

FAR FITNESS OPTIMAL NUTRITION

SIMPLE STEPS TO
IMPROVE YOUR
HEALTH AND
ACCELERATE YOUR
FITNESS GOALS



**Thank you for checking out my book
Optimal Nutrition: simple steps to improve your
health and accelerate your fitness goals.**

I am excited to share this life changing content with you, which I have based on over 16 years working in health and fitness. Having worked with people of all ages and sizes, with different goals and nutritional preferences, I have seen a clear pattern in what works and what doesn't. What makes people progress fast vs slow, and most importantly what nutritional habits can last effortlessly for the long-term.

The information in the pages to follow is a summary of recommendations from my findings in this field, and I have created for you a simple to follow, five step formula, that will help you to easily improve your nutrition in a way that will become effortless and can last for a lifetime!

THE 5 PRINCIPLES FOR OPTIMAL NUTRITON

- 01** Just Do It
- 02** Be Wise and Analyse
- 03** Understand Why
- 04** Implement 80%
- 05** Go Further with FAR Fitness

Follow these 5 steps and you will succeed

Want to find out more...?

Read on and enjoy,
Julian



STEP 1

Just Do It

STEP 1 JUST Do It

WE'VE ALL HEARD THE SAYING ...

"FAILING TO PREPARE IS PREPARING TO FAIL"

THIS COULDN'T BE MORE TRUE THAN WHEN IT COMES TO OUR NUTRITION

In order to prepare, we first need to get a better understanding of what we are preparing for... and this requires a better knowledge of what are we eating or drinking too much of, or not enough of, to ensure that we are following a healthy and well-balanced diet.

The first step in getting to grips with your nutrition is to get what I like to think of as a "birds eye view", and the easiest way to do this is to **do a food diary**.

There are loads of useful mobile phone apps that make food dairying so easy now. You can use an app to input data and scan barcodes and food labels, or keep it simple and just record everything that you eat and drink in notes format on your phone, in your diary, or for simplicity [download my free food diary template](#).

Whichever method you choose, start your **7-DAY FOOD DIARY** and just be sure to include:

1. **WHAT YOU EAT AND DRINK THROUGHOUT THE DAY**
2. **THE TIME OF CONSUMPTION**
3. **A ROUGH INDICATION OF THE PORTION SIZE**

TIP:

TO GIVE YOURSELF THE BEST CHANCE FOR SUCCESS IN IMPROVING YOUR NUTRITION. DO NOT SKIP THIS STEP.

FOR THE NEXT 7 DAYS, RECORD EVERYTHING THAT YOU CONSUME AND ONLY THEN MOVE ON TO STEP 2.

**STEP 1
TASK**

**COMPLETE YOUR
7 DAY FOOD DIARY**

JUST DO IT!

Now that you have your food diary, we can begin to optimise your nutrition to achieve your goals.



STEP 2

BE WISE AND ANALYSE

STEP 2 BE WISE AND ANALYSE

ANALYSING YOUR FOOD DIARY IS THE NEXT STEP

TASK

All you need to do now is answer the following questions. Base your answers on the last 7 days.

[Click here](#) to answer online and get an instant report of your results

FOOD SHOPPING MEAL PLANNING AND PREPERATION	Before you did your most recent food shop, did you know 80% or more of what you were going to eat that week?	YES	NO
	Did you have a specific plan of what you would eat and drink each day and when you'd consume each item?		
VARIATION	Did you eat at least 5 portions of fruit and or vegetables each day?	YES	NO
	Throughout the week did you consume a wide variety of plant-based fresh produce? e.g. salads and vegetables of various colours		
	Did you have at least 2 days out of 7 when you did not consume animal products? i.e. No meat, fish, eggs, dairy		
	Did you base your food group quantities for most of your meals on the recommendations of the Eatwell Plate ?	YES	NO

