



bikini
BODY
guide

h·e·l·p·

healthy eating & lifestyle plan

kayla

ITSINES

earn your body

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about the authors

Kayla Itsines

Director

The Bikini Body Training Company Pty Ltd

I began my study in 2008 at the Australian Institute of Fitness. Upon completing the AIF Master Trainer course, I began working at a female-only personal training center in Adelaide, South Australia. Soon after, I started my own business called The Bikini Body Training Company Pty Ltd. and from there it began! After such an amazing response to my business in the first 6 months, I began to build an online presence via Instagram and Facebook that essentially became my blog. This is where I started to upload client transformations, healthy eating ideas and some training tips for all the women I couldn't reach around the world.

In 2012, I also teamed up with my partners company, Fresh Fitness Solutions (founded in 2011), so we could run boot camps in order to service MORE women who wanted our help. It is now 2013 and we pride ourselves on our bikini body training, helpful nutrition guidelines and most importantly, continuing to help our clients achieve incredible, life changing results. Together, we hope to continue bringing life changing experiences to more and more women around the world! Including YOU!

about the authors

Tobi Pearce

Owner

Fresh Fitness Solutions

After winning my first Natural Bodybuilding competition in 2011 (WNBF Light-Heavyweight Division), I decided to study personal training at the Australian Institute of Fitness. This was a secondary study to a double degree in Business and Commerce I had recently been studying.

Competing in bodybuilding at a competitive level made me realise my underlying passion for the health and fitness industry. My transformation from the 60kg classical musician in high school to a 102kg bodybuilder was hugely motivating for not only myself, but as I soon learned my clients and many others too. I used to be under the impression that success with sport, music and education were most valuable to me.

However, I quickly realised that the success of my clients was much more fulfilling and motivating than my own. As my passion for client results grew, I realised that together with my beautiful partner, Kayla Itsines, we could have a positive impact on more women's lives.

h.e.l.p *overview*

Hello and welcome to my H.E.L.P (Helathy Eating & Lifestyle Plan) just for you!

Healthy eating is essential for everyone. I am NOT in the business of promoting exclusionary diets (ie. no ‘carbs’), but I AM in the business of advocating balanced, healthy eating based on the Australian Guidelines for Healthy Eating. These guidelines are publically available and can be readily accessed by visiting www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating.

Based on these guidelines, this eBook has been developed to suit my market of women aged ~16–25 years who want to obtain what we call a “bikini body”. However, to us, a “bikini body” is not a certain body weight, size or look, but rather a state where YOU are confident and feel good about yourself to what it is you want.

Over the past year, Fresh Fitness and I have taken the time to research and write this eBook as the first of two resources for my target market. The information in this eBook is based upon a combination of various research articles (cited throughout) and personal experiences with both my clients and myself. Through the healthy eating advice and recommendations provided, this resource is intended to further educate and assist women (in my market) work toward their goals!

This eBook will cover all of your nutritional requirements and provide you with a foundation of nutritional knowledge. We acknowledge that everyone is an individual. In this way, we wish to be seen as advocates for positive health with a focus on educating our audience and promoting healthy attitudes around the “bikini body” ideology.

Previous experience tells me that you need to focus on all aspects of lifestyle such as eating, training, resting and rehabilitation in order to reach your goals. Using both eBooks in conjunction with each other can help YOU to obtain the best results in the same way many of my clients have!

what is a healthy nutrition plan?



Before starting a “diet” or set of “eating guidelines” you need to understand what it is you are actually getting yourself into.

The content of *my* eBook is filled with both structured and flexible, but nonetheless carefully planned, nutritional foods to help you get the best results possible. These guidelines will help you achieve your goals by eating a variety of ‘**MACRO**nutrient’ foods that fill your ‘**MICRO**nutrient’ requirements.

Based on our own experience, the Australian Guide to Healthy Eating, and the assistance of NPA Pty Ltd., the following



information is designed to help women between the ages of 16–25 achieve their goals regardless of weight, height and activity level. The food portions we have provided are based around the AGHE (Australia Guide to Healthy Eating) and the mentioned recommendations on daily adult energy requirement guidelines. The following section provides some basic advice & recommendations to cover your dietary intake throughout the day. For additional information regarding energy intake and other nutrition queries you may have, we recommend the following websites (publically accessible) to our clients:

www.aihw.gov.au

www.health.gov.au

www.eatforhealth.gov.au

the menu overview

This section provides an example daily menu followed by a section on *Food Groups* and how foods can be prepared to suit your taste! For a more detailed breakdown of the food groups and for information on MACRO and MICRONutrients, please see the education section of this book on page 39.



As per the Australian Guide to Healthy Eating (website provided earlier), all wholesome healthy diets should provide proportionate foods from each of the food groups listed below. In addition, we also need to include a small amount of unsaturated fats and plenty of water. Some example foods from each group include:

Grains – breads, oats & muesli, rice

Vegetables and Legumes – broccoli, spinach, sweet potato, lettuce

Fruit – banana, apple & berries

Dairy – milk, yoghurt & cheese

Lean meat, poultry, fish, eggs & alternatives – such as chicken breast, lean beef and lamb, fish, eggs etc

note:

In my personal experience I recommend spacing meals approximately 2½ – 3 hours apart. This **is not** a strict time allowance but I have found it suits the lifestyles of many women (in my market) and allows them to stay satisfied throughout the day.

Each day your intake needs to include the number of serves required from the food groups listed in the following *Food Group* table. If you are unable to eat all of the serves recommended as set out in the daily meal plans, it is recommended you take a daily multivitamin supplement to prevent any micronutrient deficiencies.

NOTE: Neither NPA nor myself promote the use of multivitamins as a complete replacement, but rather an additional tool that can be used to help meet daily requirements where needed.

BREAKFAST: BOWL OF OATS

½ cup oats

½ cup of low fat milk

10–15g WPI (**protein powder – optional**)

1 cup berry mix

SNACK

½ tbsp peanut butter

2 cups celery & carrot

LUNCH: CHICKEN AND RICE SALAD

¾ cup brown rice

80g cooked chicken

40g low fat cheese

1 cup fresh salad mix

SNACK

1 banana

DINNER:

100g cooked lean beef

½ cup cooked quinoa

1 cup green vegetables

1½ tsp olive oil

40g low fat feta



BREAKFAST: CAFÉ BREAKFAST

- 2 pieces rye toast
- 1 poached egg
- 1 cup spinach & tomato
- 1 regular low fat latte

SNACK

- 1/2 tbsp peanut butter
- 1 cup celery
- 1 apple



LUNCH: HOMEMADE YIROS

- 1 rye/wholemeal wrap
- 80g cooked chicken
- ¾ cup tzatziki (homemade)
- 1 cup lettuce, cucumber & tomato
- plus celery/carrot for leftover tzatziki (optional)

SNACK

- Approximately 20 grapes

DINNER: ROAST LAMB

- 65g cooked lamb; 1½ tsp olive oil
- ½ medium sweet potato
- ½ cup cooked quinoa
- 40g low fat cheese

BREAKFAST

2 pieces rye toast with 2 tsp margarine
1 boiled egg

SNACK: AS SMOOTHIE

2 cups greens (ie. kale, spinach)
100g low fat yoghurt
1 cup berries and 1 banana

LUNCH: WARM VIETNAMESE CHICKEN SALAD

80g cooked chicken
1 cup cucumber & tomato
1 cup cooked vermicelli noodles
1½ tsp olive oil
½ cup mint
½ cup coriander

Dressing: equal parts of fish
sauce & lime juice
¼ tsp brown sugar,
lemongrass & chilli.

