



POLICE FIT

NUTRITION

ESSENTIALS



www.policefit.com.au

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Welcome...

Welcome to the Nutrition Essentials guide. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only ½kg and 2cms from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 7kgs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear.**"

And you are ready! That's why you are reading this!

Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Get in touch

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Nutrition Essentials

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OBJECTIVES

- To gain an understanding of the role of nutrients
- To learn how to create a diet that is tailored to you as an individual (there isn't a one-size fits all)
- To understand how to track and make changes to your nutrition intake to ensure you keep progressing

What are Macronutrients & Micronutrients?

Macronutrients	Micronutrients
Protein Carbohydrate Fat	Vitamins Minerals

Let's Look at Macronutrients.

There are 3 macronutrients and they are protein, carbohydrate and fat. Most people have heard of these 3 macronutrients.

1. Protein

- Essential for normal growth and repair
- Higher protein diets have many benefits:
- Enhanced fat loss
- Retention of muscle
- Better satiety
- Protein contains 4 calories per gram



2. Carbohydrate

- Carbohydrate is used by the body during intense exercise
- Glucose, which is what carbohydrates are converted to, is used by the brain. This is why we might experience "brain fog" if we go on an extremely low carb diet
- Carbohydrate intake should be high enough to allow us to train hard and provide our brain with enough energy to help us function properly
- We don't want to consume more carbohydrates than we need as this will hinder fat loss
- Optimal carbohydrate intake is an individual thing, some people get better results with a slightly higher carb intake and some people do better with lower carbohydrate
- This comes down to learning how your body responds
- Over time we tend to develop an awareness of which type of diet works best for us, it is somewhat a matter of trial and error
- Carbohydrate, like protein, also contains 4 calories per gram



3. Fat

- Fat is the most calorie dense macronutrient, with each gram of fat containing 9 calories
- You can see the logic behind reducing fat intake, because gram for gram you can reduce over double the calories when compared to protein and carbohydrate (both 4 calories per gram)
- Fat provides energy, satiety and omega fatty acids that are essential for our health
- A diet too low in fat can leave us feeling very hungry!



Vitamins and minerals

- Vitamins and minerals are required by the body for many physiological functions including growth, digestion, energy transfer, nervous system function and many other functions of the body
- Deficiencies are fairly common
- A 2006 study of 20 participants (including athletes) who were looking to improve the quality of their micronutrient intake from food showed that food alone did not meet the minimal Recommended Daily Allowances (RDA) micronutrient requirements for preventing nutrient-deficiency diseases
- The researchers also concluded that the more active a person is, the greater need there is to employ a variety of balanced micronutrient-enriched foods including micronutrient supplementation as a preventative protocol for preventing the observed deficiencies.



This is why it is important to eat a wide variety of nutrient dense vegetables and fruits, as well as considering a daily multivitamin supplement.

Meal Frequency

How many meals should I eat per day?

- It's different for everybody
- Somewhere between 3 and 6 meals per day is usually about right
- Try not to go longer than 4-5 hours between meals

Protein shakes

Do I need protein shakes after training?

- Protein shakes are a convenient way to increase protein intake and are ideal if it's going to be a while between finishing training and your next meal, but they are not essential
- A protein shake is digested quickly and easily by the body so it's ideal to use around training. It's also an easy way to increase your protein intake if you're struggling to eat it through food, although it shouldn't be relied on too heavily.



Application

Two nutrition routes are covered in this guide.

- 1 Portion control (no weighing involved)
- 2 Macronutrient tracking (weighing out food)

Which One Is Right For Me?

- Most people find a **portion control** approach easier to follow than **tracking** their macronutrient intake
- Have a look at both options and see which one you think will suit you best
- You can experiment with both options as they both have their pros and cons
- Stick with your chosen option for 3-4 weeks and assess your results

ROUTE 1: Portion Control

- Although tracking your macronutrient intake is the most accurate way to approach your diet, not everybody wants to weigh out food and if that's you, you may just want to control your portion sizes
- The intention is still the same - a caloric deficit that allows us to burn body fat
- Controlling portion sizes will probably work for most people most of the time

Here is a visual guide to give you an idea of how much protein, carbohydrate and fat we should roughly consume...