MEAL TIMMINGS	Did you never skip a meal? i.e. you always consumed a breakfast, lunch and dinner (unless intentionally fasting)	YES	NO
	Did you avoid eating any food or snacks within 3 hours of the time you went to sleep?		
PERSONAL REQUIREMENTS & PORTIONS	Do you know exactly how many calories you need to consume each day to achieve your goals?	YES	NO
	Most of the time was your breakfast your largest meal of the day, dinner your smallest and lunch in-between?		
DRINK & JUNK FOOD	Did you drink 2-3 litres of unsweetened fluid each day? (ideally water)	YES	NO
	Did you have less than 3 single servings of the following "Junk foods" in the last 7 days?		
	Less than 3 sugary and savoury snacks?		
	Less than 3 takeaways, ready meals and fast foods		
	Less than 3 alcoholic drinks		
	Less than 3 processed foods		

IF YOU ANSWERED NO

TO ANY OF THE ABOVE QUESTIONS,

DON'T WORRY

YOU HAVE NOW COMPLETED STEP 2 WHICH
WAS TO ANALYSE WHAT YOU EATING.

IF YOU ANSWERED NO
TO ANY OF THE QUESTIONS ABOVE, YOU
CAN FIND MORE INFORMATION ON THE
IMPORTANCE OF THESE KEY AREAS IN THE
SECTIONS TO FOLLOW...



STEP 3

UNDERSTAND WHY

UNDERSTAND WHY THESE 5 AREAS OPTIMISE YOUR NUTRITION

- 3.1** MEAL PLANNING, FOOD SHOPPING AND PREPARATION
- 3.2** VARIATION
- 3.3** MEAL TIMINGS
- 3.4** PERSONAL REQUIREMENTS & PORTIONS
- 3.5** DRINKS & 'JUNK FOOD'



3. UNDERSTANDING WHY

3.1 | MEAL PLANNING, FOOD SHOPPING AND PREPERATION

MEAL PLANNING AND PREPARATION

As I said at the start of this book, **“Failing to plan and prepare is preparing to fail”** and planning your nutrition is essential to ensure that you eat well.

Research has shown that ‘improvised eating’ i.e. grabbing food on the go, on the spot food choices, too many visits to the supermarket and not having adequate supplies at home, all encourage unhealthy nutritional choices.

The key here is to plan your meals before you have them. Like with your food diary task, this will give you a “birds eye view” of what you will be eating in the upcoming days and weeks. Providing an easy way to analyse your food before you eat it.

This method can help you ensure variation across the week, manage your portions and make sure that your meal and snack plans complement your daily activities.

TIP: DON'T START YOUR FOOD SHOPPING WITHOUT KNOWING WHAT YOU PLAN TO EAT DURING THE DAYS AHEAD.



3. UNDERSTANDING WHY

FOOD SHOPPING

Whether you food shop in store or online, what is in your basket at the checkout will determine what goes into your body.

People often neglect the simplicity of this fact, but it's easy... **if you don't buy it, you can't eat it.** It takes willpower and a little bit of planning, but the success you will experience with both your nutritional habits and your shopping bill will be significant.

For simplicity, I recommend food shopping once per week. This is generally a good frequency to ensure that fresh produce lasts and it's a good way to build a routine and habits when shopping on the same day of each week.

From your weekly meal plan, you can now see all the meals and snacks that you will be having in the upcoming week before you shop, and from this you can create your food shopping list with all the ingredients required.

TIP: SET YOURSELF A BUDGET AND DON'T BUY ANYTHING THAT IS NOT ON YOUR SHOPPING LIST!



3. UNDERSTANDING WHY

3.2 | VARIATION

Variation within your diet not only keeps your meals exciting, but it also ensures that you get a wide range of nutrients from the food that you eat. It is easy to always eat the same foods, week in week out, especially when we know what we like.

FRUIT & VEGETABLES

We all know that we should eat more of these, and the benefits are endless! Whether you want to lose weight or gain muscle quicker, have more energy, better skin, improved gut health or to live longer, a diet rich in fruit and vegetables is essential!

You should aim for at least five portions of fruit and/or vegetables each day. More than seven is better and ten or more portions is best!

Not sure what makes for a portion ...? Get more information on [fruit and vegetable options](#) as well as [portion sizes](#).

TIP: EVERY WEEK, TRY TO INCLUDE AT LEAST THREE FRUIT AND VEGETABLE ITEMS IN YOUR SHOPPING THAT YOU DID NOT EAT THE WEEK BEFORE!