SNACK

Regular low fat latte

DINNER

65g cooked lean beef
½ medium sweet potato (mashed)
1 cup green salad mix
40g low fat feta
½ cup cooked brown rice



BREAKFAST: BREAKFAST SANDWICH

- 1 poached egg
- 2 pieces rye bread
- 1 cup spinach, tomato and mushroom

SNACK

- 2 cups chopped mixed fruit salad
- 200g low fat yoghurt

LUNCH: TURKEY WRAP

- 80g turkey
- 2 cups green salad/tomato/cucumber/carrot
- 1 wholemeal wrap

SNACK

- 1 regular macchiato
- 10g almonds

DINNER

- 80g grilled chicken
- 2 cups salad
- 40g low fat feta
- ½ cup cooked quinoa
- 1½ tsp olive oil



BREAKFAST: STACK

½ cup muesli

200g low fat yoghurt

1 cup berries

SNACK

Approx 25g avocado (¼ small avocado)

2 cups fresh green salad

1 tsbp lemon juice & 1 tbsp vinegar dressing

1 regular low fat flat white coffee

LUNCH: SUSHI

½ cup brown rice

100g tuna (drained)

1 cup cucumber



SNACK: *(You can add mango and greens to make a green smoothie protein shake (optional) or have alone)*

1 medium mango

1 x WPI SHAKE (10-15g) in ½ cup low fat milk

DINNER

120g cooked chicken

1½ tsp olive oil

½ cup cooked brown rice

2 cups beans, broccoli and peas

BREAKFAST: SMOOTHIE

2 cups kale & spinach

1 cup watermelon & berries

200g low fat yoghurt

½ cup skim milk

½ cup oats

SNACK

1 pear

LUNCH: COLD ROLLS

2 rice wraps

¼ cup cooked vermicelli noodles

80g cooked chicken

1 cup cucumber

1 cup Mint & coriander

SNACK

1 regular low fat flat white coffee

DINNER: SALMON & SALSA

150g cooked salmon

50g avocado

2 cups tomato, cucumber and red onion

Chives

½ cup brown rice



BREAKFAST: OMELETTE

- 1 cup capsicum and tomato
- 2 eggs
- 2 pieces rye toast
- ½ cup low fat milk

SNACK

- 1 medium mango
- 10g almonds



LUNCH: WRAP

- | | |
|----------------------|---|
| 1 wholemeal/rye wrap | Low calorie dressing |
| 80g sliced turkey | 40g low-fat cheese |
| 2 cups green salad | 100g low fat yoghurt (can be used as sauce) |

SNACK

- 1 cup blueberries / grapes
- 10-15g WPI with 100g low fat yoghurt

DINNER: CURRY

- ½ cup cooked brown rice
- 1 ½ tsp olive oil
- 1 boiled egg
- 2 cups vegetables
- Soy sauce, chilli, lime and garlic

summary

As you can see from the example daily meal plan, there is an amazing variation of food groups, tastes and flavours. There is certainly more to dieting than just chicken and broccoli! Most importantly, this example demonstrates that a healthy balanced diet:

- Can have amazing taste
- Can have amazing variety
- Can have amazing flavour
- Can be flexible and innovative
- Comprises of all the food groups **each day**,
in proportion with the guidelines

As the example daily meal plan suggests, there is plenty of opportunity for flexibility and food substitution. However, **it is important to substitute certain foods for other foods, and not certain meals from one day to another.**

This is because two different lunches may have different serves of food groups, which may interfere with your food group intake for that particular day, thereby over or under consuming certain MACROnutrient foods. For more information of substituting foods, see the section *Single Serve Size Alternatives For Food Groups* next.



single serve size alternatives for food groups

Below is a table indicating how to swap your foods around without disrupting your nutrient intake for the day. **Personal choices** can be **vertically** substituted within the 5 food groups and healthy fats.

For example, in the **Grains** group, ¼ cup of basmati rice can be substituted for ¼ cup brown rice. Similarly, in the **Fruits** group, a medium mango could be swapped for 1 cup of berries.

Grains (cooked values)	Vegetables ~75g vegetable or salad	Fruits	Dairy	Lean meat & alternatives (cooked values)	Healthy Fats (unsaturated)
¼ cup brown rice	½ cup cooked broccoli, spinach, carrots or pumpkin	Approx 150g any fruit, ie:	1 cup low fat milk or soy milk	80g turkey or chicken	2 tsp (10g) polyunsaturated or mono-unsaturated margarine
¼ cup basmati rice	½ cup cooked, dried or canned beans, peas or lentils	1 medium mango	200g low fat yoghurt	100g white fish, crab, prawns, salmon	1½ tsp olive oil
½ cup quinoa	1 cup green leafy or raw salad vegetables	1 cup fresh pineapple pieces	40g low fat cheese	65g kangaroo or lean beef or lamb	25g avocado (approximately 1/8)
¼ cup Hokkien noodles (egg noodles)	½ cup sweetcorn	1 cup chopped watermelon		2 eggs	10g nuts or nut paste, ie:
½ cup wholemeal pasta	½ medium potato, sweet potato, taro or cassava)	5–6 passionfruit		170g tofu	<ul style="list-style-type: none"> • peanuts • walnuts • cashews • pistachios • peanut butter • macadamia
1 slice rye bread	1 medium tomato	1 cup berries		100g drained tuna (approx 150g tinned)	
		1 cup cherries			
		3 figs			

The table on the next page shows the food groups, recommended serves per day and a few example foods that fit each food group.

We must eat **enough** from each of these food groups to assist in developing a healthy body.

This information is not only based on The Australian Guide to Healthy Eating, but also information from other Australian Government websites previously mentioned. Different countries have their own healthy eating guidelines so this information should be used as a guide only.



