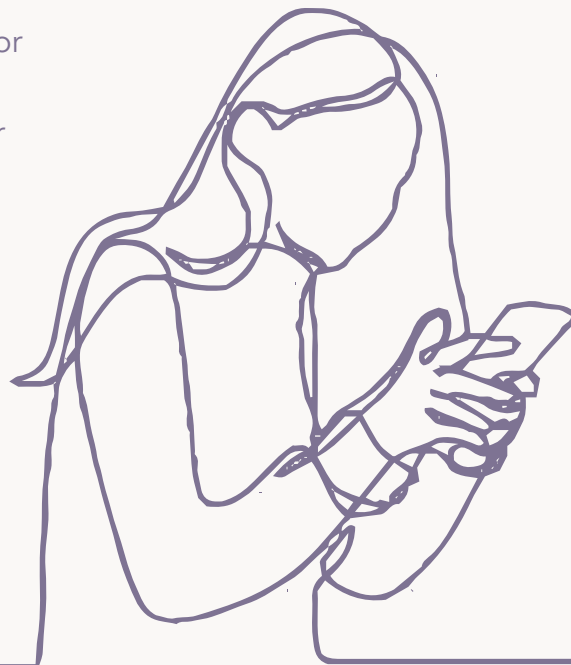


DAY 1: THE DIGITAL DETOX

First and foremost, you need to create barriers between your brain and the incessant influence of digital distraction. The idea is not to completely cut technology out of your life, in will overhaul your use of digital devices. You will get what you need from technology while limiting its ability to hijack your time.

On Day 1 of the program, do the following:

- Review and turn off nonessential notifications (push notifications, badges, email notifications, and others) on your smartphone and computer. This frees your mind for more meaningful tasks.
- Review and delete unnecessary applications from your phone.
- Make the “Do Not Disturb” feature on your phone and computer the default option.
- Start using Airplane Mode during meals and important conversations as well as while you’re sleeping.
- Determine whether social media is essential for your business and personal life. If not, plan to abstain from using it or substantially limit your time on these platforms.
- Create and adhere to specific time periods during the day for responding to text messages, emails and phone calls (if possible). Be strict with these boundaries (see our TIME tool reminder below).
- Cut out nonessential online shopping.



DAY 2: PRACTICING EMPATHY THROUGH GRATITUDE

Reflecting on the positive aspects of your life and the people you care about is an exercise in mindfulness and empathy. Studies show that more gratitude means more empathy.

On Day 2, write down five things you are thankful for. These can be as specific as a delicious meal or conversation with a friend or as general as your good health.

Put a journal, a notepad or just a sheet of paper as well as a pen or pencil by your bedside. You'll spend a few minutes in the morning or evening writing down five points of gratitude from this day forward. In addition, make a daily goal of thanking someone in person for something specific that individual has done.

This type of prosocial behaviour helps you and the person you're thanking. As an optional step, take time each day to pause and consider why someone who holds a dissimilar perspective from yours, thinks and feels that way. This will further bolster your empathy for others.



DAY 3: NATURE THERAPY

We're asking you to spend at least 30 minutes today somewhere in nature.

You do not have to go to extremes. Start by locating parks and green spaces near you; nature is readily available to all of us if we just get outside. Even in an urban environment, the benefits of nature can easily be enjoyed. If you have no other options, you can simply walk outside your office or home and observe the landscape.

Try to take in the sounds, sights, and smells of the plants around you, using all your senses. Consider walking slowly and taking time to appreciate nature's diversity and complexity, whether you're at the beach, in a park, or walking around your neighbourhood. Find a specific part of a park or bush track that appeals to you and spend extra time savouring the section you enjoy most.

It can even be as simple as utilising our unique Fitsom location to spend time in post session. Sit on the deck and spend time taking it all in, or go for a walk along the waters edge.



DAY 4: FIGURING OUT FOOD

Dietary change has to start in the places where you have the most control: your kitchen and pantry. Now is the time to take a good look at what you've been eating. While it's easy to make exceptions (such as saving those cookies and cans of soda for guests or keeping the cereal "just in case"), this is the moment to embrace the word no.

KEEP

Healthful fats: extra-virgin olive oil, sesame oil, coconut oil, avocado oil, organic tallow and butter from grass-fed cows, ghee, coconuts, olives, seeds, nuts and nut butters.

Low-sugar fruit: avocado, capsicum, cucumber, tomato, zucchini, squash, eggplant, lemon, lime.

Protein: plant sources of protein, including cooked legumes and fermented, non-GMO soy products, such as tempeh and miso. Animal sources of protein include pastured whole eggs, wild fish, grass-fed meat, free-range poultry and wild game.

Vegetables: leafy greens, broccoli, cabbage, onion, mushrooms, cauliflower, Brussels sprouts, artichoke, alfalfa sprouts, green beans, celery, bok choy, radishes, watercress, turnips, asparagus, garlic, leeks, fennel, shallots, scallions, ginger, parsley, water chestnuts, celery root, and daikon.

Probiotic-rich fermented foods: kimchi, kefir, cultured condiments and live-culture yogurt.

Prebiotic-rich foods: dandelion greens, garlic, onion, asparagus, leek, jicama and jerusalem artichoke.

TOSS

Packaged foods labeled "fat-free" or "low-fat." Often foods that emphasise their low-fat content as a way of appealing to consumers, contain a significant amount of added sugar.

All artificial sweeteners and products made with artificial sweeteners. Evict even the sugar substitutes that are marketed as "natural."

Foods containing ingredients that sound like chemicals or are otherwise foreign to you, such as maltodextrin, sodium nitrite, and sodium benzoate.

