

MRHYDE
FITNESS



LEAN-EATING MANUAL



IN ASSOCIATION WITH



FRESH
FITNESS
FOOD

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FROM MACROS TO MEAL PLANS, HYDE HAS YOU COVERED

There comes a time in every person's life when getting in control of what you eat is, if not a priority, then at the very least a good idea. And while, sure, cutting down on pizza mega deals and infinity brunches will get you part of the way there, the rest takes a bit of know-how: specifically, knowing what your body needs (and when) to support your life and goals. That's what this guide is for. As well as teaching you the fundamentals of good eating – as in which macronutrients to aim for, and in what quantities – it gives you a sample

7-day meal plan to get your eating on the right track, and a pocketful of recipes to experiment and build on. It also provides advice on tracking your progress, and exercise guidance so you can pair your training with your food intake. And, of course, if all that cooking gets too much, you can always invest in your health with a pre-made menu from the gang at Fresh Fitness Food. And yes, you can still get a pizza occasionally.

Avante!

**THIS GUIDE GIVES YOU
A SAMPLE 7-DAY MEAL PLAN
TO GET YOUR EATING ON
THE RIGHT TRACK**

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YOUR NUTRITION FAQ



WHY DO I NEED TO TRACK MY MACROS IN THE FIRST PLACE?

Obviously, not all calories are created equal: 300 calories of ice cream and 300 calories of broccoli will have a radically different effect on your body. Getting the right ratio of macronutrients will support whatever activity you're doing, and help with body composition.

These are the three you should worry about:

1. PROTEIN



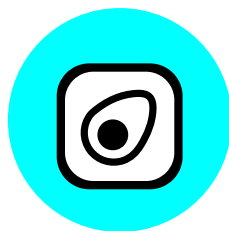
Protein isn't just for building and repairing muscle: it's also essential for hormone production, skin, hair, and bone health. Eating lean sources, including fish, turkey, beef, chicken and eggs – or chickpeas and beans if you're going plant-based – is a solid foundation for your diet. Aim to eat a decent portion of protein with every meal.

2. CARBOHYDRATES



Carbohydrates are important as fuel, but complex carbs, which provide sustained energy release, and avoid sudden insulin spikes, are preferable. Think brown rice, sweet potato and quinoa – not bread and cornflakes.

3. FAT



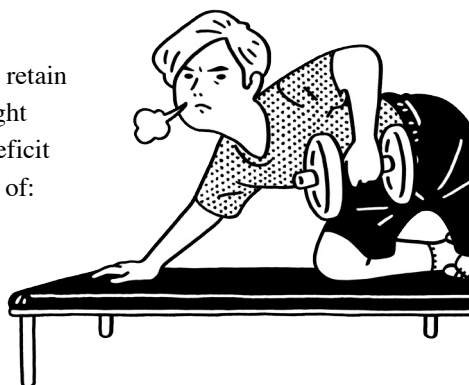
Fat isn't your enemy. Aim for the healthy types: monounsaturated and polyunsaturated fats, from foods including avocados, nuts and salmon. Some saturated fat from animal products is fine, but avoid the kind often found in processed food.

SO HOW MUCH OF EACH DO I NEED TO EAT?

It depends on your goals, but a balanced macro split will provide you with enough carbs to fuel your workouts, adequate protein to build, and healthy fats to keep your body's systems online.

The example 7-day plan below, for the gent looking to retain muscle and get a touch leaner – keeping the same weight but getting in better shape – aims for a slight calorie deficit to promote fat loss, paired with a balanced macro split of:

- **35% protein**
- **35% carb**
- **30% fat**



AND IF I GET THE NUMBERS RIGHT, I'LL BE FINE?

More or less!

You should also aim to eat a range of colourful veg: including the cruciferous kind (think cauliflower and broccoli) and dark, leafy greens. Aside from keeping you full, it'll keep you healthy. This plan has plenty, but it's something to bear in mind.



