

# Nutrition Guide & Sample Meal Plan



## Portion Sizing

Lose fat and build muscle and strength in a sustainable, healthy way

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## Food Combinations

Discover how you should eat and which foods you should prioritize

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## Meal plan

Free meal plan to start losing inches today

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**body  
by bikini**

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# My Nutrition Philosophy

## A guide to healthy eating

Hey! I'm MELISSA NEILL, and I'm so happy you are reading this - because it means you're going to improve your overall health and well-being and start an incredible transformation journey. With this nutrition guide combined with my Platinum Program or Strong Woman Club, you'll be able to achieve your goal of less body fat and a flatter stomach.

In this guide you will find all my top tips and guidelines for how to improve your diet as part of a long-term healthy lifestyle change. Eating healthily will give you so much more energy and focus, plus help you keep in shape, balance your hormones and manage your menopause symptoms.



# The Golden Rules of Eating

## #1

### ORGANIZATION IS KEY

I know you're constantly on the go, so organization is going to be hard, but it's essential. Use this guide for inspiration to plan your meals in advance, then write a shopping list and stick to it. If you avoid having junk food in the house, it will be a lot easier to stick to your meal plan. If you know you're going to be busy, prep meals in advance when you do have time - cooking is a really relaxing way to spend a free evening!

## #2

### FAT DOESN'T MAKE YOU FAT

Don't be afraid of high-fat foods! Fat isn't just necessary for your body to function properly, it also keeps you full for longer and gives you slow-releasing energy to fuel your training. The reason many western diets are so unhealthy is that they combine lots of fat with lots of sugar - that's a recipe for weight gain! But keeping your sugar intake to a minimum and eat heart-healthy unsaturated fats will help you lose weight sustainably and feel full of energy throughout the day.

## #3

### SUGAR IS THE ENEMY

It's becoming increasingly clear that sugar is the primary cause of weight gain and many diseases. I enjoy a sweet treat as much as anyone, but you can't have them every day! In particular, stay away from sugary drinks - with no fiber or other nutrients, they're absorbed very quickly by the body and cause unhealthy blood sugar spikes. This applies to juice as well as soda - it's just as sugary, with none of the healthy fiber you get from whole fruits.

# #4

## DRINK PLENTY OF WATER

That means you should aim for around 8-12 glasses of water, spread out over the course of the day. Keeping your body hydrated means it can perform better in your workouts, it will be easier for you to lose fat, and you'll actually retain less water weight. To keep things interesting, I like to infuse water with lemon juice or cut fruits - there are so many different flavors you can try!

# #5

## MINIMIZE ALCOHOL

Alcohol is processed by the digestive system in a very similar way to sugar, not to mention all its other negative health effects. A glass of wine in the evening every now and again might be your stress release and that's fine, but it should be an occasional treat - definitely not part of your daily routine.

# #6

## LISTEN TO YOUR BODY

A typical western diet high in sugar and refined carbs produces lots of spikes and crashes in your blood sugar, which can make you feel hungry again soon after eating, as well as less energetic and focused. A high-fat, high-protein, low-sugar diet will keep you full for longer so you won't get these blood sugar crashes that make you suddenly feel starving. So snacking between meals is okay if you feel genuinely hungry, but only then - and have a snack high in healthy fats and protein, to keep you going until your next meal.

# How much should I be eating?



## **30-40% of your calorie intake should be from carbohydrates**

Stick to wholegrain carbohydrates which also have plenty of fiber (e.g. sweet potatoes, whole grain bread or oatmeal) rather than refined carbs or sugary foods. This will ensure you get a slow release of energy over the course of the day, rather than an unhealthy blood sugar spike followed by a crash.

## **35-40% of your calorie intake should be from protein**

Whether you want to lose fat, gain muscle or both, it's crucial to eat enough protein! The amino acids found in protein are the building blocks your body uses to create new muscle tissue. Plus, it takes more energy to digest than carbs or fat, and it keeps you full for longer, so it's a winner if you're trying to lose weight!