Portion Control Guide

**Women:
1 PALM SIZE
= 1 Serving of Protein**

**Men:
2 PALM SIZES
= 1 Serving of Protein**



PROTEIN SOURCES:

**Chicken
Turkey
Beef
Lamb
Pork
Fish
Seafood
Eggs
Greek yoghurt
Cottage cheese**

LIMIT:

**Smoked, cured
meats or processed
meats.**

**Very fatty cuts of
meat e.g. lamb**

NOTE:

**If you are consuming
high amounts of fat
then there is no need
to consume extra fats
from the fats list.**

**e.g. oily fish, fattier
cuts of meat, whole
eggs, full fat Greek
yoghurt**

Women:

1 FIST SIZE

= 1 Serving of Vegetables

Men:

2 FIST SIZES

= 1 Serving of Vegetables



VEGETABLE SOURCES:

Cauliflower	Cucumber
Broccoli	Zucchini
Kale	Peppers
Celery	Tomatoes
Onion	Radishes
Spring Onions	Bok Choi
Green Beans	Cabbage
Rocket	Mushrooms
Spinach	Chillies
Lettuce	Carrots

Women:

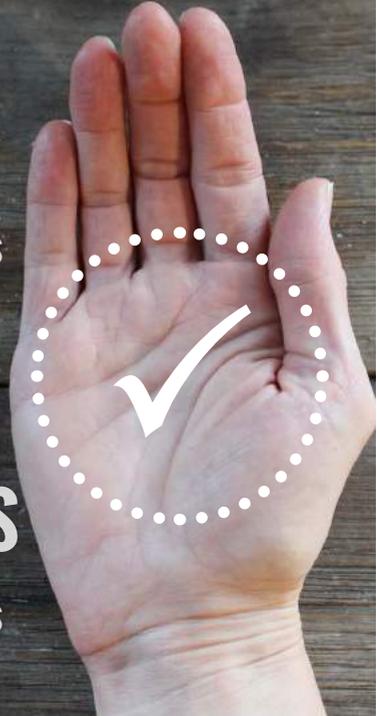
1 CUPPED HAND

= 1 Serving of Carbohydrates

Men:

2 CUPPED HANDS

= 1 Serving of Carbohydrates



CARBOHYDRATE SOURCES:

Rice
Potatoes
Bread
Pasta
Cous Cous
Quinoa
Lentils
Oats

LIMIT:

Refined processed carbohydrates.

e.g. sugar, white bread, white pasta

**Women:
1 THUMB SIZE**

= 1 Serving of Fat

**Men:
2 THUMB SIZES**

= 1 Serving of Fat



FAT SOURCES:

**Nuts
Seeds
Coconut Oil
Butter
Ghee
Olive Oil**

LIMIT:

**Trans fats found in
baked goods and
fried foods**

**e.g. pastries,
cookies, cakes,
crisps**

The above is a general guide. There are a number of factors to take into consideration when deciding how much to eat.

- Your stature**
- How many meals you are able to eat per day**
- Your activity levels**
- If your goal is to lose weight**
- If your goal is to gain weight**

Portion Control Quick Meal Guide

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On the next few pages are some example portion control meals.

All recipes serve one person. Simply double the quantities to serve two.

In some of the following recipes, you can choose quantities of ingredients.

For example '2-3 eggs' in the Colourful Veggie Scramble recipe

Choose the quantity based on your size, gender, goals etc.

Refer to the Customise Section on the previous page if you are unsure of anything.

Breakfast

Colourful Veggie Scramble

Serving of spinach, chopped roughly

1 tsp coconut oil or butter

a handful of button mushrooms, chopped

1 tbsp sun-dried tomatoes, drained and chopped

1 clove garlic, finely chopped

2-3 eggs

1-2 egg whites

salt and pepper to season



Steam the spinach for around 5 minutes until fork tender. Set aside.

In a non-stick frying pan, heat the oil or butter over a medium heat. Add the mushrooms and sauté, stirring for 4 minutes.

Add the steamed spinach, sun-dried tomatoes and garlic. Sauté, stirring for 3 minutes.

Beat the eggs and whites for 30 seconds, then pour evenly over the vegetables.

Allow to cook untouched for around 2 minutes.

Gently stir the mixture together until the eggs are fully cooked, around 2-3 minutes.

Season with salt and pepper and serve.

Vegetable Protein Breakfast

½ a serving of broccoli, cut into small florets

½ a serving of zucchini, chopped

a handful of finely sliced leeks

2 tbsps coconut milk

2-3 eggs

1-2 egg whites

pinch of oregano

salt and pepper

a small amount of Cheddar cheese (optional), grated
(use dairy free if preferred)

Preheat oven to 200°C / 400°F. Grease a 10 inch round ovenproof dish.

Steam the broccoli, leeks and zucchini for 4-5 minutes, or until tender.

Place the cooked vegetables in the base of the oven dish.

Whisk the eggs, coconut milk, oregano, salt and pepper together. Stir in the cheese if using.

