

A woman with dark hair, wearing a purple t-shirt, is leaning forward in a gym setting. She is smiling and looking towards the camera. The background is slightly blurred, showing gym equipment and a brick wall.

hayley plummer

WOMEN'S HEALTH and WEIGHT LOSS

YOUR GUIDE TO LONG-TERM SUCCESS

© 2018 Hayley Plummer All Rights Reserved

hayleyplummer.co.uk

HELLO 😊

Hello and thank you for downloading this guide.

This is all about creating a **LIFESTYLE** that leads to...

Understanding what to eat to be slim and **HEALTHY** for life

Feeling **CONFIDENT** in the clothes **YOU** want to wear

Having lots more **ENERGY** to enjoy life with family and friends

Focusing on eating lots of delicious healthy foods that **NOURISH** your body

Having the **FREEDOM** to enjoy what you fancy guilt-free when you really want it

Having **LOVE** and **RESPECT** for yourself and your body now,

While getting slimmer, fitter, healthier and **ENJOYING THE PROCESS**.

How does that sound?

WHO AM I?

Just a quick intro to me...

Hi, I'm Hayley. I've been a personal trainer for over 8 years and worked with hundreds of women to help them get slimmer, fitter, stronger, healthier and happier.

It's an awesome job and I love it. Since 2016 I've been running online programs for women too, teaching, guiding and supporting them to achieve the long-term success they're after.



No more diets! No more letting scales dictate your mood for the day. No more fear or guilt around food.

If you're anything like me, food is important to you. Meals out, the odd takeaway, a few drinks with friends, the odd pudding, bit of cake or chocolate (those last 3 are my favourites!)... we want to be able to enjoy them, NOT feel bad after, and still achieve our goals.

And with a bit of knowledge, help and guidance, we can.

Let me show you how 😊

WHY DIETS DON'T WORK

Any diet **can** help you lose weight by causing you to consume less calories (and all diets do this whether they get you to reduce carbs / fats / processed foods / eat at certain times of the day etc – it all leads automatically to calorie reduction).

BUT it will only help you long term if you can stick to it long term. If it's not something you enjoy enough to keep doing it, you stop and regain the weight. You've been there right?
So it needs to be **sustainable, and something you can follow for life.**

Restricting yourself too much ultimately leads you to cave and feel like you've failed. We don't need to completely cut out your favourite food and drink. We just need to eat healthy most of the time, pick and choose our moments to indulge, and really enjoy it when we do 😊

You don't need to eat low carb, low fat, cut out sugar, or anything else for that matter.
The truth is, **there is no 'perfect diet'**. Your body will only respond to **CONSISTENCY**.

For long term sustainability and for your general health, you need to be getting enough protein, nutrients from fruit and veg, healthy fats, and some carbohydrates too.
I'll explain how to do that in this book.

The key thing is that you need to be able to maintain a certain way of eating for life,
So that way of eating needs to be **enjoyable and sustainable for you.**

WHAT DOES WORK

For weight loss, above all else, it is calories that make the difference.

So we need to understand and manage our calorie intake
(but we don't need to meticulously count them)

We need a lifestyle that involves BALANCE – lots of nutrition, alongside the FREEDOM to enjoy a bit of less healthy indulgence at times too without guilt or stress.

Instead of taking things out, focusing on what good stuff we can add IN.

Nourishing your body with an abundance of healthy foods and focusing on how it FEELS. What makes you feel amazing? What increases your energy rather than depletes it?

We need to know that even if we 'mess up' it's perfectly OK, and all we need to do is get back on it with our very next meal.

This helps us foster a strong, happy and positive MINDSET where we are kind to ourselves, and our own best friend (rather than worst enemy!)

Then we can relax, feel good about ourselves NOW, and enjoy the process of becoming the best we can be.

YOUR GOALS

So many people skip this, but writing down your goals is CRUCIAL to help you identify exactly what you want, and give yourself the motivation you need to achieve it.

1. What would you like to achieve in the next 12 weeks?

2. What would you like to have achieved in 6 months time?

3. How would you like to be looking, feeling and living by this time next year?

Be specific with these goals – think about weight and dress size if this helps, but also think about health, fitness and lifestyle. What do you really want life to look like?

4. Why is this important to you?

It really helps here to go deeper – goals such as ‘lose weight to feel better’ are too vague to really motivate and inspire. ‘reach a size 12 in time for Summer by planning my meals, hitting 10,000 steps each day and only drinking at weekends. This means I will feel confident to live my best life and be a great role model for my kids’ will fuel your motivation a lot more.

YOUR VISION

This may seem a bit 'woo woo' but trust me, if you give it your all, this really works!

Now we have specific goals and reasons WHY this is important to you, it helps to create a clear vision of what you are working towards. Your brain cannot tell the difference between what is real and what you vividly imagine in your head. If we create a clear enough vision of what you want, your subconscious mind will start to believe it is true. You'll find yourself more motivated, making better decisions and much easier progress, and you'll start to move closer to living how you want to be.

This vision is something you can pull up in your mind when you're lacking motivation to keep doing all the good things that lead to success, or the devil on your shoulder is telling you to eat that piece of cake even though you know you'll regret it after.

Your vision is a specific point in the future where you can picture yourself as you want to be. It could be an event coming up in the next year, like a birthday, family gathering or other special occasion. Pick an event where you can picture how it might look and feel to be there.

