

b2b

FITNESS

TAKING FITNESS BACK TO BASICS

Nutrition 101



IMPORTANCE OF NUTRITION

Nutrition is everything! Food is nature's medicine and if used correctly, you can literally eat yourself well and eat yourself healthy. We at b2b fitness want to change your perspective on what you eat and when you eat it. We will be focusing on the amazing qualities of food and learning to eat your way healthily, whilst speeding up your metabolism at the same time!

Our philosophy is taking fitness back to basics, and for us this includes diet and nutrition. When it comes to food, fresh veg, lean cuts of meat and healthy natural fats are the way to go every time, and are far, far superior to anything that comes in a packet or tin. The human body is as organic as it gets and craves quality fresh foods. Processed foods are a waste of time lacking in nutrients and are more often than not full of damaging fats, refined sugar, salt & preservatives. If you're not sure if something is healthy, the chances are it's NOT!

Nutrition is more important than exercise when it comes to fat loss. Big statement I know but several studies have proven that individuals that exercise with no change to their diet will maintain a level of health and prevent various chronic illnesses but will not achieve significant fat loss unless a healthy, calorie controlled diet is followed. Simply put if you don't adjust your diet you will not get rid of the gut.

“
***Nutrition is more important than
exercise when it comes to fat loss***”

If you put more calories in your mouth than you are burning you WILL store those extra calories as fat. A 500 calorie excess per day can lead to 1lb of fat gain per week, luckily it works the other way around and if you are in a 500 calorie deficit per day you can lose 1lb of fat per week, but wait there, it's not as simple as that...do you think someone getting 2000 calories a day from fizzy drinks, white bread and chocolate will get the same health benefits, recovery and weight loss as someone getting their 2000 calories a day from fresh veg, lean meats, complex carbs & healthy fats, even if they are in a calorie deficit? Of course not. Your body needs the correct balance of nutrients to ensure success and creating the synergy between protein, carbs and fat is the key!

PROTEIN

After water, protein is the most predominant substance that makes up the human body. It is essential for revving up the metabolism, aiding muscle repair after Boot Camp sessions and providing a slow release energy source to the body. Protein is made up of Amino Acids which are literally the building blocks of the body! Eating protein with your meal also slows the absorption of other foods on your plate, providing that steady release of energy which makes you feel and perform better. To put it bluntly protein should be the foundation of every meal!

Good protein sources to stick on your plate include, lean meat like turkey, chicken, fish as well as eggs & lactose free yogurt. Soya products, pulses and eggs are a good source of protein for our Veggie friends.

'Protein should be the foundation of EVERY meal'

CARBOHYDRATE

Carbohydrates are the best energy source for the kind of exercise you do at each of the b2b Boot Camp sessions, whether it's the Cardio, Circuit or Cross sessions, high intensity exercise demands carbohydrate as a fuel. Just remember to have the bulk of your carbs around workout time.

Don't be scared of Carbs

When administered in the correct form, dosage and at the correct times, Carbs are fantastic for your body, giving you energy, allowing correct organ function and helping you burn fat (yes you need carbohydrate in your system in order to burn fat).

The best forms of carbohydrate come from – VEGGIES, QUINOA or AMARANTH, WHOLE GRAINS, FRUIT AND BEANS (beans also contain protein as does quinoa and amaranth).

The worst forms come from easily digested refined carbohydrates from refined grains –WHITE BREAD, WHITE RICE, and the like, as well as POTATOES, PASTRIES, FIZZY DRINKS & FRUIT JUICE and other highly PROCESSED FOOD, since these may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.

Limit fruit & avoid fruit juice unless it's post workout. Fruit is great for fibre, antioxidants and vitamins but it is still packed with natural sugars. Certain fruits are better than others and to outline this we have put the fruit shopping list in order of best to worst with regard to Glycemic load (how it affects blood sugar levels) which has a direct effect on fat loss. The top half of the list is much better for you than the bottom half!

We have tailored the amount of carbohydrate eaten to YOU and when YOUR work out. Historically you would not prescribe carbs to people eating late at night, but if you haven't had time to eat before our 18:30 Boot Camp then your body will desperately need carbs to recover and ensure you are raring to go the next day, and as long as you're not eating and going straight to bed, digestion will be well away and you will see no ill affect.

