



TRAIN TO CHANGE

BY ANNIE FOULDS

ANNIE FOULDS ///
FITNESS

INTRODUCTION

Educating, Inspiring & Empowering - you to change the way you Eat, Think & Train forever!

This little e-book is designed to help you achieve optimum mind and body health with the '2 x F' approach: Food & Fitness!

By following simple principles, you should start to feel more energised, boost inch loss, improve your gut & digestion system, help your body to function better, make you fitter and stronger and empower you to feel the best you have ever felt before.

This isn't about counting calories, getting it right or wrong, nor is it getting obsessed about the way you look or what you eat. It's about making positive long-term health choices that make us look good, feel good and help YOU shine!

PRINCIPLES:

- FOOD** - Optimum nutrition & toxic-free eating
FITNESS - Effective training for you as an individual

FOOD TIPS - PART 1

- Avoid wheat – replace with oats, rice, potatoes (ideally sweet potatoes), oat cakes and rye bread
- Keep hydrated – aiming for 2 litres + of bottled/filtered water or herbal teas a day
- Eat every morning as part of your breakfast – or a some juice - a vegetable based juice ie carrot, apple & ginger
- Have no more than 1 cup of coffee/tea per day – if juicing have 30 mins before or after
- Avoid habitual drinking of alcohol – ideally try and last until the weekend – get that FRIDAY FEELING for real! Eat lots of green leafy vegetables – ideally steamed
- Eat as many raw foods as you can – with every meal if possible, ie a bag of leaves on the side or some crudités before

FOOD TIPS - PART 2

- Avoid eating too much fruit – if you do, eat before breakfast or mid morning, but not with other foods or straight after eating.
- Get majority of protein from omega 3-rich fish – avoid battered and breaded instead go for grilled, steamed or baked.
- Don't eat ready meals or processed food
- Don't use a microwave
- Don't eat or drink anything 'diet' or 'low fat'
- Take 2 lactobacillus acidophilus capsules
(order from pure bio ltd - www.purebio.co.uk)

FITNESS PRINCIPLES:

- To train effectively – no tick in the box training anymore!
- To put in as much effort as you can on each session
- To fail on resistance to get real results
- To understand the exercises you do
- To encourage your body to reach its full potential
- To allow your body time to recover by sleeping and relaxing
- To sit up straight and stand tall at all times
- To think positively while you train
- Tap into what motivates you
- To be kind to your body
- Stretch your body

RPE is the Rate of Perceived Exertion – i.e. how hard you feel that you are working!!

We will be using this scale when we train together – unless you have a HR watch – but I will still be checking on your RPE or HB (heart rate)

WORK OUT – EFFORT!

- 0** Nothing at all (sat down, feet up!)
- 0.5** Extremely weak – (sitting watching TV for hours)
- 1** Very weak – (still sitting – moving occasionally for the remote)
- 2** Weak – (driving to the shop)
- 3** Moderate – (walking to the shop)
- 4** Stronger (walking fast to the shops before it closes)
- 5** Strong (walking much faster everywhere)
- 6** Stronger still (catching a bus, you can see it behind you, jogging to make it)
- 7** Really strong (forget the bus or car - Walking to work)
- 8** Very strong (speed walking, cycling or jogging to work)
- 9** Exceptionally strong (Cycling, speed walking or jogging at the weekends too)
- 10** Maximum (working really hard now, running to and from work you have reached superior fitness levels, you never thought possible)

Well done!

NOTES

You should be aiming to be at an 8 out of 10 for the majority of your work out but frequently reaching 9's and 10's for real benefits!

FEELING PRINCIPLES:

- Get a relationship with yourself and your body
- From this you can create awareness
- From awareness you can create change
- Allocate time for reflection
- Face your fears
- Be honest, really honest!
- Get feedback
- Take responsibility for EVERYTHING that you do
- Be kind to yourself – would you let your friends or children speak to themselves the way you speak to yourself?
- Treat your body with respect – if you won't feed your children toxic food/thoughts why do it to yourself?
- Where you are, who you are, the way you look and what you do are as a result of what you did in the past
- If you want to see how you will be in the future, look at what you are doing today
- You attract what you think
- Set yourself free and be who you want to be (guess what, you already are!!!!)

