



GENESIS
HEALTH + FITNESS

NUTRITION GUIDE

NUTRITION FACTS | TIPS & TRICKS | MEAL PLANS & MORE



THE NUTRITION GUIDE

Welcome to the Genesis Health + Fitness Nutrition Guide! This comprehensive guide is designed to provide you with valuable information and practical advice to support your journey towards a healthier lifestyle.

We begin by introducing you to the fundamental concepts of nutrition. You'll delve into the world of macronutrients and micronutrients, understanding their roles in your body and how to improve your intake for optimal health. With clear explanations, you'll learn how to strike the right balance of carbohydrates, proteins, and fats, and discover the significance of vitamins, minerals, and other essential micronutrients.

Recognising the importance of nutrition, this guide explores how it impacts your overall well-being. You'll gain insights into how proper nutrition can enhance your energy levels, support your immune system, promote healthy weight management, and contribute to your overall vitality.

To help you translate nutritional knowledge into practical application, this guide offers examples of 'building your plate'. You'll learn how to create balanced and nutritious meals by incorporating a variety of food groups. Drawing on the principles of the Australian Guide to Healthy Eating, you'll gain a deeper understanding of portion sizes, food groups, and recommended daily servings. Armed with this knowledge, you'll have the tools to construct meals that nourish your body and promote optimal health.

Setting goals is an essential step on your nutrition journey, and this guide also provides practical advice to help you define and track your progress. Whether your goal is to lose body fat or gain muscle mass, you'll find tailored meal plans designed specifically to support your objectives. These meal plans provide structure and inspiration, giving you a blueprint for healthy and satisfying meals that align with your goals.

We hope our guide will help you gain a deeper understanding of nutrition and its impact on your well-being, setting yourself up for long-term success on your health and fitness journey!

DISCLAIMER

This nutrition booklet has been prepared by Health Management Dietitians, who are Accredited Practising Dietitians specifically, for Genesis and is not to be distributed without expressed written consent by Genesis. This booklet is only to be used as a guide and is therefore not designed to replace individualised dietary recommendations. For personalised advice, please see an Accredited Practising Dietitian or General Practitioner.

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GENESIS
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INTRODUCTION TO NUTRITION

THE FOUNDATIONS

NUTRITION BASICS

MACRONUTRIENTS | MICRONUTRIENTS

MACRONUTRIENTS

The food that we eat is made up of 3 macronutrients – protein, carbohydrates, and fats. The amount of each varies on the type of food. These 3 macronutrients are needed in large amounts in our diet, in order to perform bodily functions, hence the prefix 'macro-'. These nutrients provide energy in the form of 'kilojoules' or 'calories'. There are a few exceptions to this where substances such as alcohol also provides our body with energy, but isn't considered a nutrient because it doesn't support growth, maintenance, or repair of the body. The distinct difference between 'macro-' and 'micro-' nutrients are that micronutrients are not worth calories, however they are still essential for human function.

PROTEIN

Protein is often called the body's 'building blocks'. This macronutrient is essential for the building and repair of your body's tissues, with the most well-known being muscle. Protein is also used in hormone and enzyme production, helps you fight infections and can also be used as an energy source. Foods high in protein include all red meat, poultry, seafood, eggs and dairy products. For those following a plant-based diet, legumes, soy products, nuts and seeds are also rich in protein.

CARBOHYDRATES

Carbohydrates are one of the most essential macronutrients for a healthy body and proper functioning. They are the body's number one source of energy and form the 'bulk' of our diet. They serve a fundamental purpose in fueling brain and muscle function.



NUTRITION BASICS

MACRONUTRIENTS | MICRONUTRIENTS

Following a low-carbohydrate diet (such as the 'keto' diet) can often leave people feeling fatigued, drained and lethargic, and is therefore not something we promote. The best form of carbohydrates to consume are those that are termed 'Low GI' (where 'GI' refers to Glycaemic Index.) These foods are digested more slowly, have less of a spike on our blood sugar levels and are released at a steadier rate in our body. The best sources of Low GI carbohydrates include fresh fruit, sweet potato, pumpkin, whole grains such as rolled oats, brown rice, and quinoa, dairy products, legumes and lentils.

One other important reason to consume carbohydrates is that many of these foods are also high in fibre. Fibre is the 'indigestible parts of plant foods' and it is the nutrient that keeps our digestive tract healthy and our bowel movements regular. Fibre also helps you feel fuller for longer, can improve cholesterol and blood sugar levels, and has been linked with preventing some chronic diseases such as diabetes, heart disease and bowel cancer.



NUTRITION BASICS

MACRONUTRIENTS | MICRONUTRIENTS

FATS

There are several different types of fats, and research suggests that some forms of fat are better for us than others. When we are talking about good fats, these are the mono- and poly-unsaturated fats. These are the foods that have been linked with decreased cholesterol levels and a reduced risk of heart disease. Good sources of healthy fats include oily fish, avocado, nuts, seeds and extra virgin olive oil. In terms of the 'not so good' fats, you would have heard of saturated and trans fats. These fats in large amounts have been link to an increased risk of heart disease, high blood cholesterol levels and poor health outcomes. While on the odd occasion they are harmless, for a healthy lifestyle approach we recommend removing the fat from your meat, avoiding highly processed, take-away and deep fried foods, and full-fat dairy products.

MICRONUTRIENTS

Micronutrients, which include vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and so must be derived from the diet. This is why they are classed as *essential* nutrients. Although we only need small amounts of micronutrients, consuming the recommended amount of each is important.

Each of the micronutrients have different recommended amounts (i.e. recommended dietary intake), however an individual's specific requirement varies across the lifespan and depends on health status. Micronutrient deficiencies can have devastating consequences.

Examples of vital functions that vitamins and minerals are involved in include brain function, metabolism, the immune system, cognitive development, bone formation, cell generation and energy production. Vitamins and minerals are found in all 5 food groups (i.e. fruits, vegetables and legumes/beans, grains, dairy, meat, poultry, fish eggs, nuts and seeds).



THE IMPORTANCE OF NUTRITION

FUELLING YOUR BODY FOR TRAINING & RECOVERY

THE IMPORTANCE OF NUTRITION

Nutrition plays a profound role in every aspect of your health. It enables us to perform our every day functions from moving our body to digesting food, to focusing on a task. It plays a role in fighting infection, nourishing our gut and reducing the risk of disease.

From an exercise and performance angle, we know that nutrition is essential for meeting the demands of both training and recovery. Optimising your nutrition around exercise has the ability to:

- enhance your performance
- heighten energy levels
- improve your immune function
- reduce muscle soreness and risk of injury
- facilitate training adaptations

THE 4 R'S FOR RECOVERY

REFUEL

Carbohydrates are the primary fuel source used by our bodies during intense exercise. Consuming enough of this nutrient around exercise is especially important for replenishing our bodies with the energy we need to recover and go again. Carbohydrates also play a large role in muscle building.