3. UNDERSTANDING WHY

REDUCE ANIMAL PRODUCE

Meat, fish, dairy and other animal products can provide the body with a much needed source of protein, but some of which can also be high in fat and other harmful properties, which may be linked to increased inflammation within the body and other health issues. Therefore it is better to eat these foods in small amounts, if at all.

At the time of writing this book, I eat meat, fish, dairy and other animal products and I love many of these foods. I am not encouraging a strictly vegan or even vegetarian diet, but I now eat nowhere near as much animal produce as I used to. The key here is to reduce and moderate.

I lead a very active lifestyle, so consuming enough protein is extra important for me. I now try to eat the best types of protein predominantly from plant-based sources in the right quantities for my body and my goals.

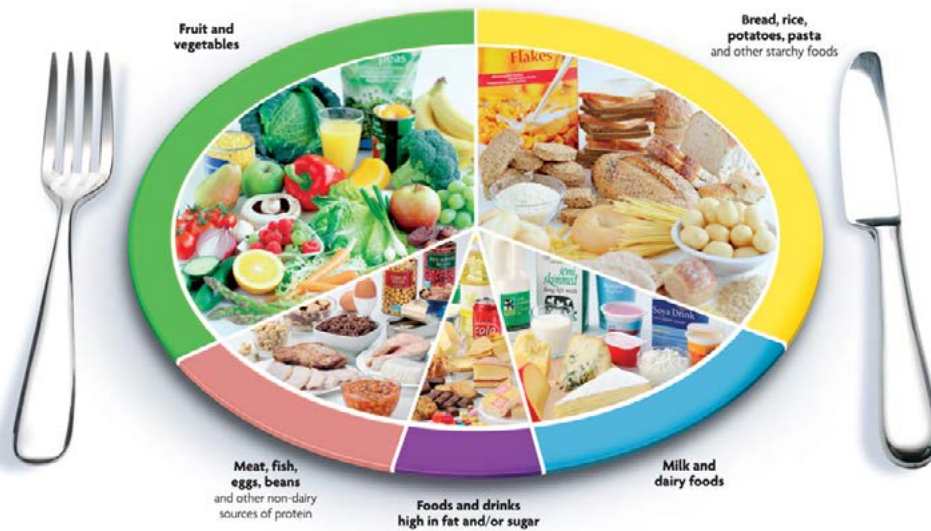
I have significantly reduced my consumption of all animal based products, generally having white meat or fish 2-3 times per week and dairy products very rarely.

I also often have plant-based food only days! Doing so has had numerous benefits for me and many of my members too.

GIVE IT A TRY!

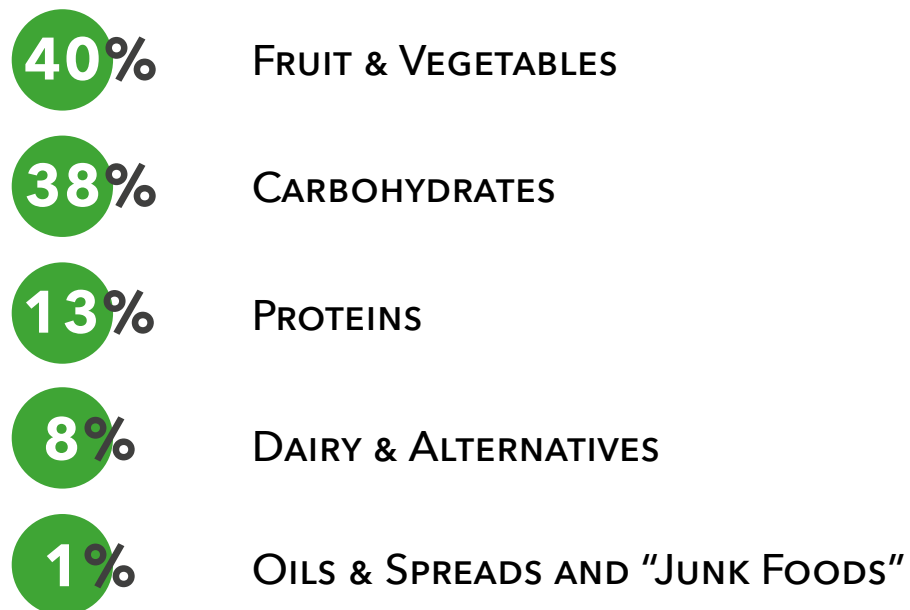
EATWELL GUIDE

The Eatwell Guide is by no means the perfect solution for all, but in most cases it provides a good indication of food variation as well as how much of what we eat could come from each food group.



