



FIT LIVING

LIFT + FLOW + EAT

YOUR STARTER
GUIDE TO

NUTRITION

by Lashara Wood

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DISCLAIMER

PLEASE READ BEFORE YOU BEGIN

My guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/ or injuries, do not attempt the training or dietary plan without clearance from your physician or doctor first.

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By participating in this guide you knowingly and voluntarily assume all risks associated with the diet and workout plans. Lashara Fit Living accepts no liability for any injury, loss or damage resulting from physical exercise. By following my guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant or personal trainer. At no time should you attempt to perform such activities alone and unsupervised.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity. Any medical questions should be directed at a healthcare professional. Any supplements featured within the guide are optional and must be taken in strict accordance with manufacturer's recommendations; if in any doubt always consult a physician. Always ensure your technique is correct and train within your own capabilities and observe any safety practices/code of conducts present within your own gym. In addition to this disclaimer, the Fit Living Guide is protected by Copyright, any attempts to;

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FIT LIVING
LIFT + FLOW + EAT

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Hello & welcome



Everyone's fitness journey is different!

I started mine after years of feeling unhappy with my mental state and how I felt in my body.

I spent a lot of time during my younger years staying active through dancing, horse riding and martial arts, but slowly got distracted from the things I enjoyed due to work and my mental health.

After I moved to London, I reached my heaviest weight and craved change! I started doing home workouts and began running, I also experimented with multiple different diets in desperation to lose weight and feel better.

Since then I've learnt through experience that a sustainable diet and training plan is the best approach to creating a life style that is not only balanced, but enjoyable and easy to maintain.

I've discovered that movement makes me feel good. It's less about what I weigh and more about how I feel. I want to be strong so that I can do more of the stuff that makes me feel empowered and confident like climbing, yoga, snowboarding and dancing to name a few!

There is no one size fits it all diet plan or workout routine, you, your life and your body are unique and only you can create the change you want!

I invite you to learn the basics here and build the Fit Living principles into your lifestyle!

Layhara xx

SO HOW DOES THIS GUIDE WORK?

Fit Living Eats is all about creating a lifestyle that supports your goals and helps you achieve the body that you feel confident and happy in. This is not a fad diet or quick fix. I am not going to make unrealistic promises, as the success of your journey is reliant on you being consistent, and the best way to get consistency is to find a structure that works with your life.

Read through the information in this guide and try to think of a way you can begin incorporating this knowledge into your daily life!

FIT LIVING

LIFT + FLOW + EAT

Eats

MAKE FOOD SIMPLE



We all have to start somewhere →

**Are you ready
to start something
*incredible?***

NUTRITION

Education is the best means to empower behavioural change and support good habits. Your health journey should be something you will be able to maintain throughout your life and not just for a season. So let's get right to it and start with your plate!

MACRONUTRIENTS (MACROS):

These are foods that we directly eat that give us energy, help us build muscle and support other body functions.



CARBS

Function: Energy production

Food: Vegetables, rice, bread, quinoa, pasta, grains, oats, potatoes, etc.

FATS

Function: Hormone management and energy

Food: Oils, butter, nuts, seeds, etc.

PROTEIN

Function: Building and repairing all cells

Food: Meat, dairy, pulses, fish, eggs, nuts, beans, etc.



FAT SOLUBLE

Food

Mainly supplied by fat-based foods like fish, butter, oils, etc.

Can be stored in the liver and fatty tissue

Daily supply not essential

Can be toxic in large amounts

A, D, E, K food groups

MICRONUTRIENTS:

Once we digest our foods these are broken down into micronutrients which are either fat soluble or water soluble:



WATER SOLUBLE

Food

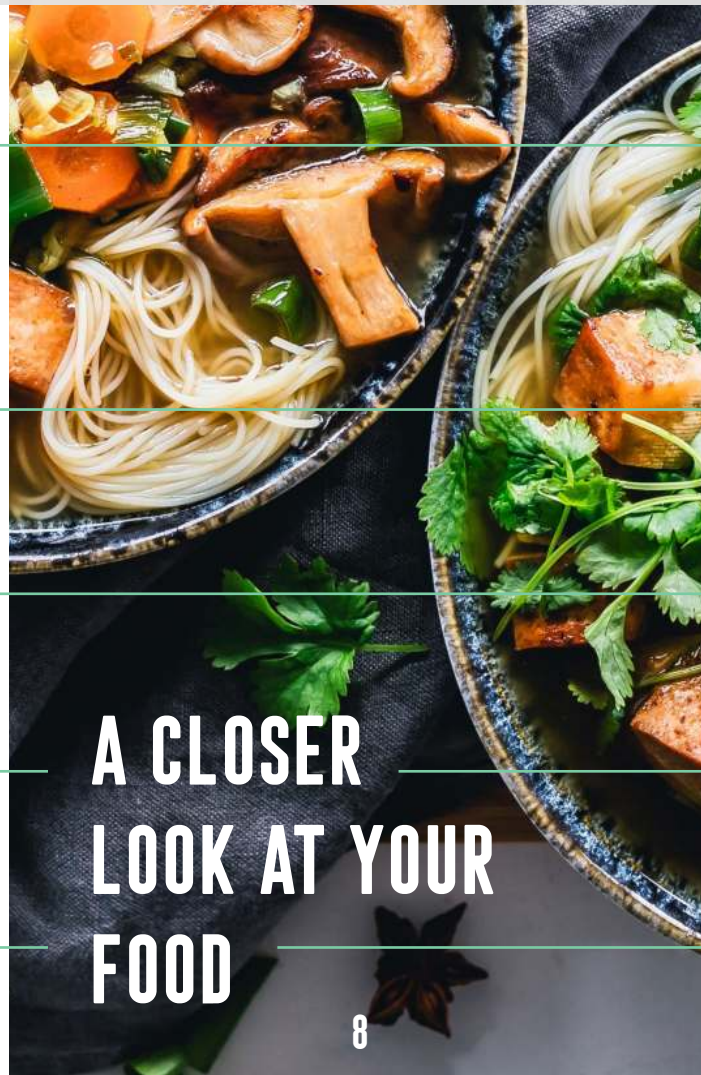
Mainly supplied by water-based foods like fruits and vegetables

Cannot be stored by the body

Daily supply essential

Not toxic

B and C food groups

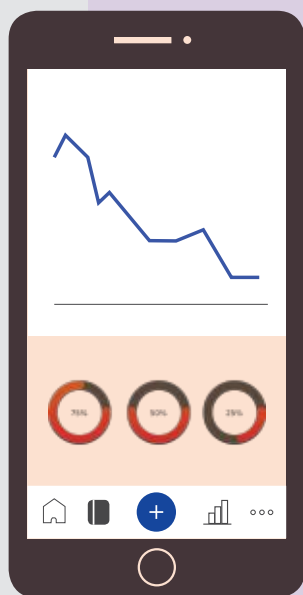


**A CLOSER
LOOK AT YOUR
FOOD**

CALORIES: UNDERSTANDING THE BASICS

A calorie is a unit of energy used in nutrition, it's the amount of energy in food.

Different foods cost different amounts of calories, and the best way to understand how many calories are in food is through tracking. Apps such as My Fitness Pal is great for understanding what you eat.