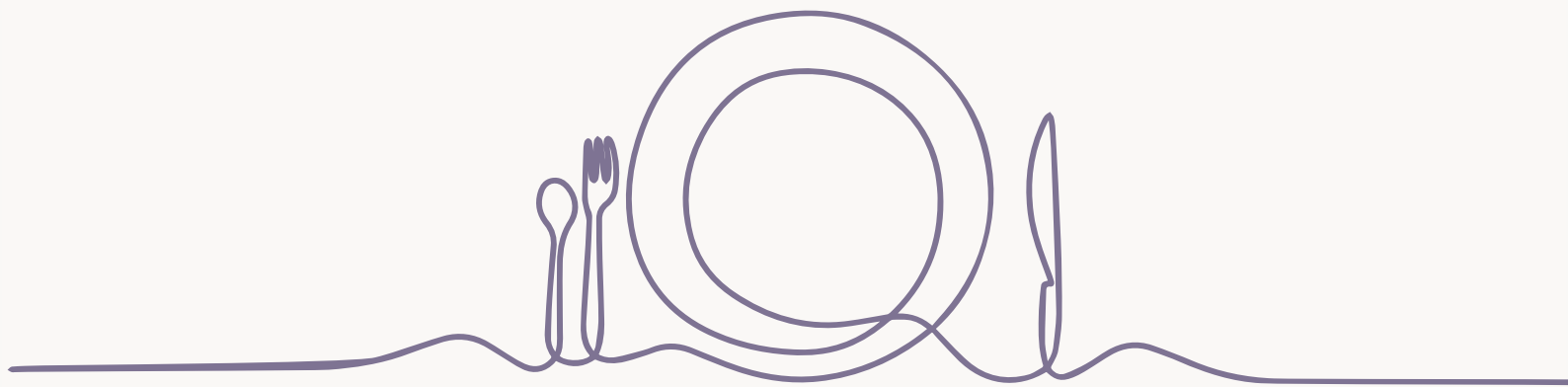
Processed meats, such as bacon, sausage, ham, smoked meat, canned meat, dried meat, hot dogs, corned beef and cold cuts. (If this is something you love, switch to preservative free sausages, nitrate free ham and bacon. If you would like recommendations, please let me know.)

Margarine, vegetable shortening, and most commercial brands of vegetable cooking oils.

Nonfermented soy products (e.g., tofu and soy milk) and processed foods made with soy (look for "soy protein isolate" in the list of ingredients).

Sugar alcohols, including sorbitol, mannitol, xylitol, maltitol, erythritol and isomalt.

All forms of processed, refined carbs, sugar and starch.



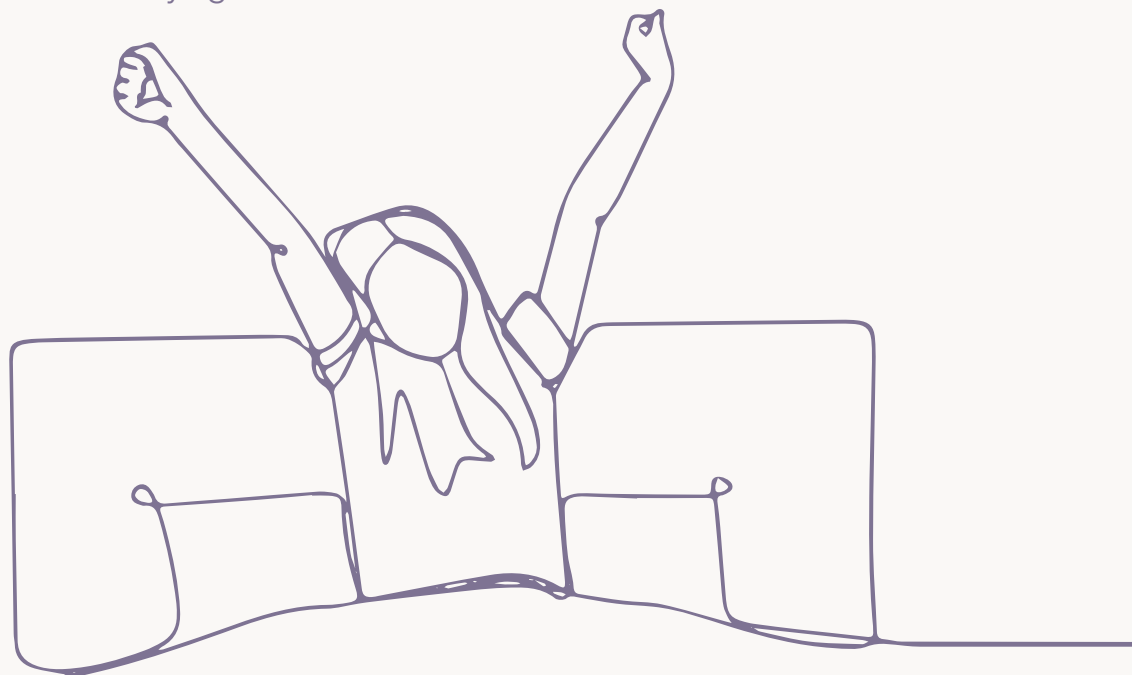
**Never underestimate
the power of good food.**

DAY 5: SUCCESSFUL SHUT-EYE

Who would have thought that those hours of semi-unconsciousness at night could be so valuable?

The research on the health benefits of sleep is absolutely stunning. There are three ways to prepare for successful sleep that you'll focus on:

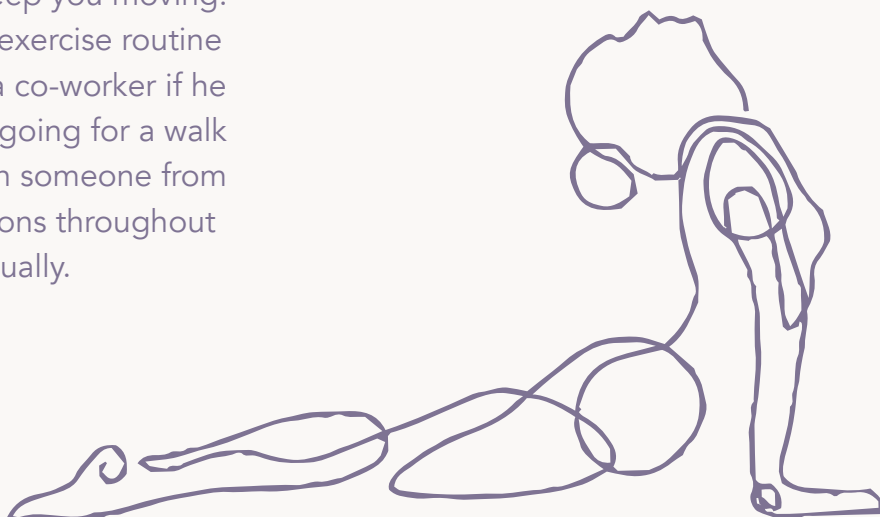
- Create a sleep sanctuary: Make your room as quiet, peaceful and sleep-friendly as possible. This means removing distractions (e.g. TVs, computers, phones, tablets etc). Hunt down and clear out any eye and brain stimulating electronics.
- Set up for slumber: Plan to cut out all caffeine after 2 p.m. Establish a bedtime routine that tells your body it's time for sleep. Even if you're not in your bedroom, limit all exposure to bright light within an hour of bedtime. Maintain dim lighting around your home before bed, especially in your bedroom and set the bedroom temperature between 18 and 22 degrees.
- Wind down: Just before bedtime, consider taking a warm bath or shower, listening to calming music or reading a book. You can also write in your gratitude journal and meditate before lying down.



