



# *Nutrition Guide*

**SOFIT MEAL GUIDE**

First things first, this is **not** a DIET. This is a lifestyle. This is a sustainable solution to your fitness goals. My meal guide doesn't tell you to cut out carbs, or cut out specific food groups in order to look a certain way or to lose/gain X amount of weight in X amount of time. I'm all about balance and consistency. Hard work, over time yields results. This meal plan is suitable for ALL goals. So understand your surplus and deficit and eat according to your fit goals.

This guide contains super easy, everyday meals that you're familiar with. I personally do not believe in diets because they don't work. Even if they do, they last for a few weeks before you realize that you can't sustain the amount of food you are eating or they are so restricted that you throw in the towel. A healthy meal guide helps you lose body fat and improve your body shape.

The major benefits of this eating plan are that you get to eat REAL foods. There is no macro counting or weighing of food.

Calorie counting is completely optional.

You may have tried many diets before this or eating plans previously. However, if you have found you have regained the weight or still feel tired and bloated, then the diet didn't work.

You have probably heard us say before “Abs are made in the kitchen” or “You can't out train a bad diet”. These quotes don't imply that everyone wants a flat stomach but almost people think that they can eat LOTS of junk food on a REGULAR basis and undo this by exercising, this doesn't and will never work, sorry. Exercise and activity is essential for a healthy lifestyle and helps us burn calories, shape our body, increase energy and plays an important role in weight loss or weight gain!

This plan is **not** customized for any individual.

# Nutrition!

NUTRITION is key when it comes to making progress. No matter how hard you train in the gym, you can't out-train a bad diet. That is why it is important that your nutrition is in line with your fitness goals.

This meal guide is aimed at increasing energy and vitality and not leaving you feeling hungry, deprived and craving more food. The majority of us eat a lot of processed, quick-fix foods on a regular basis. When we eat like this we often need a lot of extra additives just to get us through the day. This is not great for our short or long term health and it makes us sick. Eating

lots of processed foods puts major stress on our bodies because we aren't designed to eat them on a regular basis. This means that our body ends up working overtime to clear the toxins we have eaten from it. One of the main aims of this plan is to give your liver a break. Our liver has many roles such as removing toxins from our body, balancing blood sugar levels, breaking down hormones after they have served their purpose and storing nutrients. Therefore, if your liver cannot work properly you will experience many problems, such as weight gain, intolerances to food, tiredness, bad skin etc.

## **Treats**

This is a lifestyle plan so I have included treats. These are healthy treats which actually taste great and contain lots of health benefits, not something we get from processed treats like biscuits, cake etc. However, just because it's healthy they are still to be eaten once in a while. Eating all the homemade fudge is still calories and won't help you with your weight loss, Maintenance or healthy weight gain goals.

## **Bread**

Bread is included in the plan as having a piece of bread once in a while is fine. People often rely on bread for breakfast lunch and sometimes even dinner. It's so convenient, but not always the best choice, especially shop bought bread. We have used sourdough bread in our plan. We believe this is the healthiest bread for you with minimal ingredients and it also tastes great. You can choose another type of bread like wheat, whole grain bread but please be aware of the highly processed shop bought bread!

Before you put anything into your mouth, ask yourself If the calories are really worth it. I also realize that with work, school or just life commitments, sticking to a plan isn't always as easy as we would like. Therefore, please think ahead to allow yourself a better chance of making the right choice. This is why it's important to meal prep!

This plan has been designed for OPTIMAL results. Everyone who has followed this plan has had great results. The more you stick to the plan, the better the results. Once you get the results and feel great, look great, you don't want to go back to feeling tired, bloated, overweight, and feeling like you are out of control with your weight and health.

## **CALORIES**

**Calorie-** Everything we eat has calories. Except water, water has no calories. Some foods have higher calories than others. A calorie is a unit of energy . Food is energy. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it. Calories aren't bad for you. Your body needs calories for energy. But eating too many calories and not

burning enough of them off through activity can lead to fat/weight gain.

## **NUTRITION TIPS**

A lot of people focus mostly on their training to get them all the results, therefore neglecting the importance of a good eating lifestyle. If you're trying to lose fat the key is you're your nutrition. If you're struggling with belly fat? Arm, back fat? Here are key tips to lose and keep the fat off!

1. Drink WATER! Your goal should be to drink around 4-5 16oz water bottles a day.
2. Make sure your breakfast is packed with protein & fiber! Protein & fiber take longer to digest, therefore keeping you full longer.