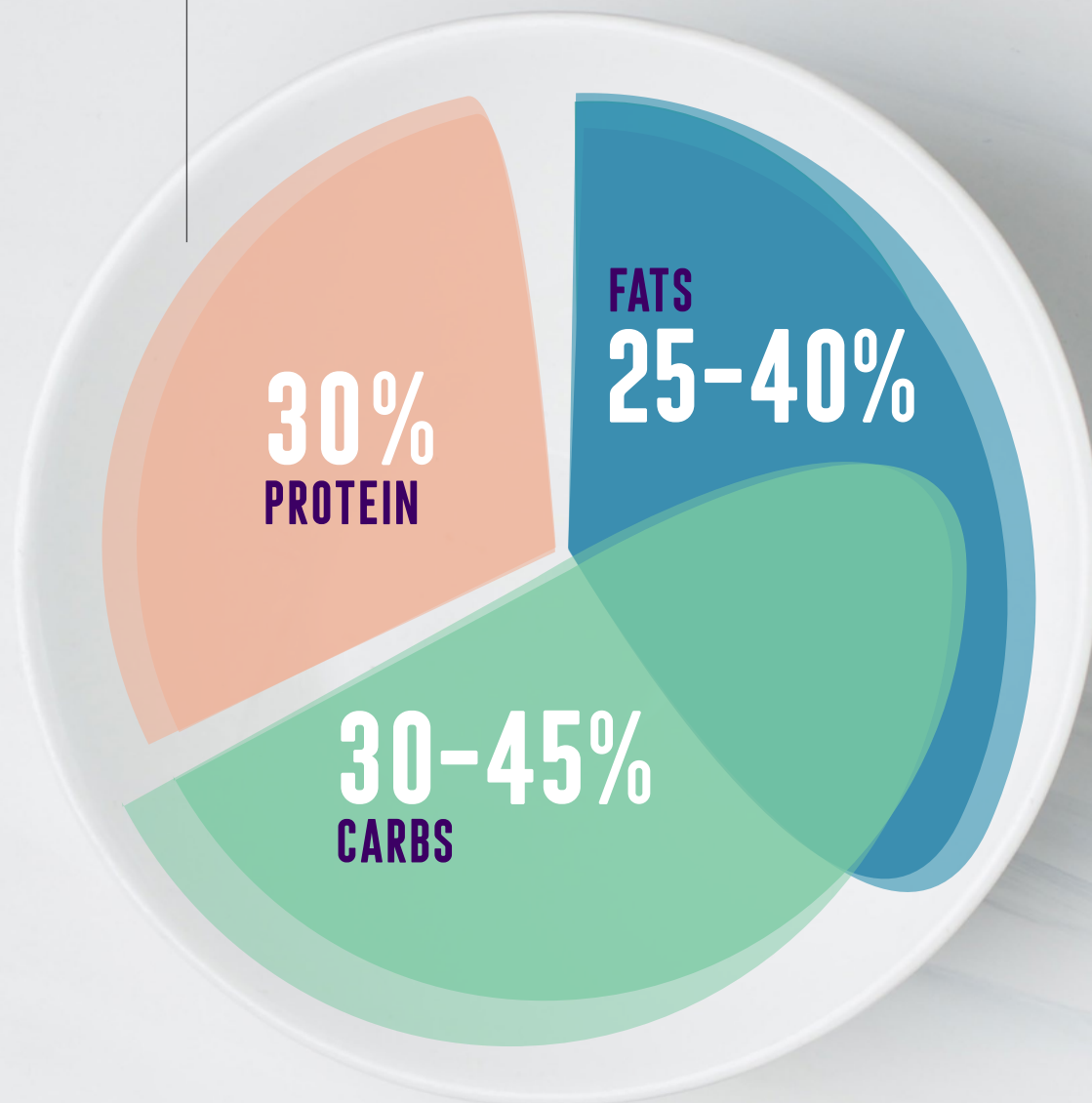


I personally don't think it is necessary to always track, but it is a helpful tool for building your understanding and creating good eating habits.

Regardless of if you want to lose weight or build muscle, calories are king. If you want to lose weight you will have to create a calorie deficit and if you want to build muscle you will need a calorie surplus. If you're happy with your weight then you only need to maintenance calories.

If you want to calculate how many calories you need you will need to set up a My Fitness Plan account or use a calorie calculator online.

USE THIS CHART AS A GUIDE FOR
SETTING YOUR MACROS





HYDRATION

Hydration is incredibly important to body composition and performance. The body is made up of 60-70% water and needs it to function properly. Dehydration from not drinking enough water can have major adverse effects on your goals and body function.

This includes; weight gain, mood swings, decreased kidney function, lower blood flow to the brain, poor digestion and it will cause your metabolism to slow. You need 1L of water for every 1000Kcals you consume, plus you need to replace any lost water from exercise.

I recommend drinking around 2L of water a day and around 500mls extra for every hour you exercise.



CARBOHYDRATES: 4KCAL PER GRAM

This macronutrient gets a lot of bad press and there are a lot of mixed messages about consuming carbohydrates. From low carb to ketogenic diets, there is a huge range of opinions out there.

Let's get some facts straight, carbohydrates exist in fruits, vegetables, bread, pasta, candy and many other foods. Basically, all the yummy stuff! There are many different types of carbs and the body processes each of these differently. Highly processed sugary food like doughnuts never really leave you feeling full, but always wanting more. Whereas, a bowl of oats makes a delicious and filling breakfast. This is because of the hormone insulin that delivers nutrients to cells. Insulin is responsible for the storage of fat, and insulin responds to carbohydrates.