Imagine you have achieved your goals and feeling amazing, living the life you want to live.

What are you wearing? How do the clothes feel on your body? Feel the confidence, pride, or other emotions you want to feel. See it as if it is on TV in front of you, in colour, with all the sensations – what you can see, hear, feel, taste and smell. Make it as real as possible. Then step into that screen so you are there. Living that moment. How does it feel?

Keep practicing this. Make it as real as possible. ENJOY how good it feels. Every day is a step closer.

THE SCALES

Weight is one way to measure progress, but never forget – You are far more than that number. The scales are just a tool, and they can often mask what's really going on inside your body.

Very common reasons why you might gain a few pounds in weight (or appear to have lost nothing when you thought you would have) include hormones, water retention from eating lots of carbs or salt, and water retention / inflammation due to illness, stress, muscle damage after a workout. You'll also weigh more if you eat a big meal the night before and simply have more food currently inside your body than normal. All of these reasons have nothing to do with gaining fat!

That's what's important to remember – all we're looking for with weight is a general downward trend over time.

It WILL fluctuate up and down – that's normal - so we never need to be upset by it! That's why we take measurements, how clothes fit, photos and how you feel as important progress tools too.

As long as at least one of those things is changing, you're making progress.



TRACKING WHAT MATTERS

With weight loss, it's very easy to get fixated on just that number on the scales.

But there are so many more important things than that.

Of course tracking weight can be very helpful and by all means do it if you want to.

But if you find the scales can get you down or feeling a bit obsessive, it's important to focus tracking other things that really matter too.

Here's some other important things to notice changes or improvements in aside from weight:

- Food choices
- Relationship with food
- Mindset shifts
- Self talk
- Confidence
- Body image
- Energy levels
- Fitness levels
- How much time you take for you
- How much fun, happiness and laughter you fit into each week

FOR LONG TERM SUCCESS

IT'S ALL ABOUT DOING THE WORK
AND BEING CONSISTENT.

IT'S NOT A QUICK FIX.
IT DOESN'T JUST HAPPEN
OVERNIGHT.

IT'S THE PEOPLE THAT STICK
WITH SOMETHING CONSISTENTLY
THAT ACHIEVE THE BODY,
HEALTH AND HAPPINESS
THAT THEY WANT.

LET'S KEEP IT SIMPLE - TIPS TO FOLLOW

If you can do these things on a regular basis, you will be well on track for success:

- **Eat protein in each meal** – this will keep you fuller for longer
- **Aim for a variety of colours** – and a piece of fruit or plenty of vegetables at every meal
- **Look to include 2-3 servings of healthy fats most days**
- **Carbs are fine, but keep them to 1-2 servings per day so you can fit in everything else**
- **Drink a glass of water when you feel hungry (to ensure you're not just thirsty) and before each meal**
- **Prioritise getting enough sleep** - for most people this is 7-8 hours, with bed at 10-11pm
- **You'll always be able to stay or get back on track if you have an understanding of calories** – more on this later in the book
- **Eat slowly, be present with your food, and enjoy everything you have!**
- **Remember everything is fine in moderation, and you never need to feel bad about what you eat. You can always get back on track with your very next meal. It's about BALANCE.**

© 2018 Hayley Plummer All Rights Reserved

hayleyplummer.co.uk

COLOUR COLOUR COLOUR

Lots of colour makes your food look interesting, tasty and be more appealing and enjoyable to eat. It also generally means lots of fruit and veg, and therefore lots of amazing nutrition for your body!

My suggestion is to aim is to get a piece of fruit or plenty of veggies at EVERY meal, as much as humanly possible.

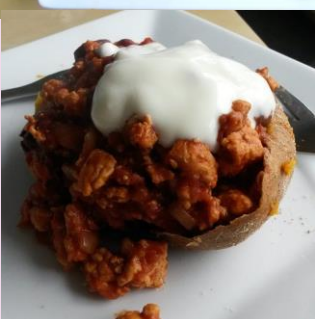
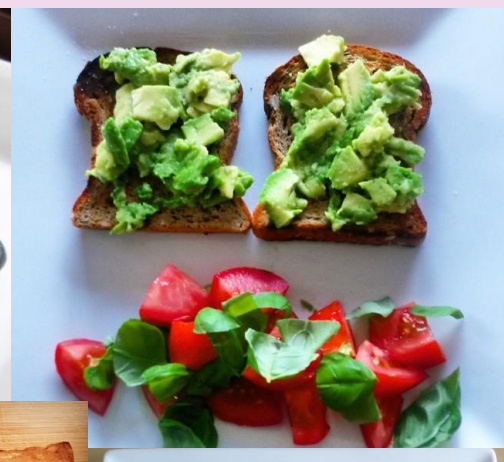
This allows your body to receive the full spectrum of vitamins and minerals to:

- Boost immunity
- Provide vital nutrients for healthy hormones
- Give you more ENERGY

Plus all that extra fibre will keep you fuller for longer, and keep your digestive system healthy too.



A FEW IDEAS OF THE TYPES OF MEALS YOU CAN ENJOY 😊



© 2018 Hayley Plummer All Rights Reserved

hayleyplummer.co.uk

NUTRITION EXPLAINED – CALORIES

It's really important to understand that **weight loss is determined by calories above everything else.**

You can eat the healthiest, cleanest, most nutritious foods on earth and cut out anything deemed 'bad for you', but if your calorie intake is too high, you **WON'T** lose weight.

