

HOT TO TROT

NUTRITIONAL PLAN



If This Makes You Healthier Please Don't Blame Me

As a Fitness and Health professional with nearly 7 years of coaching experience to date with a wide variety of ages taking them to great results. I believe 100% in my Nutritional Plan and I know that if you stick to the concepts outlined, you will achieve great results.

The only trouble is that people seem to enjoy going to court and suing people, for practically any reason. I don't see what can be wrong with eating nothing but fresh, natural, whole foods and removing all the nutrient robbing foods and chemicals that have slipped into our convenient lifestyle!

Please read the following statement BEFORE you read the rest of the HOT TO TROT Nutritional Plan.

The advice given within the HOT TO TROT Nutritional Plan is for information purposes only and in no way supersedes any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you follow the advice, you are choosing to do so of your own free will, and in the understanding that the dietary recommendations have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the dietary plan may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice. If you choose to follow the dietary recommendations and feel that it is affecting you adversely or that you are feeling negative side effects in any way then you should cease it immediately and consult your doctor.

Ok, that was unfortunate but it's necessary and now you've been told.

The rest is up to you...

'HOT TO TROT'

THE COMPLETE NUTRITIONAL GUIDE FOR EQUESTRIAN ATHLETES

About Detoxing

To detoxify your body is simply to remove toxins or poisons, which you have ingested in one way or another. Toxins enter your body in a variety of ways, most commonly through the foods we eat and the air we breathe.

Generally, the lymphatic system, liver, kidneys, bowels and skin enable the body to efficiently break down, neutralise and eliminate pollutants through sweat, urine, breath, and faeces. However, when the body is overloaded with toxins, it will store the excess in our adipose tissue (fat stores). When you stop taking in these toxins, the ones, which have previously been stored, will be processed and excreted by the body, along with the excess water and waste products that accompany them.

Core Purpose of the Nutritional Plan

The purpose of this nutritional plan is to expel all of the unwanted toxins, which you have ingested through the consumption of processed foods, smoking, alcohol and pollution, and fill your body with the nutrient rich, wholesome foods that your body is crying out for. In doing this you will not only lose a significant amount of fat mass over a relatively short period, but will also improve your vitality, health and general well being at the same time.

Food Intolerance

In addition to the detoxification process, the nutritional plan also seeks to find foods that you may be intolerant to. Food intolerances occur when the body has difficulty digesting a particular food, and therefore reacts against it. This reaction can take many different forms including feeling bloated, dizziness, nausea, stomach cramps and pains, headaches and vomiting.

In normal digestion, food is broken down into its component parts initially through chewing, and then stomach acids etc. Nutrients are absorbed into the blood stream to nourish the

body, and wastage is flushed out through the bowel. However, when foods are not effectively broken down, the body will either fail to absorb them properly, or may react against them, causing some of the aforementioned side effects.

Over time however, our bodies become accustomed to many of the foods that we are intolerant to, and so side effects subside, despite digestion still working less than optimally. Therefore in order to discover if any intolerances prevail, it is important to remove the possible potentially intolerable foods from your diet completely for sufficient time for your body to return to normal digestive function. Once this is achieved, the foods can be gradually added back into the diet, and their effects monitored closely and dealt with accordingly.

The Nutritional plan

This nutritional plan works from two food lists. The 'HOT' list and the 'TROT' list. You simply avoid all foods on the 'TROT' list, and eat plenty of the foods from the 'HOT' list. It couldn't be simpler. You will eat like this for the initial 4 weeks. Following this period, you will gradually reintroduce various other foods into your diet, and monitor the changes that they have on you.

If you feel ANY adverse effects whatsoever (tiredness, fatigue, feeling bloated, dizziness, nausea, stomach cramps and pains, headaches and vomiting etc.) the food is treated as an intolerance, and is thus banned from your diet for good. If no ill effects are felt or seen, you are generally ok to add them back into your diet for good (in proportion of course).

