

# FIT FOOD GUIDE





**This guide is designed to help you make healthy food choices that not only enhance the efforts you're putting in at the gym, but that also match your lifestyle.**

**At Jetts Australia we pride ourselves on keeping things real and our approach to diet and meal prepping is the same.**

**Food is such an important part of everyday life, we wouldn't survive without it! So why do we have such a complex relationship with food and sometimes see it as the enemy?**

**This is often what holds a lot of us back from achieving our goals.**

**We'll teach you the basic principles of nutrition which will help you to get the most out of your training and achieve the results you want a whole lot faster!**







## **Here's the bottom line: if you want to eat better, don't get weird about what you eat.**

You don't need to weigh and measure every single thing you consume or count out your almonds—unless of course you need structure to stay on track!

You just need to think about what you're currently eating and how you could make better choices.

This means fiddling and adjusting with your current diet and being consistent with it.

Be smart in what you do, both in the gym and in the kitchen to ensure you can sustain your routine.

A well-balanced fitness routine should be sustainable!

**Consistency is key.**

**Let's start by assessing lunch and see if this sounds familiar:**



Does the idea of an enjoyable sit-down lunch feel unachievable?

**“Eat slowly? Who has time for that during a busy workday? Grab a pie from the smoko van and go!”**

Or maybe it's another **drive-thru and eat on your lap meal?** And that's if you're lucky to even leave the office.

**There's no judgement.**

**But this can't be enjoyable and chances are it's getting costly.**





# How can you start to adjust your lunches?

1. Cook a bit extra at dinner so you have leftovers
2. Swap chips for a side salad with that burger
3. Grab a water not soft drink

**That's it, you're making progress! Next, do some more prep work: plan lunches ahead for the week whip up some meals in advance so they are ready to take to work.**



## Craving a burger?

1. Grab some whole grain buns from the local market on shopping day. For lunch, all you have to do is take your homemade burger and fillings to work. You could still grab a diet cola from the vending machine to wash it down. You move from your desk to the lunchroom, where you socialise with co-workers. This slows you down a bit and helps you digest and relax.
2. Instead of staying at your desk or in the office, take a break. For a drink, water's all you need. If there's a work function on or you want to treat yourself on occasion to buy a healthy option it's ok because you have already achieved consistency and balance!



**Next, try doing some meal prep.  
The idea is simple: practice  
planning and preparing healthy  
food in advance.**

**This does two things:**

**1**

**It makes healthy  
eating easy.**

**2**

**It makes decisions  
easier. You don't  
have to make a  
choice or resort to  
whatever is left in  
the warmer at the  
service station when  
you're hungry and  
rushed.**



# Your food prep ritual can include:



- ① **Menu and meal planning**
- ② **Cooking meals in bulk**
- ③ **Washing and chopping vegetables**
- ④ **Freezing and refrigerating food for later**
- ⑤ **Sorting foods into containers for the week**
- ⑥ **Shopping or having healthy food delivered**
- ⑦ **Looking ahead to ensure healthy eating strategies during the next few days (e.g. a busy week, travelling, social event)**

**Mix and match any or all of these to find what works for you.**

Ideally you want to start the week off prepared, so we recommend a Sunday prep day but it's about you so experiment with what will work for you and your life!



**No matter how enthusiastic you are, meal plans can be tough to follow at times, but this is normal: life can get in the way. We're not always prepared, kids get sick, it's always someone's birthday and sometimes you just don't feel like having a protein bar at 10am.**

If you are using a meal plan, that's OK. Some people like working towards a specific short-term goal or doing a challenge. Try to make the meal plan fit your real life, not the other way around.




**Now you know some nutrition basics, before you can get into planning your meals we need to tackle something important: what body type are you?**



This will help you structure your diet and work out how you can get the best results from this challenge. It will also give you some good insights into how to plan for your body type ongoing.

John Berardi PHD, co-founder of Precision Nutrition has put together [a really simple way](#) to define our body shape and plan our diet and training around this. We're not all created equal in life and genetics / hormones / lifestyle all play a huge role in our body shape.

To start off, let's establish your body type with a very simple test.

A photograph of a woman with long dark hair, wearing a black dress with a vibrant floral pattern in shades of orange, red, and white. She is seen from the back, looking into a mirror. Her reflection is visible in the background, slightly out of focus. A white decorative line is positioned to the right of the text.