## **30-35% of your calorie intake should be from fats**

Don't be afraid of fat - as long as it's the healthy unsaturated or polyunsaturated kind, which you normally find in plant foods like olive oil, nuts and avocados. Minimize saturated fats and especially trans fats, which are bad for your heart.

# Simple portions that make sense

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If you want a really simple and straightforward way to keep on top of your nutrition, here's a simple rule you can follow. I know that in-depth analysis isn't for everyone, so this is a really quick and zero-effort way to make sure you're eating roughly the right amounts of each food group!

In every meal, you should aim for one quarter of your plate being taken up by protein, one quarter being healthy fats (such as avocado), one quarter being vegetables, and one quarter being healthy carbohydrates.

If you are trying to lose fat, you should reduce the proportion of carbohydrates - replace them with more vegetables or fruit. If you are trying to gain muscle, then the amount of lean protein on your plate should be bigger than a quarter.

In general, feel free to eat as many low-carb vegetables as you feel like, and combine them with healthy fats like avocado or olive oil. It's difficult to overeat high-fat, high-fibre food because it makes you feel full so quickly!

If you'd like more detailed information on serving sizes, turn the page to find out more!



# In Depth Portion Sizing ...

If you want to make sure you're eating the right amount of food for your body and your fitness goals, here's a simple way to figure it out.

## First...

Find out what your maintenance calories are. There are several online tools for you to do this.

<https://www.calculator.net/calorie-calculator.html>



# Then...

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Then Set up your 'deficit' subtract 200 to 400 calories.  
The figure should fall somewhere in the range below:

## WOMEN

| BMI:                  | Underweight<br>(16-18.5) | Normal<br>(18.5-25)   | Overweight<br>(25-30) | Obese<br>(30-35)      |
|-----------------------|--------------------------|-----------------------|-----------------------|-----------------------|
| Goal:                 |                          |                       |                       |                       |
| Fat loss              | N/A                      | 1500-1700<br>calories | 1600-1800<br>calories | 1700-1900<br>calories |
| Maintaining<br>weight | 1400-1600<br>calories    | 1800-2000<br>calories | 1900-2000<br>calories | 2000-2200<br>calories |



**1. To lose fat, you should subtract 200 to 400 calories from your maintenance calories**

Note that your body composition will change as you make progress towards these goals, and your energy needs will change too. You should recalculate your maintenance calories regularly in order to achieve an accurate number for continuous progress.

**2. You also need to calculate your balance of protein carbs and fats, which are known as macronutrients:**

1 gram of protein for every pound in body weight

100 to 200 gram of carbs

40g to 55g fat

You can keep track of your calorie and macro intake using a number of websites and mobile apps. Some examples are Lifesum, MyFitnessPal and Cronometer. Plug your calories in first, then your protein intake in grams, then you will be able to workout your carb and protein intake based on around 35% protein, 35% carbs and 30% fat.

# General Guidelines



You've already learned the basic principles of my approach to nutrition, but here I'll give you some more detailed guidelines you can apply to your daily diet.

These are good habits that will help anyone stay healthy, but they're especially important when you're following an intense training program like the belly fat bootcamp! If you follow these guidelines, it will help you perform at your best and get the most out of your workouts.



# Staying hydrated

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I highly recommend drinking plenty of water. Your body can't function properly if it's dehydrated, let alone complete difficult workouts or build strength and lean muscle! So if you want to keep in shape, you need to make sure you're constantly sipping on water throughout the day. Always have a bottle with you - it'll soon become a habit!

What's more, people often overeat because they're thirsty, not hungry. If you drink water before a meal, you're likely to eat around 90 fewer calories. You're also less likely to turn to other, less healthy drinks like soda if you always have water with you.