So we want to eat healthy as much as possible, but we also need to make sure it's the right amount.

This is why sometimes I will suggest options that are lower calorie and processed/ready made, rather than the most natural 'healthy' option.

In an ideal world, we'd all cook from scratch all the time and eat only natural foods.

But in today's hectic world, most people simply don't have time. Being perfect isn't necessary or sustainable!

So if a convenient, more processed choice will save you a lot of calories and help you lose weight, that may be the better options. The health benefits of that weight loss are actually better than staying stuck where you are.

It's all about looking at the big picture, and applying the 80/20 rule. If 80% of your food is made up of meat, fish, vegetables, fruit and healthy fats, 20% can be made up of convenience foods and the less healthy things you really like (chocolate, cake, wine, crisps, the odd takeaway etc).

Unless you want to, or are aiming to get very lean, it's not necessary to meticulously count your calories. But it does massively help to check nutrition labels and look things up when you're unsure.

YOUR CALORIE BANK ACCOUNT

It can help to think of the concept of having a calorie bank account.

Some food and drink (normally the things that we love the most!) come at a high price in terms of calories.

If you spend lots of calories on a takeaway or a meal out, you need to be more careful with your spending for the next day or two, so that you don't go into debt for that week.

Many people go into debt with their calorie bank account (and therefore maintain or gain weight) by regularly spending too much on little things like drinks, biscuits, high calorie snacks like nuts, grabbing food on the go, and not realising what is in the food and drink they consume.

Just like with a real bank account, when you become more aware of your spending, you see where you can make some easy cutbacks and start to build your savings.

Don't forget that you can earn more calories to spend by getting more steps in and being more active too.



PORTION SIZES

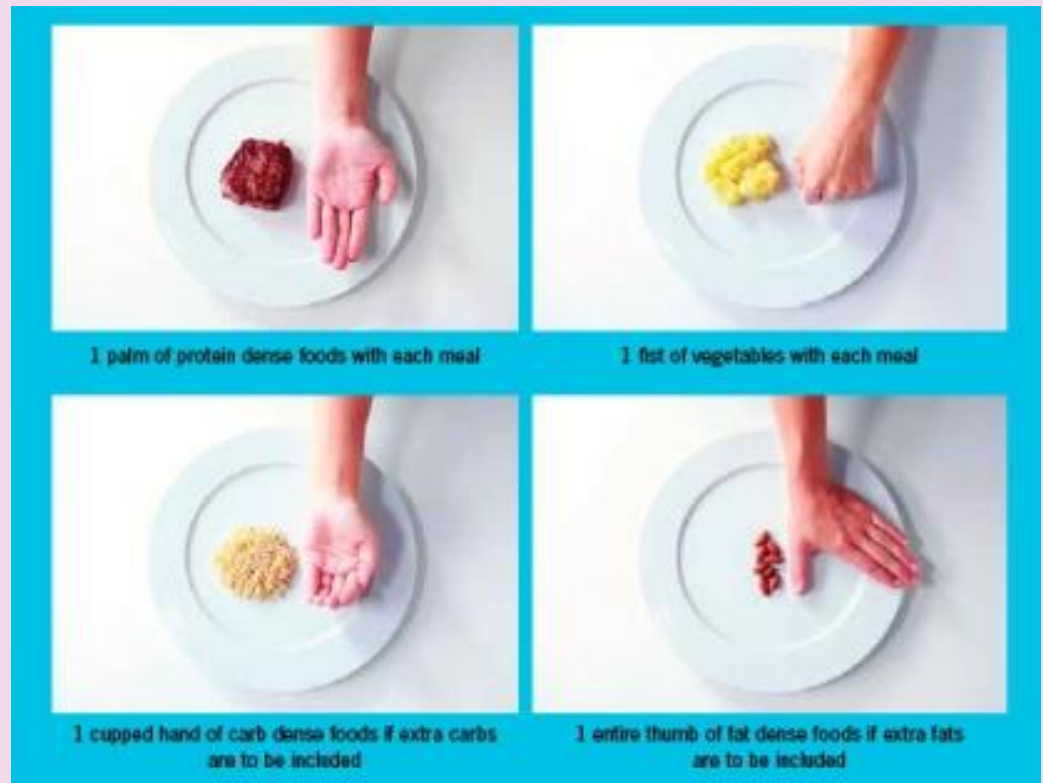
Portion sizes are where many people go wrong when it comes to weight loss. Too much food on the plate, too much carbohydrate, too little protein and not enough vegetables are common mistakes.

If you think your portion sizes are too big, a great tip is simply to eat from a smaller plate. Your eyes still see that the plate is full and your brain is tricked into thinking you're eating a lot of food still. Eat slower than you normally do and you will probably end up feeling just as full.

For best results, aim for a balanced meal wherever possible. This means:

- ✓ A palm sized portion of protein
- ✓ A fist sized portion of vegetables
- ✓ A cupped handful of carbohydrates
(in 1-2 meals per day, not all 3)
- ✓ A thumb sized portion of healthy fats

Don't stress if you don't get the balance in every meal – protein and calories are key, and the balance will get easier as you practice.