**Look in the mirror and be completely honest; which of the following body shapes are you at the moment?**

**Not what your ideal is, but realistically what you are right now!**

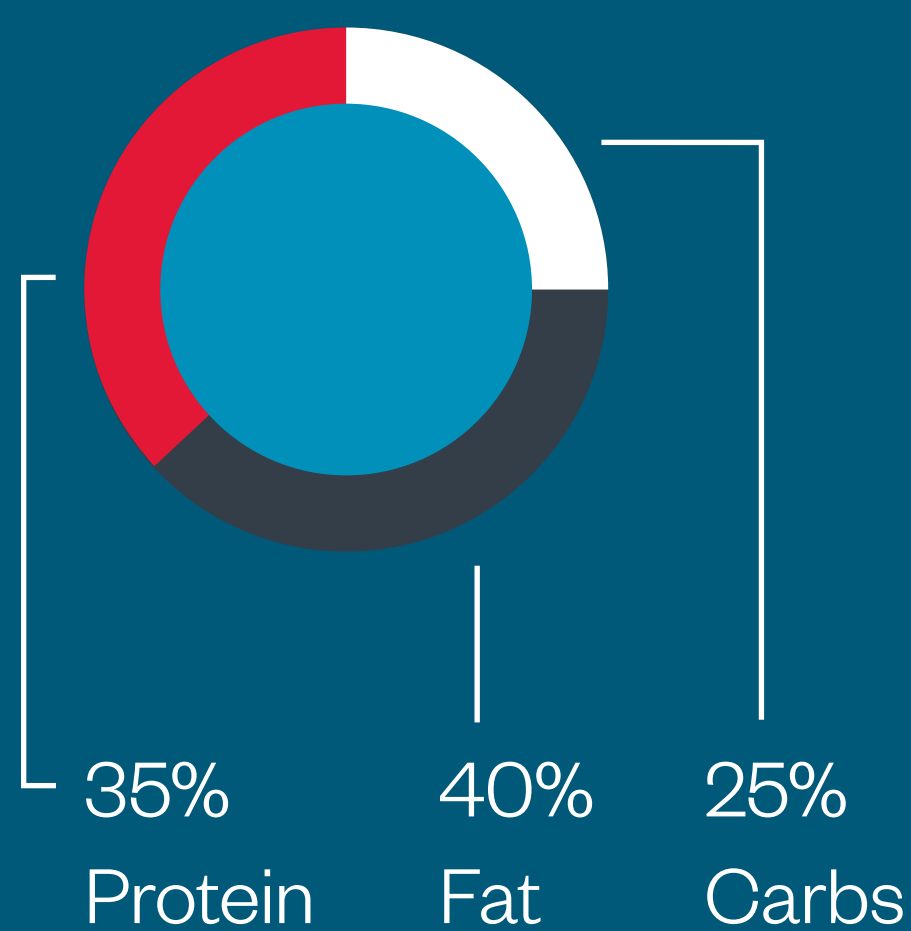




## O Shape Body

High amount of total body mass and fat with a larger bone structure, often pear shaped and have a higher tendency to store fat and find it hard to lose weight.

### Nutrient needs:



Your engine speed is set to 'idle'.

You're naturally less active.

You typically have a slower metabolic rate and generally don't tolerate carbs as well.

## TIPS

—

Eat smaller portions more frequently to keep your metabolism awake throughout the day.

The O body type needs to be the strictest with the training plan and follow it to a tee doing all 6 workouts every week. This will keep the metabolism awake and working throughout the day speeding it up over the 8 weeks to burn more fat.

