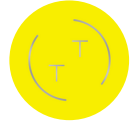


YOUR ULTIMATE GUIDE TO

Healthy Eating & Keeping Fit



- ◆ NUTRITION TIPS
- ◆ MEAL PLANS
- ◆ FITNESS GUIDE
- ◆ WORKOUT TIPS
- ◆ & MORE!



A collaboration between
Tracy Tredoux Nutrition & Fit With Me

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INTRODUCTION

Meet Your Mentors



TRACY TREDOUX
NUTRITIONAL THERAPIST

Tracy is a fully qualified Nutritional Therapist, accredited Functional Medicine Practitioner and Health Coach. Her passion is empowering clients to achieve peak health and wellness through personalised dietary strategies, rest, exercise stress reduction, appropriate testing if necessary, and carefully selected nutritional supplements. She helps end the continuous cycle of 'trial and error' that many chronic patients experience by seeking the underlying root causes of their symptoms.

Tracy has a Nutritional Therapy Diploma from the Institute for Optimum Nutrition, is a member of BANT, the CNHC and is an AFMCP-UK and Zest4Life practitioner.

FILIPA NEVES
PERSONAL TRAINER & FIT WITH ME FOUNDER

Filipa's passion is improving people's lives through being active. She trains people from all walks of life and founded Fit With Me to help as many people as possible through the 'Fit With Me' way: understanding the individual, and making being healthy and active feel simple, enjoyable, and sustainable!



Filipa has a Masters degree in Health and Wellbeing, and a Stanford University diploma in Exercise Physiology. When not spending time with her clients or leading the Fit With Me team, Filipa can be found training for her next triathlon.

INTRODUCTION

Welcome To Your Guide

Welcome

Hello! Welcome to Your Ultimate Guide to Healthy Eating & Keeping Fit – your comprehensive resource for nourishing your body, getting fit, enhancing your well-being, and fostering a lifelong relationship with food and exercise that celebrates the very best version of you. In a world abundant with dietary advice and get-fit-quick trends, we believe in a balanced and sustainable approach that transcends short-term fixes.

About the guide

This guide, curated by experienced Nutritional Therapist, Tracy Tredoux, and the founder behind the fitness brand Fit With Me, Filipa Neves, goes beyond mere food choices and exercises. It delves into the art and science of nurturing your body with wholesome ingredients while embracing the joy of movement. Here, you'll find a treasure trove of timeless wisdom, backed by cutting-edge nutritional insight and fitness resources designed to empower you on your journey to better health.

Healthy habit building

Our philosophy is simple: healthy eating and living aren't about deprivation or punishing rules; it's about embracing an abundance of nutrient-rich foods, and engaging in simple and enjoyable exercise, to create sustainable healthier habits.



What you can expect

From practical tips for grocery shopping and meal planning to key exercises for achieving and maintaining fitness, we've got you covered. So, whether you're embarking on a new wellness journey or seeking to refine your existing habits, this guide is your trusted companion. Prepare to embark on an adventure that nourishes not only your body but also your mind. Let's dive in and discover the transformative power of wholesome eating and joyful movement – a journey that promises vitality, longevity, and a renewed zest for life.

Expertise on demand

Both Tracy Tredoux Nutrition and Fit With Me recognise the importance of a personalised approach and really getting to know clients and their needs. Each and every food protocol or exercise regime created is done with the client in mind. Both experts are focused on developing long-term habits rather than attaining short-term goals.