DAY 6: EMBRACING EXERCISE

Getting consistent exercise may seem daunting. The idea is not to force yourself into something disagreeable but to see exercise as a form of medicine that preserves your brain and body while improving your mood and decision making.

- Be realistic about your starting point: If you haven't exercised in several years, you shouldn't get up and run 15kms. The goal is sustainable movement!
- Remove barriers: Plan how and when you will exercise. Don't find time; make time. Have your exercise clothes and shoes ready the night before.
- Exercise with others: Engaging in physical activity with others helps to keep you moving. Try drafting a friend into your exercise routine for one day of the week. Ask a co-worker if he or she would be interested in going for a walk at lunchtime, or buddy up with someone from Fitsom to do some extra sessions throughout the week that you wouldn't usually.

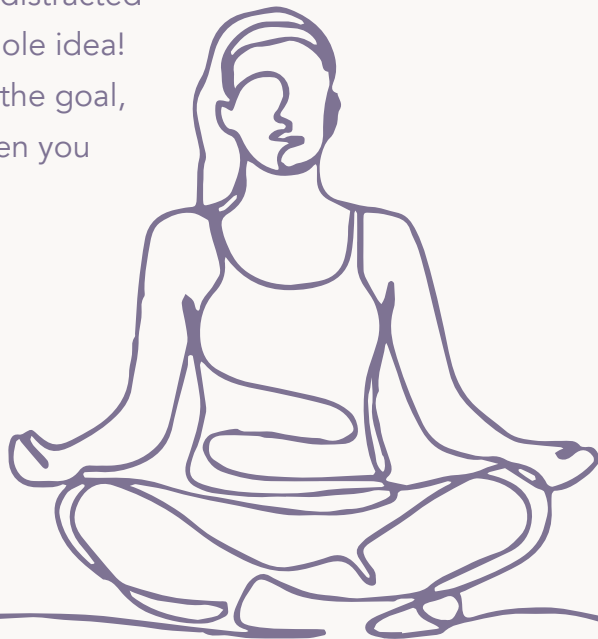


DAY 7: MEDICATE WITH MEDITATION

Meditation is one of the best ways to debug your mind. We're not recommending a specific type of meditation because the main goal is just to make it part of your day—like exercise.

If you want to start with a basic technique that doesn't require technology, just sit and focus on your breathing for 12 minutes. Use Day 7 to try one form of meditation and continue the practice daily thereafter.

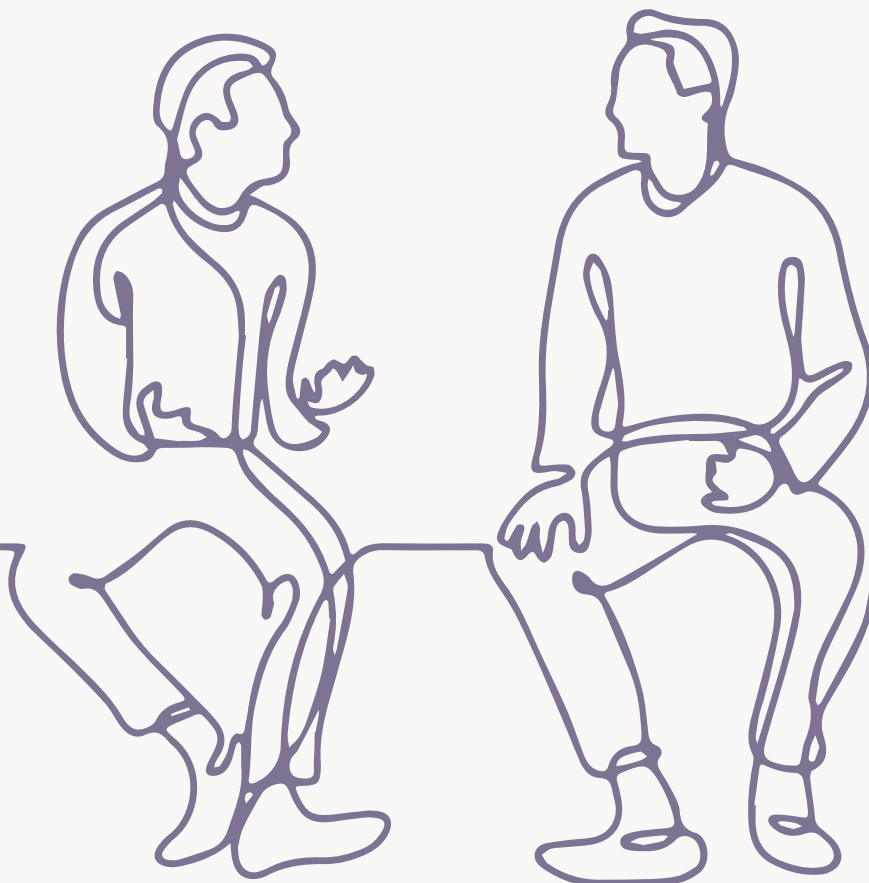
Expect this part of the plan to challenge you significantly. Before you start, remember that it's completely normal for your mind to be distracted when you try to meditate. That's the whole idea! Catching your mind when it wanders is the goal, so don't feel like you're messing up when you lose focus.

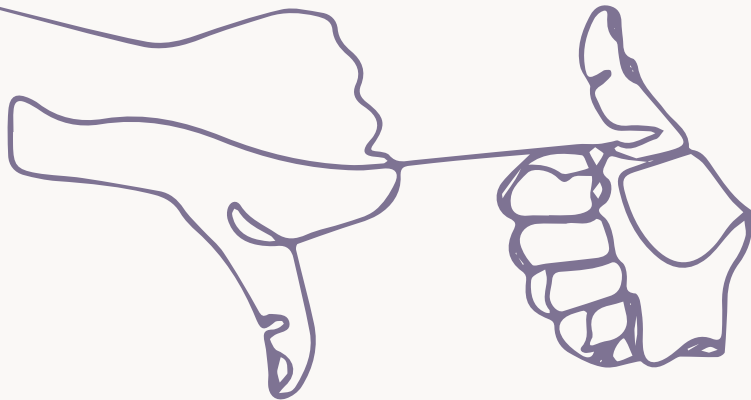


DAY 8 : STRONG BONDS

You'll benefit from this activity by spending at least 10 minutes of unbroken time connecting with another person each day. The catch: The connection has to take place in person or on the phone (or on a video chat) and it has to entail conversation dedicated to learning something new about the other person.

