



Eat With Me, Train With Me

8 Wk Nutrition Challenge

with Evolution to Wellbeing & Dietitian Julie Markoska

Welcome

Welcome to Eat With Me, Train With Me!

The nutrition challenge will run over 8 weeks. Each week will have a different focus and by the end of the 8 weeks you should expect to have:

- Learnt something about healthy eating
- Improved your diet
- Lost some weight (if you needed to)
- Helped your body detox
- more energy
- Improved your health and wellbeing

Weekly rundown

Here is what each week of the nutrition challenge will involve:

Week 1: Measure Yourself & Meet the Team

Week 2: Food Diary – Do you really know what you're eating?

Week 3: Set Your Goals

Week 4: Kitchen Cleanout

Week 5: Get Organised & Prepped for Success, Overcoming Obstacles

Week 6: Recipe Makeovers

Week 7: Nutrition Mythbusters

Week 8: Mindful Eating

What to eat

Option 1 Normal Diet

You can start the program simply by continuing to eat normally for the first two weeks. If you have completed the 7 Day Simple Cleanse you can incorporate some of the meals and snacks into your normal diet. Your normal diet will improve over the next 8 weeks as we undertake each task.

Option 2 Cleanse Diet

If your goal is weight loss and you want to lose weight quickly, just continue following the 7 Day Simple Cleanse to start with. After 2 weeks you can start to include starchy vegetables such as pumpkin and potato and some carbohydrates such as bread. At this stage you should be eating in accordance with the Weight Loss Food Chart.

Let's get started!!

Don't worry, just give it a go. I'll be there to support you along the way. Ultimately though, it's up to you to engage fully and make the most of this nutrition challenge. I'm giving you all the tool, guidance and support you need but you have to take action and make it happen. I can't do any of it for you!

"If it's going to be, it's up to me"



Eat With Me, Train With Me

Week 1

Measure yourself & meet the team

You have 2 tasks this week:

1. Meet the team
2. Measure yourself

1. Meet the team

Introduce yourself

Go to our Facebook Eat With Me Train With Me group page

<https://www.facebook.com/groups/eatwithme/>, introduce yourself and be part of the Eat With Me, Train With Me community.

Please share with us:

1. Your name
2. Which Klik you are from
3. How long you have been training with EVO
4. What you do (eg work, study etc) and any other interesting facts about you
5. Some of your nutrition and fitness goals

Buddy up & support each other

Evo is all about community and being in a supportive environment is essential to achieving your nutrition goals. Share your experience and tips on the forum, comment on each other's posts and help your fellow members reach their nutrition goals.

Your words of encouragement could be just what it takes to make another team member's day or help motivate them to stick to their plan.

Actively using the forum will also help keep you accountable to yourself so get onto it!

Julie Markoska

Accredited Practising Dietitian & Nutritionist

Nutrition Evolutionary

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2. Measure yourself

It's important to take measurements of your current situation so that you can evaluate your progress and know when you've reached your goals.

Your measurements should relate to what you want to achieve. For example, if your goal is weight loss, then you should be measuring your weight. If your goal is to eat more than 4 serves of vegetables per day, then you need to be measuring and recording your dietary intake with a food diary and comparing how your diet has improved with time.

The more measurements you take, the better picture you will have of your current situation.

This week we'll focus on physical measurements and next week we'll look at your food intake.

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My measurements

[illegible]

What your measurements mean

Body Mass Index (BMI)

BMI is a measure of your body weight in relation to your height. To work out your BMI, you need to know your weight (in kilograms) and your height (in metres). Eg Jane weighs 60kg and is 1.65 metres tall so her BMI is $60\text{kg} \div (1.65\text{m} \times 1.65\text{m}) = 22$.

Once you have calculated your BMI, you can determine your healthy weight range. Ideally your BMI should be between 18.5 and 25. This is known as the healthy weight range.

Where do you fit in the table below?

