

Nutrition

KICKSTART

2021



Nutrifocus

DIETITIANS



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01

Top 10 tips to achieve your nutrition goals

With the arrival of a new year, many of us have given some thought into what we might like to achieve over the next 12 months. Some call these resolutions, but I find that term a little too strong and rigid. Instead, I like to consider these goals as more or less focus points.

While there remains so many uncertainties with COVID still lingering in our air, that doesn't mean we can't look at ways to enhance our lives for the better. If anything, this global pandemic has emphasised the value of good health, which can never be taken for granted. Therefore, I have constructed my top 10 tips to help you achieve your health-related goals to kickstart your 2021 nutrition plan.

Top 10 tips to achieve your nutrition goals

1. Have long-term goals & set smaller focused process goals.

Think of process goals as your strategies to help you achieve a long-term goal. If it's weight loss consider creating small goals such as filling half your plate with vegetables each night, making time for breakfast, going to the gym 3 days week etc.

2. Make yourself accountable.

This could be to family, friends, colleagues, or your dietitian! Ensure it's someone you trust who is supportive of your goals and genuinely wants to see you succeed. Simply sharing your goals enhances your commitment to follow through with required actions. Knowing someone has your back through the struggles can also help manage those times. Trust me, there will be plenty.

3. Set a weekly menu plan that supports your goals.

Know your optimal calorie and ideal protein intake to achieve your goals. Create a menu which aligns with these basic figures with most importantly foods and meals you personally enjoy. Also, ensure your menu is achievable with the availability of time, and energy required to put into them on a weekly basis.

4. Be organised and ingredient prep.

Take the pressure off yourself and make it easier to commit to your plan with simple mid-week short cuts. Measure & portion dry food, prep/cook lunch proteins, cut up vegetables and place in separate containers, boil eggs. Anything you can do ahead of time to make life easier when you're tired and hungry is ideal.

5. Acknowledge we eat for more than simply nutrition.

I wish it was as simple as eating for pure physical nourishment but we are complicated beings. We have emotions, hormones, impulses, sensory triggers, cravings, stress, fatigue all impacting our food choices. I call these our psychological hunger needs. Know all your needs and give yourself permission to full-fill these within balance. Simple guide = 80% physical, 20% psychological.

Top 10 tips to achieve your nutrition goals

6. Monitor your progress.

You can't fix a problem if you don't know where you're going wrong! Track your food intake, exercise sessions, hours of sleep, stress levels, gut symptoms and anything else of personal relevance that impacts your nutrition choices. This will help you identify trends, highlight the components you're consistently doing well and assists you create strategies for areas/times you struggle with. Even a 1 week food diary can make the world of difference.

7. Celebrate the wins along the way.

Reward your efforts for achieving success in your small progress goals. This will enable you to enjoy the journey and all the positive changes you're making along the way. It doesn't matter where you're at in accomplishing your long term goal. The challenge will always be there, but that doesn't mean you need to dwell in feelings of defeat.

8. Reflect.

Take a moment at the end of each week, month, quarter and year to reflect on the progress you have made over that period of time. Ask yourself some hard questions. Are you pleased with the outcomes? Could you have done anything different to achieve a better result? Can you maintain your new health changes? Are your expectations realistic for that time frame?

9. Modify and reset goals.

From your reflection consider if you need to modify and reset your goals around that. It's ok to discontinue something that is not serving you well or meeting your needs. It's ok shift direction, that is not failure and is instead personal growth.

10. Seek further support from qualified experts.

Achieving goals are not meant to be easy... that's why they're goals in the first place. They require effort and change that can be hard on your own. Seek extra support and share your journey. Perhaps even consider an appointment with a qualified dietitian!

Menu planning is king

Fail to plan, plan to fail. It's an oldie but a goodie!

I know menu planning can feel mundane at times but this simple task really has a big impact on our food choices throughout the week. I'm not saying you need an elaborate plan with details down to meal seasonings. However, you do need to create a general menu for yourself / family if you want to start improving your nutritional intake.

Key tips:

- Consider your time to prep meals and incorporate simple back-up options that offer convenience.
- Look at your social/events calendar for the week ahead, work around and incorporate these times into your plan.
- Factor in your location and access to cool food storage throughout the day. Consider investing in a cooler bag if there's no fridge available for your lunch to avoid excuses to need take-away.
- Ensure you have a consistent intake of protein spread across the whole day.
- Do a large grocery shop each week to stock the fridge with foods in your plan. Top up as needed throughout the week.
- Ingredient prep on your days off. This helps make your meals easier to follow when the hard part is already done. I cook my lunch proteins, chops salads/veg, portion out nuts etc.

