

## Nutrition Plan

Proteins	High Calorie Carbohydrates	Low Calorie Carbohydrates	Fats
Mince	Potato	Broccoli	Hard Cheese
Steak	Kumara	Asparagus	Cream Cheese
Ham	Yam	Lettuce	Margarine
Lamb	Squash	Carrots	Butter
Chicken	Pumpkin	Cauliflower	Oils
Turkey	Brown Rice	Green Beans	Egg Yolks
Snapper	White Rice	Mushrooms	
Tuna	Oatmeal	Strawberries	
Salmon	Baked Beans	Spinach	
All Fish	Corn	Tomato	
Crayfish	Fruit	Peas	
Shrimps	Yoghurt	Brussel Sprouts	
Prawns	Brown Bread	Cabbage	
Shellfish	White Bread	Cucumber	
Eggs	Low fat milk	Celery	
Cottage Cheese	Sugar	Onions	
Protein Shakes	Honey	Peppers	
Protein Bars	Cakes	(1 cup of Broccoli = 8 calories)	
Nuts	Biscuits		
Tofu	Chocolate		

(1 Cup of potato = 120 calories)

### A typical New Zealand eating habit

	Carbohydrate (sugar) servings	Protein servings
7.00 am	Cereal & Canned fruit 3	0
10.00 am	Muesli Bar & Coffee 2	0
12.30 pm	Sandwiches 3	0
3.00 pm	Tea & Biscuits 2	0
6.30 pm	Meat & Veges 3	1
8.30 pm	Snack or milo 2	0
Total		1

\* Each meal has more carbohydrates (energy) than you need. Extra energy gets stored as body fat.  
 \* All meals are processed carbohydrate which trigger the release of insulin.  
 \* Insulin turns excess energy (carbohydrates) into body fat.  
 \* Weight gain, low energy, hard to concentrate, crave sweet things and get drowsy in the afternoon.

### Balanced nutrition for fat loss and energy

	Carbohydrate (sugar) servings	Protein servings
7.00 am	Eggs on Toast 1	1
10.00 am	Tuna on Rice Wafers 1	1
1.00 pm	Chicken and Rice 1	1
4.00 pm	Apple and Almonds 1	1
7.00 pm	Steak and Low Cal. Veges. 1	1
8.30 pm	Protein Bar or Shake 0	1
Total		6

\* Each meal has enough carbohydrates (energy) for 3 hours. No excess energy = no stored body fat.  
 \* Even though the carbohydrates are still processed, protein will inhibit the release of insulin.  
 \* 50% Carbs / 50% Protein per meal keeps blood sugars balanced.  
 \* Fat loss, more energy, better concentration, no cravings and more productive afternoons.