6 WEEK KICKSTART

NUTRITION

CHALLENGE

MANDURAH
SPEEDFIT
THE SMARTER WORKOUT

Introduction

Welcome to the 6 Week Kickstart Nutrition Challenge Handbook. This handbook is designed to help guide you through the nutrition challenge and answer any questions you may have along the way. The challenge is broken down into 6 weeks, with each week focusing on a different aspect of nutrition and healthy living. Let’s get started!

Are you ready to take your nutrition to the next level? Our 6-week kickstart nutrition challenge is the perfect way to kickstart your health and wellness journey.

Each week is dedicated to a specific focus, from increasing your protein consumption to improving your evening and sleep routines. We provide a comprehensive guide that includes meal plans, recipes, and snack ideas to keep you on track.

You'll learn how to choose better beverages, get more fat into your diet, and increase your fruit and vegetable consumption. Plus, during the final week, we'll tie it all together, helping you make lasting lifestyle changes that will benefit your health for years to come.

Nutrition Tips

BEFORE SpeedFit Session

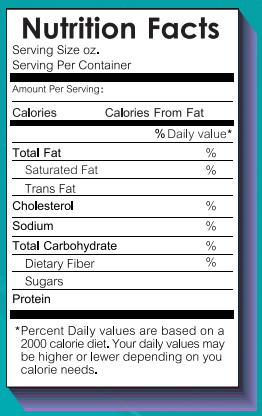
- Hydration: Drink water adequately before your session.
- Proper hydration helps maintain muscle function and reduces the risk of cramps during training.
- Carbohydrates: Consuming complex carbohydrates a couple of hours before the session can provide sustained energy. Options include whole grains, oats, or a piece of fruit.
- Protein: Eating a small portion of lean protein can help support muscle repair and recovery during the session. Consider options like yogurt, lean chicken, or tofu.
- Avoid Heavy Meals: It is important not to eat a heavy meal immediately before training to prevent discomfort. A light snack or meal is preferable.
- Limit Caffeine: While a small amount of caffeine can boost energy, excessive intake may lead to jitteriness. You should be mindful of your caffeine intake if you consume it before training.

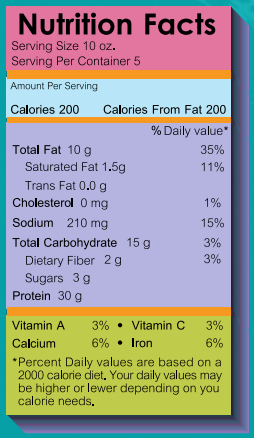
Nutrition Tips

AFTER SpeedFit Session

- Rehydration: Rehydrate with water or an electrolyte drink after the session to replace lost fluids. Proper hydration aids in muscle recovery.
- Protein: Be sure to consume a protein- rich meal or snack within 2 hours after training. Protein supports muscle repair and growth. Options include lean meats, fish, dairy, or plant-based sources like beans and tofu.
- Carbohydrates: Include complex carbohydrates in the post-training meal to replenish glycogen stores in muscles. This helps with energy recovery and overall recovery. Sweet potatoes, quinoa, and brown rice are good choices.
- Healthy Fats: Incorporate sources of healthy fats like avocados, nuts, or olive oil into post-workout meals. They aid in nutrient absorption and provide sustained energy.
- Fruits and Vegetables: Be sure to consume a variety of fruits and vegetables to provide essential vitamins and minerals. These help with overall recovery and immune support.

HelpFul Tips





READING FOOD LABELS

This is something that is very easy to mess up and, so lets go into the best way to read the labels on the back of any food product and then run through some FAQ's.

Tip 1: When reading the food label, be sure you are reading the column on the right (Per 100g) and not just the per seving.
Why? Because when comparing foods you will find that servings sizes are not always the same. So you might pick up something that has less calories in it and think it is better, but in reality it's only because the serving size is less and if you arent weighing your food, what is the liklihood you are eating the serving size? If we always look at the per 100g column it will give us the breakdown for that ammount everytime, which is an even comparison so you can then determine which food has the most calories. When you're next at the shops, test it out and have a look.

Tip 2: Not all foods have the exact amount of calories displayed, it will be in kilojoules and look like a much higher number. The rule of thumb for finding the amount of calories is to divide the total number by 4. that will give you the calories.

Total KiloJoules ÷ 4 = Total Calories

HelpFul Tips

CALORIE TRACKING

It's common for us to underestimate the calories we are ingesting on a daily basis, that is why tracking your daily calories for atleast 1 week provides very valuable information. Yes it is a little tedious, but it will give you a clear indication how your week actually looks when it comes down to calories.

