

NUTRITION

Abs are made in the Kitchen not in the gym

What you put in your mouth will account for 70% of the results you achieve at the Fit Body Farm. In other words you cannot out train a bad diet. The exercise sessions help strengthen and tone muscles. What you eat will determine if you see those muscles.

You aren't on a diet at Fit Body Farm.

Being on a diet means you start something and finish something.

The aim of the 14 day programme is to help you get results you want without crash dieting.

The basic goal of our nutrition plan is eat plenty of food in it's natural state, drink plenty of water and get plenty of sleep. This results in us controlling our insulin levels and reducing toxins in our body. If you achieve this then you will lose fat and never see it again! Most weight loss plans help you lose weight but the toxins remain which results in you regaining the weight (plus a little extra) – this is a familiar scenario for many people.

Here's what to focus on and what to avoid over the next 14 days

Focus on	Remove
Water	Alcohol
Protein	Wheat and Gluten
Veggies	Processed Foods
Good Fats	Sugar
Carbohydrate Timing	Most Dairy
Eat Slowly	Caffeine
Sunlight, Sleep and Move	

The 5 Habits for Fat Loss

Below are 5 simple questions to ask yourself at each meal. If your meals consistently fit these 5 habits then you will be well on your way to a healthier body.

1) Where is the protein?

Are you about to eat at least 1 palm-sized portion of protein dense food? Women get 1 palm-sized portion and men get 2 palm-sized portions.

2) Have I just worked out?

Yes - Have 1-2 cupped hands of starchy carbs e.g rice, and at least 1-2 fist size portions of veggies

No - Have at least 4 fist sized portions of veggies especially greens.

A good line to remember is 'replace grains with greens' unless you have just worked out.

3) Where are my fats coming from?

You need some fats from various foods, prioritising whole food sources like olives, avocado, nuts, seeds, eggs, meat and fish. Spread these throughout the day.

4) What am I drinking?

1 litre bottled water per 50lbs body weight throughout the day. This includes herbal teas.

5) Am I eating slowly?

Check in with hunger, sit down, relax and take your time; 15-20 minutes for a meal is about right. Make sure you stop eating when you're 80% full.

Food Choices Table

Choose foods from the following table (you will find recipes at the end of this manual)

Foods which improve your health

Every opportunity - buy certified organic foods

Consume food from this group only if you digest legumes well

Meat	Poultry	Fish & Seafood		Legumes
Beef Lamb Venison Buffalo Elk Heart (Beef) Kidney (Beef) Liver (Beef) Rabbit	Chicken Duck Goose Pheasant Turkey Quail Osterich	Mackerel Salmon Sardine Abalone Anchovy Bass (freshwater) Sea bass Cat Fish Caviar Cod Crayfish Grouper Halibut Herring Mahi-mahi Octopus Oysters Mussels Perch Pompano	Prawns/Shrimps Rockfish Roughy Scallop Snapper Trout Whitefish Clams Crab Lobster Shark Squid Sword Fish Tuna Seaweed Cockles Agar Dulse Kelp Laverbread Irish Moss	Aduki Beans Black Beans Black-eyed peas Fava Beans Garbanzo Beans Green Beans Green Peas Lentils Lima Beans Mung Beans Navy Beans Pink Beans Pinto Beans Red Beans Soy Beans Tofu Whote Beans Chickpeas
Drinks	Dairy & Eggs	Raw Nuts & Seeds	Grains	Greens
Greens Drink Water Coconut water Goats Milk Green Tea Herbal Teas Vegetable Juices Coconut Milk Rice Milk Almond Milk	Raw Butter (unsalted) Natural Cottage Cheese Goats Cheese Feta Cheese Chicken Eggs (white & yolk) Duck Eggs (white & yolk)	Almonds Brazil Nuts Cashews Chesnuts Macadamias Pecans Pine Nuts Pistachios Poppy Seeds Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Flax Seeds	Amaranth Buckwheat Quinoa Brown Rice Basmati Rice Wild Rice Rice Noodles Millet Gluten free Oats Rice cakes	Argula Beet Greens Dandelion Greens Endive Kale Lettuce Mustard Greens Radicchio Rocket Spinach Sprouts (Alfalfa) Sprouts (Bean) Swiss Chard Turnip Greens Watercress Pea Shoots

