



Inverness Boot Camp

Fit 'n' Lean Healthy Eating Guidelines

Not just another diet... a plan for life

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Fit 'n' Lean Guidelines for a Healthy Diet

Most diets fail because they are too complicated or too restrictive. The information contained in the next few pages should not be seen as a diet, as the very word "diet" suggests a short term eating plan undertaken to achieve a goal (usually weight loss), before reverting back to "normal" eating.

How often have you said "I'm on a diet"?

The nutritional guidelines given here do incorporate a number of principles found in different "diets", but are put together in a way which is more realistic and sustainable in today's environment. It is entirely possible to eat healthy, nutritious and satisfying foods without giving up everything you love, and yet reaching your ideal bodyweight and improving your overall well-being.

The first and most important principle is to get back to nature, cutting out as many processed and refined foods as possible. If we all ate the way our ancestors did hundreds of thousands of years ago the world would be a far healthier place. We could eat a steak but not a microwave meal. An apple could be picked and eaten but a low fat cereal bar could not!

We could feast on meat and poultry, fish and shellfish, eggs, nuts, seeds and any of hundreds of fruit and vegetables.

Allowing for cooking, it is possible to eat this way now and many people do, but for most of us it's not totally practical. So we use a tool called the Glycemic Index to initially determine how foods affect us when we eat them, and which refined foods might be the better option. Unsurprisingly we find that the more refined foods generally have a more detrimental effect on our bodies.

Finally we consider how meal timing affects us. It has been shown, and it seems common sense to me, that our bodies can tolerate more high energy, sugary foods directly after an intense exercise session while our muscles are being repaired and replenished, than after a day sitting on the sofa. So I would suggest we take advantage of that and eat accordingly.

We don't need to count calories, add up points or constantly refer to tables every time we eat, and we are not eliminating entire food groups. By following a few simple principles we can very quickly develop a healthy eating plan which is easy to follow and easy to adapt to your daily activities.

The Glycemic Index

Foods containing carbohydrates will break down into sugars when they are digested in the body. The Glycemic Index (GI) is a measure of how quickly different foods break down into sugar (glucose) and get absorbed into your bloodstream.

When glucose is released into the bloodstream the body produces insulin to transport the glucose to where it is needed, in particular the muscles and brain, and to the liver for storage as a source of energy. Any excess glucose is then stored away in our fat cells.

When large quantities of glucose enter our bloodstream large amounts of insulin are released to clear it away. Unfortunately this has a number of negative effects on the body. Firstly, this level of insulin clears the glucose quite quickly leaving an excess of insulin circulating in the system and levels of glucose which are now too low. This leads to a heightened level of hunger and the desire to eat more carbs.

Now high levels of glucose have been deposited in the fat cells leading to weight gain. If this happens frequently enough the excess insulin can also have a damaging effect on the cells which normally respond to it. Because they are being constantly flooded with insulin they become less sensitive to it, or insulin resistant, so more and more insulin has to be released to have the same effect.

It is this insulin resistance, high levels of insulin in the bloodstream and the continual consumption of too much sugar (carbohydrates) which are harmful to the system and can eventually lead to Type II diabetes, premature aging, heart disease and some cancers.

High GI foods are those whose sugar is rapidly broken down and absorbed into the bloodstream and should therefore be avoided. Low GI foods cause a slow and steady rise of blood sugar levels, leading to a lower and safer level of insulin release. This can aid weight loss and help avoid the onset of diabetes and other related health issues.

Glycemic Load

The Glycemic Index is a very useful tool but it doesn't take into account how much carbohydrate is in a particular food and so can give somewhat misleading results. The GI of 10 grams of a particular food is the same as 100 grams of the same food.

Glycemic Load (GL) takes into account the GI of a food but also how much carbohydrate (sugar) is in a typical portion. This gives a more reliable indicator of how the body will be affected as the food is digested.

For example, water melon has a very high GI at 72 but as the fruit is mostly made up of water there is very little carbohydrate in a portion. In order to get a significant amount of sugar from it you would have to eat the whole water melon! The GL takes into account that a typical portion would only be one slice, so the Glycemic Load is

very low at only around 4 and eating it will not cause a huge spike in blood sugar levels.