If you get bored drinking plain water all the time, try adding lemon juice or infusing it with fruits. You can use fresh or frozen fruit - there are so many options out there! Unsweetened tea is also a great option to stay hydrated. Sparkling water is okay, but only if it's unsweetened.



# What to eat to get the best results

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**The following pages will provide  
a detailed overview about:**

- Meat, Fish & Eggs
- Dairy
- Vegetarian & Vegan Alternatives
- Fruits
- Vegetables
- Whole Grains



# Fruits

Fruit is essential for overall body health. It is packed with essential nutrients, vitamins, minerals and fiber. Eating plenty of fruit will improve your health and your energy levels, and will help you lose fat by giving you a healthy sweet treat!

Often people say to limit your fruit because of the sugar content, but I believe that adding any piece of whole, natural food to your diet is beneficial. That said, don't eat so much fruit that your sugar intake goes off the charts, or that you are not hungry come meal time. For a balanced diet, you need to eat plenty of other foods like lean protein, complex carbohydrates, good fats, and vegetables. If you would like to add one or two servings of fruit as a snack or dessert, that's fine, as long as it's not ruining your appetite for other foods.

Try to eat fresh rather than dried fruit, which is a much more concentrated source of sugar and calories.

## Here are some of the best fruits to eat:

- Grapes (16g sugar/100g)
- Kiwifruit (12g sugar/2 medium fruits)
- Mango (14g sugar/100g)
- Peach (13g sugar/fruit)
- Pear (17g sugar/fruit)
- Pineapple (10g sugar/100g)
- Banana (14g sugar per fruit)
- Figs (16 sugar/2 fruits)
- Cherries (8g sugar/100g)
- Melon (8g sugar/100g)
- Raspberries (4g sugar/100g)
- Blueberries (10g sugar/100g)
- Strawberries (5g sugar/100g)
- Orange (9g sugar/fruit)
- Apple (19g sugar/fruit)
- Apricots (3g sugar/fruit)
- Grapefruit (9g sugar/half fruit)

# Vegetables

As we all know, vegetables are hugely important for health and wellbeing! Almost all vegetables have outstanding nutritional benefits, such as reducing effects of stress, improving digestive health, fighting disease and aiding weight loss. Some are high in carbohydrates and shouldn't be eaten in excessive quantities, but in general, vegetables and salad are an excellent source of vitamins and minerals, fiber and antioxidants and you should try to include as much as possible in your diet.

## LOW CALORIE VEGETABLES

| Raw/Fresh                                                                                                      | Boiled                    | Fried                                   | Cooked in oven or grilled                                              | Steamed                                                                                             |
|----------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Alfalfa/Bean Sprouts, Celery, Cucumber, Endive, Fennel, Lettuce, Mushrooms, Cress, Radishes, Spinach, Tomatoes | Artichokes, Leeks, Turnip | Eggplant, Mushrooms, Tomatoes, Zucchini | Eggplant, Kale, Mushrooms, Pumpkin, Squash, Tomatoes, Turnip, Zucchini | Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Green Beans, Kale, Leeks, Peas, Spinach, Zucchini |

## LOW CARB VEGETABLES: per person

| Raw/Fresh                                                                                                                                                            | Boiled                                                                                      | Fried                                                   | Cooked in oven or grilled                                   | Steamed                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Spinach, Endive, Lettuce (Romaine, Iceberg, Boston Bibb), Alfalfa/Bean Sprouts, Radicchio, Radishes, Cucumber, Mushroom, Fennel, Tomato, Celery, Bell Pepper, Carrot | Spinach, Turnip Greens, Squash, Artichoke (heart), Eggplant, Turnip, Pumpkin, Corn (on cob) | Spinach, Bok Choi, Broccoli, Zucchini, Mushroom, Tomato | Zucchini, Mushroom, Squash, Eggplant, Kale, Tomato, Parsnip | Spinach, Broccoli, Cauliflower, Zucchini, Cabbage, Asparagus, Kale, Green Beans, Peas, Brussel Sprouts, Carrot, Parsnip |



# Whole Grains

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You should try not to eat too many carbohydrates, as they don't have as many health benefits as protein or good fats and can crowd those other food groups out of your diet! However, in moderation, complex carbohydrates are an important part of a balanced diet as they provide energy, keep you full and are rich in fibre, which benefits the digestive system.