What To Do:
Download an app called **MyFitnessPal.** Use this app to scan and log everything that goes into your mouth for a week (not just the good stuff), the more accurate the better. Not only does this let you see your total calories for the week, it also shows you your macro breakdown, how many of those calories are Protein, Fat or Carbs?

From here we can do a direct comparison to your body scan and see where the changes need to be made. Having the data there makes it all super easy.

Think of it like this, if you're eating 100 more calories than your body needs, you won't lose weight, you will stay the same or slowly increase in weight. If you're eating way too little, the same thing happens. If we can find the sweet spot, we can build from there and you'll get to your goal.

HelpFul Tips

ORGANIC FOODS ARENT ALWAYS THE BEST OPTION

This is something that gets a lot of us. we tend to think the organic option is healthier. While the make up of the food may have better ingredients, when it comes to the calorie break down that isn't always the case and this is very important to understand because it has the potential to impact whether or not we achieve our goals.

Here are a couple of comparisons for you, and this is another reason it is important to read the nutrition labels on the back of our products before just grabbing the 'healthier' option.

HelpFul Tips

BALANCING METABOLISM

Balancing metabolism can be important for maintaining a healthy weight and overall well-being. As we age, our metabolism naturally slows down, but there are strategies that can help support a healthy metabolic rate. Here are some tips to balance metabolism:

Maintain a Healthy Diet:

- Focus on a balanced diet that includes a variety of nutrient-rich foods. Consume plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Pay attention to portion control and avoid excessive calorie consumption, as calorie needs tend to decrease with age.

Stay Hydrated:

- Dehydration can affect metabolism. Make sure to drink an adequate amount of water throughout the day.

Include Protein:

- Protein is important for muscle maintenance and repair. Include lean protein sources in your diet, such as poultry, fish, beans, and legumes.

Strength Training:

- Engage in strength training exercises to build and maintain muscle mass. Muscle burns more calories at rest than fat, so preserving muscle is crucial for metabolism.

Manage Stress:

- Chronic stress can lead to weight gain and metabolic changes. Practice stress-reduction techniques such as meditation, deep breathing, or yoga.

Get Sufficient Sleep:

- Aim for 7-9 hours of quality sleep per night. Sleep deprivation can negatively impact metabolism and appetite regulation.

Overview

Week 1: Protein Consumption

- Aim to consume at least 1 gram of protein per pound of body weight each day
- Choose protein sources such as lean meat, poultry, fish, eggs, dairy, beans, and legumes
- Incorporate protein into each meal and snack, and consider using protein supplements if necessary

Week 2: Fruit & Vegetable Consumption

- Aim to consume at least 5 servings of fruits and vegetables each day
- Choose a variety of colourful fruits and vegetables to ensure a wide range of nutrients
- Incorporate fruits and vegetables into each meal and snack, and consider trying new recipes and flavours

Week 3: Getting More Fat into the Diet

- Aim to consume healthy fats such as omega-3 fatty acids, monounsaturated fats, and polyunsaturated fats
- Choose sources such as fatty fish, avocado, nuts, seeds, olive oil, and coconut oil
- Incorporate healthy fats into each meal and snack, and consider using healthy fats for cooking and meal preparation

