

WEEK SIX:

PLAN + SHOP



Welcome to week **SIX** of cbPT weekly learning modules. It's often hard to smash your exercise & nutrition together straight off the bat. Now that you have had 6 weeks of 3 or more exercise sessions per week completed (week 2 goals), your exercise habit and regime should be really set in.

Often during weeks of higher energy output nutrition fails for a few reasons:

- Increased appetite, which has you reaching for high caloric, processed food choices to get your 'hit'.
- Being ill prepared for meals and snacks, resulting in poor food choices and/or buying more take out meals.
- Not increasing good food to meet increased energy demands to aid recovery and regeneration. Often being too restrictive one day and then over compensating the next.
- Thinking that your increased energy output = being able to eat whatever you please.

This weeks module is about making 15 minutes to plan out meals & snacks for the working week, and then creating a shopping list to match. Revert back to Bespoke Wellness 'Holistic Nutrition Guide' for food + snack ideas if you have one on how to portion + how to build your plate.

MONDAY TASKS: Work through Table A (Snacks)/ Table B (Meal Planner)/ Table C (Shopping List).

TABLE A (SNACKS): They don't have to be flash or expensive. You can eat the same thing everyday. Revisit 'EXERCISE NUTRITON' module if you need some ideas.

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We all need a little inspiration! Here are some ideas that are easy, tasty and wholesome!

BREAKFAST

Porridge + fruit

Natural muesli, fruit + yoghurt

Wholegrain toast with nut butters/ banana/ avocado

Eggs on wholegrain toast or spinach

Smoothie

Bacon and egg cups

Breakfast muffins: oats/ cinnamon/ orange/ raisins etc

Wholegrain tortilla with scrambled egg, spinach, halloumi

LUNCH

Leftovers! The easiest hack

Brown rice cup, with smoked salmon, spinach with balsamic or lemon juice. Add any other veges you have.

omelette

Snack platter: wholegrain crackers, tomatoes, carrots, hummus, olives, apple/pear, hard cheese

Wholegrain tortilla/ bread / pita bread with sandwich fillings.

Non cream based soup

DINNER

Slow cooker meals:

1. roast chicken with lemon/ sage/ garlic and herb seasoning.
2. Mince, kidney beans, tomato passata, onion, garlic, seasoning to suit tastes.
3. Sausages, onion, apple, carrot, chicken stock, tomato paste + seasonings.
4. Pork or beef cuts with five spice seasoning, a little soy sauce, ginger, garlic, honey hoisin sauce.
5. Lentil/ chicken/ beef or lamb curry. Add a curry paste of choice, onion, grated or cubed veges + diced tomatoes and chicken stock. Finish with coconut cream if needed.

All easy to leave on low while at work for 8 + hours. Simply serve with rice/ cauliflower rice/ with coleslaw/ roasted kumara chips/ roasted vege tray/ left over vege hash.



THINK: There is NO reason to cut out food groups Eg. carbohydrates / fats/ proteins unless you have been diagnosed by a qualified professional to do so. If you want to worry about one thing it should be 'MODERATION' of your food.

CASEY BROWN PERSONAL TRAINER.

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TABLE B: MEAL PLAN

EXAMPLE

MON	TUE	WED	THU	FRI
B: NATURAL MUESLI + YOGHURT WITH PEACHES	B: NATURAL MUESLI + YOGHURT WITH PEACHES	B: POACHED EGGS ON MULTIGRAIN TOAST	B: POACHED EGGS ON MULTIGRAIN TOAST	B: PORRIDGE WITH BERRIES AND YOGHURT
L: BROWN RICE, SMOKED SALMON, SPINACH + TOMATO	L: LEFT OVER ROAST VEGES + POACHED EGGS	L: WHOLEMEAL WRAP WITH HAM + SALAD	L: WHOLEMEAL WRAP WITH HAM + SALAD	L: LEFT OVER SPAGHETTI BOLOGNESE
D: ROASTED VEGE TRAY + STEAK	D: BEEF + MIXED VEGETABLE STIRFRY WITH UDON NOODLE	D: ROAST CHICKEN WITH GREEN SALAD AND KUMARA CHIPS.	D: SPAGHETTI BOLOGNESE WITH GRATED VEGETABLES	D: HOMEMADE CURRY WITH CAULIFLOWER RICE

WEEK 1

B:	B:	B:	B:	B:
L:	L:	L:	L:	L:
D:	D:	D:	D:	D:

WEEK 2

B:	B:	B:	B:	B:
L:	L:	L:	L:	L:
D:	D:	D:	D:	D:

WEEK 3

B:	B:	B:	B:	B:
L:	L:	L:	L:	L:
D:	D:	D:	D:	D:

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TABLE C: SHOPPING LIST

FRUITS

VEGETABLES

FISH & MEAT

SNACKS

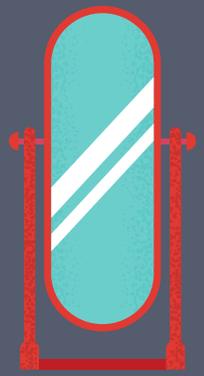
DAIRY

PANTRY

TOILETRIES + CLEANERS

CEREALS + GRAINS

WEEK SIX: SELF-REFLECTION



SUNDAY TASK: It's time to reflect back on the week that's been. Trying to tackle too major aspects of health at once is just too much for most, hence why I introduced nutrition planning way down the track.

1. How hard did you find planning and following a week food plan?

2. What aspects of this task do you think will be your biggest barrier(s)?

3. Are there any aspects you are really struggling with to get your head around?

4. How do you plan to help rectify the aspects above?