White rice also has a GI around 72 but because it is a starchy carb with high levels of carbohydrate in it the GL of a typical serving is a massive 30. This means a lot of sugar getting into the bloodstream very quickly with the negative consequences already mentioned.

The GL is calculated by multiplying the GI by the amount of carbohydrate in grams of a portion and dividing by 100.

$$GL = (GI \times \text{carb g}) / 100$$

Use the tables provided and www.glycemicindex.com to find out the Glycemic Load of your favourite foods.

<u>GLYCEMIC INDEX</u>		<u>GLYCEMIC LOAD</u>	
High	70+	High	20+
Medium	55-69	Medium	11-19
Low	<55	Low	<11

Putting it into Practice

Protein and fats, having no carbohydrates, measure zero or very low on the Glycemic Index and do not cause spikes in blood sugar levels. These can be eaten freely, bearing in mind they still contain calories so over indulgence will still lead to weight gain! Everything in moderation.

Pure glucose has a GI of 100. Foods with a GI over 70 are considered high GI, those below 55 are considered low.

A serving of food with a GL over 20 is considered high, and a GL under 10 is low.

In order to achieve a balanced diet conducive to good health and fat loss one should eat moderate portions of protein and healthy fats together with low GI and low GL carbohydrates (typically lots of fruit and veg).

For a quick and healthy kick start to your new fat loss program eat only below 45 GI and below 10 GL, keeping your total daily GL below 80, for 7 days. These are your GREEN days. (When you study the GI/GL table you may notice that some of the starchy carbs such as oats and wholegrain breads are marked as green options. While these are definitely the healthier choice in small amounts, you should consider restricting all cereals, grains, breads, pasta and white potatoes from your GREEN meals)

After this, on the days on which you exercise, you may add some higher GI foods whilst limiting the portion sizes to keep the Glycemic Load down. These will be the starchy carbs which should be eaten mainly in the morning when your body is more insulin sensitive, or at the meal closest to your exercise session, when the insulin will carry more of the sugar directly to your muscles to replenish them. These are your YELLOW days.

I would also recommend at this stage, once a week to eat *anything*. Have a day where anything goes BUT don't stuff yourself or over indulge ("RED" days). This "cheat" day will have a twofold benefit. Firstly it will remind your body that you are not starving yourself. Your metabolism will get a kick start and the fat burning process will continue. Secondly, you are telling yourself that nothing is off limits. You only have to be strict for a few days then you can have all your favourite treats ☺. This psychological benefit is *so* important because this is the start of a new healthy lifestyle, NOT just another "diet". Most diets fail in the long run because they are too complicated or too restrictive.

Are the Fit'n'Lean guidelines too complicated? Not once you grasp the principles behind them. By eating low GL meals you will find you are eating a far more natural diet. A lot less sugar and fewer processed and refined foods. By filling your plate with vegetables and adding a portion of lean protein together with a small amount of healthy fats you will also find your calorie intake is reduced, a necessity for fat loss.

This is NOT a low carb diet. Vegetables and fruit are natural healthy carbohydrates, and wholegrain, starchy carbs are allowed in limited amounts.

By studying the Glycemic Index for just a couple of weeks you will quickly learn which of the foods you regularly eat and enjoy have an acceptably low Glycemic Load, and which ones you could start to substitute because they are holding back your fat loss efforts. No more counting calories, no counting points and no impossibly restrictive rules.

ALCOHOL!! Unfortunately alcohol is a major sticking point for many people, and it will have a massive effect on your weight loss goals. The occasional glass of wine or couple of beers will not ruin everything, however that does NOT mean every day, and a big session every weekend will definitely sabotage your efforts. If you are not yet ready to seriously cut down on the booze then you must accept that it will be a while before you reach the body of your dreams.

You now have in your hands all the information you need to achieve your fat loss goals. It won't happen overnight as you could have years of destructive eating habits to account for, however a commitment to improving your diet together with a sensible exercise plan WILL do amazing things for you.

