

# FOOD

DAVID  
KINGSBURY



## Your food

For our food system you eat 3 meals from the menu each day. Each meal is equal calories and macros so they are completely interchangeable.

You are to have 1 snack per day.

Food listed in the recipes is based on raw weight, unless otherwise suggested in the recipe.

### MACROS FOR YOUR MEALS

Protein: 40%  
Fats: 40% Carb: 20%



### MACROS FOR YOUR SNACKS

Protein: 35%  
Fats: 15% Carb: 50%



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## Eating Out

As part of a healthy and balanced lifestyle eating out and eating socially is important. I don't suggest you sacrifice all social scenarios as this will make the plan impossible to follow long term.

Top tips for eating out

Calories are king. Make sure you still get your daily calories correct for the day. You can do this by choosing the smart choice on the restaurant menu so the meal you have is equal calories to the meal on your plan.

If you know you will be overindulging you can adapt your menu to fit in. You could skip a meal that day for example. The key is to still hit the correct calories that day.

Try not to overindulge and select multiple courses and deserts.

Be fussy. When eating out the kitchen will be able to adapt their menu to suit your needs. If this means asking them to swap chips for green veg then do it.

Just be aware of how many calories you are consuming in your meal as you can easily sabotage a week of training and healthy eating with a day or two of bad food choices and calorie surplus.



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## Food Prep

Whilst I wholeheartedly believe food doesn't have to be boring. I also acknowledge and promote that organisation is key.

Fail to prepare then prepare to fail.

You need to be organised to get the most out of this plan. If you don't stay on top of your menu you will be relying on luck to bring the calories in correctly every day.

### Tips

Multiply the meal quantities for the number of meals/days you are preparing for and cook enough of the food for this.

Then divide the food out for the numbers of meals you have prepared for.

Bulk buy to save money and time  
Freeze to keep life expectancy, berries etc

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## Too much food?

The calories on the plan are calculated exactly for you based on the questionnaire you submitted. I suggest you follow the plan exactly for 4 weeks and trust in the way it works.

If at the end of the 4 weeks you feel you have not lost weight and have followed the plan exactly you can adjust your progress update questionnaire when you have to update your information.

It could be that your activity isn't intense enough, the calories you receive are based on your hours of activity amongst other things. You can cut the hours back in your next progress update so this will reduce the calories. You can then maintain or increase your level of activity to increase the negative energy balance.



# Recipes



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## INGREDIENTS

Bread wholemeal	96 g
Eggs	3 large
Ham	160 g
Mushrooms	80 g
Spinach	32 g
Tomatoes	38 g



PREPARATION  
15 MIN



MAKES ONE  
CALCULATED  
PORTION

## STEPS

### Ham & mushroom omelette

- Chop all the ingredients, and put a frying pan on to heat up
- Add the chopped ham, mushroom, spinach and tomatoes and heat for 2 - mins
- Mix the eggs and add to the mix, move around the pan as its starts to solidify, stop moving
- Flip the omelette and serve with toast

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## INGREDIENTS

Bread	58 g
Whey Protein	80 g
Peanut butter wholegrain	56 g



PREPARATION  
5 MIN



MAKES ONE  
CALCULATED  
PORTION

## STEPS

- Toast the bread and spread with the peanut butter
- In a shaker or blender, add the whey and water and mix
- Enjoy

## Peanut butter toast & shake



## INGREDIENTS

Mixed berries frozen	64 g
Oat flakes rolled	48 g
Whey protein	80 g
Yogurt Greek plain whole	192 g



PREPARATION  
10 MIN



MAKES ONE  
CALCULATED  
PORTION

## Quick berry porridge

### STEPS

- Put all the ingredients in a bowl and mix together
- Keep a few berries to place on the top
- Leave overnight to soften
- Enjoy





## INGREDIENTS

Apple juice	96 g
Avocado	144 g
Bananas	120 g
Mixed berries frozen	56 g
Whey Protein	96 g



PREPARATION  
5 MIN



MAKES ONE  
CALCULATED  
PORTION

## Breakfast shake

### STEPS

- Place all the ingredients in a blender
- Add some ice if you like, blend and enjoy
- Add extra water if required



## INGREDIENTS

Avocado	96 g
Beef slices (Deli)	288 g
Table Water Crackers	39 g
Horseradish	26 g
Rocket leaves	32 g
Tomatoes	136 g



## STEPS

### **Beef & horseradish deli box**

- Weigh all the ingredients
- Plate up and serve with the horseradish
- A great meal on the go!



