

A woman is captured from behind, running on a dirt path. She is wearing a white tank top and orange leggings. Her right leg is lifted in mid-stride, showing a large running shoe. The background is a bright, golden sky with scattered clouds, and the sun is low on the horizon, creating a strong lens flare effect. The overall scene is bathed in warm, golden light.

# THE NUFIT NUTRITION SYSTEM

[www.nufit.com.au](http://www.nufit.com.au)



# The Nufit Nutrition System for Real Results

*For best outcomes, combine **the Nufit Nutrition System** with regular exercise.*

At Nufit, we're not into the 'quick fix'. Instead we believe in long-term, sustained success. The Nufit Nutrition System for Real Results will help you to effectively reach your goals. Read and follow parts 1, 2 & 3 to gain the right skills and knowledge to maintain what you've achieved.

The Nufit Nutrition System is designed to teach you:

## Part 1 Know your Nutrition Basics

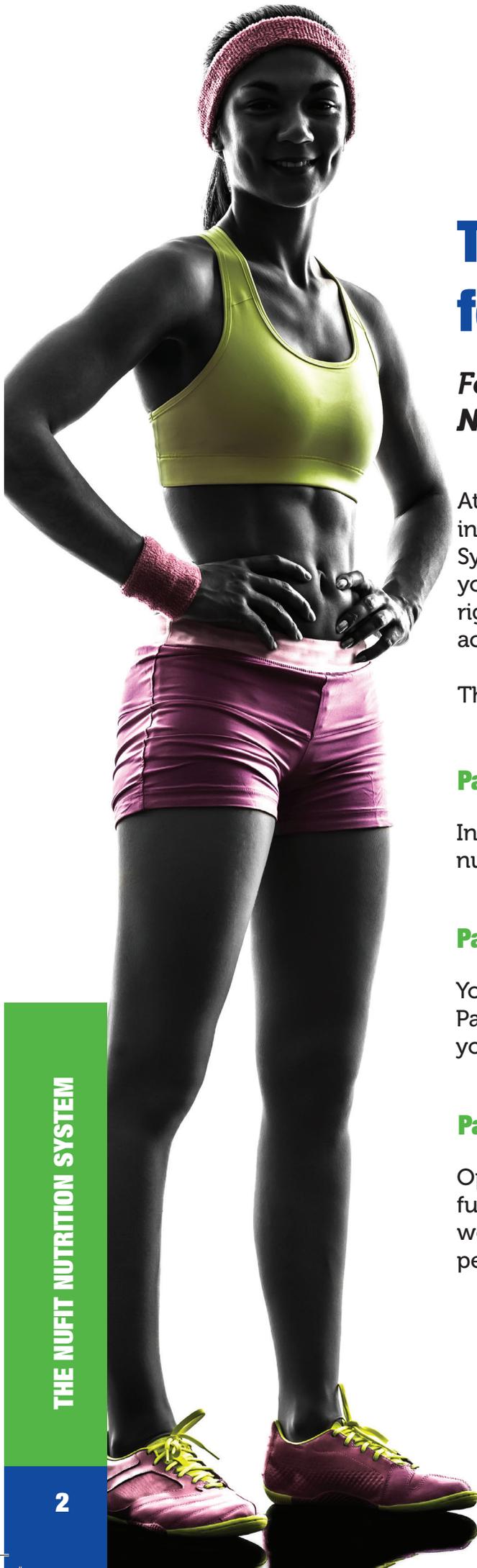
In part 1 you will 'get to know' your food. Understand nutrition basics so you know the right foods to choose.

## Part 2 Nutrition that Fits with Nufit

Your nutrition should fit with your lifestyle and goals. Part 2 allows you to tailor your diet specific to you and your needs.

## Part 3 Go Optimal!

Optimize your nutrition to improve the look, feel and functionality of your body! In part 3 we talk details, and we talk specifics. Learn how your nutrition impacts performance and body composition.



# Part 1 Know your Nutrition Basics

Stop. And think about the things you're good at. Whether you're a fast bowler on the cricket pitch or the next Picasso, when we are successful at something it's because we are interested in it. The same goes for your nutrition. "The very first step towards success is to become interested in it." So let's start with the basics.