EATING SUPPORT & IDEAS:

This eating programme is designed to help you:

- Have more energy
- Increase your nutrient intake
- Help you detox naturally
- Increase your vitality
- Improve your hair, skin, nails & appearance
- Improve your mood
- Help you lose inches & bloat

All meals in this programme are:

- Quick and easy to prepare
- Can be recycled from one meal to the next
- Tasty and nutritious

I have divided the eating into 3 parts:

- Morning
- Afternoon
- Evening

We need to get out of the 3 meals a day mentality!!

- Morning might contain a pre-breakfast, a breakfast and a snack
- Afternoon might contain a lunch and a snack or 2 lighter lunches
- Evening might contain one dinner, or one dinner and a snack

MORNING

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MORNING

Start your day with a Zing!

- Fresh fruit & veg juice (carrot, apple & ginger or celery apple & mint)
- Hot water & lemon

Va va voom brekkie!

- Hot porridge
- Cold Porridge (made the night before – great for taking to work in a tuppaware)
- Fresh fruit (avoid mixing fruit or having too much)
- Poached eggs on rye
- Omelette (yolks and whites)
- Smoothie (if on the go)

Mid morning fill me up??!!

- Fresh fruit
- Banana
- Nuts & seeds
- Crudités & Homous
- Fresh veg & fruit juice
- Chopped salad
- Soup
- Whole nut peanut butter
- Small avocado
- Homemade flap jack (this is a treat snack, not for every day!!)

AFTERNOON

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AFTERNOON

- Make lunch nutritious, filling tasty, quick and easy. Always have a carbohydrate portion at lunchtime
- Aim to include raw foods at lunch

PICK AND MIX

This is a concept I came up with to help us get out of our sandwich rituals that we get stuck in because they are quick and easy to make. If you get lunch right, the rest of your day will become a lot easier. By picking and mixing between a few different things (like a healthy tapas if you like) we are able to vary our foods, recycle our leftovers and have a nutritious lunch that doesn't take much time to prepare!

PICK AND MIX FROM THE FOLLOWING

(See examples in Appendix):

- A salad
- A soup
- A fish portion
- A carbohydrate combo
- A veggie
- A dip
- A sauce/dressing

SALADS

You can make your salad using the foods from the Food Groups list. But great unusual salad ingredients to make your own combos include:

- Lentils
- Chick peas
- Avocado
- Chopped parsley, coriander or basil
- Grated carrot
- Finely sliced fennel
- Sliced celery
- Pine nuts, sunflower seeds, pumpkin seeds
- Chopped nuts
- Orange slices
- Broccoli
- Asparagus

SEX UP YOUR SALADS!!!

FISH

You don't have to have fish or a protein at lunch time, but fish is the easiest protein to digest and tends to be the healthiest/leanest.

- Salmon steaks
- Mackerel
- Trout
- Halibut
- Cod (& any white fish)
- Swordfish
- Tuna
- Tiger prawns, prawns etc

Baking fish with vegetables and herbs is one of the quickest, healthiest and yummiest ways of eating it. All you need is some foil or a baking dish and throw whatever you fancy into it. This is great for recycling into dinner/lunch the next day. Try:

- Fennel & tomato *
- Sliced veg, lemons & a dash of white wine *
- Fiji marinade *
- Sun-blushed dip *

VEGETABLES

Vegetables can sometime be bland and boring, so why not add some sparkle! They have a high water content, are nutrient packed, fill us up and have little calories.

STIR FRY

Choose from: spinach, broccoli, green beans, pak choi, green cabbage, asparagus, red cabbage, carrots etc and lightly cook with:

- Ginger, honey & sesame seeds
- Flaked almonds & lemons
- Fresh ginger & soy sauce
- Garlic & chilli
- Create your own, depending on what you are cooking, by using garlic, chilli, paprika, ginger, sesame seeds, fresh herbs, lemons, limes & oranges.