On Day 8, think about ways to make this effortless and ensure that the conversation takes up the full 10 minutes. For example, you could have a sit-down dinner with your family and take turns sharing the best part of your day or what you learned. Consider calling an old friend you haven't spoken to for a while.

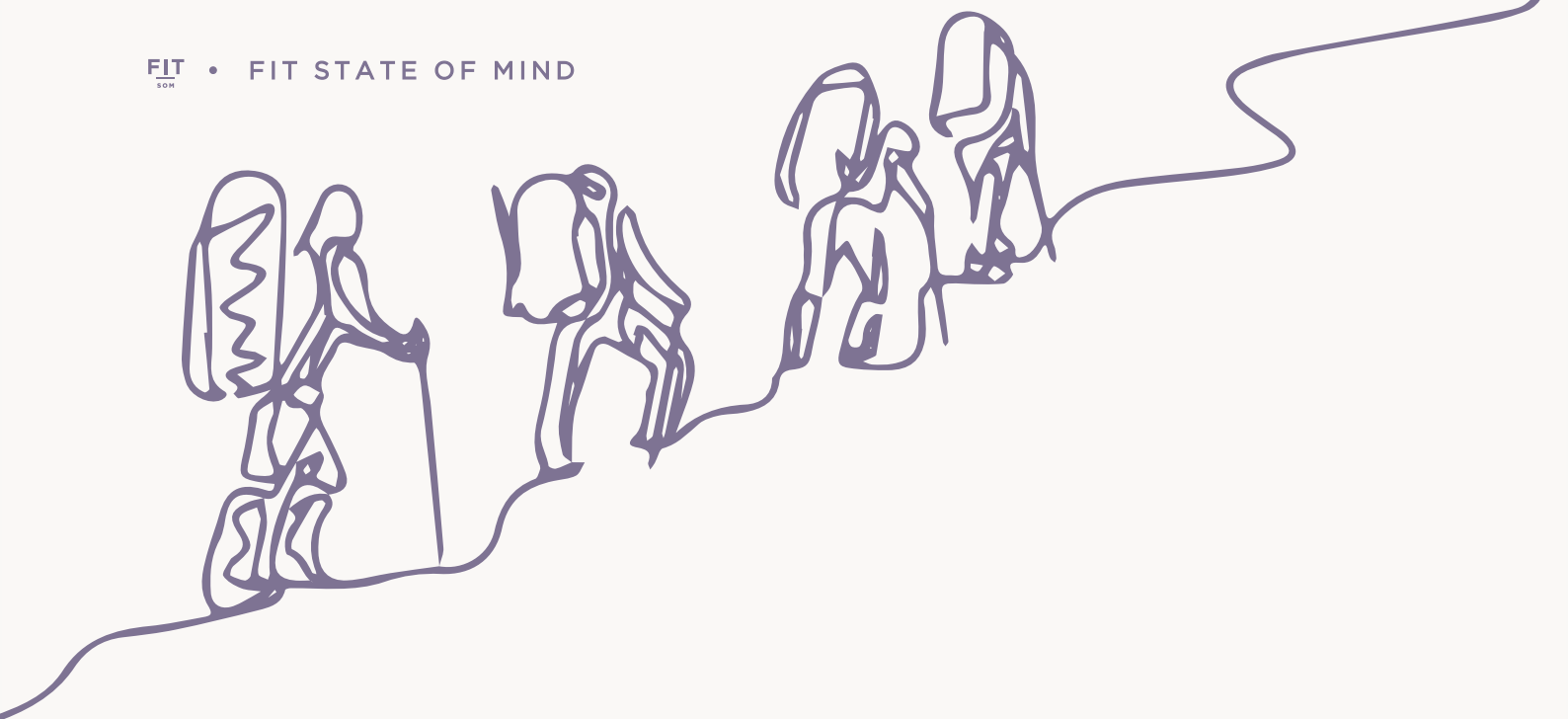




DAY 9: TAKING STOCK

How's it going? You might feel like you're just getting started, but now is the time to evaluate how the previous eight days went and where you want to go from here. Review any notes you've taken so far. What parts of the plan were the most challenging? What has been relatively effortless? You probably have work to do in some areas, and that's OK.

Take some time to think about where your mental defences were weak. Did you feel like you wanted to skip your workout at the end of a stressful day? Did you have trouble resisting free bagels at the morning meeting? Ask yourself what might have contributed to these situations. Think about how best to prepare for these moments (for example, doing a fitsom class after work and eating breakfast before the morning meeting).



DAY 10: MOVE FORWARD

Epic effort! You are on your way to a better life. You've begun to make significant changes that are affecting you right now on many levels, including your mood, metabolism and brain function. Most important, you've started down the path of taking back your thoughts and actions—allowing you to break free from disconnection syndrome.

The last step of this plan is to create a framework so you can continue to benefit from the lessons in this book for years to come. These 10 days are meant for focusing on each technique one at a time, but you have to commit to them for life if you want to rewire your brain for lasting health and joy. It may feel impossible, but remember that incorporating even one of these recommendations into your daily routine is a major leap forward.

SELF CARE

Self-care is the practice of taking care of yourself physically, mentally and emotionally. It's important to make time for yourself, to focus on your well-being and to do things that make you feel good. This workbook is designed to help you create a self-care plan that works for you. It includes planners and worksheets with exercises focused on helping you take better care of yourself, so that you can feel more energised, more focused and more in control of your life. Whether you're looking to improve your physical health, reduce stress, or simply take some time for yourself, this workbook will help you get started on your journey to a happier, healthier you.

STEP 1

Assess your current self-care practices: before you can create a self-care plan that works for you, it's important to understand your current habits and routines. Take some time to reflect on how you currently take care of yourself and what areas you would like to improve upon. Use the exercises and prompts in the workbook to help you identify your strengths and weaknesses in self-care.

