

Holiday Pre-Tox Nutrition Plan.

Congratulations! You are clearly an action taker and someone who wants to look after their health and values their body.

The aim of this pre-tox plan is to prepare the body systems for an up coming holiday or prolonged period of celebration such as Christmas where we will be eating and drinking more alcohol, processed and hard to digest foods than normal.

If our bodies are already fairly toxic when we subject them to even more toxins the liver, digestive and metabolic systems are put under considerable stress. The result is a weakened immune system, reduced energy levels, fatigue and fat storage.

So by preparing the body systems first you can reduce the stress on the body and the not so pleasant after effects. You will be less likely to pick up a virus, feel exhausted and put on weight.

So is this a detox?

No this is not a total detox but it is a plan that is based on clean eating. We eat to feed our cells so that they can grow and repair. The body craves nutrients not food. If we give the body what it needs then the body will focus on self-healing and will allow all of the body systems to run more efficiently.

Clean eating is eating natural foods that are free from toxins & are nutrient rich.

The focus of a pre-tox is re-balancing the body by eating the right foods to improve digestive health, balance out blood sugar levels and boost the immune system.

Totally cleansing the body of toxins then completely overindulging in them again as we often do on holiday or at Christmas in a short space of time would throw the body into complete shock. Most people experience withdrawal symptoms when detoxing such as headaches, intense cravings, mood swings because they are addicted to caffeine, sugar and processed food. It is like going cold turkey! Then going cold turkey to complete indulgence the after effects are far worse. So this would make you feel really bad not once but twice. It would be a Hangover hell.

When you combine the pre-tox nutrition plan with regular exercise, quality sleep and relaxation you will be fitting fit and full of vitality so that you can party well and enjoy the festive season or your holiday without too much damage being done.

This pre-tox nutrition plan is not a rigid plan. It is based around following 5 foundational habits that will get you healthy, improve your energy levels and help you lose weight.

Read and follow these 5 habits as closely as you can.

Habit 1

Eat quality protein with every meal.

One serving is the size of the palm.

Eat 1-2 servings per meal.

Examples

- **Meat** - Chicken, Beef, Turkey, Duck, Lamb, Veal
- **Fish** - Salmon, Cod, Plaice, Halibut, Hake, Bream, Haddock, Mackerel, Sea Bass, Tuna steak, Shellfish/Shrimp.
- **Eggs**
- **Dairy** - Full fat natural yoghurt, Greek Yoghurt
- **Vegetarian options** - Full Beans, peas, legumes, lentils
- **Protein Supplements** - Milk based whey, plant based: hemp, pea, rice protein

Habit 2

Eat vegetables with every meal.

One serving is the size of a fist

Eat as much green veg as you can eat (At least 1-2 fist sized servings per meal)

Eat predominantly green vegetables, and other bright colours such as orange & purple.

Try not to stick to the same few - Go for seasonal. Try to eat raw vegetables such as salad with with as many meals as possible during the pre-tox period.

Examples

- Artichokes, Asparagus,
- Broccoli, Brussel sprouts,
- Cabbage, Cauliflower, Celery, Collard greens, Courgette, Cucumber,
- Dandelion greens,
- Eggplant, Endive,
- Garlic, Green beans, Green Peppers,
- Kale, Kim Chi,
- Leeks, Lettuce (All types),
- Mushrooms,
- Okra, Onions,
- Peas,
- Radish,
- Seaweed,
- Spinach, Squash, Swiss chard,
- Tomatoes

Habit 3

Eat good fats with most meals

One serving is the size of your thumb

Eat 2-3 servings of good fats a day. Get a balance of each type of fat.

Examples

- **Saturated** - Animal Fats, Eggs, Organic butter, Coconut Oil
- **Monounsaturated Fat** - Almonds, Cashews, Pistachio's, Macadamias, Pecans, Tahini, Hazelnuts, Olives, Olive Oil, Flaxseed Oil, Peanuts, Peanut Butter, Avocado,
- **Polyunsaturated Fat** - Fish Oil, Hemp Seeds, Sunflower Seeds, Pumpkin Seeds, Flax Seeds, Chia Seeds, Brazil Nuts, Walnuts, Pine nuts.