Serve hot or cold

BAKED VEG

You can bake vegetables with all sorts of combinations and herbs, and they are fantastic for recycling for other meals. Try these as a starting point:

- Baked tomatoes & basil
- Roasted veg with Rosemary & thyme
- Baked peppers with lemon & parsley

BOILED VEG

Boiled veg are quick & easy and you can cook straight from frozen (as vegetables will retain most nutrients when manufactured this way). Avoid over-cooking though (steam if possible) and use herbs, lemon juice & oil to add flavour:

- Green minty veg
- Mashed broccoli & carrot with fresh parsley
- Asparagus & mint

CARBOHYDRATE COMBOS

These are wheat-free & slow-releasing carbohydrates. If you prefer them plain, simply choose from the Food Groups list or try something a little different:

- Sweet potatoes (baked, mashed or boiled – hot or recycled cold))
- Roasted Butternut squash (add fresh rosemary or thyme)
- Seasonal new potatoes
- Hot rice salad *
- Cold rice salad *
- Rice, lentil & spinach *
- Wheat-free pasta pomodoro
- Mashed sweet potato & carrots
- Mashed potato & broccoli
- Chick pea mash
- Bean & rocket mash
- Roasted pesto squash
- Paprika sweet potato wedges
- Rye bread
- Oat cakes

DIPS

Dips are fantastic for bulking out a meal whilst being light. They are great for adding to a salad, spreading on rye bread, as a dip for crudités or used as a topping on fish or chicken

- Sun-blushed dip
- Cannellini bean & basil
- Home-made homous
- Baby Ganoush (aubergine paste)
- Pea & Homous puree

SALAD DRESSINGS

It's really important to make food taste delicious and good quality salad dressings are great for that.

- Orange & coriander
- French vinaigrette
- Mustard & balsamic

SAUCES

Sauces are fabulous for sparkling up a bland salad or dish and don't have to be unhealthy. Choose from:

- Sauce Verde
- Caponata
- Tomato, onion & basil sauce
- Mango salsa

TOP TIP

If you really can't make your own or need an emergency sauce, buy a good quality, organic, vegetable based sauce to heat up and pour over your food such as:

- Tomato & artichoke (Sacla)
- Covent Garden soup
- Seeds of Change stir through sauces

4 O'CLOCK STOP / LIGHT SNACK OR EARLY SUPPER

This is when most people are most hungry, but don't eat something substantial! Whilst eating better and including a carbohydrate at lunchtime should help with the 4 o'clock stop, you may find, especially if you are eating later at night, that you can afford to have a proper snack or a second lunch. You can still use the pick and mix combinations, making sure you don't over-eat and get the right balance.

Choose from:

- 1-3 pick and mix options
- Soup (if you had a heavier lunch)
- Fruit and nuts
- A carbo combo (if you aren't planning on having carbs in the evening and had a light lunch)
- Vegetable combos (roasted/baked/stir fried)

TOP TIP ALERT!

**A reminder to avoid using a microwave
it zaps all the goodness out!**

Killing up to 95% of nutrients, aagggghhh

EVENING

- You can pick and mix in the same way as lunch options if you want a quick meal
- If you prefer a more traditional meal, stick to a fish & veg combo meal
- There is no reason why you can't have a carbohydrate combo in the evening, but avoid large portions (no bigger than your fist) and cut out carbs if you have had a good carb brekkie and 2 carb lunches/snacks
- Start your evening meal with some raw food i.e. crudities/light salad
- End the meal with a peppermint tea

DINNER

Choose from any of the fish, carbo combos, or veg combos or why not try (using ingredients from the Food Groups list) the following:

- Tagines
- Casseroles
- Roasted Veg
- Bubble & squeak
- Omelette
- Risottos
- Pad Thai

TASTY BUT HEALTHY TREATS

Sometimes it's nice to let ourselves go and have something tasty. If you don't want to use your guilt-free treat, try to have a small portion of something that includes the Food Groups chart ingredients. For example:

- Wheat-free carrot cake
- Wheat-free flapjacks
- Chocolate Sorbet
- Chocolate-dipped strawberries

These are great to make with children too, there are loads of tasty wheat-free treats for kids, so get them involved and bake them as a family.