Vegetables	Fruit	Oils &Fats	Herbs, Spices & Seasonings	
Artichoke	Avocado	Sesame Oil	Anise	Himalayan
Asparagus	Apples	Almond Oil	Celtic Sea Salt	Salt
Bamboo Shoots	Banana	Blackcurrent Oil	Basil	Mustard
Beet	Blackberries	Borage Oil	Bay Leaf	Mustard Seed
Bok Choy	Blueberries	Coconut Oil	Caraway	Nutmeg
Broccoli	Boysenberries	Evening Primrose	Carob	Oregano
Brussel Sprouts	Cantaloupe	Oil	Cayenne	Paprika
Cabbage	Cherries	Flaxseed Oil	Cardamom	Parsley
Carrot	Coconut	Fish Oil	Chilli Powder	Pepper
Cauliflower	Cranberries	Extra Virgin Olive	Chive	(ground
Celery	Currents	Oil	Chervil	black)
Cucumber	Dates	Hemp seed oil	Chilli	Peppermint
Corn	Elderberries	Walnut Oil	Powder	Rosemary
Fennel	Figs	Avocado Oil	Cinnamon	Saffron
Garlic	Gooseberries	Raw Butter	Cloves	Sage
Ginger Root	Grapefruit	(unsalted)	Coriander	Salt (sea,
Leek	Grapes	Cashew Butter	Cumin	unrefined)
Olives	Guava	Brazil Nut Butter	Curry Powder	Spearmint
Onion	Honeydew	Almond Butter	Dill Weed	Tarragon
Radish	Melon		Fennel Seed	Thyme
Aubergine	Kiwifruit		Fenugreek	Tumeric
Jicama	Kumquat		Ginger	Wasabi
Kohirabi	Loganberries		Raw Honey	
Okra	Lime		(manuka)	
Parsnip	Lemon		Horseradish	
Peppers	Mango			
Rutabanga	Nectarines			
Shallot	Oranges			
Water Chesnuts	Papaya			
Courgette	Pears			
Potato	Persimmon			
Pumpkin	Pineapple			
Squash	Plums			
Sweet Potato	Pomegranite			
Turnip	Prunes			
Mushrooms	Raisens			
	Raspberries			
	Rhubarb			
	Strawberries			
	Tangerines			
	Tomatos			
	Water Melon			

Simple Meal Plan and Recipes

Why over complicate things?

The reality is that no matter whether a person's diet is healthy or not most people rotate the same 8-10 meals throughout each week – at first I'd recommend you do the same with your new healthy options.

That way you become comfortable with what food to buy from the supermarket, how much it's going to cost and how to prepare it. It's important to quickly establish a successful routine that can be repeated again and again in order to get you the results you want.

Then if you want to become more adventurous and would like to try new recipes then check out our recipe library and our FBF Cookbook in the member's site.

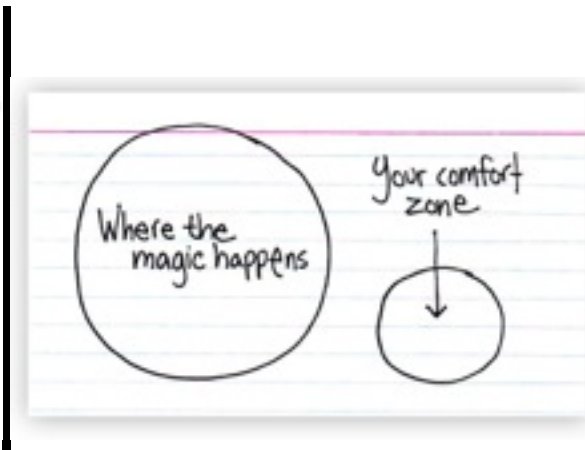
As well as establishing a Sunday ritual (described below), I'd recommend making double portions for many of the meals you make (especially dinners) and have them for lunch the next day or freeze for another time.

Get comfortable with getting uncomfortable

This applies to everything you do from exercise to lifestyle changes to nutrition.

Some of the foods you try may be new to you or perhaps you have tried them before and decided you don't like them. It's REALLY important that you forget about past experiences and open your mind to new foods. Many foods we recommend are delicious. To begin with there may be others you don't particularly enjoy. In this case think about eating for results and not for pleasure. Persevere and your taste buds will change and as you see the positive effects of sticking to the plan you will feel encouraged to give anything a try.