*A template is attached on the following page to help guide your personal plan.

Meal Planner



"Plan to create healthy habits & enjoy the journey"

	Breakfast	Lunch	Dinner	Snacks	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Smart guide to alcohol

SMART TIPS

- Avoid sugar loaded mixers in the form of soft drinks, juices, and syrups. Instead request soda water as a replacement and add in fresh lemon/lime, mint, topped with ice.
- Drink a glass of water between every alcoholic drink, this will reduce your overall alcohol consumption and help hydrate in the process.
- Beers lower in alcohol will save you more calories than beers lower in carbs.
- Choose dry red / white wines over sweet wines and take it easy with the bold 15-17% alcohol wines.
- Experiment with new mixers such as kombucha, and seltzers to flavour up your vodka and gin beverages in place of cocktails.
- Be mindful of a heavy-handed liquor pour - remember most of the calories come from the alcohol itself!
- Think of alcohol as social drink to enjoy with good company, aim to consume non-alcoholic drinks throughout the working week and when on your own.
- If you have enjoyed a few too many, pop a hydralyte or other rehydration solution into your water before bed. I promise you will feel better for it in the morning!

*The following guide contains the average number of calories in each of these drinks. I have used the standard volume for that particular drink we would actually consume.

Smart guide to alcohol

BEER / CIDER



Light Beer
2.5%
375mL
100cal



Low-Carb Cider
4%
330mL
135cal



Regular Beer
5%
375mL
150cal



Heavy/Craft Beer
7%
375mL
180cal



Sweet Cider
4%
330mL
210cal

WINE



Low alc. dry wine
8.5%
150mL
75cal



Champagne
12%
150mL
100cal



Port
20%
60mL
105cal



Dry White Wine
12%
150mL
120cal



Red Wine
12%
150mL
135cal



Sweet White Wine
9%
150mL
160cal

LIQUOR



Clear Spirits
40%
30mL Shot
60cal



Whisky
50%
30mL Shot
70cal



Whisky
50%
45mL Pour
90cal

COCKTAILS / MIXERS



Vodka Lime Soda
250mL
90cal



Seltzer
330mL
95cal



Martini
90mL
100cal



Gin & Tonic
250mL
120cal



Bloody Mary
250mL
140cal



Cosmopolitan
120mL
150cal



Margarita
300mL
175cal



Espresso Martini
120mL
200cal



Mojito
300mL
210cal



Rum & Coke
250mL
215cal



Long Island Iced Tea
300mL
280cal



Pina Colada
300mL
350cal

CHAPTER

04

Build a healthy
Summer grazing
board



Build a healthy Summer grazing board

VEGETABLES

- Carrot / Celery / Capsicum / Snowpea sticks
- Cucumber rounds (used for "crackers")
- Radish quarters
- Baby Gherkins
- Rocket / Fresh Herbs

FRUIT

- Bunch of Grapes
- Fresh Figs
- Berries / Cherries
- Apple slices
- Passionfruit
- Pomegranate
- Mango
- Stone Fruits

CRACKERS

- Whole Seed Crackers
- Wafer Biscuits
- Toasted Mountain Bread - add spice & dry herbs

*Avoid the buttery refined wheat biscuits e.g. jatz

HEALTHY FATS

- Roasted Nuts
- Mixed Seeds
- Olives
- Marinated Vegetables - fresh is better

DIPS

- Homus / Beetroot Homus
- Tzatziki
- Home-made Guacamole (avocado + Greek yoghurt + lime + chilli)

*Avoid most other dips with a creamy, nutty base excessively high in calories e.g. pesto, cashew, french onion, corn relish.

CHEESE

- Cottage cheese - can make into a dip with preferred condiments
- Young white cheeses (goats, feta, ricotta, quark)
- Firm cheese (cheddar, gouda, edam, swiss, jarlsberg)
- Blue cheese - firm varieties

*Avoid creamy cheeses e.g. brie / camembert) & processed cheese with added oils, dye, sugars.