Overview

Week 4: Choosing Better Beverages

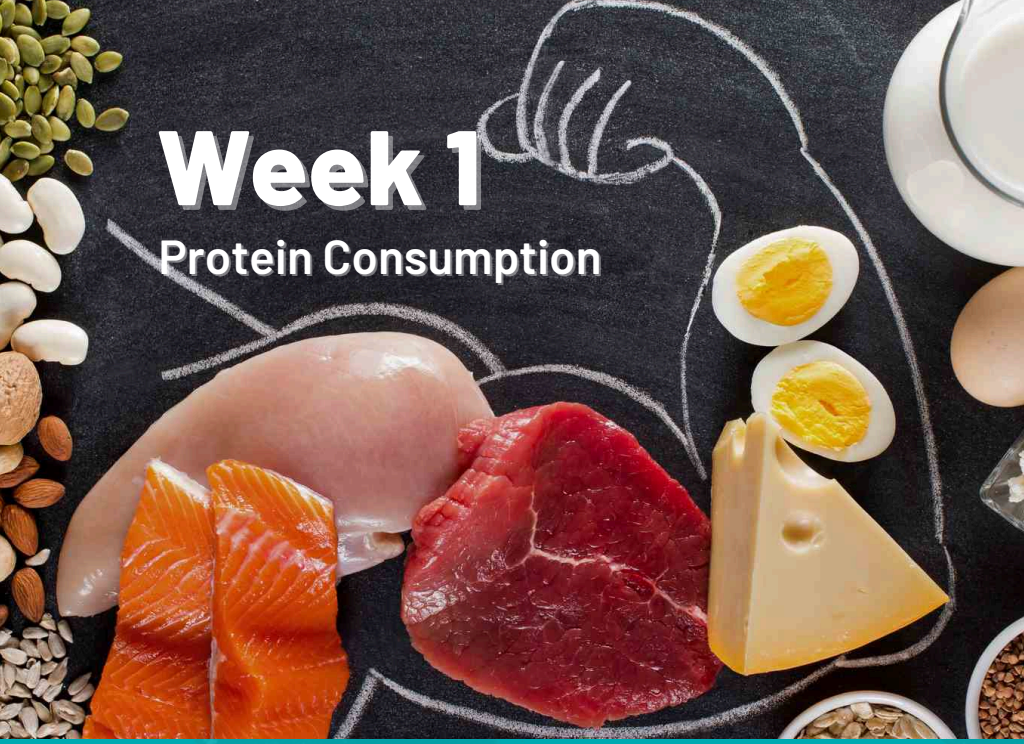
- Aim to consume mostly water, unsweetened tea, and black coffee.
- Limit sugary beverages such as fizzy drinks, energy drinks, fruit juice & alcohol.

Week 5: Improving Evening and Sleep Routines

- Aim to establish a regular sleep routine and get at least 7-8 hours of sleep each night.
- Limit electronic device use in the evening and create a relaxing bedtime routine.
- Consider incorporating relaxation techniques such as meditation or deep breathing before bed.

Week 6: Golden Week

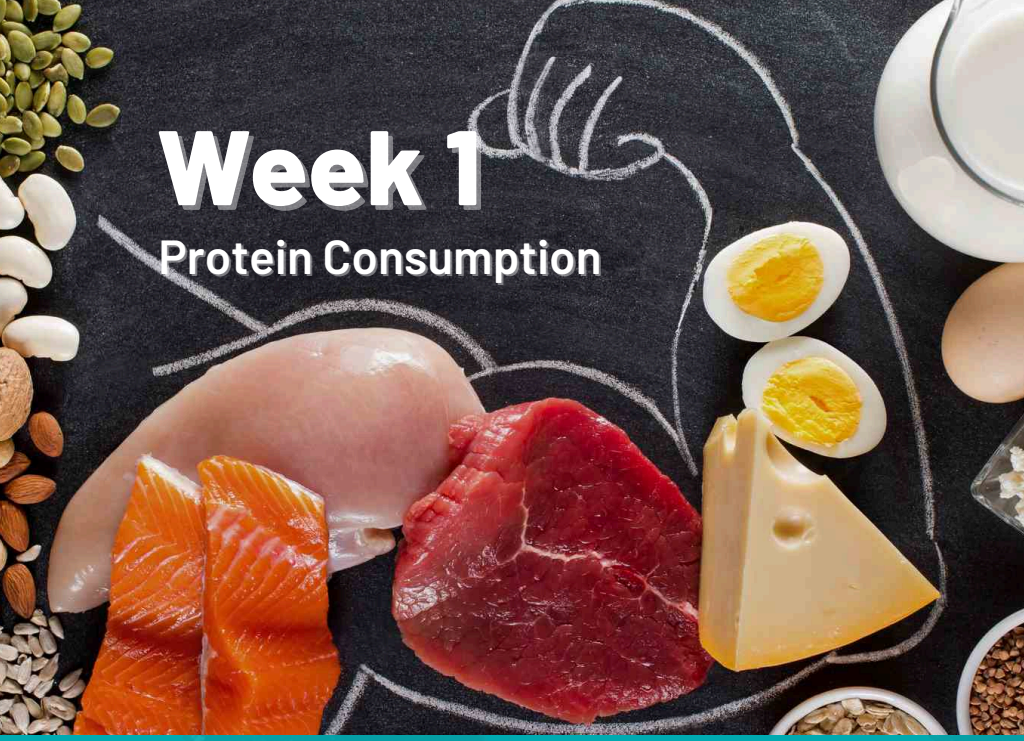
- Aim to incorporate all of the previous week's focuses into your diet and lifestyle.
- Plan your meals and snacks ahead of time to ensure a balanced and nutritious diet.
- Pay attention to how your body feels and adjust your diet and lifestyle accordingly.