IMPORTANT

Prior to commencing the nutritional plan, spend 2-3 days preparing yourself and your cupboards. Get rid of everything in your house from the 'TROT' list, and stock the cupboards and fridge full of foods from the 'Hit' list. Simply 'hiding' banned foods rarely works. If whomever you live with is not on the nutritional plan, either encourage them to join in, or at least make sure that they respect your decision to abide by the rules by making your adherence as easy as possible for you. NOTE. There may well be additional foods that I have not included, this list is not exclusive. There is a more extensive shopping list later in the Plan.

The HOT List

Proteins	Fruit and Veg.	Fats	Miscellaneous
Whole organic eggs Free range chicken, duck, pheasant Free range turkey Grass fed beef, buffalo, lamb, venison All wild fish Raw almonds, walnuts, macadamia nuts, filberts, pecans, pumpkin seeds, sunflower seeds Raw nut butters from the above nuts	All vegetables (although don't overload on potato) All fruits (not canned) Brown rice Quinoa	Cold pressed extra virgin olive oil (Preferably raw) Organic butter (not margarine) Coconut oil (organic, extra virgin) Organic peanut butter	All spices Sea salt (no other salt) Herbal teas Black pepper

The TROT List

Wheat, Gluten and Grains- So no pasta, cereals, wheat bread, white rice, whole meal, whole-wheat and wheat meal flour etc. You may however eat rye, corn and wheat free breads.

Dairy - Regardless of the variety of milk you consume, unfortunately we are unable to consume dairy in this country (UK) in the form nature intended (unpasteurised). You will absorb more calcium from green leafy vegetables than milk. Cow's milk was meant for cows. You may eat natural organic low fat yoghurt as this has probiotic and fat burning properties.

Sugar and foods containing added sugar - Sugar, by far, is one of the most abused drugs in this country (and yes, I did call it a drug - how many of us are addicted to sugary foods?). It causes everything from rotting teeth to diabetes. So no biscuits, cakes, dressings, syrups, processed foods etc.

Artificial Sweeteners and Packaged Foods - So no ready meals, fizzy drinks, or anything with an E number on it! If it comes in a package, try to avoid eating it (even if you think it's good for you). So no canned tomato or tuna!

Alcohol - Steer well clear of anything alcoholic! Much like caffeine, processed sugary foods, nicotine and recreational drugs, alcohol is a 'nutrient robber', in that its consumption negatively affects your energy levels, reduced your digestive capacity, upsets mental function and disturbs your internal equilibrium.

Caffeine - So no tea, coffee, energy drinks, coke etc.

After The Initial 4 Weeks

Once you have completed the first 4 weeks, you may now gradually reintroduce foods into your diet in the following order:

1. Millet and Spelt
2. Wholegrain pasta
3. Wholegrain bread
4. Milk
5. Cheese

Only reintroduce one food at a time so that effects can be correctly monitored. When reintroducing foods, begin with 1 portion per day, making sure you look out for any adverse effects. If no effects have occurred within 1-2 days of the food being back in your diet, it may remain in your diet.

Additional Hints and Tips

- Go for organic foods, thus avoiding added toxins such as pesticides and fungicides
- Eat fruit and/or vegetables with every meal
- A high water content - 1 litre per 50lbs bodyweight per day, sipped freely during waking hours
- Don't drink fruit juices unless YOU have freshly squeezed it.
- Regular exercise (which you will be getting from me)
- Regular eating - go for 3 main meals and 2-3 snacks per day, eating every 3-4 hours for a sustained energy release and increased metabolism
- Eat slowly and monitor your feeling of fullness
- Avoid stress where possible (preventing insulin responses which aid fat storage)
- Ensure adequate amount of sleep (approx 8hrs per night)
- Get outdoors as much as possible and sunlight (not sun beds) where available
- Perform relaxation activities such as Yoga and Thai Chi
- Plan your meals - set times, food types and quantities to help you stay on track