(Image BBC.co.uk)

THE FOOD GROUPS AND RECOMMENDED QUANTITIES ARE:



You can use these recommendations to assess your daily and weekly consumption of each food group, but also to assess your quantities of each food group within individual meals.

(Approximate intakes Eatwell Guide gov.uk)



3. UNDERSTANDING WHY

3.3 | MEAL TIMINGS

Meal timings simply refers to when we eat. Given our life and work commitments, it's not always so easy to eat exactly when we should, but a little planning and preparation can make doing so easier than you think.

BELOW ARE MY 5 TOP TIPS TO OPTIMISE YOUR MEAL TIMINGS:

I Do

I DON'T

- 1 Always eat a breakfast, lunch and dinner with healthy snacks in-between
- 2 Eat regularly - every 2-4 hours. Avoid going long periods during the day without eating anything
- 3 Eat your first meal within an hour of waking up (unless intentionally fasting)
- 4 Eat your last meal at least three hours before going to sleep
- 5 Plan and align your meal timings with your daily commitments



3. UNDERSTANDING WHY

SKIPPING MEALS

We've all heard the saying that "breakfast is the most important meal of the day" and this is true for so many reasons!

Breakfast replenishes stores and boosts energy after an overnight fast, it can also provide the body with essential nutrients required for good health. Having a nutritious breakfast can help to kickstart the metabolism and reduce the overconsumption of bad calories throughout the day.

The above are all important reasons why we should always have breakfast and there are so many more benefits for not missing this meal.

I strongly believe that what is even more important is the habit of simply having nutrition high on your agenda, especially soon after you wake up. The act of having breakfast and your morning mindset alone, can help to set you up for a series of nutritional successes as the day continues.

Short-term or intermittent fasting can be beneficial if performed in a safe and effective way. This is a complex topic and one that I cover in detail in my Online Nutrition Course.



3. UNDERSTANDING WHY

TIMING YOUR MEALS

Once you've had a healthy breakfast, be sure to continue the trend with a nutritious lunch and dinner, ideally at equal intervals. Start your day with a glass of water, followed by your breakfast within one hour of waking up.

Have dinner, or your last meal of the day, at least three hours before you sleep.

Once you know the timings for your breakfast and dinner, try to position your lunch directly in the middle of these two meals, and use healthy snacks (such as fruit) to fill the gaps and keep hunger at bay in-between meals.

Plan out every day. If you know that you have a busy day and may not be able to eat at the ideal times, plan accordingly in advance.

Prepare healthy, quick, and easy on the go meals and snacks that will ensure that your nutritional needs are achieved.



3. UNDERSTANDING WHY

3.4 | PERSONAL REQUIREMENTS & PORTIONS

Everybody is different! So, knowing your personal requirements i.e. the quantity of nutrients that you require to achieve your goals, is essential. There is a whole science to this, but for now let's keep it simple and start with just your calories.

Knowing your personal calorie requirements is a good starting point and in my Online Nutrition Course we explore this in more detail. The course also covers your personal requirements for the other macronutrients - proteins, carbohydrates, and fats.

CALORIES

Calories are the bodies' energy currency and are provided to the body in the food and drinks that we consume.
Put simply...

TO LOSE WEIGHT OR FAT = CONSUME LESS CALORIES THAT YOU BURN

TO GAIN WEIGHT OR MUSCLE = CONSUME MORE CALORIES THAT YOU BURN



3. UNDERSTANDING WHY

Use a free and online simple [Basal Metabolic Rate \(BMR\) Calculator](#) to work out how many calories your body needs each day. And then use the information gathered from your food diary to assess where you are in relation to your target.