If you belong to a book group or make cakes for nursery schools etc, challenge yourself to find a wheat-free tasty and healthier alternative – there are loads on the internet!!

Some recipe ideas...

SALADS

Make salads as interesting as you can, be creative with combinations and serve with tasty dressings, dips and sauces.

- Chicken, Orange & Cashew
- Organic chicken breast (boiled) chopped into chunks
- Spinach leaves
- Rocket
- Yellow peppers
- Cashew nuts
- Cherry tomatoes
- Sliced oranges
- Chopped coriander
- Avocado

Place ingredients in a bowl, mix around and cover with the orange & coriander dressing

CHICKEN, CHICKPEA & TOMATO

- Organic chicken breasts boiled in water, chopped
- Tinned chickpeas
- Cherry or ripe on the vine tomatoes
- Baby spinach leaves or rocket
- Avocado (optional)
- Pumpkin seeds

**Place ingredients in a bowl, mix around and add lemon juice or a dressing
Serve with fresh basil or parsley on top**

TUNA, AVOCADO & SWEETCORN

- Tin of tuna, drained and forked into small chunks
- Avocado, chopped
- Tin of sweetcorn
- Fresh parsley (optional)
- Few sunflower seeds (optional)
- Dash of olive oil
- Fresh lemon juice

Place all ingredients in a bowl and mix up

CARROT, FENNEL, PARSLEY, AVOCADO ON SPINACH

- Grated carrot
- Fennel (sliced)
- Chopped parsley
- Small avocado, chopped
- Baby spinach leaves
- Tbsp of homous (optional)
- Dash of olive oil
- Fresh lemon juice

Mix all ingredients in a bowl (except spinach)

Add a tbsp of homous if desired

Serve on spinach leaves

TOP TIP ALERT!

To bulk out a salad into a main meal, add some chopped cooked sweet potato or throw in some paprika potato wedges.

Soups

EASY PEA SOUP

Serves 2

- 1 tbsp oil
- 1 medium onion, finely chopped
- 1 potato, chopped
- 275g fresh peas (shelled weight)
- 300ml wheat free vegetable stock
- 1 ½ tbsp chopped fresh mint
- 1 tsp sea salt

Heat the oil in a non-stick pan and sauté the onion until soft.

Add the potato, peas, and stock, 1tbsp of the mint and the salt and simmer for 30 minutes.

Process the soup in a blender or food processor to a rough purée.

Reheat and serve with the remaining chopped mint

SPINACH SOUP

Serves 4

- 1 onion, peeled and finely chopped
- 1 tsp olive oil
- 500g fresh spinach
- 1 wheat-free vegetable stock cube
- 1 handful parsley
- Fresh nutmeg, to taste
- 200ml rice milk (optional)
- 1 tbsp pumpkin seeds
- 1 handful fresh baby spinach leaves

Place the onion, olive oil and 1 tbsp of water in a large pan. Cook over a low to moderate heat for 2-3 minutes until soft.

Add the spinach, 500ml boiling water, the stock cube and parsley stalks and cook for 5-7 minutes. Allow to cool slightly, then blend in a food processor or use a hand-held blender until smooth.

Return to the pan, season with a little nutmeg, stir in the soya milk (or 250ml water or vegetable stock) and reheat gently.

Serve into bowls and garnish with pumpkin seeds and raw baby spinach leaves.

Carbo Combos

HOT RICE SALAD

(Can be served cold the next day)

- Brown rice
- 1 grated carrot
- Chopped parsley
- Broccoli
- Red onion
- Garlic
- Dash of olive oil
- Wheat free veg stock
- Handful of pumpkin seeds

Cook up some brown rice in a pan.

Meanwhile steam or lightly boil the broccoli

Lightly fry the red onion & garlic

Once the rice is cooked, drain, mix all other ingredients (apart from stock) into the pan.