Pour the egg mixture over the vegetables. Bake for around 20 minutes, or until thoroughly cooked.

Overnight Cocoa Oats

1 serving oats (use gluten free oats if preferred)

2 scoops chocolate or vanilla flavour whey or rice protein powder

1 tbsp cocoa powder

1 dessert spoon Greek yoghurt

80ml unsweetened almond milk

1 tsp honey (or use sweetener of your choice)

1 serving raspberries



Place all ingredients except the raspberries into a sealable container and mix well.

Seal and refrigerate for at least 2 hours or overnight.

Mix in a little more extra almond milk if the mixture is too dry.

Spoon into a serving bowl and top with fresh raspberries.

Breakfast Egg Pizza

1 tsp ghee or butter

2-4 eggs

A sprinkle of Cheddar cheese, grated
(use dairy free if preferred)

1 tsp tomato purée

pinch of pepper

pinch of paprika

pinch of Italian herbs



Prepare a medium grill. Melt the ghee/butter in a frying pan over a medium heat.

Crack the eggs into the frying pan. Cook on a medium heat until the whites are solid but the yolks are still runny. Placing a lid on the frying pan will speed up cooking time by a couple of minutes.

Slide the eggs onto a plate. Squeeze on a tsp of tomato purée.

Add the cheese and seasonings.

Place under the grill for a few minutes until the cheese melts.

Suggestion: Serve with wilted spinach.

Lunch & Dinner

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Turkey Satay Spice

- 1 tsp organic coconut oil or ghee
- 1 small red onion, diced
- 120-200g turkey breast steaks, diced
- 1 serving closed cup mushrooms, sliced
- 1 serving baby plum tomatoes
- 2-3 red or green chilli peppers, sliced
- 1 yellow bell-pepper, diced
- 200ml fresh chicken stock (or use 1 organic stock cube)
- 2 tbsps tomato purée
- 1 serving fresh spinach leaves
- 1 serving crunchy peanut butter
- salt to taste (optional)



Melt the oil / ghee in a large saucepan over a medium heat.

Add the onion and sauté for 3-4 minutes, stirring.

Add the turkey and cook for 3-4 minutes, stirring occasionally.

Add the mushrooms, baby plum tomatoes, chilli peppers and yellow pepper and sauté for 2-3 minutes, stirring, until soft.

Add the stock and tomato purée and bring to the boil, then reduce to a gentle simmer.

Cover and cook for 10-15 minutes, stirring occasionally.

Add the spinach leaves and stir well. Cook for 1 minute or until wilted.

Add the peanut butter and salt (if using), stir well and cook for 1 minute. Serve.

Balsamic Beef Salad

1 serving beef frying steaks, cut into strips

1 tsp coconut oil or butter

for the marinade:

1 tbsp balsamic vinegar

1 tsp garlic, finely chopped

1 tbsp Worcester sauce

for the salad:

1 serving mixed lettuce leaves

1 serving avocado or boiled egg, sliced (or half a serving of each)

1 serving plum tomatoes / celery / peppers / cucumber



Place the beef in a large bowl. Add the other marinade ingredients and mix well. Cover and refrigerate for 4 hours or more.

Melt the oil or butter in a non-stick frying pan over a medium / high heat. Add the beef and fry gently on both sides for around 3-4 minutes or until cooked to your liking.

Assemble the salad ingredients in a bowl and add the beef strips.

Minted Lamb Kebabs

- 3 tbsps plain yoghurt
- 1 tsp finely grated unwaxed lemon zest
- 1 tsp fresh lemon juice
- 1 garlic clove, crushed
- ½ tsp English mustard
- 1 tbsp tomato purée
- 1 serving lean lamb leg steaks, diced
- 1 serving cherry / plum tomatoes
- small sprig fresh mint, finely chopped

for the salad:

- 1 serving mixed lettuce leaves
- 1 serving plum tomatoes / celery / peppers / cucumber
- small handful fresh coriander, finely chopped (optional)



Mix the yoghurt, lemon zest, lemon juice, garlic, mustard and tomato purée in a shallow bowl.

Add the lamb and coat well in the sauce.

Cover and refrigerate for at least one hour.

Soak 2 bamboo skewers in cold water for 30 minutes or more.

Prepare a medium grill.

Thread the lamb pieces and cherry tomatoes (alternating) onto the skewers.

Brush with the marinade and grill for 5 minutes each side or until cooked to your liking.

Sprinkle over the chopped mint.

Assemble the salad ingredients in a bowl and serve.