For a more detailed analysis, you can input your food diary findings into an app such as [MyFitnessPal](#) that will do the hard work for you. And if you have a smartwatch or fitness tracker app you can get a better understanding of how many calories you are burning each day.

"FRONT LOAD" YOUR DAY

The principle of "Front Loading" simply refers to having more at the start of your day and less at the end.

We know that calories provide our body with energy, and physical activity burns calories, therefore, it is important to align our daily calorie requirements with our physical activity (energy expenditure) for the day.

Excess calories consumed that are not burned are stored in the body as fat. And for this reason, it is generally advised to avoid eating large meals close to when you sleep.



3. UNDERSTANDING WHY

HAVE DINNER, OR YOUR LAST MEAL OF THE DAY, WITHIN THREE HOURS OF WHEN YOU SLEEP.

This gives you the best possible opportunity to burn the calories that you consume before you lay dormant for a night's sleep. Eating large meals or excess calories too close to bedtime is one of the most common reasons why people gain weight.

As we burn calories in all the things that we do, it makes sense to reduce our portion sizes and meal calorie density throughout the day.

Make breakfast your largest meal of the day, with the most calories, lunch smaller and dinner the smallest - this method should also apply to the quantity of calories in each meal. Give this a try.

Using an [Activity Tracker App](#) you can get a better understanding of how many calories you are burning each day.



3. UNDERSTANDING WHY

3.5 | DRINKS & JUNK FOOD

These are two key areas that will significantly impact your speed of progress and the overall quality of your nutrition.

DRINKS

Drinking enough water should be high on everyone's agenda. Water consumption and our hydration accounts for a significant part of our overall nutrition and is something that is often overlooked.

The benefits of adequate hydration include; skin health, brain function, mood and energy improvement as well as temperature regulation.

Water consumption can also help to lubricate joints, prevent infection, accelerate nutrient absorption in the body and support fat loss and muscle growth.

TIP: THE AIM IS TO CONSUME 2-3 LITRES OR 6-8 CUPS OF UNSWEETENED FLUID (IDEALLY WATER) EACH DAY

THESE ARE MY 5 TOP TIPS TO HELP YOU DRINK MORE WATER

- 01** **Start your day with a large glass or bottle** of water (approximately 500ml). Prepare this ready for the next day before you go to sleep and have it located somewhere convenient to consume in the morning.
- 02** **Drink a glass** of water with each meal and each snack
- 03** **Make water accessible.** Carry a refillable bottle with you and keep these at convenient locations for your day – at your workstation, in your car, around the house etc.
- 04** **Flavour your water,** for anyone who doesn't like the taste, try to use water enhancers that don't contain unnatural sugars, artificial sweeteners, or other additives that may harm your health. Fruit infuser bottles are inexpensive and simple citrus fruits such as lemon or lime as well as cucumbers, strawberry and kiwi all work well.
- 05** **Set a water reminder.** This can be as a timer or alarm or a frequent daily cue, that also acts as a reminder to drink.



3. UNDERSTANDING WHY

JUNK FOOD

Throughout this book, I've used the term 'Junk Foods' to summarise a range of foods that are generally bad for the body. These are the foods that are deemed to be high in fat, sugar and/or salt, but these ingredients and additives are what often make them taste so good.

We all know mostly what foods are bad for us and these are usually the foods that taste the best. But these are the exact foods which we should minimise in order to optimise your nutrition.

THIS IS BY NO MEANS AN EXTENSIVE LIST OF ALL THE "JUNK FOODS" OUT THERE BUT SOME OF THE MOST COMMON ONES THAT I COME ACROSS WHEN DISCUSSING NUTRITION WITH THE GENERAL PUBLIC.

SUGARY & SAVOURY SNACKS - Sweets, crisps, cakes, biscuits, chocolates, cereal bars, ice cream, sugary desserts, processed sweetened yogurts and smoothies.

READY MEALS - Takeaways and fast foods, microwaved meals, pre-packed ready meals.

BEVERAGES AND CONDIMENT SAUCES - Alcohol, bottled fruit juices and squashes, energy drinks, fizzy drinks, flavoured / sweetened coffees or teas. Sauces - ketchup, may, bbq.