Gently pour over a few tbsp of the stock and simmer for 1-2 mins

Serve with pumpkin seeds

COLOUR & CORIANDER RICE SALAD

- Cooked and cooled brown rice
- Diced yellow pepper
- Diced red/orange pepper
- Broccoli steamed or lightly boiled (cooled)
- Chopped spinach
- Chopped coriander
- Sunflower seeds
- Juice of half a lemon

Mix all the ingredients together in a bowl (feel free to vary ingredients to your preference) and serve

RICE, LENTIL & SPINACH MIX

- Brown rice
- Wheat free vegetable stock
- Green lentils
- Chopped garlic
- Spinach

Place the rice in a casserole dish & cover with the vegetable stock and chopped garlic
Cook for 30 mins at 200 degrees C
Take out of the oven and stir in the spinach and lentils
Place back in the oven for another 15- 20 mins

If you want you can add some fish on top once you have stirred in the lentils and spinach to make a fish & lentil bake

CHICKPEA MASH

Serves 4

- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 400g can chickpeas, drained and rinsed
- ¼ cup rice milk
- Salt and pepper
- 2 tbsp chopped fresh coriander

Heat the oil in a pan and gently sauté the garlic for 2 minutes
Add the chickpeas and milk and heat through for a few minutes
Transfer to a food processor or blender and process until smooth.
Season to taste with salt and pepper, then stir in the fresh coriander.

BEAN & ROCKET MASH

- 1 can of butter beans, drained and rinsed
- Drizzle of olive oil
- Splash of rice milk
- 1 garlic clove
- 100g bag rocket

Put the butter beans into a saucepan and add the oil and some salt and pepper.
Crush in the garlic and add to the pan, then turn the heat on to moderate and coarsely mash everything together with a potato masher until hot and bubbling.

Stir in the rocket and stir into the mash until it's hot and just wilted.

SWEET POTATO AND ORANGE PURÉE

- 2-4 sweet potatoes, peeled and chopped
- Grated rind and juice of 2 large oranges
- Salt and pepper
- 1 tbsp olive oil
- Freshly grated nutmeg to taste

Remove any blemishes from the potatoes and then cook in boiling salted water for 20 minutes or until very soft. Turn off the heat and drain.

Return to the saucepan and mash the potatoes with all of the remaining ingredients until light and fluffy and without lumps.

Transfer to a warm serving dish and keep warm until needed.

Dips

SUN-BLUSHED DIP

- 1 packet of sun-blushed Mediterranean tomatoes (drain $\frac{3}{4}$ of oil off)
- 1 can of cannellini beans
- 1 chopped red or yellow pepper
- $\frac{1}{2}$ packet of fresh basil
- Juice of half a lemon

Place all ingredients into a blender, whiz up for a few seconds and hey presto!

CANNELLINI BEAN AND BASIL PASTE

- One 400g can of cannellini beans, drained and rinsed
- 2 garlic cloves, crushed
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp sea salt
- Black pepper
- 1 pack of basil leaves

Place all ingredients except basil in a blender or food processor and blend until you have a rough paste

Add the basil, fork them through and blend for 2 seconds. Check for seasoning.

Use butter/haricot beans for a similar result.

HOME-MADE HOUMOUS

- 410g can chickpeas, drained and rinsed
- 1 garlic clove, peeled and crushed
- 1 tbsp tahini
- Juice of half a lemon
- 2tbsp chopped fresh coriander
- 1 tbsp olive oil

Place all the ingredients in a food processor and blend until smooth. Transfer to a small bowl, cover and chill until required.

AUBERGINE PURÉE

- 2 large aubergines (about 675g in total)
- 1 tsp freshly ground cumin seed
- 1-2 garlic cloves, crushed
- 1 tbsp tahini
- 1 tsp olive oil
- Juice of half a lemon
- 1 tsp sea salt
- Black pepper

Preheat the oven to 200C.

Price the aubergines and bake them for 40 minutes until soft right through.

Allow them to cool a little then halve them and scoop the flesh into the bowl of a blender or food processor.

Add the remaining ingredients and blend until you have a purée.