Three macronutrients, and a range of micronutrients make up the food we eat. Each impacts the look and feel of our body differently. In Part 1 of the Nufit Nutrition System we take you step-by-step through each of them.

‘ The very first step towards success is to become interested in it. ’  
Cameron Wild

## Macronutrient 1: Protein

Protein Cheat Sheet	Recommended sources:
<ul style="list-style-type: none"> <li>• Eating enough protein will stop you from feeling hungry</li> <li>• Eating protein helps to repair muscle tissue after a workout Protein is made up of many different amino acids</li> <li>• Protein can help to increase your metabolic rate and burn body fat</li> </ul>	<ul style="list-style-type: none"> <li>• Organic free-range chicken</li> <li>• Organic, grass-fed red meat</li> <li>• Turkey</li> <li>• Kangaroo</li> <li>• White fish</li> </ul>

**Protein** is made up of many different amino acids and is essential for cell growth, energy synthesis and muscle repair. Having enough protein in your diet is a vital part of muscle development, growth and maintenance.

Your specific protein requirement, and how much protein you need at every meal is dependant on the physical attributes of your body, the amount and what kind of exercise you do and your sports or body transformation goals.

Protein and its derivative; amino acids have many different functions in the human body. Amino acids are responsible for the production of biological enzymes, as well as being used as a source of energy. Also, protein is satiating. It satisfies our appetite and when in excess will be synthesized into glucose (cool huh?).

## Macronutrient 2: Carbohydrates

Carbohydrate Cheat Sheet	Recommended sources:
<ul style="list-style-type: none"> <li>• Carbohydrates are the most readily accessible source of energy for our bodies</li> <li>• They can be grouped into two active categories, and one inactive category</li> <li>• Simple carbohydrates are fast digesting and provide us with a 'burst' of energy</li> <li>• Complex carbohydrates are slow digesting, giving us stable, sustained energy</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet potato</li> <li>• Brown Rice</li> <li>• Quinoa</li> <li>• Pumpkin</li> </ul>

**Carbohydrates** are the most readily accessible source of energy for our body. To make things easier, let's break them down into two active categories: simple and complex carbohydrates, and 1 inactive category: fibre.

Active carbohydrates are digested and absorbed in the gastrointestinal tract and impact our blood sugar levels. They can be either simple or complex.

Simple carbohydrates or mono/disaccharides (one or two sugar molecules bound together) are easily broken down inside of our body. They have a high glycaemic index (high GI) and are generally sugars or other 'high energy foods', such as fizzy drinks, white bread, some pastas, cereals, crackers, candy and those sweet treats we love.

Because our body rapidly breaks them down, foods made up of simple carbohydrates cause a spike in our blood sugar/glucose levels. This can often produce a 'sugar high', or a burst in energy but is commonly followed by a 'crash' or feelings of sluggishness and lethargy.

**Nufit Fast Fact:** Simple carbohydrates are commonly found in most conventional packaged foods. But are very uncommon to our body's digestive tract.



*Complex carbohydrates* or polysaccharides (many individual sugar molecules bound together) are bigger than simple carbs and require more time to be broken down inside of our body. They have a lower glycaemic index (low GI) and provide slow release, sustained energy. Complex carbohydrates are found in starchy foods such as brown rice, sweet potato and quinoa.

At Nufit, we recommend clients aim to get the majority of their daily carbohydrate intake from low GI starchy foods. Healthy, wholesome carbohydrates work to keep blood sugar levels stable and sustained throughout the day; they satiate the appetite (keep you feeling full) and supply a steady uptake of energy for your body.

*Inactive carbohydrates* are generally not digested by our gastrointestinal tract and therefore have less of an effect on blood sugar levels.

Dietary fibre is the primary source of inactive carbohydrate within the foods we eat and comes in two different forms: soluble and insoluble fibre.

Soluble and insoluble fibre impacts our digestive tract in different ways. Soluble fibre slows the emptying of the stomach into the small intestine and 'shields' some active carbohydrates from being absorbed. While insoluble fibre increases frequency and ease of defecation by absorbing water and adding bulk as it travels through the digestive tract.