NUTRITION EXPLAINED – PROTEIN

PROTEIN – *think meat, fish, eggs, Greek yogurt, lentils, beans, nuts, seeds, whey protein*

KEY POINTS

- Protein is VERY important for health, strength and weight loss
- Most women don't eat enough of it
- Ideally we want to get one good source of protein in each meal (3-4 servings per day)
- Protein helps repair, strengthen and tone your muscles after exercise
- This boosts your metabolism and helps you burn more fat
- Protein takes longer to digest than carbs or fat do, so it keeps you fuller for longer
- If you don't eat enough protein (and don't use your muscles by exercising), a good chunk of the weight you lose on a diet will come from muscle tissue rather than fat.

PROTEIN

Good protein sources include:

- ✓ Chicken
- ✓ Turkey
- ✓ Lean beef
- ✓ Lamb
- ✓ Fish
- ✓ Seafood
- ✓ Eggs
- ✓ Grilled bacon
- ✓ Whey protein powder
- ✓ Greek yogurt
- ✓ Beans and pulses (especially puy lentils)
- ✓ Nuts and seeds (just be mindful of portion sizes)



NUTRITION EXPLAINED – FAT

For HEALTHY fats, *think avocado, salmon, mackerel, eggs, coconut oil, olive oil, nuts, seeds*

KEY POINTS

- Foods high in fat are very dense in calories, so we need to be aware of portion sizes
- Eating some healthy fats regularly is essential for health and hormone function
- Around 2-3 servings of good fats daily works very well for many women
- Every cell in your body needs fat in order to exist and function properly
- Fat helps you stay fuller for longer and keeps your blood sugar levels more stable
- Replacing a portion of processed or starchy carbs with a serving of healthy fats can be very beneficial for energy levels, hormones and long term weight loss
- It can be better to mostly eat your fats in the form of salmon, avocado and eggs, rather than consume them in oils. Oils are easy to consume without your mind really registering the calories, meaning you feel like you've eaten less than you actually have, whereas food sources that you can actually see as you eat can be more satisfying.

FAT

Quality fat sources and portions sizes:

- ✓ Avocado (half)
- ✓ Oily fish (palm size fillet)
- ✓ Coconut oil (2-3 tsp)
- ✓ Olive oil (2-3 tsp)
- ✓ Nuts and seeds (1 tbsp)
- ✓ Nut butters (1 tbsp)
- ✓ Organic butter (1 tbsp)
- ✓ Flaxseed (1 - 2 tbsp)
- ✓ Chia seeds (1 tbsp)



NUTRITION EXPLAINED – CARBOHYDRATES

CARBOHYDRATES – *think oats, potatoes, fruit, veg, beans, pulses, quinoa, rice*

KEY POINTS

- Carbs are your body's preferred source of energy and it is important to eat some quality slow-digesting carbs each day (see examples above)
- They won't make you gain weight unless you eat enough to push you over your calorie needs
- Carbs are less important for healthy hormones than protein and fat, so can be minimised to 1-2 servings per day to help reduce calories
- It's a good idea to eat carbs before and after exercise to fuel your body
- Natural, minimally processed carbs such as oats, potatoes, sweet potato, lentils, beans and pulses contain fibre, vitamins and minerals too
- If bread, pasta, sugar and wheat sit ok with your stomach and you feel fine after, they are fine to eat. Just be aware of portion sizes as the calories very easily add up

CARBOHYDRATES

Good carbohydrate sources include:

- ✓ Vegetables
- ✓ Oats
- ✓ Potatoes (sweet and white)
- ✓ Rice
- ✓ Quinoa
- ✓ Beans and pulses
- ✓ Fruit



Also for convenience...

- ✓ Warburtons thins (good low calorie alternative to bread)
- ✓ Bagel thins
- ✓ McCain 5% fat chips and/or frozen sweet potato chips (both good convenient options for emergencies / bung-it-in-the-oven meals)

PLANNING AND SHOPPING

If there is one tip I can give, it's to plan ahead with your food.

Planning your meals at least a day in advance really helps so you can make sure you have everything you need.

If you always end up rushing in the morning, preparing food for the next day before you go to bed can be a huge help.

Overnight oats (in my recipe book) are a great option to make the night before and then they're ready to eat in the morning.

Ideally, sit down at the weekend and decide what you're going to eat in the week ahead. Then go shopping for all the necessary ingredients.

If you work or have little time to prepare meals during the week, cook up a couple of big meals on a Sunday and pop them in the fridge or freezer. This will save you a lot of time and hassle later on.

On the following pages, I'll provide you with a shopping list of the healthiest and most convenient foods, and then show you how you can turn these into meals and easy snacks.



SUCCESS SHOPPING LIST

On the next few pages, you'll find the best options to buy to help yourself lose weight and be healthy. You'll also find a selection of more convenient ready-made foods you can get to save you time and keep you on track.

VEGETABLES

Any and lots!

Leafy greens like spinach, kale and broccoli are particularly good, plus a spectrum of different colour veggies. Above all, go for what you like and will be happy to eat often.

FRUIT

Berries in particular are good because they are high fibre, lower sugar compared to other fruits, and packed with nutrition. But all fruit is great. Pick what you enjoy.