EVENING

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Fish Bakes

FISH WITH FENNEL AND TOMATOES

- Fish fillets
- Fennel, sliced
- Cherry Tomatoes
- Lemon, sliced

Preheat oven to 180C

Put all of the above into a foil cooking bag (or make a foil parcel) and cook in oven for 20 or so minutes

FISH & VEG WRAPS

- Fish fillets
- Yellow pepper sliced
- Asparagus
- Mushrooms
- Chopped parsley
- Juice of one lemon
- Splash of white wine or water

(You can choose your own veg to your taste)

Take a long piece of foil and fold in half

Place all vegetables one half

Place the salmon fillets on top

Fold foil over and wrap over corners

Bake for 20-30 minutes depending on fish & vegetables used

FIJIAN MARINADE

- Fish steaks
- Designated or fresh coconut
- Lime juice
- Coriander

Place fish steak in a dish or foil wrap

Cover with all ingredients

Bake in oven for 20 minutes or until fish is cooked

THAI CHICKEN (OR FISH)

- 1 can of light coconut milk (400 ml)
- 3-4 cloves of garlic peeled
- 2-3 fresh green chillies de-seeded
- 1 tablespoon freshly grated root ginger
- 3 tablespoons light soy sauce
- Grated zest and juice of 2 limes
- 1 pack fresh coriander
- 4 boneless organic chicken breasts

Put all ingredients except chicken in a blender until well mixed.

Make 3 diagonal cuts across chicken breasts, arrange in a dish and pour coconut marinade over. Cover and leave for at least 30 minutes or longer (less if using fish).

Remove chicken from marinade and place in baking dish, cover with foil and bake in a medium oven for 30 minutes. Whilst chicken is cooking, heat remaining marinade in a saucepan, stirring occasionally and simmer gently for 1 -2 minutes. Do not boil as it may start to separate.

Serve chicken with sauce and fragrant rice garnished with fresh coriander

TOP TIP

Quick Healthy Ready Meals???

Pour half a carton of Covent Garden soup over a piece of fish or chicken and bake in the oven or heat up 1/3 carton of soup and pour over a piece of poached/ grilled fish/chicken.

Soup for Dinner?

Add roasted/lightly cooked veggies or boiled organic chicken into a bowl of soup to bulk out a soup into a meal.

Sauces & Dressings

ORANGE & CORIANDER

- 2 parts olive oil
- 2 parts orange juice
- 1 part white wine vinegar
- Chopped fresh coriander

FRENCH VINAIGRETTE

- 2 parts oil
- 2 parts white wine vinegar
- Mustard
- Salt & pepper

MUSTARD, OLIVE OIL & BALSAMIC

- 2 parts oil
- 2 parts balsamic vinegar
- Mustard
- Chopped herbs (optional)

SAUCE VERDE

Serves 2-4

- 1-2 garlic cloves, crushed
- 1 tsp sea salt
- 1 tsp Dijon mustard
- 2 tbsp chopped fresh flat-leaved parsley
- 2 tbsp chopped fresh mint or basil
- Juice of ½ lemon
- 2 tbsp extra virgin olive oil
- Black pepper

Blend together the garlic and sea salt. Then, using a blender or food processor on slow, blend in the mustard, herbs and lemon juice. With the machine still running, slowly add the olive oil, blending as you do, until you have a green sauce.

Add black pepper and adjust the seasoning.

CAPONATA

- 2 tbsp olive oil
- ½ cup onion, chopped
- 3 peppers
- 2tsp crushed garlic
- 1 medium aubergine, cut into ¾ slices
- Fresh tomatoes (or tin)
- ½ cup golden raisins (optional)
- 1 tbsp red wine vinegar
- 2 tbsp capers, rinsed (optional)

Place all ingredients into a pan and simmer until cooked.

MANGO SALSA

- Serves 2-4
- 1 ripe mango
- 1 small red onion
- 1 tbsp lime juice
- 2 tsp chopped fresh mint
- Pinch of sea salt

Peel and stone the mango flesh, then chop the flesh, reserving any juice. In a bowl, combine this with all the remaining ingredients and leave in the fridge for 30 minutes.

