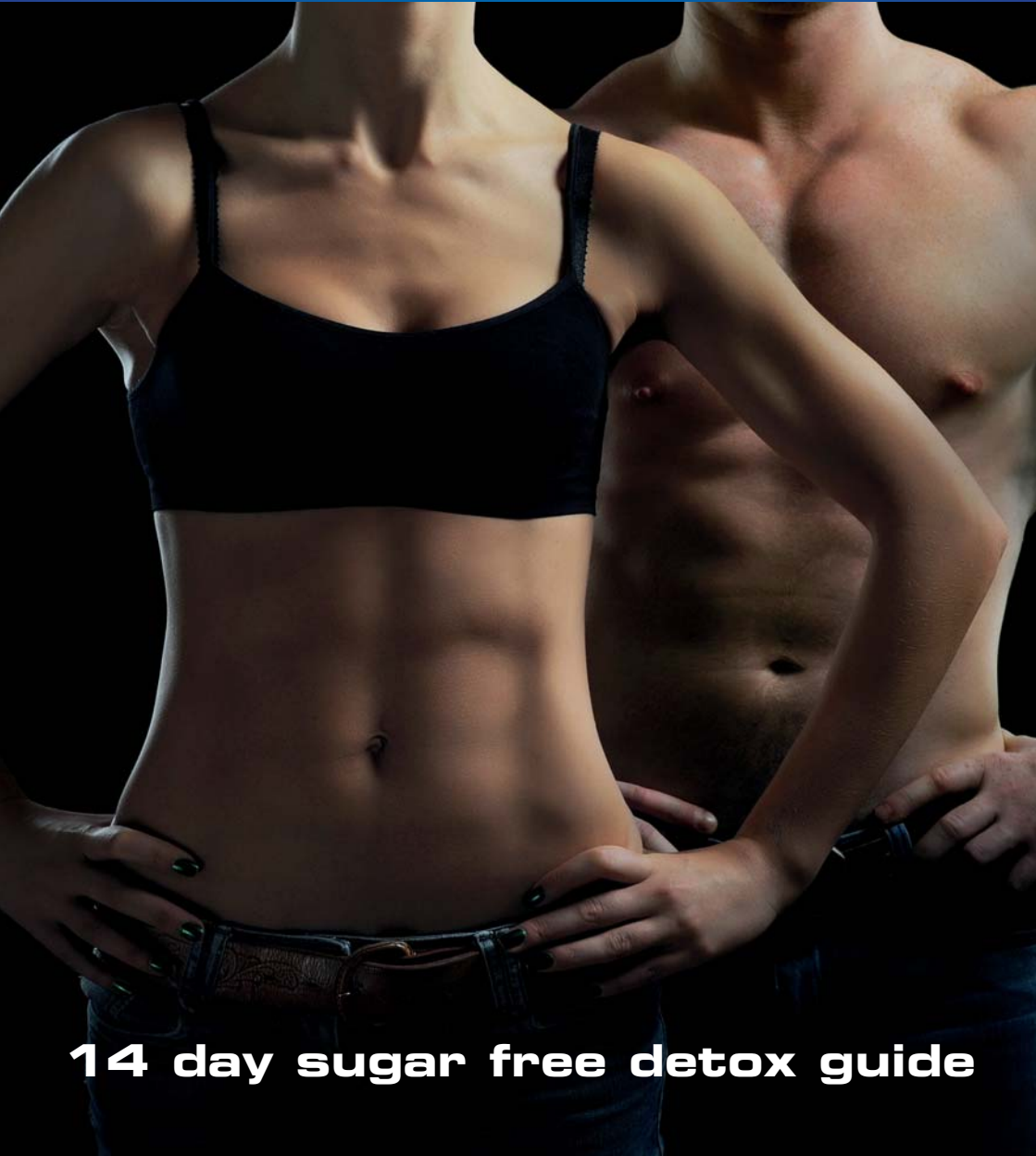




**PATHFINDER**

FITNESS & NUTRITION



**14 day sugar free detox guide**

*If you're a self-confessed sugar addict that is fighting a losing battle to achieve optimum body composition, we have the solution to help you avoid all the hidden sugars in modern foods, and conquer your cravings. If you currently experience constant highs and lows throughout the day – from sugar highs that spike your energy through the roof, followed swiftly by the crash, then this manual will help guide you through the process of ridding sugar from your life – the ones you know about as well as the hidden nasties found in refined foods. Overcoming this primary obstacle will not only help you to feel better, but will boost your body to better health and ultimately total body recomposition.*

The sugar epidemic is rife! People are eating the equivalent of 25 teaspoons of sugar every day and getting fatter because of malnutrition. Why? Because nutrition today is so poor that people are becoming deficient in critical nutrients that can help manage stress and eliminate toxins.