Week 1: Protein Consumption

This week, we're focusing on protein consumption. Protein is an essential nutrient that helps build and repair muscle, as well as keep you feeling full and satisfied. Aim to consume at least 1 gram of protein per pound of body weight each day. Choose protein sources such as lean meat, poultry, fish, eggs, dairy, beans, and legumes. Incorporate protein into each meal and snack, and consider using protein supplements if necessary.

If like me you find maths a little challenging take a look at your hand, I call this the universal scale. At each meal time aim to eat the equivalent of the circumference and thickness of the palm of your hand in protein. For men, eat two palms worth and for women eat 1 palm per meal & snack.



Week 1

Protein Consumption

FAQ's

Q: Can I consume too much protein?
A: Yes, consuming too much protein can be harmful to your kidneys and can lead to dehydration. Aim for the recommended daily amount based on your body weight.

Q: Can I get enough protein from plant-based sources?
A: Maybe, there are plenty of plant-based sources of protein such as beans, legumes, tofu, and tempeh. Getting enough from these sources can be challenging. In some cases you will have to over consume on calories in order to reach your specific target which might go against your goals.

Q: Can protein help with weight loss?
A: Protein can promote weight loss by increasing feelings of fullness and preserving muscle mass during calorie restriction. It can also boost metabolism due to its thermic effect.

Week 2

Fruit & Vegetable Consumption

Week 2: Fruit & Vegetable Consumption

This week, we're focusing on fruit and vegetable consumption. Fruits and vegetables are packed with essential vitamins, minerals, and fiber. Aim to consume 800g of fruits and vegetables each day. Choose a variety of colourful fruits and vegetables to ensure a wide range of nutrients. Incorporate fruits and vegetables into each meal and snack, and consider trying new recipes and flavours.

800g is a lot but try it out and watch your cravings for processed foods disappear, ability to deep sleep improve and feel your energy grow!

Week 2

Fruit & Vegetable Consumption

FAQ's

Q: Can I just take a multivitamin instead of eating fruits and vegetables?
A: While multivitamins can help supplement your nutrient intake, they should not replace a diet rich in fruits and vegetables.

Q: What if I don't like vegetables?
A: Try experimenting with different cooking methods and flavours. Roasting, grilling, or sautéing vegetables can bring out different flavours and textures.

Q: Are there any specific fruits and vegetables known for particular health benefits?
A:Yes, for example, leafy greens like spinach and kale are rich in vitamin K and folate. Berries are high in antioxidants. Citrus fruits are known for their vitamin C content, and tomatoes are a source of lycopene, a powerful antioxidant.

Week 3

It's All About Fats

Week 3: Getting More Fat into the Diet

This week, we're focusing on getting more healthy fats into your diet. Healthy fats such as omega-3 fatty acids, monounsaturated fats, and polyunsaturated fats are essential for brain and heart health. Choose sources such as fatty fish, avocado, nuts, seeds, olive oil, and coconut oil. Incorporate healthy fats into each meal and snack, and consider using healthy fats for cooking and meal preparation.

How much fat should you add?

Try adding the 2-3 thumb sized servings of fats to your meals.

Week 3

It's All About Fats

FAQ's

Q: Won't eating fat make me gain weight?
A: Eating excess calories can lead to weight gain, not necessarily eating fat. Healthy fats can actually help keep you feeling full and satisfied, which can prevent overeating.

Q: What if I have high cholesterol?
A: Cholesterol is made up LDL/HDL or Bad Cholesterol and Good Cholesterol. Most of us due to our high carbohydrate processed diets accumulate a high cholesterol due to excess LDL. You need more good fat in your diet and less of the bad fats. No one ever got obese off of avocado's.

Q: Are fat's necessary for the body?
A: Yes, dietary fats are essential for the body. They provide essential fatty acids, support the absorption of fat-soluble vitamins (A, D, E, and K), and play a role in various bodily functions.

Week 4

Choosing Better Beverages

Week 4: Choosing Better Beverages

This week, we're focusing on choosing better beverages. Sugary drinks such as fizzy drinks, energy drinks, and fruit juice can be high in calories and can contribute to weight gain. Aim to consume mostly water, unsweetened tea, and black coffee. Limit sugary beverages and consider reducing alcohol consumption by 50%. Good alternatives are flavoured water (adding fruits to water) or unsweetened sparkling water.

