

ABS

NUTRITION

E-BOOK



CALORIES

Confused about calories? Let's fix that.

Calories, put simply, are energy. They're found in food and drink and are necessary for your survival, despite sometimes being villainized.

We need calories to function, as they provide us with energy to take on each day. Listed on all nutritional information of food packaging, calorie consumption that is too low or too high could eventually lead to health problems.

When looking at your nutrition plan, it's key to make sure you're eating the right amount of calories to suit your goal. Here, we'll talk you through how your body uses calories, how many you should be eating, types of plans you can follow and more.

HOW WE BURN CALORIES

BMR | NEAT | EAT | TEF

Everything your body does requires energy. Running errands, walking, exercising, and even sleeping uses energy to carry out each task. Total Daily Energy Expenditure, also known as TDEE, is the amount of energy the body uses in a certain period of time. Let's break down where calorie expenditure comes from...

Your **BMR** which stands for Base Metabolic Rate, the number of calories required to keep your body functioning at rest.

NEAT, which is Non-Exercise Activity Thermogenesis, including simple daily activity like standing or walking to the kitchen to get a drink and any type of mindless movement such as fidgeting or talking with your hands.

Exercise Activity Thermogenesis, also known as EAT. This is the number of calories you burn when you're purposely trying to break a sweat, for example a session in the gym.

TEF, the Thermogenic Effect of Food is the amount of energy it takes for your body to digest, absorb and metabolise the food you eat.

PROTEIN

What is it? Why is it important?

Essential for growth, repair and maintenance of the body, protein is 1 of the 3 macronutrients and is an important part of a healthy diet.

Made up of chemical building blocks called amino acids, your body uses these to build and repair muscles and bones. This isn't just the skeletal muscle we work out in the gym, it includes smooth muscle such as our arteries and veins, and cardiac muscle which is the type that makes up your heart.

Whether you're aiming to lose weight, add muscle or maintain health, protein is probably the most important nutrient to get right, and you should always aim to hit your protein target daily.

THE 1G FOR EVERY 1LB RULE

As a general rule, aim to have 1 gram of protein per pound of body weight per day.

For example if you weigh 180 pounds, you should aim to eat 180 grams of protein per day.

If you're wanting to shed weight, aim for at least 0.8 grams of protein per pound of body weight, and if you're looking to gain muscle, aim to get 1.2 grams of protein per pound of body weight, from lean sources.

Fuller for longer -

Protein is the most satiating nutrient and helps you to feel full for longer. Eating protein can also be classed as low-level thermogenesis as it's harder to digest and chew.

PROTEIN SHAKE RECOMMENDATIONS

Whey Protein:

appliednutrition.uk/products/critical-whey

Clear Whey:

appliednutrition.uk/products/clear-whey-protein

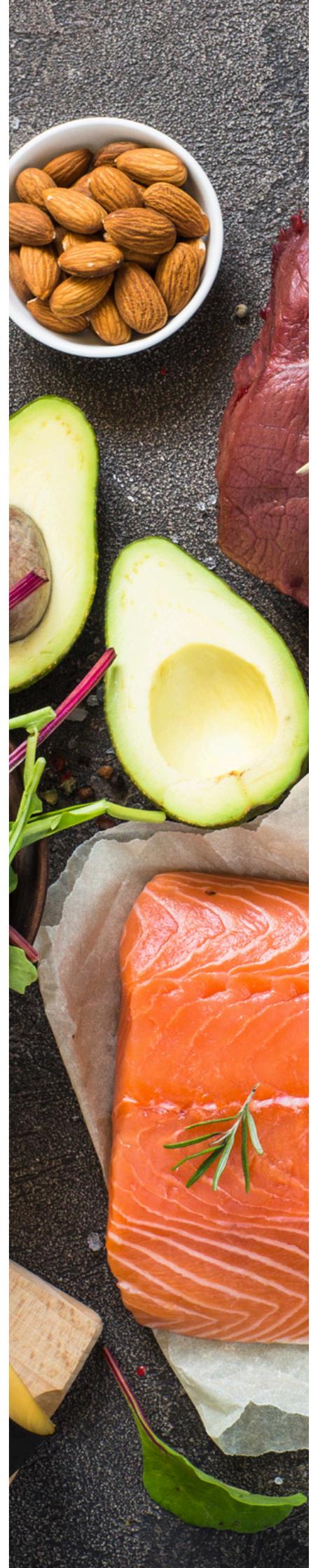
Beef Isolate:

