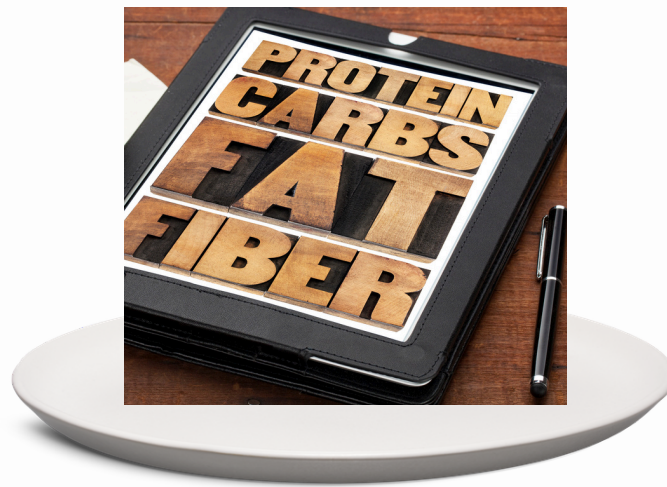


A top-down view of a white bowl filled with a fresh salad. The salad includes sliced chicken, cherry tomatoes, fresh basil leaves, and sliced avocado. The background is a light blue textured surface.

MICHELLE AGOSTINI
M | A
COACHING

The Basics of Nutrition & Hunger Everything You Need to Know to get started

HOW TO BUILD YOUR PLATE TO BEST SUPPORT YOUR BODY



Combining the RIGHT food together is essential for a day of constant energy, a happy mood, great focus, a robust metabolism and faster & healthier weight loss

How we fuel our body will determine what our day looks like.

Supportive meals are well balanced with quality proteins, saturated fats, and the right carbs, including simple sugars for their powerful impact on thyroid hormone conversion.





PROTEIN FROM A VARIETY OF SOURCES

Proteins, composed of amino acids, are literally the building blocks of life, they make up every tissue in your body.

Foods high in protein, such as eggs, beef, fish, and chicken, are critical for the growth and repair of muscle, connective tissue and skin. Increasing lean muscle mass boosts metabolism, helps you get stronger, and reduces cravings by stabilising blood sugar.

Dietary protein provides structural proteins necessary for hormones, collagen production, elastin, muscle, tendons, enzymes. . . everything! These are just some of the reasons why it is recommended to eat a portion of protein with every meal and half a portion with every snack.



PROTEIN FROM A VARIETY OF SOURCES

We want to aim for optimal protein intake. This is the amount of protein an active women needs to recover from exercise, gain or maintain lean muscle mass and support blood sugar balance which in turn keeps energy levels steady and regulates insulin.

Optimal daily protein intake for women who strength train is generally considered to be 1.6 to 2.0 grams per kilogram of body weight; which translates to 120 to 150 grams per day for a 75kg woman.

Instead of feeling stressed about numbers, simply aim to choose foods from the protein-rich list for as many meals as possible.

Your snacks can include protein- rich foods or foods with moderate amounts of protein.

PROTEIN FROM QUALITY GRASS FED, HORMONE FREE SOURCES PER DAY

MEATS & SEAFOOD

PROTEIN SOURCE	PROTEIN AMOUNT IN GRAMS	FAT IN GRAMS
120g Lean Mince	25g	12 g
100g Beef Steak	30g	9g
100g Chicken Breast	30g	4g
100g Lamb Roast	29g	9g
100g Pork Roast	29g	10g
120g White Fish	22g	2g
100g Prawns	24g	0.3g
100g Calamari Chargrilled	20g	2g
12 Oysters	14g	4g