Food Group	Min serves per day	Sample Serve Sizes (1 serve)
Grains Wholemeal or wholegrain products are best	6 serves	<ul style="list-style-type: none"> • 1 (40g) slice of wholemeal bread or ½ medium roll • 1 slice fruit loaf or raisin bread (or ½ a café slice) • 30 (approx ½ to 2/3 cup) cereal / 2 Weetbix®/Vita-Brits® • ¼ cup (30g) muesli, rolled oats, quick oats • ¼ cup cooked rice, semolina, polenta • ½ cup cooked pasta, noodles, quinoa • 3 (35g) average crispbreads
Vegetables & Legumes	5 serves	<p>Non-starchy vegetables:</p> <ul style="list-style-type: none"> • 1 cup salad – lettuce, cucumber, celery, capsicum, tomato etc. • ½ cup cooked vegetables – zucchini, carrot, eggplant, broccoli etc <p>Starchy vegetables (higher in calories (or kilojoules)):</p> <ul style="list-style-type: none"> • ½ medium potato or sweet potato • ½ cob or ½ cup sweet corn • ½ cup cooked or canned legumes, ie. kidney beans, chick peas, lentils
Fruit	2 serves	<ul style="list-style-type: none"> • 1 medium apple, pear, orange, peach or banana • 2–3 small apricots, plums, kiwi fruit, mandarins, nectarines • A handful of grapes (20 small/medium grapes) • ½ cup fresh juice
Dairy*	2½ serves	<ul style="list-style-type: none"> • 1 cup (250ml) low fat milk or soy milk • 200g tub low fat yoghurt • 2 slices of fat reduced cheese (40g)
Lean Meat & Poultry, Fish, Eggs & Alternatives	2½ serves	<ul style="list-style-type: none"> • 65g cooked lean red meat ie. fillet steak, lamb chops (approx. 90 to 100g raw) • ½ cup lean mince (chicken, beef, turkey) • 80g lean chicken (approx. 100g raw) • 100g grilled or drained, canned fish (150g raw) • 2 large eggs • 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas • 170g tofu
Healthy Fats (unsaturated)	2 serves	<ul style="list-style-type: none"> • 2 tsp (10g) polyunsaturated or monounsaturated margarine • 1½ tsp polyunsaturated or monounsaturated olive oil • 25g avocado (approximately 1/8) • 10g nuts or nut paste
Fluids	8 cups	<ul style="list-style-type: none"> • Water • Tea & coffee in moderation • Herbal tea • NOTE: Please see section on hydration on page before making your choice about complete sources of hydration.

example day

Below you will find an example of a day from the initial meal plan. It is set out here to show you how the foods are chosen to suit the daily requirements for food groups.

Meal Plan	Grain 6 serves	Veg 5 serves	Fruit 2 serves	Dairy 2.5 serves	Meat/ Protein 2.5 serves	Fat 2 serves
2 pieces rye toast	2					
Regular latte				1		
1 poached egg					0.5	
Spinach & Tomato		2				
1 tsp peanut butter						1
1 cup celery		1				
1 apple			1			
1 rye/wholemeal wrap	2					
80g cooked chicken					1	
½ cup Tzatziki				0.5		
Lettuce/cucumber/tomato, plus celery/ carrot for Tzatziki if not eaten in wrap)		1				
20 grapes			1			
65g cooked lamb					1	
½ medium sweet potato		1				
1 tsp olive oil						1
1 cup cooked quinoa	2					
40g low fat tasty cheese				1		

hydration

One of the issues that my clients come across is what to drink and how much.

Your cells require water for healthy function including your brain, muscle cells and digestive system. With lack of water, your body is put into a dehydrated state potentially causing confusion, headaches, loss of strength and fatigue (Popkin, D'Anci & Rosenberg, 2010).

To learn more or find this information please visit:

- Popkin, B. M., D'Anci, K. E., & Rosenberg, I. H. (2010). Water, hydration, and health. *Nutrition Reviews*, 68(8), 439-458.
- www.nrv.gov.au/nutrients/water
- www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Water_a_vital_nutrient

how much **DO WE NEED TO DRINK?**



The recommended fluid intake for most people is 8 glasses of water per day – however, your body's daily fluid requirement can vary from one day to another. If you are planning on exercising that day, spending time outside in the sun or are awake for long periods of time, it is recommended you drink more water.

It is very important that you drink before, during and after exercise as it maintains your hydration and prevents fatigue. Of course, WATER is best to drink – however, below are some low calorie alternatives.

- ✓ Herbal tea (Green, ginger, peppermint etc.)
- ✓ Iced Herbal tea (home made, not purchased)
- ✓ Black coffee (ground beans or instant)
- ✓ Mineral water

These alternatives **are not** to be confused as complete substitutes. It is recommended that you drink water during the day, as some alternatives have additives or chemicals, such as caffeine in coffee. Caffeine can act as a diuretic, which can therefore promote dehydration. The substitution of the 'odd' replacement drink is not concerning but it is recommended that you do make a conscious effort to drink water.

Importantly, in my experience, clients who have given focus to their holistic health (training, eating, and resting) achieve best results. This includes a conscious effort to keep hydrated with water.



cooking *tips*

From my experience with clients, the following tips can also be considered to enhance the taste and variety within a healthy eating plan. While it is acknowledged that kilojoules (Kj) is the metric unit for measuring food energy in Australia, the following section uses calories as it is more commonly used internationally.

low calorie VEGETABLES

The following foods are excellent for filling you up and providing variety and flavour for your meals. These **non-starchy** vegetables are low in calories (or kilojoules) and have little effect on weight gain. Remember, you need at least 5 serves per day from the **vegetable & legumes** food group.

Vegetables and salad are an excellent source of a variety of vitamins and minerals, fibre and antioxidants.

- | | | | |
|-------------------|---------------|-----------------|--------------|
| ✓ Alfalfa sprouts | ✓ Chives | ✓ Mushrooms | ✓ Snow peas |
| ✓ Artichokes | ✓ Cucumber | ✓ Cress | ✓ Sauerkraut |
| ✓ Bamboo shoots | ✓ Eggplant | ✓ Onions | ✓ Sprouts |
| ✓ Bean sprouts | ✓ Endives | ✓ Parsley | ✓ Spinach |
| ✓ Broccoli | ✓ Fennel | ✓ Pumpkin | ✓ Tomatoes |
| ✓ Brussel sprouts | ✓ Garlic | ✓ Radishes | ✓ Turnips |
| ✓ Cabbage | ✓ Green beans | ✓ Shallots | ✓ Watercress |
| ✓ Capsicum | ✓ Kale | ✓ Silverbeet | ✓ Zucchini |
| ✓ Cauliflower | ✓ Lettuce | ✓ Spring onions | |
| ✓ Celery | ✓ Leeks | ✓ Squash | |

Try serving your vegetables as oven baked or steamed. This is a great cooking style, as it requires no oils. Other handy variations include:

Add fresh **parsley** (or rosemary), freshly ground black pepper & a dash of olive oil to your chopped vegetables

Add crushed **tomato & lemon juice** to your oven vegetable mix

Add ground or grated **ginger** to mashed pumpkin, or sprinkle on pumpkin pieces when baking

Sprinkle **nutmeg** on carrots, beans, spinach, pumpkin, cauliflower or peas

Add chopped vegetables to an **omelette** for extra flavour

Marinate vegetables in 2 cloves crushed garlic, 2 tbsp balsamic vinegar, small amount olive oil (1 serve of fat), and fresh basil leaves



fruit mixes & juices

In the following amounts, these fruits are low in calories.