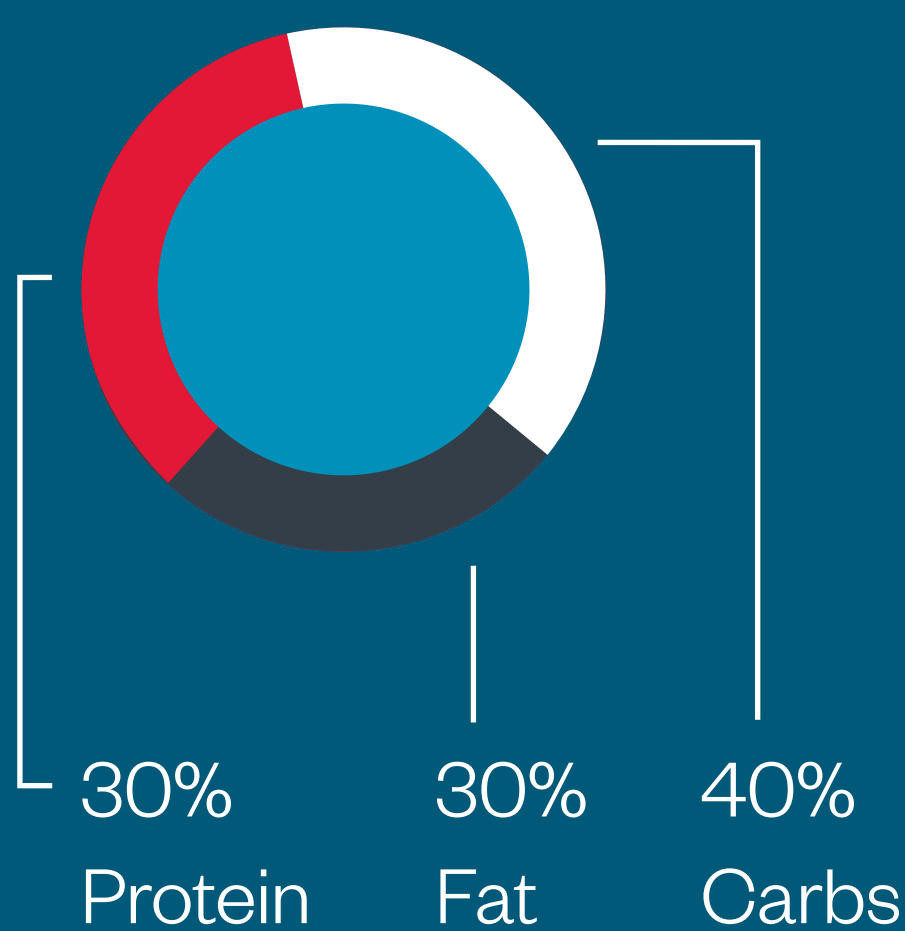




## V Shape Body

Naturally muscular and strong you find it quite easy to build muscle. For females a defined hourglass figure and for males a V or rectangular shape.

### Nutrient needs:



Your body is designed to be a powerful machine.

You tend to be testosterone and growth hormone dominant.

You can usually gain muscle and stay lean easily.

## TIPS

---

It is important for the V body shape to have a good fuel intake with enough protein to maintain muscle mass and body shape.

To tailor your training for the V body shape, chat to a Personal Trainer in the gym to help you maximise your training depending on the goal you want to achieve.