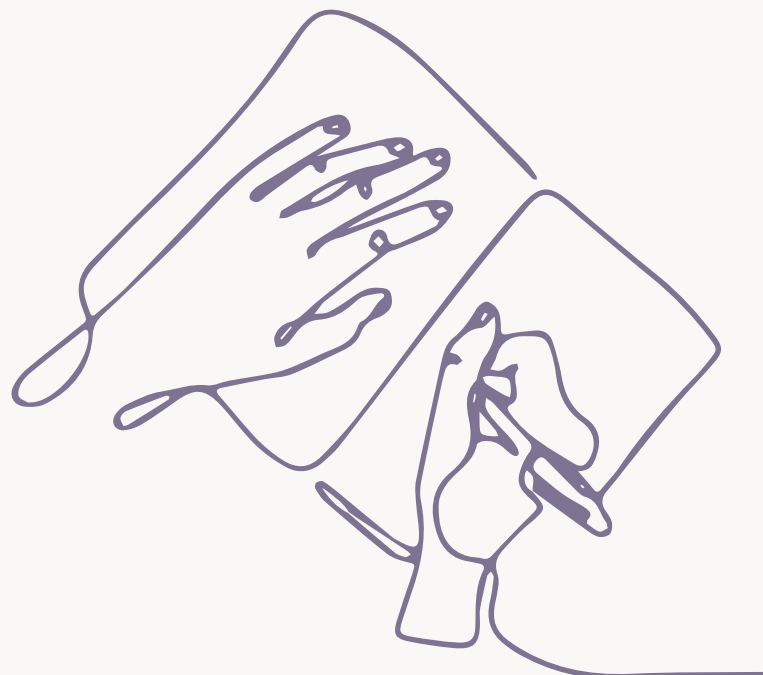
Step 2

Set specific, measurable goals: once you have a clear understanding of where you want to improve, set specific, measurable goals for yourself. For example, if you want to improve

your physical health, set a goal to exercise for 30 minutes every day. Or if you want to reduce stress, set a goal to meditate for 10 minutes each morning. Be sure to make your goals realistic and attainable.

Step 3

Create a self-care plan: with your goals in mind, use the workbook to create a self-care plan that is tailored to your needs. This plan should include specific actions you will take to reach your goals and a schedule for when you will take them. For example, you might schedule a yoga class for monday mornings and a massage for friday afternoons. Incorporate the workbook's exercises and prompts to your plan and make it a regular routine. Review and adjust your plan regularly to make sure it still aligns with your goals and that you are making progress.



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MY INTENSIONS

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

1

2

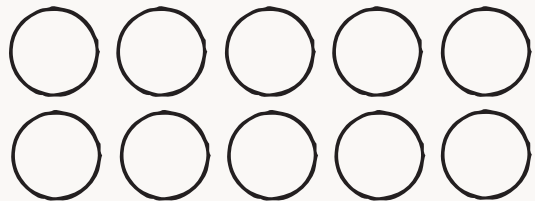
3

SCHEDULE

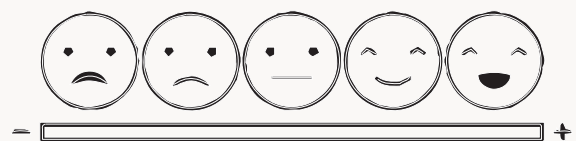
WATER (CUPS)



SLEEP (HOURS)



MOOD



SELF-CARE CHECKLIST

Fill in the checklist spaces below with self-care activities (that fill your cup) that you can do in the morning and the evenings.

MORNING SELF-CARE

☐

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NIGHT SELF-CARE

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SMART GOALS

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals, then list them on the next page.