Both insoluble and soluble fibres are fermentable which renders them prebiotic in nature. What this means is that dietary fibre 'feeds' the good bacteria in the gastrointestinal tract. A healthy, happy digestive tract that is full of good gut flora strengthens our immunity and helps countless other functions in our body, such as cognitive function and stabilising our mood.

**Nufit Fast Fact:** In our diet we have essential fats and essential amino acids, but there is no such thing as an 'essential' carbohydrate. What this means is that our body can function without them in our diet.

## Macronutrient 3: Fat

Fat Cheat Sheet	Recommended sources:
<ul style="list-style-type: none"> <li>• Of the three macronutrients, fat is the most misunderstood</li> <li>• You need fat in your diet</li> <li>• Eating fat will not make you fat</li> <li>• Avoid fats that are man made, try to eat fat that are in a natural state</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut oil</li> <li>• Avocado</li> <li>• Extra virgin olive oil</li> <li>• Nuts &amp; seeds</li> <li>• Organic butter</li> </ul>

**Of the three macronutrients, fat is the most misunderstood.** Thanks to TV, the media and celebrity 'diet gurus', the phrase 'eat fat, get fat' has been pedalled as the truth. But at Nufit we think it's time to bust some myths!



Essential fats are a dense source of energy for our body. Supplying more energy per unit of weight than carbohydrates, fats are a great source of fuel but are harder for our body to break down. Essential fats, or 'good' fats benefit the look and feel of our body in more ways than one. Eating fat will help to keep your brain sharp, skin soft and reproductive system healthy.

But not all fats are created equal and some fats deserve a bad rap. At Nufit we're all about simplicity, so put simply 'bad' fats are trans fats and are to be strictly avoided. Trans fats can be found in margarine, canola oil and some vegetable oils.

An easy way to remember the difference between fats that are good for us and the ones that are not is to think of 'bad' fats as those that are man-made, meaning that they are not in a natural state. The fat that you include in your diet should be as close to its natural source as possible. At Nufit we recommend that you use organic butter (a great choice, rich in vitamins), avocado, extra virgin olive oil and coconut oil.

## Micronutrients

Macronutrients fuel our body, they provide us with the energy we need to get out of bed, workout at the gym or simply to lounge around on the couch. But we also need micronutrients. Although micronutrients do not provide our body with energy, it is crucial that we consume the right micronutrients, and in the right amounts for us to be healthy. Micronutrients can be grouped into vitamins and minerals.

**Vitamins are organic compounds that are essential for life.**

With a broad range of roles, from immune support to cofactors of enzymes, vitamins aid in the breakdown of our food and increase the energy supplied to our body.

Vitamins are most abundant in raw fruits and vegetables, especially green leafy vegetables and dark colored fruits. Taking a good quality multivitamin each day is a good way to ensure that you're supplying your body with the enough essential vitamins to feel fantastic and function optimally.

**Minerals are inorganic compounds also found mainly in fruits and vegetables.**

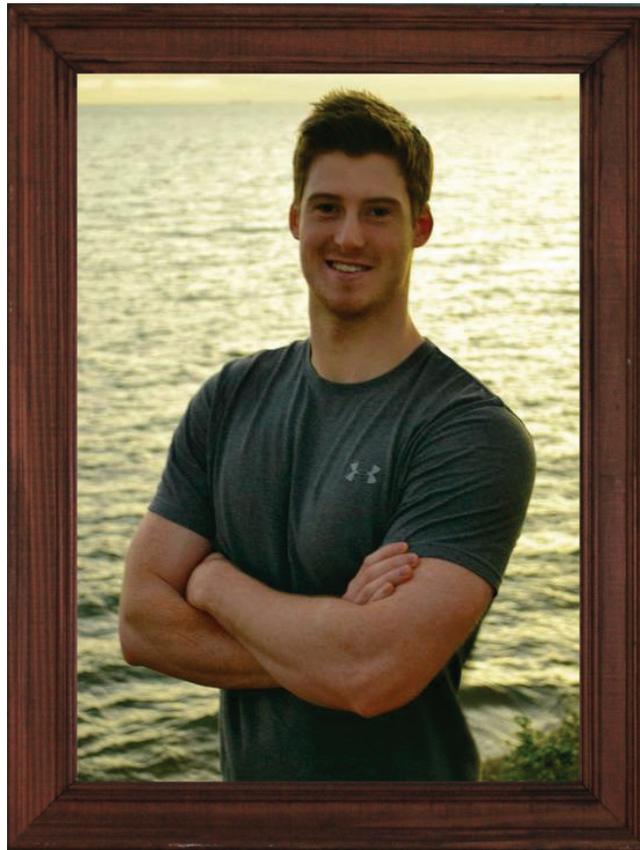
Some of the more common minerals (that are vital if we want our body to be healthy) are Calcium, Sodium, Potassium and Magnesium. Minerals, like vitamins, have a range of vital roles in the body, including hydration of cells and partaking in the adenosine tri-phosphate (ATP) cycle to produce energy.