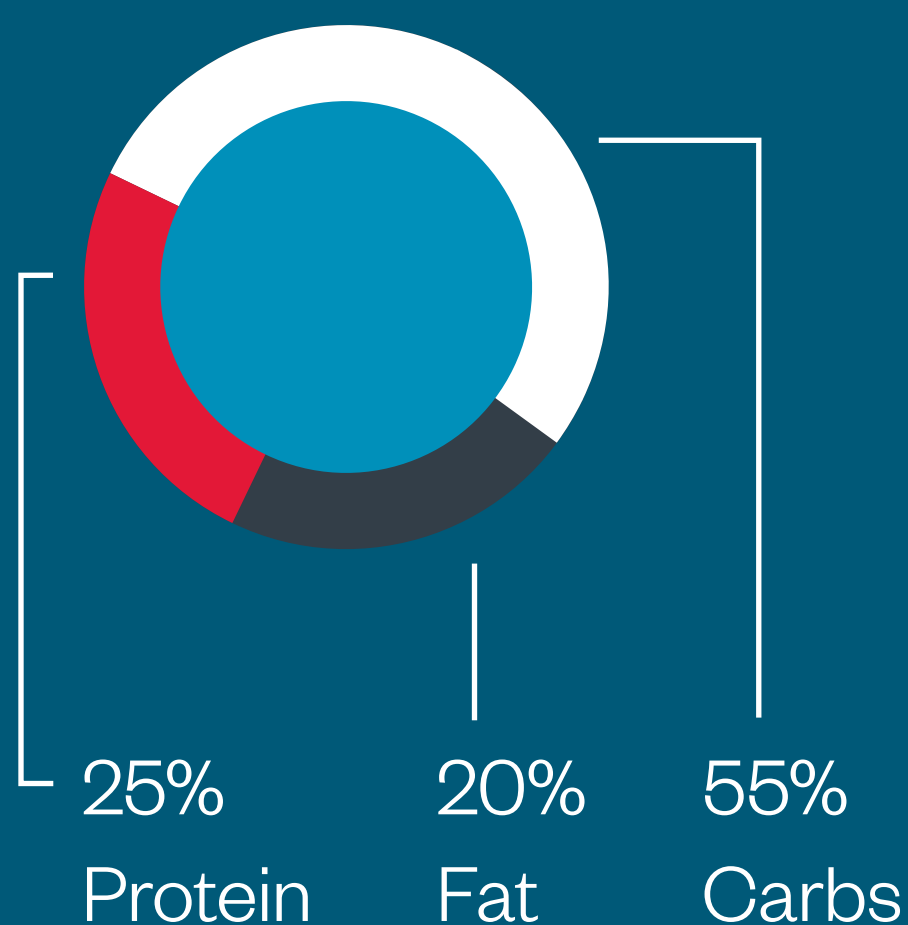




## I Shape Body

Lean and longer with a thin body type and often smaller bone structure, and are likely to have a high metabolic rate. You also find it hard to put on weight.

### Nutrient needs:



Your engine speed is set to 'high revving'.

You tolerate carbs well.

You're high energy.

## TIPS

---

The I body type should focus on strength training to build muscle mass. When building muscle it is important to have enough protein in your diet. Supplements are a great way to support a healthy diet with enough protein intake. If you are unsure on how much protein you should consume and would like a professional opinion it is a good idea to seek out a nutritionist.



OK, now we have that out of the way, the following pages will give you the core information on planning your diet around the body type you are at the moment.





## So how much can I actually eat?

Most people think that controlling portions means counting calories, but there's a better way: the hand measure system is much easier!

Your hand is proportionate to your body, its size never changes and it's always with you so it makes the perfect tool for measuring food and nutrients.



