



Healthy Life Nutrition Guide

A guide to healthy and sustainable
eating that contains successful habits,
meal plans and realistic targets to follow

By Sam



EVERYDAY SUCCESS PRINCIPLES TO FOLLOW

#1

REMEMBER YOUR WHY

You joined to be better in some way. Visualise what you want and who you want to be.

#2

PERSONAL RESPONSIBILITY

Even with our help you must take responsibility for your actions. No one can push your buttons better than yourself and no one can get results other than yourself.

#3

MASTER THE BASICS

Don't worry about perfection. Just eat wholesome, nutritious foods, turn up to exercise on time and ready to go. Manage your stress and be active everyday.

#4

BE BETTER THAN YOU WERE, NOT BETTER ANYONE ELSE

Don't look at anyone else and compete with them, just focus on yourself and yourself only. Be better than you were last week and better than you were yesterday. That's all that matters.

#5

FOLLOW THE INSTRUCTIONS

We give you guidelines, offer advice, give you a plan of action and make you do homework for a reason. So use them.

#6

UNDERSTAND IT'S A LIFELONG JOURNEY - FITNESS ISN'T A QUICK FIX

There are no magic pills. It's a journey that will have many ups and downs, remember that and take the good with the bad. So be patient.

#7

COMMUNICATE

You hired us for a reason so lean on us as much as possible. Let us know if you have any concerns or questions. The faster we can help you, the better your results.

#8

YOUR BODY IS READY, MAKE SURE YOUR MIND IS TOO

Be willing to accept change if something is holding you back. Be honest with yourself and your behaviour. Don't argue with proven methods and science. Exercise + good nutrition = results.

#9

ENGAGE IN THE COMMUNITY

Successful people surround themselves with like minded individuals and change their habits in the process. Discuss your success or challenges with others and join our facebook group to stay engaged.

#10

SPEAK KINDLY TO YOURSELF

You become who you believe you are. Be positive in thoughts, speech and actions. Be your best friend, not your worst enemy.

BONUS

HAVE FUN

Enjoy the journey not just the results so go ahead and acknowledge your accomplishments along the way.



Traffic Light System



The Traffic Light System makes eating healthily really easy



- Meat and Fish
- Poultry and Eggs
- Fruit and Vegetables
- Oils, Nuts and Seeds
- Herbs and Spices

How often can I eat these foods?

Eat them freely and according to your appetite. Go!

Why are they in this category?

Protein, fibre, good fats and vitamins and minerals are the key to good health.

These green light foods contain lots of nutrients. A diet based on these foods cuts out processed food and eliminates the sources of most intolerances (gluten and grains, for example). In the right quantities, these foods give you the nutrients you need, especially if you are less active.

Any other advice?

Rotate your protein sources and try to eat food in its natural state, such as raw dairy, organic vegetables and grass fed beef.



- Grains
- Legumes and Pulses
- Dairy products

How often can I eat these foods?

Think about your personal requirements and goals when you're eating these foods. For example, the more active you are, the more carbs you need. If you're a vegetarian, you'll need more legumes and pulses. Think!

Why are they in this category?

Legumes, grains and dairy are all good sources of nutrition but aren't necessarily required by, or tolerated by, everyone.

Any other advice?

Be mindful of how food makes you feel and what works for you. Different people will have a different response to eating grains, for example. The same approach doesn't suit everyone.





Red FOODS

- Trans fats
(Such as those found in biscuits and cakes)
- Processed Foods
- Refined Sugar

How often can I eat these foods?

You can eat these foods on occasion but you should limit or eliminate them where possible. Stop!

Why are they in this category?

It's important to indulge in your favourite foods occasionally, even if you might consider them to be unhealthy. But processed food can be calorie dense and nutritionally empty, so don't consume them instead of healthier 'green light' stuff.

Any other advice?

If you do have something in this category, don't beat yourself up about it. In fact, it's important that you enjoy the odd indulgence. Anyway, getting stressed about what you're eating won't help either.

What about alcohol?

Ideally you should limit your alcohol intake. The odd drink isn't going to do you much harm but the more you drink, the harder it may be to achieve your goals. If you are going to drink, red wine is best.



