

BUSY MUM

Nutrition Guide



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Welcome

Welcome to the VIP Transformation Busy Mum Fitness & Nutrition Program. We are so excited that you have this in your hands right now as we have created this to help YOU get the results you long for.

Over the years along my own journey I have experienced many fad diets, bad advice and have gotten very frustrated by it all. Does this sound familiar?

Finally we have created a program that will not only give you results but help educate you to make them last.

This program is designed to help you with the following:

- Weight frustration – by giving you a solution
- Unhappiness towards food – making healthy food simple, delicious and easy to cook
- Fears – taking them away
- Myths you believe – setting the record straight with education
- Fad diets, we have ALL tried them – No more of them!

This is not a diet. This is the blueprint for you to design your own healthy lifestyle - There is no need to be on a diet for the rest of your life to get results.

With the tools in this program eating healthy long term will be practical and become second nature.

- No calorie counting,
- No weighing food,
- No points to count
- No skipping meals.

Let myself and our team of Nutrition coaches educate you to make better choices with your food to give you the lasting results you deserve!

How to Use this Guide

This guide contains all the information you need to know to get started on the Busy Mum Nutrition Program

Nutrition is a vast topic and our aim of this guide is to give you the essential information you need to get started without overwhelming you.

Your coach will then work to work with you throughout the program to coach you on the finer details and help you create a lifestyle of your design based on the principles and habits you learn from us

Please take your time to read through each section thoroughly.

When you come to a section that you would like to know more about or have any questions on then head across to the Facebook group and post your question on the group wall. Tag your trainer in for a quicker response

Let's get started!!!



FAT LOSS AND FOOD

What You Need to Know

Energy Balance

Our nutrition (what we eat and drink) provides the body with energy in the form of calories. These calories are used by the body to fuel all of its internal and external processes. **Energy Balance** is the relationship between how much "energy" we take in through food and drink (**Calories in**) and how much of that energy we use up for our daily requirements (**Energy Out**)

Calorie Surplus = Gaining Fat

In very simplified terms, when we take in **more** energy than we use up, the unused energy is stored in our fat cells causing them to enlarge and results in an increase in body size and shape. This state of energy balance is known as **Calorie Surplus**

Calorie Deficit = Decreasing Fat

Similarly when we consume less energy than our body requires to run on, the body is forced to tap into those enlarged fat cells and use that stored energy as its fuel, essentially draining them and shrinking them, resulting in a decrease in body size. This state of energy balance is known as a **Calorie Deficit**.

Maintenance = Stable weight

And finally when our we take in equal amounts of energy to what we use up we are in an energy balance starte known as **Maintenance** where we are neither gaining fat nor losing it



PORTION SIZE

How to ensure you are eating in a calorie deficit

When our goal is fat loss, we need to ensure that the total combined amount of calories from the foods we eat each day are within the **calorie deficit** range for our bodies. There are various methods to do this and for our Busy Mums we have chosen the Portion Size Method.

Essentially each type of food (Protein, Fats and Carbohydrates) provide a different amount of energy per gram so the portion size for each macronutrient is different

Hand Method

Rather than asking you to weigh and do the calculations yourself which is time consuming we prefer to use the **Hand Method** below. This easy and quick method will teach you to measure your food portions using your own hand as the guide

GUIDE TO PORTION SIZES

Busy Mum Challenge

1 SERVING OF FRUIT OR VEGETABLES

SIZE AND THICKNESS AS THE PALM OF YOUR HAND

VEGETABLES
CLOSED FIST

BUTTER AND OILS

FATS
TIP OF THUMB

PROTEIN
PALM

1/4 CUP
HUMMUS

COMPLEX CARBS
CUPPED HAND

9 - 10 PIECES OF
NUTS

BUSYMUMFITNESS.COM/VIPCOACHING

MEAL TIMING & STRUCTURE & ADHERENCE



The time you eat your meals and the time between each meal is up to the individual and comes down to lifestyle and personal preference however we find most of our Mums benefit from eating at regular intervals across the day when they are eating in a calorie deficit

Meal timing does not have a direct impact on your results - Remaining in a calorie deficit does! Therefore along with the understanding of portion sizes we have created the following meal structure for the plan:

Meal Structure

Daily Meals and Snacks:



3 MEALS
PER DAY



2 SNACKS
PER DAY



2-3 LITRES
WATER

What's on your plate?