Fit 'n' Lean Daily Summary

AM Boot Camp (Intense Exercise) Days [YELLOW] Except for Week One

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5

PM Boot Camp (Intense Exercise) Days [YELLOW] Except for Week One

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5

No Boot Camp (No Intense Exercise) Days [GREEN]

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5

Cheat Days [RED]

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5

On your cheat days you are free to eat what you want but don't go mad. Perhaps a couple of meals eating your favourite "bad" foods, but being a little more conservative the rest of the day. Remember that spoiling yourself does not mean over-indulgence.

Fit 'n' Lean Weekly Summary

Week One

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp		Boot Camp		Boot Camp		

To give your diet a good kick start try and make Week One a totally "Green" week. Cut out the starchy carbs totally but eat plenty of fruit and veg, good proteins, and don't forget your body also needs a supply of healthy fats.

Weeks Two to Four

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp		Boot Camp		Boot Camp		

In Week Two reintroduce some of the healthier (whole grain) starchy carbs in small quantities when your body is most receptive to them i.e. early in the morning or after an intense exercise session ("Yellow" days).

You may also introduce your cheat day ("Red"). It doesn't matter which day of the week this is, it can be adjusted to fit your schedule e.g. meals out, parties etc. However your "Red" day should ALWAYS be followed by a good strict "Green" day.

Glycemic Load Tables

Daily Load	Total	Index - GI	Glycemic Load
Low	80	55 or less	10 or less
Medium	100	56 to 69	11 to 19
High	120+	70+	20+

FRUIT	Serving	Index	Glycemic Load
Apple	1 small	38	6
Apple juice - clear	8 oz	40	11
Apricots - canned, light syrup	1/2 cup	64	12
Apricots - dried	2 oz	31	9
Avocado	2 tbs	0	0
Banana	1 small	52	13
Blackberries			
Blueberries	100g	53	5
Canned fruit cocktail	1/2 cup	52	9
Cherries	1 cup	63	3
Cranberries - dried	1 1/2 oz	64	19
Cranberry juice cocktail - Ocean	8 oz	52	16
Dates - dried	2 oz	45	18
Figs	60g	61	16
Grapefruit	1/2 large	25	3
Grapefruit juice	8 oz	48	9
Grapes	1/2 cup	53	4
Kiwifruit	1 med	53	6
Lemon			
Lime			
Orange	1 small	43	5
Orange juice - fresh	8 oz	50	9
Orange juice - from concentrate	8 oz	53	9
Papaya	120g	60	17
Peach	1 med	42	5
Peaches - canned, heavy syrup	1/2 cup	58	9
Peaches - canned, natural juice	1/2 cup	45	4
Pear	1 med	38	4
Pineapple	3/4 cup	59	6
Pineapple juice	8 oz	46	16
Plum	1 med	39	5
Prune juice	8 oz	43	13
Raisins	2 oz	64	28
Raspberries			
Strawberries	120g	40	1
Watermelon	3/4 cup	76	4

VEGETABLES	Serving	Index	Glycemic Load
Artichoke	1/2 cup	<15	0
Asparagus	1/2 cup	<15	0
Beetroot	1/2 cup	64	5
Broccoli	1/2 cup	<15	0
Carrots - cooked	1/2 cup	41	2
Carrots - raw	1/2 cup	16	1
Cauliflower	1/2 cup	<15	0
Celery	1/2 cup	<15	0
Courgette			
Cucumber	1/2 cup	<15	0
Eggplant	1/2 cup	<15	0
French fries	5 oz	76	22
Green beans	1/2 cup	<15	0
Green peas	1/2 cup	48	3
Leek			
Lettuce	1/2 cup	<15	0
Mangetout			
Mushrooms			
Onions			
Parsnips	1/2 cup	97	12
Peppers	1/2 cup	<15	0
Potato - baked	1 med	77	14
Potato - boiled, white	1 med 5 oz	77	23
Potato - mashed	3/4 cup	88	18
Potato - new, canned	6 small 5 oz	65	12
Pumpkin	80g	75	3
Radish			
Snow peas	1/2 cup	<15	0
Spinach	1/2 cup	<15	0
Squash	1/2 cup	<15	0
Swede	150g	72	7
Sweet corn	1 med ear	48	8
Sweet potato	1 med	46	11
Tomato	1/2 cup	15	0
Yam	1 med	37	13
Zucchini	1/2 cup	<15	0