Unlike vitamins, minerals are not heat sensitive so are not destroyed when we cook our foods. However, similar to vitamins, minerals are most abundant in fruits, vegetables and organic meat.





***Congratulations, that's Part 1 complete!***



Remember, getting to know **'Your Nutrition Basics'** is the first step towards long-term success.

**NOTES**



## Part 2 'Nutrition That Fits' with Nufit

Part 2 of the Nufit Nutrition System is all about making your nutrition fit with you! Learn how to tailor your diet (the foods you choose) to your body, goals and the lifestyle you lead.

After completing Part 1 of the Nufit Nutrition System, you should have a good understanding of Your Nutrition Basics. It's so important to 'know your food'. But just as important is that you can "have your cake and eat it too". Hold up, yes that was a metaphor. What we mean by this is that with Nufit you can achieve your goals and live the lifestyle you please.

*So let's get started with Part 2: Nutrition that Fits!*

**Macronutrient:** Protein, Carbohydrates & Fats: the three major components of our food. Macronutrients provide our body with energy.

**Micronutrient:** Vitamins and minerals: micronutrients assist with many chemical reactions in our body and are essential for us to be healthy.

*Stop Cooking! Instead, 'Construct' in the Kitchen.*

Instead of cooking meals or choosing snacks to eat, try to take a different approach. Think of your time in the kitchen as 'Kitchen Construction'. It's the part of the day when you use the tools that you have (your knowledge) to construct the fuel you need (the meals you eat) to help you achieve your goals.

*Systemized simplicity = success.*

At Nufit, we like to keep things simple & systemized. When constructing your meals, you will choose from macronutrient rich foods and high fibre, micronutrient rich options. The exact foods you choose are dependent on your lifestyle and goals.

### Nufit Kitchen Construction Rules:

- 1) Pick a source of protein
- 2) Choose a source of fat
- 3) Carbohydrates are optional and are included or excluded depending on your specific goals.
- 4) Prepare and add your favorite vegetables (a micronutrient rich source of fiber) to the majority of your meals (80%+)



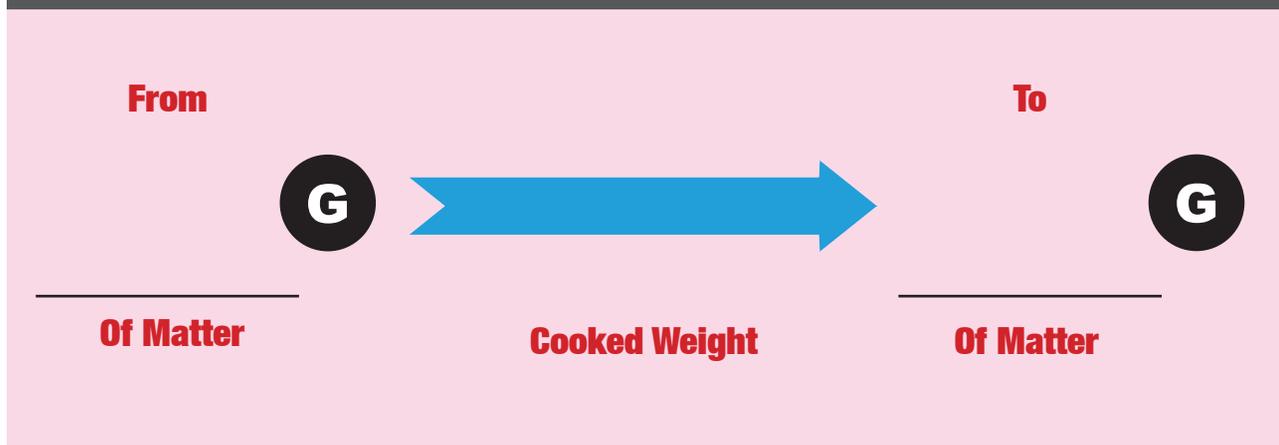
## LET'S CONSTRUCT!