FROZEN SECTION

Frozen fruit and veg can be an absolute life-saver when it comes to staying on track and enjoying your food. It's worth always making sure you have these in your freezer:

- Frozen berries
- Frozen chopped spinach
- Frozen stir fry veg (sainsburys mixed Mediterranean veg is good!)
- Also, make you sure at least a couple of bananas (peeled in advance) in your freezer to make smoothies / pancakes 😊

SUCCESS SHOPPING LIST

MEAT / FISH (as high quality as possible)

- Chicken breast
- Turkey (steaks or mince)
- Tuna (tinned or steaks)
- Salmon (smoked / fillet)
- Sea bass
- Haddock
- Lightly dusted haddock fillets (good for easy and healthy home-cooked fish and chips)
- Prawns
- Beef mince (10% fat or lower)
- Quality beef steak
- Ham
- Turkey slices
- Heck chicken sausages
- Lean bacon



CARBS

- Sweet potato
- White potato
- Quinoa (raw or in sachet)
- Puy lentils (raw or in sachet)
- Oats
- Rice (raw or in sachet)
- Beans and pulses
- Warburtons thins
- Sainsburys wholemeal muffins
- Sainsburys Hi Lo protein bread



SUCCESS SHOPPING LIST

CONVENIENCE / LOW CALORIE SNACK FOODS (optional, but helpful for busy people and snackers)

- Whey protein powder (cheapest from myprotein.com, called Impact Whey, chocolate brownie flavour or vanilla are best)
- Protein bars (look for under 220 calories per bar) – Grenade bars are most people's favourite - can be found on amazon and in Holland and Barrett
- Trek bars
- Nakd bars
- Healthy ready meals
- Low calorie savoury snacks – popcorn / rice cakes
- Beef jerky
- Options / Cadbury hi-lights hot chocolate
- Hartley's 10 cal jelly pots



FATS AND OILS

- Coconut oil
- Olive oil
- Avocado
- Organic butter
- Nuts / seeds
- Nut butters
- Flaxseed
- Chia seeds

CONDIMENTS

- Herbs and spices, especially cinnamon and smoked paprika
- Apple cider vinegar
- Fresh salsa
- Balsamic vinegar
- Reduced fat hummus



HEALTHY CONVENIENT FOODS TO KEEP IN STOCK FOR QUICK AND EASY MEALS

These are foods I would recommend having in your house at all times

- **Eggs** – can always whiz up an omelet or have poached on some protein bread
- **Oats** – a bowl of porridge with protein powder and frozen berries is a great quick and easy meal
- **Hi Lo protein bread** – lower carb and higher protein than normal bread, stores very well in the freezer
- **High protein yogurt** – Liberte plain, Total 0%, Arla and SkyR are all very good options here
- **Frozen berries** – great for adding to porridge or smoothies, or defrosting to eat with yogurt
- **Frozen banana** (peel it first – took me years to realise how much easier it is when you do that!) great for adding to smoothies or defrosting to make protein pancakes
- **Frozen veg** – I love Sainsburys Mediterranean chargrilled frozen veg (mixture of peppers, courgette and aubergine) but any veg you like is great. Spinach is great to add to many dishes and smoothies.
- **Meat or fish** that can be cooked from frozen – ideally under 300 calories per portion (unless it's a ready meal rather than just the meat/fish) my go-to here is lightly dusted haddock or lemon sole from Sainsburys, bought in fresh section but can be cooked from fresh or from frozen
- **Protein powder** – always helpful to have in stock for a quick protein shake, smoothie, to mix with porridge or make pancakes
- **Unsweetened almond milk** - low calorie and goes well with protein powder to make a shake
- **Tuna or other tinned fish** – great to throw into a salad or have with a jacket potato (Liberte or Total yogurt can make a good alternative to mayo)
- **Smoked salmon** – fresh or frozen (doesn't take long to defrost) great to throw in a salad or omelet

HOW TO BUILD A HEALTHY MEAL

For each of your main meals, pick one option from each category

PROTEIN (1 fist size portion)

- ✓ Chicken
- ✓ Turkey
- ✓ Lean beef
- ✓ Lamb
- ✓ Fish
- ✓ Seafood
- ✓ Eggs
- ✓ Whey protein powder
- ✓ Greek yogurt
- ✓ Beans and pulses

FATS (portions below)

- ✓ Avocado (half)
- ✓ Oily fish (fist size portion)
- ✓ Coconut oil (2 tsp)
- ✓ Olive oil (2 tsp)
- ✓ Nuts and seeds (thumb size portion)
- ✓ Nut butters (1 tbsp.)
- ✓ Organic butter (1 tbsp)
- ✓ Flaxseed (1 tbsp)
- ✓ Chia seeds (1 tbsp)

CARBOHYDRATES –

ONLY AT EITHER BREAKFAST OR DINNER, AND IN YOUR MEAL AFTER TRAINING (1 cupped hand portion)

- ✓ Oats
- ✓ Sweet potato
- ✓ Rice
- ✓ Quinoa
- ✓ Beans and pulses
- ✓ Fruit

VEGETABLES – 1 – 2 handfuls – various types and colours - EAT AT MOST/EVERY MEAL

- ✓ ALL VEGETABLES are great, and as much variety as possible – leafy greens and various colours. The more nutrients the better!