Particularly simple carbs/sugars. Elevated blood insulin levels from eating sugary food makes your body more ready to store fat.

Plus it's easier to eat more calories when consuming refined carbohydrates, so be mindful of what you eat regardless of different diet opinions. This is not to say that you shouldn't enjoy a doughnut, but be aware of how these different foods react in your body.

It's important to eat more carbohydrates on days when you train and less necessary to eat more carbohydrates on non training days.

SIMPLE SUGARS

Table sugar (sucrose)
Energy drinks (glucose)
Fruit (fructose)
Milk (lactose)
Honey

COMPLEX CARBS

Vegetables
Oats
Beans/Pulses
Rice
Legumes

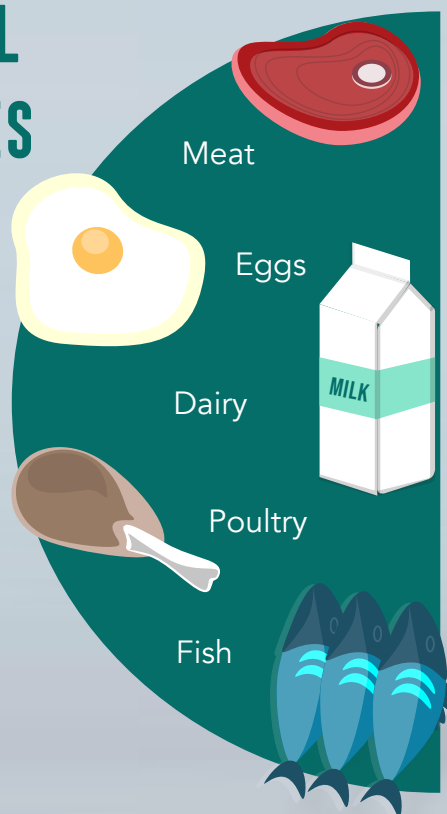
EVEN FRUIT IS A CARB



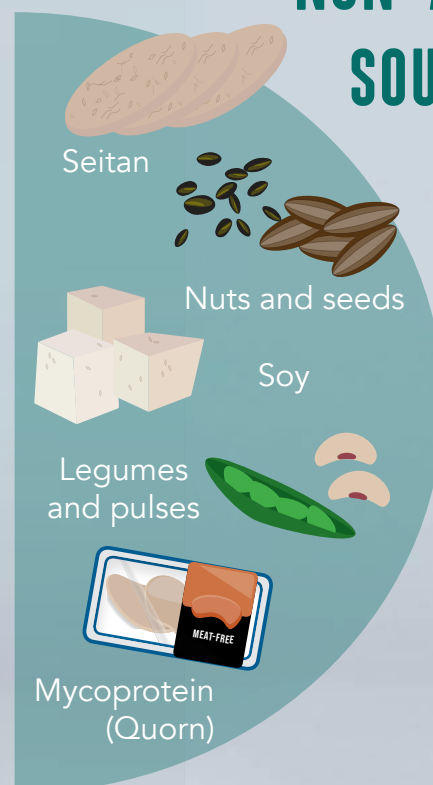
PROTEIN: 4KCAL PER GRAM

Protein is the most important macronutrient when it comes to body composition. Protein is an important building block within the body and helps make bones, muscles, skin, blood, enzymes, hormones and cartilage. It is super important! Not only will it help you lose weight if you consume the optimal level, it will also help you feel fuller for longer.

ANIMAL SOURCES



NON-ANIMAL SOURCES



FATS: 9KCALS PER GRAM

Fat makes food taste delicious and is also a lot more calorific. Fat is an essential macronutrient and plays a major role in body composition.

Fats are good for helping proteins do their job, increase HDL (good) cholesterol and store our nutrients in our body. Again, to clear the air on any misconceptions, fat is good for you and is essential for optimal bodily function. Good fats protect our heart and keep our bodies healthy, while bad fats can increase our risk of heart disease. Much like carbs we need to be mindful of how much fat we eat.

Try to avoid trans fats (predominantly in takeaway or processed foods like cookies) as these will raise your LDL (bad) cholesterol. Moderation is key!