appliednutrition.uk/products/beef-xp

Vegan Protein:

appliednutrition.uk/products/critical-plant-protein-450g

For Applied Nutrition products use the code '**ABS20**' for 20% off their range of products.



PROTEIN

BEST SOURCES | EXAMPLE PLANS | CALORIES IN PROTEIN

Aim to get the best, most complete protein sources in your diet daily.

- Eggs
- Poultry including chicken and turkey
- Red meat, specifically grass fed sources
- Fish including cod, salmon, tuna
- Vegetarian and vegan options, including beans, legumes, nuts, tofu

Here's how to hit your protein target...

As mentioned earlier, aim to eat 1 gram of protein per pound of body weight each day. If you're wondering how this is achievable, here's some examples of daily food plans to help you hit your target...

Example 1 -

Upon waking: Glass of water

Breakfast: 200g Greek yoghurt pot, 50g blueberries

Lunch: 2 tins of tuna, mixed salad, balsamic dressing

Snack: 20g almonds

Dinner: 180g lean turkey mince, cauliflower rice, mixed veg, 1tbs olive oil, all purpose flavouring

Snack: 2 scoops whey protein

Calories: 1227

Protein: 146g

Fats: 34g

Carbs: 80g

Example 1 -

Upon waking: Glass of water

Breakfast: 4 heck chicken sausages, ½ avocado

Snack: 2 scoops whey protein

Lunch: 1 chicken breast, spinach leaves, celery, tomato, peppers

Snack: Naked bar or 20g almonds/cashew nuts

Dinner: 1 steak medallion with garlic, 100g asparagus, 100g broccoli, 1tbs olive oil

Snack: 2 scoops whey protein, 2 rice cakes

Calories: 1800

Protein: 200g

Fats: 70g

Carbs: 80g

The calories in protein

If you're tracking your calories or are on a specific nutrition plan, it's useful to know that protein equals 4 calories per 1 gram. For example, 100 grams of protein would equal 400 calories.



FATS

Choosing healthy fats

Think all fat is bad for you? Think again.

Your body needs some fat from food and good fats are essential for a healthy, balanced diet. Healthy fats are encouraged in your diet, and you should aim to intake around 40-60 grams per day depending on your overall goal and carbohydrate intake.

When planning your nutrition, if you're eating a higher percentage of carbs, cut down on your fats and vice versa to keep your calories on target.

An alternative source of fuel to carbs, fats help regulate certain hormones in the body and aid absorption of certain vitamins and minerals. If you're tracking your calories on a weight loss programme, be careful to limit your intake of fat. This is because fat equals 9 calories per 1 gram, which is more than double the amount that both protein and carbs yield.

TYPES OF FAT

There are a number of different types of dietary fat that we get from our diet, let's take a look at them...

Polyunsaturated fats

High in omega-3 and omega-6, polyunsaturated fats are a type of healthy fat essential in your diet. Predominately found in oily fish like salmon, grass fed dairy and some seeds and nuts, omega-3 is made up of 2 fatty acids called EPA and DHA which play important roles in your body.

Saturated fats

Another type of dietary fat needed to help with the absorption of vitamins and minerals are saturated fats. Although it gets a bad rep in the media, saturated fats are also essential to produce some levels of cholesterol, needed for hormones like estrogen and testosterone. Saturated fats can be found in fatty cuts of meat.

