

# Chasing Extraordinary

A 'How To' guide for  
newbie marathon runners

'Good Food Guide to Nourish Your Body'

By: [www.nikkilove.co.uk](http://www.nikkilove.co.uk)

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I have a terrible sweet tooth ... I cake and I chocolate. I also wine and beer.

What I've learned is how to use the 80/20 rule. 80% of the week I eat all the food that I know nourishes me - provides all the energy, nutrients and the building blocks to keep your body strong and on the go. 20% of the week I eat cake, choc, pizza and have a wee sup of alcohol.

When it comes to nourishing my body, I follow a simple mantra ...

*"plate up protein and fresh produce"*

Below is a list of foods broken down into the categories:

- protein
- carbohydrates (carbs)
- good fats

You'll see that the carbs are further broken down into Veggie Carbs, Fruity Carbs, and Starchy Carbs – they are listed in columns from left to right and colour coded Green/Orange/Red.

The aim is to stick mainly to the concept that Green is Go and Great at every meal (vegie carbs), Orange is Okay and Occasional (fruity carbs) and Red is ... all right I ran out of appropriate alliterations for red, but hopefully you get the gist. Eat reds more sparingly (starchy carbs).

In regards to portion size, if you follow a simple practice – use your hands – you should be able to work out approximately how much you are consuming.

The beauty of using your hands – well you tend to carry them everywhere with you and you can use them to gauge the portion sizes of your food.

The palm of your hand is one portion size of protein, the size of your fist is one portion size of carbs, the size of your thumb is one portion size of fats.

And yes, everyone's hands are a different size, but generally 😊 they match the size of your body.

Protein	Veggie carbs	Fruity Carbs	Starchy Carbs	Good Fats
<p><b>Best choice</b></p> <p>Eggs Fish (cod, haddock, salmon, tuna) Shellfish (scallops, prawns, clams, mussels, crab, lobster) Chicken Turkey Game Soya beans/milk Tofu Quinoa Deli counter meats (slices of chicken, turkey etc)</p> <p><b>Good choice</b></p> <p>Beef Pork Lamb Deli counter meats (slices of ham, roast beef etc) Low fat milk Greek yoghurt Nuts Nut butters Seeds Beans (kidney, black etc) Protein shakes and bars</p>	<p><b>Best choice</b></p> <p>Alfalfa Asparagus Beetroot Broccoli Brussel sprouts Cabbage Carrot Cauliflower Celery Cucumber Eggplant Fennel Garlic Green beans Green peas Kale Leek Lettuce Mange tout Mixed leaves Mushroom Onion Peppers Radish Spinach Sprouts Sugar snap peas Tomato, Turnip, Zucchini</p>	<p><b>Best choice</b></p> <p>Apple Blackberries Blueberries Cranberries Pear Raspberries Strawberries</p> <p><b>Good choice</b></p> <p>Apricot Banana Cantaloupe Cherries Fig Grapefruit Grapes Honeydew Kiwi Lemon Lime Mango Nectarine Orange Peach Pineapple Plum Pomegranate Raisins Watermelon</p>	<p><b>Best choice</b></p> <p>Beans (kidney/black/etc) Corn Couscous Lentils Peas (blackeyed/chick) Parsnips Pumpkin Quinoa Whole grains Rice(brown/wild) Sweet potato</p> <p><b>Good choice</b></p> <p>Barley Cereals (&gt;4% fibre) Oats Popcorn Pumpnickel Rice cakes Rye Spelt bread Gluten-free bread Gluten-free pasta</p>	<p><b>Best choice</b></p> <p>Avocado Olives Oils (coconut oil, extra virgin olive oil, flaxseed oil, fish oils) Seeds (chia, sunflower, pumpkin, flaxseed, linseed) Nuts (almonds, brazil nuts, hazelnuts, pecans, walnuts) Nut butters (peanut, almond) Fatty Fish (anchovies, salmon, mackerel, sardines, tuna)</p> <p><b>Good choice</b></p> <p>Lean meats (beef, chicken dark meat, turkey dark meat, duck, lamb, pork)</p> <p>* ensure you cut away any visible white fats from your meat</p>

## **How to put a meal together**

Let's look at how to put a meal together.

Choose a protein, add carbs (going from green to orange to red) and add healthy fats.

Honestly, this is how simple it is to put a nutritious meal together for breakfast, lunch, dinner and snacks.

Choose your protein, choose your fresh produce, whole grains and pulses, add some good fats and ... Tadaa!!!!

A meal that is simple and delicious and provides your body with the necessary nutrients and energy to keep your body looking good, feeling good and training good.

## **How often you should eat**

I follow a simple pattern.

- Breakfast
- Snack
- Lunch
- Snack
- Dinner
- Snack

I have a very physical job. Then add my training in and I find that by eating throughout the day helps keep my energy levels up and the craving for chocolate down.

It doesn't mean I don't eat the chocolate (or cake). I genuinely love the stuff, but by eating throughout the day, I don't craaaaaave the stuff – 80/20 rule!

## **How much you should eat**

Well we all need different amounts. Everyone is different which is why I'm not going to provide you with a specific meal plan.

What works for me – my gender, height, weight, age and daily calorie burn will not necessarily work for a 40 year old 6 foot bloke who has a desk job.

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Knowing what your body's calorie requirement is, and how to optimally break it into the ratios of protein, carbs and fats (macros) it needs, is good to know.

The simplest way I've found is to use [www.myfitnesspal.com](http://www.myfitnesspal.com) or something similar.

It certainly beats doing things manually - looking up calories from a calorie counter book and then working out percentages of proteins, carbs and fats.

I've done this and it's time consuming. So, I recommend you save your time for running and use a website that does the basics for you.

It's simple to use. Complete all your details - height, weight, age, gender, goal weight (if you are trying to lose some bodyfat or gain some weight), and make sure you record your daily exercise.

Set the ratios of protein/carbs/fats (macros) to 40%/30%/30% and it will provide your daily recommended calorie intake per the macro ratio.

Play around with it. If you're like me, you'll have a 'go to' assortment of meals that you tend to repeat on a weekly basis.

Once I know the meal fits into my daily/weekly allowance and I'm happy with my current body shape, my eating routine stays pretty much the same and on point with my training plans.

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'Create the day that creates your success'

~ Nikki Love

## Keep in touch

I'd love to hear how you get on, so why not come on over and say howdy on:

Facebook: <https://www.facebook.com/nikkijlove>

Instagram: <https://www.instagram.com/nikkilovefitlife/?hl=en>

Website: <http://nikkilove.co.uk>

Twitter: @nikkilovefit