- ✓ ½ cup strawberries
- ✓ ½ cup raspberries
- ✓ 3 passionfruit
- ✓ 1 lime
- ✓ 1 lemon

This means you can consume more of them, allowing you to have larger meals with a greater variety of tastes.

HOW TO MAKE YOUR OWN BASIC FRUIT JUICE:

1. Choose your fruit mix; making sure it suits the serving amounts.
2. Add to blender the following;
chosen fruits, 1 drinking cup of ice and a small amount of water.
3. Blend, serve and enjoy!



how to enjoy **PROTEIN FOODS**

Sometimes protein-based foods such as chicken and beef can be very plain and bland if eaten by themselves. Herbs are a tasty alternative to plain protein-based foods and they can make a huge difference in flavour and meal satisfaction. Below are some suggestions from our clients to flavour meat.

RED MEAT

- ✓ Fresh parsley, mint, grated onion, fresh tomato and garlic (add to mince)
- ✓ Pepper, oregano and garlic (optional)

CHICKEN

- ✓ Chopped onion, garlic, crushed tomato and basil or oregano. Simmer til thick (add to grilled chicken to create a home-made parmagiana)
- ✓ Lime juice, chopped chilli, garlic and coriander with a sprinkle of brown sugar (natural sweeteners also acceptable)
- ✓ Paprika, cayenne pepper, lime zest, coriander powder, All-Spice and chilli (optional) cooked in a small amount of olive oil (oil is equivalent to 1 serve of fat)
- ✓ Salt reduced soy sauce, lime juice and chopped ginger
- ✓ Pepper and oregano

FISH

- ✓ 3 tsp hot paprika, 2 tsp ground cumin, 1 cup parsley, ½ cup fresh coriander, 100ml lemon juice & small amount olive oil (oil is equivalent to 1 serve of fat)
- ✓ Lemon juice, salt reduced soy sauce, honey, grated ginger or garlic, pinch cayenne pepper, small amount of oil (oil is equivalent to 1 serve of fat)
- ✓ Pepper & oregano before cooking, and add lemon juice when cooked.

how to enjoy GRAIN FOODS

Rather than just cooking your rice or other grains in water, you can make your meals far more enjoyable by adding flavour! By adding herbs, spices and stocks, the taste of your meals can completely change without altering your calorie intake!

example: **TASTY RICE OR QUINOA**

1. Wash rice or quinoa until water runs clear (helps remove any excess starch)
2. Dice 1 onion and sauté in your saucepan
3. Add 2 cloves
4. Add washed rice to saucepan
5. Add double amount of chicken/beef stock* (low sodium) to your saucepan
(ie. 1 cup rice = 2 cups stock)
6. Bring mix to boil, then leave to simmer over heat for 12 minutes
7. Turn off and leave to rest for 5 minutes

**You can also use your own homemade stock.*

Other spice alternatives such as turmeric, cumin and paprika can be added to rice during cooking to change colour and add a small amount of flavour.



how to make your own salsa

SALSA VERDE: USE ON ALL MEATS

Recipe (serves 4)

- 1 small onion, finely chopped
- 2 cloves garlic, crushed
- 4 tbsp chopped fresh parsley
- 2 tbsp chopped fresh mint
- 1 tbsp snipped fresh chives
- 1 tbsp capers, drained and chopped
- Small amount of olive oil
- 2 tbsp freshly squeezed lemon or lime juice
- 1 tsp Dijon mustard
- A few drops of Tabasco sauce, or to taste
- Sea salt & freshly ground black pepper



SUMMER SALSA: USE ON ALL MEATS

Recipe (serves 4)

- ¼ small red onion, finely chopped
- ½ avocado (remember to count this as part of your fat serves)
- ½ small cucumber
- 1 chopped tomato
- Add chives and dill to taste
- Mix with lemon juice and a small amount of olive oil.

food hygiene

Food hygiene and safety is something that is important to my clients and myself. Being *food safe* can be described as making a deliberate effort to avoid foodborne illness through the practice of safe cooking and storage methods. For more details on food hygiene, information can be sourced from the following website: www.foodsmart.vic.gov.au/foodsmartweb

Although there are many more, below is a small and basic list of simple ways I have found helpful to keep myself safe.

- Do not store chicken in a fridge for more than 2–3 days. Freeze if wanting to keep for longer.
- Do not store raw meat and vegetables together.
- Always use a separate cutting board and knife for meats and other food.
- Store raw meat at the bottom of fridge to prevent dripping onto other foods.
- Make sure reheated meals are done so thoroughly. Always stir in between heating to make sure heat reaches all food content.
- Avoid leaving homemade fruit juices for longer than 24 hours, especially if multiple fruits have been mixed.



lifestyle changes

One of biggest challenges facing girls in my market is lifestyle. This commonly includes eating out, partying, work events and family celebrations. Hence, two of the biggest barriers surround over-indulgence in food and excessive drinking.

should you have a "CHEAT" MEAL?

A cheat meal is a one off indulgence in food or in drink, once a week.

Many people talk about cheat meals very loosely and are under the impression that they have an impact on your health goal. My understanding is that cheat meals originated from bodybuilding and that they are used to cause a deliberate spike in hormone activity with the goal of sustained fat loss. My experience has shown me that “cheat” meals are not necessary for continued progress. I have had many clients who do NOT have cheat meals and continue to show great progress over prolonged periods of times.

However, when embarking on a new healthy adventure, many people tend to struggle with cravings for favourite foods and/or beverages. As you adopt a food and exercise routine, it is not uncommon to feel unsatisfied from meals or develop strong cravings.

Having a cheat meal once per week has allowed many of my other clients to continue to sustain their progress and healthy lifestyle without over indulging multiple times during the week. For some people, healthy eating and regular training is far outside their normal lifestyle and can prove to be very stressful.

Rather than showing any nutritionally scientific validity for my clients, cheat meals have shown to be an effective way of relieving their psychological stress. In my experience, this has promoted longer term continuation for some of my clients with training and healthy lifestyle management.

CHEAT MEAL GUIDELINES

NOTE: I do not force cheat meals upon my clients. I do, however, keep them sidelined as a tool at my disposal for clients struggling with the lifestyle changes as explained above. What I have provided below is the set of guidelines I provide my clients who feel the need to include this in their weekly regime.

