



PERFORMANCE
COACHING
NUTRITION

ESSENTIAL NUTRITION: OFFICIAL GUIDE

www.ta1performancecoaching.co.uk

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Welcome

Welcome to Essential Nutrition! This guide will be your bible over the coming weeks so make sure you keep it close by!

In case you didn't know nutrition will averagely count for about 80% of your results! Yes you read that right, 80%! In other words, without nutrition and lifestyle changes, exercise alone is unlikely to get you the results you are truly looking for.

Long-term nutrition habits will ALWAYS surpass food "rules" and "diets" FACT!

This is why we promote a progressional coaching model - our role throughout this programme is to educate and support you to develop intelligent and sustainable nutritional habits for life. We'll be teaching you how to:

- Eat better , without dieting or feeling deprived.
- Ditch the diet, food rules, fad diets and conflicting advice behind, FOR GOOD!
- Build more movement into your life , without it taking over.
- Achieve and maintain your goals , even when life gets busy.

Listen and apply what we teach and you'll:

- Lose the weight/fat you haven't been able to shed for years.
- Develop unstoppable confidence in your body and mind.
- Finally be free of food confusion , learn what to do, how to do it.
- Get off the food roller coaster once and for all.

Ready to get started? That's why you are reading this...!

Get in touch

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Nutrition Essentials

OBJECTIVES

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

What are Macronutrients & Micronutrients?

Macronutrients	Micronutrients
Protein Carbohydrate Fat	Vitamins Minerals

Let's Look at Macronutrients.

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

1. Protein

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



2. Carbohydrate

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



3. Fat

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



Vitamins and minerals

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



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

Meal Frequency

How many meals should I eat per day?

- Ideally 4 meals per day, 7 days a week
- Where possible, avoid going longer than 4 hours between meals
- Eat breakfast within 60 minutes of waking

Protein shakes

Do I need protein shakes after training?

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



Application

Let's be honest, weighing food and counting calories for the rest of your days is not a sustainable or fun way to live! This is why we advocate and teach you Portion Control.

Sure, we should have an idea of how much food we're eating each day so we can adjust to achieve our goals, but weighing food/counting calories long-term is quite frankly boring and tedious! If it wasn't why do you think so many people give up and go back to eating the way they were before?

The good news is counting calories is rarely necessary. Instead all you really need is your hand. Got one (or hopefully two!) of them? Great! Then you are good to go!

Below is a visual guide to give you an idea of how much protein, carbohydrates and fats you should be roughly consuming - please note amounts will vary slightly on training vs. non training days, we go into more detail about this on your personalised sheet:

- Your palm and a half = 1 serving of protein.
- Your fist = 1 serving of vegetables.
- Your cupped hand = 1 serving of carbohydrate.
- Your thumb = 1 serving of fat.

Of course no one size fits all! Just like any other form of planning, this serves as a starting point.

We can't know exactly how your body will respond in advance. So remain flexible and be prepared to adjust your portions based on your hunger, fullness, and other important goals (we are here to help you discover what works for you!).

Portion Control Guide

Women:
1.5 PALM SIZES
= 1 Serving of Protein

Men:
2 PALM SIZES
= 1 Serving of Protein



PROTEIN SOURCES		
Chicken / Turkey Breast (skinless)	Chicken / Turkey Thigh (skinless)	Haddock
Extra Lean Beef Mince	Beef Steak (Lean Cut)	Pork Tenderloin
Veal	Venison	Calamari
Quorn Mince / Pieces	Quorn Chicken Breast	Cod
Scallops	Salmon	Basa (white fish)
Mackerel	Prawns	Turkey Mince

Women:

1 FIST SIZE

= 1 Serving of Vegetables

Men:

2 FIST SIZES

= 1 Serving of Vegetables



CRUCIFEROUS VEG	GREEN VEG	OTHER VEG
Broccoli	Spinach	Red /White Onions
Cauliflower	Watercress	Coloured Peppers
Brussels Sprouts	Green Beans	Beetroot
Cabbage	Asparagus	Carrot
Pak Choi	Lettuce	Garlic
Collards	Cucumber	Mushrooms
Kale	Courgette	Aubergine
	Green Pepper	Tomatoes (technically fruit, but feel free to include)
	Rocket	

Women:

1 CUPPED HAND

= 1 Serving of Carbohydrates

Men:

2 CUPPED HANDS

= 1 Serving of Carbohydrates



CARBOHYDRATE SOURCES

Sweet Potato	Brown Rice	Oats
White Potato	White Rice	Quinoa
Fruit	Berries	Grains
Cous Cous	Lentils	Rice Noodles

**Women:
1 THUMB SIZE**

= 1 Serving of Fat

**Men:
2 THUMB SIZES**

= 1 Serving of Fat



FAT SOURCES

Eggs (free range)	Avocado	Brazil Nuts
Nut Butters	Almonds	Cashews
Macadamia Nuts	Organic Butter	Coconut Oil
Olive Oil	Olives	Coconut Milk
Rapeseed Oil	Ground Flax Seeds	Walnuts

Please note, if your fats are being provided by non-cooking sources such as avocado, nuts or olives, please assume the following quantities:

- > Avocado ¼ -½
- > Nuts a few (6 - 8)
- > Olives a few (6 - 8)

Portion Control Quick Meal Guide



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

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

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

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

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

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

Summer fruit porridge

50g porridge oats (use gluten free oats if preferred)
150ml cold water
30g mixed berries (fresh or frozen) plus a few extra for topping
3 tbsps strawberry or vanilla flavour whey or rice protein powder (optional)

SERVES 1

Mix the oats and water in a saucepan over a medium heat. Bring to the boil then reduce to a gentle simmer. Stir constantly until the porridge starts to thicken.