LOW CALORIE SNACKS / PUDDING OPTIONS

Here's some ideas for super easy snack options that won't break the calorie bank account (unless you have lots of them!). Some have more nutrition than others, and if you have a meal without protein then a protein bar or shake can be a great option. Otherwise, I always suggest getting as much nutrition as you can into your main meals, and then go for what is convenient and will keep you satisfied with any snacks you have. If you fancy something sweet for dessert, there's a few ideas for that too 😊

Fruit

Slices of chicken, ham, turkey or smoked salmon

Veg with low cal hummus

Grenade protein bar – good to keep in bag at all times in case of emergency

Options hot chocolate or Cadbury highlights

Rice cakes – kallo are good

Fibre 1 brownies

Arla high protein yogurt sachets

Trek bars

Nakd bars

Hartley's 10 cal jellies

Oppo ice cream

Mini twister ice cream

Skinny cow ice cream

Oreo mini ice cream sandwich



© 2018 Hayley Plummer All Rights Reserved

hayleyplummer.co.uk

EXAMPLE WEEKLY MEAL PLANNER

On the next page, you'll see an example meal plan for the week. It's a pretty healthy plan, so feel free to copy this or adjust as necessary. Take out things you don't like and replace them with foods you're happy to eat, even if they are less healthy options. Again, as long as your calories are at the right level and you're getting enough protein, you will still lose weight, and this way it will be sustainable.

Eating this way, you should feel full for a lot longer between meals. The quality protein, fat and fibre will fuel your body for hours and you will likely be surprised at how little hunger you experience.

If you get hungry between meals, it's worth first having a glass of water and waiting for 10-15 minutes. It's extremely easy to mistake feelings of hunger for feelings of thirst!

If you're still hungry and your next meal is more than an hour away, feel free to have a snack.

Ideally make it protein based – slices of meat, boiled egg, greek yogurt or the odd protein bar or shake. Fruit is fine too and veg is great. Just make sure you are eating because you are genuinely hungry, and you eat the right amount. It's a really good idea to sit down with every meal and snack and just focus on eating that food slowly, enjoying every mouthful. Being more conscious of what you eat will help you realise how much you're having and keep you fuller for longer.

After the meal plan page, you'll find a blank chart for you to create your own weekly food plan. Even if things may change slightly, make a plan and then get the stuff you need. Make it foods you're happy to eat – be open to new recipes and new ideas, and then enjoy the feeling of being in control and heading for success!

| | Breakfast | Snack | Lunch | Snack | Dinner |
|------|---|---|---|--|---|
| MON | 2 egg ham omelette (use frylite to cook) | 2 rice cakes with 1 tbsp peanut butter | 1 small chicken breast and half avocado with mixed salad | Apple | 160g steak cooked in frylite with steamed veg and 150g sweet potato fries |
| TUES | 50g oats with mixed berries and 1 tbsp flaxseed | Greek yogurt with fresh berries | Tuna nicoise salad | Protein bar | Chicken stir fry cooked in coconut oil |
| WED | 2 poached eggs on 2 wholemeal toast slices | 2 Ryvita with ham and low fat cheese spread | 1 tortilla wrap filled with leftover stir fried chicken, salasa, pepper and onion | Banana and protein shake | Homemade turkey burger with avocado and veg |
| THUR | 2 pieces Hi Lo protein bread (sainsburys) with 1.5 tbsp peanut butter | Small bowl of fruit | Vegetable soup with greek yogurt and packet of sliced turkey | Carrot and pepper sticks with reduced fat hummus | Chicken and chick pea curry with added veg of choice and cauliflower rice |
| FRI | Overnight oats with cinnamon, apple, walnuts and greek yogurt | 2 oat cakes with tbsp. reduced fat hummus | Leftover chicken and chick pea curry | 4 slices of ham and a boiled egg | Chili with sweet potato jacket and veg roasted in olive oil |
| SAT | 60g smoked salmon and 2 scrambled eggs with tomato | 2 clementines | Leftover chilli with half a cauli rice sachet | Trek bar | Pan fried salmon with boiled quinoa and stir fried veg |
| SUN | Greek yogurt with fruit and sprinkle granola | Pear and greek yogurt | Cold meat with salad and half avocado | Arla protein yogurt | Fist sized portion roast chicken with handful of sweet potato and steamed veg |

YOUR WEEKLY MEAL PLAN – planning is key!

| | Breakfast | Snack | Lunch | Snack | Dinner |
|------|-----------|-------|-------|-------|--------|
| MON | | | | | |
| TUES | | | | | |
| WED | | | | | |
| THUR | | | | | |
| FRI | | | | | |
| SAT | | | | | |
| SUN | | | | | |

FOCUS ON MASTERING ONE MEAL AT A TIME

If that meal plan looks a little daunting and your own food looks nothing like the things on my list, don't worry.

Focus on mastering just one meal – breakfast, lunch, dinner or snacks, for a whole week. In the first week, put all your efforts into planning and eating a healthy breakfast, every day.

Each time you manage to do that, it's a win. You'll start to build momentum and create good habits. At the end of the week, if you feel happy with breakfasts, continue with them and start to focus on the next meal you want to master.

Identify which out of lunch, dinner and snacks is where you tend to struggle, and focus on that for week 2.

I'm here to help with this and make it as easy as possible. Don't forget, it's a lifestyle change. By the end of the program, you'll have transformed the way you eat, and done it in a manageable step-by-step way.