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YOUR 7-DAY PLAN





HERE'S YOUR FIRST WEEK OF HEALTHY EATING SORTED

Allow us to introduce to you what healthy eating looks like. This plan is precision crafted to feed you **2000 calories a day**, made up of approximately:

- **175g of protein**
- **175g of carbs**
- **67g of fat**



This is the ideal ratio for swiping left on fat while maintaining the muscle underneath. It's designed to keep you in a slight calorie deficit, but if you need to change that – to sustain a serious run-commute habit, say, or during a week of indolence – adjust your intake by adding or omitting snacks. Don't like the sound of one of the meals? Feel free to mix and match – as long as you choose an alternative with similar macros.

YOUR 7-DAY RECIPE PLAN

Daily macro target:

Protein: 175g

Carb: 175g

Fat: 67g

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Corn omelette with bacon & avo	Cottage cheese on rice cakes	Prawn stuffed sweet potato	Walnuts	Lemon and thyme chicken
	Protein: 62g Carb: 7g Fat: 28.5g	Protein: 13g Carb: 23g Fat: 2.5g	Protein: 38g Carb: 75g Fat: 13g	Protein: 3g Carb: 6g Fat: 14g	Protein: 59g Carb: 68g Fat: 7.5g
	= 535kcal	= 166kcal	= 569kcal	= 138kcal	= 570kcal
Tues	Yoghurt, berries and oats	Roasted almonds	Moroccan lamb	Biltong	Chicken and lentil curry
	Protein: 54g Carb: 51g Fat: 6.5g	Protein: 3g Carb: 1g Fat: 8g	Protein: 44g Carb: 80g Fat: 22g	Protein: 14.5g Carb: 1.6g Fat: 2.3g	Protein: 63g Carb: 57g Fat: 25g
	= 478kcal	= 88kcal	= 694kcal	= 85kcal	= 705kcal
Wed	Chicken scrambled eggs	Celery & carrot sticks with cottage cheese	Salmon stir-fry with soba noodles	Brazil nuts	Steak and mushrooms
	Protein: 39g Carb: 32g Fat: 15g	Protein: 11.5g Carb: 11.5g Fat: 2g	Protein: 58g Carb: 55g Fat: 22g	Protein: 3.5g Carb: 1g Fat: 17g	Protein: 50g Carb: 70g Fat: 12g
	= 419kcal	= 110kcal	= 650kcal	= 171kcal	= 588kcal
Thurs	Choc-berry yoghurt	1 apple	Grilled chicken & couscous salad	Peanut butter rice cakes	Tomato baked haddock
	Protein: 39g Carb: 16g Fat: 29g	Protein: 1g Carb: 20g Fat: 0.8g	Protein: 64g Carb: 72g Fat: 20g	Protein: 6.5g Carb: 14g Fat: 11g	Protein: 65g Carb: 56g Fat: 8g
	= 481kcal	= 91kcal	= 724kcal	= 181kcal	= 556kcal
Fri	Ham, spinach & mushroom omelette	1 large banana	Turkey chilli with sweet potato mash	Almonds	Turmeric cauliflower with roasted cod
	Protein: 60g Carb: 34.5g Fat: 17g	Protein: 1.5g Carb: 23g Fat: 0g	Protein: 53g Carb: 75g Fat: 13g	Protein: 6.5g Carb: 2g Fat: 16g	Protein: 55g Carb: 45g Fat: 18.5g
	= 533kcal	= 98kcal	= 629kcal	= 178kcal	= 567kcal
Sat	Almond & pomegranate yoghurt	Brazil nuts and apricots	Satay pork chops	Cottage cheese on rice cakes	Paprika chicken with corn on the cob
	Protein: 24g Carb: 43g Fat: 18g	Protein: 3.5g Carb: 15g Fat: 10g	Protein: 52g Carb: 22g Fat: 15g	Protein: 18.5g Carb: 30.5g Fat: 3.5g	Protein: 69g Carb: 76g Fat: 12g
	= 430kcal	= 164kcal	= 431kcal	= 228kcal	= 688kcal
Sun	Turkey and feta egg muffins	Banana with peanut butter	Tuna stuffed sweet potato	Carrot sticks with hummus	Harissa chicken with wild rice & cannellini beans
	Protein: 63g Carb: 10g Fat: 29g	Protein: 5g Carb: 25g Fat: 8g	Protein: 42g Carb: 78g Fat: 6.5g	Protein: 4g Carb: 9g Fat: 11g	Protein: 56g Carb: 48g Fat: 11.5g
	= 533kcal	= 192kcal	= 539kcal	= 151kcal	= 520kcal


