



Eat With Me, Train With Me

8 Week Nutrition Challenge

Week 2: Analysing your Food Diary & improving your nutrition

Last week we kept a food diary to record everything you ate and drank. This week is all about analysing your food diary and finding ways to improve your diet.

This week's materials include:

- Food diary analysis table
- Snack list
- Healthy recipes
- Sample diet plans for weight loss

Step 1 – Analyse your diet

When you finish your food diary 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? Get a highlighter out and highlight all the parts of your food diary where you think you can improve. Then choose 1 to 3 changes that you feel confident that you can make this week.

Step 2 – Create your own healthier diet

You are the master of your own destiny. Use this week's materials together with the food diary and table on the next page to create your own healthy diet for this week. Plan out what you will eat for each meal for every day of the week, get the groceries you need and try to stick to it. If you keep a food diary this week you can compare it to your meal plan to see how well you went!

Week 2 Measurements

Remember to take you measurements at the end of this week and record them in your measurements table from week 1. Don't worry if you don't see any difference yet!

What to eat for weight loss

There are various ways you can adjust your diet to lose weight.

Option 1: Lifestyle change

Option 1 is to make small changes each week that will result in gradual and sustainable weight loss over time and a permanent improvement to your lifestyle. This is the best way to lose weight in the long term (because it teaches you how to be healthy) and is really what the Eat With Me Train With Me Program is all about. **So you don't need to do anything further than the tasks outlined above – Just skip to page 7.**

Option 2: Fast weight loss

This option is for you if you want to drop a lot of weight quickly or get very lean for a competition or special event. The quickest way to lose fat while maintaining muscle is to follow a low fat, moderate carbohydrate, high protein diet.

Important info before you start this diet

This diet is very meat/fish/chicken heavy and cuts out some key foods (for example, grains, starchy vegetables and cheese) in order to facilitate fast and effective weight loss. It is not suitable for women trying to fall pregnant, for women who are pregnant or lactating, for people under 18 years of age or for people with diabetes or any other serious illness. If you have any health concerns please contact me before trying this diet!! You should not give this diet to anyone else to follow without the advice of your Dietitian or doctor.

You can also lose weight on a more plant based diet, however it is more difficult. Either way, for this diet to work, it is important to get familiar with the amount of calories, protein, carbohydrate and fat that you need each day in order to lose weight. You need to be getting roughly 20% of your energy from fat, 20% energy from carbohydrate and 60% energy from protein. It is much easier to follow achieve that distribution of energy from macronutrients with a high protein diet.

Men

Aim for the following targets each day:

- 1800-2000 calories
- 300 grams protein
- 100 grams carbohydrate
- 40 grams fat

A few grams over or under the target is ok.

Women

Aim for the following targets each day:

- 1200 - 1500 calories
- 180 - 200 grams protein
- 65 - 70 grams carbohydrate
- 25 -30 grams fat

Again, a few grams over or under the target is ok.

Putting it into practice

Now I don't expect you to be counting every single calorie and gram of protein, carbohydrate and fat that you put in your mouth (although you can if you want to).

Instead, I am going to give you some examples of what foods you should be eating to achieve your targets. This is a very basic diet that does not involve a lot of cooking or recipes.

If you are vegetarian you can replace the meat/chicken/fish with tofu and legumes or supplement with protein powder (I recommend whey protein with no added sugar or flavour – you can add coffee or cinnamon yourself to flavour it). You will still lose fat however the diet will not be as effective.

To add flavour you can use:

- Any herbs and spices you like
- Vinegar, lemon/lime juice, soy sauce, fish sauce, oyster sauce, sweet chilli sauce, tomato paste (avoid tomato sauce)
- Small amount of salt (the diet has hardly any processed foods in it so it is very low in salt, therefore adding a small amount at the table is ok).

You can also have tea and instant coffee, but no sugar.

You can have as much as you like of the following vegetables – “free vegetables”:

- | | | |
|-------------|---------------|--------------------|
| • Lettuce | • Broccoli | • Shallots |
| • Cucumber | • Cauliflower | • Brussels sprouts |
| • Tomato | • Bok Choy | • Green beans |
| • Spinach | • Cabbage | • Snow peas |
| • Celery | • Capsicum | • Artichoke |
| • Asparagus | • Eggplant | • Leek |
| • Mushroom | • Onion | • Carrot |

The following vegetables are not allowed on the diet (except on the free days):

- | | | |
|-----------|----------------|------------|
| • Corn | • Sweet potato | • Peas |
| • Potato | • Beetroot | • Beetroot |
| • Pumpkin | • Parsnip | |

Sample Diet Plan – for the ladies

Breakfast

- 1 small skim coffee (flat white, latte or cappuccino)
- 1 glass of water
- 1/3 cup rolled oats with skim milk

OR

- Egg white omelette (1 whole egg plus two whites, dash of skim milk and any vegetables of your choice eg grilled tomato, mushroom, grated carrot).