## The solution is simple... ... its time to go sugar free!

By eliminating sugar and refined foods from your diet you will avoid ingesting a variety of other chemical additives, pollutants and refined ingredients that can cause a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. "SUGAR FREE" is the practice of eating whole foods that are unprocessed and as close to their natural form as possible providing your body with the most nutritious and wholesome food you can to help you lose weight, eliminate a build up of toxins, help manage and avoid some diseases, and feel better and more energised.

*Its time to make a change.*



**DRINK LEMON AND WARM WATER** first thing upon waking. Lemon water stimulates your digestion,



# 5 SIGNS YOU NEED TO DO SUGAR FREE

## **Pitfall #1: Your Gut Is Unhealthy**

If the only thing you are regular about is being constipated, you know your gut is unhealthy and detoxification will be severely impaired. Toxins have to be physically eliminated from the body via the digestive tract and these needs to be functioning well for this to occur. This build up in the body won't just magically disappear from your tissue when you do a cleanse.

## **Solution #1**

Take a probiotic after your first meal to increase the rate of survival of microbiota in the gastrointestinal tract. A big reason that the detoxification process is halted is inflammation in the gut, which can be caused by unhealthy bacteria. A probiotic will help fight pathogenic bacteria and aid elimination of toxins, while minimizing inflammation.

## **Pitfall #2: You Feel the Discomfort of Bloating**

If you feel bloated regularly, you are probably eating food you that your body is intolerant to and can't digest well. A food intolerance is when your body is unable to process certain foods due to insufficient levels of specific enzymes. Common food intolerances include gluten, eggs, corn, dairy, lactose, nuts, fructose, and soy.

## **Solution #2**

Eliminate foods that you suspect may be irritating your gut. Keep a food diary to record what you have eaten throughout the day and when, and what, if any, symptoms you experience. It will also be helpful to take a fibre supplement. Most people get best results by starting with 2 grams of fibre in water at the two extremes of the day: Morning upon awakening, and right before retiring at night. Fibre blends that will encourage effective detoxification include chia and flax seed, fibres of carrot, beet, and citrus, cranberry seed, apple pectin, and psyllium husks.

## **Pitfall #3: Cravings Are Your Middle Name**

Sugar or simple carb cravings such as bread or bakery foods indicate that you are not managing your blood sugar well and can be an indication that you are deficient in both protein and "smart" fats. If your diet is rich in high-glycemic carbs and not

much else, your blood sugar levels quickly spike giving you energy, but will just drop just as quickly leaving you feeling lethargic and lacking in energy. This then causes you to reach for the next quick fix – a sugary substitute.

## **Solution #3**

It is ok to eat carbs - of the low glycemic and unrefined variety - in combination with protein and healthy fats to balance and stabilise the blood sugar levels. This will not only make you feel fuller for longer but also provide you with hours of energy, and no dips. Consider a high protein breakfast of meat and nuts to begin your day, which will help to increase your insulin sensitivity and make you better able to balance your blood sugar throughout the day.



## **Pitfall #4: Your Vitamin D Levels are Low**

Vitamin D is extremely important for detoxification, and if your levels are low, all cleansing efforts will be negated. It is essential nutrient for bone mineralisation and helps with the absorption of calcium.

## **Solution #4**

Use a quality Vitamin D supplement of between 3000-5000iu per day. You can also help boost your Vit D levels by exposing your torso to sunlight in the middle of the day.

## **Pitfall #5: Your Magnesium Levels are Inadequate**

Magnesium is equally as critical to facilitate the detoxification process. Insufficient Magnesium can lead to a build up of the stress hormone cortisol and can impair the nerve impulses to muscles leading to cramps and fatigue.

## **Solution #5**

Magnesium is best absorbed through the skin so try an epsom salts bath or Magnesium oil spray that can be rubbed into the skin. The calming effects of magnesium will help you to detox, improve your sleep and recover more efficiently from your workouts.

reduces your body's overall acidity which helps to improve immunity, and can help reduce hunger cravings which aids weight-loss.