'Just remember you need the bulk of your carbs around workout time!'

FAT - The GOOD the BAD and the UGLY

There are different types of fat some are good, some are bad and some are very ugly. Good fats have multiple benefits, apart from being used as an energy source they decrease chances of heart disease, are good for joints, help burn bad fats and have overall benefits to pretty much every cell in the body! Excess bad fats and ugly fats come with some pretty serious health consequences including; Heart Disease, Stroke, Bone Disease and of course the big 'C' Cancer, just to name a few. Below in Figure 1 is a comparison of the different types of fat.

Figure 1

GOOD FAT	Reduces bad LDL cholesterol and Increases the Good HDL cholesterol
Monounsaturated	Nuts, Seeds, Avocado, Olive Oil, Canola Oil
GOOD FAT	Reduces bad LDL cholesterol
Polyunsaturated	Salmon, Sardines, Trout, Flaxseed, Sunflower Oil, Soybean Oil
BAD FAT	Increases the bad LDL cholesterol
Saturated	Red meats, Eggs(Yolk), Cream, Butter & Coconut Oil
UGLY FAT (the worst kind)	Increases levels of LDL (bad cholesterol) and Decreases the HDL (Good Cholesterol)
TRANS	Hydrogenated fat, Margarines, Vegetable Shortenings, Biscuits, Packaged Snack Foods, Chips, Fast Food!

CHEAT MEALS & ALCOHOL

We understand that diet has to be sustainable and with all of the temptation out there you are bound fall off the wagon once in a while, after all if you wanted to eat like a monk 24/7 I'm sure you would be walking around with a shaved head and sandals and living in Tibet not Dubai. This is why you need to have the odd cheat meal; this will consist of whatever food you desire within reason, and under the bracket of ONE meal (not a MAN VS FOOD type serving!) As long as you are sticking to your new way of eating 90% of the time, your results won't falter and neither will your mental state. The best time to have something naughty is pre or post workout but if you're sticking to the 90% rule then knock yourself out twice per week!

With regards to alcohol, moderation is key and wine is better than beer, but remember not only does booze contain additional calories, but it limits your fat burning capacity whilst in your system, meaning that any food you eat whilst boozing is much more likely to end up on your hips! Moral of the story is if you want to see your abs, avoid that glass of wine with dinner and say no to brunch!



SUPPLEMENTS

If you follow the b2b food plan you will be getting a vast majority of all the nutrients you need, we have though highlighted two supplements that have been proven to assist you in building your perfect bod!

OMEGA 3 Fish Oil- Decreases diabetes, heart conditions, stroke, cancer and joint pain. It is essential for muscular recovery & is responsible for unlocking fat reserves for use as energy! You can buy a good quality Omega 3 source from most pharmacies in the UAE, just make sure it's pharmaceutical grade.

PROTEIN – Amino Acids are the building blocks for muscles as they aid recovery. Powdered protein is ideal for post workout or as a snack and is easier than carrying a cooked fillet steak to a Safa Park boot camp session! Protein powder comes in several different forms, whey, egg and Soya to name a few, if you don't have a problem with dairy then whey protein is a good option, if you do egg protein will more than suffice, and is actually a more natural option.

HYDRATION

Adequate hydration is important for overall health. Without proper hydration, you become dehydrated, which means your body does not have enough water to function normally. You lose water every day when you breathe, sweat and go to the toilet, the water content in the foods you eat and the beverages you drink combine to hydrate your body and is key in weight loss and the overall vitality of the body.

Your daily water consumption will be higher living in the UAE due to the heat and relentless air conditioning you are faced with. Without exercise you should be drinking approximately half of your body weight in Oz. e.g. If you weigh 200lbs consume 100oz (3litres water) daily.

With regard to hydration and athletic performance, insufficient hydration can fatigue your muscles, reduce your coordination and cause muscle cramps; below is a guide for water intake surrounding exercise, this is in addition to your daily water consumption.

WATER CONSUMPTION GUIDELINES	
350ml	2 Hours before exercise
240-350ml	15-30 Min before exercise
120-240ml	Every 15 Min during exercise

SLEEP

Sleep is an unsung hero when it comes to recovery, muscle growth and fat loss, with higher levels of Growth Hormone being produced it's the best kind of rest you can have. A lack of sleep wreaks havoc with stress hormone levels and can lead to poor performance in the gym, at work and in your social life, and with stress hormones flowing through the body it makes fat metabolism even more difficult. Several days of poor sleep will lead to anxiety and symptoms of overtraining; in short getting a good night's sleep goes hand in hand with exercise and nutrition.