Avoid simple/refined carbohydrates like white bread or pasta, which are calorific but have fewer health benefits and won't keep you full for as long. For a balanced diet, try to eat carbohydrate sources such as quinoa or wholegrain bread which are also high in protein.

Here are some healthy sources of protein and complex carbohydrates:

- Quinoa (Gluten Free)
- Brown rice (Gluten Free)
- Amaranth
- Buckwheat (Gluten Free)
- Barley
- Wheat berries
- Bulgur
- Oatmeal or muesli
- Wholegrain bread
- Wholegrain pasta
- Cereal, if it's wholegrain and low in sugar
- Wholewheat or corn tortillas
- Bananas
- Sweet potatoes





# Animal foods

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Meat and dairy can be a great source of protein, but shouldn't be eaten to excess. Some types of meat and dairy are much better for you than others, so it's important to make smart choices. Here are some examples of good animal foods to include in your diet:

## **Meat**

Avoid fatty cuts of meat and large amounts of red meat, and focus on lean meats like chicken breast. You should also always buy organic and grass-fed meat - factory-farmed animals which are fed on corn, rather than grass, produce much fattier and less nutritious meat.

## **Fish**

Fish tends to be high in protein and low in saturated fat compared to red meat. It's also a good source of healthy omega-3 oils. Examples of healthy types of fish are salmon, tuna,, mackerel and tilapia.

## **Eggs**

Eggs are an excellent and convenient source of protein, and can be cooked in a huge number of ways - scrambled, fried, poached, boiled, or any way you like! If you choose a cooking method which uses fat, choose a healthy unsaturated fat like olive oil or rapeseed oil rather than a saturated fat like butter.

## **Dairy**

In moderation, dairy foods are a great source of fat and protein, but they can be high in calories and saturated fat (especially cheese), so don't go crazy! That said, you should always go for full-fat over low-fat dairy. It's more satisfying and will keep you full for longer. Plus, low-fat dairy products often have sugar added to replace the fat, so they're actually much less healthy.



# Vegetarian and Vegan Alternatives

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One of the most frequent questions about plant-based diets is: Where do you get your protein? Vegetarian and vegan diets can be incredibly healthy and nutritious, but if you don't pay attention it's easy to fall into the trap of eating lots of carbs and fat and not enough protein.

Here are some substitutions for meat that can help you eat a high-protein diet and keep carbs at a minimum:

- Beans (21g protein/100g)
- Lentils (9g protein/100g)
- Egg (13g protein/egg)
- Chickpeas (19g protein/100g)
- Tempeh (19g protein/100g)
- Tofu (8g protein/100g)
- Green peas (5g protein/100g)
- Ezekiel bread (4g protein/100g)
- Spinach (3g protein/100g)
- Broccoli (3g protein/100g)





# Basic Essentials

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**Always have these foods in your kitchen!**

## **OLIVE OIL**

Olive oil contains monounsaturated fatty acids, which can lower cholesterol levels and reduce your risk of heart disease. It's a much healthier choice than saturated fats like butter or the trans fats found in processed foods. Adding olive oil to salads and vegetable dishes will make them more satisfying, keep you full for longer and help your body absorb the nutrients!

## **ASSORTMENT OF FRUITS**

All fruits are great sources of vitamins and minerals, so try to eat as wide a variety as possible! I like to always keep a fruit bowl out on my kitchen counter. That way, you always have a delicious and healthy snack to hand when you need it and you won't be tempted to reach for unhealthier alternatives!