BEANS	Serving	Index	Glycemic Load
Baked beans	1/2 cup	55	9
Beans - refried	1/2 cup	45	8
Black beans - boiled	3/4 cup	30	5
Black-eyed peas	3/4 cup	42	12
Chick peas - Garbonzo beans	1/2 cup	40	9
Kidney beans - canned	3/4 cup	52	7
Lentils	3/4 cup	26	5
Lima beans - baby, frozen	1/2 cup	32	10
Navy beans	1/2 cup	33	7
Pinto beans - canned	1/2 cup	45	8
White beans	1/2 cup	38	10

GRAINS	Serving	Index	Glycemic Load
Basmati rice	3/4 cup		
Brown rice - boiled	3/4 cup	66	18
Brown rice - quick	3/4 cup	80	31
Bulgur	1/2 cup	48	12
Couscous - boiled	3/4 cup	65	16
Long grain rice	3/4 cup	50	23
Rice - instant	3/4 cup	87	29
White rice	3/4 cup	56	18
Quinoa	3/4 cup	53	15

BREADS	Serving	Index	Glycemic Load
Bagel	1 small	72	25
Bread stuffing mix	1/2 cup	74	16
Graham crackers	1 oz	77	14
Hamburger bun	1 bun	61	18
Kaiser roll	1 roll	73	24
Melba toast	1 oz	70	16
Multi grain bread	1 slice	43	6
Oat bran and honey bread	1 slice	45	7
Pita bread	1 pita	57	10
Pumpernickel	1 slice	50	5
Raisin bread	1 slice	63	11
Rye bread - seeded	1 slice	51	7
Sourdough wheat bread	1 slice	54	8
Sourdough rye bread	1 slice	48	6
Stoned wheat thins	1 oz	67	12
Taco shells - corn	2 shells	68	8
White bread	1 slice	71	10
Whole grain bread	1 slice	50	7
Whole wheat bread	1 slice	71	9
Wonder bread	1 slice	80	12

PASTAS	Serving	Index	Glycemic Load
Cheese tortellini	6 oz	50	10
Whole wheat spaghetti	1 1/4 cup	42	16
Fettucine	1 cup	40	18
Macaroni	1 1/4 cup	47	18
Spaghetti - white	1 cup	44	21
Linguine	1 cup	52	23
Macaroni and cheese	1 1/4 cup	64	32

SNACKS	Serving	Index	Glycemic Load
Almonds	2 tbs		1
Cashews	2 tbs	22	2
Chocolate - milk	1 1/2 oz	45	13
Chocolate - dark, plain	1 oz	41	8
Corn chips	1 3/4 oz	42	11
Egg - hard boiled	1 egg	0	0
Graham Crackers	1 oz	74	14
Jelly Beans	1 oz	80	22
Life Savers	1 oz	70	21
M&M's - Chocolate peanut	1 oz	32	6
Peanut butter - natural	2 tbs	14	1
Peanuts	2 tbs	14	1
Pecans	2 tbs	10	1
Popcorn	2 cups	72	8
Crisps	1 3/4 oz	54	10
Pretzels	1 oz	83	16
Skittles	1 3/4 oz	70	32
Snickers bar	2 oz	40	15
Walnuts	2 tbs		1

BEVERAGES	Serving	Index	Glycemic Load
Coke - regular	12 oz	53	21
Cranberry Juice cocktail - Ocean	8 oz	52	16
Gatorade	8 oz	78	12
Lemonade	8 oz	54	15
Milk - fat free	8 oz	32	4
Milk - 2%	8 oz	30	4
Orange juice - fresh	8 oz	50	9
Orange juice - from concentrate	8 oz	53	9
Slim Fast - can	11 oz	39	15
V8 Vegetable juice	11 1/2 oz	45	7
Water	8 oz	0	0