REPAIR

Protein plays a critical role in stimulating muscle protein synthesis following exercise, promoting repair and growth. Exercise turns on protein metabolism for upwards of 24-48 hours, so small serves of protein rich meals and snacks throughout the day are recommended to support this.

REHYDRATE

Fluid replacement or 'rehydration' is essential for replacing fluids lost through sweat during exercise. It helps to improve concentration, endurance and reduce fatigue. Fluids may also be combined with electrolytes if sweat volume is large.

REVITALIZE

Exercising elicits an inflammatory response within the body. Incorporating a balance of fruits, vegetables, nuts and seeds in your diet will provide the antioxidants, vitamins, minerals and plant chemicals to support your immune function - eliminating the need to supplement.

HOW TO 'BUILD YOUR PLATE'

THE HEALTHY PORTION PLATE



1 TBSP healthy fats



Filling your plate up this way encourages a great balance of food groups and ensures you are left feeling full and satisfied! Aim for your plate to be roughly 25cm in diameter.

HOW TO 'BUILD YOUR PLATE'

4 STEPS TO BUILDING A HEALTHY PLATE

STEP 1

Add **1/4 plate** of lean protein...

Choose healthy cooking methods (e.g. grilling, air frying or lightly frying)



this is about a palm size worth

STEP 2

Add **1/2 plate** of non-starchy vegetables...

Add as many varieties of vegetables as you like



this is about two open hands worth

STEP 3

Add **1/4 plate** of high fibre carbohydrates

These include starchy veggies, wholegrains or pulses/legumes



this is about a fist size worth

STEP 4

Add **1 tbsp** of fats

For some healthy fats and flavour!



this is about a thumb size worth

THE AUSTRALIAN GUIDE TO HEALTHY EATING

The Australian Guide to Healthy Eating (AGHE) represents the proportion of the five food groups recommended for consumption by the average healthy Australian. This guide supports the foundations of what a healthy, balanced diet should look like. For those who experience health conditions, chronic illnesses or require specialised diets, the AGHE may not be best suited for you, and so individualised advice from an Accredited Practising Dietitian should be sought.



THE AUSTRALIAN GUIDE TO HEALTHY EATING

The recommended number of serves from each food group are unique to age and gender. To simplify this, here are the average number of serves required from each food group, for the average healthy adult:



VEGETABLES & LEGUMES/BEANS

Males: 5.5 serves per day
Females: 5 serves per day

Example of 1 serve:
1/2 cup cooked vegetables, 1 cup salad or 1 medium tomato



FRUITS

Males: 2 serves per day
Females: 2 serves per day

Example of 1 serve:
1 medium piece of fruit, 2 small pieces of fruit or 1 cup chopped fruit



GRAIN (CEREAL) FOODS

Males: 5.5 serves per day
Females: 4.5 serves per day

Example of 1 serve:
1 slice multigrain bread, 1/2 cup cooked rice or 2/3 cup breakfast cereal



LEAN MEAT, POULTRY, FISH, EGGS, TOFU, NUTS, LEGUMES

Males: 2.5 serves per day
Females: 2 serves per day

Example of 1 serve:
65g cooked red meat, 80g cooked chicken, 2 large eggs or 30g nuts



MILK, YOGHURT, CHEESE AND/OR ALTERNATIVES

Males: 3 serves per day
Females: 3.5 serves per day

Example of 1 serve:
1 cup lite milk, 40g reduced fat cheese or 3/4 cup low fat yoghurt

EXAMPLE DAY OF EATING AS PER THE AUSTRALIAN GUIDELINES

BREAKFAST



Half cup of porridge made on low fat milk with walnuts

MORNING TEA



1 cup of vegetable sticks with hummus

LUNCH



Chicken and salad wholemeal wrap (made with 1 cup of salad and 80g cooked chicken breast)

AFTERNOON TEA



1 medium apple plus 40g lite cheese and wholegrain crackers

DINNER



Spaghetti bolognese and 3 cups of salad

SUPPER



Small pot of reduced-fat yoghurt plus 1 cup berries

INTERPRETING FOOD PRODUCTS

THE NUTRITION INFORMATION PANEL

When searching for healthy food products in the supermarkets it can be very overwhelming to know what to look out for. Knowing how to read the nutrition information panel or ingredients list and understanding what certain claims mean are very useful skills in helping us to decide how to choose one product over another.

THE NUTRITION INFORMATION PANEL

When comparing nutrients in similar food products, use the per 100g column (except when looking at kilojoules/calories). If calculating how much of a nutrient or how many calories you will actually eat, use the per serve column. But make sure to check whether your portion size is the same as the serve size.

Serving Size per package: 3 Serving Size: 150g		
	Per serve	Per 100g
Energy	875kJ	571kJ
Protein	22.1g	14.7g
Fat	10.7g	7.1g
Saturated Fat	1.8g	1.2g
Carbohydrates	1.8g	1.2g
Sugars	<1g	<1g
Fibre	7.2g	4.8g
Sodium	10mg	7mg

ENERGY

<600kJ per serve for a 'sometimes' food

TOTAL FAT

<10g per 100g
Exception: Milk and yoghurt <2g per 100g

SATURATED FAT

<2-3g per 100g
Exception: cooking oil, nuts, seeds

SUGAR

<15g per 100g
Exception: <15g for breakfast cereals and <20g for products with fruit listed in the first three ingredients

FIBRE

>5g per 100g for breads/cereals/grains

SODIUM

<120mg per 100g is ideal
<400mg per 100g okay

INTERPRETING FOOD PRODUCTS

THE INGREDIENTS LIST

THE INGREDIENTS LIST

Ingredients are listed in order from greatest to smallest, by weight. This means that if 'nuts', for example were listed near the start of the list, the product contains a greater proportion of this ingredient. If fat, sugar, or salt are one of the first three ingredients listed, try and find a healthier alternative.

Be mindful of ingredients that have other names, such as fat, sugar, and salt. Synonymous names to these nutrients include:

FAT: animal fat/oil, beef fat, butter, cream, coconut, coconut oil/milk/cream, margarine, milk solids, palm oil, vegetable oil, shortening, full cream milk powder, cocoa butter, chocolate, copha, lard, ghee, dripping.

SUGAR: fruit juice concentrate, corn syrup, dextrose, fructose, glucose, golden syrup, maltose, mannitol, xylitol, maltodextrin, sucrose, raw sugar, cane sugar, brown sugar, honey, agave nectar, blackstrap molasses, rice syrup, rice malt, barley malt, invert sugar, starch hydrolysate.

SALT: sodium, baking powder, celery salt, garlic salt, mineral salts, monosodium glutamate (MSG), rock salt, sodium bicarbonate, onion salt, chicken salt, meat extract, yeast extract, sea salt.



