

SIX WEEK

BURN & TONE CHALLENGE

Get Ready to Burn and Tone
with our Nutrition Guide



Contents page

1. Introduction
2. Tips to Create Balance with your Nutrition
3. Key Questions to Ask Yourself
4. Shopping
6. Eating Out
7. 10 Ingredients, 10 Meals Food Planner



Introduction

Making changes to your nutrition can often feel confusing and daunting, especially as there's so much conflicting advice out there. This guide has been designed to help you take control of your eating habits, start making more informed decisions and create balance that is not just healthy, but also sustainable.

The first part of this guide is full of tips and advice and the second part is an easy to follow food planner with simple and tasty recipe ideas.



Tips to Create Balance with your Nutrition

Mindset

The first and most important thing to understand is that no food is 'bad'. Yes, some food should be eaten less frequently than others for health reasons, but that doesn't deem a particular food as 'bad'. Which in turn, should not make you feel 'bad' or guilty for eating it.

Beating yourself up for eating something will simply lead to negative associations to food. Yes, food is your fuel, but it should also be something you enjoy and not used as a stick to beat yourself with! With that being said, at times what we eat can go against what we want to achieve, for example, weight loss, weight gain, feeling more confident or living a healthier lifestyle. At times like these we do need to look at what we are eating, but also at how much and how often we are eating it.

So first of all, setting your intention to eat healthily is a great place to start. Like all changes you want to make, it starts in your mind and then shows in your decisions and actions. Writing your goal down clearly and concisely allows you to be precise about what you want to achieve and by when. You can record your goals in the OYG Burn and Tone Fitness Guide.



Key questions to ask yourself

It's very important to assess your need and want for food before you open the fridge and decide on a snack. Sometimes that need or want could be for other reasons other than actual hunger. Stop and ask yourself these questions first. How hungry are you? Remember hunger is felt in the stomach and a craving is felt in the mind. Are you eating for the sake of it? Or are you actually hungry? Aside from hunger, what emotion are you feeling? Do you reach for certain foods when you're bored? Does tiredness play a part in some of the decisions you make? Were you rushed when you chose your meal? Sometimes when we're rushed, we don't make the best choices. It's much easier to grab a takeaway or ready meal at those times. Are there things you can put in place to help you make better choices at these times? Once you're more aware of what's currently happening, it's clearer to see where you can start to make changes.

Be prepared

One of the key things to maintaining a healthy diet is meal planning and preparation. Regular meal planning helps you to:

- Eat more healthily - If you keep healthy meals in your fridge, you will eat them. Increasing the options of healthy food in your house will help you make the right choices you need in order to reach your goal.
- Save money - Shopping from a list means you buy only what you need and can stop those impulse purchases we all get. It is also a great way to save money if you go to is to order a takeaway or go out for dinner instead of cooking a meal at the end of a long, hard day. We are not saying you can never go out for dinner but if you end up doing this a couple of times a week can have a big effect on your purse and health.
- Save time - Planning and prepping meals in advance means you don't have the worry about what to make every night.

Shopping

The weekly shop is a bit of a chore, isn't it? Finding the time to get to the supermarket, remembering our reusable carrier bags, remembering our shopping list and avoiding the temptation of too many treats and offers we don't need.

Even if we buy all our groceries online, it can still be difficult to find the time amongst work, family life and everything else, to browse the online aisles and remember to get all the essentials. How often have we had the email to say our cut-off time for amending our order is approaching and we then panic buy the things that we probably don't need and we end with a shop that quite simply, doesn't make sense.

So here's our tips on planning your weekly shop so that you can prepare healthy meals and make healthy food choices every week.

- It can be helpful to have a traffic lights system of foods that are healthy vs not so healthy. For example, your 'green' foods are the healthiest and should make up the majority of your shopping basket, around 60%. These include fruits, vegetables, wholegrains and lean protein sources such as chicken breast, eggs, low fat dairy, tofu, beans and pulses. 'Amber' foods can then make up around 30% and can include foods that contain good fats such as oily fish, hummus, nuts, seeds and avocados. The final 10% can then be the red foods, that include your favourite treats and if you drink it, alcohol.



- Think of Ready, Steady, Cook and base your meals around a few hero ingredients. These are generally our protein sources such as those listed above. You can then use these to make multiple meals. For example, lean beef mince or veggie mince can be made into a bolognese one night and then a chilli the next night. Or, any extra can be eaten for lunch. The leftovers from a roast chicken on a Sunday can be turned into sandwiches or a salad the following day.
- Consider the foods that you and your family love, and make them staples. If your household adores fish, then plan a few dishes featuring salmon or cod so that the theme is familiar, but that your meals don't become boring to prepare or to eat.
- Knowing what you have in the cupboards and fridge is essential for a successful shop that doesn't encourage food waste. So, take a selfie! A picture of the contents of your food cupboards and fridge each week will mean that you don't have to second guess what you need or forget the things you've run out of as you walk through the supermarket.
- When you write a shopping list (which is a must for careful planning!), try to write it in the order of layout at the supermarket. Most begin with the fresh produce and have fruit and veg at the beginning. Then there's the chiller aisles, followed by the store cupboard and packet ingredients, the bakery and then the freezer section and drinks. Writing an orderly list will help to make your shop an efficient one.
- Finally, make good use of offers. If there's offers on your favourites and staples, then by all means, stock up, as long as you know you'll get through it all by the time it perishes. Avoid tempting offers on products that you know you either won't use, know your household don't enjoy, or those treats that you'd rather not have in the house!

