

# NUFIT

## LEAN MENU FOOD PLAN



0861708828 · JPK CENTRE, KNOCKDOE, CLAREGALWAY · [WWW.CLUBNU.FIT](http://WWW.CLUBNU.FIT)

## This food plan gives you three nutrient rich meals a day with healthy snacks in between.

There shouldn't be any long gaps between meals so you always keep hunger at bay. Research suggests that in order to keep metabolism fired up we should eat a meal or snack every 2-3 hours. The duration of this plan is four weeks, if you stick to it and follow the advice you will soon start to see your body composition change dropping inches and pounds!

Before you start its important to know your measurements so you can see exactly how your body is changing. Having someone to help with the hip and chest measurements can help you get a more accurate reading, if this is not possible use a mirror to ensure the tape stays level all the way round. Use inches or cm but just make sure to keep it the same second time round.

These simple measurements will allow you to do this:



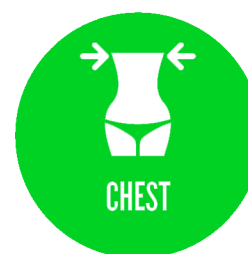
**Jump on a set of scales and see how many kgs or stones you weigh.**



**With a tape measure use your tummy button as a reference point and wrap the tape around your waist.**



**Locate the widest point between your hips and buttocks. Run the tape around and take a reading.**



**Wrap the tape around the widest part of your chest, which is often at the nipple line.**



Remember what time of day you take these measurements because in four weeks time when you look again if you measure at roughly the same time the results will be more consistent.

## Exercise

To help torch fat and build muscle exercise is key! For more info on what you should be doing regarding your training or if you would like to book in for a free session at one of Brightside Personal Training studios email or phone me on: 07746201514, alexyatespt@gmail.com



## No refined sugar and low natural sugar!



Although over the years Fats have been thought to be the most fattening food types we now know sugar is one of the worst culprits. Sugar (sucrose) is made up from Glucose and Fructose, Glucose is vital and almost every cell in our bodies uses it. Very few cells can use Fructose though so if we eat too much it gets transported to the liver where it gets changed to fat. Eating sugar or lots of carbohydrates also raises insulin levels, Insulin is a storage hormone which means the more insulin racing through our blood vessels the more we store our food as fat rather than breaking it down and using it for energy. If this goes on for too long you can become insulin resistant which can result in type 2 diabetes.

## No alcohol or caffeine!

Remember this is just a four-week plan! You don't have to stay dry forever but keeping off the booze for the duration of the plan will speed up your results. When you drink alcohol it gets broken down into fat and Acetate. Acetate is used as a primary energy source, this means rather than burning carbs, proteins and fats we rely on acetate instead. Because we are not using anything other than acetate for energy everything else is instead stored for later as more fat usually around our waist or hips. A recent study found that just having three ounces of alcohol can reduce fat burning by a third! Alcohol and sugar are the most fattening things we consume so in order to see maximum results keep well away!

## Stay hydrated!

Staying hydrated makes it easier to burn fat so make sure you drink water throughout the day aim to drink a minimum of 3 litres, more if you train regularly. You get so many benefits from hydrating properly, if helping burn fat is not enough to persuade you then how about this:

- Better attention and concentration**
- Healthier joints**
- Improved digestion**
- Heat regulation**
- Cleanses toxins from your body**
- Less fatigue**
- Suppresses appetite**
- Increased metabolism**
- Better skin**



Try to drink little and often rather than just downing a pint at a time, too much in one go will just go straight through you!

## Meals

Any of the meals that say "(training day)" have a higher proportion of carbs in. If you train regularly you will need these extra carbs to fuel your body. If you're not exercising you can't use these meals. I would highly recommend doing at least 2 sessions of exercise a week to help torch fat and maintain muscle tone. Use your training day meal for breakfast and lunch but don't have any of the carb dense meals in the evening. Too much carbohydrate makes it much harder if impossible to shift the pounds.