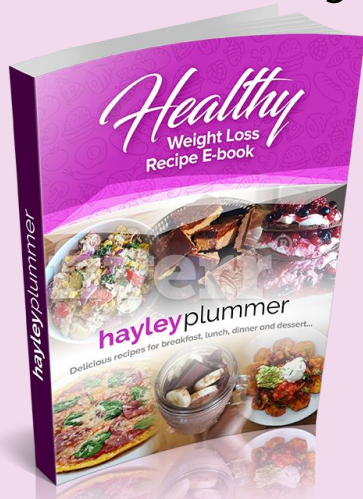


© 2018 Hayley Plummer All Rights Reserved

hayleyplummer.co.uk

RECIPE BOOK INSPIRATION

These are some cookbooks I often recommend for healthy and nutritious ideas. Some have the nutrition information for each recipe too and all promote using good quality ingredients in very tasty ways. All can be found on amazon.



Hayley's Healthy Recipe Ebook

Jamie Oliver 5 ingredients

Jamie Oliver Super Foods Family Classics

Fearne Cotton – Cook Happy, Cook Healthy

The Food Medic: Recipes and Fitness for a Healthier, Happier You

The Medicinal Chef

Without the Calories – any of the series (search on amazon)

River Cottage Light and Easy



MAJOR TIPS FOR SUCCESS



EASY WAYS TO BOOST YOUR PROGRESS

If you get stuck and the weight isn't shifting, you've essentially reached a point where you're taking in the same amount of calories as you're burning off. So we need to do something to tip that balance. This can come from taking in less calories, doing more exercise, or a bit of both. It doesn't necessarily take too much to tip the balance, but it will take a conscious effort to do *something* extra. Here's a few ideas:

Extra walking – you could either add 10 minutes per day, or do an extra walk in the week or at the weekend

Mini home workouts – a favourite little workout of mine is the 50 squat and 50 press up challenge. This is 5 sets of 10 squats and 5 sets of 10 press ups, either done in one quick 10 minute hit, or just spread out over the course of the day.

Food swaps – Nuts could be replaced with berries for a snack option. A trek bar could be replaced with an apple or yogurt. A latte could be replaced with a green tea. Pudding could be replaced with an options hot chocolate. Little swaps that knock of 50-100 calories on a regular basis can make add up to a big difference over time.

Less snacks / reduce portion sizes – smaller plates can make it appear you're having the same amount of food

Replace carbs with more vegetables. If you visually see the same amount of food, but just more of it comes from veg, you'll take in less calories but should still feel full.

Reduce fats - if you sometimes cook with oil or butter, this could be the time to switch to using frylite, especially if you're already having some healthy fats elsewhere in your day.

GRATITUDE

One thing that helps many people (me included) stay happy and continuing to make progress is keeping a gratitude journal.

First thing in the morning or last thing at night, have a think and write down 3 things you are grateful for. This could be things in your life (people, possessions etc), progress you've made, or something great that happened to you.

If you struggle with motivation at any point, this is a great quote to read too:

“Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.”

MINDSET BOOK RECOMMENDATIONS

I highly recommend reading something each day that helps you program your mind to be positive and help you succeed. We are surrounded by media that can negatively affect our mindset – the TV news, newspapers, magazines, social media. It is hard to avoid negativity and images that make us compare ourselves unfavourably to others.

Let's turn that tide by learning more about how our mind works and how to be the best we can be. This doesn't need to take you long – even one page is a win for that day.

These are the 4 best books I have found on understanding and changing your mindset (any book like this is good to read though – there will always be at least one important point we can learn and take away)

Goddess Revolution – Mel Wells

Awaken the Giant Within – Tony Robbins

The Chimp Paradox – Dr Steve Peters

Feel the Fear and Do it Anyway – Susan Jeffers

WALKING

Walking is one of the easiest, cheapest and most enjoyable ways to get fit, slimmer and healthier. And it's so effective! You can change nothing in your diet and just start walking more, and the extra calories you burn will cause you to lose weight, (at least for a while, then you may need to change your eating habits too).

A fitbit is a great tool for measuring how many steps you are taking, and it allows you to link up with friends or set daily challenges for yourself. You can find these on amazon – the fitbit flex is a popular model that costs around £60. Cheaper options would be to buy a pedometer, or to use a step-counting app on your phone (just make sure you keep your phone on you when walking).

A good goal to aim for is 10,000 steps per day. This is the equivalent of about 5 miles.

It may seem a lot, and you may be nowhere near this at the beginning. That's ok - just gradually doing more over time is what's key. Find out how many steps you currently do and use the chart on the next page to track your progress. The aim is to do more steps each week. If you currently average 5000 steps per day, aim for 6000 per day next week, and so on. You have 6 weeks to reach 10,000 steps daily! It's not as hard as you may think.

If you know you don't walk enough, find little ways to increase your daily activity - getting up from your desk every 20 minutes, taking the stairs instead of the lift, walking a longer route home etc. A half hour walk in your lunch break or after work can make all the difference.

Whenever you can, get out for a walk in nature - peace, fresh air and greenery does wonders for the mind as well as the body.

MAJOR HABITS FOR SUCCESS

EAT SLOW

Simple tip that can make a huge difference. If you're the type of person who wolfs their meal down and feels stuffed and bloated after, you're consuming more calories than your body needs on a regular basis.