Step out your comfort zone at every opportunity – that's where the magic happens.



A simple meal plan

Below is a great EXAMPLE meal plan that you can opt to use.

Day	Breakfast	Lunch	Dinner	Snacks	Drinks
Monday	Super Food Porridge	Tuna and Avocado Salad	Chicken Pizza and Chips	Handful of Coconut Chunks	AM 2 cups Green Tea with a slice of lemon EVENING 2 cups of Tulsi Tea* ALL DAY 2-3 litres water
Tuesday	Vegetable Omelette	Quinoa and Mango Salad	Salmon and Roasted Veg	Pepper Sticks and Humous	As above
Wednesday	Super Food Porridge	Super Sesame Salad	Beef and Pak Choi	Apple and cashew butter	As above
Thursday	FBF Smoothie	Quinoa and mango Salad	Curried Squash	Bowl of FBF super soup	As above
Friday	Super Food Porridge	Super Sesame salad	Chicken Pizza and Chips	Handful of almonds and banana	As above
Saturday	Vegetable Omelette	Tuna and Avocado Salad	Beef and Pak Choi	Punnet of blueberries	As above
Sunday	FBF Smoothie	Quinoa and Mango Salad	Salmon and Roasted Veg	¼ watermelon	As above

*Tulsi Tea is available for the Cookschool, Kilmarnock, the Wholefoods Market in Giffnock or online

Simple Recipes

Here are the simple, healthy and tasty recipes to go with the meal plan above

Breakfasts

Superfood Porridge

Serves 1

Ingredients

40g whole gluten free porridge oats
1 tbsp ground almonds or desiccated coconut
1 tbsp of 4 seed mix (available in Tesco) or make Essential seed mix (see below)
½ small apple, grated
1 tbsp of berries such as raspberries or blue berries
½ tsp ground cinnamon

Place all the ingredients in a bowl and cover with double the amount of boiling water. Stir and leave to thicken for a couple of minutes until the grains have soaked up the water and become soft and plump

Fit Body Farm Smooothie

Serves 1

150ml organic rice milk
150ml water
4 tbsps mixed berries
2 tbsp Full fat natural yogurt
1/2 banana
1 handful of raw spinach (you don't even taste it)
1 tbsp of 4 seed mix (available in Tesco) or make Essential seed mix (see below)
Juice of half a lemon

Method

Put ingredients in food processor, turn it on and give it a blast

Vegetable omelette

Ingredients

3 eggs
4 cherry tomatos sliced in two
½ chopped onion
½ red pepper
1 tbsp of 4 seed mix (available in Tesco) or make Essential seed mix (see below)
Spinach

Coconut oil
Pinch Cinammon
Salt and Pepper

Method

1. Add large teaspoon of coconut oil to frying pan and allow to melt
2. Meanwhile crack 3 eggs into a bowl and whisk with fork
3. Power eggs into frying pan
4. Add cherry tomatos, onions, peppers
5. Sprinkle a tablespoonful of 4 seed mix on top
6. Add a pinch of cinnamon
7. Add salt and pepper
8. Add a handful of spinach on top and fold omelette in half

Essential Seed Mix

Get a jar and fill with the following seeds
Half fill with linseed
Other half with an equal measure of sesame, sunflower and pumpkin seed
Have 1 tablespoon per day in a salad, omellette or porridge
For best results grind your seed mix first
Store in sealed container in the fridge

Salads

Tuna and Avocado Salad

Serves 1

Ingredients

4 sliced cherry Tomatos
½ onion left
½ red pepper
8-10 mangetout or sugarsnap peas
1 small avocado
1 portion of FBF Green for Lean super mix (see below)
Tuna steak (preferable) or Tinned tuna (in spring water)
Small handful of walnuts
1 tbsp Plain Humous
A big splash of Extra Virgin Olive Oil

Method

1. Put FBF Green for lean super mix in a salad bowl or lunch box
2. Add all other ingredients
3. Add humous, splash Extra Virgin Olive oil on top and squeeze lemon over salad to finish