This is when Kitchen Construction gets creative. It's when you can take control of your nutrition to make it fit with your lifestyle and goals.

Listed below are the recommended macronutrient and micronutrient rich foods as well as suggested serving sizes specific to your goals. These are the most optimal choices but remember, for long term success your nutrition needs to 'fit' with you. To start out, we recommend that you use kitchen scales to guide you. Once you have a clear understanding of the correct portion sizes for you, you won't need to use them anymore.

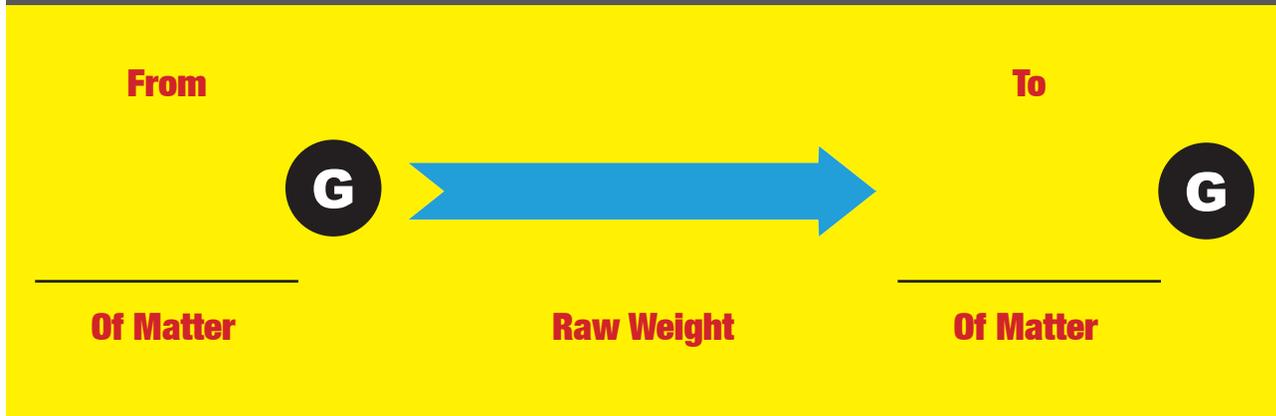
There are plenty of other options you can choose. Talk them over with your Nufit Nutritionist to know if they're right for you.

### 1. Start with a PROTEIN: the portion is dependent on hunger



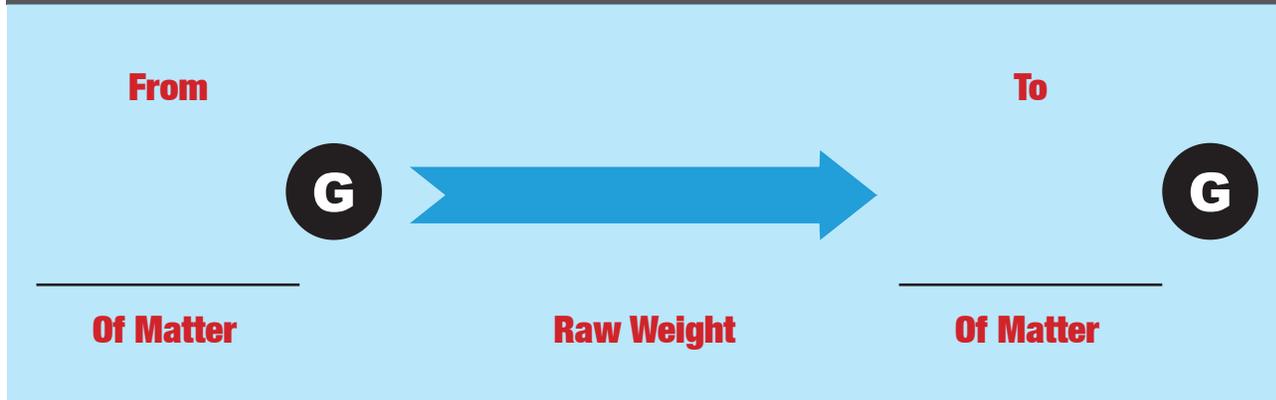
PROTEINS	
Fish; Not from Asia/ Not canned	
Lamb; Grass Fed	
Chicken/Turkey; Free range	
Pork; Lean cuts/ ALWAYS Free range	
Beef; Premium cut/ Lean/ Grass fed	
Whole Eggs; Free range (50g);	Double the Intake Above
Goat; Grass fed	
Kangaroo	