BREAKFAST
CORN OMELETTE WITH BACON & AVOCADO
Ingredients

- 2 eggs
- 2 egg whites
- 10g parmesan cheese
- 1/2 tsp rapeseed oil
- 80g sweetcorn
- 45g avocado
- 110g bacon medallions

Method

1. Whisk the egg, egg white and parmesan together.
2. Heat the oil in a pan over a medium heat.
3. Cook the egg mix into an omelette, with the sweetcorn inside. Meanwhile, grill the bacon.
4. Serve omelette with the grilled bacon and avo on the side.

10 mins

Protein: 62g
Carbohydrates: 7g
Fat: 28.5g
= 535kcal
SNACK
COTTAGE CHEESE ON RICE CAKES
Ingredients

- 3 rice cakes
- 100g cottage cheese (reduced fat)
- 1/4 tsp chilli flakes

Method

1. Spread cottage cheese on the rice cakes.
2. Sprinkle over the chilli flakes.

2 mins

Protein: 13g
Carbohydrates: 23g
Fat: 2.5g
= 166kcal

LUNCH

PRAWN STUFFED SWEET POTATO

Ingredients

Method

 **15 mins**

- 1 large sweet potato
- 170g cooked prawns
- 35g avocado
- 2 tsp lemon juice
- 80g edamame beans

1. Stab a few holes in the sweet potato and microwave until soft (4-8 minutes).
2. Mix together the prawns, diced avocado, lemon juice and edamame beans.
3. Cut open the sweet potato and fill with the prawn mix.

Protein: 38g

Carbohydrates: 75g

Fat: 13g

= 569kcal

SNACK

WALNUTS

Ingredients

Method

 **1 mins**

- 20g Walnuts

1. Simply weigh and eat.

Protein: 3g

Carbohydrates: 6g

Fat: 14g

= 138kcal

DINNER

LEMON AND THYME CHICKEN

Ingredients

Method

 **50 mins**

- 180g raw chicken
- 300g aubergine
- 1 tsp lemon juice
- 1 tsp thyme
- 1/2 tsp rapeseed oil
- 40g spinach
- 175g quinoa
(cooked weight)

1. Preheat oven to 180°C.
2. Chop the aubergine into chunks and place on one half of a baking tray.
3. Place the chicken breast on the tray and drizzle the oil and thyme over the top. Roast for 25-30 minutes.
4. Pour boiling water over the quinoa and leave until cooked.
5. Serve the quinoa with the spinach, aubergine and chicken breast on top.

Protein: 59g

Carbohydrates: 68g

Fat: 7.5g

= 570kcal



BREAKFAST

YOGHURT, BERRIES AND OATS

Ingredients

- 200g low fat Greek yoghurt
- 120g oats
- 100g frozen mixed berries
- 50g vanilla protein powder

Method

1. Mix the vanilla protein into the Greek yoghurt.
2. Top with the oats and frozen berries.

⌚ 3 mins

Protein: 54g

Carbohydrates: 51g

Fat: 6.5g

= 478kcal

SNACK

ROASTED ALMONDS

Ingredients

- 15g roasted almonds

Method

1. Weigh and eat.

⌚ 1 mins

Protein: 3g

Carbohydrates: 1g

Fat: 8g

= 88kcal

LUNCH

MOROCCAN LAMB

Ingredients

Method

⌚ 25 mins

- 160g lean lamb mince (raw weight)
 - 1/2 tsp rapeseed oil
 - 40g onion
 - 1/2 tsp cumin
 - 1/2 tsp coriander
 - 250g white rice
 - 90g sweetcorn
 - 30g chopped chillies
1. Heat a pan with oil, add the diced onion and cook for 5 minutes.
 2. Add the cumin and coriander and cook a further 1 minute before adding the lamb mince.
 3. Leave to simmer and cooking, adding a splash of water if necessary.
 4. Cook the white rice in a separate pot using the absorption method, in the last 5 minutes, stir through the kale and corn.
 5. Serve the lamb mix on top of the rice, and add chopped chilli to garnish.