SHOPPING LIST

On the following 2 pages we have included a shopping list that you can take with you to the supermarket, we couldn't list every vegetable, fruit, protein or carb but have compiled a list that will stand you in good stead if followed. The foods below are all complimentary to your body and will aid you in your quest to health, happiness and fat loss!



SHOPPING LIST

PROTEIN	VEGETABLES
Barracuda	Asparagas
Beef (Lean Cuts)	Avocado
Canned Tuna (in brine)	Bean Sprouts
Chicken Breast	Bok Choy
John Dory	Broccoli
Kangaroo	Squash
Ostrich	Cabbage
Pork Tenderloin	Carrots
Prawns	Cauliflower
Rabbit	Celery
Sardines	Egg Plant
Salmon	Garlic
Shark Steak	Ginger
Sirloin Steak (fat trimmed)	Herbs
Smoked Turkey Slices	Kale
Snapper	Leeks
Soy Vegetarian Products (low fat)	Mushrooms
Swordfish Steak	Onion
Tofu	Peas
Tuna Steak	Pepper
Turkey Breast	Pumpkin
Turkey Drumsticks	Salad
Veal	Spinach
Venison	Sweet Potato
Veggie Burger	Tomatos
	Zucchini

BREADS, GRAINS & NUTS

Amaranth

Basmati Rice

Bulgur Wheat

Millet Bread

Quinoa

Wild Rice

Flax Seeds

Oat Bran

Almonds

Pistachios

Walnuts

Pecans

Whole Wheat Bread

Whole Grain English Muffin

Whole Grain Bagel

Whole Grain Tortilla

DAIRY/ALTERNATIVE

Low Fat Cheddar Cheese

Cottage Cheese

Eggs

Mozzarella

Parmesan Cheese

Yoghurt (low fat live & preferably lactose free)

Feta Cheese

Low Fat Ricotta Cheese

Milk, Rice Milk, Almond Milk

FRUITS

Strawberry

Grapefruit

Orange

Pear

Mixed Berries

Melon

Apple

Lemon

Lime

Peach

Cranberries

Kiwi

Grape

Papaya

Banana

Mango

Dried Fruit

OILS

Avocado oil

Canola Oil

Flaxseed Oil

Olive Oil

Use a handy cooking spray to limit the amount of oil used!

THE b2b NUTRITION PLAN

Eating the right foods at the right times is absolutely crucial, and will give you the opportunity to make the most out of EVERY training session with turbo charged fat burning, recovery and results.

The b2b plan involves eating 5 times per day and the food you are eating is specifically engineered to vary depending on what time of the day you conduct your training. You wouldn't put logs on the fire if you weren't intending to burn them, so why shove excess food in your mouth when your body doesn't need it? If you answered because it tastes good then you might need to take a closer look at what is more important in your life...Food indulgence, or health, prosperity and that illusive bod you've always dreamed of!

With regard to fat loss and athletic performance, it is important to keep your blood sugar levels and therefore your energy levels at a constant by eating regularly. We've all let ourselves get so hungry that we've annihilated a whole packet of biscuits or something similar...the key is adopting a 'prevention is better than cure' attitude and by eating every few hours it will give you the best tool for sticking to your eating plan and NOT needlessly binging on food. Not only is this a good prevention mechanism but it will ensure that your metabolism (the fire) is constantly fueled and burning calories. This is why we only promote fresh vegetables, good fats and complex carbs, it's what the body reacts to best and will leave you feeling at your best!

We understand that everybody is different and there is not a one size fits all approach when it comes to diet. All the nutritional plans below have been designed with fat loss as its focus, meaning that carbohydrate has been limited forcing you to burn excess fat reserves as fuel, but when these fat reserves diminish (and they will), you will need to increase the amount of carbohydrate consumed. Keep an eye out for your energy levels in and out of Boot Camp sessions and if it decreases or you start to feel down, irritable or lacking in concentration, the chances are that you are under eating. If this is the case add 200-400 calories (Which is the equivalent to a b2b Protein Shake approx. 200cals or a Chicken Bagel approx. 400cals) to your daily diet and monitor your progress!

