



GOAL SETTING & KEY NUTRITION PRINCIPLES

This booklet is designed to help you identify your goals and move towards them. In brief, learn about how to take in to consideration the effects of carbs, proteins & your menstrual cycle in regards to your training & individual goals.

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OUTLINING YOUR GOALS

Now this may seem obvious, but outlining your goals is the first step to reaching them. We want you to be specific, the more detailed they are the more you can begin to track your progress. Grab a pen and fill out our goal planner below. We want you to write down where you would like to be in 6 months time both physically & mentally.

If you are finding it hard to decide on your goals, remember it doesn't have to be weight orientated. You can focus on improving your pushups, flexibility, energy or even mood.

Once you have your 6 month goal, we can begin to work backwards. The next 8 weeks are designed to help set you up to achieve your ultimate goal! So begin by setting a micro goal for every month leading up to your 6 month one.

Evaluating your progress monthly is the best way to see how far you've come. The feeling of progress & accomplishment will help keep you motivated and pushing forward.



**A journey of
a thousand
miles begins
with one step.**

OUTLINING YOUR GOALS

What would you like to achieve in the next 6 months (physically + mentally)?

Working backwards, set achievable monthly smaller goals that will lead to your 6 month goal.

Month 6 (Long Term Goal):

Month 5:

Month 4:

Month 3: (Halfway Goal):

Month 2:

Month 1:

TRACKING PROGRESS



You can track your progress through whatever means you prefer and feel most comfortable with.

Pictures, measurements, strength tests, keeping track of your energy and mood etc.

Be sure to be consistent with your methodology. Dependent on your goal, we recommend tracking your progress every 2-4 weeks. But no less than 2 weeks if it is a weight specific goal! If it is your mood and energy you would like to focus on, this can even be tracked daily.

Below we have an outline of how to track your progress. It's really important to celebrate your small wins! These will lead to even bigger ones.

If you haven't made as much progress as you'd like, think about what you could change to get back on track next month. But also still write down the positive impact you've made on your health & fitness so far.

MONTHLY PROGRESS TRACKING

Monthly Goal:

What are you going to implement to help achieve this?

Monthly Goal Result:

How did you do?

What positives can you take from the last month?

Celebrate and feel good about the positive impact you've made so far. Write down three things that you feel good about from the last 21 days.

- 1.
- 2.
- 3.

YOUR MOTIVATION

Think about why you want to achieve your goal. Writing down the answer will help you realise your true motivation.

Answer the following below:

Why do you want to achieve your 6 month goal?



Following on from your answer above, why do you want to feel or be that way?



**Your "WHY?" is your main motivation. Every time your finding it hard to motivate yourself.
Think of your "WHY?" and keep going!**

ROUTINE

You can set yourself up for success by implementing small habits into your routine.

1

HYDRATION

Make it a habit to fill up your water bottle with 2 litres of water every morning.

2

INTENT

Get your workout clothes ready the night before and set them out so your are ready to go!

3

MEAL SCHEDULE

Fill out your meal planner for the week.

ROUTINE

4

MEAL PREP

Double up your meals.
If you are preparing dinner
then make enough for lunch
the next day to save time.

If you are including protein
shakes then prepare these the
night before and keep them in
the fridge.

5

PROTEIN PREP

6

ACCOUNTABILITY

Schedule in your diary or
calendar what days & times
you will be working out
during the week

NUTRITION PRINCIPLES

1

Aim to drink 2 litres of water each day -

Water can help boost your mood, energy levels and brain function!

2

Aim for 7 or 8 hours of sleep each night -

Your body recovers when sleeping. We also release hormones during our sleep that help promote fat loss and muscle growth.

3

Aim for at least 0.8g of protein per lb of bodyweight -

For example; if you weigh around 150lbs (10.7st), your target would be 120g a day. Protein comes from many different sources, we have given a protein swap list below dependent on your dietary preferences.

4

Make sure you're eating enough carbs -

Each individual's needs obviously vary, but we suggest at least 100g a day. This is to ensure you have enough energy to train & be productive throughout your day. Don't be fooled by fad diets! Carbs are our body's primary source of energy. Enjoy them!

5

Ban processed foods -

This is to eliminate unwanted chemicals & added ingredients from our diet. By banning processed foods such as biscuits, fizzy drinks, ready meals etc we can cut out refined sugar and saturated fats.

Try to stick to whole foods and meals you have prepared yourself.

NUTRITION PRINCIPLES

6

Take note of your fibre intake -

Ideally we want to aim for a minimum of 20g a day. Sufficient amounts of fibre are associated with a lower risk of heart disease, stroke, type 2 diabetes and bowel cancer. Choosing foods with fibre also makes us feel fuller and aids digestion alongside promoting a healthy gut.