## INGREDIENTS

Beef sirloin steak	304 g
Mixed Salad Leaves	64 g
Oil olive	1.5 tbsp
Red onions	17
Red peppers	38 g
Pitta bread wholemeal	56 g
Tomatoes	136 g



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

## Open steak sandwich

### STEPS

- Warm a griddle pan on the hob
- Lightly warm the pitta bread and then remove
- Slide the vegetables
- Cook the steak as preferred, for the last 2 mins add the veg
- Serve on the pitta and add the salad



#### INGREDIENTS

Bread sourdough	72 g
Chicken breast	288 g
Mayonnaise	32 g
Mustard Dijon	13 g
Rocket leaves	32 g



PREPARATION  
15 MIN



MAKES ONE  
CALCULATED  
PORTION

## Chicken Dijon open sandwich

#### STEPS

- Lightly toast the bread,
- Mix the chopped chicken, mayo and mustard together
- Serve on the toast and enjoy!



#### INGREDIENTS

Blackbean Spaghetti	168 g
Red onions	30 g
Red Pesto	77 g
Spinach	64 g



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

## Blackbean spaghetti & pesto - V

#### STEPS

- Boil a large pan of water
- Chop the red onion and dry fry
- Cook the blackbean spaghetti and mix the onions, pesto and spinach and warm for 2 mins
- Enjoy



## INGREDIENTS

Chicken breast	320 g
Teriyaki Sauce	24 g
Sesame Oil	6.5 tsp
Pak choi	128 g
Basmati Rice	128 g



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

## Teriyaki chicken with rice

### STEPS

- Rinse rice, add to a pan with twice the weight of water and salt, cook without stirring for 15 minutes.
- Heat oil in a pan, add thinly sliced chicken and cook through
- Add the pak choi for the last 5 mins and mix with the sauce
- Serve and enjoy.



## INGREDIENTS

Coriander fresh	6 g
Lemon juice fresh	8 g
Oil olive	1.5 tbsp
Onions	17 g
Fresh Parsley	6 g
Quinoa red and white	72 g
Tomatoes	80 g
Tuna canned	272 g
Yogurt Greek plain whole	72 g



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

## Quinoa Tuna Salad

### STEPS

- Rinse the quinoa under cold water. Tip into a saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 15 mins until the grains have swollen but still have some bite. Drain, then transfer to a bowl to cool slightly.
- Chop and mix all the ingredients add lemon and oil and mix all together
- Enjoy



## Chicken Kebab

### INGREDIENTS

Naan bread	82 g
Red Cabbage	109 g
Chicken Breast	288 g
Cucumber	26 g
Tikka Dry Spice	3 tsp
Fresh Mint	6 g
Olive Oil	1.5 tsp
Onion	54 g
Yogurt Greek style plain	1.5 tbsp
Lettuce	Large handful



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

### STEPS

- Chop the cabbage, onion and lettuce into fine strips and mix and put on your plate
- Mix the yoghurt, with the chopped cucumber and mint and put to one side
- Warm the oil in a frying pan and add the spice and warm through (don't burn) add the chicken (chopped) and cook until cooked through around 10 - 12 mins.
- Put the naan bread on the plate, add the chicken and cover in the yoghurt dressing.



# Snacks





#### INGREDIENTS

Honey	11g
Oat flakes rolled	45g
Oil coconut	2 tsp
Raspberries dried	18g
Whey protein Vanilla	31g



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

## VANILLA RASPBERRY PROTEIN BALLS

#### STEPS

- Blend ingredients (keep half the raspberries back) with protein powder. Mix in melted coconut oil and honey
- Then add water a few drops at a time until it forms a sticky thick consistency
- Roll in the crushed raspberries and enjoy, they are also great chilled.



## CHICKEN BAGEL

### STEPS

- Toast the bagel
- Add the chicken and mayo, then enjoy!

### INGREDIENTS

Bagel	80g
Deli Chicken	92g
Light Mayo	2 tsp
Lettuce	few leaves



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION



## RED VELVET BARS

### INGREDIENTS

Beetroot	110g
Rolled oats	45g
Almond Milk unsweetened	30ml
Whey protein isolate powder	30g
Honey	2tsp
Cacao powder	1.5tsp



PREPARATION  
20 MIN



MAKES ONE  
CALCULATED  
PORTION

### STEPS

- Place beetroot in a microwave safe bowl, add a tsp of water, cover and microwave for 8 minutes, turning halfway
- If beetroot is soft, remove, otherwise put back in for another couple of minutes
- Preheat oven to 150C
- Peel and mash beetroot with almond milk and honey
- Blend oats to a fine powder, add to beetroot puree with protein powder and cocoa powder
- Press mixture into a tray, bake in the oven for 20 minutes until firm on top, remove, allow to cool, and serve
- Note: this recipe can be done with pre-cooked beetroot, just skip steps 1 and 2



## INGREDIENTS

Whey Protein	60g
Whole milk	80ml
Banana	100g

Add water



PREPARATION  
5 MIN



MAKES ONE  
CALCULATED  
PORTION

## SHAKE & BANANA

### STEPS

- Weigh out the almonds
- Make a shake with the protein and milk, add water if needed