# BREAKFAST

## 2 Poached eggs

with smoked salmon and spinach

**2 medium eggs**

**1/2 tspn coconut oil**

**50g baby spinach leaves, trimmed if necessary**

**A pinch freshly ground black pepper and salt**

**2 slices of smoked salmon (about 75g / 2½ oz)**

Half fill a medium nonstick saucepan with water, and bring to the boil. Place the eggs, still in their shells, into the boiling water for precisely 20 seconds. Remove them carefully with a slotted spoon and turn the heat down so the water is simmering gently. Crack the eggs gently into the water, let them drop to the bottom of the pan and cook for 3 minutes. While the eggs are cooking, melt the butter in a nonstick pan over a medium heat. Add the spinach and sprinkle of salt and freshly ground black pepper. Cook the spinach for 1-2 minutes, stirring until the leaves are wilted. Remove from the pan and place on a plate. Place the salmon on top of the spinach. Remove the eggs from water, drain and place on top of the smoked salmon.

## Porridge with blueberries

**Scotts porridge oats 40g**

**10-15 fresh or frozen blue berries**

**tspn flax seeds**

**tspn ground cinnamon**

Oats slow  
release energy  
and low GL

Cinnamon  
boosts metabolism  
and helps  
burn fat

Put the oats in a saucepan, pour in the milk or water and sprinkle in the cinnamon. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan. For the last minute of cooking add the berries and flaxseed

## Breakfast berry omelette

**1 large egg**

**1 tbsp skimmed milk**

**1/2 tspn of cinnamon**

**1/2 tspn coconut oil**

**50g cottage cheese**

**Handful of chopped strawberries, blueberries and raspberries**



Beat egg with milk and cinnamon. Heat oil in a 20cm non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base. Cook for a few mins until set and golden underneath. There's no need to flip it over. Place on a plate, spread over cheese, then scatter with berries. Roll up and serve.

# BREAKFAST

## 3 scrambled eggs

with grilled tomatoes  
and mushrooms

**3 eggs**

**1 tomato**

**4 mushrooms**

**Sprinkle of olive oil**

**Splash of milk**

**Knob of butter**

**Salt and pepper**



Place a halved tomato and quartered mushrooms on the grill and sprinkle olive oil over. Cook for 5mins under medium heat. Pour a splash of milk into a pan on medium heat with a knob of butter add the eggs and beat together. Turning as the eggs start to cook. Salt and pepper and serve together.

## Lizzie's Granola

40g serving with whole milk

Natural yogurt 100g with 2 tspn of flax seeds,  
1tspn cinnamon and blueberries.



Eggs are particularly rich in the two antioxidants Lutein and Zeaxanthine

## Dippy egg

with one slice of rye toast

**1 large eggs**

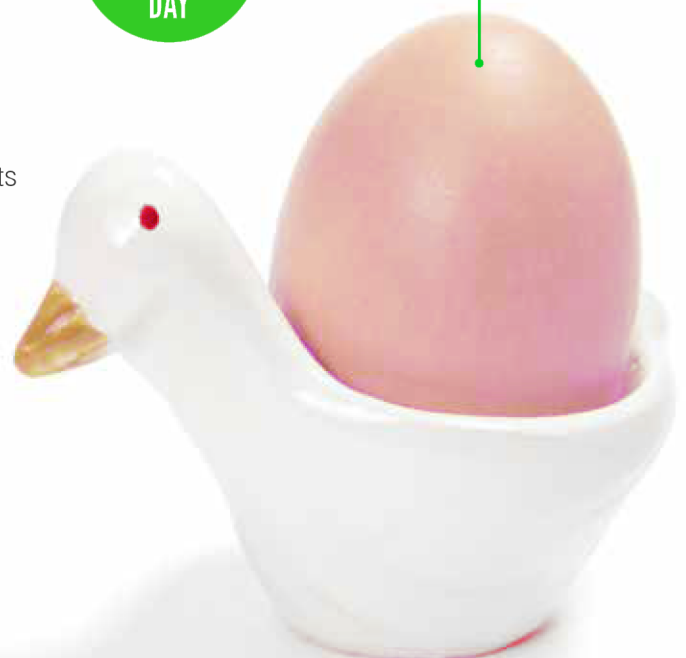
**1 slice of rye toast**

**Salt and pepper**

Place a large egg in a pan of water and just at the water starts to boil start a timer for 2.30 while toasting one slice of rye bread. Butter and cut into strips.