Top Tip : Adding cucumber, berries or lemon to water is a great way to improve taste!

Week 4

Choosing Better Beverages

FAQ's

Q: What if I don't like drinking water?
A: Try adding fruit slices or herbs such as lemon, lime, cucumber, or mint to add flavour to your water.

Q: Can I still have alcohol?
A: Alcohol can be consumed in moderation, but it's important to be mindful of your intake. Aim for no more than 1-2 drinks per week.

Q: Are 100% fruit juices a healthy choice?
A: While 100% fruit juices contain natural sugars and some vitamins, they can be high in calories and lack the dietary fiber found in whole fruits. Consume them in moderation.

Week 5

Improve Your Evening & Sleep Routine

Week 5: Improving Evening and Sleep Routines

Establishing healthy evening and sleep routines can help improve the quality and duration of your sleep, which is crucial for overall health and well-being. Poor sleep can lead to fatigue, mood swings, and even weight gain. During this week, you'll learn how to improve your evening and sleep routines for better sleep and optimal health.

Tips

- Set a consistent sleep schedule and stick to it.
- Avoid electronics and screens for at least an hour before bed.
- Establish a relaxing bedtime routine, such as reading or taking a warm bath.
- Create a sleep-conducive environment by keeping your bedroom cool, dark, and quiet.
- Limit caffeine and alcohol intake, especially in the evening.
- Try relaxation techniques, such as deep breathing or meditation, to reduce stress and promote relaxation.

Week 5

Improve Your Evening & Sleep Routine

FAQ's

Q : How much sleep do I need each night?

A :The recommended amount of sleep varies based on age and individual needs. Adults generally need 7-9 hours of sleep per night, while children and teenagers require more. Women shouldn't be made to feel guilty about needing a nap during the day. Your bodies have more to cope with hormonally than men and you may need the rest.

Q :What can I do if I have trouble falling asleep?

A :There are several strategies you can try if you have trouble falling asleep, such as establishing a consistent sleep schedule, avoiding caffeine and alcohol in the evening, and creating a relaxing bedtime routine. You can also try relaxation techniques, such as deep breathing, meditation, or visualization, to help calm your mind and promote relaxation.

Week 6

Golden Week

Week 6: Golden Week

During the final week of the challenge, we'll tie all of the previous weeks' focus together, challenging you to implement everything you've learned and make lasting lifestyle changes that will benefit your health for years to come.

Tips:

- Incorporate high protein foods into every meal and snack.
- Make half of your plate fruits and vegetables at every meal.
- Choose healthy beverages, such as water, tea, and low-sugar smoothies.
- Include healthy fats in your diet, such as avocados, nuts, and seeds.
- Establish a relaxing evening and sleep routine.
- Prioritize self-care, such as regular exercise, stress management, and social support.

With golden week, you'll be equipped with the tools and knowledge you need to make healthy choices every day, supporting your overall health and well-being.

Meal Plan

Breakfast

High Protein Breakfast Recipes:

Protein Pancakes: Mix together 1 cup of oat flour, 2 scoops of protein powder, 1 mashed banana, 2 eggs, and enough almond milk to make a batter. Cook on a griddle and serve with fruit.

Greek Yogurt Parfait: Layer Greek yogurt, mixed berries, and granola for a high protein and fiber breakfast.

Egg and Vegetable Scramble: Sautee chopped vegetables in olive oil and then add in whisked eggs. Cook until set and serve with whole grain toast.

Protein Oatmeal: Cook oatmeal in milk and then add protein powder and toppings such as sliced banana, almond butter, and chia seeds.

Protein Smoothie: Blend together Greek yogurt, mixed berries, spinach, and protein powder for a nutrient-dense breakfast.

Cottage Cheese Toast: Spread cottage cheese on whole grain toast and top with sliced avocado and cherry tomatoes.

Chia Seed Pudding: Mix together chia seeds, almond milk, protein powder, and vanilla extract. Let sit overnight in the fridge and then top with berries and nuts in the morning.

Veggie Frittata: Whisk together eggs and add in sauteed vegetables. Bake in the oven and serve with a side of fruit.

Breakfast Quinoa Bowl: Cook quinoa and then add Greek yogurt, mixed berries, and nuts for a high protein and fiber breakfast.