Protein: 44g

Carbohydrates: 80g

Fat: 22g

= 694kcal

SNACK

BILTONG

Ingredients

Method

⌚ 1 mins

- 25g of biltong
1. Simply weigh and eat.

Protein: 14.5g

Carbohydrates: 1.6g

Fat: 2.3g

= 85kcal

DINNER

CHICKEN AND LENTIL CURRY

Ingredients

Method

⌚ 40 mins

- 140g chicken (raw weight)
 - 1/2 tsp rapeseed oil
 - 15g curry paste
 - 90g red split lentils (dry weight)
 - 90g coconut milk
 - 1/2 cup water
 - 130g carrots
 - 120g courgette
1. Heat a pan with the oil, add curry paste and cook for 1 min before adding the diced chicken.
 2. Once the chicken has browned, add the lentils, chopped carrot and courgette.
 3. Cook for a further 5 minutes before adding the coconut milk and water.
 4. Leave to simmer until cooked (approx 25 minutes).

Protein: 63g

Carbohydrates: 57g

Fat: 25g

= 705kcal



BREAKFAST

CHICKEN SCRAMBLED EGGS

Ingredients

- 2 eggs
- 1 slice rye bread
- 50g cooked chicken
- 50 diced cherry tomatoes
- 20g baby spinach
- 1/2 tsp rapeseed oil

Method

1. Heat the oil in a pan, whisk together the eggs and pour into heated pan, mixing in the cooked chicken.
2. Cook the cherry tomatoes and spinach the same pan.
3. Serve on the toasted rye bread.

🕒 10 mins

Protein: 39g

Carbohydrates: 32g

Fat: 15g

= 419kcal

SNACK

CELERY & CARROT STICKS WITH COTTAGE CHEESE

Ingredients

- 100g celery
- 100g carrots
- 100g cottage cheese (reduced fat)

Method

1. Slice veg into batons and dip cottage cheese.

🕒 1 mins

Protein: 11.5g

Carbohydrates: 11.5g

Fat: 2g

= 110kcal

LUNCH
SALMON STIR FRY WITH SOBA NOODLES
Ingredients
Method
 **25 mins**

- | | |
|--|---|
| <ul style="list-style-type: none"> • 170g salmon fillet (raw) • 1 tbsp soy sauce • 1/2 tsp chopped ginger • 60g soba noodles (dry weight) • 40g pak choi • 80g edamame beans • 1/2 tsp sesame oil • chopped chillies • 1 tsp lime juice | <ol style="list-style-type: none"> 1. Heat sesame oil on a pan and pan-fry the salmon. 2. In a bowl, mix together the soy sauce, chopped ginger, lime juice and chilli. 3. Chop the pak choi and add to the pan along with the edamame beans and the soy mix. 4. Add the cooked noodles and toss together. 5. Serve the salmon fillet on top of the tossed noodle mix. |
|--|---|

Protein: 58g
Carbohydrates: 55g
Fat: 22g
= 650kcal
SNACK
BRAZIL NUTS
Ingredients
Method
 **1 mins**

- | | |
|--|--|
| <ul style="list-style-type: none"> • 25g of Brazil nuts | <ol style="list-style-type: none"> 1. Simply weigh and eat. |
|--|--|

Protein: 3.5g
Carbohydrates: 1g
Fat: 17g
= 171kcal
DINNER
STEAK AND MUSHROOMS
Ingredients
Method
 **30 mins**

