

MYFITNESSBUDDY



Healthy Living Guide Part 1

2012 – NEW YEAR RESOLUTION

Happy New Year!

2012 is here and if you are reading this...You have made the decision to embark on Healthy Living for you and your family or just decided to pick up where you left off in 2011

I have put together a mini program consisting of your meal plan (Part 1) and your total body workout at home

Please feel to contact me if you have any questions.

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MYFITNESSBUDDY

HEALTHY LIVING ...THE RULES



The Rules

1. Eat Vegetables
2. Eat Dairy
3. Eat Beans
4. Eat Nuts
5. No Sugars (Added Sugar)
6. Choose Low fat or full fat over fat free
7. Take supplements – Fish Oil and multivitamins
8. Drink Water

Determine your Calorie Count

To determine your target calorie intake you will need to complete the following 3 steps.

STEP 1: Calculate your Resting Energy Expenditure (Resting Energy Expenditure)

This will be the absolute minimum your body and brain need to function

- Multiply your Body weight in pounds by 7.18
- Divide that number by 2.2
- Add 795

Resting Energy Expenditure

1. $\quad \quad \quad * 7.18 = \underline{\hspace{2cm}}$
 2. $\quad \quad \quad / 2.2 = \underline{\hspace{2cm}}$
 3. $\quad \quad \quad + 795 = \underline{\hspace{2cm}}$
- REE = $\underline{\hspace{2cm}}$

STEP 2: Add in credit for your Physical activity (Total Energy Expenditure)

Add calories needed for your body to perform daily tasks

- Under 35 years old with LESS than 30 pounds over your ideal weight – **Add 1.5**
- Under 35 years old with MORE than 30 pounds over your ideal weight – **Add 1.4**
- Over 35 years old with LESS than 30 pounds over your ideal weight – **Add 1.4**
- Under 35 years old with MORE than 30 pounds over your ideal weight – **Add 1.5**

Current Energy Expenditure (Including Physical Activity)

REE (MULTIPLY)* Your Physical Activity

= $\underline{\hspace{2cm}}$

STEP 3: Figure the number of calories you need to lose Weight (Daily Calorie Goals)

➤ **Exercise or Training Days**

Total Energy Expenditure - 300 calories

= _____

➤ **Non Exercise or Training Days**

Total Energy Expenditure - 500 calories

= _____

EXAMPLE

Over 35 years old weighing 140 pounds with 35 pounds to lose.

Calories Count will be:

➤ **Resting Energy Expenditure**

4. $140 * 7.18 = \underline{1005.2}$

5. $1005.2 / 2.2 = \underline{457}$

6. $457 + 795 = \underline{1252}$

REE = 1252

➤ **Credit for your Physical activity**

Under 35 years old with MORE than 30 pounds over your ideal weight – **Add 1.5**

$1252 * 1.5$ (Your Physical Activity)

TEE = 1878

➤ **# of calories to lose weight**

1. Training Day : $1878 - 300$

DCG = 1578

2. Non Training Day: $1878 - 500$

DCG = 1378

HEALTHY LIVING - MEAL PLANNING



5 – 6 Meals per Day

7:00am – Wake up

8:00am - Breakfast

10:30am - Snack

1:00pm - Lunch

3:30pm – Snack

6:00pm - Dinner

8:30pm – Snack

Determine your Balance of Nutrients based on Calorie Count

To determine your balance of Nutrients, you will need your DAILY CALORIE GOALS from the Rules section above

STEP 1: Balance of Nutrients

This will calculate balance of your the Macronutrients based on your DCG (above)

- **CARBOHYDRATES** - 30 – 35% of your Daily Calorie Goals
- **FAT** – 30 % of your Daily Calorie Goals
- **PROTEIN** – 35% of your Daily Calorie Goals