Rye bread lowers insulin response and keeps you fuller for longer



# LUNCH OR DINNER

## Tuna and asparagus salad

**Bunch asparagus**

**100g can yellowfin tuna steaks in water, drained**

**200g can cannellini beans in water, drained**

**Half a red onion, very finely chopped**

**1 tbsp olive oil**

**1 tbsp red wine vinegar**

**2 tbsp tarragon, finely chopped**

Cook the asparagus in a large pan of boiling water for 4-5 mins until tender or if you have a griddle pan griddle instead.

Cut the asparagus into finger-length pieces.

Toss together the tuna, beans, onion, capers and asparagus in a large serving bowl. Mix the oil, vinegar and tarragon together then pour over the salad.



Asparagus is an excellent source of folic acid, and vitamins A, C and K!

## Grilled chicken breast

with roasted squash  
and baby spinach

**100g chicken breast**

**Half a butternut squash cut into 1" cubes**

**Handful of fresh baby spinach (washed)**

Use either precooked chicken or cook on the day. I cook a whole chicken on a Sunday and strip the meat to use for the next few days.

If cooking a breast on the day place in a medium heated griddle pan with a 1/2 tspn of coconut oil. Turn occasionally until cooked through. Place the cubed squash on a tray and cook in an oven at gas mark 6 cook for 40 mins until soft. Throw it all together and either eat straight away or save for the next day. I find it as nice cold as it is hot.



Chicken is packed full of protein and low in saturated fats



# LUNCH OR DINNER

## Chicken quinoa salad

**100g chicken breasts cut into bite-sized pieces**  
**1 tbsp paprika**  
**1 tsp tumeric**  
**50g quinoa (cooked weight)**  
**Coconut oil**  
**Small handful of French beans**  
**1/2 red onion sliced finely**  
**2 spring onions diced**  
**Small handful of coriander sliced finely**

As before use pre cooked chicken if you rather to save time!

In a medium heated griddle pan cook the chicken with the spices and oil until cooked through, cook the quinoa in the chicken stock for 15 mins until tender, adding the beans for final 10 mins. Drain and place into a large bowl with the chicken, toss together. While the quinoa is cooking, heat the coconut oil in a large frying pan and soften the onions for 10-15 mins. Toss the onions into the quinoa with the coriander and some seasoning then mix well with the chicken.



---

## Grilled chicken breast

with mixed salad

**100g chicken breast**  
**Mixed salad, pepper, grated carrot, cucumber, tomato, spinach, avocado, olive oil and vinegar for dressing**

---

## Grilled salmon salad

**100g Salmon**  
**Mixed salad, pepper, grated carrot, cucumber, tomato, spinach, avocado, olive oil and vinegar for dressing**

Place under a grill on a medium heat; cook for 10mins serve hot or cold with the salad.

# LUNCH OR DINNER

## Baked sweet potato with turkey and broccoli

**1 sweet potato**

**100g cooked turkey you can use chicken if you would rather**

**5 florets of broccoli**

Place the sweet potato on a baking tray. On gas mark 5 cook the potato for an hour.  
Boil a pan of water and add the broccoli boil for 5 mins and drain.

## Smoked mackerel and basmati rice salad

**1 fillet smoked mackerel**

**1/4 cup basmati rice or for ease use a 1/4 of a pace of uncle bens micro rice**

**1 small shallot, chopped**

**2 Tspn chopped flat-leaf parsley**

**1 Tspn fresh thyme**

**Salt and pepper**

**Splash of olive oil**

**A handful of assorted vegetables (such as radishes, tomatoes, peas, beans)**

**A handful of mixed leafy greens, sprouts, and herbs**

Cook the rice as suggested by the brand used when cooked drain off. Strip the fish off the skin if desired.  
Add everything to the pan and mix together.



