



ACTIVE LIVING *Program*

# SHOPPING LIST

*Produce*

*Carbohydrate sources*

*Vegetarian/Vegan protein sources*

*Fat sources*

*Beverages*

*Spices and Condiments\*\**

*Protein Sources*



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**NOURISH TIPS**

# YOUR DIET

Here at Lorna Jane, we don't believe in restrictive diets where you spend hours number crunching to get a specific calorie intake. Our meal guides are designed to provide you with balance, variety and flexibility while adhering to general dietary guidelines.

The meal guides provided have been created under the supervision and review of a qualified nutritionist.

**It's important your diet is:**

- Varied
- Meets all of your nutritional requirements
  - Is easy to prepare
  - And of course, is delicious!

Including a variety of macronutrients and micronutrients in your diet is essential for ongoing health, wellbeing, energy levels, brain function and to help you live your best active life.

When you follow our plan, you will be eating a well-balanced variety of proteins, carbohydrates and fats. These are known as macronutrients.

Micronutrients are the vitamins and minerals you receive from your food.

We have kept the Active Living Programs Nourish section simple and well-balanced, with most meals containing one portion of each macronutrient.

As you get more confident in your knowledge about nutrition you can start to build your own meals using the macronutrient portions as a base.

Start by selecting one portion of protein, one portion of a carbohydrate and one portion of a fat, then get creative and turn this into something delicious.

You can switch and alternate the foods WITHIN each macronutrient group to suit your taste and preferences. For example, you can swap chicken for fish, tofu or protein powder, as they are all foods high in protein.

As long as you keep the portions the same these can be swapped out to suit your taste and preferences.

Try to avoid swapping across macronutrient groups as this may mean you are missing vital nutrients from your diet.



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## NOURISH TIPS

# YOUR DIET

Here are some good examples of the types of foods that fall into each macronutrient category:

### *Protein*

Animal protein such as - chicken, turkey, fish and beef  
Eggs  
Yoghurt (Top tip: Choose a plain, natural yoghurt to avoid added sugars)  
Cottage cheese  
Lentils  
Tofu  
Chickpeas  
Beans  
Protein powder – whey or vegetable based

### *Meat free protein*

Tofu – firm or silken  
Seitan (make sure it's cooked in tamari or paired with a food high in lysine for a complete protein)  
Tempeh  
Beans (buddy up with rice for a complete protein)  
Quinoa  
Chia seeds  
Hemp seeds  
Buckwheat

*Top Tip: The fantastic thing about a lot of meat free bases is that you can flavour them exactly how you like. Tofu, seitan, tempeh, eggplant, jackfruit, quinoa and legumes all soak up the flavours they're cooked with. So, have fun and experiment! Cooking them in tamari, miso, liquid smoke or vegetable stocks all add a different spin on them. We have provided some suggestions but don't be afraid to mix it up.*

### *protein powder*

Pea protein  
Brown rice protein  
Hemp protein  
Mixed sprout protein

### *Carbohydrate*

Rice  
Oats  
Quinoa  
Vegetables such as: Sweet potato, potato and pumpkin  
Corn thins and rice cakes  
Bread  
Fruits and vegetables

### *Fats*

Nuts: Peanuts, almonds, brazil, walnuts  
(Top Tip: Choose raw, unsalted nuts where possible)  
Egg yolk  
Avocado  
Coconut  
Oils – Cold pressed olive oil, flaxseed oil and coconut oil are some of our favourites.

### *Egg replacements*

Apple sauce (in baking)  
Yoghurt (in baking)  
Chia pudding/Chia eggs  
Yoghurts  
Coconut milk  
Almond milks  
Soy based

### *Nut free alternatives*

Unhulled tahini  
Nut free spreads  
Fresh or dried edamame  
Roasted chickpeas, broad beans or seeds  
Chia puddings  
Nut free protein balls and bars



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## NOURISH TIPS

# YOUR DIET

We believe in the power of vegetables! If you're feeling hungry throughout the day, or find your meals are not filling you up enough, we suggest adding more leafy and fibrous greens. Your progress will not be impacted negatively by adding more vegetables to your diet – in fact it will most likely add to your overall wellbeing!