3. **Optional-** Drink coffee [BLACK coffee, not sugar & cream-filled coffee]. The caffeine can be used as a natural pre-workout and is proven to boost your metabolism!

4. Cut back on added SUGAR! Read the label on everything & check sugar content. Anything over 15g is too much. The goal is to intake as little sugar as possible. [Fruits are okay in moderation].

5. **PREP YOUR MEALS IN ADVANCE!** When you fail to plan, you plan to fail. You don't have to meal prep out an entire week. If you get bored easily, meal prep for only 2 days. Then prep a new set of meals for the next 2 days.

6. **EAT GREENS!** Greens should be added to every single meal, even breakfast. They're rich in fiber & water. Both of which are great for fat loss!

7. **EAT ENOUGH PROTEIN!** Protein is the single most important nutrient for fat loss. Muscle is made up of protein, & muscle increases our metabolism, burning more body-fat. If you're having a hard time meeting your number, add protein shakes into your diet to help!

8. Eliminate junk foods, processed foods, fast foods, soda, processed fruit juices, alcohols etc. I cannot overemphasize this point!

## **SUPPLEMENTS**

I get a ton of questions about products and supplements I use. And to make it clear, You **DO NOT** need supplements to see progress.

Supplements are additional tools that are not necessary. Most trainers use supplements to **SUPPLEMENT** their diet. For me, I don't get enough protein in my daily food diet so I drink

whey to help boost my protein intake. This is what supplements are for they do not do the work for you.

These are my recommendations for supplements:

### **Core Supplements**

**BCAA'S: Branched Chain Amino Acids**

- **WHY:** to aid in the recovery of muscle tissue and to spark the process of protein synthesis.
- **WHEN:** taken during and/or after workouts.
- **WHAT I USE:** Women's Best passion mango and watermelon sorbet are my favourite.

### **Creatine**

- **WHY:** increased workout intensity, helps with muscle recovery, and increased metabolic rate (burn more fat).
- **WHEN:** whenever I drink my BCAAs I mix creatine with it. Usually this is during a workout.
- **WHAT I USE:** Women's Best.

### **Protein Powder**

- **WHY:** to help you get enough protein each day.

- WHEN: any time of day.
- WHAT I USE: Women's Best Fit Whey

### **Pre-workout**

- WHY: as a mental thing to get you hyped for the gym, or for the caffeine.
- WHEN: 15-30 minutes before you workout (refer to package).
- WHAT I USE: I just go with fun flavours. I do not have a specific brand

*Your food options  
Shopping list! &*

The next few parts of this guide contains your FOOD OPTIONS from each food group – Protein, carbs & grains, Healthy Fats, Fruits, Nuts and, Beverages. A healthy diet constitutes of a balanced diet. Also feel free to add any item not mentioned in the list, if you're not sure about any item read the nutritional label on the packs. Look out for the sodium content, calorie content etc. Stay away from processed foods as much as possible! You do not need to purchase every item on this list.

# *Food Options:*

## *Protein*



### **PROTEIN**

- Eggs, Egg whites
- Chicken Breast
- Turkey Breast
- Salmon, White fish
- Greek Yogurt (10g protein per 100g)
- Tofu, Tempeh, Meat replacements
- Edamame
- Beans (black beans have 21g of protein in 100g)
- Tuna
- Salmon and any types of fish
- Quinoa

## *Food Options:*



### *Fruits*

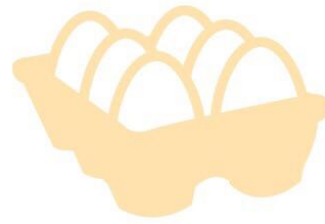


## **FRUITS**

- Grapes
- Granny Smith Apples (Green apples)
- unsweetened applesauce
- grapefruit
- oranges
- banana
- Papayas
- Strawberries
- Blueberries
- Watermelons
- Kiwi
- Mangoes

**Feel free to add to this list**

# ***Food Options:*** ***healthy Fats***



## **ESSENTIAL OILS & FATS**

- Coconut oil, olive oil
- Natural nut butters
- Nuts (almonds, brazil, walnuts etc.)
- Seeds (chia, flax, sunflower etc.)
- Omega 3 supplement
- Avocado
- Cheese
- Dark chocolate
- Salmon and tuna
- Eggs
- Raw Almond butter



Be cautious of purchasing “low fat” items. When fat is removed from foods, they simply add sugar to them to improve taste. I always go for the full fat items- plus, they can keep you full longer.

