**Fatels guide – Month 1**

We can change this next month if we don’t find it works for us!

Take progress photos before Day 1 (1st June 2020). These can be sent to your own email and removed from your phone or placed into a hidden folder. Do not look at them after today. Do not suck anything in or hide and lumps and bumps or work your angles! This needs to be as realistic as possible! You wont regret it later!

**Exercise:**

(Go at your own pace. Slow and steady. You getting better and fitter will keep you motivated so don’t overdo it where you tire yourself out and cause a setback)

1) Aim to do at least 45 min sessions of interval cardio- 3 x a week \*

**and/or**

2) Walking at least 15 miles (25km)\*\*

Combined with the following at least 2 times a week:

A) A 10 exercise full body workout that I will send through – there is an app called Tabata timer- download it and I can send the workout on there and they will guide you through! The times for each exercise can be adjusted according to ability and modified for any ailments. All can be done in your own home with your own body weight. You ***cannot*** be scared of the movements! Stretches and warmups/cooldowns will be included just let me know ahead of time so I can prepare it for you.

**and/or**

B) Any HIIT circuit training you may find that suits you, can include things you find on YouTube, insanity videos and zoom call workouts. Try to push yourself out of your comfort zone! Shout and swear at your TV if you have to!

You must aim to do at least one combination of the above options.

If circumstances change i.e. time of the month or working non stop etc, try to double down on one i.e. do 2) twice but following weeks when you *can* make up for it by maybe doing 1+A+B.

**ANY PROGRESS IS PROGRESS- NOTHING WORTH HAVING COMES EASY!**

\*Examples of this would be walking on a treadmill for 1.5minutes then sprinting/going as fast as you can for 45 seconds. The times can be adjusted for your own capabilities, but ease yourself in and keep track as you may see progress in how long you can sprint for and how short your slow movement can be!

\*\*This can be split into several walks, or counted as part of your steps at work! Should be able to do this!

**Food**

We tend to get meals wrong in general. Your biggest meal of the day should be breakfast! It kicks your metabolism into gear and makes sure you don’t burn out during the day. Surprisingly eating enough often will help you lose more weight and get healthier quicker than eating little rarely.

Ideal breakfasts:

- Overnight Oats: combine oats, banana and yoghurt/milk and leave in the fridge overnight to enjoy the next morning. Top with berries/seeds/nuts before eating.

- Breakfast bowl: oats, berries, honey and yoghurt- wont be mushy like the above, can also replace the oats with cereal/granola for extra crunch.

- Eggs on toast: Poached or boiled, but can do fried with less oil/low fat oil. Whole meal bread (NOT the same as seeded!). Can also add avocado smash, halloumi etc. Avoid using cheddar; if you want a salty flavor, sprinkle some feta.

- Creamy mushrooms on toast: Garlic, Mushrooms, onions (+optional spinach) sautéed in pan, some low fat cream cheese added and pepper/salt to taste. Again - on whole meal toast.

- Egg frittata/Omelette/Juevos rancheros/ whatever you wanna call it: whisk the eggs, add whichever veg/feta/ seasoning you’d like, add some cream cheese and either fry or bake (fluffier). Can serve with 1 slice of whole meal toast/ low fat sausages.

- Banana pancakes!!: Combine eggs, oats and bananas (can blend for smoother consistency), can add a sprinkle or baking powder or just 1 tablespoon of flour (no more than that). Find a mix that works for you! Cook as you would usually, serve with berries, honey and some crème freche/yoghurt!

- Combo: Eggs, however you like them cooked, some fruit and maybe halloumi or avocado on the side!

Using the above, you could make almost a week of different, fulfilling breakfasts, using the same batch of ingredients!

Lunch and dinner we can all share recipes, but make sure they’re high enough in protein, you fill up on vegetables (that hold nutrition i.e. spinach opposed to lettuce). Lentils, beans, chickpeas. Google any kinds of foods you may be curious about. Obviously treat yourself now and again but try swapping out things too, i.e. opposed to oven chips, try homemade baked/airfried chips or sweet potato fries.

Try to do meal prep if you think that would be more beneficial to have things ready to go and combine things if you need. i.e cook sweet potato in one go, mash some and crisp some others. Marinate two types of fish/chicken in one go. Or prepare some chickpeas/lentils, some with rice and some with cous-cous.

Once you get into prepping food and combining, you’ll see you can make 10 meals with the same ingredients- all tasting different and all cooked slightly different within considerably less time.

Aim to eat 3 meals a day! This doesn’t mean you can have fruit 3 times a day (that’s more sugar than having a bowl of pasta so you’ll end up converting it to carbs and storing it anyway- but you’ll still be hungry!!!)

**Snacks:**

Its good to snack on fruits, rice cakes, low-fat crisps and nuts. However, if you are snacking without eating your meals- it defeats the object. Snacks are there to sustain us between meals, they are not nutritious enough to make up for skipped meals so if you do that- you will end up slowing your progress.

Once you start eating more frequently and the right things- you’ll find your body won’t want to snack, as it will be using all it needs during the day and won’t ever be hungry as it has adjusted to routine eating.

The first week with increase intake/change of diet, you may notice you’re a little more bloated but once that adjustment goes, your body will speed up how it processes your meals as it is no longer unsure of/waiting for your next meal and storing everything you eat as a ‘reserve’. The weight will begin to shift! I was my slimmest AND strongest when I was eating 4 meals a day!

You will definitely notice you pooping more, and feeling more energized which goes hand in hand with our exercise.

Look at the types of fruit you eat also, most berries and pitted fruits (peaches, nectarines, plums, melons) are low in carbohydrates and sucrose (table sugar) but high in fructose (good sugar!). Combine it with citrus/tropical fruits (Vitamin C) and anything else you’d like.

TREATS: DO NOT FORGET TO HAVE TREATS. IF YOU DO NOT, THIS LEADS TO BINGING, LOW CONDIFENCE/FEELING OF FAILURE IF YOU INDULGE AND FEELING NEGATIVELY TOWARDS FOOD IN GENERAL AS IF BEING RESTRICTED. YOU CAN STILL ENJOY WHAT YOU EAT.

We can have 2 treats a week- things like ice cream, crisps, high sugar treats, can also add choc chips to banana pancakes, or on oats. Everything in moderation!

We can change/discuss as we go, this is just a guide that may help!