BMI	Classification	Health Risk (eg diabetes, hypertension, high cholesterol and cardiovascular disease)
<18.50	Underweight	Low (but risk of other clinical problems increased)
18.50 - 24.99	Normal range	Average 😊
25.00 - 29.99	Overweight	Increased
30.00 - 34.99	Obese class 1	Moderate
35.00 - 39.99	Obese class 2	Severe
>40.00	Obese class 3	Very severe

Source: Obesity: Preventing and Managing the Global Epidemic, 2000, WHO, Geneva

When not to rely on your BMI

BMI is not a good indicator of body fat if you are:

- very muscular – BMI overestimates fat
- a body builder – BMI overestimates fat
- a high performance athlete – BMI overestimates fat
- pregnant – BMI overestimates fat
- over 70 years old – BMI underestimates fat
- unable to walk and have muscle wasting, for example, because of a physical disability or injury – BMI underestimates fat

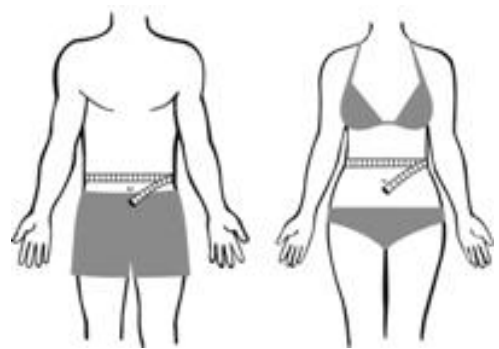
BMI measures are most suitable for use if you are Caucasian. The specific cut-off measurements of BMI are not suitable for all ethnic groups, who may have equivalent levels of risk at a lower BMI or higher BMI. For example, if you are Asian your BMI ranges should be lower or if you are Pacific Islander your BMI ranges should be shifted higher than those in the table above.

Waist measurement

Your waist circumference can be used to indicate health risk.

Having fat around the abdomen or a 'pot belly', regardless of your body size, means you are more likely to develop certain obesity-related health conditions. Fat around the hips and buttocks doesn't appear to have the same risk.

Men should aim for a waist circumference below 94cm.
Women should aim for a waist circumference below 80cm.



Waist circumference is actually a better predictor of health risk than BMI. Both measurements are useful and you should consider both when assessing your current health status.

Waist circumference (cm)		Health Risk (eg diabetes, hypertension, high cholesterol and cardiovascular disease)
Men	Women	
< 94	<80	No additional risk
≥ 94	≥ 80	Increased
≥ 102	≥ 88	Substantially increased

Source: Obesity: Preventing and Managing the Global Epidemic, 2000, WHO, Geneva.

What you should do

If your BMI or waist measurements fall into an 'increased risk' category then you need to lose some weight.

Aim to get your waist measurement down to <80 for women and <94 cm for men.

Have a look at the table below for a rough indication of what your weight should be, based on a BMI of 20-25. Girls, your weight should be closer to the lower value and boys, your weight should be near the upper value.

Healthy Weight Ranges

Height	Healthy Weights (Min/Max)
148 cm	44-55 kg
150 cm	45-56 kg
152 cm	46-58 kg
154 cm	47-59 kg
156 cm	49-61 kg
158 cm	50-62 kg
160 cm	51-64 kg
162 cm	52-66 kg
164 cm	54-67 kg
166 cm	55-69 kg
168 cm	56-71 kg
170 cm	58-72 kg
172 cm	59-74 kg
174 cm	61-76 kg
176 cm	62-77 kg
178 cm	63-79 kg
180 cm	65-81 kg
182 cm	66-83 kg
184 cm	68-85 kg
186 cm	69-86 kg
188 cm	71-88 kg
190 cm	72-90 kg
192 cm	74-92 kg
194 cm	75-94 kg
196 cm	77-96 kg
198 cm	78-98 kg
200 cm	80-100 kg
202 cm	82-102 kg
204 cm	83-104 kg



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Week 2: Food Diary

Last week you took a number of physical measures. This week is all about measuring and analysing what you eat by keeping a food diary.

Record everything you eat and drink for 7 days. Be completely honest with yourself.

Estimate your portions based on standard measuring cups and spoons. Also write down how hungry you're feeling before and after each meal and any symptoms you may be experiencing.

At the end of the week take a good look at what you been eating. Any surprises?

Go through your diary and count up how much fruit, veg, dairy etc you are having each day on average and record it in the table on the next page.

Can you see where you can make improvements?

