

Feedback Notes & Nutritional Recommendations

ACTION POINTS & PRIMARY RECOMMENDATIONS

- Increase protein intake at meals and snacks especially breakfast
- Implement the nutrition strategies detailed here around exercise to help fuel sessions and maximise recovery
- Increase variety to help support a sustainable way of eating for weight loss and weight maintenance

INCREASE PROTEIN INTAKE

You should be aiming to consume a good source of protein with every meal and snack to maintain muscle mass, support recovery from exercise and help with satiety. Good high protein options include:

Red Meat



Poultry



White Fish & Oily Fish



Tinned Fish



Greek Yoghurt



[Whey Isolate](#)



Protein Bars



[Beef Jerky/Biltong](#)



Eating a breakfast with a higher protein content will likely help fill you up and therefore less likely to snack on sugary junk food come mid-morning. Quick, higher protein breakfast options include:

- Smoked Salmon on Granary Toast
- Kippers/Mackerel on Granary Toast
- Greek or strained yoghurt with fruit (brands such as [Arla](#), [Liberté](#) or [Fage](#))
- Whey Isolate protein shake (whey protein with water) with a piece of fruit
- Protein porridge: porridge oats (made with Lactofree milk or water), 1 small scoop of flavoured whey isolate and berries

Whey Protein

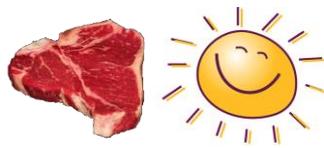
I would highly recommend getting a flavour of whey protein that you enjoy (e.g. chocolate) to help increase your protein intake while satisfying a sweet tooth. Whey can be used in a number of ways such as:

- Adding 30g to ~250ml water to have as a snack or for breakfast
- Mixing 15g with porridge oats to make a sweet flavoured protein porridge
- Mixed with plain Greek yoghurt to create a creamy, decadent dessert

ENERGY LEVELS

As discussed, to rule out any underlying physiological reasons for your feelings of lethargy, I would strongly recommend getting blood tested for the following:

- Iron
- Vitamin B12
- Vitamin D



Your GP should happily test for these if you describe your symptoms.

In addition to ruling out any nutrient deficiencies, ensuring you are well hydrated and that you are prioritising sleep will support better energy levels. You should be aiming to get a minimum of 7 hours sleep per night while keeping your urine colour clear as a measure of good hydration.

FLUID OPTIONS

While on the topic of hydration, be mindful of the drinks you opt for day-to-day. Drinking sugary drinks will not help your fat loss goals. For example, one glass of Vimto squash contains approximately 15g sugar and 60kcal! Always choose the no-added-sugar versions of squashes to help avoid drinking calories that will not support satiety but will contribute to your overall energy intake.

Alcohol also contributes to your daily kcals and overall energy intake so during this fat loss phase, try and limit alcohol consumption where possible. Alcohol also negatively affects sleep, which could impact energy levels, appetite and dietary choices. If you do drink, try and keep the kcals from alcohol as low as possible by continuing to opt for spirits and diet mixers (examples below).

- Gin & Slimline Tonic
- Vodka, Soda & Lime
- Vodka & Diet Lemonade
- Rum & Diet Ginger Beer
- Bourbon & Diet Coke



MEAL OPTIONS

Lunch and dinner options to help support your goals can be found below but as a general rule, lunch and dinner should both contain a good source of protein and a large portion of salad or veg. (aim to fill half of the plate).

Pret a Manger

Choose one of these low kcal, high(er) protein options for ease:

- Avocado and Chipotle Chicken Wrap
- Falafel Flat Bread
- Mediterranean Tuna Flat Bread
- Macaroni Cheese Kale and Cauli
- Macaroni Cheese Prosciutto
- Scottish Smoked Salmon Sandwich
- Christmas Ham Hock Soup
- Teriyaki Salmon Salad
- Salmon and Baby Kale Superbowl



M & S Fuller for Longer Range

- Chicken and Pistachio Kofta Salad
- Jerk Style Chicken and Mango Salsa Wrap
- Turkey and Pastrami Flatbread
- Chicken and Pesto Flatbread
- Asian Style King Prawn & Rice Salad
- Asian Style Salmon Salad
- Scottish Salmon with Soy and Ginger
- Meatball Minestrone Soup



