

WELCOME TO ALL NEW FITNESS NRG PARTICIPANTS

Term 4 has kicked off in full swing. The term classes and Bootcamp sessions are buzzing and the Big Loser 8 Week Challenge has started with loads of enthusiasm. We started with a 5 day detox food plan. The first to complete it lost 3.7 kg. The loss was mainly fluid and a little bit of body fat. We now go on to the next phase. Everybody will receive their own personal food plan including sufficient carbs and protein to assist with their training. The next seven weeks will be challenging but let's take it one week at a time .

Thankyou to those who have joined in another term of classes and Bootcamp. Your involvement and dedication is appreciated. Now is the time to set goals for the warmer weather approaching.

Train Hard Eat Well Expect Success !!!

FOODS TO RID YOUR DIET OF

Rice Crackers - Rice crackers are a source of concentrated carbohydrate, with a high glycaemic index and little dietary fibre. .

2 minute noodles - a packet of 2 minute noodles can contain as much carbohydrate as three slices of bread and up to half your daily sodium requirement.

Turkish bread - you probably were not aware that the average serve of Turkish bread contains the equivalent amount of carbohydrate as six slices of bread.

Biscuits – a standard sweet biscuit is a mix of white flour, sugar and fat.

Cordial - cordial is a mix of sugar, water and colours and even the fruit based ones offer nothing nutritionally.

Fruit bars - even if they say that they are 100% fruit, the fact is that fruit bars are packaged into an extremely concentrated food item, without the water, fibre and vitamin content of fresh fruit.

Chocolate spread - while advertisers may claim that chocolate nut spreads are low GI and made from heart healthy nuts, if you check the label you will see that the first ingredient is actually sugar.

RECIPE

Chicken Lettuce Wraps

A great way to enjoy Asian foods without the carbs

Serves 4

500g chicken breast

1 tablespoon sesame or sunflower oil

1 tablespoon honey

2 teaspoons white vinegar

1 cup snow peas, finely chopped

1 cup grated carrot

½ cup Spring onions, finely chopped

½ cup water chestnuts, finely chopped

½ cup cashew nuts, chopped

12 large lettuce leaves

1) Poach chicken over medium heat for 15-20 minutes. Remove chicken from pot and let cool, then shred.

2) Mix oil, soy, honey and vinegar. Add chicken and allow to marinate for 30-60 minutes in fridge.

3) Add vegetables and serve in lettuce cups.

Total Calories = 320

Carbs = 15g

Protein = 25g

Fibre = 4g