FOOD

Tracy's Top Tips For Healthy Eating



1. Prioritise Plant Power

Fill half your plate with a colourful array of vegetables. Focus on cruciferous veggies like broccoli, Brussels sprouts, and leafy greens such as kale. Balance your plate with a quarter of whole grains or legumes and a portion of lean, healthy protein. [Click here for 25 tips to get your 10-a-day!](#)



2. Energise with a Wholesome Breakfast

Kickstart your day with a balanced breakfast featuring protein, healthy fats, and complex carbohydrates. This essential meal boosts metabolism, enhances cognitive function and influences better food choices throughout the day. [Click here to download a free guide packed with healthy breakfasts.](#)



3. Break Free from Restriction

Avoid the restrict-and-binge cycle. Regular, balanced meals prevent evening overindulgence. Shift your mindset from deprivation to nourishment, avoiding extremes and fostering a healthier relationship with food. [Click here to identify what kind of eater you are and learn how to create a healthy attitude toward food.](#)

FOOD

Tracy's Top Tips For Healthy Eating

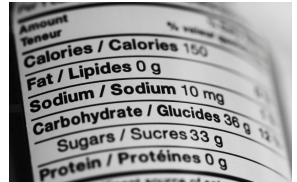
4. Strategic Grocery Shopping

Plan your trips to the store or farmers' market. Shop with purpose and a list based on weekly recipes. Concentrate on the store's perimeter for fresh produce, dairy, lean meats, and fish. Explore local farmers' markets for fresh, seasonal options. [Click here for a 30-day weight-loss program packed with tips on meal planning and shopping for the best ingredients.](#)



5. Mindful Packaging Choices

Opt for minimally processed foods. Read labels to make informed decisions. Embrace frozen vegetables and canned beans for convenience, while steering clear of highly processed items laden with preservatives, excessive fats, sugars, and sodium. If there are any ingredients on the packaging that you don't recognise, chances are your liver doesn't either! [Click here to discover a list of minimally processed foods that are great for lowering stress.](#)



6. Tame Salt & Sugar Intake

Look beyond the salt shaker and added sugars. Processed foods can hide high levels of sodium and sugars. Check labels, and be aware of sugar content (1 teaspoon equals roughly 4g) and sodium levels in packaged products. Avoid processed table salt, which is very high in sodium. Instead opt for Celtic sea salt, which is high in other minerals, such as magnesium, potassium and phosphorus and more, not just sodium! [Click here to learn why sugar might be the death of you.](#)



FOOD

Tracy's Top Tips For Healthy Eating



7. Quality Over Quantity

Focus on nutrient density, not just calorie counting. Nutrient-rich foods provide essential vitamins, minerals, and fibre. Shift your attention to whole, wholesome options that naturally support your well-being. Consider adding sprouts, herbs, spices, nuts and seeds and microgreens to increase the nutrient density of your meals. [Click here to discover the myriad of benefits of adding microgreens to your meals.](#)



8. Choose Wholesome, Complex Carbs

Opt for whole grains like brown rice, whole wheat, and oatmeal. These complex carbohydrates offer more nutrients and fibre than refined alternatives. They contribute to satiety and lower risks of diabetes and heart disease. [Click here to learn why carbohydrates are an essential macronutrient for your body.](#)



9. Take Your Symptoms Seriously

Don't underestimate your body's way of communicating with you. Symptoms are a red flag that your body wants you to listen to. Symptoms are your body's way of communicating to you that something is not right. Address the cause of your symptoms by consulting with a healthcare practitioner. Don't simply accept them as a way of life, as inevitably they will get worse. Listen to your body when it whispers, so you don't have to hear it when it screams. [Click here to learn about the number of unpleasant symptoms an unbalanced microbiome has been linked to.](#)

FOOD

Tracy's Top Tips For Healthy Eating

10. The Old Adage of Three Balanced Meals a Day Still Applies

Skipping meals can cause problems later on in the day – causing cravings and energy slumps. Although intermittent fasting has huge benefits, until your health is balanced and you are symptom-free, it's more important to have three balanced meals a day. This supports your circadian rhythm. [Click here to learn more about intermittent fasting and how suitable it is for you.](#)