Snack

- 1 cup strawberries
- 10 almonds
- 1 glass of water

Lunch

- 200g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 3 cups of free vegetables (raw, steamed, boiled, baked or stir fried)
- 1 glass of water

Snack

- Small can of tuna or salmon in brine or springwater OR 100 g plain natural yoghurt
OR 1 boiled/poached egg
- 1 glass of water

Dinner

- 200g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 3 cups of free vegetables (raw, steamed, boiled, baked or stir fried)
- 1 glass of water

Sample Diet Plan – for the boys

This is essentially the same as the diet plan for women just bigger portion sizes and the option to supplement with protein powder. I don't usually recommend supplements, however, it is virtually impossible to get the protein required on this diet from food only, without going over the fat target. **You will still lose weight without the protein supplement.** But you may get a bit hungrier and lose a bit more muscle mass than if you have the supplement (a small amount of muscle loss is an inevitable side effect of any weight loss/calorie restriction – make sure you do some resistance training to minimise this).

Breakfast

- 1 small skim coffee (flat white, latte or cappuccino)
- 1 glass of water
- 1/2 cup rolled oats with skim milk

OR

- Egg white omelette (1 whole egg plus three whites, dash of skim milk and any vegetables of your choice eg grilled tomato, mushroom, grated carrot).
- Optional – protein shake (30g whey protein mixed with water)

Snack

- 1 cup strawberries
- 10 almonds
- 1 glass of water
- Optional – protein shake (30g whey protein mixed with water)

Lunch

- 250g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 4 cups of free vegetables (raw, steamed, boiled, baked or stir fried)
- 1 glass of water

Snack

- Small can of tuna or salmon in brine or spring water OR 200 g plain natural yoghurt OR 1 boiled/poached egg
- 1 glass of water
- Optional – protein shake (30g whey protein mixed with water)

Dinner

- 300g (raw weight) meat/chicken/fish of your choice (steamed, pan fried or baked with spray oil)
- 4 cups of free vegetables (raw, steamed, boiled, baked or stir fried)
- 1 glass of water

Desert

- 1 piece fresh fruit
- Optional – protein shake (30g whey protein mixed with water)

Food Diary Analysis (per day)

Food	How much is 1 portion	My intake – how many portions am I having?	How many portions you should have per day
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. Avoid cheese if your goal is weight loss.
Carbohydrates	1 medium 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 & alternatives (legumes, nuts, seeds, eggs, tofu)	The size of your palm. (Approx. 100 grams lean meat/chicken/fish/tofu or 2 eggs or ½ cup legumes or 1/3 cup nuts)		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 (does anyone ever count?!) 1 ½ scoops ice-cream		Maximum of 2 per day

Food choices for weight loss

Foods	Choose	Avoid
Breads	Small amounts of whole grain bread, whole grain flat bread, crisp bread such as Ryevita.	White bread, fruit bread, banana bread, sweet buns, hot cross buns, scones, bacon and cheese rolls
Cereals	<ul style="list-style-type: none"> Plain rolled oats, plain quick oats, Weet Bix, Oat Brits, natural untoasted muesli Pasta, couscous and polenta in moderation. Limit if you want fast weight loss. 	Most other commercial cereals. Check the ingredients list and nutrition information panel on the label and ask me if you are not sure.
Crackers and baked goods	Water crackers, Vita Wheats, plain wholegrain rice cakes	Flavoured rice cakes, Jatz, pastries, sweet biscuits, croissants, all cakes and slices, pies
Vegetables	<p>All fresh and snap frozen vegetables (baked, steamed, stir fried, raw in salads) – unlimited amounts.</p> <p>Starchy vegetables such as corn, potato, pumpkin, sweet potato, beetroot, parsnip and peas in small amounts eg ½ cup per day are ok.</p>	Deep or shallow fried vegetables and creamy sauces
Fruit	All fresh fruit, frozen fruit (eg frozen berries) and tinned fruit in natural juices	Tinned fruit in syrup, fruit pastries, fruit pies, dried fruit
Meats and alternatives	<p>Lean meat, heart smart mince beef, chicken breast or thigh fillets, fish (including fish canned in water or low fat sauce eg tomato and basil flavour – check the label), beans, lentils, tofu, boiled or poached eggs.</p> <p>Lean deli meats such as lean ham and turkey are allowed occasionally in small portions.</p>	<ul style="list-style-type: none"> Fatty meat Chicken skin fried chicken fried fish processed meat such as salami, cabanossi, sausages, canned meat (eg Spam), hamburger mince, fatty bacon
Dairy	<p>Reduced fat/low fat/skim milk</p> <p>Low fat plain natural yoghurt</p> <p>Low fat ricotta cheese</p> <p>Low fat cottage cheese</p>	<p>Sweetened yoghurts</p> <p>Full cream milk</p> <p>Cheese, cream cheese</p> <p>Ice cream</p> <p>Cream, sour cream, whipped cream</p>
Fats	<p>Unsalted raw nuts (small handful only)</p> <p>Avocado (thin spread or ¼ avocado in salads)</p> <p>Olive oil</p> <p>Nut oils</p>	<p>Butter</p> <p>Margarine (Logicol is ok if you have high cholesterol)</p> <p>Lard</p> <p>Fried foods</p>

