

MY GUIDE

NUTRITION 2021

DAVIDKINGSBURY.CO.UK



"To be successful long term you need to optimise your brain and body for results with a healthy and sustainable approach. "



Week 1 Nutrition

Nutrition and focus, nutrition and consistency, nutrition and motivation.

When it comes to optimum nutrition and how you look, sleep, recover and feel it's a little like the chicken and the egg. What comes first.

Do you eat right because you feel focussed or do you feel focussed so you eat right.

Do you follow the diet because want to see results or do the results themselves keep you motivated to follow the diet.

The truth is there is a foundation within us that controls our self control. Determines our discipline and authorises our adaptation to exercise, for both muscle gain and fat loss.

The early parts of this plan will focus only on this foundation. Not on exact calorie. Not on exact macros. That all comes later.

We will optimise your body and mind to make the decisions and discipline needed to live the life you want to live in the physical and mental ideal we are all looking for.

Brains & Body Foods

To be successful long term you need to optimise your brain and body for results with healthy a and sustainable approach.

We have a simple start to success with this program.

We have created lists of our brain and body foods for you to choose from.

We have 3 rules.

Choose from this list only

Keep protein levels high and balance the carbs and fats based on activity.

Eat 3-4 times per day with protein at every meal

We also have 3 guidelines which we really strongly suggest you follow.

Quality protein sources only.

Preferably organic food sources.





Protein

Eggs

Fish

Chicken

Turkey

Beef

Salmon

Tuna

Skyr yogurt

Whey protein powder

Hemp protein powder

*Lentil pasta

*Black bean spaghetti



Vegetables and fruits (unlimited)

Berries

Apples

Spinach

Salad leaves

Broccoli

Green beans

Mange tout

Cauliflower

Tomatoes

Mushrooms

Cucumber

Peppers

Brussel sprouts

Beetroot

Cabbage

Onions

Carrots

Sweetcorn

Asparagus



Fats (limited portions)

Nuts

Seeds

Avocados

Olive oil

Olives

Butter



Carbohydrate (limited portions)

Sweet potato

Potato

Parsnips

Beans

Lentils

Chick peas

Quinoa

Buckwheat

Bananas

Pineapple

Mango



Flavouring

Herbs

Dry spices

Lemon

Lime

Chilli

Garlic

Vinegar







EXAMPLE MEALS

Breakfast

Eggs & beans with sautéed spinach and tomato

Steak with mushroom and sautéed spinach

Berry protein shake with peanut butter

Overnight chia porridge with strawberries

Boiled eggs, nuts and berries

Smoked salmon, avocado and sautéed spinach

Skyr yogurt with berries and nuts



Lunch

Chicken salad with avocado and sweet potato

Sautéed garlic black beans & spinach with grilled chicken, avocado, red pinion and tomato.

Steak and spicy potato wedges with mixed roast veg

Chicken slices with nuts and berries

Tuna niscois salad with boiled eggs, green beans and boiled potato

Roasted salmon and mixed vegetables with pine nuts

Smoked salmon salad with capers, mixed leaves, tomato and avocado

Chickpeas, chicken with mixed vegetables

Black bean spaghetti, olives, tomato, spinach and Sweetcorn and peppers





Dinners

Roast chicken with roasted vegetables

Stir fry steak with mixed veg and peanuts

Roasted salmon parcels with butter and lemon, with potatoes and green beans

Omelette with mixed vegetables and avocado

Tuna steak with asparagus and quinoa

Spicy scrambled eggs with sautéed black beans, peppers and spinach

Lentil pasta with mushroom, tinned tomato, spinach

Kidney bean salad with sweet corn, cucumber mixed leaves and pine nuts.



Snacks (low calorie density)

The aim for the snacks is to keep calorie density down whilst keeping energy high and appetite suppressed.

Therefore we don't suggest snacking on high fat or high carb options.

Ideas

Skyr yogurt with Berries

Fruit

Simple Protein shake

Boiled eggs

Lean protein



Summary

We are focussed on eating whole, unprocessed foods for the initial week.

Why?

To create the right mental and physical foundation for the best results of your life.

Food is much more than just fuel. It's who you are, how you behave, how you feel, how you sleep and how well you perform.

We need to make sure you are giving yourself exactly what you need.

You wouldn't put diesel into your Tesla and expect it to run. Don't expect to live the life you want with the body you want with garbage for fuel.

Make sure you watch the full coaching video on this to ensure you have an understanding of what you need to get started.

Also if you have any questions just drop up a comment to the group.