You can also make mango salsa with mango, red onion, chopped tomato & coriander

BLACK-EYE PEA SALSA

- Can of black eyed peas
- Red onion
- Diced red or yellow pepper
- 1 beef tomato finely chopped
- ½ bunch chopped coriander
- 1 tsp of olive oil

Mix together all the ingredients in a bowl and serve with fish or salad

Vegetables

GREEN MINTY VEG

- 100g fresh broad beans
- 100g peas (shelled weight)
- 50g fine beans, topped and tailed
- Sea salt
- 1 tsp extra virgin olive oil
- 1 tbsp chopped fresh mint
- Black pepper
- 2 tsp lemon juice

Simmer the broad beans, peas and beans in a little lightly salted water until just tender. Drain and add to a small frying pan with the oil, mint, seasoning and lemon juice. Stir for a minute so that the flavours combine.

Cake & Desserts

CARROT CAKE

- 115g dairy free spread
- 3 large eggs, beaten
- 115g of fresh dates
- 150g carrots chopped
- 175g of pears, peeled, cored and pureed
- 175g whole purpose wheat free flour
- 2 tsp of baking powder
- 2 tsp cinnamon
- 1 tsp of grated nutmeg
- ½ tsp of mixed spice
- ½ tsp of salt

Place all ingredients into a bowl and then place in a greaseproof cake tin. Bake for 30-40 minutes

FLAP JACKS

- 225g oats
- 75g rice flour
- 150g of dairy free spread (soya)
- 90ml of honey
- 50g of pine nuts or seeds
- 100g of chopped fresh dates

Place all ingredients into a bowl and then place in a greaseproof cake tin. Bake for 25-30 minutes or until golden.

(USE THE GUIDELINES BELOW TO HELP YOU STRUCTURE YOUR DAILY EATING)

PROTEINS

Portion = 1 palm or fist

Salmon
(Alaskan/organic/wild)
Mackerel
Sardines
Trout
Tuna
Sword fish
Seafood
All white fish
Eggs and egg whites
Skinless organic chicken breast
Skinless organic turkey breast
Lean organic ground turkey
Lean steak * Lean ground beef *
Wild game * Lean organic ham *
Tofu or quorn
Rice milk or oat milk
Homous

Limit

Pork, lamb or beef (fatty cuts)
Duck, Goose, Pate, Liver

FATS TO EAT

Portion = Small portions

Flax (linseeds) and oil
Pumpkin seeds
Sesame seeds
Sunflower seeds
Peanut butter (organic)
Olive oil
Avocado
Olives
Mixed nuts (avoid salted)

FATS TO AVOID

Full fat dairy products
Margarine, lard, vegetable oils
Pastries, flans, quiches
Crisps, chips and roast potato
Junk foods (take aways)
Coleslaw and dips
Sauces and packet meals
Ice cream and frozen yoghurt
Butter

PROTEINS TO AVOID

Processed meats and salami
Deep fried meats
Burgers, bacon and sausages

SLOW DIGESTING CARBS

Low - mid GI
Portion = 1 palm or fist

Sweet potato, plantain and yams
Porridge oats
Oat cakes
Basmati rice and wild rice
Brown rice
Rye bread
Rice Noodles
New or plain boiled potatoes
Buckwheat
Quinoa
Beans
Lentils
Chick Peas
Wheat free pasta

Higher Carb Veg

Butternut Squash
Pumpkin
Carrots
Parsnips, swede
Corn

FAST DIGESTING CARBS

High GI
FOR 1-2 hrs Post Training
or to be eaten occasionally!

Jacket (baked) potatoes
Mashed potatoes, brown rice
White rice, rice cakes, rice pasta *
Cereals (low fibre)
Fruit Juice and smoothies

Fruit

Fresh fruit except those listed
Dried fruit

FRUIT

Berries (blueberries, raspberries, cherries, strawberries, black currants, cranberries)
Apples, pears, peaches, nectarines & plums
Cantaloupe melon
Grapefruit
(Try to avoid mixing fruits)

CARBS TO AVOID (Occasional treats!)

