



NUTRITION OVERVIEW

In your Turn'd Up Nutrition Booklet you will gain an understanding on how important good nutrition is in achieving your goals. It will give you some ideas to the right foods that you should be incorporating into your day to day meal plans, strategies for good nutrition and how to calculate your basic calorie needs. There will also be sample meal plans for you to use as a guide plus information on how supplements can also complement your diet to achieve in achieving great strength, health and body composition changes.

Good nutrition is one of the most important factors in changing body composition such as gaining muscle and losing body fat. Good nutrition is what fuels the body to achieve your goals, poor nutrition is what will hold you back. Good nutrition is what feeds the muscles and helps shed fat. It drastically improves recovery and mood so you can exercise harder, longer and more frequently. Good nutrition and the right training programme will get you the body you never thought was possible. To promote these results you will want to start eating nutrient dense foods which will control the calories you take in each day. Supplementation can also be great way to make sure your body is functioning right and you are getting the optimum performance out of your body.

Please use the content of the Turn'd Up Nutrition Booklet to get you to where you want to be and make good nutrition part of your life.

NUTRITION GUIDELINES

Below are our nutrition guidelines that will put you on the right track to moving forward and should be used in your daily routine:

- 1** - Eat protein dense foods with each meal
- 2** - Eat slowly and stop at 80% full
- 3** - Eat vegetables at every meal
- 4** - Eat a majority of your carbohydrates after exercise
- 5** - Eat healthy fats daily
- 6** - Stay hydrated, between 2 - 3 litres of water a day
- 7** - Keep salt intake low
- 8** - Eat small calorie based meals frequently throughout the day
- 9** - Drink only water, stay away from high sugar drinks and diet drinks
- 10** - Be smart with meal spacing, no longer than 3 hours apart
- 11** - Use supplementation where necessary
- 12** - Preparation is key to success, always prepare meals in advance

To calculate your daily caloric needs, start by multiplying your body weight in KG by 2.2 and then work out your exercise frequency and multiply with the number below in the calorie estimator table.

Calorie Estimator

Client Goal Weight Loss Weight Maintenance Weight Gain

Sedentary (Minimal Exercise) 10 -12 12 -14 16 - 18

Moderately Active (3-4 times/week) 12 -14 14 - 16 18 - 20

Very Active (5-7 times/ week) 14 -16 16 - 18 20 - 22

Example 1

A 88kg very active male interested in gaining muscle would begin by taking in- between 3,872 and 4,259 kcals/day. $((88 \times 2.2) \times 20)$ and $((88 \times 2.2) \times 22)$.

Example 2

A 63kg moderately active female interested in losing weight would begin by taking between 1,663 and 1,940 kcals/day $((63 \times 2.2) \times 12)$ and $((63 \times 2.2) \times 14)$.

Now that you have calculated your basic daily calories, you can use one of the sample meal plans below that fits in with your individual needs. These meal plans are samples and can be used word for word or you may tweak them and incorporate your own different foods.

MEAL PLAN: 400 - 1600 Calories

Meal 1

1 whole egg, 1/2 cup of egg whites, 75g Spinach, 1/2 red pepper and 1/2 avocado (274 kcal)
OR 40g Oats, 150ml milk and 10 almonds (294 kcal).

Meal 2

Protein shake, 1 scoop whey protein, 1/2 cup blueberries, 12 almonds and 1 tsp flaxseed oil (306 kcal) or 1 Grenade protein bar (215 kcal)

Meal 3

150g chicken breast, 1/2 cup of quinoa, 1 cup mushrooms and 1/2 red pepper (304 kcal) OR 1 multigrain wrap, 150g chicken breast and mixed salad (399 kcal).

Meal 4

1 tin of spring water tuna, 1/2 cup cherry tomatoes, 1/4 red onion and 1 orange (179 kcal) OR 75g Greek yoghurt and 1 scoop whey protein (230 kcal)

Meal 5

150g rump steak, 1 large mixed salad, 40g full fat feta and 2 tsp olive oil (398 kcal) Or 150g salmon, 1 large mixed salad and 1 tsp olive oil (383 kcal)

MEAL PLAN: 1600 - 1900 Calories

Meal 1

1 whole egg, 3/4 cup of egg whites, 75g English Spinach, 1/2 red peppers, 1/2 avocado and 6 walnuts (454 kcal) OR 40g Oats, 175ml milk and 10 almonds (306 kcal).

Meal 2

Protein shake, 1 scoop whey protein, 1/2 cup blueberries, 15 almonds and 1 tsp flaxseed oil (326 kcal) or 1 Grenade protein bar and 1/2 avocado (295 kcal).

Meal 3

175g chicken breast, 1/2 cup of quinoa, 1 cup mushrooms and 1/2 red pepper (331 kcal) OR 1 multigrain wrap, 175g chicken breast and mixed salad (426 kcal).

Meal 4

1 tin of spring water tuna, 1/2 cup cherry tomatoes, 1/4 red onion and 1 orange (179 kcal) OR 75g Greek yoghurt and 1 scoop whey protein (230 kcal).

Meal 5

150g rump steak, 1 large mixed salad, 40g full fat feta and 2 tsp olive oil (398 kcal) Or 150g salmon, 1 large mixed salad and 1 tsp olive oil (383 kcal).

MEAL PLAN: 2000 - 2300 Calories

Meal 1

2 whole eggs, 3/4 cup of egg whites, 75g English Spinach, 1/2 red pepper, 1/2 avocado and 6 walnuts (529 kcal) OR 60g Oats, 200ml milk and 15 almonds (422 kcal).

Meal 2

Protein shake, 1 scoop whey protein, 1/2 cup blueberries, 15 almonds and 1 tbsp flaxseed oil (398 kcal) or 1 Grenade protein bar and 1/2 avocado (295 kcal).

Meal 3

200g chicken breast, 3/4 cup of quinoa, 1 cup mushrooms and 1/2 red pepper (413 kcal) OR 1 multigrain wrap, 200g chicken breast and mixed salad (452 kcal).

Meal 4

2 ryvita crackers, 1 tin of spring water tuna, 1/2 cup cherry tomatoes, 1/4 red onion and 1 orange (209 kcal) OR 100g Greek yoghurt and 1 scoop whey protein and 1bsp flaxseed oil (390 kcal).

Meal 5

175g rump steak, 1 large mixed salad, 50g full fat feta and 2 tsp olive oil (455 kcal) Or 175g salmon, 1 large mixed salad and 1 tsp olive oil (429 kcal).

Meal 6 1 Whey protein shake with water (120 kcal).

SUPPLEMENTATION MADE EASY

Whey Protein

- Aids in fat loss
- Helps promote muscle growth

Grenade Protein Bars

- Delicious on the go protein snack
- Great for those chocolate cravings

Fish Oils

- Aids in muscle growth and less muscle breakdown
- Helps support healthy cholesterol level

Branched Chain Amino Acid

- Supports muscular endurance
- Supports recovery from training sessions
- Great for taking during workout sessions

Creatine

- Promotes muscle gain and strength
- Enhances muscle recovery