Food	How much is 1 portion	My intake – how many portions am I having?	Recommended intake
Fruit	1 fresh fruit ½ cup juice 1 cup chopped fruit		2 - 4
Vegetables & legumes	1 cup salad vegetables ½ cup cooked vegetables		4 - 8
Dairy	2 slices cheese 1 cup milk 200ml tub yogurt		2 - 4
Carbohydrates	1 potato 2 slices bread (small sandwich slices, not thick cut!) ½ cup raw oats or muesli 1 cup cooked rice, pasta or noodles		4 - 7
Meat / Fish / Chicken	The size of your palm. (Approx. 100 grams lean meat/chicken/fish or 2 eggs)		1-2
Snacks/junk/alcohol	2 small glasses of wine (200ml) 1 doughnut 1 can soft drink 1 can beer 25g chocolate (less than a Freddo!) 2 tablespoons mayonnaise 1/3 of a meat pie 12 hot chips/fries 1 ½ scoops ice-cream		Maximum of 2 per day



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Week 3

Set your goals with military precision

Now that you've done your measurements, looked at your diet and know where you're at, it's time to look at how you can improve and set your goals.

Setting clear goals is crucial to improving your health and fitness. Without goals you don't really know what you're working towards and have nothing with which to measure your progress.

What are your nutrition goals? What are your fitness goals? Have a think about what you want to achieve, when you want to achieve and how you will reach your goals.

To get the most out of your goals, they should be SMART goals. SMART refers to Specific, Measurable, Achievable, Realistic and set in Time.

Specific: Be very specific and detailed about what exactly you want to achieve. Eg "I want to run to City2Surf in less than 65mins in August 2012" instead of "I want to improve my running". Another good example is 'Eat two pieces of fruit every day and lose 5 kg in 10 weeks' instead of 'Eat healthier and lose weight'.

Measurable: Your goals should be measurable. You should be able to measure your progress as you go along. For example, you can measure your food intake, your weight, your waist circumference, your running speed, your score on the monthly fitness challenge and how many training sessions you attend.

Achievable and **Realistic:** Consider where you are at in your life with work, family and your health and make sure your goals are realistic and actually possible. I believe that with sufficient planning and preparation healthy eating is always possible, however you need to look at what is realistic for you based on your current lifestyle. You need to learn how to walk before you can run, and setting unrealistic and unachievable goals will only set you up for failure.

Time: You need to have a time frame in which to achieve your goals. You can set different timeframes for different goals.

My game plan: goals & strategies

Set out your SMART goals and the steps you will take to achieve them.

Time frame	My goals	How I will get there
1 week		
4 weeks		
8 weeks		
12 weeks		
6 months		
1 year		

Commit to your goals

2.1 Make a public commitment and enlist your friends' and family's support

Tell the people close to you about your goals. This means the people that are around you every day – close friends, co-workers and family. This will not only help keep you accountable, but also enable them to support you and help keep you on track.

- Email your Game Plan to me (this is compulsory!!!)
- Get on the [Evolution Facebook page](#) and tell us about your game plan.
- Update your Facebook status with your goals and progress
- If you have a blog – blog about your goals and your progress
- Tell your followers on Twitter what you are doing.

The more you talk about your goals and share them with others, the more visible they will be in your life and the more likely you are to achieve them!



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Week 4

Kitchen Cleanout

Eating well means preparing most of your food yourself at home. It's hard to be organised and prepped for success if your kitchen is a mess and full of junk food.

An environment that is void of unhealthy tempting snacks and that makes healthy food choices easy food choices is absolutely essential to optimise your diet. You need to ruthlessly throw out all heavily processed and refined foods, sugary snacks and toxic beverages, and replace them with healthy wholesome REAL food.

If you live with family or share food with your housemates, getting rid of all that junk food can be difficult. That's why it's so important to share your game plan with them and get them on board. If you can't do a proper kitchen cleanout then you need some serious will power or you will be dangerously at risk of falling foul to temptation.