**2. Manipulate your FAT intake relative to your protein portion;**



ESSENTIAL FATS	
Avocado, raw	Quadruple the Recommended Intake
Coconut oil, virgin, cold pressed	
Olive oil, extra virgin	
Butter, organic	

**3. Then throw some starchy CARBOHYDRATES on your plate, again relative to your fat and protein portions;**



CARBOHYDRATES		
Sweet potato, skin on		Optimal Carb Choices
Pumpkin		
Quinoa	Quarter the Recommended Intake Above	
Brown rice	Quarter the Recommended Intake Above	
White rice	Quarter the Recommended Intake Above	

#### 4. Finally add in your favorite vegetables;

### A MINIMUM OF 1.5 CLOSED-FIST PORTIONS

VEGETABLES	
Asparagus	(add in your own)
Broccoli	
Cabbage	
Carrot	
Celery	
Cucumber	
Green beans	
Kale	
Mushrooms	
Onions	
Peas	

**Nufit Note:** Not all foods are not made up of just one macronutrient component, rather they contain multiple. For example, 100g of raw sweet potato will contain 3g of fibre (still a carbohydrate) along with complex carbohydrates as well.



## Kitchen Construction Example

Your Nufit nutritionist will “ghost write” up an example of what Kitchen Construction might look like for a day of meals for you. Remember, no two days are exactly the same, so it’s important to be flexible in your approach to nutrition!

MEAL #	TIME	COMPOSITION

## What’s your flavour?

When constructing your meals, adding herbs and spices is a great idea! Not only are many spices natural thermogenics, meaning that they raise our bodies internal temperature to help us burn fat, but they also enhance flavour to make our meals interesting and tasty.

**Listed below are just some of the herbs and spices you can choose to add to your meals:**

- Cajun peppers
- Cinnamon
- Garlic
- Ginger
- Turmeric
- Chilli/Chilli flakes
- Sage
- Pepper
- Saffron
- Thyme
- Rosemary
- Oregano
- Paprika
- Lemon/Lime rind
- Apple cider
- Vinegar

**Nufit Note:** When it comes to buying herbs and spices from the supermarket, be sure to pick up a packet that contains only what you want. If you take a closer look, you’ll find that spices like cinnamon are mixed with sugar and sold as ‘cinnamon spice’.



## Creative in the Kitchen with Nufit Nutrition

*Healthy food is tasty!* Here are two Nufit-Approved recipes for you to make for friends and family.

### Vietnamese Style Lemongrass Pork

Cook time: 10 minutes

Total time: 20 minutes (excluding marinating time)

Serves: 4-6

Impress your friends with this Asian-inspired dish. The spicy sweet flavours are delicious! When it comes to purchasing the pork, opt for an organic, free-range option.