Beverages	<p>Water Tea (no sugar added) Coffee (max 2 per day) Soda water Mineral/sparkling water</p> <p>You can have freshly squeezed fruit or vegetable juices eg 1 cup once or twice per week. Avoid having juice everyday because it is calorie dense and will not fill you up</p>	<p>Soft drink Fruit juice Diet soft drinks Energy drinks Sports drinks Alcohol Milkshakes Cordial Diet cordial Flavoured water eg Vitamin water</p>
Takeaway foods	<ul style="list-style-type: none"> • Salads with dressing to the side • Grilled fish with salad • Sandwiches with salad & ham/turkey/chicken breast made with whole grain thin sliced bread, no butter • Rice paper rolls • Sushi with salmon or vegetable fillings (small amounts), sashimi, edamame • Pasta with tomato based sauces & side salad • Poached eggs with smoked salmon • Fruit salad • Vermicelli noodle salad 	<ul style="list-style-type: none"> • Hot chips • Meat pies, sausage rolls • Pastries, muffins, croissants, banana bread • Kebabs • Thick sliced breads & focaccia breads • Spring rolls • Pasta in creamy sauces eg white sauces • Lasagne • Anything fried • Chain store foods eg McDondalds, Hungry Jacks, Pizza Hut, Dominos, KFC • Many vegetarian sandwiches – most of the time the vegies are fried or drenched in oil

Snack List

Even if you're trying to lose weight, don't let yourself go hungry - it's important to have a snack between meals so you don't overeat at your main meals. This list of snacks is highly nutritious and low in sugar, saturated fats and calories.

- Veggie bites – raw carrot sticks, snow peas, green beans, celery, cucumber sticks. You can have as much as you like.
- Raw vegies (eg celery or cucumber) dipped in plain, low fat natural yoghurt
- 2 ryevita crispbread with 1 tablespoon low fat ricotta cheese each, cracked pepper and sliced tomato
- Whole grain rice cake with 1 tablespoon cottage cheese, slice of turkey and 4-5 dried cranberries
- Boiled egg
- Piece of fresh fruit (girls - max 2 per day, boys – max 4 per day)
- 1 cup of fruit salad
- Sliced apple sprinkled with cinnamon
- 10 nuts (raw, unsalted)
- 3-4 olives (stored in water/brine not oil)
- Plain, natural low fat yoghurt (girls max 100 grams, boys max 200 grams)
- 1/3 cup plain, natural low fat yoghurt with chopped fruit & sprinkle of cinnamon
- 2-3 cups air popped popcorn seasoned with cracked pepper or herb/spice of your choice (not salt!).
- Tea (green, black or herbal) with a splash of milk (optional), no sugar
- Black coffee, no sugar
- Skim coffee without sugar (eg small skim flat white, latte or cappuccino)

Healthy Recipes

Running out of ideas as to what to cook for dinner when you get home from work? Here a few simple, healthy recipes to get you started. You don't have to follow them exactly, you can adapt them to suit your tastes (that does not mean adding extra oil/cream etc!!) or use them for ideas and inspiration when cooking your own meals.

Baked rice, tomato and zucchini

A tasty way of boosting your vegie intake.