Quinoa and Mango Salad

Serves 4-6

Ingredients

225g Quinoa
1 bunch fresh parsley, chopped
1 bunch fresh coriander, chopped
1 red onion, very finely chopped
1 lemon, zest and juice
1/2 cucumber, de-seeded and finely diced
1 mango sliced
1 tbsp of 4 seed mix (available in Tesco) or make Essential seed mix (see below)
2 tbsp olive oil
Salt, freshly ground black pepper

Method

1. Cook the quinoa according to packet instructions. I usually top it up with water every so often and keep stirring it.
2. Mix together with the remaining ingredients and (if you have time) leave to stand for 30 minutes to let the flavours develop
3. Serve at room temperature

Super Sesame Salad

Serves 2 (or double the quantities for a larger meal)

1 x 410g can of chickpeas
2 celery sticks finely chopped
6 pieces marinated artichoke heart, roughly chopped
6 spring onions finely chopped
1 tbsp sesame seeds (untoasted)
1 tbsp sesame oil, or to taste
Juice of 1/2 lemon

Method

Mix all ingredients together and serve with salad, including a portion of super greens mix if you like (see below)

FBF Green for Lean Super Mix

¼ bag (a good handful) watercress, rinsed and dried
¼ bag (a good handful) baby leaf spinach, rinsed and dried
A good handful of basil leaves
A good handful of parsley leaves
A good drizzle, about 1 tbsp, of extra virgin olive oil
Squeeze of lemon juice, to taste

Garlic & Herb Salad dressing

Ingredients

2 fl oz cider vinegar
2 tablespoon fresh orange juice
1 tablespoon olive oil

1 garlic glove, crushed
1 tablespoon chopped fresh parsley
1 tablespoon fresh tarragon

Method

Place all ingredients in a screw top jar and shake

Soup

FBF Super Soup

This soup is a great health tonic for preventing and getting over viruses

Serves 2-3

1 tbsp coconut oil
½ red onion, roughly chopped
1 garlic glove, crushed
1 large carrot or 2 small-medium ones, peeled and chopped
1 large sweet potato, or 2 small-medium ones, not peeled, chopped to the same size as the carrot to ensure even cooking
1 heaped tsp grated fresh root ginger
¼ tsp turmeric
2 tsp Marigold Reduced Salt Vegetable Bouillon Powder



½ red pepper, diced
75ml Coconut Milk

Method

- 1) Heat the oil in a large pan and gently sauté the onion and garlic for a few minutes until they start to soften but do not turn brown.
- 2) Add the carrot, sweet potato, ginger, turmeric and bouillon powder. Just cover with boiling water and bring to the boil. Cover and simmer for about 15 minutes or until vegetables are soft.
- 3) Add the red pepper and coconut milk, then blend until smooth and thick.

Hot Mains

Beef with Pak Choi and Rice Noodles

Serves 1

115g fresh rice noodles
115g beef sirloin
olive oil
1 teaspoon ground cumin

Sea salt

1/2 a red onion, finely sliced

A thumb pieced size of fresh ginger, peeled and finely sliced

1 fresh red chilli, deseeded and finely chopped

200ml vegetable stock (Marigold Reduced Salt Vegetable Bouillon Powder)

1 Pak Choi, quartered

- 1) Prepare the rice noodles to the instructions on the packet
- 2) Rub the beef with olive oil, sprinkle with the cumin and a pinch of sea salt
- 3) Place in a really hot frying pan and sear on all sides.
- 4) Add the onion, ginger and chilli and cook for a couple of minutes, then add the stock and pak choi.
- 5) Add the cooked noodles* to the pan. Stir around, adjust the seasoning .
- 6) Slice up the beef and serve the noodles and pak choi with the beef slices on top.
- 7) Pour over the broth from the pan.

*Replace rice noodles with more Pak Choi unless you have just done a workout.

Chicken Pizza and Parsnip Chips with a side of broccoli

Chicken Pizza

Ingredients

1-2 chicken breasts

Tomato puree

½ a pepper

½ an onion

2-4 slices of goat's cheese

Method

1. Butterfly cut the chicken breasts and flatten them out
2. Cover with tomato puree
3. Sprinkle peppers and onions over the top
4. Place on a baking tray in a pre-heated oven at 210°C for 15 minutes
5. Remove from the oven and sprinkle with goats cheese
6. Place them back in the oven for 5 minutes

Spicy Parsnip Chips

Ingredients

1-2 large Parsnips, peeled and sliced into chips

1 tbsp Coconut oil melted (in a pan)

2 tsp paprika

½ tsp chilli powder (if you like them hot)

Method

1. Preheat oven to 210C/450F/Gas mark 8
2. Put all ingredients into a large bowl and toss until all the parsnips and onions are coated.
3. Place onto baking tray and cook for 20-30 minutes turning halfway until golden brown.

