



FIERCE BABES

Empowering Single Women

NUTRITION PROTOCOL

DISCLAIMER

You must get your physician's approval before beginning this exercise/nutritional program. These recommendations are not medical guidelines but are for education purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years old and over only. The information in this report is not meant to supplement, nor replace a proper exercise/nutritional program. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their own safety and know their own limits. Before practising the exercises in this program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine, treatment or dietary regime that may have been prescribed by a physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including The New You Movement. If you experience light headedness, dizziness, shortness of breath while exercising, stop movement and consult your physician. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss nutritional changes with your physician or registered dietician. This publication is intended for educational use only. The Fierce Babes Program and Sarah Sunderland will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by utilization of this information.



FIERCE BABES

Empowering Single Women

#WHAT YOU EAT

What you eat really matters.

Your results will depend on 80% nutrition. Where most people focus is on the exercise component failing to understand just how important nutrition is.

You cannot out train a bad diet unfortunately so in order for you to achieve the body that you really want you need to make some changes.

For optimal health and for weight loss it is best to focus on eating nutritiously dense food rather than just counting calories eaten which essentially can be made up of anything.

Calorie counting is not a great sustainable way to eat or to maintain your weight loss, plus it is a lot of effort to continuously be counting calories and weighing your food.

I want you to have a sustainable plan that won't go out the window every time you go out for dinner or attend a BBQ lunch. By focusing on what your meals are actually made up of in terms of macronutrients you will find that you will lose weight, keep it off and be able to maintain this way of eating for the rest of your life. This is not about a "diet" or a quick fix. This is about changing your lifestyle for good, eating to lose weight, maintain it and improving your general health and wellbeing all at the same time.



FIERCE BABES

Empowering Single Women

#WHAT TO AVOID AT ALL COSTS

SUGAR

Sorry to say it but sugar is found in soft drinks, lollies, cakes, chocolate, ice-cream and it all needs to go.

If you can avoid one thing in order to lose weight it is **SUGAR**. Sugar is highly addictive and it can be quite difficult to give up at first but trust me, the less you have the less you will want.

I used to be a sugar addict myself. Giving up sugar will not only make you lose fat it will also improve your mood, your health and wellbeing.

Side note: Don't replace it with fake sugar either. Believe it or not fake sugar still spikes your insulin and creates the same effect as eating normal sugar does so it is no better for you. Try making your own sweet treats and desserts and replace refined sugar with natural sources such as fruits, honey, and agave nectar.

DEEP FRIED FOOD

Anything deep fried should be avoided where possible. So for example if you go out for burgers and fries don't eat the fries. Deep fried food causes inflammation in the body (among other things) which will prevent you from losing fat efficiently and will make you feel bloated eventually leading to weight gain,

AVOID THE WHITE STUFF

As a general rule avoid all of the white stuff such as white bread, white pasta, white rice and pasta – anything white.

Replace all of this with wholemeal sources such as brown bread, brown pasta and brown rice.

WHAT ABOUT SALT?

Believe it or not the right type of salt is good for you. It is the iodised table salt that you need to avoid at all costs. The good salt is Himalayan sea salt and Celtic sea salt. You can definitely add this type of salt to your food while you cook it.

IS THERE A PLACE FOR ALCOHOL IN THIS PLAN?

To be honest, not really.

Alcohol is going to slow down your progress... Big time. Alcohol also prevents your body from burning fat as well as causing unnecessary inflammation that stops your body from functioning optimally as well as burning fat. If you must then vodka and soda or red wine is best – just keep in mind though that the more you drink the more it will slow down your results.



FIERCE BABES

Empowering Single Women

#QUALITY PROTOCOL

I always recommend making sure you buy quality ingredients where possible. For optimal health and wellness it is important to fuel your body with the highest quality ingredients. Just think about when you fuel your car are you going to use the cheap ethanol or the premium unleaded.

1. Don't go cheap with Meat, Chicken, Fish and eggs.

Where possible go for; Wild caught salmon and fish.

Free range or organic chicken.

Free range or organic eggs

Grass fed beef

2. Buy fresh fruits and vegetables when possible.

Organic is always best if you can afford it alternatively go to a farmers market over a supermarket.

3. Go for organic butter and organic dairy products where possible and always go for full fat over diet or low fat dairy.

#FLAVOUR

Healthy food definitely has so much flavour you just need to know how to flavour the healthy way. Once you get rid of your sugar

addiction you will find that you will not need to drown your food in sauce. Food will taste better when it's more simply prepared.

Here are some examples of what you can use;

1. Herbs
2. Spices
3. Garlic
4. Ginger
5. Chilli
6. Celtic Sea salt
7. Ground Pepper