Portions: 6

Time: 45 minutes

Ingredients

- 2 1/4 cups cooked brown rice
- 1 tablespoon olive oil
- 2 brown onions, sliced
- 4 cloves garlic, sliced thinly
- 900g zucchini, thinly sliced
- 1/4 cup chopped flat leaf parsley
- 250g punnet cherry tomatoes, halved
- 100g low-fat ricotta cheese
- 1/4 cup grated parmesan cheese

Instructions

Step 1 Preheat oven to 200°C. Spray an ovenproof dish with oil spray. Put cooked brown rice into a large bowl. Set aside.

Step 2 Heat oil in a large non-stick frying pan over medium heat. Add onions. Cook for 6 minutes or until softened. Add garlic and cook for 2 minutes. Add zucchini and cook for another 5 minutes or until tender but still crunchy. Stir in parsley and season with cracked black pepper. Add zucchini mixture, tomatoes and ricotta to rice. Mix well.

Step 3 Spoon mixture into prepared dish. Sprinkle with parmesan cheese. Cover with foil and bake for 20 minutes. Remove foil and bake for a further 10 minutes or until top is golden. Serve.

Nutrition information per serve

Energy	800 kJ /193 Cal
Protein	7g
Fat	6g
Carbohydrates	25g
Fibre	5g
Iron	2mg

Source: Healthy Food Guide

Warm salmon and couscous salad

Speedy, tasty and good for you - this hearty salad makes a great lunch or weeknight dinner.

Portions: 2

Time: 10 minutes

Ingredients

- 200g packet flavoured couscous
- 200g piece hot-smoked salmon, flaked
- 2 cups baby spinach leaves
- 1 cup cherry tomatoes, halved
- 1 lemon, juiced and rind, finely grated

Instructions

Step 1 Place couscous into a large bowl and cook according to packet directions. Once cooked, use a fork to fluff up.

Step 2 Add all other ingredients to bowl and mix well to combine. Serve warm or cold.

Nutrition Information per serve

Energy	2420 kJ / 584 Cal
Protein	41g
Fat	8g
Carbohydrates	80g
Fibre	5g
Sodium	350mg
Calcium	3mg
Iron	70mg

Source: Healthy Food guide. Recipe by: Niki Bezzant. First published January 2009.

Pork and noodle lettuce wraps

Portions: 4

Time: 20 minutes

Ingredients

- 125g rice vermicelli noodles
- 500g lean pork strips or lean pork mince
- 1/4 cup (60ml) hoisin sauce
- 1 tablespoon salt-reduced soy sauce
- 1 small red onion, thinly sliced
- 1 1/2 cups bean sprouts
- 1/2 cup fresh mint leaves
- 8 iceberg lettuce leaves

Instructions

Step 1 Place noodles into a large heatproof bowl. Cover with boiling water. Stand for 5 minutes. Rinse under cold running water. Drain. Set aside.

Step 2 Place pork into a bowl. Add 2 tablespoons hoisin sauce. Combine until pork is coated in sauce. In a separate smaller bowl, combine remaining hoisin sauce with soy sauce. Set aside.

Step 3 Heat a wok or large non-stick frying pan over high heat. Add pork, in batches, stir frying for 2–3 minutes or until cooked through. Transfer to a large bowl. Add noodles, onion, 2 tablespoons shredded mint and sauce. Toss to combine.

Step 4 Divide noodle mixture between lettuce cups. Serve topped with bean sprouts and remaining mint leaves.

Nutrition information per serve

Energy	1310 kJ / 316 Cal
Protein	32g
Fat	4g
Carbohydrates	35g
Fibre	4g
Sodium	520mg
Calcium	40mg
Iron	3mg

Source: Healthy Food guide. First published January 2009.

Wholemeal pizzas with ham, zucchini and ricotta

Made with a base of wholemeal pita bread, this meal takes only 15 minutes! Low in fat and calories, too.

Portions: 4

Time: 15 minutes

Ingredients

- 1/3 cup (80ml) tomato passata
- 4 small wholemeal pita breads
- 100g shaved lean leg ham, shredded
- 1 medium zucchini, very thinly sliced
- 200g punnet cherry or grape tomatoes, halved
- 160g (2/3 cup) low-fat ricotta
- 1 1/2 tablespoons basil pesto

Instructions

Step 1 Preheat oven to 220°C. Place two large baking trays in preheated oven to heat while preparing pizzas – at least 5 minutes.

Step 2 Spread 1 tablespoon tomato passata over each pita bread. Top each with a quarter of the ham, zucchini and tomatoes. Crumble 2 tablespoons ricotta over each pizza and dot each with 1 1/2 teaspoons pesto. Place pizzas on preheated trays and bake for 10 minutes or until base is crisp.