The kitchen cleanout involves four steps:

1. Getting rid of all the junk food in your pantry, fridge, freezer, desk draw and anywhere else you may be hiding food.
2. Deciding which foods to keep & what you need to put on your shopping list
3. Making sure you have the right tools of the trade to prepare delicious healthy snacks and meals
4. De-cluttering your kitchen space and storing food properly to give you a nice spacious area for food preparation

Step 1: Junk food throw out

Foods to ruthlessly throw away

- Any foods that are out of date and any long life products that have been opened and not used for months, such as sauces, pastes and salad dressings.

Pantry

- All sugary and fatty breakfast cereals. You can keep plain rolled oats, natural untoasted muesli with no added sugar (check the ingredient list), plain instant oats (although rolled are a better choice), plain Weet-Bix and Oat Brits. Everything else gets thrown in the trash.
- Biscuits
- Chips
- Crackers eg Jatz
- Lollies
- Cakes and slices
- Marshmallows
- Muesli bars
- Muffins
- Chocolate (you can keep it if it is >70% dark chocolate)
- rollups, Le Snacks, pop tarts
- white bread

Fridge & Freezer

- garlic bread
- frozen pizza
- frozen ready to eat meals
- frozen pies, sausage rolls, fish fingers, pastizzi
- Pastries
- Ice cream
- Soft drinks, cordial, fruit juice (100% fruit juice is ok to keep)
- Fatty bacon
- Sausages (unless they are lean)
- Creamy sauces
- Mayonnaise
- Commercial salad dressings (check the label, some may be ok. If you're not sure please ask me)
- Butter
- Margarine
- Sugary flavoured yoghurt
- Fatty canned meat eg Spam
- Processed fatty deli meats such as salami, pepperoni,

Step 2: Foods to keep or add to your shopping list

For the pantry:

- Canned legumes (eg lentils, beans and chickpeas)
- Canned tomatoes
- Canned fish including tuna, salmon, sardines and mackerel
- Tomato paste
- Tomato-based sauces (no added sugar)
- Grainy bread
- Mountain bread
- Cold-pressed extra virgin olive oil
- Couscous
- Dried beans
- Dried pasta
- Herbs and spices (eg chilli flakes, black pepper, mixed herbs, paprika, dried basil, oregano, curry powder, cinnamon, cumin, nutmeg)
- Light soy sauce
- Oyster sauce
- Olive oil spray
- Chilli sauce (low sugar)
- Sesame oil
- Cocoa powder
- Olives
- Rice (basmati or brown)
- Healthy breakfast cereal
 - Rolled oats
 - natural untoasted muesli with no added sugar (check the ingredient list)
 - plain instant oats (although rolled are a better choice)
 - plain Weet-Bix
 - Oat Brits
- Stock (cartons or cubes) – check that there is no added MSG
- Sultanas
- Balsamic vinegar

For the freezer

- Free-range, skinless chicken breasts
- Fish fillets from the fish market
- Lean red meat eg beef stir-fry strips, lean beef cubes or fillets, lean pork stir-fry strips, lean kangaroo steak
- Frozen peas
- Frozen berries
- Frozen stir-fry vegetables
- Any other snap frozen vegetable you enjoy eating
- Grainy bread

For your fridge

- Fresh fruit including lemon and avocado
- Any fresh vegetables you like, but be sure to always have some of the following salad vegetables handy:
 - Lettuce
 - Rocket
 - Cucumber
 - Avocado
 - Tomatoes
 - Radish
 - Capsicum
 - Cabbage

If one of your goals is weight loss, you should limit starchy vegetables such as corn, potato, pumpkin, sweet potato, beetroot, parsnip and peas, until you reach your goal. However, eating starchy vegetables is better than not eating vegetables or eating junk and no-one ever got fat simply eating peas. It's the added butter, salt, cheese and cream that we add to starchy vegetables that makes them fattening. So there's no need to cut out starchy vegetables completely, just keep an eye out on your portion sizes and condiments and make sure you have lots of non-starchy vegetables too.

- Natural low fat yoghurt
- Fresh Garlic
- Eggs
- Reduced fat cottage cheese or reduced fat ricotta cheese
- Skim or light milk or low fat soy milk
- Lean deli meat for sandwiches such as turkey, lean ham, lean roast beef slices
- reduced fat feta cheese
- Parmesan cheese

Organic & free range

If you can afford it and it is available, organic (and free range for eggs and chicken) is always the a better choice. However, it is more important that you are eating the right types of foods as opposed to organic foods that are really just junk food eg certified organic muffins.