INTERPRETING FOOD PRODUCTS

COMMON NUTRITION CLAIMS

COMMON NUTRITION CLAIMS

Nutrition claims are voluntary statements on food labels. Claims can be helpful when taking a quick glance at a product, to decide whether one product is more ideal over another. These claims need to meet certain criteria in order to be displayed. Food manufacturers can be tricky with the wording of these claims so read carefully. Some common examples include:

'Sugar free', 'sugarless', 'no sugar', 'diet' or 'zero sugar'

MEANING: One serving of the product contains <0.5g sugar, both natural and added. There have likely been natural or artificial sweeteners added to make up for sweetness lost through sugar.

'No added sugar' or 'without added sugar'

MEANING: this claim should not be confused for 'no sugar', as it only means that there has been no additional sugar added during food production. Know that the product could still be high in natural sugar. For example, some fruit juices are 100% juice without concentrates or additional sugar but remain high in sugar. Be sure to check the nutrition information panel.

'Good source of protein'

MEANING: the product must contain at least 10g protein per serve.

'Reduced salt/sodium'

MEANING: The product contains at least 25% less sodium than in the same amount of the original product, of the same brand. Be sure to check for excess fat or sugar that may be added to account for flavour loss through salt.

'Low fat'

MEANING: The product contains <1.5g sugar per 100mL for liquid food or <3g sugar per 100g for solid food.



INTERPRETING FOOD PRODUCTS

COMMON SYMBOLS AND LOGOS

COMMON PRODUCT SYMBOLS

THE HEALTH STAR RATING

The health star rating is a voluntary system which allows manufacturers to assign ratings based on the health status of packaged foods and beverages (i.e. the more stars, the healthier the product). This can provide a general guide as to whether one product should be favoured over another, however this system has its limitations.

Here are some things to consider:

- Products are only rated against products within the same category (e.g. you'll want to compare one breakfast cereal with another breakfast cereal)
- This system is only based off 100g of a product so bear in mind what one serve may look like for you
- This system only displays energy, saturated fat, sugars, sodium and fibre, meaning that the entire nutrient composition is not considered. For a more accurate analysis, use the nutrition information panel - put those skills to the test!
- It favours processed/packaged foods, so keep in mind that fresh unpackaged foods such as fruit and vegetables won't have a Health Star Rating on them but will always be a 5 star food



Symbols or logos are used for easy identification of products which have been approved by a regulatory agency for a particular health reason

OTHER COMMON LOGOS

LOW GLYCAEMIC INDEX
Helpful for people with diabetes



LOW FODMAP
Helpful for people with IBS following a Low FODMAP diet



GLUTEN FREE
Helpful for people with Coeliac Disease or gluten intolerance



HEART FOUNDATION TICK
Helpful for people following a heart healthy diet



SETTING GOALS

SMART GOALS

Goal setting has timelessly proven as a useful method of getting your goals down 'on paper'. Many people are motivated by goal setting as it provides direction and intent towards what it is they are trying to achieve. However, it is not for everyone – equally, some people feel discouraged by goal setting, as they feel that if they don't reach the goal by the desired time-frame, they have failed (not the case at all!).

If goal setting is for you, make sure your goals are SMART, meaning that they are:

Specific (simple, sensible, significant)

Measurable (meaningful, motivating)

Achievable (agreed, attainable)

Relevant (reasonable, realistic and resourced, results-based)

Time bound (time-based, time limited, time/cost limited, timely, time-sensitive)

Two examples of SMART goals could be:

"To lose 5kg of body fat in 4 months, I will focus on strength exercises to support my muscle mass. I will complete strength workouts twice per week and one HIIT workout once per week. I will reduce my consumption of fast food, increase my protein intake and focus on my portion sizes of meals and snacks."

For those who are chasing goals less weight or body composition focused:

"To get healthier by next year, I will eat more balanced meals and start exercising. I will exercise four times per week for at least 30 minutes. I can choose between weight training, HIIT classes and walking. I will meal prep on weekends and ensure I bulk-buy foods and drinks for all other meals and snacks for the week, to ensure that I stay on track."

Write your goal here:

SETTING GOALS

UNDERSTANDING YOUR 'WHY'

It may seem obvious, but being aware of your purpose and intent to doing something, can help to align your thoughts and remind you of *why* you should begin chasing a goal, or for some, why you should continue. No matter how big or small, your 'why' is valid, and is unique to you.

Maybe it's because this change is helping you to get back to doing the things that you used to enjoy, like playing with your kids in the yard. Or maybe you have a health check coming up with your doctor soon and you want your blood test results or scans to show an improvement.

If you get to a point where you feel like you are struggling with change, and it all becomes too much, it is okay to stop and take a breath for a moment. But don't stop for too long. This is your opportunity to pull yourself back into line and remind yourself of *why* you started in the first place.

WHAT IS YOUR 'WHY?'



ESTIMATING YOUR NUTRITION REQUIREMENTS

Now that we know what foods constitute a healthy, balanced diet, when it comes to knowing precisely what YOU should be eating, this will depend on a number of factors. Firstly you need to decide what your GOAL is. This is a really important consideration as the nutritional focus for different sets of goals can be contrastingly different. For example, if you are aiming to:

1. LOSE BODY FAT

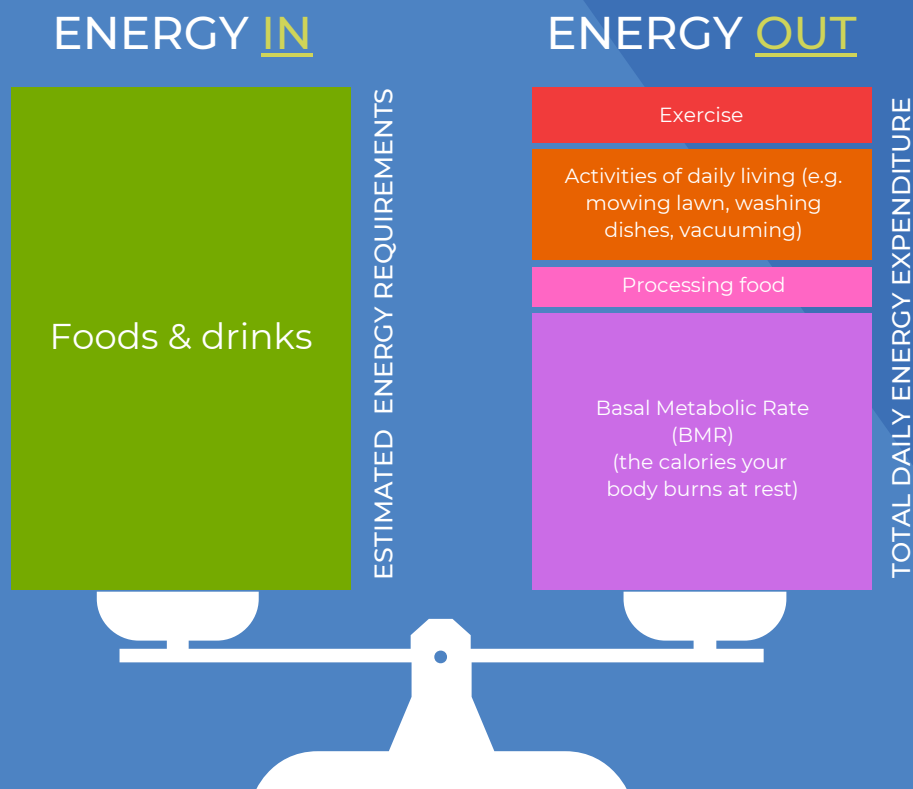
You will need to be in an 'energy deficit', or eating less calories than your body needs to maintain your current weight. You could otherwise think of this as "there is more energy going out than coming in".

