

Real Food Program FAQs

Can I use the evening meal for the whole family?

Yes you can. The evening meals are generally family friendly options, and can be scaled to include more portions; you will just have to adjust the shopping list accordingly.

If you are catering for very active and growing children you may need to include a side dish of carbohydrate such as rice, pasta, cous cous or potato. Or corn and peas are also a great option.

Can I adjust the meal plan to suit my personal needs?

Yes you can. The Reset program is suitable for most people of medium build and doing a moderate amount of exercise. If you are a smaller build, then you can eliminate one of the snacks. This plan is also suitable for those who are looking to shed a few excess kilos in preparation for getting back into exercise.

The High Performance Plan is suitable if you are a larger build or small/medium build doing a high level of exercise (8+ hrs per week.) This plan is adjustable - by adding or subtracting the number of snacks to meet your energy demands.

If you find you are hungry on either of the plans – you can add extra “above the ground” vegetables to your meals. Things like steamed broccoli, snow peas, green beans and asparagus are easy options.

Please ensure that you are eating a meal within 45 minutes of finishing exercise so that you are replacing your glycogen (fuel) stores, supporting your immune system and assisting muscle repair.

Are there cheat meals in the plan?

No. The plan provides a balance diet of healthy carbohydrates, protein and fat for each day, with plenty of variety so that you don't feel deprived. It even includes a small amount of dark chocolate.

I suggest you aim for 19 great meals per week, and allow 2 to be flexible

What if I'm not hungry?

You can eliminate the snacks if you are not hungry. It is advised that you eat 3 meals per day.

What if I'm REALLY hungry?

You can add additional portions of "above the ground" vegetable to the meals. Go for green when you can – broccoli, snow peas, green beans, spinach, asparagus, brussel sprouts.

Are you getting enough sleep? The recommend amount is 7-8 hour per night, even more if you are doing a high level of exercise (8-9hours). Studies have shown that lack of sleep disrupts the hunger hormones, making you feel hungrier, plus when you are tired it is easy to reach for a sugar laden/processed carbohydrate snack to bump up your blood sugar levels.

Are you drinking enough water? If you find you are hungry a lot, monitor your water intake to make sure you are not being confused with being thirsty.

Does the meal plan follow a diet protocol? – i.e. low carb, paleo, sugar free

No. The meal plan is a balance of healthy carbohydrates, proteins and fats. The meal plan is based on the principle of Just Eat Real Food; it includes a variety of protein sources, wholegrains, plenty of vegetables, a small amount of whole fruit and healthy fats.

Many of the recipes are family friendly and can be prepared ahead of time.

How do I get started?

A shopping list is provided with each meal plan. Have a look through the plan and make adjustments to the shopping list in terms of volume if you need to include more portions for the evening meals.

Every recipe has the number of portions that it provides. Read through the recipes, many of the evening meals can be prepared and cooked ahead of time (and last for 3 days in the fridge) or frozen.

Go shopping, or do an online shop.

Set aside some time on Sunday to get organised for the week ahead. You may need to invest in some extra containers to help things run smoothly during the week.

Water /Tea /Coffee/Alcohol

You should be drinking 1.5 - of water per day, plus an additional 600ml for days you have done intensive exercise.

If you find drinking water difficult you can replace it with herbal teas, green tea or sparkling water.

Coffee/Tea - suggested limit is 2 per day, and ideally black (or a dash of milk, not lattes and large milky drinks. This applies to soymilk as well.)

Please limit alcohol as much as possible. Ideally have 5 alcohol free days per week, and no more than two standard drinks on the other days.

Why are some meals shaded in grey?

Grey denotes a leftover meal.

Why are there recipes for single items like fruits, vegetables and nuts?

These are included so that you can see the recommended portion size.