(TRY TO STAY AWAY FROM VEGETABLE & PALM OILS AS MUCH AS POSSIBLE)

**Just because Olive oil is preferable doesn't mean fry your foods in a ton of olive oil!**

## **BEVERAGES**

- Coffee (black)
- Green Tea
- WATER IS ESSENTIAL.

Did you know your body weight is approximately 60% water? Water regulates your bodies temperature, every cell, tissue and organ in your body needs water to function.

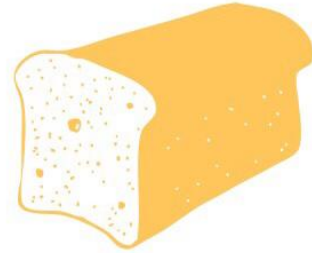
You should be aiming to drink half a gallon to a gallon of water a day. If you start every day by drinking a glass of water it'll be easier to drink more water throughout your day.

## **BREADS, FLOURS & GRAINS**

- Ezekiel bread (frozen section)
- Whole grain bread
- Whole grain pasta
- Whole grain wraps
- Whole grain flour
- Gluten free flour
- Quinoa flour
- Coconut flour
- Buckwheat
- Brown rice

# *Food Options:*

## *Vegetables & Carbs*



### **VEGETABLES**

-Buy steam bag vegetables (ex. broccoli, string beans..) this will help you when you don't have time to cook -spring mix, or spinach salad (already washed in a bucket or bag for convenience) iceberg lettuce is not high in nutrition

- Asparagus
- Bell peppers
- Broccoli

- Ugu (pumpkin leaves)
- Okra
- Garden Egg
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Corn
- Cucumber
- Eggplant
- Garlic
- Jalapeño peppers
- Kale
- Lettuce
- Mushrooms
- Onions
- Spinach

- Sweet potatoes
- Tomato
- Zucchini

**Don't go too crazy in this category when purchasing, as fresh veggies expire rather quickly. Buy 3-4 different veggies weekly**

## **COMPLEX CARBS (Low Glycemic Carbs)**

Complex carbs have a lower insulin response and are absorbed slower in the body (keeping you full for longer). These are considered the healthier carbs, as they are usually less processed or not processed at all.

- Vegetables (mentioned above)
- Oats
- Bean/legume/lentil pasta
- Rice (basmati, jasmine, white, brown) ▸ Quinoa
- Potatoes (sweet potato)
- Cream of wheat or cream of rice

- Plantains,
- Yam

## Food Choice: Dairy & Condiments



### **SPICES/CONDIMENTS**

A common misconception is that eating healthy is boring. While I understand where this idea comes from since I, myself, felt this way in the past, I learned that healthy eating does not have to be boring. One of my goals is to show you how to eat healthy and delicious meals by using natural spices and flavor enhancers. Below you will find my lists of

approved spices and condiments that make great and healthy additions to many meals!

- Black pepper
- Basil
- Cinnamon
- Chili peppers
- Cloves
- Cilantro
- Curry
- Curry leaves
- Cumin
- Fennel
- Garlic
- Ginger
- Lemon
- Lime
- Nutmeg
- Onion
- Oregano
- Paprika
- Parsley
- Peppercorn
- Rosemary
- Sage

- Tarragon
- Turmeric
- Mrs. Dash!
- Thyme

## **CONDIMENTS**

- Apple cider vinegar
- Pico de gallo (salsa)
- Balsamic vinegar
- Raspberry vinaigrette
- Hot sauce
- Vinaigrette
- Hummus
- Vinegar
- Mustard
- Pesto

If you are going to purchase condiments at the store, be sure to read the ingredient labels carefully. Often times, store-bought condiments have really high levels of sodium, sugar, and other unnecessary additives. They often times are what make healthy dishes become unhealthy! I would recommend to make your own condiments at home.



**DAIRY:** \*\* I do not recommend any milks in Satchets

- Almond milk
- Fat free milk
- Coconut milk

## **BLOATING**

Bloating is an extremely common problem amongst women today.

There are many reasons why you may feel bloated, and they're not just the ones you think: you may be dehydrated, eating the wrong foods, not incorporating enough greens into your diet so your body isn't alkaline, you may be eating your food too quickly, you may be allergic/intolerant to lactose, gluten, fructose, grain, legumes or wheat. It could even be the medication you're taking, bacteria in your gut, an excess consumption of artificial sweeteners and so on.

## HOW TO DEFEAT BLOATING

Up your water intake. Keeping yourself hydrated will not only help with bloating but also with fat loss. Add some lemon to your water as this helps push out toxins.