2. GAIN MUSCLE

You will need to be in an 'energy surplus' or eating more calories than your body needs to maintain your current weight. You could otherwise think of this as "there is more energy coming in than going out".

ENERGY BALANCE

Energy balance refers to the comparison between ENERGY IN (the number of calories consumed through eating and drinking) versus ENERGY OUT (the number of calories burnt through movement and bodily functions). A balance of energy in and energy out leads to a stabilisation in weight. Emphasis on either one can lead to the balance 'tipping' and favouring either weight gain or weight loss.



ESTIMATING YOUR ENERGY REQUIREMENTS

To begin estimating your nutrition requirements, you need to factor in the number of calories coming from both sides of the scale. The easy part is estimating how many calories are coming in. The difficult part is knowing roughly how many calories are coming out.

TOTAL DAILY ENERGY EXPENDITURE

One helpful way to understand this is by estimating your Total Daily Energy Expenditure or TDEE. Your TDEE is simply the sum of your energy out (exercise + activities of daily living + processing food + basal metabolic rate). Essentially, you can think of TDEE as your maintenance calories. So if you are seeking to maintain your weight, you will consume the equivalent of this through foods and drinks each day.

TDEE is calculated by multiplying two factors together:

Basal Metabolic Rate (BMR): the minimum amount of calories that your body needs to perform necessary functions (e.g. pumping blood through your body).

Activity Level (AL): a number used to express a person's daily physical activity levels

And so the equation is as follows: $TDEE = BMR \times AL$

But how do we know what our BMR is?

There are a number of ways in which BMR can be worked out:

- Gold standard methods such as indirect calorimetry are highly accurate but tend to be very expensive and not very easily accessible
- Body composition scans are also quite expensive however can be found in dietitian practices, gyms, pharmacies and other health facilities
- Online calculators, mobile apps and prediction equations (e.g. Schofield, Harris-Benedict) are the easiest and most accessible method. They are, however, the least precise measure

A side note...

Although these equations are effective, it is important to note that these are only estimations and every individual is so unique, so it is almost impossible to determine the EXACT amount of calories or grams of a nutrient that are right for you. Every person's physiological make-up, genetic predispositions, lifestyles, activity levels, mental and physical conditions are different, and so we need to acknowledge that.

ESTIMATING YOUR ENERGY REQUIREMENTS | MANUALLY

CALCULATING YOUR BASAL METABOLIC RATE Using Schofield Equation

SEX	AGE (YEARS)	EQUATION
Males	10-18	$[(0.074 \times \text{body weight}) + 2.754] \times 1000 \div 4.18$
	18-30	$[(0.063 \times \text{body weight}) + 2.896] \times 1000 \div 4.18$
	30-60	$[(0.048 \times \text{body weight}) + 3.653] \times 1000 \div 4.18$
	>60	$[(0.049 \times \text{body weight}) + 2.459] \times 1000 \div 4.18$
Females	10-18	$[(0.056 \times \text{body weight}) + 2.898] \times 1000 \div 4.18$
	18-30	$[(0.062 \times \text{body weight}) + 2.036] \times 1000 \div 4.18$
	30-60	$[(0.034 \times \text{body weight}) + 3.538] \times 1000 \div 4.18$
	>60	$[(0.038 \times \text{body weight}) + 2.755] \times 1000 \div 4.18$

DETERMINING YOUR ACTIVITY LEVEL

SEDENTARY Little or no physical activity	1.2
LIGHTLY ACTIVE Light exercise 1-3x per week	1.375
MODERATELY ACTIVE Moderate exercise 6-7x per week	1.55
VERY ACTIVE Hard exercise daily or 2x per day	1.725
EXTREMELY ACTIVE Intense training every day/athlete	1.9

ESTIMATING YOUR ENERGY REQUIREMENTS | ONLINE CALCULATOR

eatforhealth.gov.au ONLINE CALCULATOR

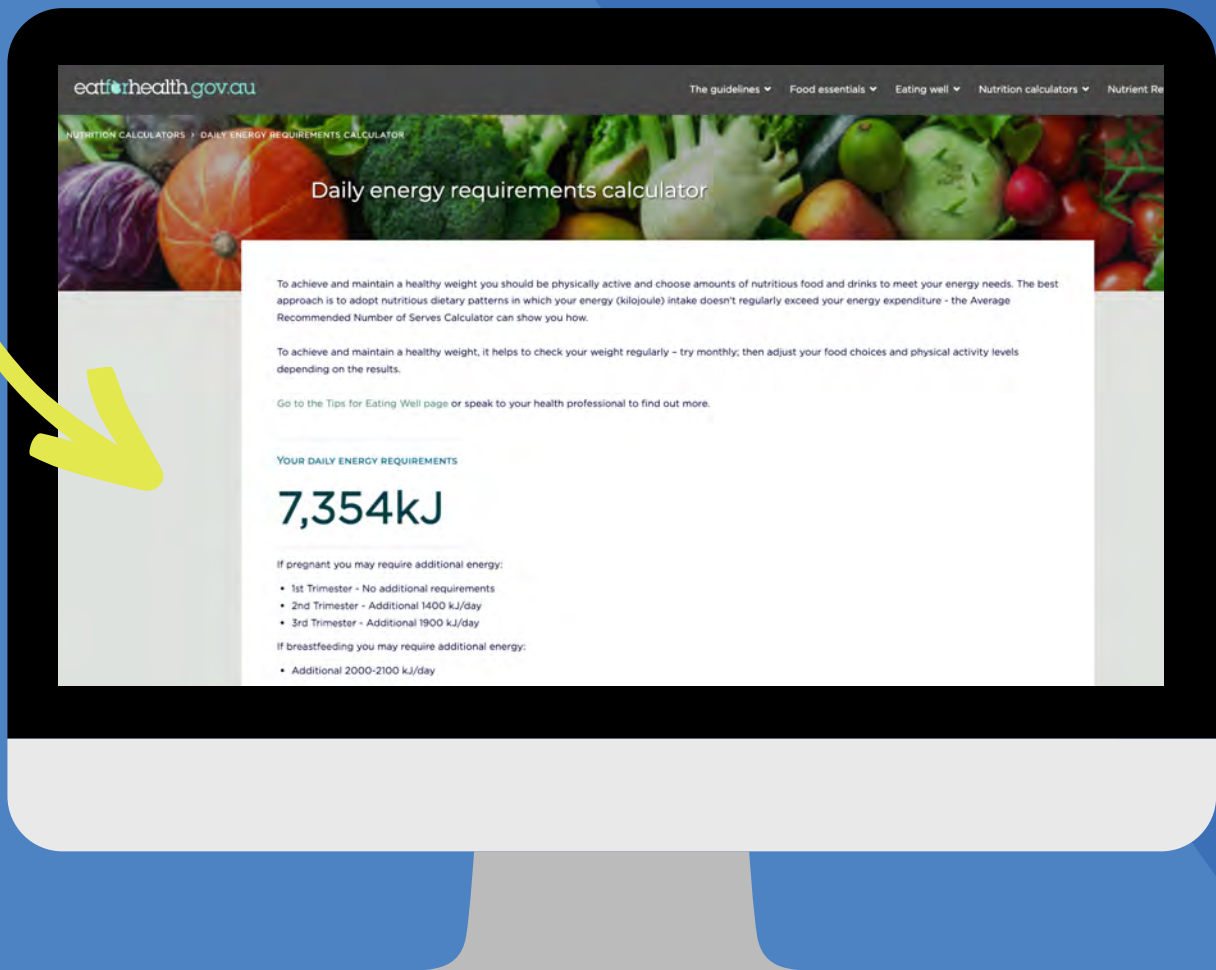
If the calculations are too tricky and you have access to online resources, you can use the online calculator. The Eat for Health website has an in-built function which calculates energy requirements for you. You will need to input your gender, age, age type, weight and physical activity level. Our recommendation is that you use your activity level as determined on the previous page and match it with that on the Eat for Health website (i.e. ignore the descriptions).