Salmon & Dill Omelette

a pinch of dried dill

1 tsp ghee or butter

½ a fresh salmon fillet

¼ of a small white onion, finely chopped

1 serving button mushrooms, chopped

¼ of a medium sized tomato, diced

2-3 eggs plus 1 egg white

a pinch of sea salt and black pepper

A sprinkle of Cheddar cheese, grated (use dairy free cheese if preferred)

1 serving fresh spinach leaves



Season the salmon with dill.

Melt the ghee / butter in a large frying pan over a medium / high heat.

Add the salmon and cook for around 10-12 minutes, turning halfway. When cooked, the flesh should be a pale pink colour throughout. Remove from pan and set aside.

Reduce the heat to medium. Add the onion and mushrooms to the pan and sauté gently until soft for 2-3 minutes, stirring frequently. Add the tomatoes and cook for 2-3 minutes, until soft. Remove the vegetables from pan and set aside. Remove any bits from the pan.

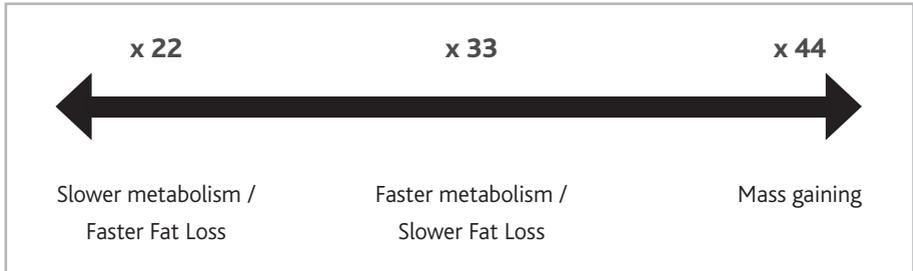
Whisk the eggs and whites in a jug and season with salt and pepper. Pour the eggs into the pan. Cook gently for 3-4 minutes until the edges of the mixture start to crisp.

Add the cheese and spinach leaves and cook until the leaves have wilted.

Using a slice, carefully fold the omelette in half. Remove from the pan and serve.

ROUTE 2: Tracking Macronutrients

Step 1: Select Kcal intake per kg of bodyweight



For example...

an 82kg person consuming 25 x their bodyweight in calories = $82 \times 25 = 2050$ Kcal

Setting protein intake

- A protein intake of 2.2-2.8g/kg of bodyweight is recommended
- For example, for our 82kg person consuming 2.2g per kg of bodyweight, this would amount to 180g of protein per day
- If this person prefers to eat more protein they could increase to 2.8g per kg of bodyweight.

Setting carb & fat intake

- Carbs and fats will make up the remaining calories
- This is a matter of preference and what works for us as individuals e.g. people do better with more or less carbs
- It's either higher carbs and less fat or lower carbs and more fat

Setting carb intake

- Recommended carbohydrate intake varies between 25% and 40% of total calories
- In the 82kg example let's assume a carbohydrate intake of 30%
- $2050 \text{ Kcal} \times 0.30 = 615 \text{ (Kcal)}$
- Divide 615 by 4 (kcal per gram) to work out the grams
- $615/4 = 154 \text{ grams}$

Setting fat intake

- Fat will make up the rest of the calories
- Add up the protein and carb intake in grams
- $180 + 154 = 334$
- Multiply this by 4 (Kcal per gram)
- $334 \times 4 = 1336 \text{ Kcal}$
- Subtract this from our Kcal intake total
- $2050 - 1336 = 714 \text{ Kcal}$
- Divide this by 9 to give us fat intake in grams
- $714 / 9 = 79\text{g fat}$

Here are the resulting target macronutrient intakes:

- **Protein 180g**
- **Carbohydrate 154g**
- **Fat 79g**

Let's take the same person and work through an example with a higher protein intake

So just to recap...

an 82kg person consuming 25 x their bodyweight in calories (82×25) = 2050 Kcal

- Protein intake 2.2g / kg bodyweight
- $2.8 \times 82 = 230\text{g protein}$

- Carbohydrate intake 30%
- $2050 \times 0.30 = 615\text{ Kcal}$
- Divide by 4 to get the grams
- $615 / 4 = 154\text{g carbohydrates}$

- Add up the protein and carb intake in grams
- $230 + 154 = 384$
- Multiply by 4 (Kcal per gram) to get the Kcal
- $384 \times 4 = 1536\text{ Kcal}$
- $2050 - 1536 = 514\text{ Kcal}$
- Divide by 9 (Kcal per gram)
- $514 / 9 = 57\text{g fat}$

Target macronutrient intakes...