Croissants and pastries
Chocolate, deserts and sweets
Tinned fruit
Cakes, muffins, biscuits
Low fat crisps
Oat cluster cereals
Yoghurt covered fruit and nuts
Hot chocolate
Cheesecake
Soft drinks
Fruit cordials
White bread, bagels, baguettes,
Ciabatta, foccacia, pretzels

CONDIMENTS TO EAT

All herbs and spices
Salsa and tomato sauces
Dry seasonings
Curry paste
Lemon and lime juice
Vinegar and pickles

LOW CARB VEG: Asparagus, artichoke, aubergine, bean sprouts, broccoli, brussel sprouts, cabbage, cauliflower, celery, celeriac, courgettes, cucumbers, endive, fennel, garlic, ginger, green leafy vegetables, green beans, kale, leeks, lettuce, mushrooms, onions, peppers (all colours), radishes, rocket, spinach, sprouts (alfalfa, broccoli, etc.) summer squash, tomatoes, turnips, watercress.

SHOPPING LIST

Refer to the Food Groups chart or use this list to inspire you – these are the top quality foods that I always try to have in my kitchen – especially in the Summer!

FRESH FRUIT

Bananas (not too ripe)
Apples
Pears (not too ripe)
Strawberries
Raspberries
Blueberries
Lemons & limes
Oranges

FRESH VEGETABLES

Spinach
Rocket
Watercress
Sweet corn
Sun-blushed tomatoes
Avocados
Veg based ones over
Broccoli
Cauliflower
Carrots
Yellow and red peppers
Celery
Fennel
Asparagus
Red onion
Cucumber
Mushrooms
Pak Choi

NUTS AND SEEDS

Walnuts
Almonds
Cashews
Brazil nuts
Hazelnuts
Pecans
Pine nuts
Sunflower seeds
Pumpkin seeds
Linseeds (Flaxseeds)
Sesame seeds

FROZEN VEGETABLES

Peas
Broad Beans
Green beans
Edaname beans (soya)

FRESH HERBS & SPICES

Mint
Coriander
Parsley
Basil
Garlic
Ginger

MISCELLANEOUS

Houmas
Sacla sauces
(check labels for fat content)
Organic vegetable soup
Covent Garden soups (chose Veg based ones over cream/meat ones)
Coconut milk
Pesto
Cinnamon
Nutmeg
Paprika/Chilli
Desiccated coconut
Organic fruit pots (baby food section)
Good quality dark chocolate
Honey
Olive oil
Walnut Oil
Sesame Oil
Whole nut peanut butter (no added sugar)
Free range organic eggs

DRINKS

Bottled Water (still only)
Peppermint, Camomile & herb teas

FISH & CHICKEN (FRESH OR FROZEN)

Cod
Mackerel
Sardines
Salmon (wild/organic/Alaskan)
Tuna
Prawns
Organic chicken breasts

BEANS & LENTILS (TINNED OR DRIED)

Chick peas
Cereal
Cannellini beans
Kidney Beans
Mixed beans
Green lentils
Haricot beans
Butter beans

MILK

Oat milk (Oatly – find in uht/dried milk section of supermarket)
Rice milk
Semi-skimmed milk

CARBS

Porridge oats
Nature's Path Wheat-free
Sweet potatoes
New potatoes (seasonal)
Brown rice
Wild rice
Basmati rice
Rye bread
Wheat-free / Rice pasta

INSPIRATIONAL QUOTES - FOR YOU TO REMEMBER

*"Continuous effort - not strength or intelligence -
is the key to unlocking our potential."*

WINSTON CHURCHILL

*"Everyone's life is under someone's control - it might as well be
under your own so that you can direct your destiny."*

HARRY TUCKER,

SENIOR ENTERPRISE STRATEGY ADVISER - MICROSOFT

*'If you've always done what you've always done,
you'll always get what you've always got.'*

ANON

thank you.

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ANNIE FOULDS ///
FITNESS