It's important to keep in mind that a diet very high in saturated fat can lead to health implications later on in life, as too much of the bad cholesterol can block up arteries and cause various other problems.

Monounsaturated fats

Equally as important as polyunsaturated, monounsaturated fats are made up of omega-7 and omega-9 which boost cellular health and help improve blood sugar control. You can get these fats from foods like avocados and olives.

Hydrogenated fats

Lastly, the type of fat we want to avoid or limit as much as possible is called hydrogenated fats, including trans fats and preservatives. These are usually found in pastries, frozen junk food, processed snacks, or anything that can be added to food to increase its shelf life. This can wreak havoc with our bodies, especially when consumed in large quantities.

Measure the fats you're consuming

Fats are easy to overeat, so be mindful each time you're prepping meals. Overeating fats can be the difference between a flat or heaped teaspoon of nut butter, overpouring olive oil when cooking or even your idea of a handful of nuts vs. mine. Try to weigh or measure fats out before eating or drinking and it'll help you stick to your calories. Depending on your nutrition plan, it's also best to try and keep your fats and carbs in separate meals.

GOOD FATS

Healthy fats include polyunsaturated and monounsaturated fats, which are good for your heart, cholesterol and overall health.

Get these good fats in your diet...

- Butter
 - Coconut oil
 - Avocado
 - Nuts
 - Nut butters
 - Good quality olive oil
-

BAD FATS

Guilty for weight gain, clogged arteries and increased risk of certain health diseases, try to avoid bad fats such as artificial trans fat and saturated fats.

Here's some examples of bad fats to limit in your diet...

- Vegetable oil
 - Fried foods
 - Shop-bought pastries, cakes, donuts
 - Processed snacks
 - Sweets
-



CARBOHYDRATES

Eat carbohydrates for energy

Found in a wide range of foods, carbohydrates are an essential part of your diet. Their main function is to generate energy, providing the body with glucose which is converted to support bodily functions and physical activity. Just like calories, many people villainize carbs, but they're a key part of nutrition and will help you achieve your goal when utilised properly and not abused. The type of carb you choose to eat plays a big part in the success of your plan.

Do carbs make you fat?

Fundamentally, no! Any macronutrient (protein, fat or carbs) that's eaten in excess, however, will make you fat.

How many carbs should you eat?

Your overall goal will influence how many carbs you should eat a day. For muscle gain, on non training days aim to eat 0.5 grams to 1 gram of carbs per pound of body weight per day. On days you're training, aim to eat 2 grams of carbs per pound of body weight, as you'll require that little bit more energy. If you're on a fat loss programme, cut the carbs to 50-100 grams per day depending on your body type for optimal results.

When should you eat carbs?

This all depends on your goal, but usually, eating carbs after training is best. When you exercise, you deplete your body of things like glucose and glycogenin, which are found in carbs, so consuming them immediately after training is better for you in the long run.

CARBOHYDRATES

Carbs to suit your diet

On the whole, weight loss programmes favour low carb diets as it's a very easy macronutrient to pull out. Both fats and protein serve important roles in your body, so you can't limit them too much, whereas carbs can be removed from your diet and your body will adapt to function on a lower supply. It can be tough sticking to low amounts of carbs correctly, so we recommend starting off on the carb cycle diet to help improve your results.

Typically, the leaner you are, the more carbs you can eat. If you're lean and aiming to lose weight, carbs will help you adhere to your diet and get past sticking points.

The protein-sparing effect

Carbs are also protein sparing, which allows the body to use protein to build, repair and preserve muscle mass rather than using it as a source of energy. Therefore, to gain muscle, it's essential to have carbs in your diet as they're used as the main source of energy, allowing protein to do its job.

Quality matters

Just like protein, keep in mind the quality and type of carbs you're consuming. Some sources of carbs are healthier than others, so choosing non-processed whole grains, rice, sweet potato or oats are much better than options such as white bread, french fries or pastries.