Serving of protein = 1 palm



Serving of carbohydrates = 1 cupped hand



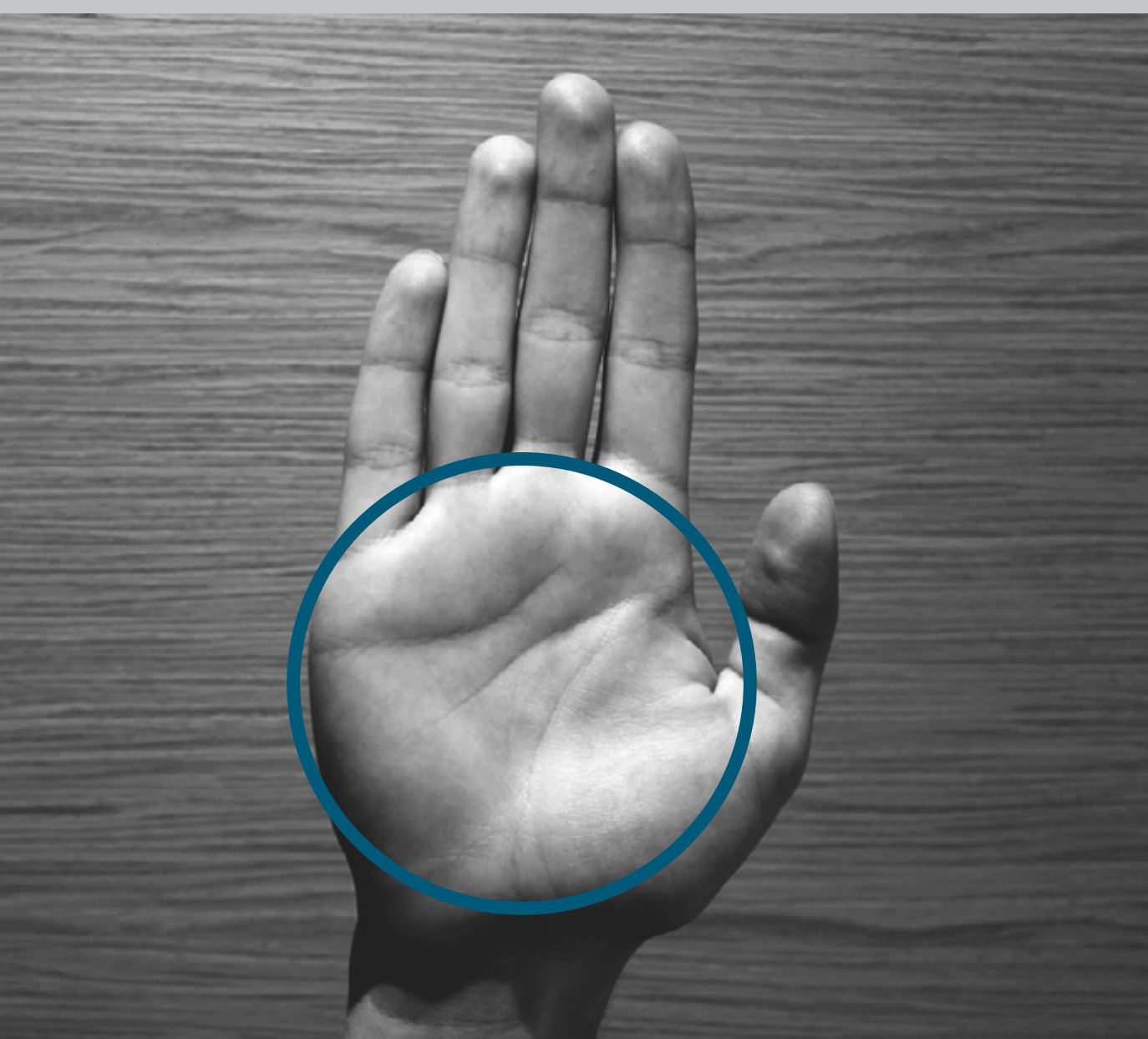
Serving of vegetables = 1 fist



Serving of fats = 1 thumb



# Women build your plate like this



## Step 1: Protein

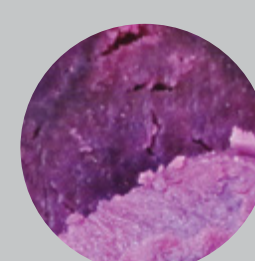
Meat, fish, eggs, cottage cheese  
and Greek yoghurt

One palm sized portions  
(Approx. 20–30g protein)