- | | |
|--|--|
| <ul style="list-style-type: none"> • 160g lean steak • 100g chestnut mushrooms • 80 green beans • 80g peas • 1 sweet potato • 1/2 tsp rapeseed oil | <ol style="list-style-type: none"> 1. Preheat oven to 180°C. Slice the sweet potato into chips and roast for 20 minutes. 2. Bring steak to room temp and rub on oil, salt and pepper. 3. Fry the steak as you like it, and leave to rest. 4. Fry the mushrooms, beans and peas until cooked. 5. Serve all together. |
|--|--|

Protein: 50g
Carbohydrates: 70g
Fat: 12g
= 588kcal

THURSDAY

**BREAKFAST****CHOC-BERRY YOGHURT****Ingredients**

- 160g Greek yoghurt
- 35g chocolate protein powder
- 60g frozen berries
- 25g almond butter

Method

1. Mix together the yoghurt and choc protein powder.
2. Top with the berries and almond butter.

🕒 2 mins

Protein: 39g**Carbohydrates: 16g****Fat: 29g****= 481kcal****SNACK****1 APPLE****Protein: 1g****Carbohydrates: 20g****Fat: 0.8g****= 91kcal**

LUNCH
GRILLED CHICKEN & COUSCOUS SALAD
Ingredients
Method
 **30 mins**

- | | |
|--|---|
| <ul style="list-style-type: none"> • 200g chicken (raw weight) • 200g couscous (cooked weight) • 15g sundried tomatoes • 60g red pepper • 40g avocado • 5g chopped basil • 25g mixed salad leaves | <ol style="list-style-type: none"> 1. Preheat oven to 180 °C, and cook chicken for 15-20 minutes. 2. Dice sundried tomatoes, red pepper, avocado and basil. 3. Toss the couscous, chopped veg and mixed leaves together. 4. Top with the sliced chicken breast. |
|--|---|

Protein: 64g
Carbohydrates: 72g
Fat: 20g
= 724kcal
SNACK
PEANUT BUTTER RICE CAKES
Ingredients
Method
 **1 mins**

- | | |
|--|--|
| <ul style="list-style-type: none"> • 2 rice cakes • 1 tbsp peanut butter | <ol style="list-style-type: none"> 1. Spread peanut butter on the rice cakes. |
|--|--|

Protein: 6.5g
Carbohydrates: 14g
Fat: 11g
= 181kcal
DINNER
TOMATO BAKED HADDOCK
Ingredients
Method
 **30 mins**

- | | |
|---|---|
| <ul style="list-style-type: none"> • 250g haddock (raw weight) • 200g chopped tomatoes • 20g olives • 120g tenderstem broccoli • 80g frozen peas • 250g baby potatoes | <ol style="list-style-type: none"> 1. Preheat oven to 180°C. 2. Place the haddock fillet on a baking tray and spread over the chopped tomatoes and olives, cook for 10-20 mins. 3. Steam or boil the baby potatoes, adding the broccoli 5mins before the end and the peas 2 minutes. |
|---|---|

Protein: 65g
Carbohydrates: 56g
Fat: 8g
= 556kcal



BREAKFAST

HAM, SPINACH & MUSHROOM OMELETTE

Ingredients

- 100g ham
- 2 large eggs
- 1 egg white
- 50g mushrooms
- 20g spinach
- 1 slice rye bread

Method

1. Whisk the eggs and egg white together.
2. Fry the mushrooms and spinach together and set aside.
3. Pour the egg mixture into a heated pan and add the mushroom, spinach and ham before folding into an omelette.

⌚ 10 mins

Protein: 60g

Carbohydrates: 34.5g

Fat: 17g

= 533kcal

SNACK

1 BANANA

Protein: 1.5g

Carbohydrates: 23g

Fat: 0g

= 98kcal

LUNCH
TURKEY CHILLI WITH SWEET POTATO MASH
Ingredients
Method
 **30 mins**

- 175g lean turkey mince (raw weight)
- 1 tsp rapeseed oil
- 30g onion
- 1/2 tsp hot paprika
- 50g kidney beans
- 1 large sweet potato
- 100g green beans
- 20g spinach

1. Heat the oil in a pan on medium heat, add diced onion and fry till soft.
2. Add the paprika and turkey mince and cook for 10-15 minutes.
3. Add the kidney beans, green beans and spinach, and cook for an additional 5 minutes.
4. Dice and steam or boil the sweet potato, mash once soft.
5. Serve the turkey chilli on top of the sweet potato mash.