Habit 4

Eat starchy carbohydrates following exercise and in the evening on non-training days.

One serving is the size of your knuckle (small people) fist (larger people).

Eat 1 serving post exercise and in the evening on non training days

Examples

- **Rice** - Brown rice, Wild rice,
- **Root vegetables** - Sweet potato, Parsnips, Carrots, Butternut squash.
- **Legumes** - Beans, Lentils, Quinoa
- **Oats** - gluten free
- **Fruits**

Low - Medium sugar (Lemon, lime, Rhubarb, Raspberries, Blackberries, Cranberries, Blueberries, Strawberries, Apples, Melons)

Medium - high Sugar (Plums, oranges, Kiwi, Pears, Pineapple, Cherries, Grapes, Mangoes, Figs, Bananas, Dried Fruit)



Habit 5

Eat slowly & eat until 80% full. (See hunger scale below)

Many of us including myself eat too quickly and often eat until we are full. This is an area that i have had to work hard at. Even if we eat all of the right foods if we overeat we will struggle to get lean.

If we slow down, pay attention to our hunger cues and stop at the right time we will not counteract the gains made from the first 4 habits.

You need to be aware that it takes about 20 minutes after you start eating for the message to stop eating to form and reach your brain.

So if you eat quickly you are more likely to eat too much in the 20 minutes before your brain realises it is time to stop eating. It also puts more stress on your digestive system. Chewing your food until it is almost liquid will give your insides a lighter load to digest.

Aim to slow down and make your meal last for close to 20 minutes.

Try taking smaller bites, chewing your food more, putting your fork down to rest every few bites.

Slow your eating down by having a chat with your partner or family (Yes turn the TV off and have a good chat!!).

Eating should be relaxed and enjoyable rather than a rush or something that you squeeze in to your busy life.

Most people find that when they slow down they naturally eat less.

Other benefits of eating slowly include savoring the taste of your food, which helps with the emotional satiety signals that you get from eating. It will also improve digestion of your food.

By eating slower you will be more able to judge when you are 80% full.

Use the cues in the table below to help you further:

Hunger & Fullness Scale

Check your hunger scale regularly. You should aim to eat between 4 and 6. You should stop eating when you get to 7.

Fullness

Feel faint & sick as you are so hungry

Ravenous, irritated & edgy.

Hungry, low on energy, slightly uncomfortable

Hungry but signs & symptoms are manageable

Neutral, but hunger is not far away

Comfortable & can eat with control

Feeling FULL. Stop eating or do not eat yet

Feeling too full.

Bloated, Uncomfortably full

Not hungry never want to look at food again

1

2

3

4

5

6

7

8

9

10

Hunger

Eat with caution when this hungry as over eating may result. Plan ahead to avoid getting this hungry

It is time to eat.
You are hungry.
Mindful healthy eating

You do not need to eat - you are full. What is it you really need or want?

Nutrition for Training & Recovery.

As you no doubt know exercise affects our energy expenditure (how many calories we burn) but it also affects how our bodies handle the nutrients that we take in (nutrient tolerance). Therefore to maximise fat loss and recovery from training we need to ensure that we are feeding it the correct nutrients in the optimum amounts.

When doing intense exercise your post workout nutrition needs to be slightly different to your other meals.