Balance of Nutrients

CARBOHYDRATES (4 Cal per Gram)

$$\text{DCG} * 0.35 = \text{_____ grams}$$

FAT (9 Cal per Gram)

$$\text{DCG} * 0.30 = \text{_____ grams}$$

PROTEIN (4 Cal per Gram)

$$\text{DCG} * 0.35 = \text{_____ grams}$$

EXAMPLE

Based on Daily Calorie Goal of 1878

CARBOHYDRATES

$$1878 * 0.35 = 657 \text{ grams}$$

FAT

$$1878 * 0.30 = 563 \text{ grams}$$

PROTEIN

$$1878 * 0.35 = 657 \text{ grams}$$

HEALTHY LIVING - FOOD LIST



100 CALORIE SNACK/CHEAT

FOOD	SERVING SIZE		
Low Fat Crackers	6		
Baked Sweet Potatoes	Small		
Apple	Medium		
Banana	Small		
Pear	Small		
Avocado	1/3		
Low Fat Feta Cheese	1/3 Cup		
Small Egg + 2 Egg White			
Almond Butter	2 Tbsp.		
Peanut Butter	2 Tbsp.		
Canned Tuna in Brine	3oz		
Liquid Egg White	Cup		
Skinless Chicken Breast	2oz		
Cod or Tilapia	2oz		
Prawns/Scallops	3oz		

BEVERAGE NON CALORIE

BEVERAGE			
Herbal Tea			
Earl Grey			
Water with Wedge of Lemon			
Coffee	Decaf, Regular, Black		
Sugar Free Hot Chocolate			
Sparkling Mineral Water			

BEVERAGE CALORIE

BEVERAGE		PROTEIN	CARBS	FAT
Cup of Milk	1%	10	14	3
V8 Juice	4oz	1	5	0
Wine	5 oz.	0	4	0
Gin	1.5oz	0	0	0
Vodka	1.5oz	0	0	0

VEGETABLES

VEGETABLE	SERVING SIZE	CARB (G)	CAL
Asparagus	12 Spears	7	
Bell Pepper	Medium Raw	7	
Broccoli	1 Cup Cooked	8	
Green Beans	1 Cup Cooked	6	
Cabbage	Cup raw	4	
Celery	3 Medium Stalk	7	
Cherry Tomatoes	10	7	
Cucumber	Medium	5	
Garlic	Clove	1	
Leeks	Cup cooked	7	
Mushroom	10 raw	4	
Onions	½ Cooked	9	
Radish	Cup Raw	3	
Spinach	Cup	6	
Tomatoes	Medium	5	
Butternut Squash	Cup cooked	5	

FRUIT

FRUIT	SERVING SIZE	CARB (G)	CAL
Apples	Medium	22	
Apricot	Medium	4	
Blackberries	0.5 cup	9	
Blueberries	0.5 cup	10	
Grapefruit	½ medium	11	
Peaches	Medium	10	
Pear	Medium	25	
Plums	Medium	9	
Raspberries	0.5 cup	7	
Strawberries	0.5 cup	5	

BEAN/LEGUME

FRUIT	SERVING SIZE	CARB (G)	CAL
Adzuki	0.5 cup	28	
Black	0.5 cup	20	
Black Eyed	0.5 cup	17	
Chickpeas	0.5 cup	22	
Kidney	0.5 cup	19	
Lentils	0.5 cup	19	
Pinto	0.5 cup	21	

CEREAL/CARBS

Cereals/Carbs	SERVING SIZE	CARB (G)	CAL
Oats (Dry)	1/3 cup	21	
Brown Rice (cooked)	0.5 cup	23	
Bulgur (cooked)	2/3 cup	22	
Whole Wheat Couscous	2/3 cup	18	
Quinoa	¼ cup Dry	29	

English Muffin	2 slices	28	
Tortilla (corn)	6 inch * 2	28	
Whole Wheat Tortilla	Large	19	
Wheat Bran	2 Tbsp.	4	
Wheat Germ	2 Tbsp.	5	
Wholegrain Pasta	2/3cup cooked	24	
Shredded Wheat	½ cup	20	
Puff Rice	Cup	13	
Cheerios	Cup	22	
Bran Flakes (no added Raisins)	¾ cup	22	
Popcorn	3 cups popped	18	

FATS

FAT	SERVING SIZE	FAT(G)	CAL
Butter	1 tbsp.	11.5	
Cottage Cheese 1 -2%	0.5 cup	1 – 2	
Milk	Cup	2 – 4	
Plain Yoghurt	0.5 cup	1 – 2	
Full Fat Cottage Cheese	0.5 cup	4 – 5	
Feta Cheese	1/3 cup	10	
Full Fat Cheese (Hard/Soft)	10oz	8	
Avocado	1/3	9	
Eggs	Medium	4.5	