7

Don't be afraid of natural sugar -

Fruit and vegetables have all sorts of beneficial natural antioxidants, vitamins and minerals that will work wonders for your body.

8

Consistency

No matter what your goal is, weight loss, weight maintenance or muscle gain, you have to be fairly consistent for a prolonged amount of time to achieve any of these.

We believe in the 80/20 rule. We want to be able to enjoy meals & nights out with friends and not worry about what to eat and drink all the time. Being fairly consistent Mon - Fri and enjoying yourself on the weekends tends to lead to a sustainable and balanced lifestyle.

SUMMARY

Enjoy yourself! We are trying to help you create a sustainable and healthy relationship with food. Choose meals that you enjoy and please don't be fooled by the fad diets that we are exposed to everyday. Get inventive in the kitchen and start trying to re-create your favourite takeaways and meals without the nasty additives. And finally, listen to your body. We are all so different and its not one size fits all. Understanding what foods energise you and what slows you down will be key to achieving your goals.

WEIGHT SPECIFIC GOALS

Everyones goals are individual to them. This guide is designed to help you learn more about your personal goals and push you towards them. Because each individual is different there is no one size fits all when it comes to weight gain, maintenance or fat loss.

Fat Loss Principles:

We prefer to call it fat loss because we don't want to lose overall weight, mainly body fat, not muscle. In order to lose fat you must be in a caloric deficit. There are SO many factors that come into play so please bare in mind this is a generic guide. But here are three key ways to create a calorie deficit.

Create a deficit by eating less energy (calories) than you expend.

Create a deficit by increasing your energy output to higher than you input (more exercise).

A moderate combination of the above

You guessed it, NO:3 is our favourite!

All weight loss diets centre around creating a calorie deficit whether you are aware of it or not.

Intermitent fasting - Eating in a small window therefore eating fewer meals

Keto Diet - Cutting out a whole food group completely, therefore eating less food

Atkins diet - Low carb diet, again consuming less of one food group.

Weight Watchers etc - They use a point system to replace calories and try to ensure you are in a deficit

Whilst these diets do get great results they aren't sustainble due to the fact, as soon as you leave the diet you revert back to your old eating habits.

Being aware of the macronutrients and calorie content of food is a great lesson to learn. This will hopefully help you form new relationships & habits with food, that will in turn, make sustainable lifestyle changes.

WEIGHT SPECIFIC GOALS

Fat Loss Principles Cont:

We always suggest eating as much quality food as you can, whilst being active, to create the deficit. Being in a restrictive diet will only lead to cravings and feeling like you need a 'cheat meal.' Your diet should satisfy you daily and not leave you feeling hungry.

Carbs & Fat Loss

When eating in a caloric deficit the amount of food we eat is reduced. So we want to maximise when we eat our primary energy source. Utilising carbs can help you get the most out of your workouts and recovery. If you have scheduled your workouts in for the week try to eat some complex carbohydrates at least 1 hour before. This will give your body energy to maximise your strength during the workout.

The workout is there to help strengthen and tone your body. Fat loss mainly occurs as a result of everything you do outside of the gym, ie eating, sleeping, daily activity etc

There is no "Best" time to eat carbs. It all comes down to your individual schedule . If you have somehow gone the whole day without eating much and find yourself at 8pm with over 800 calories left to eat, this is absolutely fine! Please don't be afraid to eat carbs at night.

WEIGHT SPECIFIC GOALS

Fat Loss Principles Cont:

Protein & Fat Loss

We suggest a high protein diet as when training, your muscle tissues are broken down, and protein is needed to help repair and strengthen them. When in a caloric deficit your body is utilising its own tissue for energy ie: body fat & muscle. But we don't want our body to use our muscle as energy! So we signal to the body we need our muscle to survive by training (stimulus) and eating a high protein diet to repair and maintain our existing muscle.

Doing so we can minimise the amount of muscle we use as energy. Usually it is inevitable that we will lose a tiny amount when losing weight, but the amount is dependable on how big the deficit is and how much protein we have in our diet.

WEIGHT SPECIFIC GOALS

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Muscle Gain Principles:

Gaining muscle is really hard! You have to be in a caloric surplus to gain weight & gain muscle! We often hear "will weight training make me bulky." This will only happen if you want it to. ie; specifically training for muscle gain, being in a caloric surplus and consistently doing this for months.

You have to be in a caloric surplus to gain muscle

When gaining muscle you want to be in a slight caloric surplus and eating the right foods. Usually the sweet spot is 150 - 300 calories above your maintenance. Daily.