# APPROVED FOODS LIST

- Carbs - sweet potato, whole grain brown rice, basmati rice, oats, quinoa, butternut squash
- proteins - white fish such as cod, haddock, sea bass, pollock, oily fish such as salmon, tuna and mackerel (twice weekly only), turkey and chicken breast, lean cuts of beef, free range eggs and egg whites, low fat cottage cheese, Greek yoghurt, tofu, tempeh
- greens - broccoli, asparagus, green beans, spinach, kale, cauliflower, celery, cucumber, sugar snap peas, courgettes, rocket, watercress, lettuce
- colourful veges - peppers, tomatoes, beetroot, carrots, mushrooms
- fruits - blueberries, strawberries, blackberries, pineapple
- seasoning/dressings - lemons, limes, ginger, garlic, apple cider vinegar, whole grain mustard
- healthy fats - coconut oil, olive oil, golden linseeds/flaxseeds, avocado, pumpkin seeds, almonds, cashews, brazil nuts, almond butter
- sweeteners - stevia or Truvia, raw honey (use sparingly)
- organic coffee and Swiss-filtered decaf, herbal and green tea



# PREPARATION STEPS

1. Have your APPROVED FOODS shopping list handy and take a look through your fridge and cupboards removing any of the foods NOT the approved food list and throw them out.
2. If you don't already own a steamer then you need to buy one. It's the easiest and best way to cook 95% of your meals.
3. As with the steamer, if you don't already own a set of good quality sealable plastic containers then you'll need to invest in a set! Make sure they are BPA free!
4. Batch cook your food the night before. This means preparing an entire day's worth of food in a one go and portion it out into your handy plastic containers!
5. Consider doing some of your food shopping online and where possible, buy ingredients in bulk. This will save you time so you can get prepping in the kitchen!



*Invest in a steamer for preparing chicken, fish and veges. This nifty little piece of equipment will save you time and hassle by quickly cooking food without the need for oils.*

# STEPS TO SUCCESS

Complete the checklist in order as this is the easiest and most effective way to implement changes. Let this be the of a permanent lifestyle changes to create a lean, healthy and energised body.

- 1 Increase your daily clean water intake to half your body weight in fluid ounces (more if exercising)
- 2 Remove any known intolerances or allergy foods like wheat, dairy, red meat etc. completely from your diet.
- 3 Eat BETTER, not LESS. By eating the right amount of protein you will send signals directly to your brain stopping you from over eating. Aim for 1.2 grams per kilo of body weight.
- 4 Consume at least 5 servings of green vegetables per day to balance acidic foods that are eaten. Creating an alkaline environment is not only better for your health but the more acidic you are the harder it will be for you to lose fat. Boosting your diet with alkaline foods or a supplement such as a greens powder that provides you with much needed extra servings of vegetables is the best you can do to stop acidity.
- 5 Try to sleep with the sun cycles as much as possible. Being asleep by 10:30pm is ideal for body repair.



# MY APPROACH

## When do I eat?

I try to structure my meals and my macro split (carbs/proteins/fats) around the times that I train so that I make the most of my recovery. Eating carbs around your post-workout window can really benefit lean muscle gain, and helps to replenish energy stores within the muscles. Teaching my body to use just protein and fats as a fuel source prior to my workout can help with fat burning.

## What do I eat?

Throughout the day I split my meals into 5 smaller portions, and try to eat only whole, single ingredient foods where possible. I usually start the day with a meal that combines just proteins and essential fats as this helps to increase insulin sensitivity and to balance blood sugar levels throughout the day. The next 3 meals are made up of carbs and protein, the majority of my carbs post-workout (I usually train around lunch time so have a late lunch), and my last meal of the day is just protein, green veges and a little fats again. I try to stuff in as many greens as possible throughout the day as they keep you fuller for longer, are nutrient dense, and often contain ingredients that are good for balancing women's hormones.

If I am really pushed for time or need to fuel up whilst I am busy training someone else, I will have a protein shake made with 100% pure natural whey, some greens powder, Maca powder, some blueberries, a little stevia for sweetness and a dash of coconut water. This can keep me going for an hour or two until I can eat a proper meal. Another handy snack for on the go is the turkey meatballs (see recipe below) which are easily transportable and the kind of finger food that's easy to munch on.