When having a cheat meal, I recommended that you allow a **30-45 minute** window **once** per week. During this window of time, you can have a nice meal that would contain foods outside your normal healthy lifestyle and perhaps more calories too. It is of course recommended that you don't go on a large binge. Please understand that this is a cheat meal and **not a cheat day**. Many of my clients have found that if they eat significantly more than their normal meals' recommended allowance, they feel like they hold a little extra weight for the next 24-48 hours. Whether this is physical or psychological, is hard to determine. No need to worry, as this is very common among my clients!



alcohol

NOTE: Myself, Fresh Fitness and any other endorsees of *Kayla Itsines Health Eating and Lifestyle Plan* do not promote or condone the consumption of any alcohol or recreational drug substance by any means. What is provided below is a small amount of educational information pertaining to alcohol consumption and the consequences for general health. For additional details on alcohol, information can be sourced from the following website: www.eatforhealth.gov.au/food-essentials/fat-salt-sugar-and-alcohol/alcohol

Alcohol is classified as a macronutrient. It consists of 7 calories per gram, meaning that **it contains nearly TWICE as many calories as protein and carbohydrates**, at 4 calories per gram! This means you do not have to consume much to acquire a lot of calories.

In conjunction with the high caloric nature of alcohol, most alcoholic beverages are served with flavoured, carbonated drinks, which increase the calories in each drink. This not only makes it bad for your calorie intake, but the various side effects that come as a result of alcohol consumption are near endless; alcohol poisoning, depression, fatigue, sleep deprivation and vomiting are just a few. Consuming alcohol is not something recommended to our clients.

Although alcohol is a macronutrient, it cannot be stored by the body the same as fats, protein and carbohydrates. The metabolism (breaking down) of alcohol hinders the metabolism of other nutrients such as carbohydrates and fats.



The by-products of alcohol metabolism can be severely detrimental to general health, and more specifically, your liver. Alcohol is essentially a poison, so it does just that, poisons your body. This is not something I recommend for any of my clients at any stage during their lives.

consider the following example:

4 green pulses (energy alcohol drink): **1080 calories**

2 vodka raspberries: **278 calories**

As well as 2 shots of vodka: **138 calories**

This takes your grand total of
calorie consumption for the night to: **1,496 calories**



That's almost 1500 calories just from drinks!

It is quite easy to see how even small amounts of regular alcohol consumption can be largely detrimental to your health goals, as the above example is equivalent to a large portion of what I recommend my clients eat in one DAY!

restaurant food

It is likely that at some stage, whether you like it or not, you will be in a situation where you don't have a prepared meal. This may be at a dinner table, in a restaurant or a friend's house. The choices you make in these situations can be quite important for your health. Just because the food may be prepared in a nice restaurant and tastes great does not necessarily mean that it is great for your goals. Try to follow the same eating pattern you have been provided with. If you are going out for a meal, try and choose a dish that matches with what you would typically eat at that time of the day. Remember your meal macronutrient distribution.

BASIC DINING OUT IDEAS

Breakfast – Most places will serve eggs and rye toast, oats or even muesli if you're at a nice café.

Snack – Fruit salad OR juice as well as a vegetable snack platter would be perfect.

Lunch – There are a lot of choices when dining out at lunchtime. Anything from stirfry, Asian noodle dishes to steak and mash would be suitable. Try and aim to get the same nutrient categories from a home cooked meal. A small serving of meat, fish, or chicken (grilled baked or steamed), a serving of healthy carbohydrates, either sweet potato or a serve of grains (rice, quinoa or pasta) with a generous side of vegetables will suit.

Dinner – Depending on your taste, dinner can be hard. Stick to your rules and aim for protein and quality fat sources; seafood salad or Greek salads are a great start.

Below is a FUN table of how much exercise you need to do to burn up some of those foods you may find yourself naughtily snacking on.

Snack	Size	Calories	Walk	Cycle	Swim	Run
Potato crisps	100g	545	3 hrs	1 hr 40 min	1 hr 20 min	1 hr 5 min
Chocolate bar	60g	270	1.5 hrs	50 min	38 min	33 min
Sausage roll	130g (1 large)	373	2 hrs 5 min	1 hr 9 min	53 min	45 min
Chocolate chip muesli bar	31g	129	43 min	24 min	18 min	16 min
Jelly beans	50g (18 beans)	162	54 min	30 min	23 min	20 min
Blueberry muffin	From coffee shop	447	2.5 hrs	1 hr 23 min	1 hr 4 min	54 min
Ice-cream	2 scoops premium brand	256	1 hr 26 min	48 min	37 min	31 min
Chocolate smoothie	Regular 650ml	446	2.5 hrs	1 hr 23 min	1 hr 4 min	54 min
Dark chocolate	4 squares 40g	210	1 hr 11 min	39 min	30 min	25 min
Chocolate biscuit	2	198	1 hr 6 min	37 min	28 min	24 min
Movie popcorn	36g small	186	57 min	31 min	24 min	20 min
Pizza (Supreme)	1 slice	362	2 hrs	1 hr 7 min	52 min	44 min
French fries	Medium	405	2 hrs 16 min	1 hr 15 min	58 min	49 min
Soft drink	600ml	244	1 hr 22 min	45 min	35 min	30 min
Red wine	150ml 1 glass	119	40 min	22 min	17 min	14 min
Vodka shot	30ml	69	23 min	13 min	10 min	8 min
Green pulse	2 x 300ml	538	3 hrs	24 min	18 min	16 min
Vodka raspberries	2 x 275ml	274	1 hr 31 min	51 min	39 min	33 min

** Keep in mind, all calorie burning time allowances are **approximates** and are calculated for a low-moderate intensity.

education *section*

For more information please visit these books and websites where some of this information can be found:

1. Ball, MJ, Wahlqvist, ML (2011): Food & Nutrition: Food and Health Systems in Australia and New Zealand, Crows Nest, Allen and Unwin
2. Berdanier, CD (2008), Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism, CITY, CRC press
3. Nutrient Reference Values for Australian and New Zealand, Retrieved 10/9/13 from www.nrv.gov.au/nutrients/index
4. Sports Dietitians Australia, Retrieved 10/9/13 from www.sportsdietitians.com.au/contactus

NOTE: For my clients, I do not promote calorie counting. This is because for many people it can be a very tedious, difficult and stressful process, especially if it is not understood properly. By using the food group information as a guide, you will meet the recommended daily calorie requirements while receiving a good mixture of nutrients as required by your body.

FAT LOSS *facts*

Energy is measured in calories (or kilojoules). In Australia, energy is measured in kilojoules in agreement with the broader use of metric units. However, calories are more commonly used internationally. For our Australian and international audience, I have made references using both.

Fact: 1 calorie = 4.2 kilojoules.

Our food provides us with calories (energy), and our *exercise* (running and weights etc) as well as *normal body functions* (sleeping or thinking etc) burns calories.

Your calorie (energy) requirement depends upon your age, height, weight, gender and activity level.

For girls between the age of 16 and 25 who are exercising a moderate amount, are approximately 55kg and over, a MAINTENANCE daily calorie requirement is usually around 2100 calories (calculations re: Harris-Benedict BMR formula). Maintenance, of course, means not changing weight at all.