<https://www.eatforhealth.gov.au/nutrition-calculators/daily-energy-requirements-calculator>



REMEMBER: This result will be in kilojoules, so in order to convert it to calories, you will need to divide this number by 4.18



ESTIMATING YOUR ENERGY REQUIREMENTS

ARE YOU IN A DEFICIT OR SURPLUS?

We now know how to calculate daily energy requirements. However, unless you plan to maintain your weight, we need to take one final step. This last calculation will be determined by whether you are trying to lose body fat or gain muscle. If you wish to:

1. LOSE BODY FAT

You will need to subtract 500 calories from your energy requirements. This will put your body into a calorie deficit.

2. GAIN MUSCLE

You will need to add 500 calories to your energy requirements. This will put your body into a calorie surplus.



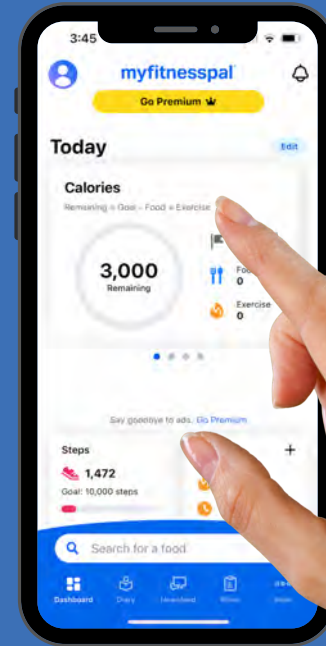
CALORIE COUNTING APPS

THE PROS & CONS | ARE THEY WORTHWHILE?

Calorie counting apps are mobile applications designed to help individuals track their calorie intake and monitor their nutritional goals. These apps offer features such as food databases, barcode scanners, recipe calculators, meal planners, and progress trackers.

POSITIVES OF CALORIE TRACKING APPS

- **Food Database:** Most apps provide extensive databases of common foods, (including branded items) with their corresponding calorie and nutritional information. Users can search for specific foods or scan barcodes to quickly log their intake.
- **Progress Tracking:** They provide visual representations of progress (e.g. charts, graphs), showing calorie intake over time or weight changes. Some apps also allow users to track exercise and integrate with fitness trackers.
- **Personalised Goals:** Allow users to set personalised goals based on factors like age, weight, height, activity level, and desired rate of weight loss or maintenance. The app calculates a target calorie intake to achieve those goals.
- **Education and Insights:** Some apps offer educational resources, such as articles, recipes, or tips on healthy eating. They may also provide insights into eating patterns, habits, and trends to help users make informed choices.
- **Nutrient Monitoring:** Many apps also track macronutrients and micronutrients. This helps users ensure they are meeting their nutritional needs.



COMMON APPS



MyFitnessPal



ControlMyWeight



Easy Diet Diary

CALORIE COUNTING APPS

THE PROS & CONS | ARE THEY WORTHWHILE?

NEGATIVES OF CALORIE TRACKING APPS



- **Obsessive Behaviour:** Constantly monitoring and tracking intake can lead to obsessive behaviour and an unhealthy preoccupation with food.
- **Inaccuracy of Calorie Estimates:** There may be discrepancies between the listed calorie values and the actual nutritional content of certain foods. Homemade or restaurant meals may be challenging to track accurately, as portion sizes and ingredient variations can be difficult to quantify.
- **Focus on Quantity Rather Than Quality:** A focus on the quantity of calories consumed, may lead users to prioritise calorie counts over the quality of their diet. This can detract from important aspects of a balanced diet, such as nutrient density, food variety, and overall quality.
- **Potential for Misinterpretation:** Some individuals may misinterpret the information provided by calorie counting apps or become overly fixated on numerical targets without considering other important factors (i.e. individual nutritional needs, personal health conditions, overall well-being).
- **Emotional Impact:** Constant tracking of calories and adherence to strict numerical goals can cause stress, anxiety, guilt, or negative emotions surrounding food. This can disrupt the enjoyment of eating and contribute to an unhealthy relationship with food.
- **Sustainability:** Calorie counting can be time-consuming and may feel restrictive or burdensome in the long term.
- **Potential for Micronutrient Neglect:** Some apps may not place sufficient emphasis on tracking micronutrients. Focusing solely on calories might lead to an inadequate intake of essential nutrients if the diet is not properly balanced.

DO WE NEED TO TRACK AT ALL?

If you choose to track your intake through calorie counting apps, it's important to use this method mindfully and consider the potential drawbacks. If you have concerns or experience negative effects while using these apps, it may be helpful to consult with a healthcare professional or an Accredited Practising Dietitian for personalised guidance and support.

ESTIMATING YOUR MACRONUTRIENT REQUIREMENTS

The next part to estimating your nutrient requirements is to work out what your macronutrient 'split' is - that is, the total amount of protein, carbohydrates and fats you will consume, within your energy requirements. For the same reason that *energy* requirements are vastly different from a body fat loss vs. muscle gain perspective, the ratio of each of the *macronutrients* needs to be manipulated.