VEGETABLES	SPROUTS	NUTS AND SEEDS	FRUIT	OILS	GRASSES	GRAINS & BEANS
Asparagus	Kamut	Almonds	Avocado	Avocado	Wheatgrass	Amaranth
Broccoli	Mung Bean	Coconut	Tomato	Coconut	Barley	Buckwheat
Chilli	Quinoa	Flax Seeds	Lemon	Flax	Kamut	Brown Rice
Capsicum/Pepper	Radish	Pumpkin Seeds	Life	Olive	Dog Grass	Chia/Salba
Courgette/Zucchini	Spelt	Sesame Seeds	Grapefruit		Shave Grass	Kamut
Dandelion	Soy	Sunflower Seeds	Fresh Coconut		Oat	Millet
Snow peas	Alfalfa					Quinoa
Green Beans	Amaranth					Spelt
String Beans	Broccoli					Lentils
Runner Beans	Fenugreek					Lima Beans
Spinach						Mung Beans
Kale						Navy Beans
Wakame						Pinto Beans
Kelp						Red Beans
Collards						Soy Beans
Chives						White Beans
Endive						
Chard						
Cabbage						
Sweet Potato						
Coriander						
Basil						
Brussels Sprouts						
Cauliflower						
Carrot						
Beetroot						
Eggplant/Aubergine						
Garlic						
Onion						
Parsley						
Celery						
Cucumber						
Watercress						
Lettuce						
Peas						
Broad Beans						
New Potato						
Pumpkin						
Radish						

Getting The **Acid-Alkaline** Balance Right

In my previous version of this Nutritional Plan this area was not fully addressed. This Hot to Trot Plan has actually surpassed the previous plan, even though the previous version got amazing results. I think far too often EA's were choosing the right foods, but choosing too many acid-forming foods at one time. I have detailed below a list of **ALKALINE** foods and **ACID** foods, all of which are fully compatible with your HOT list. By creating too much acid, we inhibit our body's ability to perform the most basic cellular activities and create a nutritional stress, leading to increased cortisol levels in the blood.

Key Points

1. You will notice that there are many fruits in the acid group. This is due to the way the foods behave inside our bodies once digested. The exceptions are tomatoes, limes and lemons due to their high alkaline mineral content and very low sugar.
2. It is worth bearing in mind that most of the acidity in foods is caused by the high sugar content. This is one of the reasons that I remove all processed sugar from the diet. I also encourage people to consume a piece of fruit with an alkaline nut, as this will help to slow down the release of the sugar and balance the acid/alkaline balance.
3. Remember that I have asked you to cut out tea and coffee. Why because they are acid forming! Try Tulsi tea or Rooibos (Red bush) tea, they are both extremely powerful anti-oxidants and can help reduce stress levels.

ALKALINE FOODS- TRY TO EAT THESE 80% OF THE TIME

ACIDIC FOODS- TRY TO EAT THESE 20% OF THE TIME

MEATS/PROTEINS	FRUIT	NUTS & SEEDS	SAUCES
Beef	Apple	Cashews	Pickles
Clams	Apricot	Peanuts	Vinegar
Eggs	Currants	Pecans	Tabasco
Lamb	Dates	Pistachios	Tamari
Lobster	Grapes	Walnuts	Wasabi
Mussels	Mango	Brazil Nuts	
Organ Meats	Peach	Chestnuts	
Venison	Pear	Hazelnuts	
Fish	Prunes	Macadamia Nuts	
Oyster	Raisins		
Rabbit	Raspberries		
Scallops	Strawberries		
Shellfish	Tropical Fruits		
Shrimp	Berries		
Tuna	Cantaloupe		
Turkey	Cranberries		
Veal	Currants		
Eggs	Honeydew Melon		
	Orange		
	Pineapple		
	Plum		

Notes on Portion Sizing

Many EA's often struggle on knowing how much to eat, so detailed below are some guidelines that should help you.

Note That Some Of The Foods Mentioned Below Are Not Permitted In The First 4 Weeks.