PROTEIN FROM QUALITY GRASS FED, HORMONE FREE SOURCES PER DAY

DAIRY

PROTEIN SOURCE	PROTEIN AMOUNT IN GRAMS	FAT IN GRAMS
30g grated cheddar	11.4g	16.7g
100g Cottage cheese	11g	4.3g
Jarlsberg Original-2 slices	8g	8g
Jarlsberg reduced fat-2 slices	13.2g	4.7g
2 Boiled Eggs	12g	10g
200g Chobani Low fat Yoghurt	20g	0.8g
1 cup (245ml) Skim milk	8.3g	0.2g
250ml Light Milk	8.3g	5g
250ml Whole Milk	7.7g	7.9g

Every meal looks to have a balanced ratio of carbs to protein and fat to ensure blood sugar regulation and constant fat burning, to ensure your body gets a good quantity of bio available, nutrient dense food for all the wonderful nutrients, vitamins and minerals.

Vegetables and fruits are packed with antioxidants, vitamins and minerals that provide nutrients that are vital for optimal health and maintenance of your body.

They are a great source of dietary fibre which aids in satiety and digestion, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids and other phytochemicals.

It's hard to go wrong with fruit and vegetables. Fresh or frozen, raw or cooked, aim to consume some sort of vegetable and/or a fruit every time you eat.



4 CARBOHYDRATE OPTIONS

1. STARCHY CARBOHYDRATES

SOURDOUGH
WHITE RICE
PASTA
OATS



2. ROOT VEGETABLES

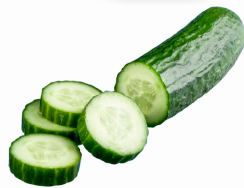
POTATO
CARROT
SWEET
POTATO
BEETROOT
TURNIPS
PARSNIPS



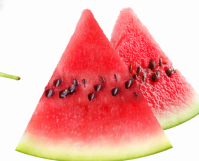
3. FRUIT VEGETABLES OR WELL COOKED GREENS



TOMATO
CUCUMBER
ZUCCHINI
CAPSICUM
PUMPKIN/SQUASH
BROCCOLI
SPINACH
SILVERBEET



4. EASILY DIGESTIBLE, SIMPLE SUGARS (INCREASE THYROID HORMONE = HIGHER METABOLIC RATE)



Carbohydrates tend to receive a poor wrap. First of all, carbs are not the enemy, they do not make you fat!

In fact, carbs provide the body with energy, promote healthy hormone levels, and replenish glycogen stores after intense training.

They are the the body's preferred fuel source and will always be the first macro-nutrient your body utilises as a source of energy.



FATS

Saturated fat (coconut oil or butter) for metabolism energy and wellbeing. They are the king of saturated fats.

MCT(Medium Chain Trygliceride) oil is a coconut oil that has had the coconut taste removed so is safe to use in all cuisines.It is clear and not solid.

Duck fat, ghee and tallow are also good sources of saturated fat. Olive oil is good to use cold. It is a mono-unsaturated oil and breaks down when cooked.

Despite what you may have heard, fats are not unhealthy, even saturated fats. They are integral to sex hormone production, cell signalling and proper membrane structure.

Essential fats are those that the body cannot create itself and must be obtained through diet. These fats are especially great for cognitive function and the structure of cell walls.

Healthful fats are important for the absorption of fat soluble nutrients, satiety, blood sugar balance and reduced cravings. A variety of fats from whole-food animal sources is optimal.

Salt for it's thermogeneic and metabolic benefits. A good salt is a white pickling salt that has not been iodised. Pink salt or celtic sea salt has impurities.



HYDRATION

Your body depends on water to survive and it is lost through urine, sweat, respiration and other bodily processes. If you are dehydrated this can affect your digestion, cognition, skin health, body temp regulation and your training performance.

The Academies of Science, Engineering and Medicine say healthy females between the ages of 31 and 70 living in temperate climates should consume 2.7 litres per day from all dietary sources.

Meaning that in addition to the water you drink daily, the water consumed through some fruits, vegetables, tea, coffee, soup and other fluids like coconut water and good quality orange juice will contribute to the overall hydration sources.

Drinks like orange juice and coconut water have electrolytes and minerals that are very healthy for the body.