#### Ingredients

800g Pork Shoulder, sliced to about ½ inch thick pieces

6 cloves garlic

2 pcs shallots, roughly chopped

2 stalks of lemongrass (white part only)

¼ cup fish sauce

3 tbsp coconut oil

Freshly ground black pepper

½ cup honey

#### Let's Construct!

- Place garlic, shallots, lemongrass, fish sauce, oil and freshly ground black pepper in a food processor, process until it becomes a paste.
- Place pork in a deep bowl and pour over marinade mix. Coat pork pieces evenly then cover your bowl. Leave to marinate for 24 hours.
- Remove 2 hours from fridge before cooking. Cook over charcoal barbecue for best results. On medium high heat grill each side for 3-4 minutes.
- Dip each pork pieces in honey and grill for 2 more minutes on side.

The hint of honey in this dish works to caramelize the pork pieces, without the addition of unwanted sugar. Serve the pork while it's still hot. You can plate it up to be a table centerpiece. Chop up some fresh, Asian-inspired salads to serve alongside it.

## Grilled Salmon Kebabs

Cook time: 10 minutes

Total time: 20 minutes

Serves: 4-6

Salmon is a great source of protein and is packed full of essential fatty acids. Eating salmon will help to keep your hair, skin and nails strong and healthy, while also improving your brainpower!

### Ingredients

2 tbsp chopped fresh oregano

2 tsp sesame seeds

1 tsp ground cumin

1/4 tsp crushed red pepper flakes

1-1/2 pounds skinless wild salmon fillet, cut into 2cm pieces

2 lemons, very thinly sliced into rounds

Extra Virgin Olive Oil

1 tsp Pink Himalayan salt

16 bamboo skewers soaked in water 1 hour

### Let's Construct!

- Heat the grill to a medium heat and spray the grates with oil.
- Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine; set spice mixture aside.
- Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs in total. Spray the fish lightly with oil and season with pink Himalayan salt and the reserved spice mixture.
- Grill the fish, turning occasionally, until it is opaque and firm, about 8 to 10 minutes total.

Satisfying & tasty, this recipe is perfect for a mid-summer BBQ; serve your Salmon Kebabs with a green salad lightly dressed in olive oil and a squirt of lemon.

**Congratulations!**  
**That's Part 2 of the Nufit Nutrition System complete!**



## Part 3 Let's Go Optimal!

At Nufit, we like to think of Part 3 as 'extra reading'. **Let's Go Optimal is for clients who have mastered Parts 1&2**, who feel like they are 'in control' of their nutrition and are making good progress towards their health & fitness goals.

Talk it over with your Nufit Nutritionist to find out whether Part 3 is right for you.

### Your Nutrition & Sports Performance

Your nutrition is a secret weapon to maximize your results in the gym. You might have heard it said before, but **'you can never out-train a bad diet'**. And it's true. You can get real results without going to the gym, but it doesn't work the other way around. **That's why at Nufit we focus on nutrition first.**

### Optimizing Pre and Post Workout Nutrition

Depending on your fitness and body composition goals, the consistency, size and timing of your pre and post workout meal plays a variety of different roles.

## Nufit Top Tips for Pre & Post Workout Nutrition:

### 1. Eat a pre-workout meal at least 1.5-2.5 hours prior to training.

If you don't eat prior to training (and in a good time frame) there will not be enough easily accessible nutrients in your bloodstream, so your body will break down its own stores of energy to fuel your workout (proteins, fats and carbohydrates; the percentage of each is all dependent on how your body is adapted). This is not optimal.

Having your meal too late, or too soon before you work out will not allow enough time for proper and complete digestion to occur, leaving heavily undigested foods in your stomach. This is a problem for two reasons; firstly, when we workout we want our muscles to be full of blood. After eating, blood flow is directed to the GI tract to facilitate digestion. This in turn draws vital blood stores away from where it's needed (in your muscles). Secondly, eating just before working out can cause indigestion and hinder your performance in the gym.

### 2. For optimal fat loss eat your post-workout meal (roughly) one hour, or even longer after you leave the gym.

After training our body is depleted and if you have lifted weights, muscle fibres are torn. For optimal recovery we want to supply our body with all the nutrients it needs. However if fat loss is the goal, the longer you wait to consume your post workout meal the greater the level of fat burning. This is because our body will tap into its own stores of energy (body fat) to keep energy levels sustained.

How long you wait before eating a post workout meal is dependent on how well your body is adapted to metabolizing fats and whether fat loss is of higher priority than muscle gain, although the two are NOT mutually exclusive.