THE SIX HABITS OF SUCCESSFUL DIETERS

They eat
similar foods
most of the time



They **eat protein**
with most of
their meals



They **eat a bunch**
of fruits
and veggies



They **don't**
drink calories
from liquids



They **never miss**
a healthy meal
twice

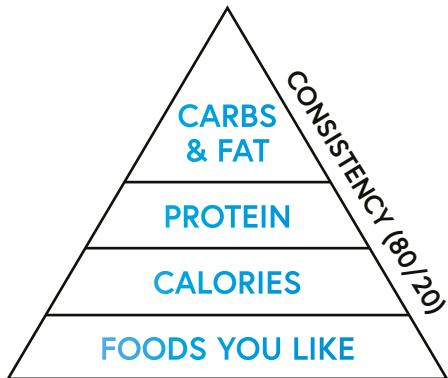


They **stay active**
in some way
everyday



SAM BEAGLE

THE REAL **NUTRITION PYRAMID**



STEP 1

First things first, make sure you include some of your favourite food. Why? Because you're going to enjoy it a lot more and it won't feel like a diet. Who knows, you may actually stick to it?

STEP 2

Find Your Calorie Deficit Target - I don't care if you're Vegetarian, Vegan, Paleo, Keto, or following some hipster "organic dog food-only diet" The ONLY WAY you'll lose weight is through consistently being in a calorie deficit. Now there are lots of fancy-pants calculators and formulas out there, but I recommend simply taking your goal body weight (in pounds) and multiplying it by 10.5-11.5 (possibly up to 12.5 for folks who are extremely active).

STEP 3

Find Your Protein Intake Target - this one's simple too. Just multiply your GOAL body weight (again, in pounds) by .7-1 to find your protein goal in grams. This will ensure you're getting sufficient protein to support your muscles without needing to eat so much that it takes away from carbs & fats.

STEP 4

The rest of your calories can come from carbs and fats. Right now it really doesn't matter how much of each you have, just as long as you include both of them in your diet.

Above all, shoot for consistency. A plan which includes your favourite foods will be a plan which you can stick to. Make sure you eat healthy, whole foods 80% of the time and the other 20% can be a little looser. Just ensure your calorie target is met each day and not disregarded.



BECOMING AN **ADVANCED DIETER**

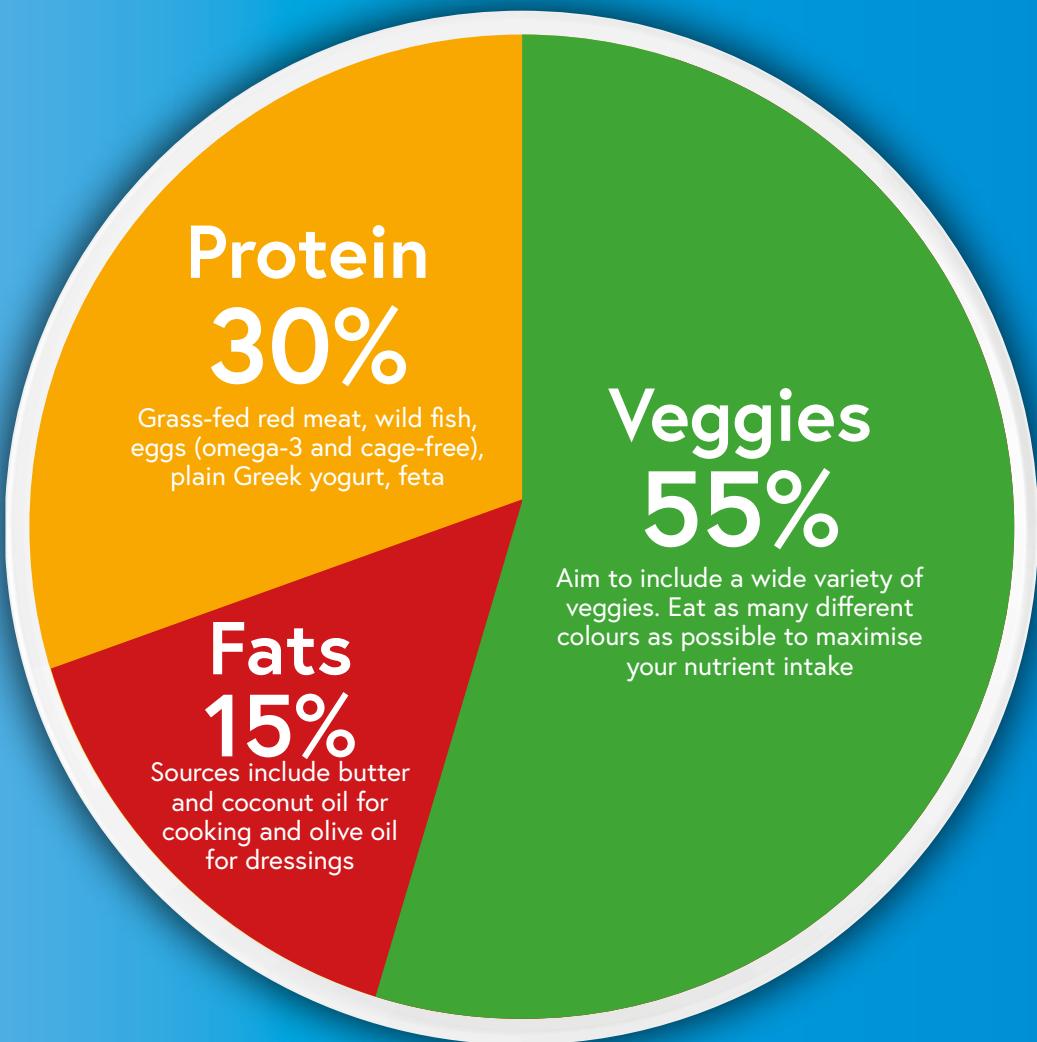
STEP 1 Knowledge	Understanding Calories/Macros	Finding the best meal frequency for you	Understanding a realistic rate of progress
STEP 2 Skills	Mastering calorie tracking	Mastering Meal Planning	Recognising your trigger foods
STEP 3 Tricks of the trade	How to progress without counting calories	How to stay full	Long-Term Motivation Strategies

