

Is diet your downfall? - Part 1

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» Training like a demon but can't stop eating junk? Almost all of us battle the same diet issues, even the seemingly perfect-looking fitness models you see gracing the pages of your favourite magazines.



Nutrition is known to generate up to 80 percent of results, so it is essential to have a good handle on this aspect of your program. In this two-part article, I share with you some tips to make healthy eating easier and much more enjoyable.

YOU NEED STRUCTURE

Have you heard the saying 'failing to plan, is planning to fail?' Without a nutritional plan we drift. Be it a specific plan or just an outline of what each meal should consist of, having nutritional guidelines will help you adhere to a healthy plan. It is particularly easy to eat for pleasure in the world we live in, as we have a million things to accomplish in a day and often food preparation is not high on the priority list. By the time you get home after a long day at work and the gym, you tend to grab whatever you spot first. Make meal planning a priority.

If you prefer to take the guesswork out of it there are people who specialise in designing personalised nutrition and training

programs, such as Ideal Bodies Online. When you have your nutrition plan outline, a simple way may be to draw up a list of quick, easy meals that you enjoy and rotate them. Having something in writing helps when you're hungry, confused and in a hurry. Many of our clients use diet tracking software and before they go to bed and quickly enter in what they plan to eat the next day.

REMOVE ALL FOODS FROM THE HOUSE THAT ARE NOT ON YOUR PLAN

Why be tempted? I understand it's not always possible if you live with others who are determined to ruin their health and continue expanding their own waistlines. However, if you do live alone, or if you can coerce your housemates to agree, removing temptation from eyesight will go a long way in preventing any food binges late at night when you are tired and feel like you just don't care. For now, it's best to save the treats for social occasions.

Some people find it difficult to control portion sizes even of healthy foods

such as nuts or peanut butter. If this is you, remove the offending items from the house until you feel more in control. You can reintroduce these items as your confidence increases. Remember food is an inanimate object and does not control you!

ARE YOU FEELING DEPRIVED?

Let's face it, food and the act of eating is enjoyable. When you enjoy something of course you will find it difficult to give up. It's really important to find healthy foods you enjoy so that you do not feel deprived – after all this should be a lifestyle and not a 'diet'. Good nutrition doesn't have to mean hours of elaborate meal preparation. Some quick and easy recipes

our clients enjoy regularly are Choc Raspberry Crunch, Salmon Caesar Salad, French Toast and Chocolate Toffee shake. Below are small samples.

A good nutritional program should also allow you to eat out without having to sacrifice your healthy meal plans. Many people become stressed when they need to attend dinners or social functions, for fear of ruining their good work. To make it viable long term, your food plan should include everyday foods that you can purchase from the supermarket – easy on prepackaged items and nothing too fancy.

Next issue we continue with more diet tips to boost your training results. ☺

CHOC RASPBERRY

CRUNCH:

MRM Whey Pumped
Dutch Chocolate whey
protein mixed with a
little water to make a
smooth paste
100g frozen raspberries
15 almonds

*Mix together and enjoy!

SALMON CAESAR SALAD

• 100-150g fresh salmon fillet,
• grilled crispy
• 2-3 cups Cos lettuce
• 30g avocado, cubed
• 2 anchovies, drained, chopped
• 2 fat free semi dried tomato
• halves, chopped
• 1-2 tablespoons Weight
• Watchers Caesar dressing
• Sea salt to taste