Basmati rice  
the lowest GL  
value of any  
type of rice

## Chinese fish and cabbage

**1 sea bass, or other white fish fillet**

**1 green or red chilli, deseeded and finely chopped**

**1/2 tsp fresh root ginger diced**

**150g green cabbage, finely sliced**

**1 tsp olive oil**

**1 Garlic cloves, diced**

**1 tsp low salt soy sauce**

Sprinkle the fish with the chilli, ginger and a little salt. Steam the cabbage for 5 mins. Lay fish on top of the cabbage and steam for a further 5 mins until cooked through. Meanwhile, heat the oils in a small pan, add the garlic and quickly cook, stirring until lightly browned. Transfer the cabbage and fish to serving plates, sprinkle the soy sauce then pour over the garlicky oil.

# LUNCH OR DINNER

## Veg omelette

**6 asparagus tips**

**4 mushrooms**

**1 tsp of peas**

**Drizzle of olive oil squeeze of lemon**

**3 small free range eggs**

**Knob of butter**

**Pinch of dried mixed herbs,**

**Salt and pepper**

Bring a pan of water to the boil and cook the asparagus tips till tender. Reserving the water, remove the tips and keep warm. Put the peas in the water and bring to the boil, drain and keep warm. Beat the eggs, seasoning with the mixed herbs. Melt the butter in a small pan and add the egg. Move the egg with a fork to cook through till the mix starts to set. Add the mushrooms, asparagus and peas. Cook until the egg is cooked through. Serve with mixed salad.


For a meatier alternative swap any veg for cooked meat (chicken/ham etc).

---

## Grilled fish, chicken or turkey with mixed veg

**1 fillet of fish, 1 fillet of chicken or turkey**

**Mixed veg, broccoli, green beans, spinach, kale**



Broccoli is  
loaded with  
essential nutrients  
as well as  
vitamin C and B

# LUNCH OR DINNER

## Beef chilli

SERVES  
THREE

**1 large onion, chopped finely**  
**2 garlic cloves, crushed**  
**1 red chilli**  
**Half tspn chilli powder (or more if preferred)**  
**2 teaspoons ground cumin**  
**4 teaspoon smoked paprika**  
**1/2 tspn ground cinnamon**  
**1 400g can chopped tomatoes or a carton of passata**  
**400g lean beef mince**  
**400g kidney beans**  
**Handful of chopped mushrooms**  
**1 red pepper chopped**  
**2 carrots finely chopped**  
**handful of chopped coriander**



Fry the onions in the oil and cinnamon until soft and golden, add the chilli and garlic continue to fry for 1-2mins, add all the dry spices cook for 1min, add the mince and cook through, turning constantly. Add the chopped tomatoes or passata and all the veg/beans. Cover with water and simmer for 40mins, season and add coriander.

---

## Tikka chicken kebabs

### Seasoning for chicken:

This can be used at least 4 times. For a change use any white fish.

**1 cup fresh yoghurt (should not be sour)**  
**1 bunch of finely chopped fresh coriander leaves**  
**1 inch ginger**  
**3 cloves garlic**  
**3-4 tsps garam masala**  
**2 red chillies**  
**Half a lemon juiced**  
**1 large onion diced**  
**1 tsp curry powder**  
**1 breast of chicken or a fillet of white fish cut into 1" chunks**

Dice all the fresh ingredients and add to a bowl (quickest in a food processor) then mix in the spices and yogurt. Add the chicken chunks into the bowl and marinade for as long as possible ideally over night. Place the chunks of chicken on skewers and either grill or BBQ until cooked though constantly turning. Serve with a mixed salad



# LUNCH OR DINNER

## Jerk chicken or fish

**100g chicken breast cut into chunks**

**Seasoning:**

This can be used at least 4 times

**3 cloves garlic**

**1 scotch bonnet**

**4 spring onions**

**3cm<sup>2</sup> ginger**

**Large dollop olive oil**

**Half lime**

**Salt and pepper**

**4 t spoonfuls jerk spice**

Garlic helps  
reduce blood pressure  
and cholesterol and also  
is a good source of  
energy boosting  
vitamin B6



Dice all the ingredients and add to a bowl, mix together with the olive oil. Add the chicken and leave to marinade as long as possible (over night is best), Wrap the chicken with the mix in tin foil and cook for 35mins in the oven at gas mark 7. Serve with a homemade slaw (1 grated carrot, 1/4 red onion finely sliced, wedge of cabbage finely sliced, half a lemon squeezed in).