## **NUTS & SEEDS**

Nuts and seeds are an excellent source of protein and healthy fats. They're also extremely versatile – they're great on their own, or in sweet and savoury dishes. A fistful of nuts and seeds is a super convenient snack and will definitely satisfy your hunger. Nut butters are also an easy and versatile way to include them in your diet.

# Don'ts



- Don't spend hours and hours doing cardio
- Don't be afraid to lift heavy weights – you won't get bulky
- Don't starve yourself or go on an extreme diet
- Don't try to make the changes in a short space of time
- Don't set unrealistic goals
- Don't compare yourself to others (I did this – 'Stephanie can eat 2800 calories a day and they are really lean!')
- Don't focus too much on the scale (I did this too!)
- Avoid 'cheat meals' unless you can stick to just one meal a week and you don't binge! You will make better progress on the plan if you avoid cheat meals (I stopped having cheat meals as I ended up bingeing and eating far too much and it destroyed my goals. Since I've stopped having cheat meals, I have made real progress.)
- Don't have any sugar – that includes juices or drinks with sugar
- Don't drink alcohol (only on special occasions – not every week)





- 1. Set yourself a goal.** And this needs to be achievable within the time frame. Think about what you want to achieve. Do you have an event in mind that you would like to prepare for like a vacation, a photo shoot or a family wedding?
- 2. Drink at least 3 litres of water** ideally 4 litres each day. This is around 1 US gallon of water. If you can't drink this much - start with  $\frac{1}{2}$  a gallon or 2 litres and work your way up. Your body gets used to this level of hydration after a couple of weeks. Yes, you will be needing to pee a lot but that's a good thing!
- 3. Drink zero calorie drinks** in addition to water above like diet sodas.
- 4. Fill up on low carb veggies** like green beans, broccoli and cauliflower to keep you satiated.
- 5. If you are hungry, I would recommend zero sugar jelly** (jello in the US) and Konjac noodles or rice. They have barely any calories and again will help keep you satiated. One or two servings per day.
- 6. Do have your normal intake of salt.**
- 7. Keep a record on My Fitness Pal** to make sure you are on track with calories and macronutrients.
- 8. Do complete your workouts:**  
At least 3 resistance training sessions per week and try and do 7,000 steps per day. The steps don't need to be intense or long periods of cardio just keep moving! Take the stairs instead of the lift, park the car further away, get off one stop earlier on the bus or train – you get the picture! The more you move the better the results.





# Sample Meal Plan

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## *Day 1*

You can use one, two or all three days and rotate them as many times as you like

### **Breakfast**

'Proats' – 50g of oats, 1 ½ scoop of protein powder (plant or whey), 1 teaspoon of nut butter plus a ½ banana You can add some grated courgette (zucchini) to make the meal more filling.

### **Lunch**

160g of tofu or 100g chicken breast, 150g rice (brown or white), 50g red kidney beans mixed with ½ pepper, cucumber and tomatoes. Tofu is a bit bland so season it with spices (I like jerk seasoning) the night before.

### **Afternoon snack**

Blended protein shake with a handful of blueberries mixed with water, unsweetened almond milk or unsweetened coconut milk (not the type in tins the type in the fridge)