Typically speaking:

If we **eat** more calories than we burn up, we can **gain** fat and weight.

If we **burn** more calories than we eat, we can **lose** weight and fat.



Generic Rule: In my own experience, if you eat 500 calories less per day than you burn (both to maintain your body and any exercise you do), then theoretically, it is possible to lose approximately 0.5kg ($\frac{1}{2}$ kg) per week with appropriate exercise training, if that is your goal. This comes from the understanding that 1 pound of human body fat is roughly equivalent to 3500 calories. Over 7 days of eating at a 500 calorie deficit you will be around that same 3500 figure.

Example: If you were required to consume 2100 calories per day (typical calorie requirement for "moderately active" women (in my market) who exercise 3–5 days per week), in order to lose a healthy $\frac{1}{2}$ kg per week, you would then need to eat 1600 calories per day.

NOTE: This is an approximate calculation and actual results may vary.

HOW IT WORKS

Simply speaking, if you consume 1600 calories but burn 2100 calories in a day, your body needs to source energy from elsewhere to bridge the 500-calorie gap (deficit). This means the energy has to come from an energy store that is already in your body, which can be fat.

In reality, this rate of weight loss will vary – everyone is different! When you lose weight, you need to give your body enough calories to keep your body functioning AND get your essential macronutrients and micronutrients. This is why, in most circumstances, progressively less and fewer calories are not necessarily a good thing, and can result in many energy and hormonal problems. I have seen this many times before with new clients who have previously tried to force weight loss with very low calorie diets.

real life case study • Bianca J, 24 years, previous client

I was a normal woman, on my mission to get the body of my dreams. I had no coach; no trainer and no one giving me correct advice, if any. I trained for several months getting not-too-bad results, but as my training continued the rate of my results slowly decreased. I quickly fell into the sad loop that was continuous calorie restriction.

Every few weeks I would eat less and less and less and feel progressively worse. I was eating well below 1000 calories everyday, training twice each day and literally never had any energy. Not only was I still not losing the fat or getting the body I wanted

but also I had actually stopped getting my period too for several months. As my results and health declined I finally went and sought some professional advice from Kayla Itsines and the team at Fresh Fitness. After being advised that my very low calorie diet was not the right way for weight loss or my health I soon changed my eating style. I took the advice I was given. I increased my calories to what they recommended and was now eating a mixture of foods from various groups, not just chicken salads like I was previously.

Almost immediately I had better energy and shortly after that my body dropped a small amount of weight but this time the weight kept coming off almost every week. It was only about four to five weeks and I also got my period back. I am now eating so much more food than I was but my results are so much better. This was a very important lesson for me.

what are **MACRONUTRIENTS?**

Macronutrients or ‘macros’ for short are carbohydrates, proteins and fats.

Their functions are to provide us with the energy and sustenance we need for everyday activities such as walking, running, exercising and living.

The term “macro” means large. Simply speaking, macronutrients quickly and effectively deliver the nutrients our bodies need in large amounts.

UNDERSTANDING MACRONUTRIENTS

Proteins, carbohydrates and fats are all macronutrients that we cannot live without. Everyday, we must consume these chemical compounds in very large amounts in order to stay alive and healthy.

If weight loss is your health goal, you need to recognise that the many diets advertised on the forefront of today’s fitness world (ie. zero carb and zero fat diets) may not be the healthiest option for you. Without these particular macronutrients the body can suffer from illness, fatigue and can essentially begin to shut down. It is important to know that many of today’s chronic diseases and illnesses are caused by poor nutrition alone. **It is essential to include carbohydrates and fats in our diet. If we do not, our bodies’ ability to function and change (including losing weight) is significantly decreased.**

Many girls will find when starting these fad diets that they are tired, lack energy, cannot digest food properly, certain hormones begin to shut down and they become ill. Although they may lose large amounts of weight to begin

with, those diets are not sustainable in the long term and many may suffer with severe medical problems. In my experience, it is VERY common that people following very low calorie, low carb or low fat diets typically “fall back” or regain a lot of the weight they previously lost.

MACRONUTRIENT BREAKDOWN

The macronutrients provide the building blocks we need for growth, metabolism, and body function. Breaking the macronutrients down into calories per gram helps to simplify things.

This may be a new concept for some, but it is always good to remember the following:

- Carbohydrates contain 4 calories per gram
- Fats contain 9 calories per gram
- Proteins contain 4 calories per gram

**Calories are used here as the measure of energy. one calorie is equivalent to 4.2kJ*

Carbohydrates

Fad diets that promote zero or low carbohydrate intake are not designed for long-term weight management, and more often than not, people will put the lost weight back on straight after they finish their diet. Carbohydrates are vital because they provide us with the most essential substance for our survival: glucose. Carbohydrates provide our brain and muscles with energy. Without a proper intake of carbohydrates our brain cannot think properly, our muscles cannot work properly and therefore our whole body is negatively impacted.

The best carbs to include are the unprocessed, low Glycaemic Index (GI) carbohydrates such as wholegrain, muesli, oats, fruits, vegetables, legumes and low fat dairy foods. For more details, visit www.glycemicindex.com

Foods rich in carbohydrates also contain generous quantities of our essential vitamins and minerals. Carbohydrates not only contain fibre, which helps our intestinal tracts to expel waste properly, but they also assist in lowering cholesterol. For girls who are finding it hard to go to the toilet regularly, you may find that you are lacking in fibre or other sustenance required for healthy digestion.

Proteins

Proteins are crucial for muscle repair and healthy weight loss. Protein provides:

- Essential hormones (important for women)
- Amino acids (needed for muscle recovery)
- Immune function (prevents sickness)

The building blocks of proteins are amino acids. There are 22 amino acids, 8 of which need to come from the diet (they are called essential amino acids). All animal sources of protein provide all amino acids – including the essential ones. However, plant sources of protein provide only some of the amino acids that our body needs. This means that careful planning is needed if you rely specifically on plant based protein sources in your diet, and such individuals should seek advice from a nutritionist or dietitian as to how they can acquire the several missing amino acids.

Proteins not only provide essential nutrients but also assist our satiety – which means we feel satisfied or full after we have eaten a meal containing protein. Therefore, by including protein at each main meal you avoid hunger and constant unhealthy snacking. Some whey protein has been included in the menus. You could also use skim milk powder for an affordable alternative. Although whey protein and similar supplements are fine to use minimally, they are not a complete replacement for any protein or calcium like nutrients. See this website for more detail about protein supplementation: www.sportsdietitians.com.au/content/2562/ProteinandAminoSupplementationforAthletes

When looking at new sources of protein, it is best to aim for options that are very low in saturated and trans fat. Trans fats naturally occur in some foods, however I recommend making a conscious effort to keep them as low as possible in promoting a healthy lifestyle. For more information see www.heartfoundation.org.au/healthy-eating/fats/Pages/trans-fats.aspx

It is essential to avoid a high intake of saturated fats because they can increase the potential for heart disease and even some cancers. The options below show some good and not so good sources of protein.