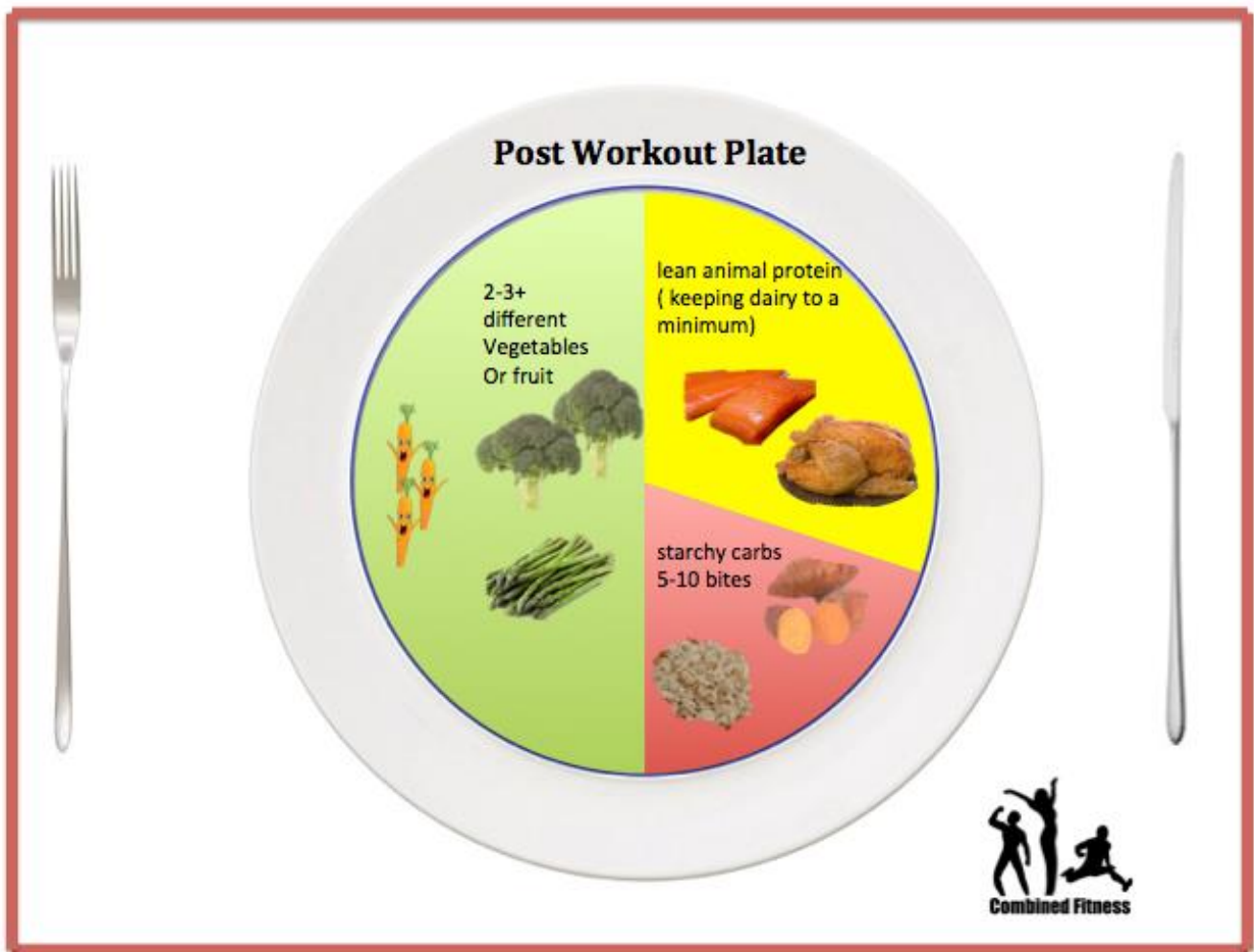
Post Workout Nutrition

To aid recovery and to ensure that the body is ready for the next workout the body requires protein which will maximize muscle repair and growth, and some starchy carbohydrates to replenish the energy stores in the muscles.

It is vital that you refuel within 30 minutes of exercise as your muscles will take in and use more of the glycogen from the carbohydrates during this time.

Aim to keep fat intake low in your post workout meal as it will slow down the absorption of the protein and carbohydrates by the body

POST WORKOUT PLATE



ADDITIONAL GUIDELINES FOR OPTIMUM RESULTS

These 5 habits will change the way that you eat. If you can stick to them everyday then you will achieve great results.

The aim is then turn these into lifelong habits that you no longer need to think about.

Making sure that 80-90% of the food that you eat is quality 'clean' natural food will ensure further success.

Feeding the cells the correct nutrients can raise energy levels, stimulate digestive health, clear headaches, remove bloating, improve concentration and mood, and help you drop fat. In short, you will feel like a different person

To eat clean focus on eating natural foods (Those that have been naturally grown, lived and are still in their natural state – ie an apple as opposed to processed apple sauce in a jar laden with preservatives).

If finances allow choose organic & grass fed beef for better quality produce. Animals fed on hormones & poor quality food will provide poor quality produce. A non organic apple is sprayed up to 16 times before it ends up in your fruit bowl!!