Meal Plan

Lunch

High Protein Lunch Recipes:

Grilled Chicken Salad: Top mixed greens with grilled chicken, avocado, cherry tomatoes, and balsamic vinaigrette.

Tuna Salad Lettuce Wraps: Mix together canned tuna, Greek yogurt, celery, and spices. Serve in lettuce cups.

Quinoa Salad: Cook quinoa and then add in black beans, corn, avocado, and salsa.

Lentil Soup: Cook lentils in vegetable broth and then add in chopped vegetables and spices.

Chicken Caesar Wrap: Fill a whole wheat wrap with grilled chicken, romaine lettuce, and Caesar dressing.

Turkey and Avocado Sandwich: Fill whole grain bread with sliced turkey, avocado, tomato, and mustard.

Grilled Salmon with Roasted Vegetables: Grill salmon and serve with roasted vegetables such as sweet potato, Brussels sprouts, and carrots.

Bean and Vegetable Bowl: Top brown rice with black beans, roasted vegetables, and salsa.

Egg Salad: Mix together hard boiled eggs, Greek yogurt, celery, and spices. Serve on whole grain bread or in lettuce cups.

Greek Yogurt Chicken Salad: Mix together shredded chicken, Greek yogurt, apple, celery, and walnuts. Serve on a bed of greens.

Meal Plan

Dinner

High Protein Dinner Recipes:

Baked Salmon with Asparagus: Place salmon on a baking sheet and surround with asparagus. Drizzle with olive oil and bake in the oven.

Beef and Broccoli Stir Fry: Stir fry beef and broccoli in a pan with garlic and soy sauce. Serve over brown rice.

Chicken Enchiladas: Fill whole wheat tortillas with shredded chicken, black beans, and cheese. Top with enchilada sauce and bake in the oven.

Turkey Chili: Cook ground turkey in a pot with vegetables and spices. Serve with toppings such as avocado and Greek yogurt.

Grilled Chicken with Quinoa Salad: Grill chicken and serve with a side of quinoa salad with vegetables and herbs.

Shrimp Scampi: Saute shrimp in garlic and olive oil and serve over whole wheat pasta with vegetables.

Grilled Steak with Roasted Vegetables: Grill steak and serve with roasted vegetables such as sweet potato, broccoli, and carrots.

Turkey Meatballs with Zucchini Noodles: Make turkey meatballs and serve over zucchini noodles with marinara sauce.

Baked Chicken Thighs with Brussels Sprouts: Place chicken thighs on a baking sheet and surround with Brussels sprouts. Drizzle with olive oil and bake in the oven.

Black Bean and Sweet Potato Tacos: Fill whole wheat tortillas with black beans, sweet potato, avocado, and salsa.

Meal Ideas

Snacks

High Protein Snack Ideas:

1. **Hard Boiled Eggs**
2. **Greek Yogurt with Berries**
3. **Apple Slices with Almond Butter**
4. **Cottage Cheese with Pineapple**
5. **Turkey Jerky**
6. **Edamame**
7. **Roasted Chickpeas**
8. **Protein Bars**
9. **Tuna Salad with Whole Grain Crackers**
10. **Protein Smoothies with Almond Milk, Protein Powder, and Fruit.**
11. **Rice Cakes with Chicken, Cream Cheese, Tomato and Onion**
12. **Protein Custard with Fruit**

Bonus Recipes

Here are some bonus recipes you can enjoy and pull more ideas from. Remeber, this is a nutrition challenge, it needs to test your comfort zone.

Utlilising the above meal ideas will allow you to teach yourself the calorie counting methods whilst making healthy foods. This skill is very valuable. Imagine you're at home and it's been a big day and you have limited items in the house, you'll be able to come up with so many healthy options that allow you to stay on track, instead of caving and getting takeaway or skipping the meal all together. Dont't get too hooked on following full recipes all of the time, learn these valuable skills.

Enjoy the following recipes, they'll blow your mind!

APPLE & PEANUT BUTTER OVERNIGHT OATS

PREP TIME 5 MINS | TOTAL TIME 7HOURS | MAKES 5 SERVINGS 1 SERVING = 1 JAR

INGREDIENTS

2 1/2 Cups rolled oats
2 1/2 Cups milk
2 1/2tsp Vanilla
2 1/2tsp Cinnamon
5tbsp Chia seeds
1/3 Cup natural peanut butter
3 Apples, peeled, cored and cubed

5 Mason jars to serve (substitute for small lunch boxes)

METHOD

1. Split the rolled oats by dividing 1/2 cup into each of the 5 containers
2. Divide the milk (1/2 cup each), vanilla (1/2 tsp each), cinnamon (1/2 tsp each), chia seeds (1 Tbsp each), and peanut butter (1 Tbsp each) into the 5 mason jars.
3. Stir each of the containers to combine the ingredients evenly.
4. Divide the apple between the containers.
5. Tightly seal with lids and store in the fridge overnight, enjoy as a grab and go breakfast.
6. Store in the fridge for up to 1 week.