Drink when you feel like it ,not just for a quota every day. Too much water can dilute digestive juices and electrolytes in the body.



PORTIONS, SERVINGS & MEAL FREQUENCY

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb

Monitoring portion sizes is an important part of setting good foundational nutrition habits.

Carrying a scale around all the time is unrealistic and impractical, this approach allows you to base portion sizes on something you have with you all the time, your hands.

- A standard serving of protein is the size and thickness of your palm.
- A standard serving of vegetables or fruit is the size of your fist.
- A standard serving of healthy fats is the size of your thumb.
- A standard serving of cooked starchy carbohydrates is the size of a cupped handful.

There is no rule to meal frequency or meal timing. This is going to depend largely on your schedule, preferences and hunger.

Most females prefer to eat every 3–4 hours, that might mean eating 4 meals or 3 meals and 2 snacks.

The most important thing to do is listen to your body. Tune into how it feels with certain food and portion sizes, pay attention to meal frequency, and eat when you are hungry and stop when you are satisfied, not full.

REGULAR, BALANCED MEALS & ESTABLISHING ROUTINE

Key lesson here is the value of regularity in our eating habits.

To apply this:

→ Establish a Routine: Try to eat at similar times each day to bring predictability to your eating habits.

→ Avoid Extreme Over and Under Eating: Steer clear of severe calorie restrictions followed by periods of overeating. Aim for a balanced approach each day

→ Listen to Your Body: Pay attention to hunger cues and eat in response to physical need, not emotional triggers.

→ Plan Meals and prep food ahead of time: Preparing meals in advance can help maintain consistent eating patterns and prevent impulsive, unhealthy choices.

Hunger fullness scale




Over time, people often lose touch with how physical hunger and fullness actually feel.

The Hunger Level Scale can help you to think about how hungry you really are and decide whether your desire to eat comes from real hunger or other reasons.

1. Ask yourself, “Am I really physically Hungry?” Use the Hunger Level Scale below to determine your level of hunger. The table on the following page describes what physical hunger typically feels like

2. Rate your hunger before you eat Wait until you are at ‘3’ on the scale before eating and then stop when you reach ‘6’. Regular meals are important to prevent you from reaching ‘1’ or ‘2’ on the scale.

At ‘1’ or ‘2’ you can experience a loss of control, over-eat poor food choices, and potentially reach a ‘7’ or more on the scale

Hunger level scale		
Rating		Physical sensation
	1	Starvation, need to eat now, hunger pains, shaky, light headed
	2	Slight pain in stomach, hard to concentrate, lack of energy.
Ideal zone 	3	Beginning of physical signs of hunger, stomach growling sometimes
	4	Could eat if it were suggested
	5	Neutral
	6	Satisfied
	7	Feel food in stomach
	8	Stomach sticks out
	9	Bloated, clothes are too tight, sleepy, drained
	10	Definitely full, stomach uncomfortable, no energy, feel sick

3. Think about other reasons you may want to eat

If you rate yourself 6 or above on the hunger scale, think about other reasons that may be triggering you to eat:

- Places/Situations
- People
- Emotions

4. Plan and take control

Instead of eating, try doing something else.

Swap eating with other activities such as walking, playing with your dog, calling a friend, repairing something, or meditating, for example.

Learn your body's hunger signals. Learn the difference between physical hunger and psychological hunger.

The table below describes the difference.

Physical Hunger	Psychological Hunger
Increases gradually	Makes a sudden appearance
An apple would do	You want a certain type of food, tends not to be an apple
Can wait for food (I need to have something to eat soon)	Want food now, sense of urgency and panic
A response to your body's definite need(i.e. rumbling tummy)	In response to a feeling-upset, bored, tired etc
A deliberate choice eaten with awareness	Impulsive choice, eaten quickly. You may not even taste the food.
Sense of satisfaction after eating	You still want more or a different type of food e.g. sweet after salty
No guilt	Lots of guilt & promises about next time

It's important to remember that it's okay to eat for reasons other than physical hunger sometimes, and we don't need to be overly dogmatic about it.