MEATS

- Smoked Salmon
- Sliced Turkey
- Ham off the Bone

*Avoid cured meats with a high fat & sodium content e.g. salami, prosciutto, mortadella, soppressa.

CHAPTER

05

1 meal - 4 versions

I get it, how can you possibly cook the one meal that satisfies the whole family and meets their individual nutritional needs! I hear this all the time and it's a tough one but can be achieved with some careful and sometimes creative planning. I have prepared this Chicken stir-fry recipe that can be slightly modified to satisfy each of the below:

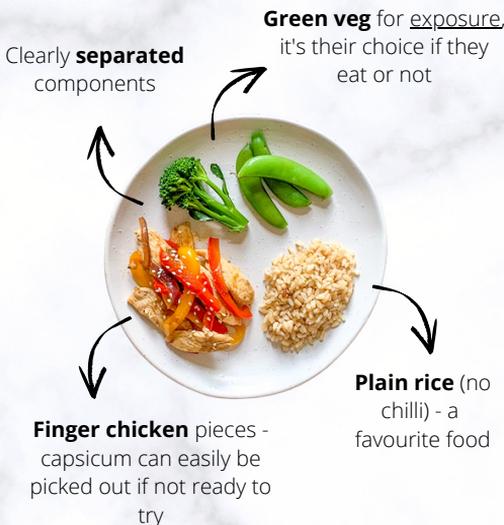
- Fussy Toddler refusing to eat anything but beige food.
- Athletic Teen with a ravenous appetite.
- Mum with a sedentary desk job looking for low carb options to support healthy weight loss.
- Dad completing a gym challenge to increase strength and conditioning.

I assure you it's possible and I have these four different versions right here for you to use as a guide.

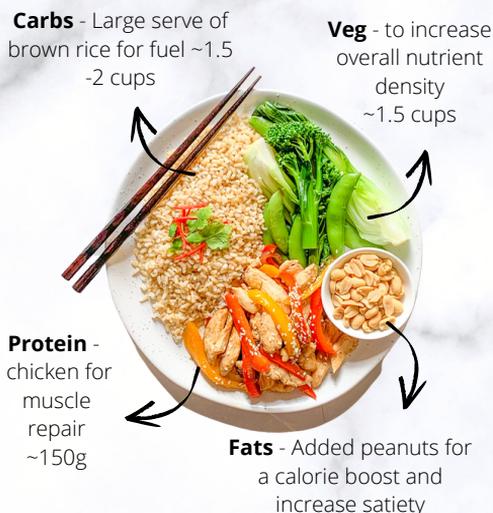


Stir-fry Chicken + Asian Greens & Brown Rice

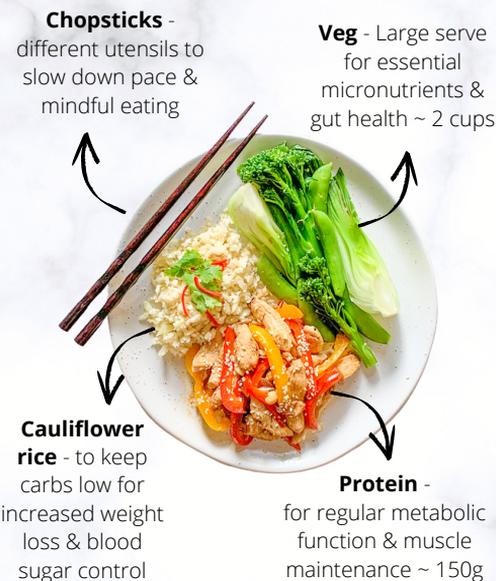
FUSSY TODDLER



ATHLETIC TEENAGER



LOW CARB



STRENGTH TRAINING



CHAPTER

06

Summer Recipes



BASE INGREDIENTS

- 1/2 Scoop (15g) Vanilla Protein Powder (WPI)
- 1/2 cup High Protein Yoghurt, e.g. YoPRO, Chobani, Two Good
- 1/2 cup skim milk (or milk of choice)

FLAVOUR OPTIONS

- 1/2 Cup Blueberries + 1tbsp Coconut Flakes
- 1/2 Cup Frozen Raspberries + 1tsp Flaxseed Meal
- 1/2 Frozen Banana + 1tsp Cacao
- 1/2 cup Puree Apple + 1/2tsp cinnamon
- 1tsp Nut Butter + 1/2 Frozen Banana

METHOD

1. In blender, combine all base ingredients & blitz until smooth.
2. Add in your choice of flavour options, blend further.
3. Pour into your favourite glass with optional ice.