Protein: 53g
Carbohydrates: 75g
Fat: 13g
= 629kcal
SNACK
ALMONDS
Ingredients
Method
 **1 mins**

- 30g almonds

1. Simply weigh and eat.

Protein: 6.5g
Carbohydrates: 2g
Fat: 16g
= 178kcal
DINNER
TURMERIC CAULIFLOWER WITH ROASTED COD
Ingredients
Method
 **50 mins**

- 200g cod
- 1 tbsp lemon juice
- 150g cauliflower
- 1/2 tsp turmeric
- 1 tsp rapeseed oil
- 50g kale
- 200g quinoa (cooked weight)
- 15g crushed cashews

1. Preheat oven to 180°C.
2. Prepare the quinoa by pouring boiling water over it, then leave aside to cook.
3. Rub the cauliflower florets with turmeric and oil, roast for 30 minutes.
4. After 30 minutes, put the cod in the oven and roast together with the cauliflower for a further 15 minutes.
5. Pan-fry the kale and serve with the cauliflower, quinoa and cod.
6. Finish with a squeeze of lemon and the crushed cashews.

Protein: 55g
Carbohydrates: 45g
Fat: 18.5g
= 567kcal


BREAKFAST
ALMOND & POMEGRANATE YOGHURT
Ingredients

- 120g Greek yoghurt (reduced fat)
- 25g vanilla protein powder
- 30g pomegranate
- 50g granola
- 15g flaked almonds

Method

1. Mix together the yoghurt and the protein powder.
2. Top with the granola, pomegranate seeds and flaked almonds.

2 mins

Protein: 24g
Carbohydrates: 43g
Fat: 18g
= 430kcal
SNACK
BRAZIL NUTS & APRICOTS
Ingredients

- 15g Brazil nuts
- 40g dried apricots

Method

1. Simply weigh and eat.

1 mins

Protein: 3.5g
Carbohydrates: 15g
Fat: 10g
= 164kcal

LUNCH
SATAY PORK CHOPS
Ingredients
Method
 **50 mins**

- | | |
|---|--|
| <ul style="list-style-type: none"> • 160g lean pork chop • 15g peanut butter • 1/2 tsp sesame oil • 1 tbsp soy sauce • 150g tenderstem broccoli • 200g butternut squash | <ol style="list-style-type: none"> 1. Preheat oven to 180°C. 2. Cut butternut squash into cubes, poke onto skewers and season with salt and pepper, roast for 30 minutes. 3. Mix together the peanut butter, sesame oil and soy sauce. Slice the pork into strips and rub satay sauce on to the pork. 4. Weave the pork onto the skewer and roast in oven for 15-20 minutes. 5. Steam the tenderstem and serve alongside. |
|---|--|

Protein: 52g
Carbohydrates: 22g
Fat: 15g
= 431kcal
SNACK
COTTAGE CHEESE ON RICE CAKES
Ingredients
Method
 **1 mins**

- | | |
|---|---|
| <ul style="list-style-type: none"> • 4 rice cakes • 100g cottage cheese (reduced fat) | <ol style="list-style-type: none"> 1. Spread cottage cheese on the rice cakes and sprinkle over the chilli flakes. |
|---|---|

Protein: 18.5g
Carbohydrates: 30.5g
Fat: 3.5g
= 228kcal
DINNER
PAPRIKA CHICKEN WITH CORN ON THE COB
Ingredients
Method
 **40 mins**

- | | |
|--|--|
| <ul style="list-style-type: none"> • 220g chicken (raw weight) • 1/2 tsp paprika • 1 cobb of corn • 100g asparagus • 1 tsp lime juice • 1 tbsp mascarpone • 250g cooked buckwheat | <ol style="list-style-type: none"> 1. Preheat oven to 180°C. 2. Rub chicken with paprika and roast for 15-20 minutes. 3. Steam or boil the cob of corn and asparagus. 4. Slice the chicken and serve with the buckwheat and vegetables. 5. Top it off with the lime juice and mascarpone. |
|--|--|