Become conscious of your speed and try to really slow yourself down. Take it one bite at a time, savour each mouthful and try to experience all the different flavours you can taste.

This should open up a whole new level of enjoyment in your food. You'll realise how much you're actually having, and you'll give your body time to let you know when it's starting to feel full.

It can take up to 20 minutes for the stomach to inform the brain that it's had enough, so eating slow gives you chance to become more aware, and stop eating before you take in more than you need.

Stopping when you feel 80% full is about right, and you'll end up pleasantly satisfied rather than uncomfortably stuffed.



SLEEP – 7-8 hours per night

Sleep 7 – 8 hours – ideally 10.30pm – 6.30am

This is really important. Your body cannot burn fat effectively when it is constantly tired and deprived of a regular sleep pattern. Poor sleep quality has been shown to cause, on average, a 22% increase in appetite during the day.

Your body is constantly craving fuel to perk itself up, and the stuff it craves is high energy, high calorie foods like chocolate, bread, crisps, biscuits... all the things that give you a brief boost (and lots of calories with very little nutrition) before sending you crashing down again a few hours later. And the cycle begins again.

If you struggle with sleep, create good routines around bedtime - making sure your room is cool and dark, spending half an hour winding down and not looking at an electronic screen, scribbling down any thoughts that might keep you awake, and doing some slow deep breaths into the stomach can all help.

Aiming to sleep between 10.30 and 6.30 means your body is more likely to settle into a natural circadian rhythm and produce all the hormones that help you feel restored and refreshed the next day.

DRINK 2-3 LITRES OF WATER PER DAY

Water is essential for so many important processes in the body, yet very few people drink enough of it. Your body is over 70% water, and every single cell in your body needs a good supply in order to function properly. If you are constantly dehydrated, you will find it harder to lose weight, and you'll probably suffer from headaches and lack of energy too.

Very often, what feels like a hunger pang is actually just thirst, and before you know it you've taken in a load of calories you didn't actually need. If you feel a hunger pang, try drinking a glass of water first and waiting for 10 minutes. Chances are the feeling will have gone. If it hasn't, you know it's probably genuine hunger.

Aiming for 3 litres of water per day is ideal to give you everything you need. If you need to, you can flavour this with squash (or even better, a slice of fresh lemon or lime).

To help track your intake, try having a glass of water first thing, then filling up a 2 litre bottle and making it your goal to finish it by early evening. Or you could put 4-6 elastic bands around a 500ml bottle of water, and take one off each time you finish and refill the bottle.

FINDING CALM

We live in a hectic world and as women, tend to spend much of our time looking after everyone else! Self care and making time for you is vital to your health, happiness and long term success.

You've probably heard the saying 'you can't pour from an empty cup'.

It's true – if you give so much to everyone else without looking after you, eventually it's going to show – perhaps in constantly feeling tired, getting ill, feeling stressed or depressed, not enjoying life. All these mean you can't be your best self and help others as much as you want to.

Do whatever you can to regularly fill your cup - take time for you so that YOU can be happy, and then you have more to give to help everyone else be happy too.

Anything that makes you feel happy, calm or relaxed is great here – reading, going for a walk, getting a massage, sitting and doing some deep breathing, calling a friend, etc.

Meditation and yoga are both BRILLIANT and ideally would be a part of everyone's life – definitely do these if you can. Both have been shown to decrease anxiety, depression and stress, reduce inflammation and increase positive emotion

For meditation, the Headspace app is a great one to download to get you started.

MINDSET

Remember – you are far more than your weight, and you deserve to feel good about yourself NOW.

Life is far too short to wait to be happy.

The best diet is the one that makes you feel good – mentally, physically and emotionally – and that you can stick to FOR LIFE.

Self-esteem will not just improve from a physical change on the outside – it comes from appreciating yourself as you are, unconditionally, and believing that you have value in this world.

We have been conditioned to ignore every aspect of ourselves other than what we can physically see and measure. Most people have no idea just how much their mindset, psychology and subconscious beliefs are driving their behaviour, experiences and results.

Your subconscious mind is responsible for more than 90% of the decisions you make each day. Your subconscious is far more powerful than your conscious mind, which is why you can have all the best intentions to eat well all day, and then find yourself rummaging through the biscuit tin.

Long term change can be hard work – that's why most people aren't doing it.

But it is so worth it for the benefits it brings.

CAN I HELP?

Sometimes, you know what you need to do, but you just can't seem to do it, right?

With the best will in the world, it can be EXTREMELY hard to change your life by yourself. We all need accountability, motivation and support from others at times. That's why I have created a group program to help.

Change For Life is my online program where you will receive:

- Daily support and ACCOUNTABILITY from me
- DAILY tips, MOTIVATION and advice
- GUIDANCE on how to manage any problems you encounter each week
- SUPPORT and encouragement from a team of women just like you.
- My Healthy Weight Loss Recipe Ebook for more tasty meal ideas 😊

And lots more.

If you're interested in joining the next program, send me an email at hayley@performanceproject.co.uk and we can arrange to have a chat.

Any question on anything, please feel free to get in touch.

Here's to an amazing year of transformation 😊

hayley plummer



Website:
hayleyplummer.co.uk

Email:
hayley@performanceproject.co.uk

Facebook:
facebook.com/hayleyplummerpt

Instagram:
Instagram.com/hayleyplummerpt