1 Portion of Protein per MEAL

1 Portion of Fat per MEAL

1 Portion of Complex Carbs per DAY (only one meal has carbs)

1-2 Serving of vegetables per meal and (plus extra servings of green vegetables if you are still hungry)

If you are having fruit with breakfast ensure you are having no more than 2-3 whole servings of fruits per day in total

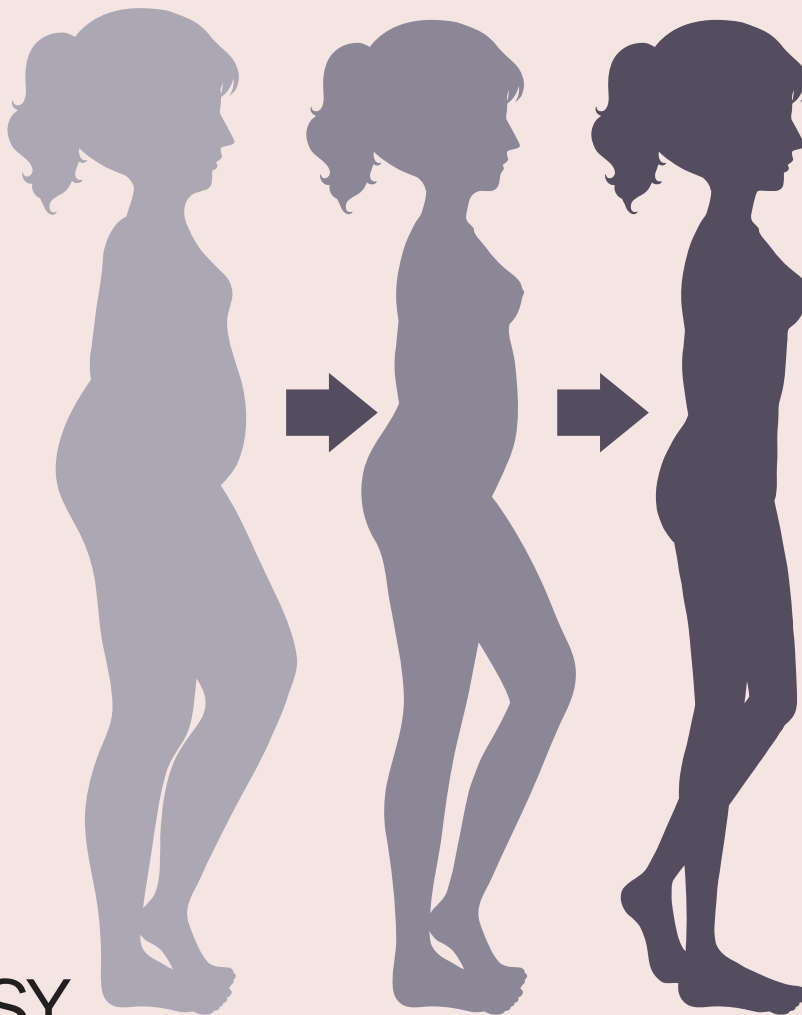
Adherence:

Adherence is a key factor to fat loss. Given that this is a Lifestyle program and not a diet, we anticipate that there will be occasions and events over the program where you may not be able to adhere to the portion sizes and guidelines 100%. This is not a deal breaker - one meal every so often outside of these guidelines will not negate your prior work and we do actually allow for 1 flexible meal each week of your choosing from week 3 onwards.

It is essential however that you prioritise these principles and portion sizes in your everyday nutrition and remain consistent with them over the 12 -24 weeks to see noticeable results.

In most of our daily eating situations we have control over the types of food & we can choose and the portion size

The better the choices you make, the better your results will be

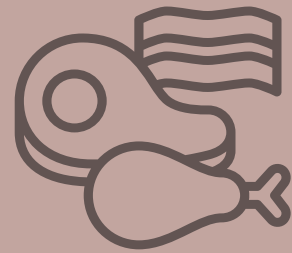


WHAT FOODS CAN I HAVE?

Whilst we firmly believe that there are no good or bad foods, in our experience there are certainly foods that work better to keep you full, keep your blood sugar stable and provide the most nutrients, while we are eating in a calorie deficit. These are the food that give you the most "bang for your buck" so to speak and do not create inflammation within the body so we suggest you prioritise these choices for the best results

Protein Choices (Non Vege)

- Steak
- Chicken
- Turkey
- Seafood
- Fish
- Pork (Must be a lean cut with all fat removed)
- Lamb (Must be a lean cut with all fat removed)
- low fat mince
- Eggs (Free Range Preferred)



Protein Choices (Plant Based)