Eat REAL food

The healthiest foods are those that are as close as possible to their natural state with minimal processing and packaging. The less human interference the better. When choosing composite packaged foods, the general rule is that the shorter the ingredients list is the better, and try to choose foods with ingredients that you recognise as foods and can actually pronounce.

Step 3: Kitchen tools of the trade

It's impossible to cook healthy meals without the right kitchen tools. If you usually eat out or ready prepared meals then you may not have the equipment necessary for home cooking. Or you may cook at home all the time and your tools may be worn and in need of replacement. That's ok though because most of this stuff is cheap and easy to get.

Check your cupboards and draws to make sure you have the following:

- Steamer
- Colander
- Large non-stick fry pan (can double as a wok)
- Peeler
- Kitchen scales
- Measuring cups
- Measuring spoons
- Several chopping boards
- Food storage containers
- Air lock plastic bags

Step 4: De-clutter your bench space

Your kitchen bench is not a space for storing the previous tenant's mail from 2 years ago or your phone bill or your work bag. Nor is it a place for storing that sandwich press you use every 2 months or the blender that's gathering dust. It's almost impossible to prepare food in a cluttered, messy kitchen and can even be used as an excuse for getting take out or having a microwave meal. This is not on – you don't need yet another barrier to healthy eating. You need to have a clear bench top so that food prep is fun and easy and something to look forward to. Do your best to clear your kitchen bench. Move anything that doesn't belong in the kitchen out of the kitchen. Get a folder and organise those bills and find space in your cupboards for kitchen gadgets that you rarely use.



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Week 5

Get prepped & organised

Preparation and organisation are the key to eating healthy successfully. We all lead busy lives and there are often lots of unexpected obstacles to healthy eating. For example, maybe you slept in and didn't have time for breakfast so grabbed a coffee and a chocolate muffin on the way to work. Planning ahead can help you avoid those situations where you are tempted to make a poor food choice. Being prepared means having a backup plan and knowing where you can get a healthy breakfast on the run on those occasions when you're pressed for time in the morning.

Tips for getting organised & prepped for success:

1. **Use a diary.** If you don't have one, get one. I'm serious. Get to know your diary intimately. Diarise all your events, meetings, holidays, parties and anything else that could disrupt your regular eating. Then get a highlighter and make sure those events stand out so that you can easily identify them as potential obstacles to healthy eating and plan around them. You can use an electronic diary to do the same thing. After a while you will get so good at being prepared and organised that it will become a habit.
2. **Plan to overcome obstacles.** Think about how you can change your environment to avoid obstacles or being tempted by poor food choices. For example, if you always have a biscuit after lunch because at work you walk past the kitchen to get back to your desk, see if you can take another route. If you always get KFC for dinner on evenings when you work late, investigate what else is open at those times of the evening so that next time you work late you can easily choose a healthier dinner option.
3. **Do a planned grocery trip once a week.** This involves:
 - Looking at your diary to see what you have on that week and planning your meals
 - Checking your pantry, fridge and freezer to work out what you already have and what you need to buy
 - Writing up a shopping list based on your planned meals for the week
 - Sticking to your shopping list

Do NOT go grocery shopping on an empty stomach and make sure you are not hungry when you are planning your meals for the week and writing your shopping list.

Obstacles & strategies to make healthy choices easy choices

Brainstorm your most common obstacles or challenging situations and list healthier alternatives

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Week 6

Recipe Makeover

Week 7

Nutrition Mythbusters

Send me your nutrition questions by email or on the forum. I'll bust the most common nutrition myths and tell you what's fact and what's fiction.



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Week 8

Mindful Eating

1. Mindful Eating

Perhaps you've ignored hunger for so long that you've forgotten how to recognize it. Maybe you even blame hunger for your weight problem and see it as the enemy. Perhaps you confuse hunger with all the other reasons you eat, like mealtime, boredom, stress or tasty food. At the same time, you may have learned to ignore the feeling of satisfaction so you eat until you're stuffed and very uncomfortable. Perhaps you "clean your plate," "never waste food," and "eat all your dinner if you want dessert," instead of stopping when you've had enough. And you'll perpetuate this cycle if you teach your children the same things.