This is because you may need higher amounts of certain macronutrients than others to meet the demands of opposing goals. For example, if you wish to:

1. LOSE BODY FAT...

The primary focus will be on lower carbohydrates, higher fats and moderate protein. The percentage of each macronutrient could look something like:

30-40% of total energy coming from carbohydrates

35% of total energy coming from fats

20-25% of total energy coming from protein

2. GAIN MUSCLE ...

The primary focus will be on higher carbohydrates, moderate protein and moderate fats. The percentage of each macronutrient could look something like:

55-60% of total energy coming from carbohydrates

20-25% of total energy coming from fats

20-25% of total energy coming from protein

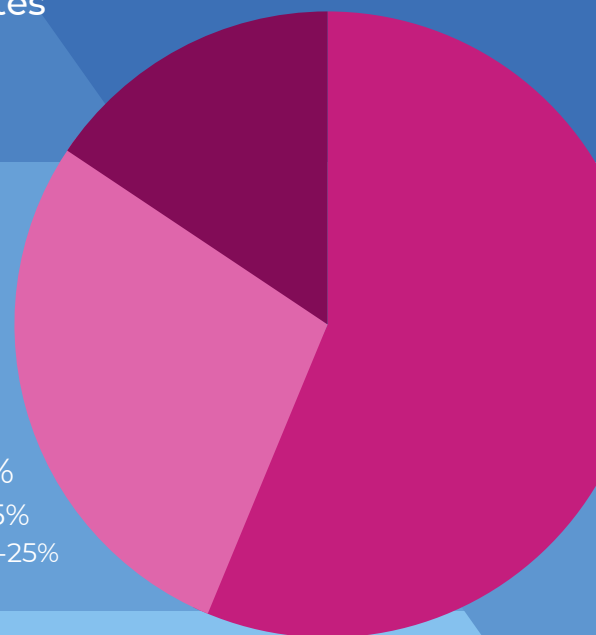
THESE VALUES ARE IN REFERENCE TO THE ACCEPTABLE
MACRONUTRIENT DISTRIBUTION RANGE (AMDR)

The AMDR is the recommended proportion of an average person's daily calories that should come from protein, fats, and carbohydrates.

CARBOHYDRATES 45-65%

FATS 20-35%

PROTEIN 15-25%



ESTIMATING YOUR MACRONUTRIENT REQUIREMENTS

In order to make sense of the percentage of calories coming from each macronutrient, we need to convert them to grams. This is also helpful when tracking your intake as calorie counting apps will also often ask for the 'macronutrient breakdown' of your nutrient requirements in grams.

Firstly we need to understand the energy value of each macronutrient, per gram.

CARBOHYDRATES

1 gram of carbohydrates is equal to 4 calories

PROTEIN

1 gram of protein is equal to 4 calories

FATS

1 gram of fats is equal to 9 calories

And so, the equation for converting macronutrients to grams is as follows:

$$\frac{\text{Number of total calories}}{\text{Number of calories per 1 g of macronutrient}} \times \% \text{ of calories from that macronutrient}$$

EXAMPLE:

For example, let's say someone is on 2000 calories per day and they want to find out how many grams of protein they should be aiming for, for muscle building. We know that approximately 20-25% of their calorie intake should be comprised of protein.

The equation is as follows:

$(2000 \text{ calories} \div 4 \text{ calories}) \times 20\text{-}25\% = 100\text{-}125\text{g per day}$



ESTIMATING YOUR NUTRITION REQUIREMENTS | EXAMPLE 1

PUTTING IT ALL TOGETHER

Let's put this into practice. We will calculate the nutrition requirements for two different individuals, with different goals.

We will look at a 49 year old female who weighs 61kg and exercises 3 days per week. Let's say she would like to lose body fat.

To calculate her **ENERGY** requirements:

We need to work out her BMR. Firstly we find the equation specific to her age and gender.

$$\text{BMR} = [(0.034 \times 61) + 3.538] \times 1000 \div 4.18$$

This is equal to 1343 calories.

Now we have to multiply this by her AL, in order to get her TDEE:

$$1343 \text{ calories} \times 1.375$$

This equal to 1847 calories.

Therefore her TDEE is equal to 1850 calories. Remember this is for weight maintenance.

For a calorie deficit, we need to minus 500 calories.

This is equal to 1350 calories per day.

To calculate her **MACRONUTRIENT** requirements:

Carbohydrates (30-40% of total calories)

$$(1350 \div 4 \text{ calories}) \times 30\text{-}40\% = 100\text{-}135\text{g carbohydrates per day}$$

Fats (35% of total calories)

$$(1350 \div 9 \text{ calories}) \times 35\% = 52\text{g fats per day}$$

Protein (20-25% of total calories)

$$(1350 \div 4 \text{ calories}) \times 20\text{-}25\% = 68\text{-}84\text{g protein per day}$$

DAILY NUTRIENT REQUIREMENTS for weight loss:

Calories: 1350cal

Carbohydrates: 100-135g

Fats: 52g

Protein: 68-84g



ESTIMATING YOUR NUTRITION REQUIREMENTS | EXAMPLE 2

Next, we will look at a 21 year old male who weighs 90kg and trains 4 days per week. Let's say he would like to increase his muscle mass.

To calculate his ENERGY requirements:

We need to work out his BMR. Firstly we find the equation specific to his age and gender.

$$\text{BMR} = [(0.063 \times 90) + 2.896] \times 1000 \div 4.18$$

This is equal to 2049 calories.

Now we have to multiply this by his AL, in order to get his TDEE:

$$2049 \text{ calories} \times 1.39$$

This equal to 2849 calories.

Therefore his TDEE is equal to 2850 calories. Remember this is for weight maintenance.

For a calorie surplus, we need to add 500 calories.

This is equal to 3350 calories per day.

To calculate his MACRONUTRIENT requirements:

Carbohydrates (55-60% of total calories)

$$(3350 \div 4 \text{ calories}) \times 55-60\% = 460-503\text{g carbohydrates per day}$$

Fats (20-25% of total calories)

$$(3350 \div 9 \text{ calories}) \times 20-25\% = 74-93\text{g fats per day}$$

Protein (20-25% of total calories)

$$(3350 \div 4 \text{ calories}) \times 20-25\% = 168-209\text{g protein per day}$$

DAILY NUTRIENT REQUIREMENTS for muscle gain:

Calories: 3350cal

Carbohydrates: 460-503g

Fats: 74-93g

Protein: 168-209g

Now its time for you to try!

Use the template on the following page to calculate your nutrition requirements



ESTIMATING YOUR NUTRITION REQUIREMENTS | YOUR TURN!

MY GOAL:

To calculate your **ENERGY** requirements:

You will need to calculate your BMR first, so find the equation specific to your age and gender:

$$\text{BMR} = [(\quad \times \text{body weight}) + \quad] \times 1000 \div 4.18$$

This is equal to \quad calories.

Now we have to multiply this by your AL, in order to get your TDEE:

$$\quad \text{calories} \times \quad$$

This equal to \quad calories.

Therefore your TDEE will be equal to \quad calories.

Remember this is for weight maintenance. So you may choose to either add or subtract 500 calories depending on your goal. Or you may choose to do neither and maintain your weight.

My final calories are equal to: \quad calories.