Protein: 69g
Carbohydrates: 76g
Fat: 12g
= 688kcal



BREAKFAST

TURKEY & FETA EGG MUFFINS

Ingredients

- 1/2 tsp rapeseed oil
- 135g cooked turkey breast
- 2 eggs
- 100g peas (defrosted)
- 20g feta

Method

1. Preheat oven to 180°C, and grease the holes of a metal muffin tray.
2. Whisk the eggs together and half fill the muffin wells, add in the cooked turkey, peas and feta.
3. Cook for 15 minutes or until cooked through.

20 mins

Protein: 63g

Carbohydrates: 10g

Fat: 29g

= 533kcal

SNACK

BANANA WITH PEANUT BUTTER

Ingredients

- 1 banana
- 15g peanut butter

Method

1. Slice banana and spread with peanut butter.

1 mins

Protein: 5g

Carbohydrates: 25g

Fat: 8g

= 192kcal

LUNCH

TUNA STUFFED SWEET POTATO

Ingredients

Method

⌚ 15 mins

- **Ingredients**
 - 1 large sweet potato
 - 130g tuna
 - 60g yoghurt (low fat)
 - 80g sweetcorn
 - 20g mixed leaves
 - 4g sesame seeds
1. Stab a few holes in the sweet potato, microwave for 5-10 minutes or until soft.
 2. Mix together tinned tuna, yoghurt and corn.
 3. Slice open the cooked sweet potato and fill with the tuna mix.
 4. Sprinkle the sesame seed on top and serve with leaves.

Protein: 42g

Carbohydrates: 78g

Fat: 6.5g

= 539kcal

SNACK

CARROT STICKS WITH HUMMUS

Ingredients

Method

⌚ 1 mins

- 40g hummus
 - 1 large carrot
1. Slice carrot into batons and dip in hummus.

Protein: 4g

Carbohydrates: 9g

Fat: 11g

= 151kcal

DINNER

HARISSA CHICKEN WITH WILD RICE & CANNELLINI

Ingredients

Method

⌚ 40 mins

- 165g chicken (raw weight)
 - 1 tsp harissa
 - 150g wild rice (cooked weight)
 - 100g cannellini beans
 - 100g asparagus
 - 2 tsp lemon juice
 - 15g cashew nuts
1. Preheat oven to 180°C.
 2. Rub chicken with harissa spice, and bake for 15-20 minutes.
 3. Prepare the wild rice, and steam the asparagus.
 4. Serve by adding the cannellini beans, cashews, asparagus and harissa chicken to the rice.
 5. Finish by drizzling the lemon juice over top.

Protein: 56g

Carbohydrates: 48g

Fat: 11.5g

= 520kcal

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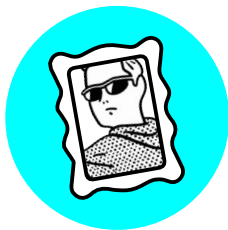
TRACKING YOUR PROGRESS



SHOULD I TRACK MY PROGRESS?

If you're aiming for consistent results, it can help to keep an eye on how you're progressing – for motivation, and to help you tweak your eating. **Here's how to do it:**

1. MIRROR, MIRROR...



Use the same one every time – and keep the lighting consistent. If you aren't losing weight but you're starting to see muscle, you're doing it right.

2. THE TALE OF THE TAPE



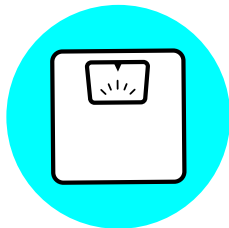
Body composition beats weight as an indicator of progress: if you're losing fat and gaining muscle, you could be keeping your weight steady and making major gains. Measure around your waist every couple of weeks.

3. DEAR DIARY



Okay, yes, keeping a “fitness journal” sounds a *little* bit too much, but it takes two minutes a day – and might pre-empt trouble. Keep a quick note of how you feel, how you've trained, and if you're low on energy. Check back monthly to see what you've missed.