Enjoying food for its taste, for social reasons, or as a part of a celebration is a natural part of life.

However, if fat loss is a specific goal and you find this challenging, reconnecting with your body's hunger signals can be a valuable strategy.

Paying attention to your body's cues helps to maintain a healthy balance and avoid the pitfalls of eating purely out of habit or emotion.

It's all about finding a balance that works for you and allows you to enjoy food while also respecting your body's needs



FOUNDATIONAL NUTRITION HABITS

Habit 1.
EAT SLOWLY.

Habit 2.
EAT WHEN HUNGRY AND STOP WHEN SATISFIED (NOT FULL).

Habit 3.
EAT A PORTION OF PROTEIN WITH EVERY MEAL AND HALF
PORTION WITH EVERY SNACKS.

Habit 4.
EAT A SERVING OF VEGETABLES OR FRUITS WITH EVERY MEAL
OR SNACK, OR, AIM FOR 5 SERVINGS OF FRUIT AND VEGETABLES
PER DAY.

Habit 5.
EAT A PORTION OF CARBOHYDRATES WITH EVERY MEAL

Habit 6.
EAT A PORTION OF HEALTHY FATS WITH EVERY
MEAL.



ANTI THYROID FOODS- EITHER BECAUSE THEY CAUSE DIGESTIVE UPSET OR ESTROGEN DOMINANCE

VEGETABLE OILS

(PUFA'S)

Canola oil
Corn oil
Flax, linseed, hempseed oil
Safflower, sunflower oil
Soy oil/nut & seed oils
·Fish and seed oils were previously used as paints/varnishes because of their ability to react to oxygen and stick to the canvas and dry.

Your body wants fats that remain untouched by oxygen so you can use the oxygen to produce energy. PUFA is at the centre of the rise in degenerative conditions.

·They inhibit your digestive, immune and thyroid functions (weight gain) as well as promote estrogen, age pigmentation and age degeneration of all organs.

·PUFA's are the first and major cause of weight gain. They damage the cell and decrease energy production.

· If energy production slows, the rate of caloric burning decreases too.

· PUFA also suppress the Thyroid gland which slows the metabolism and the burning of the foods you consume.

· These foods can cause underlying imbalances/issues, bacterial overgrowth, inflammation of the intestine, hormonal issues and imbalances.

· NUTS & SEEDS

· TRANS FATS- margarine, vegetable shortening, 'spreadable butter', Crisco, Fats in processed & takeaway foods.

· FRUITS- dried with sulfur 220

· SOY PRODUCTS- Tofu, soy milk, soy protein, soy flour, soy sauce, soy lecithin

· FRIED FOODS

· PACKAGED FOODS- any foods with more than 5 ingredients

· FOOD ADDITIVES: Ascorbic acid, Aspartame, BHA & BHT, Carrageenan-E407(a), Citric acid, Food colourings & Dye, Gums, guar gum & locust bean gum, High Fructose corn syrup (HFCS)

· MSG

· Agave

· Glucose syrup

· Nitrates

· Protein isolates

· rBGH-growth hormone in conventional dairy

· Sodium benzoate

· Sucralose

· Sulfur Dioxide- 220,202

· Synthetic vitamins

· Textured vegetable protein (TVP)

· Vegetarian rennet/non-animal rennet

· Yeast

FOODS- SUPPORTIVE TO THE THYROID HORMONES & METABOLISM

UP-REGULATING OUR METABOLIC RATE AS A RESULT.

