

MEALTIME

SUGGESTIONS



BREAKFAST

- Porridge cooked with raisins, seeds and nuts, tea spoonful of local honey and a choice of either semi-skimmed, skimmed, soya milk, rice milk, oat milk or water.
- Muesli with fresh fruit and low fat natural yoghurt.
- Chopped fruit (fresh and dried) with low fat natural yoghurt.
- Breakfast cereals (no sugar or salt) with your choice of milk and dried or sliced fresh fruit on top, especially bananas or apples.
- Toast, or muffins (whole wheat) with little low fat spread and marmalade, honey or jam, Marmite or Vegemite, peanut butter or chocolate spread (no need for low fat spread aswell), low fat cheese (especially low fat soft cheese) and tomatoes.
- Banana milkshake (banana, milk and honey).
- Warm roll or toasted muffin with sliced banana and honey.
- Yoghurt drink.

COOKED BREAKFAST

- Baked beans on toast or pitta bread.
- Crispy grilled bacon sandwich.
- Poached egg with bread or toast.
- Boiled egg with bread or toast.
- Fish fingers and grilled tomatoes and toast.
- Grilled tomatoes, lean grilled bacon, mushrooms and toast.
- Omelette stuffed with baked means and mushrooms or tomatoes.
- Potato cakes with tomatoes and mushrooms.
- Kedgeree (with lots of rice and less of the other ingredients)
- Pancakes with maple syrup or honey.

NB. When choosing type of bread products always opt for brown whole grain or an alternative of maize, corn or quinoa.

SMOOTHIES

There are many ingredients with which to make these but you need a blender and, of course, your imagination:

- Skim milk, soy milk plain or flavored or juice: add fat free or low fat yogurt, ice cubes, a sliced banana or any other fruit of choice, protein powder, wheat germ or flax meal, low fat frozen yogurt, peanut butter, strawberry or chocolate flavored milk powders, powdered milk, or instant coffee (decaf or regular), cinnamon or nutmeg. Good fruits to use are bananas, strawberries, blueberries, peaches, kiwis, berry combinations, or canned cherries. Fruit may be fresh, canned or frozen.
- Ex: 1/2 cup skim milk, 1/2 cup frozen strawberries, or 1/2 cup plain fat-free yogurt, spice and sweetener to taste. Blend until smooth. Makes one serving which includes two servings of dairy and one serving of fruit. Can also add 1/2 cup of fruit juice concentrate or ice cubes as well.



PACKED MEAL

Sandwiches are traditional and convenient items to include in a packed meal but they can become boring if the same fillings and bread are used every day. Try ringing some changes by using wholemeal, granary, French sticks or baguettes, bagels or pitta bread. The spread acts as a barrier to stop the bread going soggy, but only a thin layer of low fat spread is needed. Alternatively, peanut butter or low fat soft cheese can be used.

There are endless variations on possible sandwich fillings. The following are a few ideas:

- Ham and tomato slices.
- Low fat liver pate and watercress.
- Cold chicken and pineapple chunks bound together with low calorie salad dressing or yoghurt.
- Smoked turkey or chicken slices with cranberry sauce.
- Cold chicken and hummus.
- Grilled lean bacon with tomatoes and lettuce.
- Mashed sardines with tomato purée
- Smoked mackerel with pesto.
- Tuna with lemon juice and cracked pepper.
- Grated cheese with Marmite.
- Low fat soft cheese or curd cheese with pickle.
- Edam cheese with apple slices.
- Chopped hard-boiled egg with lean ham.
- Chopped hard-boiled egg with low calorie salad dressing and mustard and cress.
- Peanut butter and mashed banana.
- Peanut butter and honey.
- Peanut butter and strawberries.
- Mashed bananas.

Where possible, some vegetables should be included in the packed meal. Whether in the sandwich or as a separate item, freshly prepared salads provide a nice, crunchy texture. All types of raw, chopped vegetables can be used and also of course cooked wholemeal pasta, brown or wild rice, potatoes or beans.

Other items that can be included are:

- Fresh fruits (all sorts and keep it varied).
- Dried fruits or fruit and nuts.
- Cereal bars such as Nutrigrains, Squares, Jordans.
- Fruit cake, parkin, gingerbread, fruit loaf, banana bread, and so on.