4. THE NAUGHTY STEP



The scale isn't an ideal way to track changes – see above – but if you've got a fair bit of timber to shift, it can help. If you're going to use one, weigh yourself at a consistent times each day – pre-breakfast is optimal...

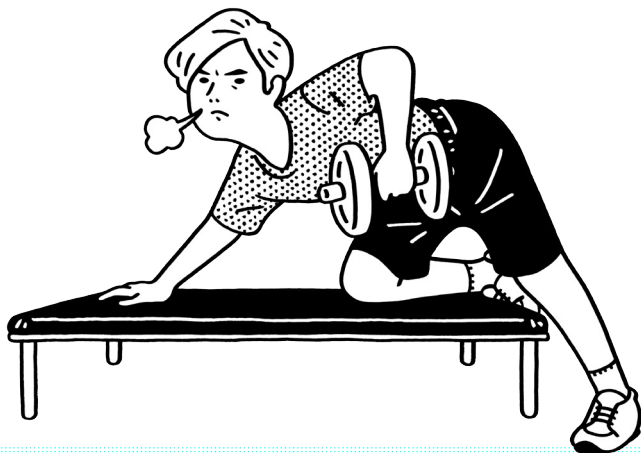
HOW OFTEN SHOULD I DO THIS STUFF?

EVERY 1-2 WEEKS

This will give you a good indication of how you're progressing. If you stop seeing changes or hit a plateau, it might be time to update your macros or daily calorie count.

HOW FAST AM I GOING TO SEE RESULTS?

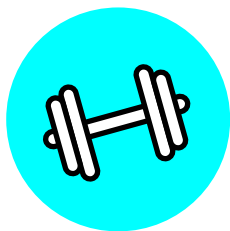
It's going to vary – based on your existing diet and body fat levels, how active you've been in the past, hormonal changes and a bunch of other factors. You'll see improvements in a couple of weeks, but your main aim should be consistency.



WAIT, DO I HAVE TO EXERCISE AS WELL?

Short answer: **nope**. If you're eating better – and in a calorie deficit – that's more than enough to start to trim the fat and (possibly) start to see your abs. If you'd like to give things a nudge in the right direction though, there are a handful of easy options – think **weights**, **HIIT** or **LISS**.

1. LIFT WEIGHTS



If you're hitting the gym, think squats, not curls – the more muscles you bring to the party, the more calories you'll burn. Aim for a full-body session a couple of times a week – there's no need for arms-only days unless your surname is "The Rock".

2. HIGH INTENSITY INTERVAL TRAINING



The fashionable one. **HIIT** increases fat metabolism for hours after you train, even if you've only got minutes to actually work out.

The catch? It's hard. Unpleasant, even. For a taster, go all-out on your preferred cardio device for 30 seconds, rest for 90 and repeat six times. Yes, it's horrible.

3. LOW INTENSITY STEADY STATE



LISS cardio is basically the super-easy stuff: taking a stroll at lunchtime, or volunteering to walk dogs at the weekend. Unlike jogging – which can crank up your levels of fat-storing stress hormone cortisol – it'll keep fat burning at a low tick while you're doing it. Aim for 45 minutes, once or twice a week.

THIS IS ALL TOO MUCH, IS THERE AN EASIER OPTION?

Sure thing. For the gentleman (or lady) whose social schedule doesn't allow thrice-daily cooking, Fresh Fitness Food – a premium meal delivery service of quality food, customised to your specific nutritional needs and goals, is the answer.

Whether you're aiming to lose weight, build muscle or just benefit from a bit more energy, they'll calculate your specific daily calorie and macronutrient requirements, then develop a menu that ensures that every meal is tailored to your specific nutritional needs, taste preferences and fitness goals.

What's more, you'll get a dedicated nutritionist on hand to assist in ensuring that your plan adapts to your changing requirements. They'll do the prepping and shopping and deliver direct to your home or work, leaving you to focus on the rest of your life...or, indeed, the marathon you've optimistically signed up to.

It's a plan with no drawbacks

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