- Protein = 230g
- Carbohydrate = 154g
- Fat = 57g

This gives you your carb intake in Kcal

- Divide this number by 4 to give you the grams
- Add this number to your protein intake in grams
- Multiply this total by 4 to give you Kcal from protein and carbs
- Subtract this number from your target total kcal

This gives you the kcal remaining for your fat intake

- Divide this number by 9 to give you your fat intake in grams

Unsure?

If you are unsure, let's look at the table on the next page showing calorie, protein, carbohydrate and fat intakes based on bodyweight. This can help you get going.

Bodyweight (kg)	Kcal (x25)	Protein (2.2g/kg)	Carbs (30%)	Fat
60	1500	132	113	58
62	1550	136	116	60
64	1600	141	120	62
66	1650	145	124	64
68	1700	150	128	65
70	1750	154	131	68
72	1800	158	135	70
74	1850	163	139	71
76	1900	167	143	73
78	1950	172	146	75
80	2000	176	150	77
82	2050	180	154	79
84	2100	185	158	81
86	2150	189	161	83
88	2200	194	165	85
90	2250	198	169	87
92	2300	202	173	89
94	2350	207	176	91
96	2400	211	180	93
98	2450	216	184	94
100	2500	220	188	96

How To Tailor Your Intake

- There is no magic number, each person is different, the most important factor in fat loss is a calorie deficit
- If you are not dropping body fat then you will need to reduce your Kcal intake until you start dropping
- If you are dropping body fat faster than 1kg per week then you should increase your Kcal intake slightly because the faster weight is lost, the more likely it is that muscle is being lost as well - we don't want to lose muscle!
- It is fairly normal to lose more than 1kg in the first week, this is often water, so if you do drop more than 1kg in the first week, wait to see your week 2 results before you adjust your intake
- 25Kcal/kg bodyweight is the lowest recommended intake

How To Track

- Set up an account at www.myfitnesspal.com
- Ignore the default target settings
- You can set up your own targets but it will only let you set them by 5% increments unless you upgrade to the paid app
- So just pay attention to your daily total

Breakfast

	Calories	Carbs	Fat	Protein	Fiber	Calcium	
Egg, whole, cooked, poached, 3 large	215	1	14	19	0	8	➖
Aldi Eggs - Egg Whites Scrambled, 3 egg white	51	1	0	11	0	0	➖
Spinach, raw, 80 g	18	3	0	2	2	8	➖
Biona - Rye Bread, 71 g per slice	134	25	1	3	7	0	➖
Add Food Quick Tools	418	30	16	35	9	16	

Lunch

Usda - Chicken Breast, Raw, 150 gram	180	0	4	34	0	0	➖
Salad Waitrose - Mixed Salad of Leaves, 100 g	15	2	1	1	1	0	➖
Nature - Quinoa (Dry), 40 g	150	28	2	5	2	0	➖
Tesco. - Cherry Tomatoes, 80 g (7 Tomatoes)	16	3	0	1	1	1	➖
Tesco Organic - Almonds, 15 g	89	1	7	3	3	0	➖
Add Food Quick Tools	450	33	14	44	8	1	

Dinner

Tesco - Salmon, 140 g	280	0	18	27	0	0	➖
Tesco - New Potatoes, 250 g	185	40	1	4	6	0	➖
Tesco - Asparagus Tips, 100 g	29	2	1	3	2	0	➖
Add Food Quick Tools	494	42	20	34	8	0	

Post Workout Snack

Banacol - Banana, 1 medium banana	110	29	0	1	4	0	➖
Reflex Nutrition - 100% Native Whey, 40 gram	150	4	0	32	0	0	➖
Add Food Quick Tools	260	33	0	33	4	0	

Other Snacks

Skyr - Plain Fat Free Yoghurt, 200 g container	131	8	0	22	0	0	➖
Tesco - Frozen Raspberries, 80 g	72	12	0	1	7	0	➖
Reflex Nutrition - 100% Native Whey, 15 gram	56	2	0	12	0	0	➖
Add Food Quick Tools	259	22	1	35	7	0	

Totals **1,881** **160** **51** **181** **35** **17**

Accuracy

- Hitting your targets with a 5% margin for error is excellent
- Hitting your targets with a 10% margin for error is good
- Aim to be within 5-10% of your targets each day
- Food labels can be 5-20% inaccurate anyway so don't sweat the small stuff

Action Steps

- Decide on either the macro tracking or portion control approach
- If using the macro tracking approach, work out your target intakes, if you are unsure then start by using the table with Kcals set at x 25 per kg bodyweight, protein at 2.2 per kg bodyweight and carbs at 30%. If you are losing weight too quickly, you can always increase the multiplier