- Lentils
- Chickpeas
- Beans & Legumes
- Plant Based Protein Powder
- Tofu



Fruit & Vegetables

- All varieties



Complex Carb Choices

- Brown Rice
- Quinoa -All Varieties, Flaked is
- Potato
- Oats
- Gluten Free Pasta - Portion Size should be approx 100 calories
- Gluten Free Bread - Portion Size should be 1 slice approx 100 calories
- Gluten Free Wraps- Portion Size should be 1 small wrap approx 100 calories



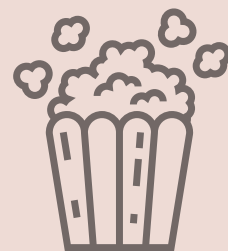
Fats

- Nuts - Natural preferred
- Avocado
- Organic Butter
- Olive Oil
- Coconut Oil
- Coconut milk
- Almond Milk
- Egg Yolks
- Natural Nut butters (no sugar added)



Snacks

- All whole fruits (avoid dried)
- All salad vegetables
- Hummus
- Dark Chocolate (85% Cocoa, No more than 3 squares)
- Popcorn
- Hard Boiled eggs
- Protein Muffin (See recipe files)
- Nuts



Dressings & Flavourings

- Apple cider vinegar
- Balsamic Vinegar (Natural, No sugar added)
- Lemon Juice
- Lime Juice
- All herbs & spices
- Rock or Pink Himalayan Salt
- Gluten free soya sauce
- Worcester sauce



REDUCTION OF *Inflammatory Foods*

GLUTEN & DAIRY

We find that many of our Mums benefit from reducing or eliminating foods that have been known to cause inflammation and bloating, So our meal plans and recipes have been created to be gluten and dairy free.

If creating your own plans or recipes we suggest substituting the following

- Milk - Unsweetened almond or Coconut milk (Carton Variety)
- Cheese - Nutritional Yeast Flakes
- Bread & Wraps - Gluten Free Bread & Wraps
- Pasta - Gluten Free or Pulse Pasta (Example)
- Yogurt - Organic Probiotic Yogurt

Becoming 100% gluten or dairy free is a lifestyle choice that is ultimately up to you but we do encourage you to go gluten and dairy free for the duration of the program so you can make your decision based on how your body functions and feels after going without it for an extended period of time



HOW TO USE THE MEAL PLANS

Flexibility & Substitutions

This program is about making the meal plan work for you, your family and your budget

- You can swap meals around
- You can replace meals you don't like with the ones you do
- You can have the same meal every day if you like
- You can swap Vegetable for Vegetables
- You can swap Fruit for Fruit
- You can swap Protein for Protein
- You can use any of the meals from any of the weeks of the plan

Variety of Foods and Personal Preference:

We want you to love the types of food you are eating and encourage you to eat from a variety of different produce and protein sources where possible, however if you find that you remain more consistent when there are less choices, then just choose 1 or two options and rotate them throughout the weeks

- **Vegetables** All varieties of vegetables can be eaten as your vegetable portion, and all green vegetables are unlimited!
- **Potatoes** All varieties of potato can be eaten as your Complex Carb Portion - (Sweet Potato is preferred)
- **Rice** - All varieties can be eaten as your complex carb portion (Brown rice is preferred)
- **Fruit** - All varieties can be eaten
- **Frozen fruit and vegetables** are fine to use in place of fresh
- **Meat and Fish** All varieties of unprocessed meat and fish can be eaten. Lean cuts should be prioritised most often over fatty cuts.
- **Tinned & Frozen fish fillets** All varieties can be eaten. If using tinned, prioritise those preserved in spring water rather than oil, and for fish fillets choose uncrumbed
- **Seafood** - All varieties of seafood may be eaten



Creating your Plan

The meal plans have been created as an easy way for you to find your feet with the program.

Some of our Mums prefer to follow the meal plan exactly as it is written each week, while others prefer to customise it based around their own families schedule and preferences using the information on Portion sizes, Meal Structure and Substitutions in this document.

Experiment a little and see what works for you! Your coach is available to answer any questions you may have that are not answered in this document - Simply post your question on the Facebook group and tag her in the post for a response

The Importance of Weekly Meal Prep

Meal Prep is a habit we strongly encourage to set yourself up for success each week. It's not necessarily about spending hours of your weekend cooking up a storm! It's simply about being prepared for your week ahead.