The gluten found in carbs such as pasta and cake can also cause food sensitivities and intolerances in some people. This is due to the body not being able to break down one of the main protein molecules it carries, gliadin, triggering symptoms like bloating and cramps. Again, lower GI carbs such as rice and sweet potato are much better options to avoid intolerances.

Carbs to limit...

- Pastries/baked goods
- Sugary cereals
- White bread/pasta
- Processed snacks
- Sugary drinks

Try these healthy carbs...

- Brown/white rice
- Gluten free oats
- Sweet potato
- Fruit (dark and thin skin e.g. berries)
- Vegetables
- Lentils

The calories in carbs

Similar to protein, carbohydrates equal 4 calories per 1 gram, for example, 100 grams of carbs would equal 400 calories. This is useful to know if you're tracking calories or are on a specific nutrition plan.

OUR GO-TO DIET | CARB BACKLOADING

An approach that encourages you to eat all your carbs later in the day, carb backloading is good for those who can handle carbs well or are looking to build muscle. If you're a beginner to nutrition and fitness, we recommend starting out on the standard 7 day carb cycle, then switch to carb backloading at week 3 or 4 depending on your progress.

BREAKFAST
LOW CARB

LUNCH
LOW CARB

DINNER
HIGHER CARB

What goal does it suit?

Muscle building and fat loss for more carb-tolerant people who are starting to lose body fat from the initial nutrition plans.

What's the diet style?

The idea behind carb backloading is simple. Eat fewer carbs and higher fats at breakfast, lunch and throughout the day, and more carbs and fewer fats at dinner in the evening. This way, you can help manipulate certain hormones in your body, primarily insulin, which enables you to store less fat and build stronger muscles. Eating carbs in the evening can also positively impact sleep due to serotonin release.

For most people, it is easier to eat lower carbs during the day and then have your carbs in your evening meal making this a good plan to follow long term that can fit easily into your lifestyle.

The Template

Day: High protein, low carbs with higher fats

Evening: High protein, high carbs with lower fats

Top tips for carb backloading

- Eat low GI carbs for optimal results e.g. sweet potato, wholegrain rice, oats.
 - Get carbs into your evening meals by adding them to your dinner or make gluten-free oats before bed.
 - Avoid carb sources that contain gluten
 - Eat your high fat protein sources (red meat, oily fish) earlier in the day and your low fat meats/fish of an evening (chicken, turkey, cod etc)
 - Keep your protein constant at 1g of protein per pound of bodyweight per day
-