Remove processed, fatty, heavy foods from your diet. Your body struggles to digest these foods.

Eat more cooked green vegetables as you might need more fiber.

Fiber is a key player in helping food move through your body. Greens to eat: spinach, kale, celery, cucumber, green beans, snow peas, peas, sprouts, asparagus, spirulina, watercress and lettuce. If you have trouble getting in the recommended greens, take a vital green supplement!

## **READ CAREFULLY ON HOW TO FOLLOW YOUR MEAL PLAN**

Your meal plan is divided into 1 week you can recycle this food guide and use the shopping list to add more variety to your meals.

*“Are we to repeat the same meal each week?”*

The purpose of the shopping list above is to give you a variety of options! With the shopping list given there are many selections from under each food category. You can replace food items daily or weekly so that you don't get bored or feel like you're repeating the same meals every day.

For example, if you get bored of eating rice with chicken, swap it with some pasta and fish instead. Rice is carbs so go under your CARBS section and choose any other carb and so on.

If there is a specific meal you do not like, you are welcome to substitute with a meal from a different day, so long as you're substituting with another meal from the same time of day. Only substitute a lunch with another day's lunch, a breakfast with another day's breakfast, etc. The important thing is that you aim to follow a four to five meal a day structure. Shout muscles need the extra calories to grow!

## **MEAL PREPARATION**

You are required to meal prep! Food shop for each week and cook your meals before the start of each week. This will help you stay on track with your diet and prevent you from unhealthy snacking and unhealthy eating. **KEEP IN MIND THIS MEAL PLAN IS SUGGESTED.** You are not required to eat every single thing listed. It's okay to be too full to snack. Also, the timing of your meals should be based on your schedule. Missing one meal a day doesn't set you back however you should make it a habit to eat at

least 3 times a day with 2 healthy snacks in between.

## Meal Guide *Rules!*

You all know that your eating habits are very important! In order to burn fat or build those sexy curves, you must eat! YES. Despite popular beliefs that if you want a flat tummy you have to eat once a day- wrong! Healthy eating allows your body to store less fat and actually makes you lose fat. You have to eat healthy. What you put into your body determines what it's going to look on the outside. No amount of cardio and weight training can out-work a bad eating habit.

So I created some challenge rules to help you get the best out of this program. For this specific one month program **NO CHEAT MEALS ARE ALLOWED!** No ordering late night pizza, no french fries, no cakes, no wine etc. Stop whining, it's only a month and I know you can do it. I've done my best to make sure that this meal guide is easy to follow. No macro counting, no calorie counting, no measuring foods, just you making healthier and **CLEAN** food choices and swapping A for B.

What do I mean by eating clean and having no cheat meals? This means not eating foods that have little to no nutritional value. Here are my challenge nutrition rules:

1. **NO** sweets (no cake, no chocolate, no cookies or biscuits, no candy etc.)
2. **NO** saturated fats (fast foods, KFC, chips, burgers, if it's fried say bye- bye)
3. **NO** Fried foods **PERIOD**
4. **NO** sodas, alcohol or juices (if the juice isn't 100% fruit with no artificial ingredients then throw it away)

5. ANYTHING with the ingredient 'High Fructose Corn Syrup' is a big No No!

6. **NO** teas (if it's green tea and coffee it must be taken black, without sugar or any sweetener)  
Milo and Bournvita is not tea!

**IF ITS BEEN ADVISED AGAINST, KEEP IT OUT OF YOUR MOUTH**

# Your 4 week Meal Plan!

## **WEEK 1 DAY 1**

### **BREAKFAST**

Right when you wake up, drink two 8 oz. glasses of water; wait ten minutes, then eat breakfast.

### **MEAL: Old Fashioned Oatmeal; 30- 40g dry**

- Almond Milk; 60g
- Blueberries; 90g (optional. I know it's hard to get blueberries in Nigeria so you can add 1 medium sliced bananas)
- Cinnamon, to taste
- Scrambled Eggs; 2 whites + 2 full eggs
- Pepper, to taste



You can sweeten your oats with all natural honey if you must sweeten.

Drink a glass of water, tea or black coffee.

- If you're prone to not eating breakfast you can have a medium banana and a protein shake!

*Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.*

## **SNACK MEAL 2**

### **Option 1:**

- 4 Boiled Eggs; 2 whites + 2 full eggs
- Whole Wheat Pita Bread; 1 slice
- Hummus; 1 tbsp, spread over

bread

### **Option 2**

- Handful of mixed nuts (can be cashews, almonds,)

- 2 tbs of unsweetened Greek Yogurt

### **LUNCH MEAL 3**

1 ½ cup of rice and stew, a side of veggies (can be uguwu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

- Boiled rice, side of veggies, ½ cup of sautéed shrimps and your choice protein. Glass of water

### **SNACK MEAL 4**

- Protein Shake; 1 scoop choice brand (I use Women's Best)
- 1 Medium Banana

Please note that Whey Protein is completely optional. It is actually quite expensive if you are on a budget. Yes, you can still reach your #Thick goals without the use of any supplements.

### **DINNER MEAL 5**

## **Option 1**

Boiled/baked potatoes or Boiled Yam with vegetable sauce cooked with no oil just water.

Glass of water

## **Option 2**

Steak; 100g

- Whole Wheat Tortillas
- Bell Peppers; 100g
- 1 Lime; squeezed
- Cilantro; 1 tsp, chopped

Sauce

- 3-4 tbsp fresh lemon juice
- 1 tbsp Olive Oil
- 2 cloves Garlic, minced
- 1 tsp Chili Powder
- 1 tsp Cumin
- Pepper, to taste

## **WEEK 1 DAY 2**

### **BREAKFAST MEAL 1**

#### **Option 1**

A bowl of oatmeal with 1 banana and veggie scrambled eggs. Drink water

#### **Option 2:**

2 scoops choice protein powder

- 2 egg whites
- Oat flour; 75g
- Almond butter; 1tbsp
- Almond milk; 60g
- Topping: strawberries or blueberries; 90g – no syrups

Makes 2 Serving

### **SNACK**

1 Green apple with 1 tablespoon of peanut butter, half a slice of Avocado

- Can also have a handful of nuts with 2 spoons of granola bar and a medium banana

## **LUNCH**

A palm sized portion of pasta (spaghetti, rice) with your choice sauce, a side of boiled/grilled fish, chicken, or salmon

Or you can have a salad bowl

Drink water

## **DINNER**

Fist size portion of swallow with your choice soup. (This is a heavy carb meal. Have this before 8pm)

Bottle of water.

## **SNACK**

1 green apple with peanut butter or any fruit of your choice with Almonds.

## **WEEK 1 DAY 3:**

### **BREAKFAST**

Egg whites (or 2 boiled eggs) with sliced avocados, 2 slices of wheat bread and 1 banana.

### **LUNCH**

Palm-sized portion of rice and stew, a side of veggies (can be ugu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

### **DINNER**

Few slices of boiled yam (about 3) with veggie sauce and fish.

### **SNACK**

Optional protein shake OR 1 apple with 1tbls peanut butter OR sliced pineapples and watermelon.

## **WEEK 1 DAY 4**

### **BREAKFAST**

3 Slices of wheat bread, a side of egg sauce, with diced pineapples. - 139 calories

### **LUNCH**

1/2 cup of white rice and choice lean protein with a side of vegetables (could be boiled and sauced uguwu leaves)

### **DINNER**

A Bowl of porridge beans, your choice protein with a glass of water.

### **SNACK**

**You're free to select a snack option from any other days.**

## **WEEK 1 DAY 5:**

### **BREAKFAST**

Scrambled egg whites with 2 slices of bread (preferably wheat), 1 orange, and some water

### **LUNCH**

beef, boiled chicken breast or grilled Salmon or fish with palm sized portion of pasta (spaghetti, rice)

### **DINNER**

Sautéed veggies (carrots, cucumbers, broccoli etc) with chicken breast and 1 cup of brown rice.

### **SNACK**

Sliced pineapples and a handful of cashew nuts.  
OR you can have a bowl of strawberries, blueberries and a spoon of Greek yogurt.



## **WEEK 1 DAY 6**

### **BREAKFAST**

A bowl of oatmeal, or whole grain cereal (like Alpen), scrambled egg whites and 1 medium banana. With a glass of water

### **LUNCH**

Grilled Salmon or chicken breast with a side of boiled and seasoned assorted veggies (corn, green peas, tomatoes and spinach/ugwu leaves), ½ a cup of brown rice.

### **DINNER**

A few slices of yam or sweet potatoes (boiled, grilled) with veggies and a glass of water

### **SNACK**

Handful of mixed nuts

2 tablespoons of Greek Yogurt

## **WEEK 1 DAY 7**

On this day, I want you to use your shopping list to customize your own timetable. Eat lots of veggies and protein!

Email [support@sandraokekefit.com](mailto:support@sandraokekefit.com) for any questions.