11. Hydrate Adequately

Prioritise proper hydration by drinking water throughout the day. Water is essential for digestion, circulation, and overall well-being. Plus, it helps to support your immune system. Choose water as your primary beverage and limit sugary drinks. Herbal teas and infused water can add variety and hydration benefits. Pay attention to your body's signals and drink when you're thirsty to stay properly hydrated. [Click here to discover natural ways to aid detoxification.](#)



12. Eat Intuitively

Become more mindful of the reasons you reach out for food. Is it hunger? Or, is it from boredom, emotions or habit? When one becomes more in tune with hunger and fullness cues, this naturally results in better eating habits and weight loss for those wanting it. Embrace the pleasure of eating. Reject the notion of restrictive diets. Build a sustainable, enjoyable lifestyle around healthful choices that align with your long-term well-being. Choose foods that both satisfy and nourish. [Click here to watch Tracy's video on intuitive eating.](#)



FOOD

Tracy's Top Tips For Healthy Eating



13. Sleep Better

Most people underestimate the importance of a good night's sleep, believing it to be an inconvenience that stops them from partying late, doom scrolling and binge-watching Netflix shows. However, lack of sleep can lead to weight gain, brain fog and loss of focus. Additionally, sleep is the prime time for cells to regenerate and renew. The odd night of poor sleep is fine but a cumulative lack of sleep has a huge impact on overall health. [Click here for a guide on how to improve your sleep.](#)



14. Manage Stress

It's not about ridding your life of all its stressors but instead about incorporating stress-coping mechanisms in one's daily life, such as deep breathing exercises, meditation or yoga. People always underestimate the havoc that elevated stress hormones have on overall health when elevated almost all day, every day. [Click here for a guide on managing stress.](#)



15. Exercise Wisely

Rather than spending hours on a treadmill daily, instead focus on fostering enjoyable exercise habits that are sustainable over time, whether it's finding a sport you love, running in the park or going to your local gym and trying out a new class. It's about consistent movement throughout the day, as opposed to one hour of intense movement in the morning and remaining sedentary for the rest of the day. Movement doesn't have to be an organised activity but can be walking to work or even climbing the stairs when you have the opportunity. [Click here to learn more about how exercise contributes to your overall health.](#)

FOOD

What Should Your Plate Look Like?

The British Association for Nutrition and Lifestyle Management (BANT) has a brilliant summary of what your plate should look like. [Download the PDF here.](#)

As you can see, you should aim to have one-quarter of your plate full of leafy greens and salads, the other quarter full of other vegetables and then the remaining two quarters with protein and root vegetables and wholegrains.

HEALTH & WELLBEING *zzz*
Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

EAT A RAINBOW
7 a day
(5 veg and 2 fruit)

EXERCISE
Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.

SALADS & VEGETABLES
Unlimited salads, leafy greens and vegetables, excluding root vegetables.

DRINKS
Drink water, tea (black, green fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners including fruit juice.

FRUIT
Eat 1-3 palm-sized portions of fruit a day. Berries in abundance and local and seasonal fruit.

LEAFY GREENS & SALADS

ROOT VEG & WHOLEGRAINS

PROTEIN

OTHER VEG

OILS
Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.

Eat root vegetables as well as whole grains (like wild and brown rice, whole oats, quinoa). Limit refined grains (like pasta and bread) which affect the body in a similar way to sugar.

Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.

Multi-vitamin and extra vitamin D for most people. Probiotics and blood sugar support, as advised by nutrition healthcare professional.

THE WELLNESS SOLUTION

BANT
British Association for Nutrition and Lifestyle Medicine
THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS

September 2022 © BANT

FOOD

Your 14-day Sample Meal Plan

Remember, this meal plan is designed to be generic. We highly recommend consulting with a healthcare professional before starting any new plan. You can click on the recipe name to view the complete recipe details on Tracy's website. It's common for the lunches to be the same as the previous night's dinner. This is a great way to save time on cooking and avoid the hassle of deciding what to eat when hunger strikes. Just make sure to double the dinner portions to have enough for the next day.