Bread, other cereals and potatoes:

One serving is around:

- 1 medium bowl (40g) All Bran
- 1 medium plate (230g) wholemeal boiled spaghetti
- 1 large slice (55g) wholegrain bread
- 1 large (220g) chopped, steamed potato
- 1 large bowl (290g) boiled or steamed brown rice

Fruit and vegetables:

One portion of both fruit and vegetables is equivalent to around 80g, not including pips, seeds, pulp and non-edible skin. For fruits this means:

- 1 slice of very large fruit, e.g. pineapple, melon
- 1 large fruit, e.g. banana, orange, apple
- 2 medium fruits, e.g. kiwi, plum, apricot
- 1 cup of very small fruit, e.g. grapes, raspberries, blueberries

For vegetables this means:

- 2 tablespoons of any cooked vegetables, e.g. broccoli, carrots, parsnips
- 1 small bowl of salad
- 3 tablespoons of small cooked vegetables, e.g. sweet corn, peas

Milk and dairy foods:

One average portion is equivalent to:

- 1/3 pint (200ml) milk
- 1 small (125g) pot yoghurt or fromage frais
- 1 small piece (40g) hard cheese, e.g. cheddar
- 1 small (100g) pot cottage cheese

Meat, fish and alternatives:

One average portion is equivalent to:

- 90g cooked meat and poultry, e.g. 3 slices of roast pork, 1 small rib end pork chop, 1 chicken thigh, 1 small chicken breast
- 100-150g cooked fish, e.g. 1 salmon steak, 1 medium plaice fillet, 1 medium cod fillet
- 1 (60g) cooked egg
- 3 tablespoons cooked beans or lentils
- 2 tablespoons nuts
- 1 handful sunflower or pumpkin seeds

Basic Pre and Post Exercise Nutrition

When you work out, or ride you use more energy than when at rest. Therefore it is necessary to consume sufficient (and correct) energy prior to working out, and then replenish the stores after as well. Ideally it is a good idea to eat a meal containing some slow burning carbohydrate (e.g. brown rice), some protein (e.g. a small beef steak) and some fat (e.g. some avocado) around 1-2 hours before training in order to ensure that you are sufficiently fuelled.

Following your workout, you should try to eat within 15-30 minutes. This meal should ideally contain a fast acting carbohydrate such as a banana, with some protein (such as eggs, lean meat or fish) and some fats (within meat/eggs/fish)). This will enable your body to repair quickly and limit the possibility of injury and fatigue.

Example Week- Included within this nutritional plan is an example of how one week eating should look within the first 4 weeks. It is meant only as a guideline, so remember to eat freely (from the foods on the HOT list AND those on the ALKALINE/ACID lists, remembering to get the balance right) and enjoy your food!

	Breakfast 7.30am	Snack 10.30am	Lunch 1pm	Snack 4pm	Dinner 6.30pm
Mon	Turkey strips Poached egg Mushrooms	½ Banana with sunflower seeds	Smoked mackerel Salad	Grapes and walnuts	Salmon and vegetable omllette + 1 banana
Tues	Porridge Blueberries	Prunes and sunflower seeds	Salmon and quinoa	Butter nut squash and red pepper soup	Sirloin steak + vegetables
Weds	Smoked salmon Poached Egg	Walnuts and dried apricots	Cajun chicken salad	Kiwi and almonds	Baked sweet potato with chicken breast , green beans and courgettes
Thur	Raspberries 1 egg white Porridge	½ Banana With pumpkin seeds	Homemade veg soup	Boiled egg and dried cranberries	Beef casserole, carrots, peas, mushrooms.
Fri	stewed oats with fruit and nuts	Mixed seeds	Beef casserole + vegetables	Beef salad and bean shoots	Lean mince chilli + veg
Sat	Poached egg Mushrooms	Pumpkin seeds and sultanas	Prawns and sweet potato and on the vine cherry tomatoes	Mango and pine nuts	MEAL OUT Char grilled prawns Veg Water
Sun	Apple Oats and Walnuts, with cinnamon	Cashews and dried apple	Sea bass + salad	Smoked kipper and salad	Roast beef Steamed Vegetables Dry roasted sweet potato

FOOD DIARY TEMPLATE

	Breakfast 7.30am	Snack 10.30am	Lunch 1pm	Snack 4pm	Dinner 6.30pm	Snack 9pm
Mon						
Tues						
Weds						
Thur						
Fri						
Sat						
Sun						

FOOD CRAVINGS LIST

During the next 28-30 days I would like you to make a note of the foods that you crave and see the difference between how you felt at the start of the programme and how you felt at end of the programme.