When you are looking to gain weight, it is also important to maintain a healthy, nutrient rich diet. One where you are getting enough essential minerals, fatty acids, nutrients and protein within your daily intake. It is important not to just lean towards high calorie foods, as these are typically laden with saturated fats and unhealthy ingredients that make you feel tired and lethargic.

WEIGHT SPECIFIC GOALS

Carbs & Muscle Gain

Carbs are going to be your best friend! When people think of muscle growth the term that comes to mind is, eat as much food as you can. But you still have to be mindful about your food choices.

The surplus of calories you create in your diet wants to come from mainly carbohydrates.

This is because carbohydrates are partially converted to glycogen, which is a form of energy stored in the muscles. This energy is what helps to fuel your workouts and is essential for muscle gain.

You should try and keep your carbohydrates at around half of your calories throughout the day, focusing on good quality, nutrient dense carbs that are high in fibre.

High carbohydrate diets support muscle growth, promote faster recovery from training and provide better energy levels to workout.

Dont forget the fats!

Fats are also an essential part of your diet.

Fats help your body absorb nutrients and produce important hormones.

We suggest splitting the breakdown of your calories into the basic split of 40/40/20: 40% Carbs, 40% Protein & 20% Fats if your goal is weight loss or maintenance. If it is weight gain, you should look to a split of around 30% Protein, 50% Carbs & 20% Fat.

PREPERATION

Preparation is key! We have provided the meal planner for you to prepare and schedule your week. This will enable you to produce a shopping list specific to the week and reduce any waste. We have tried to keep all the recipes simple and easy, taking no longer than 30 minutes. Most of them can be made in bulk and stored in the fridge for a few days, longer in the freezer. If possible, when you are making your dinner, double the portion for lunch the next day.

PROTEIN SWAPS

Ingredient swaps are essential to keeping your meals interesting and different. Within all of our recipes you can change items to suit your dietary preferences.

If you would like to change your 'protein source' opt for something with a similar macro profile. We have created the graph below for you to see some of the most popular swaps

MEAT

CHICKEN BREAST:
X1

CHICKEN THIGHS:
80G

CHICKEN SAUSAGES:
X3

TURKEY BREAST:
X1

TURKEY MINCE:
80G

LEAN MINCE:
80G

LEAN STEAK:
120G

BACON MEDALLIONS:
X3

FISH

COD FILLETS SMALL:
X1 OR 2

PLAICE FILLETS:
X1

SEA BASS FILLET:
X1

HADDOCK FILLETS:
X1

TUNA STEAK:
X1

TINNED TUNA:
X1

PRAWNS:
UPTO 100G

SALMON FILLET:
X1

SMOKED SALMON:
X 60G

VEGETARIAN & VEGAN

LINDA MCCARNEY:
SAUSAGES X2
BURGERS X1,
"PULLED PORK"
UP TO 100G

EGGS:
X 2

GREEK YOGHURT:
100G

COTTAGE CHEESE:
80G

BEANS: X 100G
CANNELINI, BLACK
BEANS, BUTTER BEANS,
KIDNEY BEANS.

TOFU: UPTO 100G

CHICKPEAS: X 100G

GREEN PEAS: X 100G

LENTILS: X 100G

EDAMAME: X 100G

SUPPLEMENTS

These are just a tiny piece of the puzzle and not compulsory to achieve your goals. The food you eat is going to be your best source of vitamins, so try and consume a variety of fruit and vegetables.

In terms of aiding your recovery, there are a few good supplements we would recommend if this is something you are interested in.

PROBIOTICS

Healthy bacteria for your gut, where 80% of your immune system derives from. They help the regulation of fat storage and protein synthesis.

Choose a brand with a high amounts of cultures (you can get up to 1billion)

Generally Amazon is the best place for value for money.

- If you are looking to spend a bit more and start a 12 week course then definitely look into Symprove. They are the market leaders in probiotics and provide courses designed to re-balance your gut bacteria.

Protein Powder

It is not essential to include a protein powder in your diet. However, if you are struggling to meet your protein goals, then they can be the perfect substitute. If you are new to trying a protein powder we would recommend keeping it plant based and looking at brands such as Sunwarrior. Mixing a scoop of powder with half a banana and 250ml almond milk in the morning is a great way to start your day.

MAGNESIUM

Most adults are deficient in magnesium, the fourth most abundant mineral in the body. It helps with over 300 different biochemical reactions, including energy production in your cells and protein synthesis. We suggest taking this before bed as it aids restful sleep and helps calm down the nervous system.

You can purchase from GoNutrition, Myprotein or Amazon.

MEAL PLANNER

	MEAL 1	MEAL 2	MEAL 3	MEAL 4 / SNACK	SNACKS
MON					
TUES					
WEDS					
THURS					
FRI					
SAT					
SUN					



Thank you for joining us on this program.

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