We guarantee that sticking to this way of eating, not as a diet but as a lifestyle change, will result in more energy, better skin, brighter eyes and genuinely looking and feeling amazing!

MORNING PERSON - SAMPLE DAILY MEAL PLAN

06:00 - 07:00 - WORKOUT ½ b2b Super Shake before & ½ after your workout

Meal 1 – Breakfast

08:30 - Protein & Carbohydrate - it is important to refuel with Carbs and rebuild with Protein after your workout to maximise recovery and fire up your metabolism.

- 1 Whole Egg, 4 Egg White Omlette with Spinach & Tomato.
- 1 Cup Porridge Oats with Mixed Berries or try Breakfast Quinoa cooked like porridge!

Meal 2 – Snack (Optional - choose one of the following)

11:30 - Half a handful of nuts (Almonds, Walnuts), Seeds, Beef Jerky, slice b2b Meatloaf or Protein shake with a piece of Fruit

Meal 3 - Lunch

13:00 - It's now been 5 hours since the big workout so this meal should be higher in Protein, Good fat, Vegetables & and lower in Carbohydrate.

Fillet of Salmon, Salad including Tomatoes, Carrots, Broccoli, Bell Pepper, Peach, Green leaves and Mixed Seeds or Nuts. Olive Oil dressing.

Meal 4 - Snack (Optional - choose one of the following)

16:00 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

Meal 5 – Dinner

18:00 – 19:00 - It has now been a long time since the workout so dinner will be based around Protein and Vegetables.

Roasted Turkey/Chicken meat Cranberry Sauce, Roasted Vegetables including Pumpkin, Carrots, Onions and Broccoli.

Pudding (if absolutely necessary) - Berries, Low Fat Live Yogurt or 1 piece Dark Chocolate (75% cocoa)

THE JUMERIAH JANE/JOHN - SAMPLE DAILY MEAL PLAN

Meal 1 - Breakfast

07:30 - You haven't hit the gym yet so keep things lower in Carbs & higher in Protein, Good Fat & Veggies.

- 1 Whole Egg, 4 Egg White Scramble with Asparagus, Tomato & ½ small Avocado.
- Melon & Green Tea.

Meal 2 - Snack (Optional - choose one of the following)

11:00 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

13:00 - WORKOUT ½ b2b Super Shake before and ½ after your workout

Meal 3 - Lunch

14:30 - It's now post workout so it's time for Protein, Carbs & Veggies.

- Chicken Skewers, Steamed Broccoli, Spinach and Carrots with Spiced Quinoa
- Fruit Salad

Meal 4 - Snack (Optional - choose one of the following)

17:00 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

Meal 5 - Dinner

19:00 – 20:00 - It's now been 5 hours since the big workout so this meal should be higher in Protein & Vegetables and lower in Carbohydrate.

- Fillet of Salmon, Salad including Tomatoes, Carrots, Broccoli, Bell Pepper, Peach, Green Leaves and Mixed Seeds or nuts. Olive oil dressing

Pudding (if absolutely necessary) - Berries, Low Fat Live Yogurt or 1 piece Dark Chocolate (75% cocoa)

THE EVENING WORKOUT- SAMPLE DAILY MEAL PLAN

Meal 1 - Breakfast

08:30 - Protein, fat and veggies, you haven't worked out yet so start the day with some quality protein veggies and fats, your body doesn't need to be overloaded with carbs.

- 1 Whole egg, 4 egg White Omlette with Spinach, Tomato & ½ small Avocado.
- Melon & Green tea.

Meal 2 - Snack (Optional - choose one of the following)

11:30 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

Meal 3 - Lunch

13:00 - You still haven't worked out so this meal should be higher in Protein, Good Fat, Vegetables and lower in Carbohydrate.

- Fillet of Salmon, Salad including Tomatoes, Avocado, Carrots, Broccoli, Bell Pepper, Green Leaves and Mixed Seeds or Nuts. Olive Oil dressing.

Meal 4 - Snack (Optional - choose one of the following)

16:00 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

18:30 – 19:30 - WORKOUT ½ a b2b Super Shake before & ½ after your workout

Meal 5 - Dinner

20:00 - It's now post workout so it's time for Protein, Carbs & Veggies.