## Step 2: Vegetables

Broccoli, spinach, salad, carrots  
One fist sized portions



## Step 3: Carbohydrates

Grains, starches, beans and fruits  
One cupped hand-sized portions

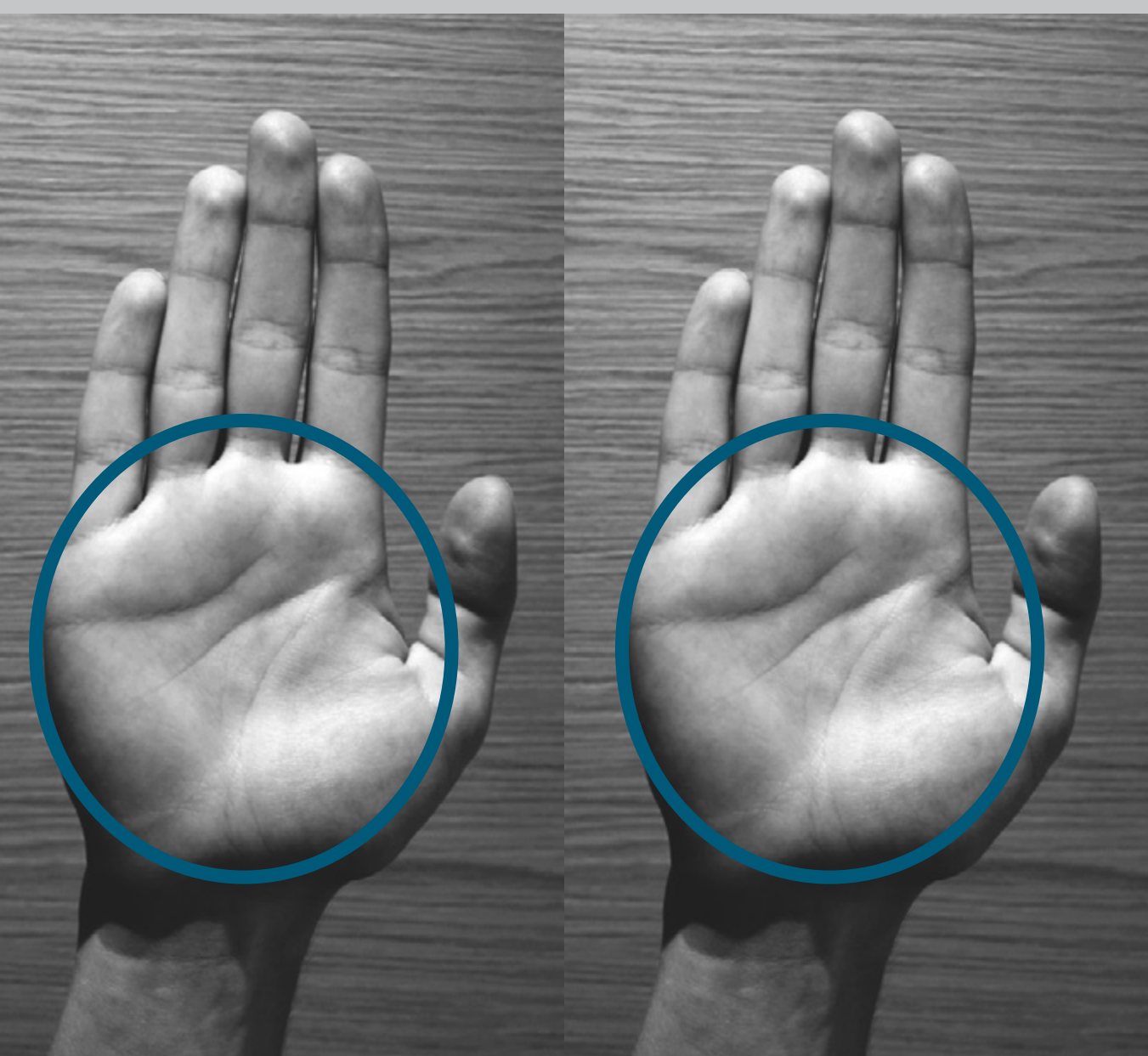