FLEXIBLE DIETING IS A SKILL

just as we advance a client through various exercise progressions, the same holds true for nutrition. Start with the basics and progress to more advanced strategies over time.



'Eat Any Time' Meal

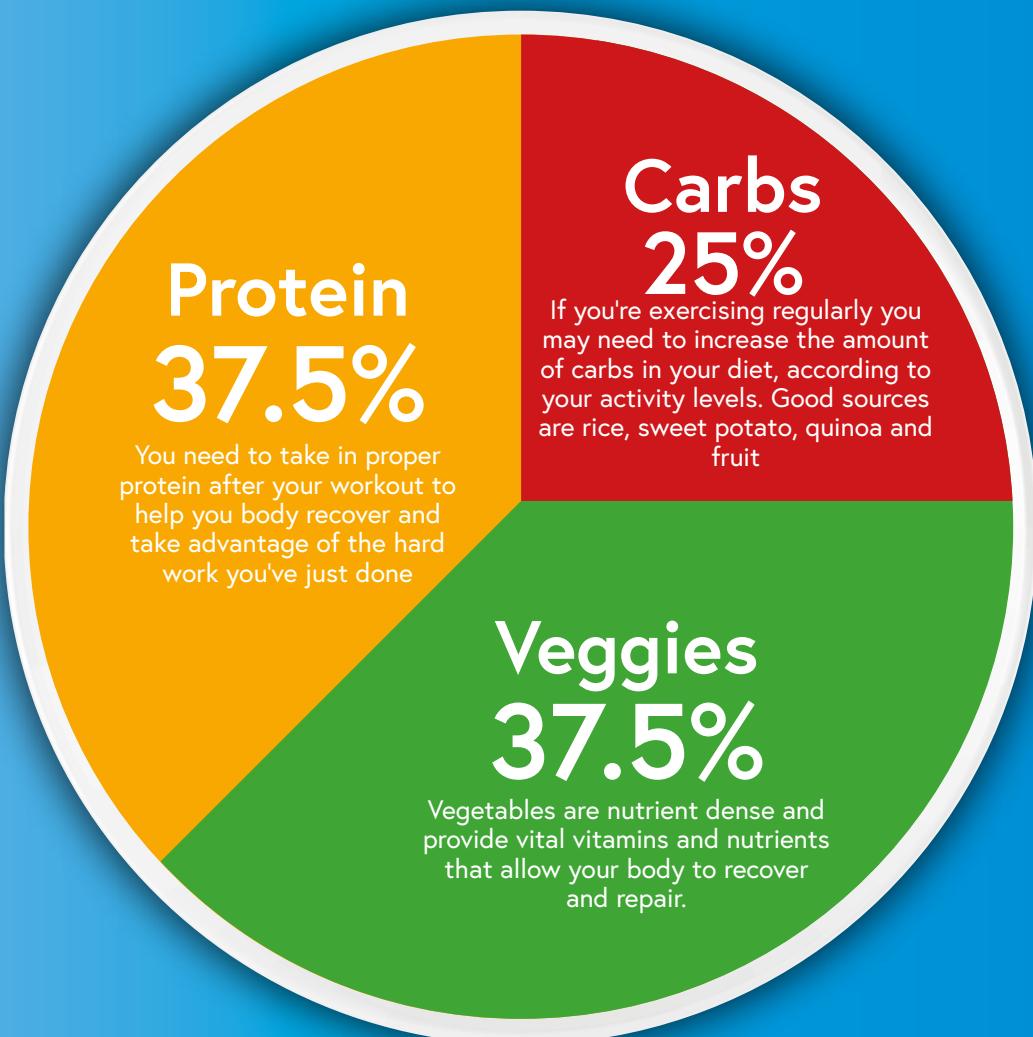


SEE THE TRAFFIC LIGHT GUIDE

For a complete guide on what to eat and when, have a look at our traffic light system

Water - Aim to drink throughout the day. Approx 1 litre per 25kg of bodyweight is a good guide.