Prawn & Mango Salad

INGREDIENTS

- 200g Prawns, cooked & peeled
- 1 Small Mango, sliced
- 2 cups Butter Lettuce Leaves
- 1/2 Cucumber, sliced
- 1/4 Red Capsicum, sliced
- 1/2 Avocado, sliced
- 1/4 Small Red Onion, finely sliced
- 1/4 Cup Coriander + 1/4 Cup Mint

Dressing

- Juice of 1 Lime + 1tsp Olive Oil + 1tsp Honey + Pepper + 1/4tsp Chilli

METHOD

1. Stir all dressing ingredients together until well mixed.
2. In a large bowl, combine prawns & all salad ingredients together.
3. Divide the salad between two bowls and pour over dressing.
4. Garnish with extra herbs and serve with wedge of lime.



BBQ Steak + Nectarine & Quinoa Salad

INGREDIENTS

- 2 x 150g Lean Steak (e.g. eye fillet) , seasoned to taste

Salad:

- 1 Cup Mixed Green Leaves
- 2 x Yellow Peaches, sliced
- 1/2 Cup Cooked Quinoa, as per instructions on pack
- 2 Radish's, thinly sliced
- 1/4 Small Red Onion, finely sliced
- 30g Feta, crumbled
- 1/4 Cup Walnuts, chopped
- Dressing: 1tbsp Red Wine Vinegar + Juice of 1 Lemon + 1 tsp olive oil + 1/2tsp Honey + 1tbsp Mint, finely shredded

METHOD

1. Heat BBQ onto high
2. In a large bowl combine the leaves, peaches, rice, onion, dressing and mix well. Crumble over the feta and pecans.
3. BBQ steaks until preferred doneness (I choose medium rare)
4. Divide steak between 2 plates & serve with salad



Fish + Chips & Watermelon Salad

INGREDIENTS

- 2 x 180g Coral Trout Fillets (or alternative white fish)
- Lemon Pepper Seasoning to taste + Fresh lemon

Chips:

- 2 x large white potatoes, washed & sliced into chips
- Tuscan Herb Mix + Olive Oil

Watermelon Salad:

- 2 cups watermelon
- 1/4 cup feta cheese
- 1 cup rocket + 1/2 Cucumber, sliced + 1/4 Red Onion, finely sliced
- Fresh Mint + balsamic vinegar + pepper

METHOD

1. Heat oven to 180 degrees, toss potatoes in 1tsp olive oil + Tuscan Herbs. Roast for 30mins until cooked & golden.
2. Coat fish in lemon pepper seasoning. Heat pan over medium heat and pan-fry with a knob of butter until cooked through ~ 10mins.
3. In a large bowl, combine all salad ingredients and toss together.
4. Divide amongst two plates & serve with fresh lemon wedge.



INGREDIENTS

- 1 Cup Black Beans, drained & rinsed
- 1/2 Cup Raw Brown Rice, cooked per instructions
- 1/2 Red + Yellow Capsicum, sliced
- 1/2 Red Onion, sliced + Clove of Garlic
- Pico: 1 Cup Cherry Tomatoes, halved + Coriander Leaves + 1/8 Red Onion, finely diced + 1tsp Red Wine Vinegar
- 2 Corn Coblets
- 2 Cups Romaine Lettuce, chopped
- Guacamole: 1/2 avocado + 1/2 Lime, juiced + 1/2 tsp Chilli Flakes
- 2 Heaped Tbs Greek Yoghurt

METHOD

1. Combine Pico ingredients in a small bowl.
2. Heat a pan on high with 1 tsp olive oil. Sauté capsicums & onion & garlic with salt + pepper until tender. Char corn, slice kernels
3. Assemble ingredients between 2 bowls.
4. Garnish with extra coriander + serve with lime wedge.





Nutrifocus

DIETITIANS



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ABOUT

Lorinda is an accredited practicing dietitian based in Cairns providing nutrition support to clients Australia wide in person and via Telehealth. Lorinda has spent the past 5 years working in private practice and as a result has developed effective strategies to help clients achieve their personal goals. Lorinda is known for her warm nature and endeavours to guide her clients throughout their nutrition journey each step of the way.

If you would like to know more and achieve your best self, get in touch with Lorinda below.

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