FAT (MEAT)

FAT	SERVING SIZE	CARB (G)	CAL
Beef	3oz	13 – 15	
Chicken/Turkey	3oz	2-3	
Lamb	3oz	10 – 14	
Pork	3oz	7 – 10	

FAT (NUTS)

NUTS	SERVING SIZE	CARB (G)	CAL
Almond	1/4 cup	15	
Cashew	1/4 cup	16	
Hazelnuts	1/4 cup	17	
Macadamia	1/4 cup	25	
Peanuts	1/4 cup	18	
Pecan	1/4 cup	20	

FAT (BUTTER)

BUTTER	SERVING SIZE	FAT(G)	CAL
Almond	2 tbsp.	18	
Cashew	2 Tbsp.	16	
Peanut	2 tbsp.	16	

FAT (OIL)

FAT	SERVING SIZE	FAT (G)	CAL
Oil	1 tbsp.	14	

FAT (EPA/DHA)

FAT	SERVING SIZE	FAT (G)	CAL
Cod	4oz	1	
Salmon	4oz	9	
Sardines in Water	3.5oz	9	
Canned Tuna	6oz	1	
Fresh Tuna	4oz	1.5	

FAT (OMEGA 3/6)

FAT	SERVING SIZE	FAT (G)	CAL
Brazil Nuts	¼ cup	23	
Flaxseed	2 tbsp.	10	
Hemp	2tbsp	8	
Pine Nut	¼ cup	17	
Pumpkin Seed	¼ cup	15	
Sesame Seeds	2 tbsp.	10	
Sunflower	¼ cup	16	
Walnuts	¼ cup	16	

PROTEIN (MEAT, FISH)

PROTEIN	SERVING SIZE	PROTEIN(G)	CAL
Beef	3 - 4oz	18 - 22	
Steak	3 - 4oz	22 - 27	
Tenderloin	3 - 4oz	24 - 26	
Egg (whole)	Medium	5.5	
Egg White	½ cup	15	
Cod	4oz	27	
Salmon	4oz	28	
Snapper	4oz	29	
Tilapia	4oz	29	
Trout	4oz	28	
Tuna Can	6oz	32	
Tuna Fresh	4oz	32	
Lamb	3oz	22 - 27	
Pork lean chops	3oz	24	
Lean Ham	3oz	17	
Lean pork mince	3oz	21	
Lean Pork Tenderloin	3oz	24	
Chicken/Turkey Breast	3oz	21 - 27	

Clams	3oz	22	
Lobster	3oz	17	
Mussels	3oz	20	
Oyster	3oz	7	
Scallops	3oz	22	
Prawns	3oz	17	

PROTEIN- YOGHURT

PROTEIN	SERVING SIZE	PROTEIN (G)	CAL
Greek Yoghurt – 2%	5oz	12	
Low fat Plain	½ cup	12	

PARTIAL PROTEIN (ALSO SOURCE OF CARB ABOVE)

PROTEIN	SERVING SIZE	PROTEIN(G)	CAL
Adzuki Bean	½ cup	8	
Black	½ cup	7	
Black Eyed	½ cup	7	
Chick Peas	½ cup	7	
Kidney Bean	½ cup	8	
Lentils	½ cup	9	
Pinto	½ Cup	7	

PROTEIN PARTIAL (NUTS – ALSO SOURCE OF FAT)

PROTEIN	SERVING SIZE	PROTEIN	CAL
Almond	¼ cup	8	
Brazil Nuts	¼ cup	5	
Cashew	¼ cup	5	
Flaxseeds	2tbsp	6	
Hazelnut	¼ cup	4	
Hemp	2 tbsp.	6	

Macadamia Nuts	1/4 cup	3	
Pecan	1/4 cup	2.5	
Pine Nuts	1/4 cup	8	
Pumpkin seeds	1/4 cup	8	
Sesame Seed	2tbsp	5	
Sunflower	1/4 cup	6	
Walnut	1/4 cup	3	

Use the Healthy **Living Diary** to plan your meals from based on your **Balance of Nutrients** on **Page**

7

REFERENCE

1. Perfect Body Diet – Women's Health Magazine
2. <http://www.sparkpeople.com/>