CEREALS	Serving	Index	Glycemic Load
All Bran - Kelloggs	1/2 cup	34	5
All Bran Fruit and Oats	1/2 cup	39	7
Bran Flakes	3/4 cup	74	13
Cheerios	1/2 cup	74	20
Corn Flakes	1/2 cup	84	20
Corn Pops	1/2 cup	83	21
Cream of wheat - instant	1/2 cup	74	22
Doughnuts	1 glazed	75	20
French toast - white bread	1 piece	69	13
French toast - whole grain bread	1 piece	62	6
Grape Nuts	1/2 cup	67	15
Grape nuts flakes	1/2 cup	80	15
Muesli	1/4 cup	43	7
Pancakes	1 pancake 6"	67	15
Porridge oats	1/2 cup	48	9
Puffed wheat	2 cups	74	17
Raisin Bran	1/2 cup	73	14
Rice Krispies	1/2 cup	82	22
Scones	2 oz	92	16
Shredded Wheat	1/2 cup	75	15
Special K	1 cup	54	11
Waffle	1	76	10

Please take a short while to familiarize yourself with these tables. You will quickly see that the simple, natural, unrefined foods (fruit and veg) have the lowest Glycemic Load, and the refined grains, cereals and drinks and snacks with added sugar all have a higher GL. These are the foods which more often than not should be avoided.

You will also see that there are no meats, fish or other proteins on the list as they will be very low in carbohydrates and hence near zero GL. Fats are also not listed for the same reason, and can within reason be eaten at any time.

Each table has space for you to add your own favourite foods. Use the information at www.glycemicindex.com to find the GL values. You only need do this once but it will educate you and keep you on track in the future.

Fit 'n' Lean Healthy Food Sources

Protein	Healthy Fats
Chicken Turkey Ground turkey Salmon Tuna Swordfish Mackerel Sardines Haddock Cod Herrings Trout Crab Lobster Shrimp Prawns Steak Lean beef Lean ground beef Pork Lamb Lean ham Buffalo Venison Turkey bacon Low fat cottage cheese Eggs	Avocado Olives and olive oil Raw nuts Sunflower seeds Pumpkin seeds Cold-water fish Low fat cheese Safflower oil Flaxseed oil Coconut oil Natural peanut butter Fish oils Krill oil
	Starchy Carbohydrates ("yellow" meals) Potato Sweet potato Yams Pumpkin Squash Basmati rice Brown basmati rice Steamed brown rice Steamed wild rice Lentils Couscous Quinoa Whole-wheat pasta Oatmeal Barley Corn 100% whole-wheat bread Whole-wheat tortilla Whole-wheat pita bread High-fibre cereals (All-Bran, Shredded Wheat)
Vegetarian Protein Tofu Tempeh Soy foods Seitan Veggie burgers	

Fit 'n' Lean Sample Shopping List

<ul style="list-style-type: none"> - red / green apples - bananas - strawberries - raspberries - blackberries - pineapple - blueberries - lemons - limes - broccoli - peppers (red, green, orange) - celery - radish - carrots - red onion - dark leaf lettuce - bag baby spinach - mushrooms - tomato - avocado - grapefruit - oranges - granary or 100% wholemeal bread (but try to only eat occasionally) - skimmed milk - cans lentil soup - cans chunky vegetable soup - cans black beans - cans kidney beans - oatmeal (porridge) - raisins (used occasionally when I have porridge or with almonds as a snack) - sunflower seeds - dates (used as a sweet snack) 	<ul style="list-style-type: none"> - Unrefined Celtic Sea Salt or Pink Himalayan Salt - black pepper and any herbs and spices for seasoning - quinoa - couscous - a few baby new potatoes (for emergency potato cravings) - brown / wholegrain or basmati rice (for occasional small portions only) - wholegrain pasta (try a small portion as a side dish rather than a plateful) - any canned fish (avoid fish canned in vegetable oil) - any fresh fish - any frozen fish (not crumbed or battered) - chicken, turkey and any lean meat - any raw nuts - low fat live natural yogurt - low fat cottage cheese - Manuka honey - garlic - rye bread - any frozen vegetables - frozen berries (great for smoothies) - almond butter (or natural peanut butter) - hummus - eggs - guacamole - extra virgin olive oil - virgin coconut oil
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Note that most items are simple, natural foods, not processed or packaged. All fruit and veg is good, along with nuts and seeds, lean meats, fish, eggs, low fat milk and natural yogurt.

Be a bit creative (try low GL recipe books?)