Eating out

Making changes to your diet does not mean you have to stop going out socially. With just a little bit of thought you can enjoy going out, have fun and still achieve your goal.

- Avoid the free fizzy refills - Fizzy drinks can be high in sugar and with free refills it can be hard to keep track of exactly how much you are drinking and easy for the amount of sugar you have to start adding up.
- Never skip meals - The thing people do most often before going out for the night is to not eat all day but all that happens is you increase your chance of over eating when out. Eat normally throughout the day to avoid overordering later on.
- Understand the menu - If it says 'battered', 'deep fried', 'crispy', 'au gratin', 'creamed', 'escaloped' or 'a la crème', then leave it. Instead opt for 'grilled', 'steamed', 'baked', 'chargrilled', or 'poached'. Ask for sauces and dressings to be on the side so you can control how much is on your meal.
- Alternate your drinks - If you are drinking alcohol, make sure you drink a glass of water in between each one. That hangover feeling you get the day after drinking is most likely caused by dehydration.
- Exercise your willpower - Remember, just because something is there doesn't mean you have to have it! The 'joy' of seeing all the food on offer and eating it will only last 5 minutes. However, the joy of feeling healthy, full of energy and focused on your goals will last for a lot, lot longer.
- Remember, don't panic - If you do go off track, don't forget that you are only one meal from getting back on track. It is important not to have the attitude that one 'bad' decision means the rest of the day should be filled with 'bad' decisions!

10 Ingredients, 10 Meals Food Planner

As you may have noticed, we have used the word 'plan' a few times in the tips above, this is because planning your food is one of the most important keys to success. If you have planned your shopping, any social events and finally, what you are eating for all your meals, there is less chance of you picking up quick, convenient and usually unhealthy foods.

The first thing you need to do is work out how many calories you need on a daily basis. You can do this using the [OYG calorie calculator](#) the total calories will take into account your age, weight and height and also what your goal is, from there you can plan out your meals to meet those calories.

Below is a food plan for around 1500-1600 kcals a day. The plan is made up of just 10+ meals, using just 10 ingredients, so simple and easy to follow. You can add extra or take away the snacks to make it individual for you, or you can use the blank food planner and build your own.

1500 - 1600 kcals - OYG Recipes

Always include any calories consumed from fluids into your daily total



Ten Ingredients, Ten Meals

The Ingredients:

- Mince (swap for Quorn for a vegetarian option)
- Chicken (breasts/thighs or fillets) (swap for Tofu for a vegetarian option)
- Sausages (swap for veggie sausages for a vegetarian option)
- Rice
- Oats
- Potatoes
- Chopped tomatoes
- Bag of frozen vegetables
- Cheese (swap to make the plan suitable for vegans)
- Fruit

We assume you already had these essentials in:

- Gravy granules
- Onions
- Garlic
- Herbs and seasonings
- Butter (swap for vegan friendly butter or use oil to make it vegan friendly)
- Stock Cubes
- Oil
- Sauces (mustard, Worcestershire sauce etc)
- Bread (wholemeal)
- Milk
- Eggs (swap for flaxseed for a vegan option)

	Breakfast	Snack	Lunch	Snack	Dinner
Monday 1594	<u>Overnight Oats with Fruit</u> 296 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	<u>Jacket Potato with Cheese</u> 281 kcals	<u>Homemade Chips</u> 204 kcals	<u>Chicken & Veg Pilaf</u> 663 kcals
Tuesday 1500	<u>2 Poached Eggs & Grannary Toast</u> 308 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	Half Portion of Left Over Chicken & Veg Pilaf 331 kcals	<u>Homemade Chips</u> 204 kcals	<u>Meatball Pasta Bake</u> 507 kcals
Wednesday 1554	<u>Overnight Oats With Fruit</u> 296 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	<u>Cheese & Onion Frittata</u> 450 kcals	N/A	<u>Sausage Casserole</u> 658 kcals
Thursday 1453	<u>2 Poached Eggs & Grannary Toast</u> 308 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	<u>Half Left Over Sausage Casserole</u> 329 kcals	<u>Homemade Chips</u> 204 kcals	<u>Chicken & Potato Pie</u> 462 kcals
Friday 1589	<u>Overnight Oats with Fruit</u> 296 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	<u>Chicken Mayo Sandwich</u> 237 kcals	<u>Homemade Chips</u> 204 kcals	<u>Chicken & Tomato Pasta Bake</u> 702 kcals
Saturday 1514	<u>2 Poached Eggs & Grannary Toast</u> 308 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	<u>Jacket Potato with Cheese</u> 281 kcals	<u>Homemade Chips</u> 204 kcals	<u>Sausage And Mash</u> 571 kcals
Sunday 1567	<u>Sausage & Onion Sandwich</u> 566 kcals	Portion of Fruit - Apple Berries, Banana 150 kcals	<u>Jacket Potato with Cheese</u> 281 kcals	N/A	<u>Cottage Pie</u> 570 kcals

	Breakfast	Snack	Lunch	Snack	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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