## Step 4: Fats

Oils, butters, nut butters, nuts, seeds  
One thumb sized portions



# Men build your plate like this



## Step 1: Protein

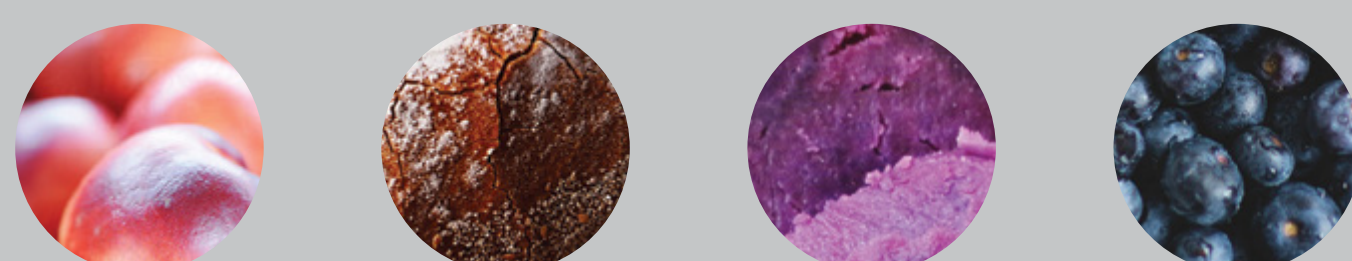
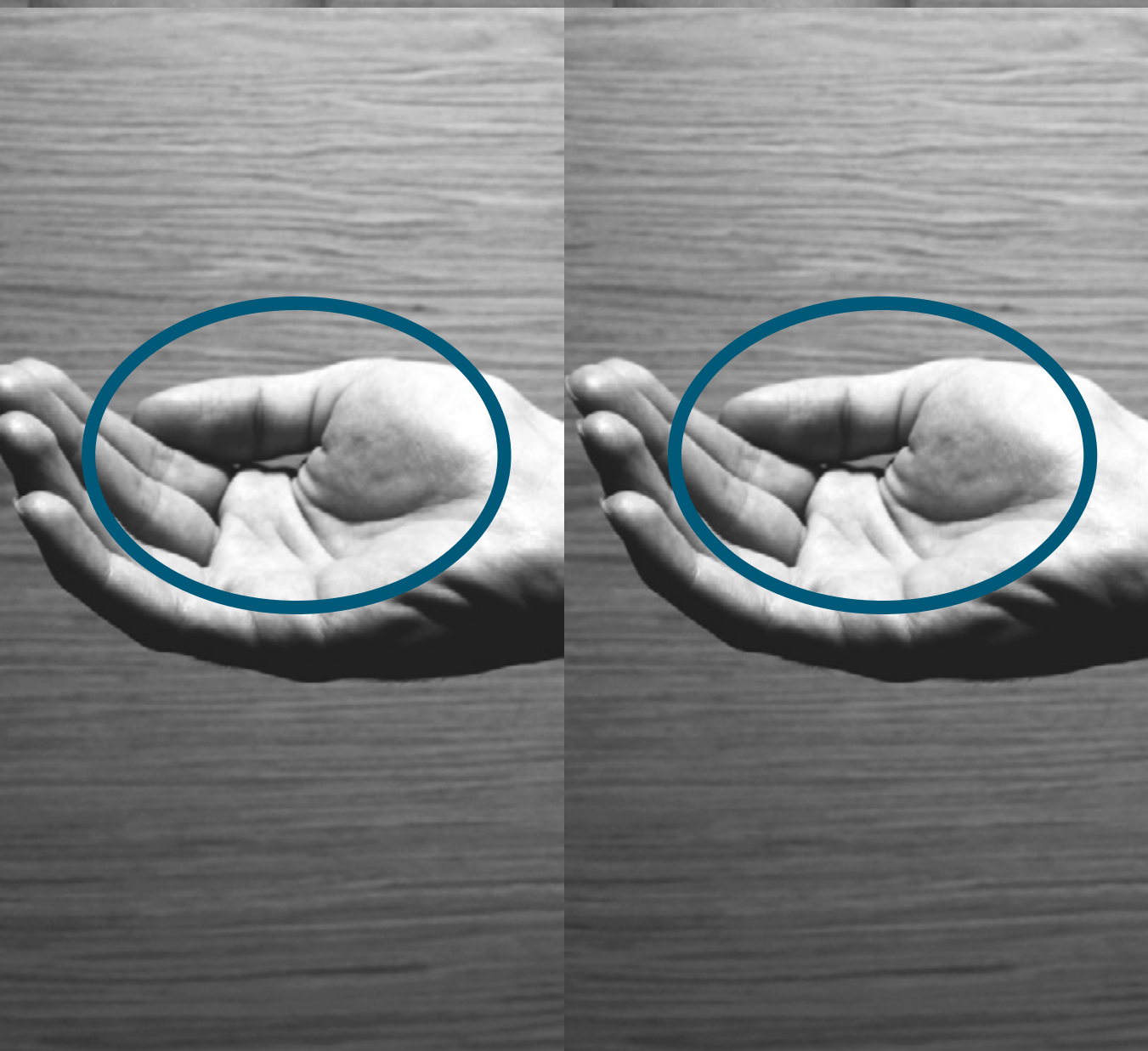
Meat, fish, eggs, cottage cheese  
and Greek yoghurt