Week 1				
Day	Breakfast	Lunch	Snack	Dinner
1	<u>Healthy Pancakes</u>	<u>Prawn Pesto Pasta</u>	Carrot sticks with hummus	<u>Salmon & Roasted Vegetables</u>
2	<u>Overnight Oats</u>	<u>Salmon & Roasted Vegetables</u>	Handful of almonds	<u>Mushroom Tacos & Guacamole</u>
3	<u>Coconut Chia Pudding</u>	<u>Mushroom Tacos & Guacamole</u>	Greek yoghurt with honey	<u>Mixed Bean Chilli</u>
4	<u>Egg & Avocado Toast</u>	<u>Mixed Bean Chilli</u>	Apple slices with peanut butter	<u>Pesto Roast Chicken</u>
5	<u>Pumpkin Pancakes</u>	<u>Pesto Roast Chicken</u>	Cottage cheese with pineapple	<u>Lentil Taco Salad</u>
6	<u>Chia & Nut Yoghurt Bowl</u>	<u>Lentil Taco Salad</u>	Trail mix	<u>Veggie Patties</u>
7	<u>Smashed Avocado & Sprouts Toast</u>	<u>Veggie Patties</u>	Mixed berries	<u>Healthy Heart Salad</u>

FOOD

Your 14-day Sample Meal Plan

Week 2				
Day	Breakfast	Lunch	Snack	Dinner
1	<u>Orange Chia Pudding Parfait</u>	<u>Healthy Heart Salad</u>	Greek yoghurt with berries	<u>Tomato & Cheese Omelette</u>
2	<u>Mediterranean Frittata</u>	<u>Green Protein Salad</u>	Carrot and celery sticks with hummus	<u>Coconut Fish Curry</u>
3	<u>Avocado Egg Cups</u>	<u>Coconut Fish Curry</u>	Mixed nuts	<u>Lettuce Fajitas</u>
4	<u>Chia Pomegranate Oatmeal</u>	<u>Lettuce Fajitas</u>	Apple slices with cheese	<u>Minestrone Soup</u>
5	<u>Gluten-Free Bread</u>	<u>Creamy Pesto Courgetti</u>	Greek yoghurt with berries	<u>Quinoa Lasagne</u>
6	<u>Healthy Pancakes</u>	<u>Quinoa Lasagne</u>	Trail mix	<u>BBQ Harissa Sardines</u>
7	<u>Overnight Oats</u>	<u>BBQ Harissa Sardines</u>	Cottage cheese with peaches	<u>Chilli Con Carne</u>

MOVEMENT

Filipa's Top Tips For Keeping Fit



1. Something is Better Than Nothing

Remember, doing some exercise is better than doing nothing at all. Never underestimate the power of a quick 10-minute workout, run or brisk walk. It can even be as simple as a refreshing morning stretch! Research shows that short, high-intensity workouts can be just as effective as longer ones in improving cardiovascular fitness and burning calories.

2. Start Small to Build Habits

Building a fitness routine becomes much easier when you start with manageable tasks. Small daily actions can lead to lasting habits, making it easier to incorporate fitness into your life. For example, why not try doing 20 squats when brushing your teeth, or 20 star jumps before you shower? It really can be that easy to start with...



3. Consistency is Key

Consistency is the foundation of long-term health. Make movement a priority, and never miss a day where your body is feeling active! Regular exercise helps improve your cardiovascular health, boosts your mood by releasing endorphins, enhances your sleep quality and makes you feel more energised.

MOVEMENT

Filipa's Top Tips For Keeping Fit



4. Embrace Activity You Enjoy

Whatever you do, find something you enjoy. It doesn't matter whether it's walking, swimming, gardening, playing sports, or hitting the gym – as long as you keep moving! If you love what you do, you'll be more likely to stick with it, and finding joy in your workouts can reduce stress and increase your motivation to stay active.