Make a note on day 1 and then every 7 days after that. A lot of sugary cravings are due to insufficient nutrition and a lack of magnesium within the diet. If you are eating plenty of vegetables and fruit, and not consuming the nutrient robbers that are alcohol and caffeine, see these cravings diminish by the end of the programme.

N.B. It is worth noting here, that fruit by itself, could be a sugar craving, so make sure when you snack on fruit that it is with a source of protein, to slow down the release of the sugar.

So start now (DAY 1).....

[See next page](#)

CRAVING	DAY 1	DAY 8	DAY 15	DAY 22	DAY 29
ALCOHOL					
CAFFIENE					
CHEESE					
BISCUITS					
PASTA					
POTATOES					
CRISPS					
CHOCOLATE					
FATTY FOODS					
CAKES					

SHOPPING LIST- Here is a list of foods you may want to stock up on!

Acai berry	Cinnamon	Low fat natural live	Prawns
Adzuki beans	Clams	Mackerel	Pumpkin seed
Almond	Cloves	Marjoram	Quail
Apple	Cod Omega oil blend	Melon	Quinoa
Apricot	Coriander	Millet	Radish Nectarine
Artichoke	Crab	Mushroom	Raspberries
Asparagus	Cranberries	Mussel	Rhubarb
Banana	Cucumber	Mustard seed	Rosemary
Basil	Curly Kale	Nutmeg	Safflower oil
Bass	Dates	Oat	Salmon
Beef	Duck	Olives and olive oil	Sardines
Beetroot	Egg	Onions Loganberries Pheasant	Sesame oil
Bio- yoghurt	Elderberries	Orange	Sesame seeds
Black pepper	Fennel	Oregano Gooseberries	Soya beans
Blackberries	Figs	Papaya	Spinach
Black-eyed beans	Flax oil	Paprika	Strawberries
Blueberries	Ginger	Parsnip Mango Pilchards	Sunflower oil
Brazil nut	Grapefruit	Peach	Sunflower seeds
Broccoli	Grapes	Peanut	Sweet corn
Brown Rice	Green peas	Peanut butter (natural)	Sweet potato
Buffalo	Guava	Pear	Swordfish
Cabbage	Haddock	Pecan nut	Tarragon
Carrot	Halibut	Peppers	Thyme
Cashew nut	Haricot beans	Pineapple	Tomatoes
Cauliflower	Hemp oil	Pinto beans	Tuna
Cayenne	Kidney beans	Pistachio nut	Turkey
Celery	Leek	Plaice	Turmeric
Cherries	Lemon	Plums	Walnut
Chick peas	Lentils	Pomegranate	Watercress
Chicken breast	Lettuce	Prawn	
	Lobster		

Don't forget you can get your copy of the HOT To TROT Cookbook at anytime.

I think that the HOT TO TROT Nutritional Plan provides you with so much variety. There is so much scope to let your imagination run wild. Perhaps for some this will be amazing but if you are like me, a little less inventive in the kitchen and don't have all day to spend cooking, then I have it covered.

During my quest to take my own and my Equestrian Athletes nutritional habits to an excellent level, I started to put together recipes. I have collated all of them into a 130+ page living cookbook for you. The cookbook contains recipes and ingredients that are fully compatible with my **Hot to Trot Nutritional Plan**. It will help you out when you are lacking inspiration. It's been designed to help people like me, who lack creativity in the food environment.

When I say this book is living I mean it's alive and kicking. Like the health and fitness profession, my book will evolve. I will be updating this throughout time and you will be able to download upgrades for FREE.

Click the book to grab your copy.