Finally, if fat loss is the primary goal, **Nufit DO NOT recommend a protein shake post workout.** Protein shakes are not foods and are also metabolized too quickly by our body. This means they can be quickly converted into glucose, which when not utilized will be stored as fat.



## Carbohydrate Cycling

Dieting, or keeping the body in a caloric restricted state for prolonged periods of time can have many negative effects on our body composition goals and overall health. Carb cycling is an effective nutrition protocol to counter these effects and help protect thyroid output, metabolic rate and the activity of our sympathetic nervous system.

### What is Carb cycling?

Carb cycling is a short-term approach to dieting where carbohydrate intake is manipulated in order to maintain metabolism and exercise performance, while preventing plateaus in fat loss. It is generally considered to be a 'high level' nutritional strategy as it does require understanding of food portions, timings and consistency. **But when implemented correctly it can be an awesome weapon to add to your fat loss and muscle-gaining arsenal!**

### How does it work?

Carb cycling triggers an ideal metabolic response to the short-term starvation method, adapting to predominantly burn fats (>90% of fat storage used) and proteins (>10% through gluconeogenesis) for energy. Don't worry we hear you, in English please Nufit? **To put it simply, carbohydrate cycling keeps your metabolism active and helps you to burn fat without having to eat less food.**

During a successful period of carbohydrate cycling protein and fat intake remains relatively the same, but carbohydrate intake is carefully manipulated. Exactly how is specific to the individual and should be discussed with your Nufit Nutritionist in order to optimize hormonal response and energy levels.

#### Here's an example 6-day carb cycling plan:

- *2 Days with minimal carbohydrate intake (low carb days) 1 Day with moderate carbohydrate intake (med carb day)*
- *2 Days with minimal carbohydrate intake (low carb days)*
- *1 Day with high carbohydrate intake (high carb or "re-feed" day)*
- *Repeat*



A low carb day will stimulate the body's starvation response, optimizing fat burning potential but rapidly depleting energy stores. The moderate and high carb days provide a brief period of relief psychologically and also offer many physiological benefits such as increased muscle protein synthesis from an increase in insulin sensitivity.

**Nufit Note:** Carbohydrate cycling is only optimal when used periodically. The specific manipulation of carbs will differ from person to person.

Carb cycling is a great way to **speed up or enhance fat loss and to optimize muscle growth!** If you think that carb-cycling is right for you, discuss it with your Nufit Nutritionist to find a system that will work with your exercise routine so you can get the best possible results!

## Alcohol



So, you might be wondering, what's the deal with alcohol? Most of you know that it's not good for you. But with thanks to magazines and the media, we often don't know why or if this is even true. Well listen up! Here's the Nufit Fast Facts about your bourbon and coke.

Alcohol, ethanol or ethyl alcohol is not considered a macronutrient (although it does supply energy) and is consequently not required by our body for survival or growth. Alcohol contains 7cal/g of energy, but with no nutritional value it is considered 'empty calories'.

When we drink alcohol, it is treated by our body as a toxin and is therefore metabolised by the liver to be removed from our system. In a small dose (1 standard drink a day) there are little to no significant negative effects. But it's a completely different story when it comes to a larger dose.

Alcohol is a diuretic, meaning it dehydrates our cells and when consumed in large quantities will slow the breakdown of our fat stores. It hinders the absorption of essential nutrients and lowers muscle protein synthesis.

But what does this mean for the look and feel of your body? People who drink a lot of alcohol will often feel tired, lethargic and sluggish. Their psychological state can be affected and they may lack motivation or feel depressed. They're prone to having poor muscle tone and unwanted, or excessive stores of body fat.

Alcohol is synonymous with events and parties and for many of us; it's a big part of life. But if you think that alcohol might be what's standing in the way of your goals, chat with your Nufit Nutritionist about it and together you can devise a plan..



***Congratulations, you've completed part 3 of the Nufit Nutrition System!***

With help from your Nufit Nutritionist you can implement what you've learnt in ***parts 1, 2 & 3 of the Nufit Nutrition System*** to reach your health, fitness and body transformation goals. Here's to your success!



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