---

## Mackerel salad

**40g green beans**

**40g thin-stemmed broccoli**

**Large handful baby spinach leaves**

**1 smoked mackerel fillets (about 30g), skinned and flaked**

**2 tsp sunflower seeds, toasted**

**Dressing**

**30ml natural yogurt, 1/2 tsp lemon juice 1/2 tsp wholegrain mustard 1 tsp dill, chopped, plus extra to serve**

Boil a pan of water and add the beans and broccoli simmer for 5-10mins. Combine all the ingredients in a bowl and mix together, scatter over the sunflower seeds and add a pinch of black pepper and dill.



Mackerel is  
packed full of  
protein and essential  
oils that help  
brain function

# LUNCH OR DINNER

## Healthy cauliflower base pizza

Olive oil

2 1/2 cups cauliflower, grated (about 1/2 a large head)

1 large egg, lightly beaten

1 1/4 cups shredded part-skim mozzarella cheese

2 tablespoons grated parmesan cheese

Salt and freshly ground black pepper

1/4 cup tomato sauce

1 cup grape tomatoes, sliced in half

2 cloves garlic, sliced

1/4 teaspoon crushed red pepper flakes

Fresh basil leaves, optional



Line a rimmed baking sheet with geese proof paper, and preheat oven. Grate the cauliflower using a box grater until you have two cups of cauliflower crumbles. Place in a large bowl and microwave for seven to eight minutes, or until soft. Remove from the microwave and let cool. mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round on the prepared pizza pan. Spray lightly with nonstick spray and bake for 10 to 15 minutes, or until golden.

Top the pizza with the sauce, 1/4 cup mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving.

## Veg Chilli

SERVES  
THREE

1 large onion, chopped finely

2 garlic cloves, crushed

1 red chilli

Half teaspoon chilli powder (or more if preferred)

2 teaspoons ground cumin

4 teaspoon smoked paprika

1/2 teaspoon ground cinnamon

1 400 g cans chopped tomatoes or a carton of passata

1 200 g cans red kidney beans, drained & rinsed

1 200g can of mixed beans

1 courgette

6/7 florets of broccoli

Half a butternut squash cubed

1 red pepper diced

1 Tbspn coconut oil

Handful of chopped parsley



Fry the onions in the oil and cinnamon until soft and golden, add the chilli and garlic continue to fry for 1/2mins, add all the dry spices cook for 1min, add all the chopped veg and cook for another minute turning constantly then finally add the chopped tomatoes or passata and all the beans, add enough water to cover. Simmer for 30-40mins, season and add parsley.

# LUNCH OR DINNER

## Healthy chicken curry with basmati rice

SERVES  
THREE

**1 tspn mustard seeds**  
**1 tspn cinnamon powder**  
**2 onions diced**  
**3 cloves diced**  
**2 green chillies diced**  
**1 tspn cumin**  
**1 tspn coriander powder**  
**2 tspon turmeric**  
**Salt pepper**  
**4 tomatoes diced**  
**1 can coconut Milk**  
**Bunch coriander**  
**Green beans**  
**6/7 florets of broccoli**  
**Handful of spinach**  
**Splash of water**  
**4-5 chicken thighs**  
**Handful of coriander finely chopped**



Tumeric is known as a super spice for its metabolism boosting properties and being proven to help prevent and fight against cancer

**For a veg alternative swap chicken for chickpeas or red lentils**

Fry the onions with cinnamon in oil for until soft then add Garlic and Chillies cook for 2 minutes then add all the spices, fry until aromatic constantly turning. Add the chicken thighs and brown off in the mix. Pour all the contents into a large pot and add the coconut milk green beans and broccoli cover with water. Place in a pre heated oven at 190 and cook for 35mins. When cooked serve with a sprinkle of coriander on top