GOOD FATS PROTECT OUR HEART



SATURATED FATS



MEAT



BUTTER



EGGS



COCONUT OIL

MONO-UNSATURATED FATS



SOME NUTS



OLIVE OIL



SEEDS



AVOCADO

POLY-UNSATURATED FATS



VEGETABLE OIL



TUNA



SOME NUTS



MACKEREL

3 **mind altering steps**
to change your lifestyle
for the better



1. THIS IS NOT A DIET

THIS IS A WAY OF LIFE

Learning how to eat well to fuel your activity and stay in good shape is about creating long term change. In order to create an eating style that works for you it is necessary to change your eating habits, so that you can achieve the goal of losing weight and keeping the weight off.

2. SUSTAINABILITY IS KEY

Incorporate food that you enjoy into your diet in moderation. A good rule is 80% of your calories should come from nutrient dense, unprocessed foods and 20% from 'treats'.

3. MINDFUL EATING – BYE BYE GUILT!

Demonising food and creating negative emotions with certain foods will only create a shameful association with certain 'bad' foods and a good acknowledgement for eating 'good' foods. This will make you crave the 'bad' foods and sets you up for failure. Observe which foods are triggers and try establish a healthy relationship with food in order to promote long term benefits for your eating.

Building a balanced diet

Aim to eat 3 meals a day and two (optional) snacks a day. Try space your meals evenly throughout the day and eat the snacks at the times your typically get peckish.

There are no set times when you should eat your meals, but the main aim is to avoid letting yourself get really hungry.

HANDY PORTION GUIDE

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



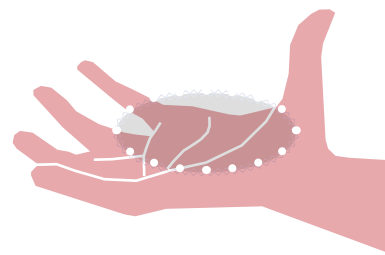
Fruits, grains & starches

Choose an amount the size of your fist for each of grains, starches and fruit.



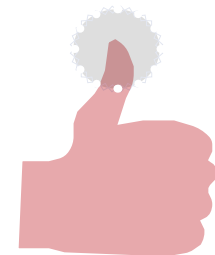
Vegetables

Choose as much as you can hold in both hands.



Meat & alternatives

Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



Fats

Limit fat to an amount the size of the tip of your thumb.

**WE EAT
WITH OUR**
eyes



**IT'S NOT
JUST YOUR
MIND THAT
WILL**
*thank
you*



**SO MAKE
YOUR FOOD**
colourful



YOUR BODY
will too



TAKE PHOTOS OF ALL YOUR FOOD

Taking photos will help you become more aware of your eating habits and what you're eating. This will reinforce good habits and reduce your chances of over indulging. Download the app SeeHow You Eat or MyFitnessPal to keep track of what you are eating and to help build your awareness.



INCLUDE PROTEIN IN AT LEAST 2 OF YOUR MEALS

Make sure you include protein in most of your meals. Protein keeps you fuller for longer and will help your muscles adapt to the tough workouts you are doing which means repairing and building strong muscles. More muscle will help you burn more calories even when you are not exercising, so eat more protein.



LIMIT SUGAR

Reducing your daily sugar intake will help regulate your insulin response and keep your energy levels fairly stable. No more hangry snack attacks! It has been proven that sugar can have serious health implications if consumed in large amount. Moderation is key here!

Creating HEALTHY HABITS



DRINK 2-3 LITRES OF WATER A DAY



You've heard it before, drink plenty of water. There are plenty of benefits to drinking water. Water aids digestion, helps weight loss and gives you energy. Staying hydrated can reducing snacking as thirst is often mistaken for hunger. Dehydration will slow down fat loss and your progress, so aim to get that 2-3L a day. Ideally a glass of water around 30 minutes before each meal.

WHOLEMEAL OPTIONS

Try eating the wholemeal options where possible (bread, pasta, rice), as they are higher in fibre, take longer to digest, keep you fuller for longer and will help your digestion.

EAT MORE VEGETABLES



Most vegetables are very low in calories, high in volume and full of fibre. Vegetables are also packed full of nutrients! Eat plenty of vegetables daily to help aid digestion, stay fuller for longer and promote good health. Plus it will help with weight loss! I cannot stress this enough - EAT YO VEG!

YES, YOU CAN EAT OUT

Going out for a meal or having a takeaway once a week is fine, as long as it is one meal and not the entire weekend. Including 'bad' food into your diet will remove the cheating mentality.