S	SPECIFIC What do i want to accomplish?	
----------	--	--

M	MEASURABLE How will i know when it is accomplished?	
----------	---	--

A	ACHIEVABLE How can the goal be achieved?	
----------	--	--

R	RELEVANT Dose this seem worthwhile?	
----------	---	--

T	TIME BOUND When can i accomplish this goal?	
----------	---	--

MY INITIAL GOALS

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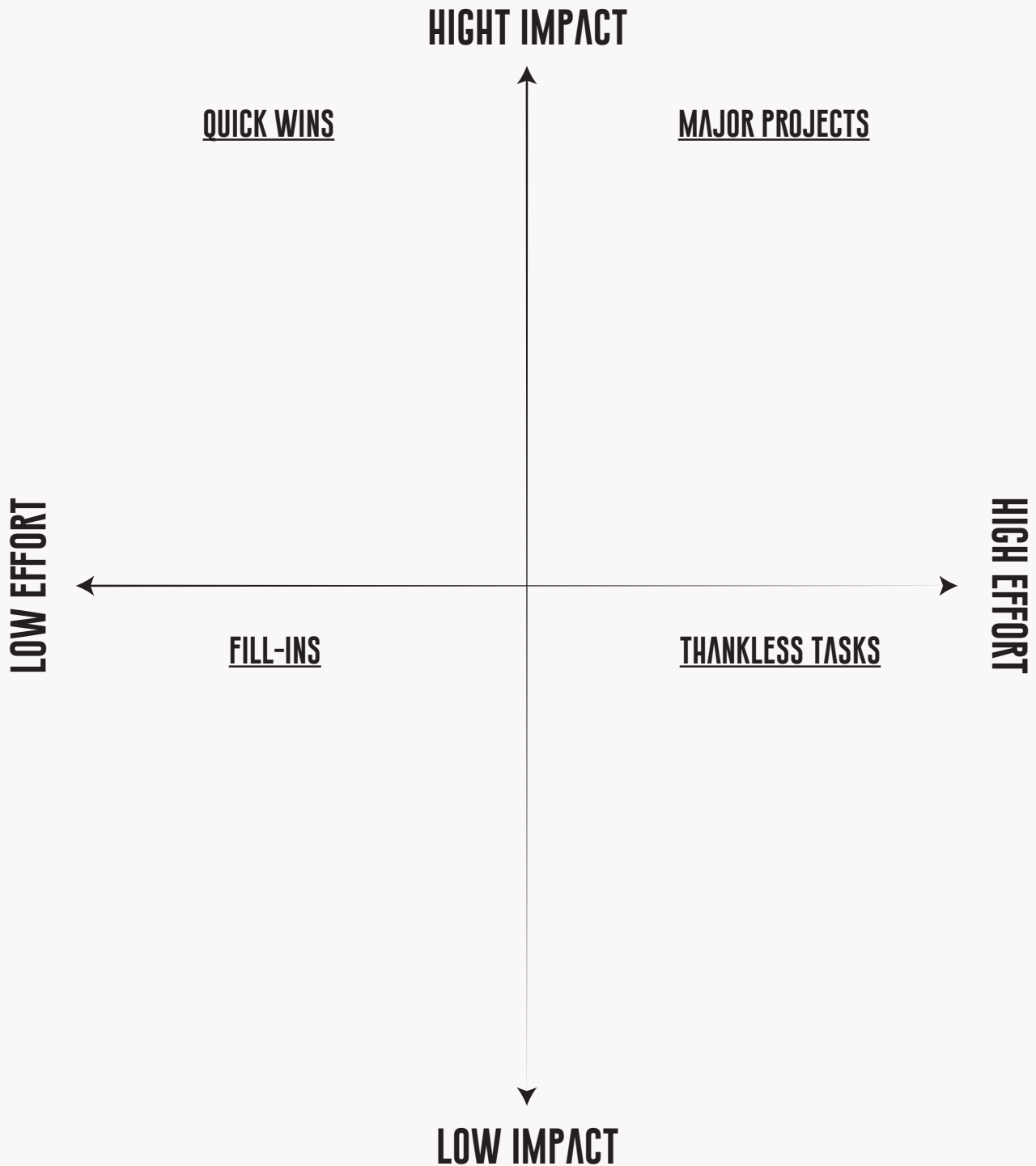
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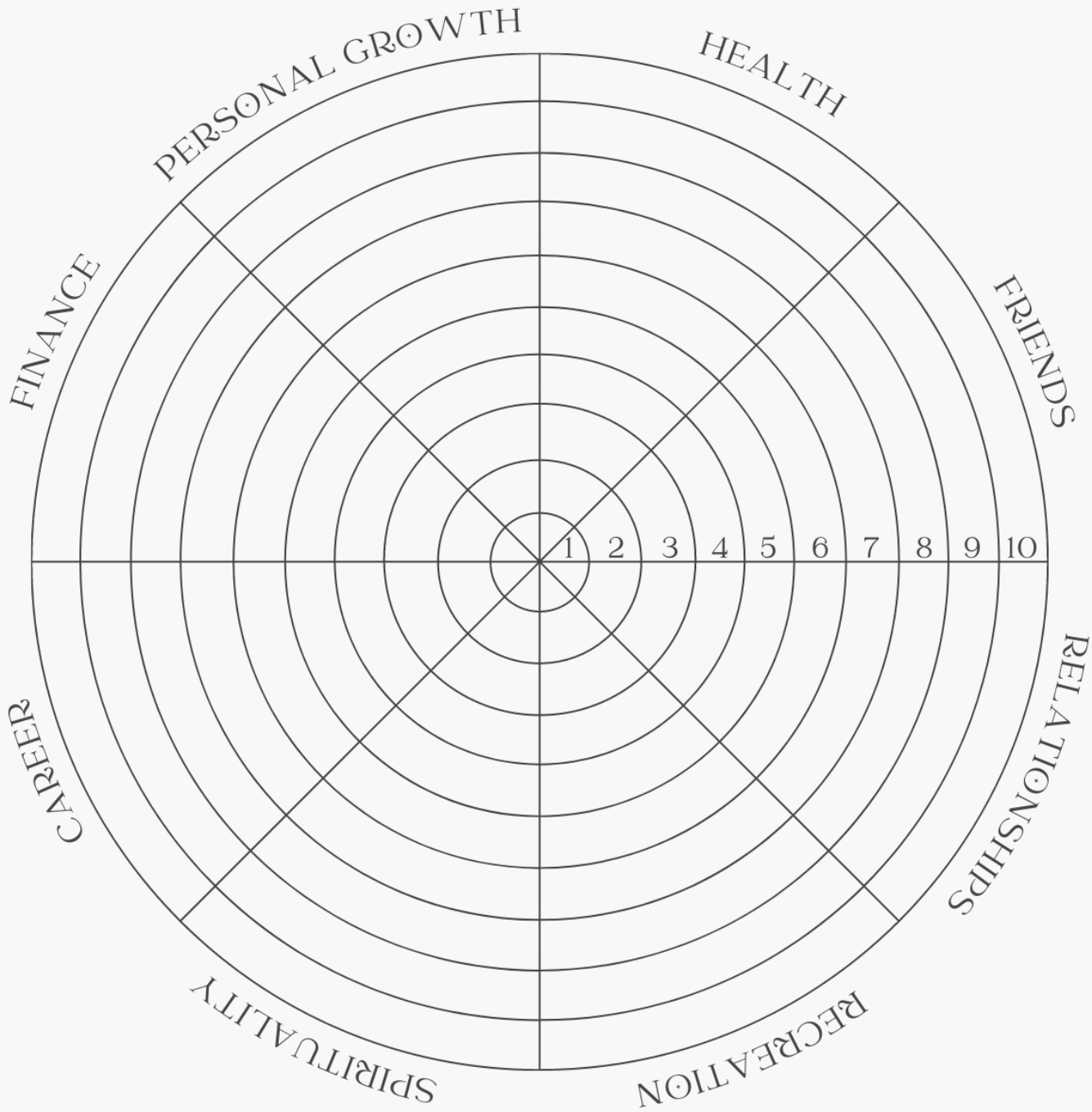
ACTION PRIORITY MATRIX

This action priority matrix is a great way to visualise what tasks take priority over others and how to best allocate your time towards them.



WHEEL OF LIFE

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below and rate them from 1-10.



7 DAY HABIT TRACKER

Keeping track of your habits can help you stay on track and achieve your goals.
Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF _____

HABIT / SELF-CARE STEP	S	M	T	W	T	F	S
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES

LIFE GOALS

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these and write a goal for each category.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			

WEEKLY GOALS TRACKER

WEEK OF _____

	MY GOALS	MY FEELINGS	DONE
MONDAY			<input type="radio"/>
TUESDAY			<input type="radio"/>
WEDNESDAY			<input type="radio"/>
THURSDAY			<input type="radio"/>
FRIDAY			<input type="radio"/>
SATURDAY			<input type="radio"/>
SUNDAY			<input type="radio"/>

UNDERSTANDING GOALS

*Achieving our goals is dependent on whether we take action.
Use the table below to understand the 'why' of your goals.*

GOAL:

What will this give you?



and what will this give you?



and what will this give you?



and what will this give you?



so, why is this goal important?