Remember to boil your broccoli for 5-10 minutes as well or steam if you have a steamer

Salmon with roasted Veg

Serves 1

Ingredients

1 Salmon fillets (where possible always buy wild fish, not farmed)

Salt to season

Freshly ground pepper to season

2 sprigs rosemary (1 per fillet)

1 lemon, thinly sliced

1/2 small red onion, thinly sliced

4 cloves garlic, thinly sliced

Olive oil to drizzle (optional)

Handful spinach

Any vegetables you fancy, I used courgette, asparagus, red onion, red pepper & plum tomatoes

Directions

1) Preheat the oven to 220C (425F, gas mark 7)

2) Rinse salmon fillets under cold running water and pat dry.

3) Cut a piece of foil long and wide enough to encase the salmon when folded over the centre and folded up on the ends (i.e. make an envelope with foil approx. 2 foot long).

4) Position the foil on a large baking tray, place spinach and other vegetables on to the foil where the salmon is going to go.

5) Place the salmon in the centre of the foil, on top of the vegetables, skin side down (make sure there is a space between the fillets). Sprinkle the salmon with the salt and pepper. Place the lemon slices over the fish fillets along with the sliced onion, garlic slivers and rosemary sprigs.

Optional: Drizzle the fillets evenly with the olive oil.

6) Fold the edges of the foil up over the salmon & vegetables and crimp to seal. Fold the edges together on both ends to create an airtight parcel.

7) Bake the salmon for 15 minutes, or until just cooked through but still moist.

8) Serve some of the accumulated juices spooned over the fish

Curried Squash

Serves 1

Ingredients

- 1 medium onion
- ½ can coconut milk
- 3 cloves chopped garlic
- 1 chilli pepper (de-seeded & diced)
- 1 tbsp ginger
- 1 tsp ground cumin
- ½ tsp cinnamon
- 1 tsp sea salt
- ½ tsp turmeric

- ½ tsp coriander
- 1 tbsp olive oil
- 4 cups chopped tomatoes
- 4 cups butternut squash, peeled & diced
- 2 cups lentils, cooked
- 2 cups spinach
- 1 cup green peas
- 3 tbsp mint

1. Blend onion, coconut milk, garlic, chilli, ginger, two cups of tomatoes, cumin, cinnamon, turmeric and coriander and 3 tablespoon water to make a paste.
2. Heat the oil in a pan, add the paste and cook for 5-10 minutes.
3. Add the remaining tomatoes and butternut squash and cook on a medium heat for 20 minutes until the squash softens.
4. Mix in the lentils and spinach and cook for a further 5 minutes.
5. Remove from the heat and add the mint before serving.

Snacks

Here are some simple snacking options that require very little preparation

- Coconut chunks (available in Asda fruit and veg section)
- Crudities with plain humous
(e.g Sliced pepper sticks/cucumber sticks/Celery sticks/carrot sticks)
- Apple slices with cashew butter
- Rice cakes with almond butter
- A punnet of fresh blueberries
- Handful of raw nuts (e.g almonds, pistachios, walnuts) and banana
- ¼ Watermelon

Ok I'm ready! Any other tips?

Tip 1: Build your own fan club

Speak to the people closest to you; tell them you are going to be making positive changes to your life that will allow you to become a happier person. Ask them to support you and not to throw any temptations at you.

Tip 2: Get rid of temptations

If a tempting food isn't there then you can't eat it and life becomes so much easier. It's important that you throw away all foods that aren't part of your plan or at the very least have your own healthy cupboard and a junk cupboard for other family members. If these foods exist in your car or workplace then get rid of them as well.

Tip 3: Go a Food Shop

Now you've cleared space from your kitchen it's time to re-stock. Look at the shopping list in table 1.3, stay within each food group and use the specific examples given for best results.

Tip 4: The Sunday ritual

This is very important if you are busy, unexpected scenarios often present themselves or you have little time to prepare meals during the week (that probably covers 95% of the population)

Here's what to do...