THINK BEFORE YOU EAT

Engage with your physical need for food and your mental want for food. Ask yourself if you need to eat or if you are just bored, thirsty or upset. Practice mindful eating.

SPLIT YOUR MACROS

Try to split your calorie intake by macros, so aim to eat around 30% protein, 25-40% fats and 30-45% carbohydrates. This is not an exact science, but rather a guideline. Remember to be flexible too.

QUICK TIPS



POST WORKOUT MEAL

Aim to eat one of your meals within an hour of finishing your workout or have a protein shake with some fruit if you don't have time for a meal. Your meal should contain protein and can contain more carbohydrates.

LIMIT SOFT DRINKS AND SODAS

These drinks are typically high in sugar and calories. Try drinking diet/sugar-free versions, but water and tea will be the better option.

EAT 90-120 MINUTES BEFORE TRAINING

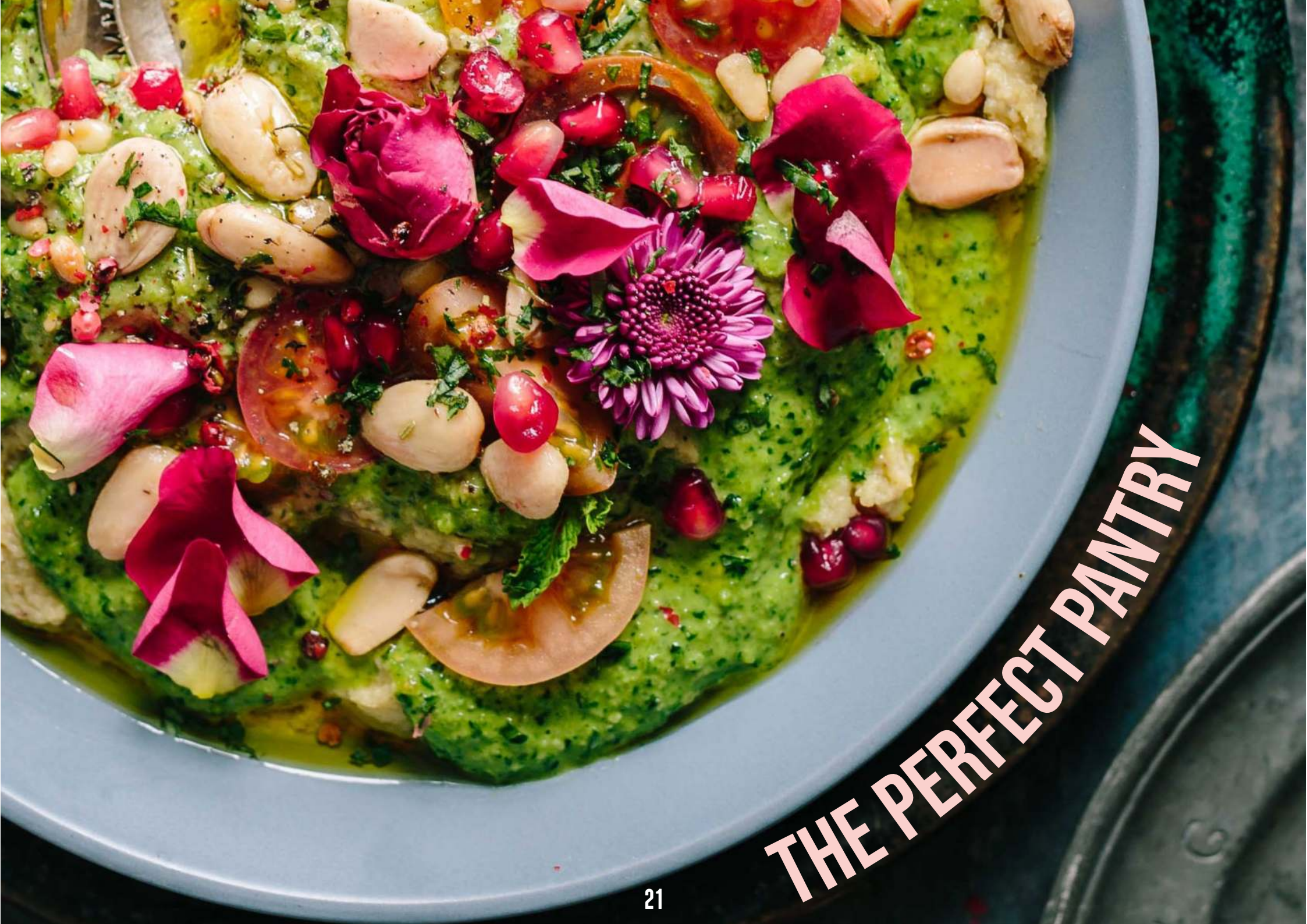
Make sure you fuel up 90-120 minutes before your session, so that your body has had enough time to digest and allow the food to enter your bloodstream

