



# ANTI-INFLAMMATORY NUTRITION

**gmc**

GAY MAN'S COACHING

## YOUR FOOD GUIDE

### A HEALTHY OUTSIDE, STARTS ON THE INSIDE

This is your food guide for the next 4-6 weeks

Often, certain foods in our diet cause our digestive system to react in a negative way. However, because we eat them all the time we don't know any different.

Over the course of the next 4-6 weeks we will achieve the following;

- Remove processed foods
- Remove common intolerant food groups
- Establish balanced eating patterns
- Increase/establish fibre intake
- Increase/establish hydration status (1litre per 25kg of weight)
- Increase/establish vegetable intake
- Increase/establish essential fats into the diet (around 20%)
- Ensure adequate protein across the day

To start off with there won't be any need for calorie counting, however, when you are creating your own meals (which you will have to do) I need you to stick to the principles in this document.

I will send over an idea of a what a day's meals might look like. These will vary from person to person depending on their stats and their goals.

### This Document is split into 3 sections:

- **Portion Sizes**
- **My Top Tips**
- **Food List: Your Quick Guide**



## PORTION SIZES

When portioning food this is what I would like you to remember:

**PROTEIN:**  
A PALM SIZE  
PORTION WITH  
EACH MEAL



**CARBS:**  
A FIST SIZE  
PORTION WITH  
EACH MEAL



**VEG:**  
UNLIMITED



## FAT PORTIONS

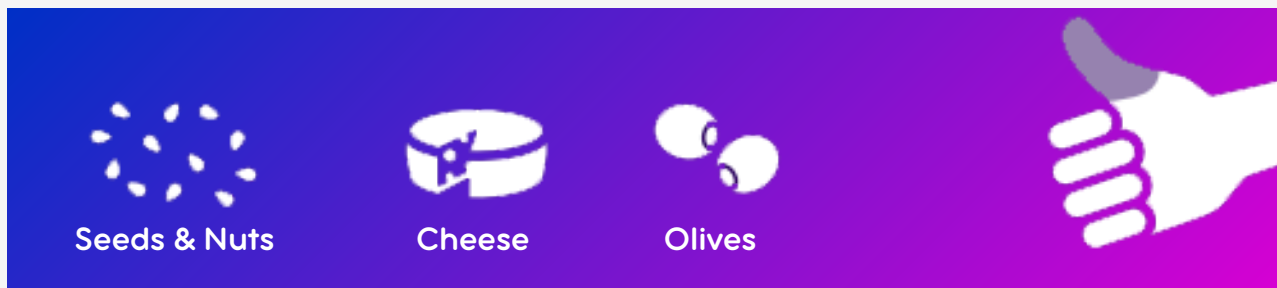
### PALM

Palm sized portion with each meal



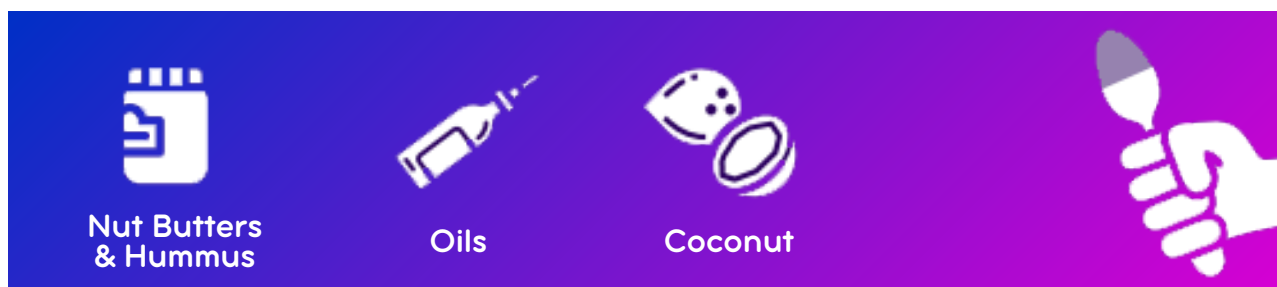
### THUMB

Thumb sized portion with each meal



### SPOON

Half a tablespoon portion with each meal



## MY TOP TIPS

Here are my top tips to help you not only maintain your diet, but also enjoy your new way of eating.