Personally I don't tolerate gluten well, so choose to eat sweet potatoes or quinoa as a source of carbohydrates. Protein sources include chicken, turkey, fish, steak and sometimes lean beef and turkey mince, eggs and egg whites, and very occasionally cottage cheese or Greek yoghurt. Healthy fats coming from fish oils, almonds or almond butter, olive oil, coconut oil and the occasional raw chocolate treat (sugar free of course!).

## How do I feel after I eat?

I always feel energized throughout the day, and know if that if I have any dips or feel like I'm dragging my feet that I am either not eating enough to keep me fuelled for my energy expenditure, or I need to have a little break from training. Like everyone, I have slip ups too! I try not to deny myself of anything, as the more you tell your self NO, the more you want it. So a little bit of everything, but in moderation. If I do want something a little 'naughty' I would rather try and make a healthier version of it myself, or pop to the nearest health food store few to find a reasonable alternative. Dark Raw Chocolate is a big favourite of mine as it has many health benefits - raw cacao is full of magnesium, a little saturated fats are good for women's health, and I try to choose a brand that uses either coconut nectar or stevia for sweetness. I know if I go for something like a block of Cadbury's, I'm only going to end up wanting more and feeling much worse for it.

## How do I look after I eat?

I think it's really important to monitor how your body looks and how you feel throughout the day as this can give you a pretty good indication as to what's working, or not working for you in terms of your nutrition. Some food intolerances and sensitivities can not only make you bloated and gassy, but can also effect your skin, make your face look puffy or even irritate your sinuses. Workout what works for you by keeping a food diary each day to record what you eat and how you react, or try eliminating certain foods and then reintroducing them slowly one at a time to see if they might be the culprit.



# Clean Eating Recipes from my kitchen...

by Jodie Doyle

HERE ARE A SELECTION OF CLEAN EAT RECIPES TO TEMPT YOUR TASTE BUDS, KEEP YOU FULLER FOR LONGER, AND GIVE YOU THE FUEL NEEDED FOR AN ACTIVE LIFESTYLE!



## PROTEIN PANCAKES

- 6 Tbsp buckwheat flour
- 1 big scoop vanilla protein powder
- 3 Tbsp ground almonds
- 2 Tbsp ground golden linseeds
- 1/2 Tsp ground cinnamon
- 1/4 Tsp baking powder
- 1 Whole egg and 2 egg whites
- 1/2 cup cottage cheese/goat's yoghurt
- 2 Tbsp apple purée
- 1/2 Tsp vanilla essence
- A dash of milk/almond milk
- Coconut oil for light frying

Combine all dry ingredients in a bowl. In a glass blender mix the eggs with cottage cheese until smooth, then add the dry ingredients and pulse until just combined (but no lumps). Heat a frying pan to medium and grease with a little Coconut Oil. Pour a soup-ladle full of batter into the pan and cook until bubbles form on the top side, then flip and cook a further minute or so.

Serve warm with any choice of yummy toppings such as Greek Yoghurt, blueberries and a little squeeze of Agave Nectar.

## Smoked Salmon Frittatta

High carb/low fat

- 6 whole eggs
- 1 cup of liquid egg whites (I like to use Two Chicks egg whites that come in a carton)
- 1/2 pack of kale
- 1 courgette cut into slices
- 200gm smoked salmon slices
- 1 tsp sea salt
- 1 Tbsp dried dill



High carb/low fat

- 800gm sweet potato, sliced
- 200gm smoked salmon slices
- 16 whole eggs
- 6 egg whites
- 1 tsp salt
- 1 Tbsp dill

Preheat the oven 180C. Prepare a square baking dish with greaseproof baking paper.

Steam the sweet potato slices for 15 minutes until tender. Layer the sweet potato into the baking dish, then layer the salmon slices on top.

In a mixing bowl, add the eggs and egg whites, salt and dill and beat until well combined. Pour the egg mixture over the salmon and sweet potatoes and bake in the oven for 50 mins or until the middle is set and top is golden.

Makes 4 slices

## Amazeballs

- 3 medium bananas
- 25 dates, deseeded
- 1/2 cup cashew butter
- dash of water
- 1 tsp sea salt
- 1/3 cup coconut oil
- 1 tsp vanilla essence
- 400gm gluten free oatmeal
- 5 scoops vanilla protein powder or more if needed
- Coconut for rolling

Put the first 5 ingredients in the slow cooker and set for 60 minutes to soften the dates and cashew butter. If you don't have a slow cooker, you can do this in a saucepan over a low heat for a few minutes with the lid on to keep the moisture in.