6. Do What is Right for You

Avoid blindly following the latest trends or what works for other people. Tailor your fitness regime to your own specific goals, strengths, weaknesses, and what you enjoy! Consult with a fitness professional or physical therapist to create a personalised plan that supports your unique fitness journey.



5. Vary Your Movements

Don't just rinse and repeat your workouts. Working your whole body is essential to long-term health, so try to incorporate various exercises and activities into your weekly routine. This not only keeps your workouts exciting but also ensures balanced muscle development and functional fitness.



MOVEMENT

Filipa's Top Tips For Keeping Fit



7. Listen to Your Body

Fitness isn't just about appearance; it's about how you feel. Pay attention to your heart, your muscles, your movement, and your mind. Listening to your body and its signals means you can exercise accordingly, which will improve your physical performance and enhance your quality of life.



8. Use it... or You Might Lose it

Keep your body active, or it won't work the way you want it to! Prolonged spells of inactivity can lead to health issues, so keep moving to maintain your physical capabilities. Regular movement not only preserves muscle mass but also supports joint health and flexibility, and prevents muscle atrophy and stiffness.



9. Set an Example - Inspire Others

You will be amazed by how powerful it can be to encourage other people to be active. Help your friends by suggesting you take a walk next time you meet up, or have your next meeting with colleagues somewhere new. All these little prompts encourage us to keep moving, and if we are helping one another, then we are less likely to fall into unhealthy habits.

MOVEMENT

Filipa's Top Tips For Keeping Fit



10. It is Never Too Late to Start

Your body has an incredible ability to adapt to new routines and challenges. Don't feel like 'it's too late' – because it never is. Taking the next simple step is the only thing you need to focus on, and you will soon have built healthy habits to keep you active and enjoying movement.

4 Ideas To Keep You Moving



1. Walking Coffee

Rather than sitting down at the coffee shop and watching the world go by, collect your coffee and take a stroll. Avoid any extra sitting time – sitting is the new smoking!



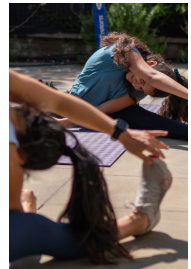
2. Exercise Buddy

Research has proved that we are more likely to stay motivated when we are being active with someone else. Find your exercise buddy, and stick with them!



3. One-Stop Early

Help yourself do a little bit more by getting off one-stop before you need to, and walking the rest of the way. It's a great trick to keep yourself moving, and to vary your routine.



4. Stretch Daily

Take 5 minutes every day to stretch. Try to touch your toes. Try to reach the sky. Twist and turn your body, and embrace the energy that every stretch sends through you.

MOVEMENT

6 Simple Exercises You Can Start Today



1. Squats



2. Deadlift



3. Plank



4. Push Up



5. Pull Up



6. Farm Walk

FINAL THOUGHTS

A Message From Us To You

We created this guide to inspire others to live well and look after their health. Hopefully, it's clear that it only takes a few small steps to get going and you won't look back once you do!

Remember, healthy eating and keeping fit is a marathon, not a sprint. It's very unlikely that you will be able to follow this guide to the letter every day and you shouldn't aim for perfection. Don't let great be the enemy of good!

Looking for further resources?

For recipe inspiration, informative blog posts and delicious content, see Tracy's website and social pages.

 www.tracytredoux.com  [TracyTredouxNutrition](https://www.facebook.com/TracyTredouxNutrition)  [@tracytredouxnutrition](https://www.instagram.com/tracytredouxnutrition)

And for all of your fitness needs, whether that's workout inspiration, in-person sessions or convenient at-home videos, make sure to check out Fit With Me's brilliant resources.

 www.fitwithme.co.uk  [FitWithMeFilipa](https://www.facebook.com/FitWithMeFilipa)  [@fitwithmefilipa](https://www.instagram.com/fitwithmefilipa)

Wishing you good health and happiness!

Love,