- | | | |
|------------------|------------------------|---------------------------------|
| ✓ Eggs | ✓ Veal | ⊗ Bacon |
| ✓ Chicken breast | ✓ Tuna | ⊗ Ham |
| ✓ Turkey | ✓ Pork | ⊗ Chorizo |
| ✓ Kangaroo | ✓ Mince (high quality) | ⊗ Sausage |
| ✓ Lean beef | ✓ White fish | ⊗ Beef mince (standard quality) |
| | ✓ Salmon | |



Fats

They sometimes get a bad rap, but we still need them! We just need to be careful that we eat the right kinds, and in the right proportions. Fats benefit our health as they:

- Cushion our organs
- Maintain our cells
- Help promote natural growth and development
- Help us absorb some of the most essential vitamins: A, D, E, and K

How do you know whether a fat is good or bad?

Typically we should try to avoid trans fats and saturated fats in our diet. These particular “bad fats” are associated with elevated cholesterol levels and have been shown to increase the likelihood of heart attack or stroke. Although saturated fats also have some benefit, the cons heavily outweigh the pros, and this is why it is recommended to limit your intake. The research paper attached to the website link below has information regarding this. *Dietary Fat Intake And The Risk Of Coronary Heart Disease In Women*: Harvard School of Public Health. <http://isites.harvard.edu/fs/docs/icb.topic637024.files/Hu-NEJM97-Dietary.Fat.CHD.NHS.pdf>

The types of healthy fats that our body needs and uses are called polyunsaturated and monounsaturated fat. Eating these good fats is essential for decreasing blood cholesterol levels, decreasing risk of heart disease and promotes healthy joint as well as brain function. Here is a small list of some good and bad fat food choices.

- | | |
|--------------|--------------------|
| ✓ Avocado | ⊗ Animal fat |
| ✓ Olive oil | ⊗ Fast food |
| ✓ Peanuts | ⊗ Cream |
| ✓ Almonds | ⊗ Deep-fried foods |
| ✓ Flax seeds | ⊗ Pastries |
| ✓ LSA | |



MICRONUTRIENTS

Micro means small, but just because they are small, it does not mean that micronutrients are not important.

Micronutrients are the essential vitamins and minerals that our body requires to function properly every day and to ensure our long-term health. It is very important to obtain these from food.

Taking a multivitamin supplement does not make up for an unhealthy diet. The meal plans in this book have been designed to provide all of the MICRONUTRIENTS (vitamins and minerals) for women. In order to keep a healthy fit body, we need to eat ENOUGH of each and all of the food groups. Each food group provides macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins and minerals). If we miss one food group, it will make our diet unbalanced and we will not be healthy in the long term.



FAQ: *kayla & tobi* (fresh fitness)

DON'T I HAVE TO AVOID CARBS IN ORDER TO LOSE WEIGHT?

You will lose weight when you eat fewer calories than you burn. Low carb diets are popular but they are not sustainable in the long term and you can regain all the lost weight and more when you return to your usual eating pattern. Since carbohydrates are a macronutrient, your body requires them in large amounts daily to maintain healthy function. You cannot maintain a busy healthy lifestyle eating no carbs forever; it's like trying to drive your car without ever putting petrol in it. The better you eat the better you should feel!

ISN'T IT EASIER TO TAKE DIET PILLS/ FAT BURNERS?

There are no pills that you can take (either over the counter or from the GP) that will help you lose significant weight and keep it off. Many "fat burners" and "fat loss pills" lack sufficient, if any, evidence with humans! If it isn't proven for human use I would certainly not risk putting it in my body! There is no substitute for a healthy lifestyle comprising of good food and exercise.

WHAT ABOUT OTHER SUPPLEMENTS?

Once again, there is no substitute for a healthy lifestyle with good food and exercise. Supplements are just that; supplements. They are designed to supplement a healthy diet and lifestyle. If you don't treat your body right with correct eating and training, supplements won't have much, if any, effect.

WHAT DO I HAVE TO LOOK OUT FOR ON A FOOD LABEL?

There is a lot of nutritional information on food labels. As a rule of thumb, while all of the information provided is crucial, there are 3 pieces of information that can be readily located on a nutrition information panel:

- Fat should be less than 10g per 100g and as low in saturated or trans fat as possible (excluding chosen fat sources such as olive oil, peanut butter and avocado). Look for the saturated fat to be at least one third or less of the total fat, and trans fat should be as close to zero as possible.
- Look at the ingredients list and avoid foods with added sugars.
- A high salt food has more than 400mg of sodium per 100g, a moderate salt food has between 120 and 400mg per 100g and a low salt food has less than 120mg per 100g.

DO I NEED TO TAKE A VITAMIN SUPPLEMENT?

If you eat all of the foods that are specified on the meal plans, you should not need a multivitamin and mineral supplement. You should be able to obtain everything you need from the food you eat. A multivitamin supplement will not make up for an unhealthy diet. However, if you have a specific intolerance to a food group or regularly struggle to get in the variety you need as suggested, a multi-vitamin can help to bridge this small gap! If you have trouble processing things like lactose or gluten, it is strongly recommended to see a dietitian for more food alternatives.

HOW MUCH WEIGHT SHOULD I BE LOSING PER WEEK?

Weight loss is not everyone's health goal. If you want to lose weight, it is also important to understand that everyone is different and the rate of weight loss will vary. Remember that staying stable for a while (e.g. a plateau) is frequently expected and you are still being successful because you are not regaining the weight that you have lost. Take more notice of your progress photos and the way you FEEL. You can be fit, healthy and look great even if you are a higher weight than what you initially aimed for. You won't know, until you go!

WHAT DO I DO WHEN I REACH MY GOAL WEIGHT?

Congratulations! Remember that your goal weight is the best weight for you, not a magic number dictated by the charts. It is very important not to set your goal too low. This is not a time to now forget about the healthy patterns you have just established. You will need to eat a little more of each food group until your weight stabilises. If you go back to old eating habits or overindulge in the unhealthy foods then the weight can come right back up again.



SUGAR CRAVING *management*

If you haven't included enough low GI carbohydrates throughout the day, you are very likely to have sugar cravings. Make sure you have some low GI carbs at each meal, especially when you are exercising. These will help your blood glucose levels to be more even.

LOW ENERGY LEVEL *problems*

If you include all the food groups, exercise regularly, distribute your macronutrients throughout the day, include low Glycaemic Index carbohydrates, maintain your hydration and have adequate sleep – that's having a healthy lifestyle – your energy levels should be excellent!!! If you are following all these guidelines and still feeling tired, it's time to see a health professional, such as your doctor or dietitian.