---

## Oriental Fish Parcels

**1 plaice, haddock or other MSC-certified white fish fillets**  
**1 pak choi, thickly sliced**  
**2 spring onions, shredded**  
**1 red chilli, thinly sliced**  
**2cm ginger, cut into matchsticks**  
**1 tbsp reduced-salt soy sauce**  
**1 lime juiced**  
**1 tsp sesame oil**

Heat oven to 200C/180C fan/gas 6. Place the fillet in the centre of a large square of foil. Top with the pak choi, spring onions, chilli and ginger, then pull up the edges of the foil. Mix together the soy sauce, lime juice and 1 tbsp of water then spoon a little over each fillet. Place the parcels on a baking sheet and bake for 10-15 mins until the fish is cooked through (this will depend on the thickness of your fish). Open up the parcel and drizzle over a few drops of sesame oil.

# LUNCH OR DINNER

## Almond encrusted fish with mushy peas

**1 white fish fillets**  
**1/2 cup of ground almonds**  
**1 egg**  
**1 tbsp of arrowroot powder**  
**1 tspn of garlic powder**  
**1/2 tsp of coriander**  
**Salt and pepper to taste**  
**Coconut oil**

### **For the mushy peas:**

**1 knob butter**  
**4 handfuls of prodded peas**  
**1 small handful of fresh mint chopped finely**  
**Squeeze of a lemon and some wedges to serve.**  
**Black pepper (ground)**

Heat oil in a large pan. In a medium bowl beat the eggs and add arrowroot, coriander, garlic powder, salt and pepper. Pour the ground almonds in a separate plate Dry fish with a paper towel. Dip it in the egg mixture. Set on top of the almonds and turn, making sure to coat all sides. Pan fry on both sides until golden brown and the fish flakes easily

To make your mushy peas, put the butter in a pan with the peas and the chopped mint. Put a lid on top and simmer for about 10 minutes. Add a squeeze of lemon juice and season with salt and pepper. You can either mush the peas up in a food processor, or you can mash them by hand until they are stodgy, thick and perfect for dipping your fish into. Keep them warm while you cook your fish and chips.





# LUNCH OR DINNER

## Thai curry with basmati rice

SERVES  
THREE

**Any of the following protein foods: 1 small skinless chicken breast cut in chunks, 150g of firm tofu cut into chunks, 120g of peeled large prawns.**

- 1 clove of crushed garlic**
- 1 Tsp of olive oil**
- 1/2 tbsp Thai green curry paste**
- 1/2 lemongrass stalk diced**
- 1-2 kaffir lime leaves, broke in half (if unavailable, use the grated zest of 1 lime)**
- 1/2 a 400ml can coconut milk**
- Couple of drops of Thai fish sauce**
- Handful of coriander, roughly chopped**
- 1/2 lime (juiced)**
- 1/4 of a pack of bamboo shoots**
- 1/4 of pepper cut into chunks**



Heat the oil in a wok or pan. Add the green curry paste and cook over a fairly high heat for about a minute, stirring with the lemongrass. Reduce the heat slightly and stir in the chicken (other protein pieces) and lime leaves until coated in the paste. Add the coconut milk and fish sauce and bring to a simmer, cooking for 20 minutes until thickened slightly. Add the chopped vegetables and simmer for another 5 mins. or until the veg. is just tender. Stir in the coriander and lime juice. Check for seasoning, adding more fish sauce or soy sauce if needed. The curry is now best left to sit for a few minutes so the sauce becomes creamier. You will also taste the true flavours of the curry paste ingredients when it's slightly cooler,

---

## Healthy snacks to use in between meals

- Almonds 10-15**
- Oatcakes (training day)**
- Banana (training day)**
- Pepper sticks**
- Carrot sticks**
- Hard-boiled egg**
- Apple**
- Blueberries**
- Handful of spiced roasted chickpeas**

Place chickpeas on a roasting tray and sprinkle with smoked paprika and garam masala, roast on a low heat for an hour.