*(Top tip: Some of our favourite greens are; lettuce, kale, spinach, cucumber, zucchini, broccoli and asparagus)*

Note: We have added a \* next to meals in your Nourish plan that have a recipe already available on [www.movenourishbelieve.com](http://www.movenourishbelieve.com)

## SUGGESTED SERVING SIZES

Our serving sizes are based on nutritional and government guidelines. Here is an overview of some of our suggested serving sizes to act as a guide for your Nourish program:

### **Proteins**

- Palm sized serving of cooked, lean meat or non-white fish (e.g. salmon, tuna steaks)
  - Hand sized serving of cooked, lean white fish (hand sized is palm and fingers)
    - Deck of cards sized serving of tofu, seitan or tempeh
      - ½ - 1 cup of beans, legumes or pulses
      - 2 eggs
    - ½ palm sized serving of nuts or seeds

### **Carbohydrates**

- 1 slice of bread
  - ½ cup cooked rice, pasta, noodles
- 3 or 4 crispbreads (e.g. rice cakes or corn thins)
  - 1 small or ½ cup sweet potato
    - ¾ cup pumpkin
    - ½ cup oats

### **Fruits and vegetables**

- 1 piece of fruit
- 2 cups green salad
- 1-2 cups steamed vegetables (non-starchy)
  - 1 tomato



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## NOURISH TIPS

# YOUR DIET

### TOP TIPS

- Try starting your day with a cup of warm water, lemon juice and a pinch of cayenne pepper to boost your metabolism
- Try to avoid/reduce foods with 'empty calories'. These are foods that have very little nutritional value (such as protein, good fats, vitamins or minerals). Examples of 'empty calorie' foods are; soda/sugary drinks, alcohol and foods high in refined sugar.
- Eat fresh wherever possible. We're all busy and we know that sometimes convenience is key. But try to be mindful about the amount of processed/packaged food you eat, ensuring that the majority of your diet is made up from fresh foods and wholegrains.
- Having a healthy gut is super important as a happy tummy absorbs more of the nutrients from your food. Look after your gut health by eating high fibre foods and incorporating foods with probiotics and healthy bacteria (such as; sauerkraut, kombucha, garlic, yoghurt with live cultures).
- Hydrate, hydrate, hydrate! Drinking plenty of water is essential for our bodies and minds to function properly. Make sure that you're drinking at least 2-3 litres per day. It may sound like a lot to start but before you know it you'll easily drink that much. It's surprising how dehydrated we get without even realising.
- Invest in a large water bottle you can take anywhere and track your intake in your Active Living Planner. We love adding a twist of lemon and/or cucumber for an extra refreshing edge.
- Avoid overcooking or burning your food. Some of us are more likely to create several small fires in their kitchen than they are to enter Master Chef but our piece of advice – try not to overcook your food as this can destroy important nutrients.
- Seasons greetings! Don't be afraid to use herbs and spices (fresh is best) to add flavour to your meals. Some herbs and spices have beneficial effects (such as turmeric, chili and ginger) so adding flavour can also add extra benefits!

***More Nourish Tips will be added so stay tuned!***



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# ACTIVE LIVING *Program*

WEEK 2

## CARDIO



### EVERY MINUTE COUNTS

*by Buf Girls*

Start each of the 4 exercises on the minute and complete the number of reps as fast as possible. The time remaining until the next minute (and exercise!) starts is your rest time.

### Complete within a minute:

**Rounds: Beginners 6 Rounds, Intermediate 8 Rounds, Advanced 10 Rounds**

10x Star Jumps

8x Skaters

6x Drop Squats

4x Chest to Floor Burpee to Stand/Reach



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ACTIVE LIVING *Program*

WEEK 2

## STRENGTH



### LOWER BODY WORKOUT 2

*by Alice Jane*

#### **Complete circuit 3 x**

Resistance band clams x 15

Alternating reverse lunges x 20

Kettlebell sumo squat x 15

Kettlebell swing x 15

Kettlebell goblet squat x 15

Walking lunges x 20



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# ACTIVE LIVING *Program*

WEEK 2

## STRETCH



### UPPER BODY POWER

*by Lib\_yoga*

By this stage everyone should be feeling energetic and excited and maybe a little sore.

**We recommend following along with the video and using this guide as a reference.**

1. Child's pose to child's pose side stretch
2. Cat + cow
3. Upper body warm up twist
4. 3 x sun salutations
5. Side plank series
6. Child's pose
7. Forearm taps
8. Dolphin pose to one legged dolphin pose
9. 3 x 5 seconds lower to chaturanga
10. Rest/arm stretch
11. Bow pose prep to bow pose
12. Child's pose
13. Relaxation/ shavasana



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