WHAT'S IMPORTANT?

Rank the top 10 most important things in your life and estimate how much time you spend on them weekly.

IMPORTANT THINGS IN YOUR LIFE

1

2

3

4

5

6

7

8

9

10

REFLECTION NOTES

SELF CARE PLANNER

Prioritising self-care is a very important step in living a balanced and stress-free life. Fill out the boxes below during the week to give yourself time to reflect.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK IS

HABITS

1	
2	
3	
4	
5	

S	M	T	W	T	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FIXED MINDSET

You feel that people are either talented at particular things or not. There's no real fundamental way of changing this.

You tend to avoid challenges out of fear of failure or appearing untalented or incapable to others.

You interpret criticism as a reflection of your incapacities. When you're criticised, you feel defensive and you take it personally. You see needing improvement as a detrimental flaw in your character.

You give up easily if the journey isn't linear or going according to how you imagined. You see challenges and roadblocks to success as confirmation of your inabilities or lack of talent.

You tend to do things in order to appear capable to others rather than yourself.

You often feel stuck and struggle to think of ways to change. It's common to feel stuck out of fear of change.



GROWTH MINDSET

You think that talent can be natural within people but can equally be obtained through effort, learning and practice.

You embrace challenges and see them as an opportunity to learn and grow as a person. They lead you towards achieving your goals. You see criticism as an opportunity to improve yourself & get to your goals more quickly. You're open to feedback from others and value their opinions.

When things don't work out you don't label it as failure but see an opportunity to try something in a different way. You've now gained more knowledge on what doesn't work so you can concentrate on what does work.

You do things for the purpose of self-improvement and self-growth not for the approval of others or to increase your social and personal status.

You tend to feel open to possibilities even if you don't know what they are yet. You take inspired action and stay open to seeing where it takes you.



[A LITTLE REMINDER: CHANGE YOUR WORDS, CHANGE YOUR MIND]

FIXED MINDSET

GROWTH MINDSET

This is too hard...

I'll keep trying...

I don't like challenges...

I learn from my mistakes...

I don't think i can do it...

I'll figure out another way...

I don't know how to do it...

I can learn how...

They are better at it than i am...

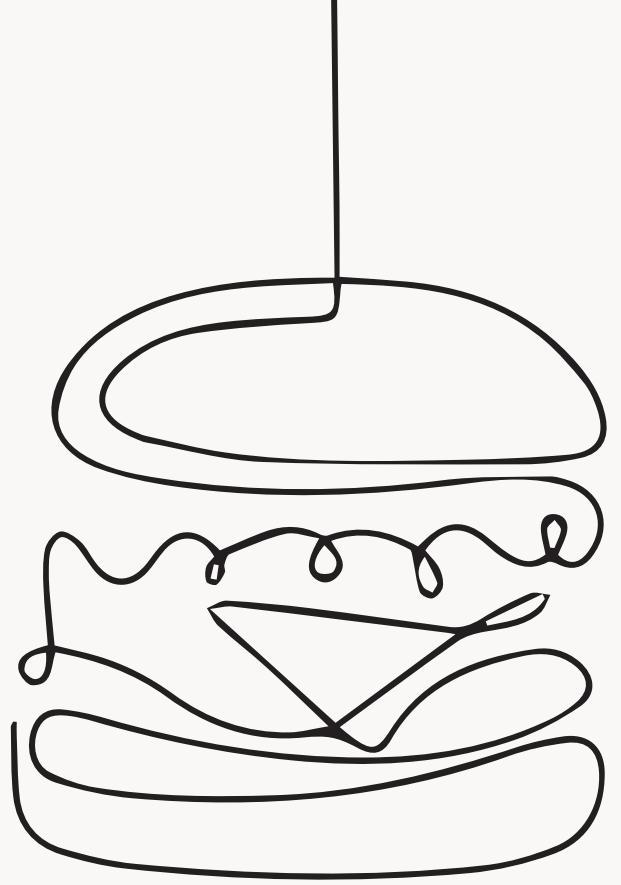
If i keep practising it will get eaiser...

I always make mistakes...

Challenges help me grow...

I'm not smart enough...

I'll give my best effort...



GOOD FOOD FOR GOOD THOUGHTS

Amidst hectic weekday schedules, meal prep or meal planning is a great tool to help keep us on a healthy eating track. Although any type of meal prep requires planning, it can also vary based on food preferences, cooking ability, schedules and goals. Figure out what will work best for you over the next 28 days. It is important to not only work out your main meals, but also your snacks, as that is where we often come undone.

A QUICK GUIDE TO GOOD GUTS

GUT HEALTH is the buzz word going around at the moment, and for good reason. There is so much research out there now linking good gut health with almost every health condition.

ENSURING GOOD GUT HEALTH CAN ASSIST WITH:

- Preventing digestive issues such as dysbiosis, SIBO and IBS
- Avoiding food sensitivities and allergies
- Supporting healthy immune function
- Supporting mental health
- Metabolising and breaking down food
- Aiding in the synthesis of nutrients such as vitamin K, folate and amino acids
- Supporting detoxification pathways
- Losing weight
- Improving blood sugar control

SO HOW CAN YOU SUPPORT YOUR GUT HEALTH?

- By eating a diverse range of wholefood, with a wide range of vegetables which are full of dietary fibre and complex carbohydrates
- Avoiding processed foods and refined sugar
- Limiting your intake of foods that contain antibiotics (some meats. Opt for grass fed organic)
- Maintaining a regular exercise regime
- Ensuring you have adequate sleep and relaxation time
- Healthy water intake - at least 2L per day

Lastly I wanted to touch on probiotics and prebiotics and explain the difference in both.

Probiotics are good bacteria that are found naturally in our digestive system to help control overgrowth of any bad bacteria. They are naturally found in fermented foods such as yoghurt, cheese, sauerkraut, kimchi, sourdough bread and kombucha.

Prebiotic foods however, are carbohydrates specifically, that the body cannot break down or digest. We need these in our diet as they 'feed' our good bacteria so it can continue to flourish within our digestive system and ward off bad bacteria as well as support our immune system, mental health, skin, energy levels and everything else in between. Types of prebiotic rich foods include bananas, asparagus, oats, honey and legumes, so be sure to add these to your weekly shopping list!