Whilst the mixture is still warm, tip it into the food processor along with the coconut oil so that it will melt the oil a little and blend easily. Add the vanilla essence and blend.

If your food processor is powerful enough, add the oatmeal and protein powder a bit at a time until the mixture starts to come together to make a dough like consistency. If its groaning under the pressure and the mixture is still a bit too wet to mix with your hands, plop it out into a bowl and mix by hand. Keep adding protein powder to make a stiff dough.

Leave to set in the fridge covered in cling film for at least a few hours or even overnight. This makes the mixture a lot easier to roll into balls without them losing their shape.

Scoop out the mixture using a large spoon, and form the balls between your palms using wet hands. You want to aim for about the size of a golf ball or a bit bigger.

To coat the balls in coconut I find it best to pour about 1/2 cup coconut into a pudding bowl or small, high-sided mixing bowl and place 3 balls in at a time ready to coat. Then simply swirl them around inside the bowl until the coconut sticks to them (they should be slightly wet from your hands which will help this to stick).

## Thai-spiced Turkey Meatballs

- 800gm of turkey mince
- 1.5 cup gluten free oatmeal
- 2 x finely chopped onions
- 5 x finely chopped garlic cloves or 2 Tbsp garlic paste
- 2 x grated courgettes
- 3 x eggs
- 0.25 cup Thai green curry paste
- 1 small bunch of fresh coriander, chopped
- 2 tsp salt to season



Note: I use the Thai Taste brand of curry paste which is quite powerful and spicy compared to generic brands.

Prepare a 12 cup silicone muffin tray and preheat the oven to 200C.

Use a food processor to finely chop the onions, garlic and coriander, and tip into a large mixing bowl. Use the grating plate to then grate the courgettes, and add these to the bowl along with the turkey mince and oatmeal.

In a smaller bowl, beat the eggs along with the salt and the Thai curry paste (and garlic paste if you are using this instead of fresh garlic) until well combined.

Time to get your hands dirty! Use your hands to mix all these ingredients together until well combined. Wash the mixture off your hands but leave them wet as this stops the mixture from sticking to your hands as you prepare the balls. Take scoops of mixture (I use a heaped scoop of a half cup measure) and roll into balls the size of a racquetball, before placing it in the muffin tray ready to bake.

Bake in the middle shelf of the oven for 50-60 mins or until golden brown on top. (This may be less if you have a fan forced oven!)

Makes 16 meatballs



# Clean Eating Recipes

HERE ARE A SELECTION OF CLEAN EAT RECIPES TO TEMPT YOUR TASTE BUDS, KEEP YOU FULLER FOR LONGER, AND GIVE YOU THE FUEL NEEDED FOR AN ACTIVE LIFESTYLE!

## RAW SOUP

- 1 head of broccoli
- 4 medium carrots
- 1 punnet cherry tomatoes
- 1 avocado
- 1 packet of baby spinach
- 1 packet of watercress
- 1 cucumber
- kiwi (for a bit of sweetness)
- 1 knob ginger
- 4 limes, juiced
- 1 Vege stock cube in 500ml water
- dash almond milk
- cayenne pepper, rock salt, tabasco



Add all the ingredients to a glass blender and blend until desired consistency in two batches. You can add these ingredients to fill it out and add a protein source: almond pulp (leftover from making almond milk), cottage cheese, tofu, protein powder or use the soup as a sauce/dressing over steamed fish/chicken/turkey.

## LETTUCE WRAPS

- Iceberg lettuce – outer leaves

Filling suggestions:

- Tuna, cucumber, avocado and lemon juice
- Turkey breast, grated carrot, cottage cheese
- Egg whites, tzatziki
- Mexican chicken with avocado



**Mexican Chicken** – fry some chicken/turkey pieces in a little coconut oil with sliced red onion, garlic and peppers.

To season, add a pinch of salt, 1 tsp cumin, 1 tsp ground coriander, 1 tsp smoked paprika and lime juice.

**Wrap and Roll!**

These would be perfect lunch box food – just keep lettuce leaves and fillings in separate containers and roll when you are ready to eat!