PROCESSED FOODS - Refined bread, wraps and pre-made sandwiches, processed meat or fish and meat or fish in breadcrumbs, sausages, ham, tinned food, cheese, pies, pasties, meat alternatives, margarine, instant noodles, fries, pizza.

**MINIMISE THE CONSUMPTION OF THESE FOODS.
TRY TO CONSUME THEM VERY RARELY!**

We are all human, and we don't have to be super strict with our nutrition all of the time. Consuming these foods in very small quantities is the key and something that we will explore some more in the next section.



STEP 4

**IMPLEMENT AT LEAST
80%**

**NOW THAT YOU
UNDERSTAND WHY
THE 5 AREAS FOR OPTIMAL
NUTRITION ARE IMPORTANT**

- 3.1** **FOOD SHOPPING, MEAL PLANNING
AND PREPARATION**
- 3.2** **VARIATION**
- 3.3** **MEAL TIMING**
- 3.4** **PERSONAL REQUIREMENTS &
PORTIONS**
- 3.5** **DRINKS & 'JUNK FOOD'**

**YOU JUST HAVE TO IMPLEMENT THEM,
MOST OF THE TIME.**

As I mentioned, we are all human and 100% success all of the time is a big ask. My experience has shown that an approximate 80% success rate with the following 10 tips is sufficient and sustainable for significant success.

AT LEAST 80% OF THE TIME IMPLEMENT THE TIPS BELOW

10 TIPS FOR HEALTHIER NUTRITION		I Do	I DON'T
1	Plan all your meals and snacks before doing your food shopping		
2	Start your day by knowing what you will eat and drink that day		
3	Eat at least 5 portions of fruit and vegetables each day		
4	Consume more plant-based products and eat less animal produce		
5	Don't skip meals - have a healthy breakfast lunch and dinner with healthy snacks in-between where needed		
6	Eat something every 2-3 hours and avoid eating within three hours of the time that you will go to sleep		
7	Know how many calories you should consume each day		
8	Reduce your portions and meal calorie density throughout the day		
9	Drink 2-3 litres (6-8 cups) of water each day		
10	Minimise "Junk Food" things high in fats, sugars, and salt		



STEP 5

**GO FURTHER WITH
FAR FITNESS**

It really is that simple...

WHEN YOU ARE CONSISTENTLY ACHIEVING MY 10 TIPS FOR HEALTHIER NUTRITION 80% OF THE TIME YOU ARE READY TO GO FURTHER WITH YOUR FITNESS AND NUTRITION.

I hope that you have found the information summarised within my 5 principles for optimum nutrition helpful.

5 PRINCIPLES

FOR OPTIMUM NUTRITION

- 3.1 FOOD SHOPPING, MEAL PLANNING AND PREPARATION**
- 3.2 VARIATION**
- 3.3 MEAL TIMING**
- 3.4 PERSONAL REQUIREMENTS & PORTIONS**
- 3.5 DRINKS & 'JUNK FOOD'**

By addressing this 5 areas, and then implementing even a few of the 10 tips consistently, I am sure that you will see the positive results that you desire.

THIS BOOK HAS FOCUSED ON THE 'WHY'... 'GOING FURTHER' HELPS YOU TO IMPLEMENT THE 'HOW'

Throughout the chapters I have referred to my Online Nutrition Course, which gives you a deeper knowledge as well as even more practical tips and techniques to excel in all 5 nutritional areas for optimal nutrition.

THE COURSE COVERS

How to easily ensure that your healthy eating habits last for the long-term

How to calculate your macronutrient requirements

How to eat what you like and still achieve your fitness goals

How to Improve your gut health to improve all aspects of your health and wellbeing

Thank you for investing the time in yourself to read this book and completing the accompanying tasks.

If like many others, you'd like to go further with your health and fitness, my gift to you is a reduced rate on my Online Nutrition Course which you can access by clicking the [link here](#).

Check it out to **Go Further** with your **Nutrition, Health and Fitness!**

YOU WILL GET...

More detailed nutritional analysis tools, tips and resources

Practical tips on ways to achieve optimal nutrition success

More information on all areas covered in this book including fasting, fitness specific nutrition and supplementation

Healthy meal and snack ideas that work with your likes, dislikes and lifestyle



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