- Pancakes, with lemon and raisin.
- Scones or semi-sweet biscuits such as digestives.
- Low fat yoghurt or Mullerice.
- Low fat crisps.

The packed meal must include fluids: fruit juice, dilute squash (traditional or low calorie), water or a hot drink (preferably caffeine free).

MAIN MEAL

- Chicken stir-fry with vegetables and rice or noodles.
- Grilled lean meat with mashed or boiled potatoes and vegetables.
- Grilled fish (salmon, mackerel, sardines, herring, tuna, plaice, monk fish) with vegetables and mashed potatoes.
- Baked fish (white fish, tomatoes, onions, lemon juice and zest) with jacket potatoes and vegetables.
- Spicy shrimp and spaghetti aglio olio (garlic and oil) with green salad.
- Shepherd's pie or cottage pie made with extra lean mince, peas and carrots.
- Pasta with tomato sauce or pesto and tuna.
- Roast chicken with jacket potato and vegetables.
- Grilled fish fingers with mashed potatoes and vegetables.
- Pasta with lean Bolognese sauce.
- Rice with lean chilli con carne.
- Rice with red kidney beans (or/and other beans like black-eyed beans, borlotti beans, broad beans, butter beans) with vegetable sauce.
- Macaroni cheese, made with low fat milk and cheese.
- Chicken casserole with jacket potatoes and vegetables.
- Risotto with tuna, sea food, lean ham or chicken.

PUDDINGS

- Baked apples with dried fruit and custard.
- Yoghurts, fromage frais, Mullerice.
- Fresh fruit with stem ginger and green tea ice-cream
- Fruit crumble with custard.
- Milk puddings such as rice pudding and semolina with honey and dried fruit.
- Pancakes with maple syrup or honey.
- Banana and custard.
- Fruit in jelly with custard.

SNACKS

- Pretzel sticks dipped in peanut butter and honey.
- Fruit cups with teaspoonful of yogurt or small teaspoons of frozen yogurt added into it.
- Celery sticks filled with peanut butter or fat free cream cheese, low fat cheese spread, or low fat yogurt dip--create your own!
- Apple halves with peanut butter spread thinly on top.
- Apple pieces with low skim mozzarella cheese stick.
- Baby carrots, broccoli spears, celery, or cauliflower chunks dipped in yogurt with added spices or sweetener to taste. Spices may include: dill, celery seed, chili powder, garlic powder, onion powder, sweetener, minced pineapple, chives, cinnamon.... whatever you like.
- Fat-free yogurt: with granola added, coconut, peanuts, sunflower seeds, dried fruit, trail mix, or banana slices.
- One slice of 100% whole grain pita bread with a teaspoon of jam or jelly, peanut butter, hummus, peanut butter and honey, banana slices and peanut butter.
- Popcorn with added parmesan cheese sprinkled on or other spices such as cumin, red pepper, salt, black pepper, chili powder, garlic powder, onion powder....whatever you like. No butter, margarines or oils.
- Smoothies.
- Rice cakes or oatcakes with peanut butter, honey, jam or jelly, tuna salad, refried beans, hummus or chicken salad thinly (just a taste) spread on top.
- A small handful of raw almonds, walnuts, pecans or raw peanuts. Raw nuts avoids the extra grease and salt.
- Meal replacement shake. Basic mix of whey, casein protein and carbohydrate blend with water. Great as a post workout drink (within the first 20 minutes) and also when on the run.

(NB. This is not to replace good source of food from the list above).

WEIGHT LOSS/FAT LOSS

The Truth About Weight Loss and Fat Loss

The science behind weight loss is not complicated and can be summed up by these simple equations:

Energy intake = Energy Output

Weight is maintained

Energy intake > Energy Output

Weight is gained

Energy intake < Energy Output

Weight is lost

THE SIMPLE WEIGHT LOSS MATHS

Energy value of 1 kg body fat is 7000kcal. Assuming a shortfall in daily energy intake of 1000kcal or 500kcal, there will be a weekly shortfall of 7000kcal or 3500kcal. The weekly weight loss is 1 kg or 0.5 kg.

Note that many individuals and athletes may lose significant amounts of body fat without registering equivalent losses in body weight. In this case the training programme has resulted in an increase in muscle mass which has masked the weight loss resulting from the loss in body fat.

If you have any further questions please email:

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