Set aside about 3 hours every Sunday (any day of the week will do, but Sunday is easiest for most) to write out a menu for the week, shop for the week, and prepare meals for the week. This maybe breakfasts, lunches or dinners – it depends on when you're are going to be busy. The idea is to simply make the rest of your week easier by doing a little prep work in advance.

FAQ's

GENERAL QUESTIONS

Where is the Fit Body Farm?

The address is Wheatrig Farm, Kilmaurs, Kilmarnock, Ayrshire, KA3 2NG

[CLICK HERE](#) to view location

Is the FBF programme hard?

The more effort you put into the exercise and the nutrition the better the results you will achieve.

Your results will correlate directly with your commitment
It's that simple.

We're not asking you to be perfect. Everybody slips up from time to time (including me). If you're struggling then we'll happily help you but you've got to be willing to help yourself first.

Put it this way

Imagine you have the body of your dreams in one hand and a chocolate bar (or your biggest vice) in the other hand and you can't have both.

If you'd choose the chocolate bar on anymore than 1 out of 10 occasions then I'm afraid the programme isn't for you.

Think of it this way..

Your desire to change MUST be greater than your desire to stay the same

So, on the other hand if you if you would choose the body of your dreams on at least 9 out of 10 occasions and are prepared to work hard to apply our principles and advice then Fit Body Farm will absolutely transform your life.

NUTRITION QUESTIONS

How much should I eat?

We don't want you to focus too heavily on calorie counting or portion sizes. If you add healthy foods, follow the 5 Habits above, eat slowly and until you are around 80% and you eat the foods on the plan then your cravings will become far less and it becomes very difficult to overeat.

What should I eat/drink before a workout?

First thing in the morning – Start your day with a large glass of water with a squeeze of lemon in it.

Most people don't eat anything although everyone is a little different so if you feel you need something in your stomach then a small piece of fruit would be fine.

Any other time – leave 3 hrs between a meal and a workout, 1-2 hours between a snack and a workout and only drink liquids the hour before the workout

What should I eat/drink during a workouts?

Just water.

What should I eat/drink after a workout?

I would advise bringing a piece of fruit and handful of nuts with you for immediately after the class. A berry smoothie with some spinach and mixed nuts in it would be a great option.

Try to have a meal within 1-2 hours after your workout. This is the time to have your starchy carbs such as rice or sweet potato as your body is low on energy so they be used to refuel the muscles rather than going to fat stores.

EXERCISE QUESTIONS

What does a typical workout consist of?

Workouts will last for 45 minutes and will consist of a dynamic warm up , a 25-30 minute high intensity work out, followed by a cool down and stretch.

The sessions are short and to keep them effective I ask that you get out your comfort zone at every opportunity.

Do I have to come to all 3 sessions?

We're different because we care if you turn up or not. Consistency gets results.

Fit Body Farm isn't a pay as you go, turn up as you please, I'll see what happens environment. If you REALLY can't make a session during experience week then please contact me and I'll help you out.

Are the sessions indoor or outdoor?

It can be either so come prepared for both.

What should I bring with me?

- A bottle of water
- A piece of fruit and small handful of raw nuts for after the workout
- A towel
- A pair of gloves
(exercise gloves, gardening or workman's gloves are fine)
- Extra layers that you can easily remove as you warm up
- Energy, enthusiasm and 'can do' attitude

What if I feel pain or unwell during a workout?

It's important that you let your coach know of any injury niggles or if you are feeling unwell before you start a session. Gradual 'burn' in the muscles is expected during the workout. However if you feel any sudden muscle 'pull' or any unnatural or shooting pain then you must stop immediately and tell your coach. If you start to feel nausea or dizziness then take a rest and see if it passes. If it doesn't then you should make your coach aware of this. **Try HARD but train SMART!**

Will my muscles ache after the workout?

Your muscles will most likely be sore for 24 -72 hrs post workout. No doubt you'll be cursing me for the first week or so but it will get easier. We're using exercises that will get the most effective results in the shortest amount of time. As you get fitter you'll enjoy the exercises even more.

What should I do between sessions?

Complete a 30 minute cardiovascular session 3 times per week on days you aren't at the farm e.g Power walking, jogging, swimming, cycling.