### **Dinner**

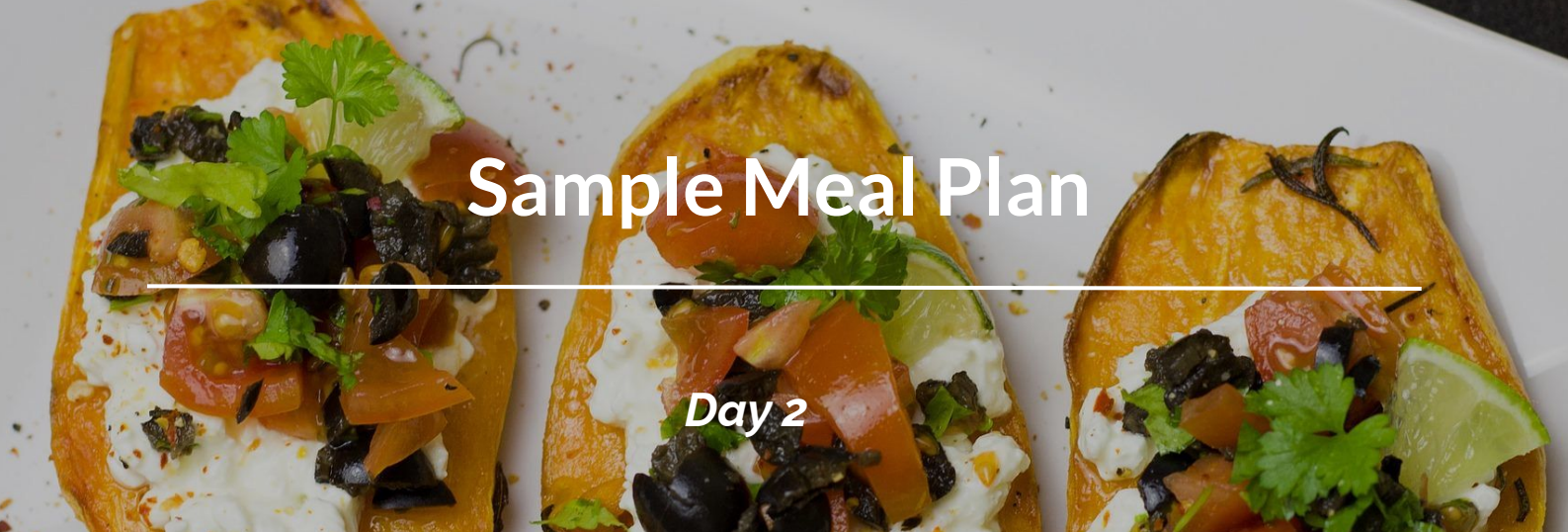
100g grilled salmon or other oily fish, green beans, spinach or broccoli mixed with 50g cooked brown lentils– dress with lemon juice

Evening or Night-time snack

10g nuts and 50g strawberries, 2 rice cakes

**Calories: 1518**

**Macros: 116g protein, 149g carbs 48g fats**



# Sample Meal Plan

Day 2

## Breakfast

1 oat bar consisting of 30g oats, 1 egg, 1 scoop of protein, teaspoon of cinnamon baked in the oven on 180 (fan), top with half a banana

You can make this up ahead by multiplying by 4 then cut into four pieces

## Lunch

80g chicken breast, 150g rice (brown or white) salad with 50g black beans, half avocado, chopped tomatoes and cucumber.

Season your chicken with spices like cumin, paprika, coriander and cayenne pepper or jerk seasoning.

## Afternoon snack

Protein bar, eg grenade carb killa, should be 20g protein, low sugar, up 240 calories

## Dinner

80g lean steak mince or turkey mince, cauliflower mash (boiled or steamed and mashed) and rocket or spinach leaves and onion dressed with cider vinegar.

## Evening snack

2 oat cakes with 50g quark, cottage cheese or soy (sugar free) yogurt, like Alpro.

## Calories:

**Macros: 130g protein, 141g carbs, 41g fat**

1476

24



# Sample Meal Plan

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## Day 3

### **Breakfast**

2 scrambled or poached eggs, 1 wholemeal bagel, cherry tomatoes and grilled or boiled mushrooms

### **Lunch**

100g cod (or white fish), 100g couscous, 50g red drained red kidney beans, green beans, courgette (zucchini), cabbage or other green vegetables.

Season the cod with garlic paste and lemon juice.