Add the berries and continue to cook, stirring for 1-2 minutes. Add more water if required if the mixture looks too thick.

Taste test the porridge to ensure that the fruit is heated through. Remove from heat and stir in the protein powder until thoroughly combined. Sprinkle over a few extra berries and serve.

Consume immediately.



Meat & nuts

5g coconut oil
150g lean stir fry beef strips
½ tsp paprika
½ tsp sea salt flakes
½ tsp black pepper
handful fresh spinach
25g walnuts

SERVES 1

Heat the oil in a frying pan or skillet over a medium heat.

Add the spices and stir for 10 seconds.

Add the beef and cook for 2-3 minutes, stirring.

Add the spinach and cook, stirring until wilted.

Transfer the contents of the pan in to a bowl and sprinkle over the walnuts.

Consume immediately.



Salmon & broccoli omelette

75g broccoli florets
3 eggs plus 1 egg white
a pinch of sea salt and ground black pepper
1 tsp dried dill or parsley
1 tsp ghee or coconut oil
2 closed cup mushrooms, finely chopped
100g cooked salmon, flaked
15g Cheddar cheese, grated (use dairy free cheese if preferred)

SERVES 2

Steam the broccoli for 3-4 minutes, until tender.

Beat the eggs and egg white in a jug with the salt, pepper and dried herbs.

Melt the ghee/oil in a frying pan. Add the mushrooms and fry gently for 3-4 minutes, stirring occasionally until soft.

Remove the mushrooms from the pan and set aside.

Pour the eggs into the frying pan and cook for 3-4 minutes. When the centre of the omelette begins to firm up, distribute the salmon around one half of the omelette. Add the broccoli and mushrooms and cook for 2 minutes.

Add the cheese and cook for 1 minute.

Fold the omelette in half and remove from the pan with a slice. Serve.

Consume immediately.



Crunchy mackerel salad

a handful of lettuce leaves
5 cherry tomatoes
1 small stick celery,
chopped finely
3 radishes, chopped
⅓ pepper (any colour), sliced
40g cucumber, sliced
1 spring onion, chopped
120g peppered mackerel
1 tsp extra virgin olive oil
1 tsp balsamic vinegar
½ tsp seeds

SERVES 1

Place the lettuce in a bowl. Add the celery, tomatoes, radishes, pepper, cucumber and spring onions.

Gently tear the mackerel into large chunks. Add to the salad.

Spoon the olive oil and balsamic vinegar over the salad. Sprinkle with the seeds.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.



Turkey satay spice

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

SERVES 1

Melt the oil / ghee in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring.

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

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

Add the stock and tomato purée and bring to the boil, then reduce to a gentle simmer. Cover and cook for 10-15 minutes, stirring occasionally.

Add the spinach leaves and stir well. Cook for 1 minute or until wilted. Add the peanut butter and salt (if using), stir well and cook for 1 minute. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.



Balsamic beef salad

1 serving lean beef steak, cut into strips

1 tsp coconut oil or butter
for the marinade:

1 tbsp balsamic vinegar

1 tsp garlic, finely chopped

1 tbsp Worcester sauce

for the salad:

1 serving mixed lettuce leaves

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

1 serving plum tomatoes / celery /
peppers / cucumber

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

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

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

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 1



Guacamole stuffed chicken

2 x 200g fresh chicken breasts
½ tsp dried oregano
½ tsp chilli powder
½ tsp garlic powder
¼ tsp ground cumin
a pinch of sea salt
70g ripe avocado, diced
20g sun-dried tomatoes in oil,
drained and chopped
2 tbsps fresh coriander, finely
chopped

SERVES 2

Preheat oven to 180°C/350°F.

Use a sharp knife to slice a pocket into the thick side of each chicken breast. Take care not to cut all of the way through the chicken.

Mix the dried spices in a bowl. Sprinkle the seasoning over the chicken.

Place the chicken on an oven tray lined with tin foil.

Place the avocado, sun-dried tomatoes and coriander in a bowl and stir gently.

Stuff the mixture into the chicken breasts and close the pockets as much as possible. Secure with toothpicks if desired.

Bake for 25-30 minutes, or until the chicken is cooked thoroughly. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



Lime chicken fajitas

500g chicken breast, diced
juice of 2 limes
4 cloves garlic, finely chopped
10g coconut oil or butter
1 red bell-pepper, diced
1 green bell-pepper, diced
1 yellow bell-pepper, diced
1 medium sized white onion,
finely sliced
½ tsp ground cumin
¼ tsp sea salt flakes
¼ tsp ground black pepper
pre-soaked wooden skewers

SERVES 3



Put the chicken in a bowl. Combine the lime juice and about half of the garlic. Pour the mixture over the chicken, coating thoroughly. Cover the dish and allow it to marinate in the refrigerator for up to 30 minutes. Any longer and the lime juice will break down too much of the tissue.

Preheat the oven to 150°C/300°F or prepare the barbecue for cooking.

Remove chicken from fridge and thread several chicken pieces onto each skewer. Place the chicken on the barbecue or in the oven and turn regularly until cooked through (around 20 minutes).

Heat the oil in a large skillet over a medium heat. Add the peppers, onion and remaining garlic to the skillet. Cook for around five minutes or until tender, stirring regularly. Sprinkle with cumin, salt and pepper. Serve the fajita mix and chicken with a side salad.

Store any leftover chicken in an airtight container and refrigerate for up to 3 days.