Get inspired by the seasons. Swap apple for berries for a jar of oaty, summery goodness.

NUTRITION FACTS:

18G PROTEIN 55G CARBS 21G FAT

CHUNKY GREEK SALAD

PREP TIME 10 MINS • TOTAL TIME 10 MINS • MAKES 4 SERVINGS 1 SERVING = 175G

INGREDIENTS

1 cucumber
1 punnet of tomatoes
1/2 red onion
56g light feta cheese (crumbled)
1/2 cup olives
2 tbsp olive oil
4tbsp red wine vinegar
1tsp dried oregano
pinch salt & pepper

METHOD

- Cut all vegetables into large chunks and place in medium sized bowl.
- Season with salt and pepper.
- Crumble feta into vegetable medley and add olives, vinegar, oil, oregano and stir.

LEAVE TO MARINATE IN THE VINEGAR FOR EXTRA ZING!

NUTRITION FACTS:

NUTRITION: 4G PROTEIN 8G CARBS 11G FAT

CHICKEN BURRITO BOWLS

PREP TIME 10 MINS | TOTAL TIME 35 MINS | MAKES 6 SERVINGS 1 SERVING = 516 G

INGREDIENTS

3 Boneless, skinless chicken breast
3 Peppers, sliced
1 Large red onion, sliced
1 Punnet of tomatoes, diced
1 Lime, wedged
1/2 Cup of fresh coriander
2tbsp Olive oil
1 Cup cheddar, grated
3 Cups brown rice
200g Sweet corn (or 1 corn cob per serving)
200g Black Beans
1tbsp Paprika
Salt and Pepper to taste

NUTRITION FACTS:
46G PROTEIN 53G CARBS 14G FAT

METHOD

1. Preheat oven to 200℃.
2. Line a baking sheet with foil. Sprinkle the taco seasoning evenly over both sides of the chicken breasts.
3. Salt and pepper the peppers and onions, tossing to coat.
4. Place the chicken, peppers, and onions onto the baking sheet and drizzle with oil. Bake in a preheated oven for 25 minutes.
5. Rest chicken for 10 minutes, before slicing into strips.
6. Add a base of brown rice to 6 bowls or 6 food storage containers. Top each with a scoop of black beans, corn, cheddar cheese, diced tomatoes, cooked peppers and onions, and sliced chicken. Garnish with fresh coriander and a lime wedge.
7. Enjoy immediately or store in the fridge for up to 4 days...MEAL PREP DONE!