Two palm sized portions  
(Approx. 40–60g protein)



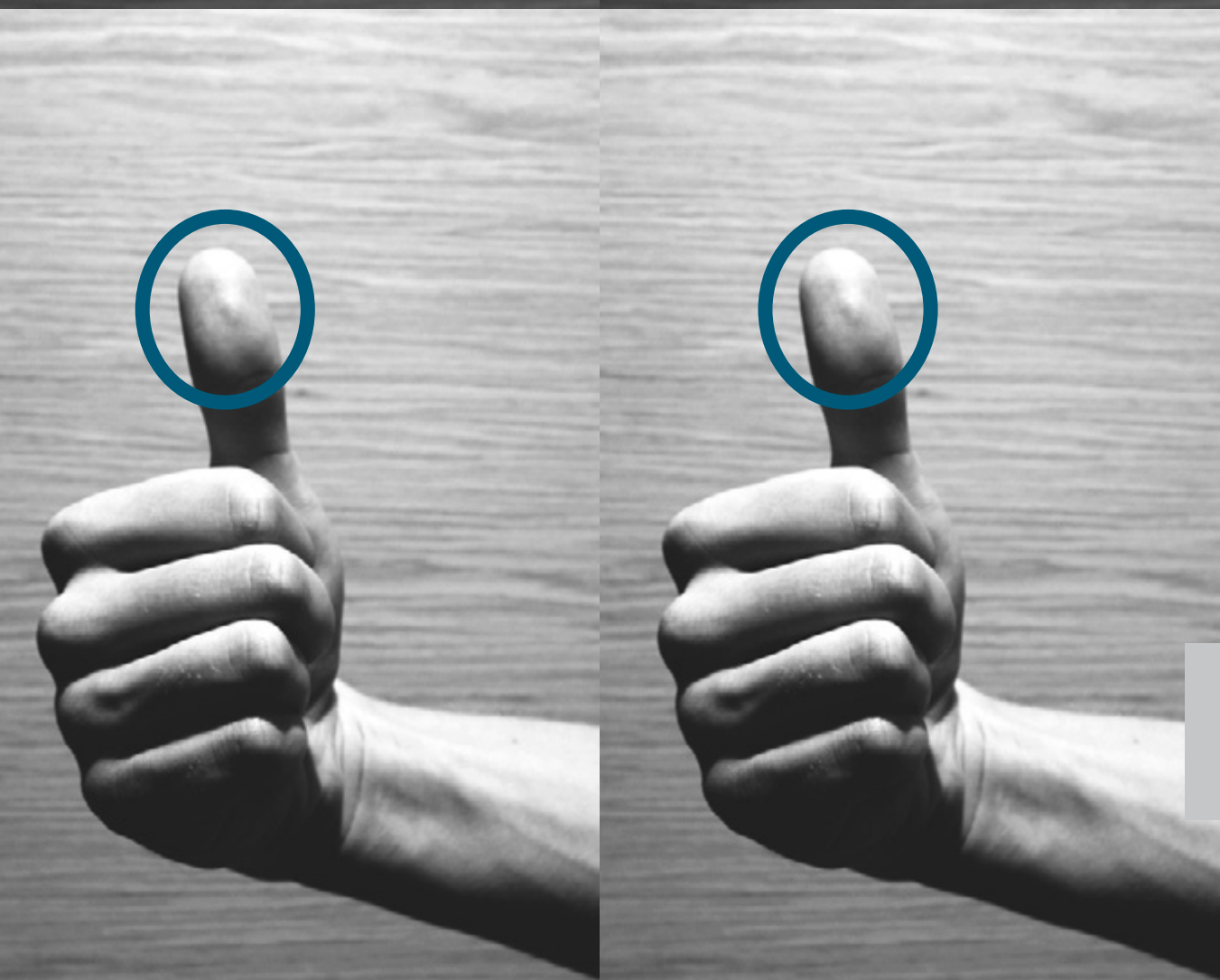
## Step 2: Vegetables

Broccoli, spinach, salad, carrots  
Two fist sized portions



## Step 3: Carbohydrates

Grains, starches, beans and fruits  
Two cupped hand-sized portions



## Step 4: Fats

Oils, butters, nut butters, nuts, seeds  
Two thumb sized portions



# Adjust your portion sizes up or down according to:

How frequently you eat, your size/caloric needs, how active you are, your results or your appetite.

## If you need more food because you:

Are larger in stature

Aren't feeling satisfied at meal time, or eating less frequently throughout the day

Are very active, or aren't getting muscle gain results

### Men:

Adding 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.

### Women:

Adding 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

## If you need less food because you:

Are smaller in stature

Are feeling too full at meal time or eating more frequently throughout the day

Are not very active or aren't getting weight-loss results

### Men:

Removing 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.

### Women:

Removing 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.







## How do I stay hydrated?

Staying hydrated is really important! Everyone needs a slightly different amount depending on body size and activity level, but aim for an average of 8 glasses or 2L of water as a starting point.

Plus, an extra glass of water for every hour of exercise you do. Water will not only hydrate you but also make you feel fuller and detox your body, flushing away any nasty toxins.

## What can I drink?

Water, herbal tea, black coffee, black tea.

## What about Alcohol?

If you drink alcohol, keep it to a minimum. Alcohol can have a lot of hidden calories in it, but the real issue is that when you drink alcohol your body slows down your recovery post-workout which will make it a lot harder to get back into your workouts the next week.





# What if I get bored with meal prep?

Try utilising some of these aromatic flavour profiles with your meal prep. Keep it fresh!

## Italian

Oregano  
Basil  
Fennel  
Capers  
Anchovies  
Olives

## Thai

Cilantro  
Mint  
Thai Basil  
Ginger  
Lime  
Green Onion

## Moroccan

Cardamom  
Saffron  
Cinnamon  
Anise  
Cayenne  
Preserved Lemon

## Mexican

Cilantro  
Cumin  
Cocoa  
Chipotle Chillies  
Lime

## Japanese

Miso  
Sesame Seeds  
Seaweed  
Pickled Radish  
Ginger  
Yuzu

## Caribbean

Cinnamon  
Allspice  
Nutmeg  
Pickled Mango  
Lime  
Cloves



**Switch to black coffee for a low calorie alternative.**



**When cooking chicken, pork or salmon, use any pan drippings as a flavourful sauce.**



**Got a chocolate flavoured protein shake? Sprinkle dried chili flakes to give it a kick!**



**Add a little cinnamon to your beef mince for a sweeter taste.**











**EAT  
GOOD  
FEEL  
GOOD**



**#Jetts**