Workout Meal



Make it personal - This is a rough guide. What you should eat will depend on your needs and activity levels. To find out what's appropriate for you, see the Food Stages guide.

Water - Aim to drink throughout the day. Approx 1 litre per 25kg of bodyweight is a good guide.

EXAMPLE 1500 KCAL DIET

BREAKFAST:

100G FULL FAT GREEK YOGHURT
1 SCOOP PROTEIN POWDER (30G)
30G RAW ALMONDS
1 TABLESPOON FLAXSEED
100G BLUEBERRIES

LUNCH:

3 CUPS OF BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
100G GRILLED CHICKEN BREAST
SMALL APPLE

SNACK:

100G STRAWBERRIES
25G RAW MACADAMIA NUTS

DINNER:

150G SALMON (GRILLED OR POACHED)
150G SWEET POTATO
100G BROCCOLI

MACROS - 1500 CALORIES PROTEIN: 106 GRAMS
FATS: 76 GRAMS CARBS: 105 GRAMS



EXAMPLE 1700 KCAL DIET

BREAKFAST:

50G OATS
1 SCOOP PROTEIN POWDER (30G)
25G RAW ALMONDS
1 TABLESPOON FLAXSEEDS
100G BLUEBERRIES

LUNCH 1:

3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
100G GRILLED CHICKEN
SMALL APPLE

LUNCH 2:

3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
100G GRILLED CHICKEN BREAST
50G STRAWBERRIES OR RASPBERRIES

DINNER:

150G SALMON
150G SWEET POTATO
200G BROCCOLI

MACROS - 1700 CALORIES PROTEIN: 150 GRAMS

FAT: 75 GRAMS CARBS: 108 GRAMS



EXAMPLE 2000 KCAL DIET

BREAKFAST:

170G FULL FAT GREEK YOGHURT
1 SCOOP PROTEIN POWDER (30G)
25G RAW ALMONDS
1 TABLESPOON FLAXSEED
100G BLUEBERRIES

LUNCH 1:

3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
125G GRILLED CHICKEN BREAST
MEDIUM APPLE

LUNCH 2:

3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
125G GRILLED CHICKEN BREAST

DINNER:

150G SIRLOIN STEAK
200G SWEET POTATO
200G BROCCOLI

SNACKS:

MEDIUM APPLE

MACROS - 2000 CALORIES PROTEIN: 156 GRAMS
FAT: 98 GRAMS CARBS: 125 GRAMS



EXAMPLE 2300 KCAL DIET

BREAKFAST:

- 170G FULL FAT GREEK YOGHURT
- 1 SCOOP PROTEIN POWDER (30G) 50G ALMONDS
- 1 TABLESPOON FLAXSEED
- 100G BLUEBERRIES

LUNCH 1:

- 3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
- 1 TABLESPOON OLIVE OIL
- 1 TABLESPOON BALSAMIC VINEGAR
- 125G GRILLED CHICKEN
- MEDIUM APPLE

LUNCH 2:

- 3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
- 1 TABLESPOON OLIVE OIL
- 1 TABLESPOON BALSAMIC VINEGAR
- 125G GRILLED CHICKEN
- 200G SWEET POTATO

DINNER:

- 150G SALMON 200G SWEET POTATO 200G BROCCOLI

SNACKS:

- 1 TABLESPOON PEANUT BUTTER 50G STRAWBERRIES

MACROS - 2300 CALORIES PROTEIN: 160 GRAMS

FAT: 114 GRAMS CARBS: 165 GRAMS



EXAMPLE 2500 KCAL DIET

BREAKFAST:

170G FULL FAT GREEK YOGHURT
2 SCOOPS PROTEIN POWDER (60G) 50G RAW ALMONDS
1 TABLESPOON FLAXSEED
100G BLUEBERRIES

LUNCH 1:

3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
150G GRILLED CHICKEN
MEDIUM APPLE

LUNCH 2:

3 CUPS BABY SPINACH, WATERCRESS OR LAMBS LETTUCE
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
150G GRILLED CHICKEN
200G SWEET POTATO MEDIUM APPLE

DINNER:

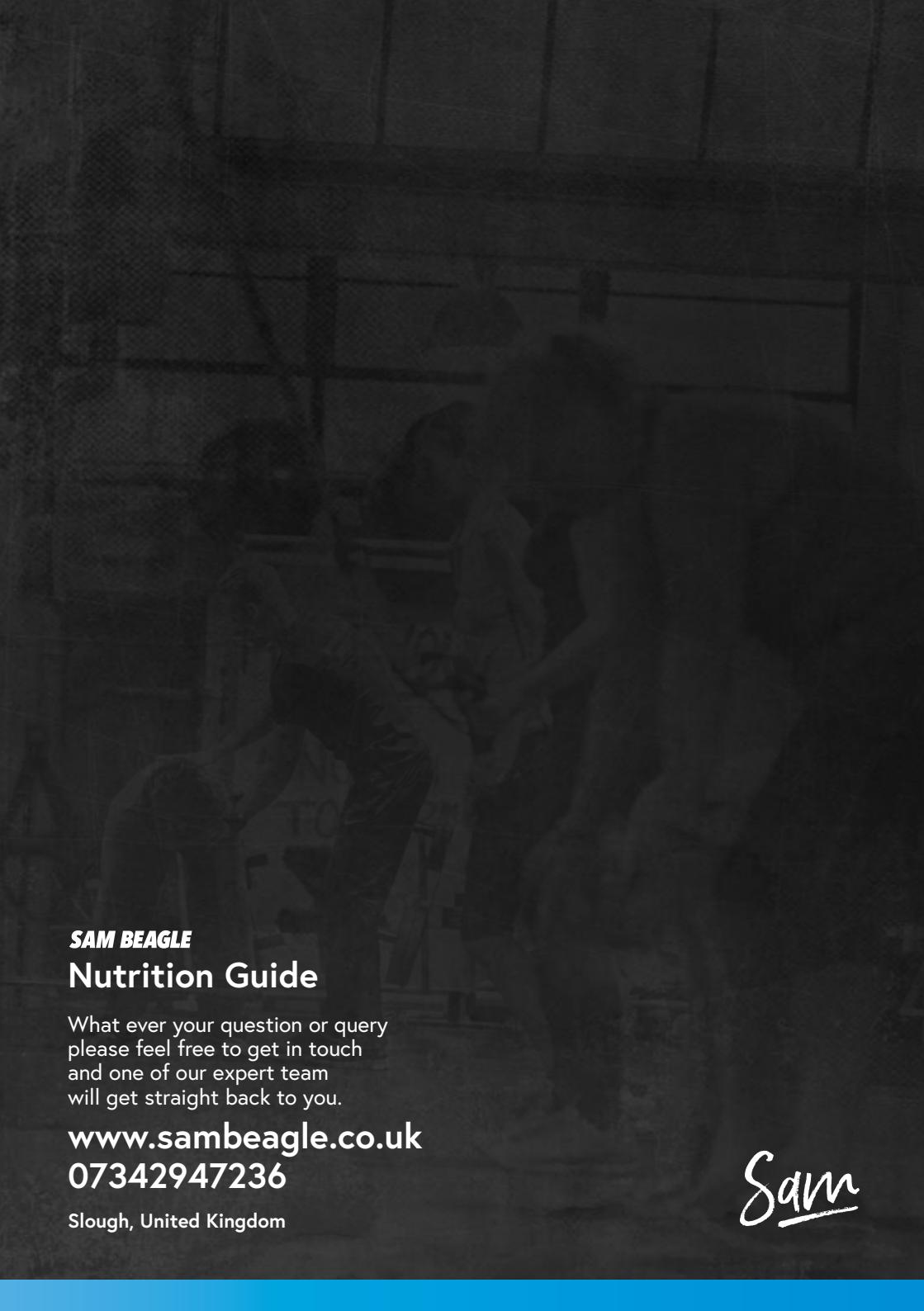
200G STEAK
250G SWEET POTATO 200G BROCCOLI 100G CAULIFLOWER

SNACKS:

100G STRAWBERRIES
1 TABLESPOON PEANUT BUTTER

MACROS - 2500 CALORIES PROTEIN: 160 GRAMS
FAT: 115 GRAMS CARBS: 190 GRAMS





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Nutrition Guide

What ever your question or query
please feel free to get in touch
and one of our expert team
will get straight back to you.

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