### **Dinner**

100g Heck sausages, Heck burger or 5% fat sausage or burger

100g chickpeas plus salad dressed with one teaspoon of olive oil and lemon juice

### **Evening snack**

Protein shake, apple and 10g nuts

**Calories: 1550**

**Macros: Protein: 124g, Carbs 142g, fat 49g**



# Snack Ideas...

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You can have two or three snacks between meals if you're really hungry, but be sure to not eat too much! If you need more information on this, look at the Frequently Asked Questions in Chapter 4.

- Fistful of unsalted almonds
- Protein bar (make sure you choose one that's low in sugar)
- Apple or banana with peanut butter
- Kale chips
- Raw chopped vegetables with hummus (try carrot, cucumber or bell pepper)
- A smoothie with two or three different fruits or vegetables (blend them with full fat dairy milk, or a vegan milk alternative)
- Grilled tomato slices with Parmesan and basil
- Sweet potato chips
- Homemade popcorn (lightly salted)
- Mixed nuts or homemade trail mix
- Roasted chickpeas (with seasoning of your choice!)



## FAQs

**I know it can sometimes be confusing and difficult to overhaul your nutrition, especially when you're busy with work and family commitments. But don't worry - every small improvement to your diet helps! It's okay to take things slowly. Here are some common questions you might want answered, and if there's anything I haven't covered here, don't forget to check out my interactive Q&A sessions!**

**What other options for staying hydrated do I have if I get tired of water?**

**Answer:** You can try out coconut water, herbal teas, and coffee (in moderation). You can also try infusing your water with lemon juice and/or fresh fruits to give it some extra flavor.

**How often should I snack?**

**Answer:** So long as you are not overeating you can afford to be flexible with meal times and when you snack. The key question to ask is whether you are genuinely hungry and need something to keep your energy levels up until your next mealtime, or whether you're just bored or tempted by the tasty-looking snack you saw. Listen to your body, only snack between meals if you really need it, and you can't go too far wrong.

**What are the healthiest cooking methods?**

**Answer:** Don't be afraid of cooking in light spray oil- roasting, frying and sauteing are all

fine if you use a small amount of healthy oil like a teaspoon of olive oil or spray oil. Grilling and steaming foods are also good options. Steaming vegetables is better than boiling them, as they retain more nutrients.

### **Are there foods where I can eat as much as I want?**

Answer: If you want to reach your goals, you should really bear in mind that every food type needs to be eaten in moderation. You should also practise listening to your body and stopping when you're full rather than stuffing yourself, even if it's with a healthy food. But if you really love green or root vegetables, then knock yourself out!

### **How much alcohol can I consume while following your program?**

Answer: None or very little, keep in mind that alcohol has no nutrition benefits whatsoever and a lot of negative health effects. It should only ever be an occasional treat, not part of your daily routine, and you should definitely avoid binge drinking.

### **What if I follow a specific diet or have intolerances or allergies?**

Answer: You know your body and your needs best! That's why my approach to nutrition is all about flexibility - you should always put yourself first and know what is going to work for you. My meal plans already include plenty of vegetarian and vegan options, but if you have other dietary requirements or allergies, feel free to swap out any foods in the recipes with a nutritionally similar alternative.



# What's Next?

**Ready to take the guesswork out of your health and reach your body goals?**

**Apply to join Melissa's Platinum Program to get a personalized approach tailored to your unique goals, challenges, and body.**

**APPLY TO JOIN HERE**

[www.MelissaNeill.com/apply](http://www.MelissaNeill.com/apply)



## Grateful to Be Part of Your Journey!

Your journey to better health and fitness starts here! I hope this nutrition guide has inspired and empowered you to take control of your wellness goals. Remember, every small step you take makes a big difference.

Stay consistent, listen to your body, and trust the process. Thank you for trusting me to be part of your wellness journey. I can't wait to see the amazing things you'll achieve!

Lots of Love,

*Melissa Neill*



Apply for my [Platinum Program](#) and get fit, strong and healthy—even after menopause!

Reach out through any of these channels:



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