Example; homemade chili con carne with extra kidney beans and a huge salad (no rice needed ☺)

Fit 'n' Lean Breakfast Ideas

1. Bacon and tomato omelette
2. Cheese omelette
3. Fruit smoothie made with milk and fresh fruit and berries
4. Grilled bacon, poached egg and grilled tomatoes
5. Fresh berries/sliced fruit topped with 1 tablespoon low fat natural yogurt
6. Mushroom omelette
7. Scrambled eggs with smoked salmon or bacon
8. Smoked salmon or tuna omelette
9. Swiss cheese, sliced tomatoes and sliced ham
10. Two cheese sticks and an apple or pear
11. Two halves of grapefruit sprinkled with cinnamon
12. Two halves of papaya with freshly squeezed lime or lemon juice
13. Boiled eggs with granary toast (1 slice with a little butter)
14. Reduced sugar beans on granary toast (1 slice)
15. Smoked salmon and cream cheese on granary toast
16. Scrambled eggs on granary toast
17. Sardines (or any fish) on granary toast
18. Poached eggs with tinned tomatoes on granary toast
19. Porridge oats with chopped fresh strawberries
20. Granary toast with cream cheese, ham and tomato
21. Granary toast with peanut butter (no sugar added)
22. Melted cheese on granary toast with sliced tomato
23. Small bowl of muesli (no added sugar) with chopped nuts and fresh fruit
24. Melon quarter plus 1 slice granary toast with cream cheese

Fit 'n' Lean Lunch Ideas

1. Any poached fish with salad and dressing
2. Asparagus soup and a small handful of mixed nuts
3. Broccoli and stilton soup
4. Carrot and coriander soup and a hard boiled egg
5. Cauliflower and bacon soup
6. Celery soup
7. Cheese and tomato salad
8. Chicken or turkey salad with olive oil based dressing or low fat mayonnaise
9. Chicken soup
10. Cottage cheese salad with olive oil based dressing
11. Egg salad
12. Fish soup
13. French onion soup (no croutons) and hard boiled egg
14. Ham salad with homemade coleslaw
15. Lentil soup
16. Mozzarella cheese with beef-tomato slices, layered with balsamic dressing
17. Poached eggs, bacon and tomatoes
18. Prawn salad
19. Tomato or tomato and basil soup
20. Tuna or any oily fish with salad
21. Open bacon sandwich. Four rashers of bacon on a slice of granary bread
22. Open cottage cheese and tomato sandwich on a slice of granary bread
23. Baked beans (reduced sugar) on a slice of granary toast
24. Medium sweet potato with choice of filling and a salad with olive oil dressing

Fit 'n' Lean Snack Ideas

1. 2 hard boiled eggs, a few black olives and some chopped veg (carrots, broccoli, celery, tomatoes, peppers etc)
2. Vegetable omelette
3. Fruit smoothie (live natural yogurt, peeled apple, pear, pumpkin seeds blended and topped with ground cinnamon)
4. Crudites (chopped veggies) and guacamole
5. Piece of fruit and a few nuts
6. Chopped raw vegetables dipped in hummus
7. Tuna dip with celery or carrot sticks
8. A few mixed nuts and raisins and a slice of cheese
9. 2-3 slices of turkey breast and a large orange
10. Chopped strawberries and raspberries in low fat natural yogurt
11. 2-3 slices of roast beef and a large pear
12. Small handful of almonds and a slice of melon
13. Natural peanut butter on 2 oat cakes
14. Cottage cheese on Ryvita
15. Cheese on 1 piece of rye bread (avoid blue cheeses)

Foods to Avoid (90% of the time)

- Breads – especially white
- Waffles, pancakes and French toast
- Bagels, muffins, donuts, pastries and cakes
- Pizza and pasta
- Crackers, crisps and rice cakes
- Biscuits
- Popcorn – especially microwave popcorn
- Rice – especially white
- Cereals
- Refried beans
- Potatoes – especially chips and fries
- Food containing corn, wheat or white flour
- Chocolate and other types of sugary sweets
- Ice cream
- Fizzy drinks
- Diet fizzy drinks
- Anything containing high fructose corn syrup (glucose-fructose syrup)

By avoiding the foods listed above you will lose unwanted body fat.