Each Mums meal prep routine will be slightly different based on your schedules but as a guide your meal prep ritual should be completed by Sunday so you can hit the ground running each week and should cover the following

- Printing the meal plan for the week or creating your own using the planner provided on the Website
- Looking ahead at your week and anticipating the busy days or nights that you will need to prepare meals in advance for or cook extra the night before to use leftovers - and factoring these into your meal plan
- Creating your shopping list and purchasing your food for the week - we strongly recommend doing an online shop, not only to save you time and money, but to also avoid the temptations that are on display at the store
- Optional: Pre-Chopping up vegetables, making a large salad, portioning out nuts or snacks, cooking in bulk and freezing, roasting vegetables or chicken breasts for salads throughout the week, Preparing smoothie ingredients the night before.



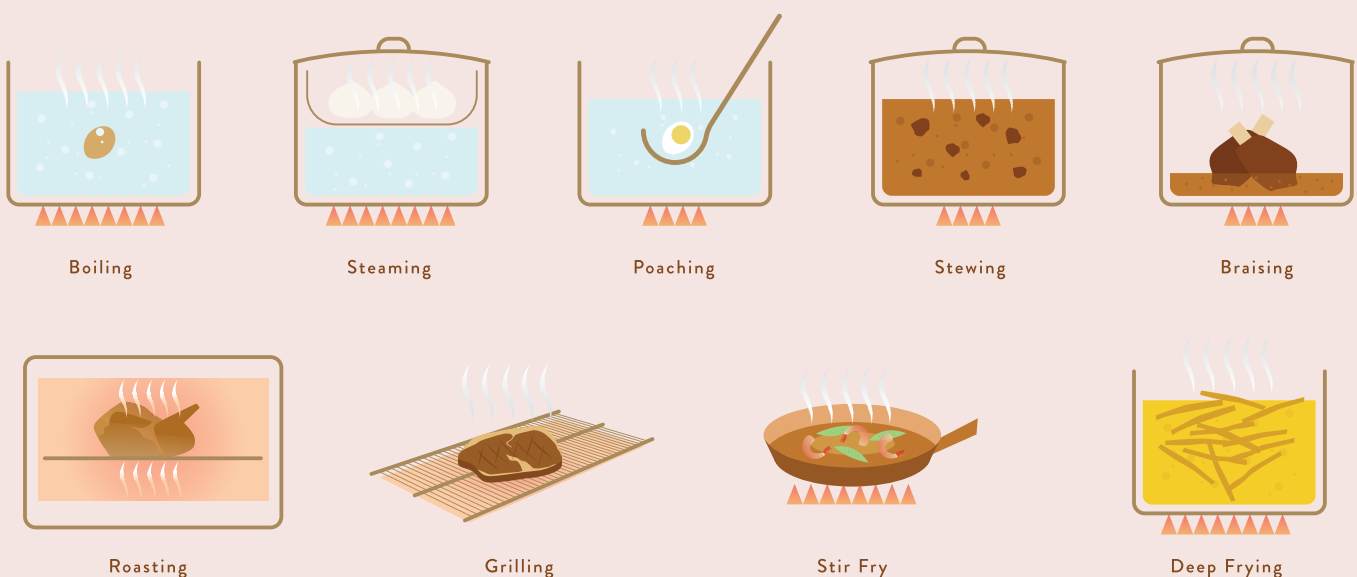
PREFERED COOKING & REHEATING METHODS

Meat & Fish & Vegetables

Grill, Steam, Stir Fry, Bake, Roast, Slow cookers, Pressure cooker, Air fryer , Boil

Preparation & Reheating Guidelines

- Trim all visible fat from cuts of meat and ideally remove skin from chicken & fish where possible
- The ideal way to prepare your vegetables is to steam them. When boiling or steaming vegetables do so for the minimum time required to soften them, the longer they are cooked the less nutrients will remain
- Wash all fruit & vegetables thoroughly
- If cooking oil is required use in moderation - we recommend using Coconut oil, Organic Butter or Ghee when heat is being added as these oils have a high smoke point
- Salt your food after cooking if necessary not during
- Microwaves can be used to reheat meals for convenience if necessary



HYDRATION, COFFEE & ALCOHOL

What can I drink?