- Chicken Skewers, Steamed Broccoli, Spinach and Carrots with Spiced Quinoa
Fruit Salad with Low fat live Yogurt or 2 pieces dark chocolate (75% cocoa)

THE REST DAY - SAMPLE DAILY MEAL PLAN

Meal 1 – Breakfast

08:30 - Start the day with Protein, Vegetables and Good Fat.

- 1 Whole Egg, 4 Egg White Omlette with Asparagus, Onion, Smoked Salmon.
Melon & Green Tea.

Meal 2 - Snack (Optional - choose one of the following)

11:30 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

Meal 3 – Lunch

13:00 – Lunch time hit it up with Protein, Vegetables and Good Fat.

- Fillet of Salmon, Salad including Tomatoes, Carrots, Broccoli, Bell Pepper , Green Leaves and Mixed Seeds or Nuts. Olive Oil dressing.

Meal 4 - Snack (Optional - choose one of the following)

16:00 - Half a handful of Nuts (Almonds, Walnuts), Seeds, Beef Jerky, Slice b2b Meatloaf or Protein Shake with a piece of Fruit

Meal 5 – Dinner

18:00 – 19:00 It has now been a long time since the workout so dinner will be based around Protein and Vegetables.

- Roasted Turkey/Chicken meat Cranberry Sauce, Roasted Vegetables including Pumpkin, Carrots, Onions and Broccoli.

Pudding (if absolutely necessary) - Berries, Low Fat Live Yogurt or 1 piece Dark Chocolate (75% cocoa)

KEY FAT LOSS POINTS TO REMEMBER

- KEEP HYDRATED
- EAT 5 TIMES PER DAY
- WHOLE FRUIT NOT FRUIT JUICE
- CARBS - STICK TO WHOLE GRAINS, QUINOA, SWEET POTATOES & VEGGIES
- EAT THE BULK OF YOUR CARBS AROUND WORKOUT TIME
- EAT PROTEIN WITH EVERY MEAL
- EATING GOOD FAT WILL HELP YOU BURN BAD FAT
- NEVER SKIP BREAKFAST
- DITCH THE SUGAR AND JUNK FOOD
- TAKE A QUALITY OMEGA 3 SUPPLEMENT
- MAKE SLEEP A PRIORITY



NUTRITIONAL REQUIREMENTS

Below is an equation that enables you to work out your own Total Daily Calories Needed. Simply add your information where necessary and you can work out how many calories you should be putting in your mouth per day! You can then refer to the calorie chart in b2b RECIPES 101 and prepare your meals accordingly.

Resting Metabolic Rate = Body weight in lbs..... x 10

RMR (Resting Metabolic Rate) =

Daily Calories Burned In Activity = **RMR**..... x 10% for Sedentary, 20% Moderate, 30% Vigorous Activity

Daily Activity Calories =

Estimation of Calories Burned per Training Session = Women 400 to 600, Men 600 to 800

Calorie Deficit (CD) = 500

**RMR + Daily Activity Calories + Calories burned – Calorie Deficit =
TOTAL DAILY CALORIES NEEDED FOR FAT LOSS.....**

NUTRITION 101 THE PALM PRINCIPLE

CALORIE COUNTING JUST ISN'T SUSTAINABLE. USE THE PALM PRINCIPLE FOR EASY AND EFFECTIVE PORTION CONTROL. **PROTEIN** USES A FLAT PALM, **VEGGIES** AND **CARBS** USE A CUPPED PALM, WHILST YOU USE A THUMB TO MEASURE YOUR **GOOD FATS**.
HOW HANDY!



FOR MEN

PROTEIN: 2 PALMS
CARBS: 2 PALMS
VEGGIES: 2 PALMS
FATS: 1 THUMB

FOR WOMEN

PROTEIN: 1 PALM
CARBS: 1 PALM
VEGGIES: 1 PALM
FATS: 1/2 THUMB





www.b2bfitnessdubai.com

 [instagram/b2bfitnessdubai](https://www.instagram.com/b2bfitnessdubai)

 [twitter/b2bfitnessdubai](https://twitter.com/b2bfitnessdubai)

 [facebook/b2bfitnessdubai](https://www.facebook.com/b2bfitnessdubai)