Avoid additives inside and out - if you can't pronounce it don't eat it!
And don't forget that what you put on your skin also finds its way into your body.

Drink plenty of water (minimum 2/3 litres a day) Add fresh lemon or lime to help make your water more alkaline and make sure it is bottled or filtered.

Refined sugar, Alcohol, Caffeine, Wheat, Gluten and Dairy

On a full detox we would eliminate all of these as they are either void of nutrients or are foods that the body struggles to handle and process and so interfere with the liver's ability to detoxify.

However, these are the foods and drinks that we love to indulge in on holiday and at Christmas as they can make us feel good.

Alcohol, sugar and caffeine are also addictive which means that they are hard to eliminate and leave us with uncomfortable withdraw symptoms

Caffeine and sugar withdraw will leave you with headaches, intense cravings, highs and lows in energy and alertness. The enzymes, which break down alcohol are produced when you drink alcohol, so cutting it out before a period of indulgence will decrease your tolerance and make you get more drunk more quickly. Good for your pocket but it will make you feel much worse when you do hit the bottle again.

In order to pre-tox the body we need to cut right back on caffeine, alcohol and sugar but not totally eliminate them altogether. So have your morning cup of tea or coffee and a few glasses of wine and a few small chunks of dark chocolate.

So don't go crazy and keep in mind that unless we limit our exposure to toxins and allow the liver to get rid of them the body will always be in a state of stress.

Digestion of wheat, gluten and dairy products is extremely hard, and a lot of people are intolerant to them without even realizing. Removing them from your diet for a few days will give your gut a break and allow for better nutrition absorption.

Supplements

I do not over recommend supplements but there is a place for some supplementation on a pre-tox as they help improve digestive health, help balance and regulate blood sugars, they will help you recover faster and be able to train harder. They also help to counter some of the effects of environmental toxins.

These are my top recommendations

Lean Greens

Is your 5 a day in a glass. It aids digestion as it contains digestive enzymes and has anti fungal & anti bacterial properties. If you can't absorb the nutrients that you are eating due to poor digestion and gut health then it makes it difficult for you to add muscle, drop fat and get healthy.

Lean Greens also helps with cravings as it contains magnesium, and vitamin D. It also contains Green tea, which has fat burning properties.

Probiotic

Puts good bacteria in your gut, and fights off the bad bacteria. As 80% of our immunity is in our gut if you have good gut health you will not get ill, your immunity will improve. Probiotics help with detoxification, reduce bloating and can aid fat loss.

L Glutamine

This can also improve your stomach health, as it helps repair the lining of the gut. It helps increase the output of growth hormone in your body, which is important for the body to burn fat. It helps replenish glycogen (energy) which improves your recovery from training.

It boosts the immune system (I didn't have a single cold for 5 years when I used this as an athlete) and can help with sugar & alcohol cravings.

Fish oils

Help with all diseases known to man. There are so many studies on the stuff that it is really hard to discount the benefits of taking this one key supplement.

Fish oil supplements have been shown to have powerful antioxidant, anti-cancer, anti-inflammatory and anti-heart disease properties, it is easy to see why it would have the tag of magic potion!

However of the other great side effects of fish oils is its effect on metabolism. In the right dosage you could see as much as a 400 calorie a day boost in metabolism...

It turns on fat burning enzymes & turns off fat storing enzymes and helps improve insulin sensitivity. The quality of the supplement is important to get the desired result.

These have been sourced as the best.

- Lean Greens – leangreens.com use discount code COMB10 at checkout for 10% off Lean Greens products below
- Probiotic Acidophilus Probiotics- [Billions](https://billions.com)
- Fish Oil Omega 3 Fish oil– [Good Fats](https://goodfats.com)
- Protein Powder - Lactose Free Whey Protein - [TRIM Formula](https://trimformula.com) or Sun Warrior Protein Vegan Chocolate - Fantastic for making protein pancakes for breakfast – helps reduce cravings. Ideal for vegetarians struggling to eat enough quality protein.
- L Glutamine - [MyProtein.com](https://myprotein.com)
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All can be bought from the Combined Fitness website store page: Supplements
<https://combinedfitness.co.uk/store/>