

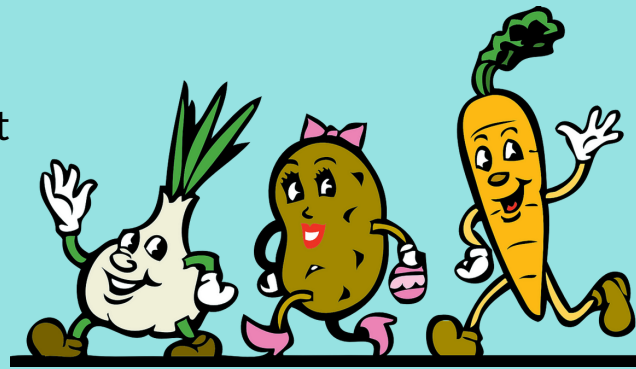
NUTRITION



Fad diets, radical overhauls, extreme cleanses and strict regimes are not only hard to stick to, they're unnecessary.

Small incremental changes to the way you eat add up over time to big results.

Focus on the things that matter (vegetables, protein), and leave the little details (supplements, organic) for later on once you're rocking the basics.



1

ADD A SALAD OR VEGETABLES

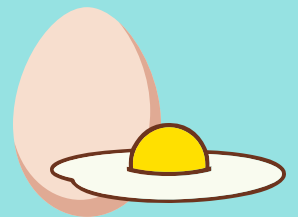
Have half a plate of vegetables or salad with each main meal (you could swap for fruit at breakfast if you want). Then your other food choices fill half a plate, regardless of what that is. e.g. half a plate of fish & chips (this will be less than most people normally eat), with half a plate of peas or salad! [For more ideas this blog will be very useful.](#)



2

HAVE PROTEIN AT EVERY MEAL

At least a quarter of your plate should be protein. Meat, fish, eggs, higher protein dairy, tofu and Guorn are all good. Try and choose whole unprocessed proteins over processed (e.g. sausages and burgers, chicken nuggets) most of the time.



3

A HANDFUL OF FRUIT A DAY

Make this your go-to snack, with some protein (e.g. Greek yoghurt, hummus, a good quality protein bar) if you're extra hungry, before deciding if you really want the cake/ice cream / donut.



4

HAVE ONE LESS TAKEAWAY OR READY MEAL A WEEK

These are typically very high calorie, hyperpalatable (easy to over eat) and don't have many nutrients. Cutting out one a week and replacing with better quality food will make a big difference.



5

BUY A NEW HEALTHY FOOD

Buy one new healthy food item to try each time you do a food shop. It will stop you getting bored, widen your food repertoire and you might discover some delicious new foods you love to eat.



6

TRY A NEW RECIPE

It's easy to get into the routine of making the same few meals, but if these aren't as healthy as they could be that's another reason for a change! Each week try one new healthy recipe ([here's some ideas](#)). Simple recipes are best to begin with, as it always takes so much longer cooking an unfamiliar recipe.



7

PLAN YOUR WEEKLY MEALS

Once a week write a meal plan, even if it's just a basic outline (e.g. 'workday lunch: a salad with protein and an apple from the chain cafe'). Then shop accordingly. Having everything you need you need to hand will help stop you making unhealthy choices at the last minute when you're hungry and the fridge is bare. Need help? [I made this.](#)



8

COOK 80% OF YOUR MEALS FROM SCRATCH

Every so often make batches of freezer meals, and chop, prep and cook items in batch. A whole roast chicken will last a few days, and while chopping fruit and vegetables only when you eat them right away preserves some vitamins, if chopping everything and keeping in the fridge in advance makes you eat more, do it!