FUEL
YOUR
BODY
FUEL
YOUR
BODY
FUEL
YOUR
BODY
FUEL



YOUR
FOOD
IS
YOUR
FUEL

So let's make it exciting...



THE PERFECT PANTRY

CARBOHYDRATES

- Banana
- Mango
- Grapes
- Apples

FRUITS (LOWER CARB)

- Berries
- Melon
- Peaches

FORTIFIED CEREALS

- Corn Flakes
- All Bran
- Shredded Wheat

STARCH

- Rice
- Pasta
- Breads (try the wholemeal options)

FATS

- Nuts + nut spreads
- Dairy: butter cheeses, whole milk eggs natural/Greek yoghurt
- Oils: Olive oil coconut oil
- Seeds: Pumpkin, sunflower

LOW KCAL TREATS

- Oppo Ice Cream
- Almond Dream
- Metcalfe's Popcorn
- Chocolate Rice Cakes

LOW CARB TRICKS

- Cauliflower rice
- Broccoli
- Courgette noodles
- Squash/swede mash
- Zero carb rice/noodles





PROTEIN

PROTEIN

shopping list ideas

POULTRY

- Protein powder (I like the Optimum Nutrition Whey)
- Chicken
- Breast, thighs & mince
- Pre-cooked chicken breasts
- Chicken sausages
- Whole chicken
- Turkey
- Breast steaks
- Chicken mince

BEEF

- Beef mince
- Burgers
- Meatballs
- Steak

PORK

- Chops
- Bacon
- Pork mince
- Meatballs
- Sausages

FISH

- Tuna (Canned in spring water)
- Tuna steak
- Salmon & cod
- Canned fish
- Pre-cooked fish
- Fillets

LAMB

- Steak
- Chops
- Lamb mince

DAIRY

- Eggs
- Whole milk
- Natural/Greek yoghurt
- Cottage cheese
- Quark cheese
- Cheeses

OTHER

- Pulses
- Beans
- Lentils
- Chickpeas
- Nuts*

*All nuts are great, but they are very high in calories so don't overeat on these.



SNACK IDEAS



SNACK IDEAS

- Apple or banana
- Small bag salted popcorn
- Protein shake
- Ryvita cream cheese and pickle
- 100g beaked beans with sprinkle cheese
- Babybell
- Handful of strawberries or blueberries
- Small pack of vegetable crisps

shopping list ideas

- 2 handfuls of olives
- 1 small handful of almonds
- 1 small slice smoked salmon and 1 tsp cream cheese
- 2 handfuls broccoli florets with cheese
- 250ml almond milk with scoop of whey protein
- 1 handful roasted chickpeas
- 2 tbsp hummus and 10 vegetable sticks



- 2 Jaffa Cakes
- 1 Reece's peanut butter cup
- 2 sticks celery with 2 tsp peanut butter// 3 scoops Oppo ice cream
- 4 slices parma ham
- 3 tbsp Greek yogurt
- 100kcal pack beef jerky
- Half an avocado with 1 tbsp cottage cheese
- Fun sized pack of Skittles



READY TO PUT THIS INTO PRACTICE?

WHERE TO GO FROM HERE

You've got the knowledge — here's how I can help you turn it into consistency, whenever you're ready.

TRAIN WITH ME

FIT LIVING APP

5 live classes a week plus an on-demand library, recipes and a supportive community.

Use code FITLIVING15 for 15% off.

[Start your free trial](#)

STAY ACCOUNTABLE

GROUP COACHING

Structure, accountability and a community doing the work together — join at any time.

Be first to hear when doors open.

[Join the waitlist](#)

GO DEEPER

1:1 COACHING

Personalised training, nutrition and accountability built around your life and your goals.

Book a free discovery call.

[Book a free call](#)



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