HOMEMADE BEEF STIR FRY

PREP TIME 15 MINS | TOTAL TIME 40 MINS | MAKES 4 SERVINGS 1 SERVING = 271 G

INGREDIENTS

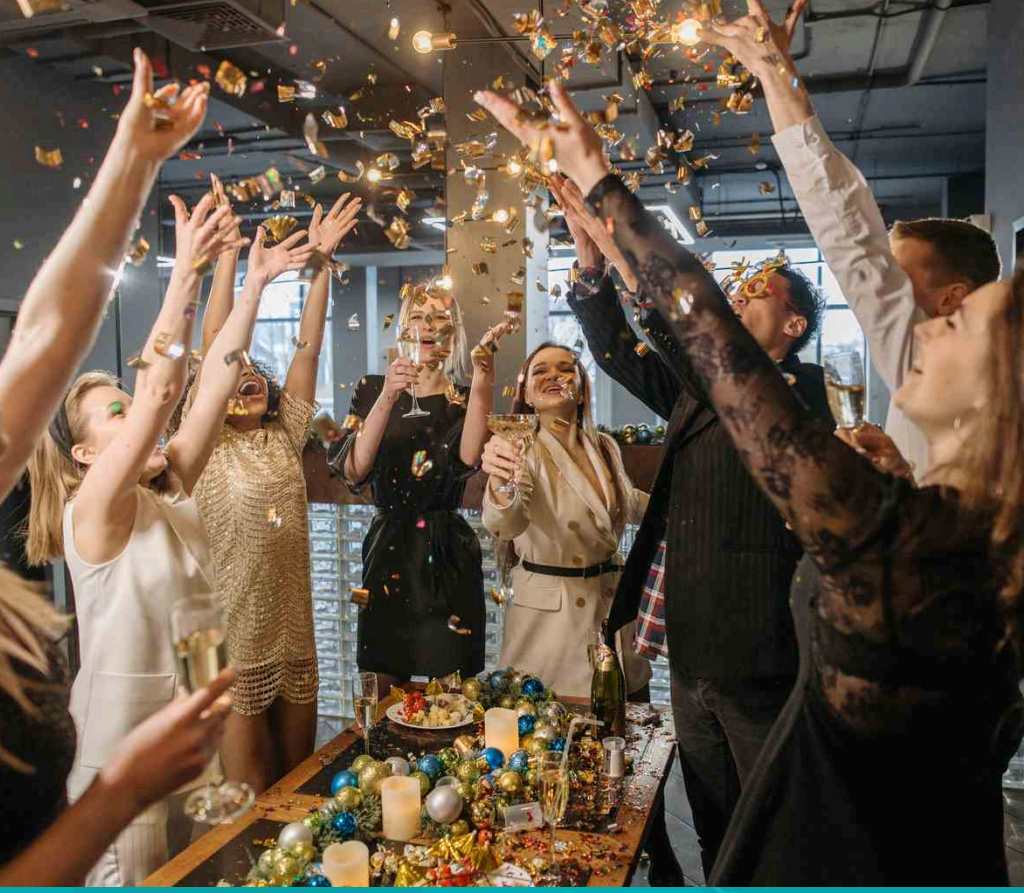
1 Cup brown rice, cooked
1 Cup pepper, diced
1 Cup carrots, chopped
1/2 Cup onion, diced
1 Cup broccoli, chopped
1tbsp Ginger, minced
1tbsp Olive oil
3tbsp Peanut butter, natural
1/2 Cup Reduced salt soy sauce
1/2tbsp rice vinegar
1tbsp Maple syrup (or honey)
1tsp Sesame seed oil
1tsp Chili powder
1 tsp Garlic powder
2 Cups Sirloin steak, cubed

METHOD

1. Whist rice is cooking, heat olive oil in a frying pan over medium-heat. Add vegetables and ginger and sauté for 5 minutes.
2. While vegetables are cooking, in a separate bowl mix the peanut butter, soy sauce, rice vinegar, maple syrup, sesame seed oil, chili powder and garlic powder. Set aside.
3. Add cubed steak to the vegetables in the frying pan and sauté for another 5 minutes or per your serving preference.
4. Add the sauce to the frying pan and sauté for 1-2 minutes, stirring frequently.
5. Split the rice four ways and add the vegetable and meat mixture to the bed of brown rice.
   Enjoy immediately or store in fridge in individual portions.

NUTRITION FACTS:

28G PROTEIN 53G CARBS 20G FAT



WELL DONE!

Congratulations on completing the 6-Week Kickstart Nutrition Challenge! You've taken a big step towards improving your health and well-being, and we hope you're proud of all the progress you've made.

Throughout the challenge, you've focused on increasing your protein consumption, eating more fruits and vegetables, choosing better beverages, getting more healthy fats into your diet, and improving your evening and sleep routines. By incorporating these habits into your daily routine, you've likely noticed improvements in your energy levels, digestion, and overall health.

TELL US WHAT YOU ACHIEVED

Tag us on instagram @speedfit_mandurah and tell us what went well for you.

Now that the challenge is complete, it's important to continue prioritising healthy habits to maintain your progress and continue to see improvements in your health and well-being. Here are some next steps you can take:

1. Keep incorporating high protein foods into your meals and snacks to support muscle growth and repair, improve metabolism, and promote weight loss.
2. Continue to make half of your plate fruits and vegetables at every meal to boost your nutrient intake and support overall health.
3. Choose healthy beverages, such as water, tea, and low-sugar smoothies, to support hydration and reduce calorie intake.
4. Include healthy fats in your diet, such as avocados, nuts, and seeds, to support brain function, hormone production, and overall health.
5. Maintain a consistent sleep schedule and bedtime routine to improve the quality and duration of your sleep, which is crucial for overall health and well-being.
6. Prioritise self-care, such as regular exercise, stress management, and social support, to support your mental and emotional well-being.

Remember, healthy habits take time to develop and maintain, so be patient with yourself and celebrate your progress along the way. Keep up the great work!