AN EXAMPLE MEAL PLAN

Our goal is to incorporate a wider range of foods, including plant based fibre, pre and probiotic rich foods, adequate protein, carbohydrate and fats to improve gut and bowel health, sustain energy, build muscle and maintain blood sugar levels. Below is a sample diet you can follow with a shopping list of foods following outlining their health benefits. If you would like a more specific plan, please download our muscle gaining or weight lost plan.

BREAKFAST

Each morning let's start your day with fresh lemon in warm water – this helps to stimulate gastric secretion and promote detoxification of the liver = glowing skin and eyes!

- 2 x eggs (as you like them cooked – scrambled, fried in olive oil, poached)
- 1 x piece of rye sourdough toasted
- Drizzle of Olive Oil
- Handful of baby Spinach/Rocket

OR

- Porridge – soaked in Oat milk/water overnight to aid with digestion
- ¼ cup of fresh or frozen blueberries
- Half a banana chopped
- Topped with spoonful of coconut yoghurt and seed mix*

OR

- 3 x egg omelette

LUNCH

Mediterranean salad

- ½ cup cooked Quinoa
- Grilled Chicken
- 1 cup roasted vege – sweet potato, zucchini, capsicum, eggplant, tomato, red onion
- Handful of Rocket
- ¼ Avocado
- Lemon and Extra Virgin Olive Oil

*swap quinoa for brown rice or couscous

*swap chicken for 2 x eggs or meat of your choice

*swap vegetables for your preference, but include at least 3

*or swap Mediterranean salad for leftover dinner from the night before

DINNER

Lemon Baked Salmon with seasonal vegetables

- Wild caught salmon baked for 30-45min at 180 degrees with lemon, dill, salt + pepper (wrap in baking paper to keep moisture in)
- Steamed Broccolini, asparagus + a bed of mashed sweet potato & garlic

OR

Stir fry meat and vegetables

- Beef, chicken or lamb stir fried with onion, garlic, bok choy, Broccolini, cauliflower, carrot, chili and tamari (gluten free) served with brown rice

OR

Cashew & Kale salad with grilled chicken

SNACKS

2-3 x snacks per day, at least. If you are not having a meal due to work commitments, ensure you have enough snacks on hand to keep your blood sugar levels steady throughout the day. I suggest preparing non-perishable snacks in advance and having them in your handbag so you have easy access to them wherever you are.

- Handful of mixed raw nuts – macadamia, almond, walnut, brazil nut
- Piece of fruit – banana, pear, apple, orange, blueberries, strawberries
- Snack bar – Blue Dinosaur do a great paleo bar with minimal additives/sugars and can be found in almost any health food store/online – you can buy in bulk from their website
- Boiled Egg
- Hummus with Vegetable sticks or Vita-weat's – homemade hummus is best, otherwise the brand Yalla Hummus or Arlington's are my picks
- Natural air popped popcorn – low calorie + gluten free
- Chia pudding – simply soak 1/3 cup of chia seeds in your choice of milk overnight and add fresh berries and fruit or a dash of cinnamon to help regulate blood sugar levels.

If you would like a more specific plan, please download our muscle gaining or weight lost plan.

SHOPPING LIST SUGGESTIONS

VEGETABLES & HERBS

- | | |
|-------------------------|---|
| • Broccoli / Broccolini | Fibre, Vitamin B, Iron, Calcium |
| • Carrots | Beta Carotene (Vitamin A), Fibre |
| • Sweet Potato | Beta Carotene (Vitamin A), Fibre (Skin) |
| • Zucchini | Potassium, Vitamin A, C, Low Calorie |
| • Garlic | Anti-Inflam + Bacterial, Manganese, B6, C |
| • Brown Onion | Manganese, B6, C, Potassium, Folate |
| • Basil – Fresh Basil | Anti-Inflam + Bacterial, Combats Stress |
| • Baby Spinach | Fibre (Roughage), Zinc, Folate, Iron |

FRUIT

- | | |
|----------------|---|
| • Lemons | Alkaline, Detoxifying, Vitamin C, Digestion |
| • Blueberries | Antioxidant Rich, Skin Health, Vit C |
| • Strawberries | Vitamin C, Blood Pressure, Eye Health |
| • Bananas | Fibre, Carbohydrate, Potassium |
| • Apple | Dietary Fibre, Antioxidant Rich |
| • Avocado | Good Fats, Hormone Production, Skin |

MEAT, FISH, POULTRY, EGGS

- | | |
|-----------------------------|---|
| • Free Range Chicken Breast | Protein, Iron, Vitamin B12, D + A |
| • Wild Caught Salmon | Omega-3, Protein, Iron, Vitamin B12, D |
| • Beef Mince | Iron, Protein, Vitamin B12, D, A |
| • Eggs (Free Range) | Protein, Iron, B2, B6 B12, Zinc, Copper |
| • Tuna (canned for ease) | Protein, Iron, B's, Zinc, D, A, Omega-3 |
| • White Fish | Protein, Omega-3, Iron, D, B12 |

GROCERIES / BRANDS

- | | |
|-------------------------------------|------------------------------------|
| • Rye sourdough | Sonoma/Berkelo |
| • Olive oil – opt for extra virgin. | Cobram Estate |
| • Oats | Uncle Toby's |
| • Quinoa | Absolute Organics |
| • Brown or Black Rice | Forbidden Foods |
| • Yoghurt | Jalna, CoYo or Arlington's |
| • Blue Dinosaur Paleo Bars | Blue Dinosaur |
| • Hummus | Yalla or Arlington's |
| • Chia Seeds | The Chia Co |
| • Pasta | Any |
| • Pesto | Any additive free or make your own |

SHOPPING LIST SUGGESTIONS CONT...

All these nuts and seeds are great sources of fat, protein and fibre for a healthy gut, immune system and glowing skin.

- | | |
|-------------------|--|
| • Macadamias | Vitamin A, Iron, Protein, Good Fats |
| • Almonds | Vitamin E, Manganese, B2, Good Fats |
| • Walnuts | Omega-3, Antioxidant Rich, Vit B |
| • Brazil Nuts | Thyroid Function, Protein, Fibre, Selenium |
| • Cashews | Vitamin E, K, Phosphorus, Zinc |
| • Flaxseed | Omega-3, Antioxidant Rich |
| • Sunflower Seeds | Vitamin E, Copper, B1, Selenium |
| • Pumpkin Seeds | Copper, Protein, Zinc |
| • Chia seeds | Omega-3, fibre, protein, bulking |