MUSCLE SORENESS /CRAMP *problems*

The cause of muscle cramps and soreness may be related to a number of things. To reduce the number of cramps, make sure you keep up your fluids and have a balanced diet. If they continue, you may need an individual assessment. Muscle soreness can also be a sign of an unbalanced diet or not enough time spent on rest and recovery. Always allow 1–2 complete rest days per week from all training to allow your body to fully recuperate.

example *dinner* recipes

These example recipes fit the dinner ingredients listed in the daily meal plan. Feel free to *experiment* and change as you please.

QUINOA & BEEF SALAD

100g cooked lean beef

½ cup cooked quinoa

½ cup beans & ½ cup peas

1½ tsp olive oil

40g low fat feta

Method

Prime (remove fat) and slice your beef into small, even pieces.
Spice with pepper and oregano.

Place into already hot, non-stick pan.

Cook on both sides to taste.

Steam your beans & peas either over the stove or using a microwave (if in a rush).

Cook ½ cup raw quinoa with 1 cup water for 15 mins (Remember to only serve ½ cup of the COOKED quinoa as this is your recommended serve size).

Put beans & peas together with small crushed up pieces of feta.

Place lean beef strips on top of small vegetables base and drizzle olive oil over the top.

HOME MADE ROAST LAMB

65g cooked lamb

½ medium sweet potato

1½ tbsp olive oil

½ cup cooked quinoa

40g low fat tasty cheese

Method

Cut fat off the lamb. Make deep slits in the lamb.

Slice up one garlic clove and insert the garlic into the slits.

Rub 1tbsp olive oil, oregano and pepper over the lamb.

Place in oven proof dish with lid on and cook in oven to your liking (cooking times vary significantly with taste preference).

30 mins before dinner, remove lid and leave to brown.

Peel sweet potato and (any other non-starchy vegetable) and cut into small pieces. Rub with rosemary and ½ tbsp of olive oil and place in oven in last 30 mins of cooking lamb.

Cook ½ raw quinoa with 1 cup water for 15 mins (remember to only serve ½ cup of COOKED quinoa).

Serve lamb and sweet potato together with 40g low fat tasty cheese on the side.

AUSSIE BEEF STACK

65g cooked lean beef strips

½ medium sweet potato (mashed)

1 cup salad

40g low fat feta

½ cup cooked brown rice

Method

Marinate beef in pepper and oregano (garlic and chilli optional).
Refrigerate for at least an hour (more time the better).

Cook brown rice in water (cooking ratio of 1 portion rice to 2 portions water, ie. 1 cup rice : 2 cups water)

Peel, chop and partially steam sweet potato for 2 minutes.

Sprinkle any seasoning over the top (dried or fresh) and place in oven 200 degrees for 10 minutes or until slightly crisp.

Mix your choice of salad in a bowl with feta, lemon, oregano and low fat salad dressing.

Cook beef strips on high heat in a pan for 2 minutes.

Serve the brown rice on the plate with beef on top, followed by sweet potato and salad on the side.

MOROCCAN CHICKEN SALAD

80g grilled chicken

2 cups salad

40g low fat feta

½ cup cooked quinoa

1½ tsp olive oil

Method

Marinate the chicken in Moroccan spice.

Cook the quinoa (cooking ratio of 1 portion quinoa to 2 portions water, ie. ½ cup quinoa : 1 cup water). Leave to cool.

Cook chicken in a non-stick pan.

Place all ingredients in a salad bowl, adding the feta, olive oil and lemon last.

CHICKEN STIRFRY

120g cooked chicken

1½ tbsp olive oil

½ cup cooked brown rice

2 cups beans, broccoli, carrot, baby corn, snow peas & capsicum

1 tsp ginger

1 clove garlic

½ chilli

1 small brown onion

½ cup coriander

2 tsp salt reduced Soy sauce

4 tbsp Oyster sauce

Method

Cook chicken and set aside.

Cook brown rice and also set aside.

Turn pan on high heat and add olive oil, ginger, onion, chilli and garlic.

Add vegetables and cook until soft.

Finally add in previously cooked chicken and rice, followed by the soy and oyster sauces.

Serve on plate and top with coriander.

SALMON WITH SUMMER SALSA

150g cooked salmon

50g avocado

½ tomato

½ medium cucumber

¼ red onion

Chives

Dill

½ cup brown rice

Method

Cook brown rice.

Salmon: Take skin off and steam, grill or bake salmon to your liking.

Salsa: finely dice the tomato, cucumber, avocado, red onion, chives and dill.

Squeeze lemon juice over salsa.

Place the salmon on top of the brown rice and generously place the salsa on top.



HOMEMADE CURRY

- | | |
|---|-------------------------|
| ¾ large onion, roughly chopped | ¼ tbsp ground coriander |
| 3 garlic cloves, roughly chopped | ¼ tbsp ground turmeric |
| 2cm piece fresh ginger, roughly chopped | 1/5 tbsp tomato purée |
| ½ tsp cumin seeds | ¼ tsp salt |
| ½ tsp fennel seeds | ½ cup cooked brown rice |
| 1 bay leaf | 1½ tsp olive oil |
| ¼ cinnamon stick | 1 boiled egg |
| 1½ tbsp groundnut oil | 2 cups vegetables |

Method

Place the chopped onions, garlic and ginger in a food processor and blitz to make a paste.

Heat a large non-stick frying pan, add the cumin seeds, fennel seeds, bay leaf and cinnamon stick and let them sizzle for a minute. Add the oil and, once hot, pour in the paste from the food processor and fry for 10-15 minutes until golden brown.

Add the ground spices, mixed vegetables and salt and pour in 150ml water. Bring to a simmer for 10 minutes until thickened.

Cook brown rice.

Add curry mix to brown rice and slice a boiled egg on top.

thanks!

Thank you so much for reading my book. I hope that the information provided and the guidance I have given has helped to further your understanding and given you a better insight as to how myself and Fresh Fitness coach our clients.

INFORMATION SOURCES, REFERENCES & OTHER USEFUL WEBSITES

- www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating
- www.aihw.gov.au
- www.health.gov.au
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- Popkin, BM, D'Anci, KE & Rosenberg, IH (2010). *Water, Hydration, and Health*. Nutrition reviews, 68(8), 439-458.
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- www.heartfoundation.org.au/healthy-eating/fats/Pages/trans-fats.aspx
- http://isites.harvard.edu/fs/docs/icb.topic637024.files/Hu-_NEJM97-_Dietary.Fat.CHD.NHS.pdf

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As the referenced information provides, the entirety of the nutrition recommendations, as well as the educational resources provided, are not only based around the AGHE (Australian Guide to Healthy Eating) but have been written with the assistance of Nutrition Professionals Australia. Each individual will have their own specific needs and the information contained in this Book is designed as a set of "generic guidelines" only. This Book does not consider any person's specific objectives, situations or requirements.

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