Step 3 To serve, cut each pizza into quarters and serve immediately.

Nutrition Information per serve

Energy	900 kJ / 217 Cal
Protein	14g
Fat	5g
Carbohydrates	30g
Dietary Fibre	5g
Sodium	450mg
Calcium	20mg
Iron	2mg

Source: Healthy Food guide. Recipe by: Dixie Elliott. First published November 2008.

Deli wraps with pumpkin chips

An incredibly tasty, versatile dish - you can use any marinated vegetables you like or add any type of meat.

Portions: 4

Time: 30 minutes

Ingredients

- 700g butternut pumpkin, peeled, cut into 1cm-thick batons
- olive oil spray
- 4 pieces lavash or Mountain bread
- 120g low-fat cottage cheese
- 60g baby spinach leaves
- 200g marinated artichokes, drained well, chopped
- 200g semi-dried tomatoes, drained well, chopped
- 8 large basil leaves, torn

Instructions

Step 1 Preheat oven to 220°C. Spread pumpkin on baking tray and lightly coat in oil spray. Bake, shaking pan once, for 25 minutes or until golden and cooked.

Step 2 Meanwhile, spread bread with cheese. Top with spinach, artichokes, tomatoes and basil. Roll up to enclose filling, then halve on an angle. Serve with chips.

Add lean ham, roast beef or shredded chicken for extra protein. Substitute any marinated vegetables you like – pitted olives, eggplant and roast capsicum work well.

Nutrition information per serve

Energy	1840 kJ /444 Cal
Protein	22g
Fat	6g
- saturated	1g
Carbohydrates	65g
Dietary Fibre	13g
Sodium	520mg
Calcium	190mg
Iron	5.5mg

Source: Healthy Food guide. First published October 2008

Tandoori chicken

This tandoori chicken recipe is super-quick and easy!

Portions: 4

Time: 15 minutes

Ingredients

- 4 skinless chicken breast fillets, scored all over
- 2 tablespoons tandoori paste
- cooking oil spray
- 2 Lebanese cucumbers, trimmed
- 60g snow pea shoots, chopped
- 2 cups baby spinach leaves
- small pot tzatziki (store bought or make your own)
- lemon wedges to serve

Instructions

Step 1 Brush chicken fillets with tandoori paste and spray with cooking oil. Heat a large non-stick frying pan over medium heat and cook chicken fillets for 3-4 minutes each side or until brown and cooked through.

Step 2 Thinly slice cucumbers and combine with sprouts and spinach in a bowl. Divide salad between serving plates, top with sliced chicken fillets and tzatziki, and serve with lemon wedges and steamed rice.

Nutrition information per serve

Energy	1030 kJ / 248 Cal
Protein	43.5g
Fat	6.4g
- saturated	2.1g
Carbohydrates	3.6g
Dietary Fibre	1.1g
Sodium	265mg
Calcium	115mg
Iron	1.9mg

Source: Healthy Food guide. Recipe by Amanda Lennon. First published June 2008

Paprika chicken and four-bean salad

Portions: 4

Time: 15 minutes

Ingredients

- 1 tablespoon smoked paprika
- 1 tablespoon mustard powder
- 500g skinless chicken breast fillets, fat trimmed
- cooking oil spray
- 400g can four-bean mix, rinsed and drained
- 60g (about 1/2 bag) baby spinach leaves
- 1 red onion, halved and thinly sliced
- 1/2 cup chopped flat leaf parsley
- 2 tablespoons olive oil
- 1/3 cup lemon juice
- 2 cloves garlic, crushed

Instructions

Step 1 Place spices on a plate. Spray chicken with oil. Press into spice mixture to evenly coat all over.

Step 2 Heat a large non-stick frying pan over medium-high heat. Add chicken and cook for about 4 minutes each side, or until brown and cooked through. Transfer to a plate. Cover with foil and set aside to rest.

Step 3 Combine beans, spinach, onion and parsley in a bowl. Dress with the combined olive oil, lemon juice and garlic. Shred chicken and add to bowl along with juice and garlic. Toss to combine. Spoon among serving bowls and serve.

Nutrition information per serve

Energy	1298 kJ / 313 Cal
Protein	34.5g
Fat	9.9g
- saturated	2.6g
Carbohydrates	16.6
- sugars	4.3g
Dietary Fibre	7.8g
Sodium	449mg
Calcium	79mg
Iron	4.3mg

Source: Healthy Food guide. Recipe by Amanda Lennon. First published January 2008.