ANIMAL PRODUCTS- PROTEIN

- Gelatinous broth- homemade
- Collagen-
- Saturee.com.au**
- Eggs- free range
- Yoghurt-no additives
- Hard cheese- Parmigiano
- Med/Soft cheese -no gums or veg rennet
- Milk- good quality full fat, lite or skim
- Shellfish- wild especially oysters and prawns
- Fish- white- wild, small varieties
- Beef- grass fed
- Lamb-grass fed
- Pork & hams free range, no nitrates
- Chicken- free range. Remove fat
- Liver- very fresh from beef, lamb or chicken
- Casein protein powder- **saturee.com.au**
- Biltong-Cured beef strips (Aldi)

FATS

- Coconut oil-refined is best(MCT Oil)
- Butter or Ghee
- Cream-no additives
- Olive oil-extra virgin Best not used in cooking
- Coconut milk, cream-no guar gum(Ayam brand is best)
- Macadamia nuts-raw- best choice of nut
- Coconut

SWEET

- Raw honey, cane sugar, pure maple syrup
- Dark Chocolate-no soy lecithin or agave

EXTRAS

- Natural Sea Salt- not iodized- not grey or pink

- Coffee-after food with milk & sugar
- Vinegar- white, wine, rice, balsamic
- Mustard & spices(Mingle brand spices)

CARBOHYDRATES

FRUITS-all ripened

- Apples- best cooked
- Apricots
- Cherries
- Grapes
- Lychees
- Nectarines
- Oranges-juiced & strained
- Papaya
- Peaches
- Pears- best cooked
- Plums
- Watermelon and other melons
- Tropical fruit in general
- Bananas- ripe
- Berries
- Dates
- Mango
- Pineapple

VEGETABLES

- Bamboo shoots
- Mushrooms- cooked 2-3 hrs (Removes toxic compounds-Hydrazine & Agaritin)
- Cucumber
- Zucchini
- Carrots
- Potatoes
- Turnips
- Parsnips
- Sweet potato
- Beetroot
- Tomatoes
- Capsicum
- Onion
- Peas
- Garlic
- Green beans
- Asparagus
- Artichoke
- Peas
- Green beans

- Kale, spinach, silver beet- **well cooked**
- Celery- **well cooked**
- Broccoli-**well cooked**
- Cauliflower- **well cooked**
- Eggplant
- Fennel- **well cooked**
- Cabbage- **well cooked**

GRAINS-soaked & well cooked

- Barley
- Buckwheat
- Cornmeal
- Millet
- Oats- soaked overnight
- Quinoa
- Rice- white is better
- Bread- traditional white sourdough

BEANS/LEGUMES- soaked & well cooked

- Lentils- better than larger legumes
- Hummus- no vegetable oil, only olive oil(Pilpel brand)

• Remember that each person is different as to what food they can tolerate, especially if they have a compromised digestive system

• You may be able to reintroduce foods that were causing issues once your healing occurs.

• Always test and measure your foods.

Listen to your body, if it gets bloated after eating a certain food, it may not be ready for that food yet.

Ask yourself- How does that food make me feel? What foods do I love and make me feel satisfied after eating?

The ideas are endless when you stick with the right combinations and the right framework

Get this right and watch your body change and your energy improve.



CHICKEN & RICE



- 100g Cooked chicken
- 100-150g cooked rice
- 100-150g fruit

BOLOGNESE WITH RICE NOODLES



- 200g Bolognese sauce
- 50g dry weighted rice noodles
- 10 g parmesan cheese
- glass of orange juice



OMELETTE SOURDOUGH FRUIT



MEXICAN BOWL



- 150g Mince
- 150g cooked white rice
- 40g avocado
- tomato salsa

CHICKEN FETA & WATERMELON SALAD

- 100g shredded chicken
- 40g feta cheese
- Diced watermelon
- Sweet potato
- 2 tsp olive oil
- mint leaves
- cherry tomatoes



SLICED BEEF AND BEETROOT SALAD WITH GOATS CHEESE

- Thinly sliced grass fed beef steak
- 1 medium beetroot sliced
- 1/2 capsicum thinly sliced
- Goats cheese cubed
- Macadamia nuts- crushed
- Parsley
- balsamic vinaigrette