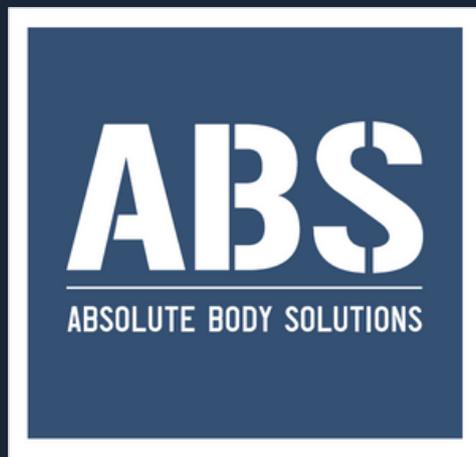
CARB BACKLOADING

EXAMPLE PLAN - FEMALE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON WAKING	- Glass of water	- Glass of water	- Glass of water	- Glass of water	- Glass of water	- Glass of water	- Glass of water
BREAKFAST	- 3 heck chicken sausages	- 200g Greek yoghurt pot - 50g blueberries	- 2 boiled eggs	- 2 bacon 1 egg	- 2 turkey bacon medallions	- 2 heck chicken sausages - grilled mushrooms	- 2 whole eggs, 2 egg whites omelette with peppers, chilli and spinach
LUNCH	- 1 Chicken breast, - spinach leaves, celery, tomato, peppers	- 1 tin of Tuna - Mixed salad, balsamic dressing	- 1 turkey breast - Any green veg	- 1 salmon fillet - 200g green beans	- 150g 5% fat Turkey mince with spinach, pepper and green beans. - All purpose flavour	- 2 whole eggs, 2 egg whites omelette with peppers, chilli and spinach	- 2 chicken sausages, broccoli and green beans - Any low cal sauce
SNACK		- 2 rice cakes	- Nakd bar	- 150g total 0% natural yoghurt			
DINNER	- 1 Steak medallion with garlic, - 100g asparagus, 1 small sweet potato (150g) - 1 tbs olive oil	- 1 sea bass fillet - 125g basmati rice - 100g green beans - 1 tbs olive oil	- 180g beef mince bolognaise - 125g rice	- 1 Steak medallion with garlic, - 100g asparagus, 1 small sweet potato (150g) - 1 tbs olive oil	- 1 sea bass fillet - Parsnips roasted in 10g honey, - 1 pepper, - 200g green beans	- Off plan meal under 800 calories	- 1 chicken breast - 150g new potatoes, pepper, onion, spinach
SNACK	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water		- 2 scoops whey protein with water
CALORIES / PROTEIN / FATS / CARBS	1214 / 161g / 25g / 96g	1222 / 131g / 26g / 118g	1226 / 136g / 36g / 91g	1190 / 130g / 44g / 77g	1210 / 141g / 36g / 79g	400 / 46g / 13g / 26g w/o cheat meal	1206 / 142g / 29g / 160g

EXAMPLE PLAN - MALE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPON WAKING	- Glass of water	- Glass of water	- Glass of water	- Glass of water	- Glass of water	- Glass of water	- Glass of water
BREAKFAST	- 4 heck chicken sausages	- 1/2 200g Greek yoghurt pot - 50g blueberries	- 4 boiled eggs	- 4 bacon 2 egg - or - Smoked salmon	- 2 boiled eggs - 3 turkey bacon medallions with 30g brazil nuts	- 4 heck chicken sausages	- 2 whole eggs, 2 egg whites omelette with peppers, chilli and spinach
SNACK	- Nakd bar	- 2 scoops whey protein	- Protein bar	- 2 scoops whey protein		- Protein bar	- 2 scoops whey protein
LUNCH	- 1 Chicken breast, - spinach leaves, celery, tomato, peppers	- 1 tin of Tuna - Mixed salad, balsamic dressing	- 1 turkey breast - Any green veg	- 1 salmon fillet - 200g green beans	- 150g 5% fat Turkey mince with spinach and green beans - Add all purpose flavour	- Beef slices, tomato, cucumber	- 4 chicken sausages, broccoli and green beans - Any low cal sauce
SNACK	- 150g total 0% natural yoghurt	- 100g cottage cheese, 1/2 scoop whey protein	- Beef slices	- 150g total 0% natural yoghurt - 20g almonds	- 1 scoop whey protein, - 10g cashew butter		- 150g total 0% natural yoghurt - 30g almonds
DINNER	- 1 Steak medallion with garlic, - 100g asparagus, 1 medium sweet potato (250g) - 1 tbs olive oil	- 1 sea bass fillet - 250g basmati rice - 100g green beans	- 1 chicken breast - 60g couscous - Pepper, onion, spinach	- 1 Steak medallion with garlic, - 100g asparagus, 1 medium sweet potato (250g)	- 1 sea bass fillet - Parsnips roasted in 20g honey, - 200g peppers, - 200g green beans	- Off plan meal under 800 calories	- 1 chicken breast - 200g new potatoes, pepper, onion, spinach
SNACK	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water	- 2 scoops whey protein with water
CALORIES / PROTEIN / FATS / CARBS							



ABSOLUTE BODY SOLUTIONS

60 BUCKINGHAM PALACE RD