### VEGETABLES

You can have as many vegetables (from the list) as you like. Use this to your advantage.

### HERBS AND SPICES

Utilise herbs and spices and seasoning to make your food and especially vegetables tasty.

### MINIMISE YOUR CARB INTAKE

Without getting too complicated, this is to help stop mid morning/mid afternoon cravings for sugary things. This won't be forever. This means having a breakfast (if you have breakfast) that is rich in protein and fats and the same for lunch. An example might be; Breakfast – 2 eggs with 2 lean bacon medallions or some Icelandic or Greek yogurt. Lunch – Chicken breast salad with rapeseed oil dressing.

### CHEW YOUR FOOD

The physical process of chewing food in your mouth helps to break down larger particles into smaller particles. This helps to reduce stress on the esophagus and helps the stomach metabolize your food. When you chew each mouthful properly, you also release a lot of saliva, which contains digestive enzymes.

### WHEN YOU EAT - SIT DOWN

Your digestive system isn't designed to work with you walking around or stood up. If you do then you won't digest your food properly which will have knock on effects. Make time for yourself to sit, eat and enjoy your food. This is important.

### REMOVE ANY DISTRACTIONS

TV's laptops, phones. You can't concentrate on more than one thing at once. Make sure the thing you are concentrating on is your food. Savour it. Think about the taste, the texture. Really take your time chewing your food. You'll feel fuller and more satisfied post meal.

### BAD PREPARATION

There is no such thing as a surprise. There is only bad preparation. Don't blame busy days at work, meetings that ran over, traffic or just downright laziness on not preparing food. You don't need to be a body builder and have tubs and tubs of food in the fridge but preparing food for when you are out of the house is key to your success. It takes away the excuses. Preparing lunch can be done at the same time as you make dinner. It doesn't have to be a long, time consuming task.

### DRINKS

Drinks have calories too, so we should minimise drinking our calories as much as possible. Water has 0 calories. We need to be drinking 1L of water per 25kg of body weight. So if you weigh 75kg = 3L, 100kg = 4L. If you weigh somewhere in between, you should aim for the higher amount. We're looking to avoid milk/dairy in the initial stages. Good substitutes for cow's milk are coconut, almond or oat milk. Try to stay away from Soy milk as this affects hormone production.

# FOOD LIST

Your quick guide (Print me)

## PROTEIN

- 1 x medium chicken breast
- 1 x medium turkey breast
- 1 x salmon fillet Smoked salmon Handful of king prawns
- 1 x mackerel Bacon (medallion)
- 1 x medium fillet Cod
- 1 x medium fillet Haddock Medium portion of Hake Eggs
- 1 x palm of 5% fat beef mince
- 1 x tin of tuna in springwater/brine

## FATS

- Thumb size portion of nuts (not peanuts)
- Thumb size portion of 85% cocoa chocolate
- Half a medium avocado
- ½ tablespoon of nut butter
- ½ table spoon of coconut oil
- ½ tablespoon of olive oil
- ½ tablespoon of rapeseed oil

## CARBS

- ½ cup of brown (wholegrain) rice
- 1 x medium Sweet potato
- ½ cup of Gluten free oats
- ½ cup of Quinoa
- 1 x Banana 1 cup of blueberries
- 1 x Kiwi Limes (use juice for dressings/flavours)
- 1 x Orange ½ tablespoon of honey

## VEGETABLES

- Kale
- Spinach
- Chard
- Green beans
- Broccoli
- Peas
- Peppers
- Pak choi
- Lettuce
- Cucumber
- Carrots
- Chilli
- Chives
- Aubergine
- Courgette