To calculate your **MACRONUTRIENT** requirements:

Carbohydrates (\quad % of total calories)

$$(\quad \div 4 \text{ calories}) \times \quad \% = \quad \text{g carbohydrates per day}$$

Fats (\quad % of total calories)

$$(\quad \div 9 \text{ calories}) \times \quad \% = \quad \text{g fats per day}$$

Protein (\quad % of total calories)

$$(\quad \div 4 \text{ calories}) \times \quad \% = \quad \text{g protein per day}$$

DAILY NUTRIENT REQUIREMENTS:

Calories: \quad cal

Carbohydrates: \quad g

Fats: \quad g

Protein: \quad g



GETTING ORGANISED

PREPARATION IS KEY

Being organised with your nutrition is a key factor in maintaining a healthy and balanced diet. It's not about being rigid or restrictive, it's about setting yourself up for success and making it easier to make choices aligned with your health goals. Here are some of our top tips to getting prepared:

STOCK UP ON STAPLES

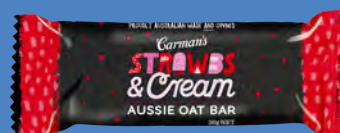
Keeping a good stock of healthy, long-life 'staples' in your home can be a great way to ensure you have back-up options for those times where you might need to whip together a quick meal, or add bulk or volume to an existing meal. Frozen, fresh, tinned - what ever the form, all are acceptable.

IDEAS INCLUDE:

- tinned veggies (e.g. peas, corn, carrot, sliced mushrooms, beetroot) and legumes/pulses (e.g. lentils, chickpeas, kidney beans, broad beans)
- snap frozen veggies (e.g. peas, corn carrot, spinach, stir fry mixes, roast veggie mixes) and fruit (e.g. mixed berries, banana, pineapple, mango)
- shelf-stable grains (e.g. rice, pasta, quinoa, oats, barley, flour)
- shelf-stable dairy (e.g. powdered milk, long-life UTH milk)
- frozen protein sources (e.g. mince, chicken breast, lentil burger patties)

UTILISE 'ON THE GO' PRODUCTS

Individually-portioned, easy-to-consume products can be incredibly useful for those days we just don't have time to prepare and portion out food for ourselves. Let's be real - we can get 'caught out' far too often in our busy lifestyles, and this often leaves us resorting to unhealthy convenience options. Pack 'on the go' products such as these in your lunch boxes, stock up on them at places you visit frequently (e.g. in desk draws, lunch room cupboard, fridges at your workplace), and keep non-perishable products handy in your handbag or in your car.



GETTING ORGANISED

PREPARATION IS KEY

CREATE SHOPPING LISTS

Set some time aside to create a shopping list before going grocery shopping. The products written down should be based off the meals and snacks planned for the week, and any staples you are running low on (see shopping list template on next page).

PRO TIP: never shop hungry! Besides this being an effective way to keep within your budget, you are bound to make poor food choices based on temporary cravings rather than what you planned to eat. Grab a quick snack before you head out if you're feeling a bit peckish.

'MEAL PREP'

Meal preparation (or meal prep) is an excellent tool to help you to follow your meal plan, and great for those with a busy schedule to help stay on track.

CREATE A WEEKLY MEAL PLANNER

Set aside some time on the weekend to sit down with other members of the household and decide on the meals you will be having for the week ahead.

There will be a separate section to this guide which addresses 'tips and tricks' for effective meal prepping and planning.

UTILISE FROZEN MEALS

Frozen meals can be helpful as a 'back up' option when there is too little stock at home or too little time to prepare a healthy meal for you or your family. A great rule of thumb is to have 1-2 frozen meals per person stored in the freezer at any one time.



SHOPPING LIST

Date :

S M T W T F S

Snacks and Beverages

-
-
-
-
-
-
-
-

Canned | Frozen

-
-
-
-
-
-
-
-

Dairy | Cheese | Egg

-
-
-
-
-
-
-
-

Bread | Pasta | Grains

-
-
-
-
-
-
-
-

TIPS TO KEEP YOU ON TRACK

Staying on track with your goals can be challenging at times, but with the right strategies and mindset, you can increase your chances of success. Here are some tips to help you stay on track:

IDENTIFY POTENTIAL BARRIERS

Write a list of all the potential barriers that you may face in your journey through this lifestyle change. Some examples might be that you lack time to prepare healthy meals, that you are on a budget or you struggle with motivation. Brainstorm some ideas on how you could get around these to minimise the chances of these barriers getting in the way of your progress. For example, you could start meal prepping, setting aside an allowance for weekly grocery spending or team up with a friend to help keep you accountable.

REVIEW YOUR PROGRESS

Regularly reviewing your goals is an important aspect of staying on track and being responsible for your progress. You may have achieved a goal and need to set a new one, or you may not quite be there yet, but it offers you a chance to reflect on why. Maybe the goal is too unrealistic – or maybe you need to take some new approaches.

REACH OUT FOR SUPPORT

You may be someone who handles change more verbally – and that's completely fine! Get in contact with people who will keep you motivated. It could be your best friend, your parents, your siblings. It could even be an online support group (e.g. Facebook page).

RECORD YOUR INTAKE

There is no better person to help keep you accountable than you! Completing a food diary is a useful tool, particularly when you are just starting out. It provides a 'glance' of your intake across an entire week, and helps to capture the habits you may not notice you do on individual days of the week. It tells us about the *patterns* and *trends* that occur, helping us to problem-solve habits that may be unhealthy. You may not realise at the time, but keeping a food diary also trains your brain to subconsciously reflect over the day of eating, and it keeps you honest and conscious of your choices. A food diary template can be found in the next couple of pages.

CREATE A MEAL CALENDAR

You may also choose to use a food diary in the reverse way (i.e. a meal calendar). This can be seen as a way of planning your intake before the week even begins, amongst a busy schedule. Follow the steps on the next page to see how its done.

MEAL CALENDAR TEMPLATE

HOW TO USE THE MEAL CALENDAR:

1. Input your commitments (e.g. work times, social/family events, training times) in the comments section.
2. Plan your evening meals for the entire week.
3. Plan the rest of your intake for the week around all this.
4. Record any variations.
5. Create a shopping list from your meal calendar.
6. Repeat each week.



FOOD DIARY / MEAL CALENDAR

Day/Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Supper							
Exercise							
Comments							

MEAL PREPPING

TIPS & TRICKS

There are no set rules as to what meal prepping is or how it should be done. Whether you prepare an entire meal or just components of a meal, it is beneficial for many reasons. Meal prepping:

- Reduces the number of meals you have to plan and cook during a busy week
- Reduces the likelihood of opting for a not-so-ideal choice (e.g. takeaway)
- Is time and cost-effective and can be planned around your schedule
- Reduces food wastage

TIPS & TRICKS

- Designate a day of the week that you will meal prep, for example a Sunday morning
- Double recipes to help get you across the week, and freeze excess meals
- Cook meals that 'keep well' in the freezer and defrost nicely, for example, curries, veggie burgers, soups, hot pots, chilli con carne, stews, pasta sauces, casseroles
- Try to prepare healthy snacks as well, such as apples, bananas, celery sticks, trail mixes or granola bars. Package these into single serve portions so that they're ready to go for the week
- If you're short on time, just prep ingredients. When you get some spare time, chop your veggies, cook large batches of rice or quinoa, and have some quick protein foods on hand. This will make it easier during the week to make quick meals, such as burrito bowls, salads, stir-fry and soups

STRUGGLING TO GET YOUR GREENS IN?