We aim for around 2-3 litres of fluids per day

Filtered water should make up the majority of your fluids but you can also top up your hydration from the following low calorie beverages

- Green Tea
- All caffeine free herbal teas
- Water infused with lemon, Limes or other fruits
- Kombucha
- Sparkling water



Caffeine Reset

For the first 30 days we encourage you to take a break from caffeine in all its forms apart from green tea. One of the things our Mums notice as that not only does their sleep, energy and skin improve but their thirst for water returns making hydration easier

We allow for 1 black coffee a day from week 5 once you've completed the reset phase

Alcohol

To maximise fat loss whilst eating in a calorie deficit we encourage you to take a break from alcohol for the duration of the program. There are a number of reasons that alcohol is counter-productive to your fat loss goals. Not only does it add in extra calories, weaken your will power around food and disrupt your hormones it is also a toxin that the body has to burn to eliminate. And while your body is busy burning the alcohol in your system, it will not be burning any body fat

If you have the habit of using alcohol to "wind down" or "reward" yourself then have a chat to your coach about some alternative relaxation and reward habits to give to try

If you are in a social situation where you don't want to have to explain yourself for not drinking then we find soda water and fresh lime is easily passed off as a Vodka, with the other drinkers being none the wiser!!

DINING OUT

As this is a lifestyle program we do understand that there will be occasions where you are dining out of your home and may not have 100% control over the foods available to choose from

In these situations we suggest the following guidelines:

- If dining out try to be in charge of choosing the restaurant yourself
- This way you can do a little research and book a venue that serves dishes based around protein, vegetables and has healthy fresh options to choose from. Most restaurants will have some variety of salad, or steak and vegetables, along with gluten free options.
- Download a copy of the restaurant menu prior so you can go through the choices with your trainer on the FB group as to what would be the best "choice" for you
- The golden rule when dining out is "If you can't control the types of food available you can still control your portion size" Ask about the portion sizes in advance from the wait staff when ordering - You may even be able to share a meal if dining out with a friend. Avoid buffet scenarios as these make it very hard to control your portions!
- Ideally skip the desert or if you must have one share with a friend!
- When eating at others homes offer to bring or cook a dish there or if entertaining others a bbq with healthy salads is always a good option

We want you to enjoy your meals out so head out with a plan, stick to it and enjoy your night



FLEXIBLE MEAL

Once a week we have factored a "flexible meal" of your choosing into the plan. You may choose to save this meal for when you know you are going to be eating out, or it might be that you usually have a takeaway night on a Friday with the family and choose this night to adapt the takeaways to make a healthier choice

This is not a "cheat meal" as such, it is simply a more flexible meal- we want you to make choices that reflect your goals and still stick reasonably close to the guidelines of the plan as possible

If you are craving a particular meal that's off the plan and would like to have it for your flexi meal then post the recipe tag your trainer and we can see how we can make it a healthier version

It's important to remember this is not a "Flexible DAY" it is just one meal, once a week.

Some examples: -

- Eating out: A healthy Indian or Thai Curry, still full of vegetables and protein, Vietnamese vegetable and protein based dishes. Steak ASalad and Potato
- A Subway sandwich with on Gluten Free Bread
- A tomato based pasta dish made with "Gluten Free" pasta
- Eggs Avocado and Gluten free toast for breakfast at a cafe

We still strongly suggest you to avoid all Deserts/Sugars etc as these will just spike your levels and make it difficult to get back on track

There are some great ideas in the 2 Bonus Healthy Life cook books that are on the website under Bonus Section



BUSY MUM ESSENTIALS



Plant Protein

1KG 40 SERVES REPLENISH PLANT PROTEIN 100% Natural, sourced from Pea Protein Isolate derived from yellow peas and has a highly concentrated amino acid profile.

This means Replenish Plant Protein can be used as a direct replacement or alternative to dairy proteins.

Pea protein has been shown to be a highly absorbable protein with 90-97% of the protein being digestible. One of the major advantages of Pea Protein over Whey Protein is that it is an alkaline protein, this helps in supporting overall general health and wellbeing by helping to decrease acidity in the body.

Replenish Plant Protein is vegetarian and vegan friendly, is cholesterol and fat free and is naturally flavoured and sweetened. The natural sweetener in Vege Protein is Thaumatin which is 100% natural. Thaumatin is a mixture of proteins isolated from the Katemfe fruit.

Adding a quality protein source like Replenish Plant Protein to your diet is a vital component of a healthy lifestyle.

- NATURALLY SWEETENED
- ALKALINE PROTEIN
- LACTOSE FREE
- DAIRY FREE

www.busymumhealth.co.nz

BUSY MUM ESSENTIALS



Hydrolysed Collagen

300 GRAMS 30 SERVES HYDROLYSED COLLAGEN

Collagen is the most abundant protein in the human body and accounts for over 30% of the body's protein. Several clinical studies have shown the positive health benefits of collagen peptides in relation to skin, bones, joints & weight management. Active Naturals Hydrolysed Collagen is a pure, tasteless and odourless collagen that can easily be mixed with other proteins to provide a balanced protein blend.

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