Sainsbury's Options

- Build your own salad e.g.
 - Roasted Chicken Breast (pre-cooked)
 - Pre-Made Salad Bag + Dressing
 - Yoghurt (see brands above to choose from)
- High Protein Soup – Whole Pot
 - [Jamaican Jerk Chicken](#)
 - [Moroccan Spiced Chicken](#)
 - [Chorizo and Butterbean](#)



Evening Meal Options

“On the Go” Options

The Salmon and Mash, and Chorizo Stew options you mentioned are great choices! Any of the Pret Range or other lunch options listed above are also suitable choices as well so plan ahead if you know you have rehearsals or will be busy straight after work. Planning will help you pick better options rather than relying on ‘cravings’ when you are hungry and lacking energy.

Eating at Home Options

Continue using this meal as a low-carbohydrate meal, especially if you tend to be less hungry later in the day. Green vegetables such as broccoli, spinach, kale etc. are excellent, nutritious ways to fill up your plate and add fibre, vitamins and minerals to your meal without adding significant calories.

Try to include fish/meat options 4-5 times/week and limit sausages (and other processed meats) to 2-3 times/week to begin with. Some easy, quick recipe ideas can be found below:

- [Lentil Curry with White Fish Fillets](#) (Use olive oil for cooking rather than vegetable oil/sunflower oil)
- Fish Cakes or Grilled Salmon Filler with Roasted/Steamed Vegetables
- **Stir-Fry's** - Chicken, Prawn, Beef, Salmon (simply add a tsp coconut oil to a wok and add 150g meat or fish. Stir-fry until meat is cooked through then add 200g stir fry vegetables. Flavour with ginger, soy sauce, lime juice, fish sauce and chilli)
- **White Fish with Pesto** (this is my own recipe which will soon be up on the Mac-Nutrition website). Simply grill one side of a white fish fillet for 6-10mins, turn over and spread red pesto on the uncooked side. Put back under the grill until fish is cooked. You can sprinkle parmesan cheese on top too for some more flavour. Serve with a large portion of vegetables/salad.
- **Salmon with Harissa Paste** (another one of mine!) Spread a thin layer of harissa paste on top of some salmon fillets, bake in the oven and serve with stir-fry vegetables tossed in soy sauce & lime juice.

As mentioned previously, over the course of the day, you should ideally be aiming to consume in the region of 140g - 160g protein. This can be done without too much overanalysing using the example protein options I have given you. Below I have shown how you might achieve this within an example day.

MEAL	EXAMPLE
Meal 1	Smoked Salmon on Toast
Snack 1	Beef Jerky
Meal 2	Sainsbury's Soup Option
Snack 2	TOTAL Greek Yoghurt + Whey + Berries
Meal 3	Fish with Large Portion of Roasted Vegetables

PRE- AND POST-EXERCISE SNACKS

After your morning workouts on Tuesdays, Wednesdays and Fridays, try to have some protein post-workout (ideally within an hour or finishing). This will help with your recovery and general training adaptations e.g. getting fitter! Simply waiting until after your workout to have your breakfast will help you achieve this.

Before spin class on Mondays and Thursdays, it may be beneficial to have a snack 1-2 hours beforehand to give you more energy for your session. A banana here would be a great option.

SUPPLEMENTS

As discussed, I would recommend the following supplements for optimal health. There is also some research to suggest that fish oils and vitamin D may help to facilitate fat loss. Within the table below, I have linked to supplements by MyProtein as they are good quality and affordable. Although I have provided a Vitamin D recommendation here, as discussed previously, I would strongly recommend getting your levels tested so that I can give you a more individualised (and corrective if necessary) dosage.

Supplement	Dosage/day	Frequency	Notes
EPA + DHA (Fish Oil)	2 Capsules	Every Day	With a meal
Vitamin D3	2500IU	Every Day	(If you miss one, make it up)
Multivitamin*	1 Capsule	Every Day	With a meal
Whey Isolate	As required	As required	

*If you let me know which multivitamin you are currently taking/you currently have, I can recommend an appropriate dosage for you.

Take these supplements to work with you to encourage you to take them daily! Try and make it a routine when you get up from your desk!