Hunger is your instinctive guide to effortless (*well almost*) weight management

Reconnecting with your hunger signals helps you reach a healthier weight. Here's how:

- You'll eat less food when you're eating to satisfy physical hunger than if you eat to satisfy other needs. Think about it. If you aren't hungry when you start eating, how do you know when to stop? When the food is gone of course!
- You're more likely to choose foods that nourish you. If you aren't hungry but you're eating because you are sad, mad or glad, what kinds of foods do you want? That's when you're more likely to want chocolate, cookies, chips, or other snacks and comfort foods.
- Food actually tastes better when you're physically hungry. Hunger really is the best seasoning—so you eat less but enjoy it more.
- You'll feel more satisfied because food is great for reducing hunger but not so great for reducing boredom, stress or other triggers.
- You'll notice you're hungry before you get *too* hungry and decreases overeating!

Trust Your Gut Instincts

To break out of the pattern of eating on autopilot, get in the habit of asking yourself, "Am I hungry?" every time you feel like eating. This simple but powerful question will help you recognize the difference between an urge to eat caused by the physical need for food from an urge to eat caused by head hunger.

Look for symptoms like hunger pangs, gnawing, growling, emptiness, low energy, shakiness, or headache. Notice that hunger is *physical*. It's not a craving, a thought or a temptation. By focusing on hunger as your guide, you can become your own internal expert about when, what and how much to eat.

Food for Thought

- What specific signs of hunger do you usually have?
- What other thoughts and feelings do you confuse with hunger at times?
- What else could you do besides eat when you feel like eating even though you're not hungry?

Ask yourself the following questions to help you recognize and better understand how you make conscious or subconscious decisions about your eating. More importantly, use these questions to discover possible steps you can take to become more mindful about your decisions.

Why? Why do I eat?

- Why do I think I eat?
- Am I aware of any situations or emotions that trigger me to want to eat when I'm not hungry? Examples: Mealtimes, social events, certain
- people, stress, boredom, buffets, getting ready to start a diet...
- Have I tried a lot of diets? What happened? How did they work for me long term? Why?

When? When do I feel like eating?

- How often do I feel like eating?
- How do I know if I'm hungry?
- How could I redirect my attention away from food until I'm hungry?
- What could I do to cope better with my emotional triggers for eating? Examples: Manage stress better; tell someone how I really feel; find a hobby; treat myself to a hot bath; ask for more help around the house...

What? What do I eat?

- What do I eat in a typical day? Would a food diary for a few days help?
- Do I restrict myself from eating certain foods—then later give-in and overeat those foods?
- What health issues do I need to be aware of when deciding what to eat? Examples: High blood pressure, high cholesterol, family history of diabetes.
- What kind of beverages do I drink?
- What types of foods do I feel like eating when I'm eating for emotional reasons? Why?
- Are there any areas of my diet that I could improve right now?
- What specific change would I like to make at this time?
- What kind of foods could I keep on hand to eat when I'm hungry?

How? How do I eat?

- Do I eat while I'm distracted? Examples: Watching T.V.; reading; driving; working; talking...
- Do I eat fast?
- Do I really taste my food?
- Do I eat differently in private than I do in public?

How Much? How much do I eat?

- How do I typically feel when I'm done eating? Do I like that feeling?
- Do I usually clean my plate?
- If I'm not hungry when I start eating, how do I know when to stop?
- What situations or emotions trigger me to overeat?
- What could I do to address those triggers more effectively? Examples: Order less food; ask for a to-go container; get up from the table; turn off the TV; say "no" to food pushers...

Where? Where do I invest the fuel I eat?

- Am I physically active?
- Do I watch too much TV or spend too much free time in front of computer?
- Do I exercise? What do I like to do?
- What else do I do with my energy? Examples: Play with my children; work on my hobbies; volunteer; travel; spend time with friends...
- Is there anything else I'd like to do with my energy that I'm not doing now? What are my goals for my relationships, my career, and my life?

The first step to changing the way you eat is awareness. As you become more mindful of each decision point in your Eating Cycle, you'll discover small changes that can make a big difference in why, when, what, how, and how much you eat and where you invest your energy.