Why not try meal prepping salads?
Chop up individual salad components
(e.g. capsicum, carrot, tomatoes)
and store each in separate
containers for easy
assemble!



MEAL PLANNING TIPS & TRICKS

Creating a meal or 'menu' planner is a useful way to organise meals for both yourself as well as others in the household you may be sharing meals with. Take some time to sit down on a weekend and brainstorm ideas for what you might like to prep for the week ahead.

Using weekly planner templates or calendars can also help with visualising this. Display the planner somewhere in your home that will encourage you to look at it every day, such as your fridge.

If doing your grocery shopping in one go is a bit too much, break it up into two shops per week. Equally, you may only want to plan your meals for half a week at a time.

CHECK YOUR STOCK

01

Base meals off foods you already have in the fridge and pantry, such as vegetables, canned lentils – this will save money and prevent food wastage

CREATE A LIST

02

Generate a grocery list including all ingredients needed to make the meals and snacks across the week

SHOPPING

03

Encourage someone else to come along with you and help with your grocery shop. It helps if this person also has the same goals as you. Remember - never shop hungry!





GENESIS
HEALTH + FITNESS

MEAL PLANS

SUITED TO YOU



MEAL PLANS

BODY FAT LOSS | MUSCLE GAIN

The following pages contain a series of meal plans tailored to specific calorie and macronutrient targets. You may choose to either:

A. Select one of the meal plans which align with your health goal (i.e. body fat loss or muscle gain) and approximate nutrient targets (i.e. calories, macronutrients).

OR

B. Create your own meal plan. You may choose to use the meal, snack and smoothie recipes provided to build the plan. Additionally, you may add in some of your own recipes or meal/snack/drink ideas.

Which ever you choose, you will need to calculate your individual calorie and macronutrient targets prior.

DISCLAIMER:

If you choose to select one of the meal plans provided, know that these act as a guide only and are not individualised. A reminder that as humans we all have our own unique physiological make-up, genetic predispositions, lifestyles, activity levels and mental and physical conditions, and so it is impossible to capture this through generalised meal plans. For personalised advice it is best to book in to see an Accredited Practising Dietitian.



BODY FAT LOSS

1500 CALORIE MEAL PLAN

BREAKFAST



Banana Orange Smoothie
(see smoothie recipes)

MORNING TEA



Boiled Egg
(see snacks)

LUNCH



Wholemeal Chicken Wrap
120g cooked chicken breast
1 slice cheddar cheese
1 wholemeal wrap
1 handful mixed salad leaves
1 tbsp sauce of choice

AFTERNOON TEA



Medjool Dates with
Almond Butter
(see snacks)

DINNER



Baked Parmesan, Crusted Fish
with Roast Vegetables
(see main meal recipes)

plus 80g cooked basmati rice

Calories: 1505cal | Carbohydrates: 40% | Fats: 35% | Protein: 28%

BODY FAT LOSS

1800 CALORIE MEAL PLAN

BREAKFAST



Scrambled Eggs
2 eggs, scrambled
2 slices multigrain toast

plus 1/2 cup grapes

MORNING TEA



Yoghurt & Granola
(see snacks)

LUNCH



Tuna Salad
66g tuna in oil
75g 4 bean mix, canned
2 cups mixed salad leaves
Tomato, cucumber, onion slices

AFTERNOON TEA



Rice Cakes with Banana
(see snacks)

DINNER



Chicken Fajitas
(see main meal recipes)

Calories: 1796cal | Carbohydrates: 41% | Fats: 36% | Protein: 23%

BODY FAT LOSS

2000 CALORIE MEAL PLAN

BREAKFAST



Kiwi Coconut Smoothie
(see smoothie recipes)

plus 1 banana

MORNING TEA



2 serves of Cheese
& Crackers
(see snacks)

LUNCH



Thai Beef Salad
(see main meal recipes)

AFTERNOON TEA



Apple Slices & Almond Butter
(see snacks)

DINNER



Healthy Chicken Alfredo
(see main meal recipes)

Calories: 1999cal | Carbohydrates: 33% | Fats: 41% | Protein: 26%

MUSCLE GAIN

1600 CALORIE MEAL PLAN

BREAKFAST



Banana Orange Smoothie
(see smoothie recipes)

MORNING TEA



Cottage Cheese & Cucumber
Slices
(see snacks)

LUNCH



Sweet Potato and Chickpea
Burger
(see main meal recipes)

AFTERNOON TEA



Yoghurt & Granola
(see snacks)

plus 1/2 cup mixed berries

DINNER



Chicken & Vegetable Stir Fry
(see main meal recipes)

Calories: 1615cal | Carbohydrates: 53% | Fats: 26% | Protein: 21%

MUSCLE GAIN

2000 CALORIE MEAL PLAN

BREAKFAST



Porridge

1 cup cooked oats
made with 1 cup low fat milk
1 tsp honey
1/4 tsp cinnamon

MORNING TEA



Kiwi Coconut Smoothie *(see smoothie recipes)*

plus Popcorn
(see snacks)

LUNCH



Chicken Caesar Salad *(see main meal recipes)*

plus an extra 25g croutons

AFTERNOON TEA



Banana & Honey on Toast

2 slices multigrain bread, toasted
1 banana, chopped
2 tsp honey

DINNER



Classic Tuna Bake

(see main meal recipes)

Calories: 1969cal | Carbohydrates: 51% | Fats: 27% | Protein: 22%

MUSCLE GAIN

2500 CALORIE MEAL PLAN

BREAKFAST



Chocolate Avocado Smoothie
(see smoothie recipes)

plus add 1 serve of Whey Protein Isolate

MORNING TEA



2 serves of Corn Chips & Salsa
(see snacks)

LUNCH



Roast Beef Roll

1 bread roll
3 slices roast beef
40g reduced fat cheese
1 slice pineapple
Lettuce and tomato slices

AFTERNOON TEA



Mango & Yoghurt

100g reduced fat yoghurt
1/2 cup chopped mango

plus Toast with Jam

1 slice multigrain bread, toasted
1 tbsp jam

DINNER



Beef & Mushroom Stroganoff

(see main meal recipes)

Calories: 2533cal | Carbohydrates: 50% | Fats: 28% | Protein: 22%

CALORIE MEAL PLAN

BREAKFAST

MORNING TEA

LUNCH

AFTERNOON TEA

DINNER

Calories: ___ cal | Carbohydrates: ___% | Fats: ___% | Protein: ___%