

-bp's 5:2 system-

rcc february foundations project

Monday 31st – Sunday 20th February 2022.

The rules.

1. What I say goes for five days, and then it's your call for two days.

Clear?

2. Read rule #1 again.

BP

How it works.

1. Nourishing



Meet my 'daily' (not just one meal) food principles = **1 point (15 total)**

I am a trained Nutritionist (23yrs), and here are my nourishing principles.

Choose from my super simple & easy meal choices,

or

- ✓ Choose only whole real food - the stuff nature gave us.
- ✓ As in zero food that has been created or recreated.
- ✓ No meals/ sort-of food from a service station.
- ✓ No food promoted by a mascot and a three-chord jingle.
- ✓ No food telling or bragging it's value to you, and,
- ✓ Choose food that will go off in three days.

Volume & portions

- ✓ Fuel to satisfy your appetite for 5-7 hours post-consumption.
- ✓ Providing you're choosing whole real food, portion to satisfy your hunger.
- ✓ However, we're not eating for Australia.

-this is not a specific weight-loss program-

Step 1 – bp’s breaky ‘simple’ choices.

Option One Reboot Mix	Option Two Keto Bowl	Option Three Summer Stack
<p>Contain</p> <ul style="list-style-type: none"> <input type="checkbox"/> 500gr ‘Quick’ (cooking) Oats. <input type="checkbox"/> 60gr Chia Seeds. <input type="checkbox"/> 60gr Linseeds (flax). <input type="checkbox"/> 60gr Slivered Almonds. <input type="checkbox"/> Tspn Ground Cinnamon. <input type="checkbox"/> 100g Shredded Coconut. <input type="checkbox"/> 60g Sunflower seeds. ☞ Shake it up! <p>½ – ¾ cup of mix ¾ cup water Microwave, 2 minutes Dash of honey or berrie mix.</p>	<p>Plate</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-2 Eggs. <input type="checkbox"/> 1/3 Avocado. <input type="checkbox"/> 1 tbn Feta. <input type="checkbox"/> 3-5 Baby tomatoes. <input type="checkbox"/> 3-5 Small Mushrooms. <input type="checkbox"/> Basil or Coriander. <input type="checkbox"/> Pinch Sea Salt. <input type="checkbox"/> Lemon Juice. <p>Pan-fry all ingredients, plating to add, herbs, juice & salt to taste.</p>	<p>Bowl</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watermelon <input type="checkbox"/> Rockmelon <input type="checkbox"/> Kiwi fruit <input type="checkbox"/> Pear <input type="checkbox"/> Apple <input type="checkbox"/> Slivered Almonds <input type="checkbox"/> Ground Cinnamon <input type="checkbox"/> 1-2 tbn Coconut Yogurt. <p>Cut your fruit choices from the list, bowl to add spice & coconut yogurt.</p>

Step 2 – bp’s lunch ideas.

Mix & match.

Step 1 Choose your filler.	Step 2 Choose your main.
<p>Make your salad-like mix, Think: green, colour, crunch, juicy. Zero additives.</p> <p>Or</p> <p>Woollies fresh food section.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lentil salad mix <input type="checkbox"/> Greek Salad Mix <input type="checkbox"/> Couscous salad mix 	<p>Quick’n’easy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Red Salmon <input type="checkbox"/> Pink Salmon <input type="checkbox"/> Tuna in Olive Oil <p>Make’n’take (containing).</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fish <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Red meat <input type="checkbox"/> Bean Medley

<ul style="list-style-type: none"> <input type="checkbox"/> Green goodness salad bowl <input type="checkbox"/> Roasted vegetable couscous salad mix <input type="checkbox"/> Tabouli mix Salad <input type="checkbox"/> Quinoa mix Salad <input type="checkbox"/> Saffron rice salad mix <p>E.g. ¾ cup of filler's'</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Halloumi <input type="checkbox"/> Feta <input type="checkbox"/> Egg (boiled) <p>'About' 100 – 150g.</p>
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Step 3 – bp's dinner principles.

Step 1 Choose your main.	Step 2 Choose your veggie stack.	Step 3 (FYI) Choose your dressing.
<p>OK, again, think fresh, unprocessed produce.</p> <p>Well, as close as you can get.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Red meat <input type="checkbox"/> White meat <input type="checkbox"/> Eggs <input type="checkbox"/> Bean medleys <input type="checkbox"/> Nut & seeds medleys <input type="checkbox"/> Soy products 	<p>All veggies are amazing; go for it! Unlimited volume.</p> <p>Be sure to throw in the listed timeless headliners;</p> <ul style="list-style-type: none"> <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccolini <input type="checkbox"/> Cauliflower <input type="checkbox"/> Squash <input type="checkbox"/> Zucchini <input type="checkbox"/> Capsicum (red, yellow, green) <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Snow peas, Green beans <input type="checkbox"/> Spinach <input type="checkbox"/> Bok Choy <input type="checkbox"/> Asparagus <input type="checkbox"/> Fennel <input type="checkbox"/> Pumpkin <input type="checkbox"/> Artichoke <p>Steam, roast, air-fry, pan-fry, microwave, whatever!</p> <p>Fresh is the best!</p>	<p>Option 1: Butter, Sea Salt & Lemon Juice (bp's standard)</p> <p>Option 2: Blend; 1/3 cup Tahini, ¼ cup Lemon Juice & 1 clove Garlic.</p> <p>Option 3: Blend; 2 tbpn Balsamic Vinegar, 2 tbpn Olive Oil, 2 tbpn Red wine vinegar, Black pepper</p> <p>Option 4: Blend; ¼ cup peanut butter, 2 tbpn coconut aminos, 3cm nob fresh ginger.</p> <p>Option 5: Skake; ½ cup Olive Oil, 2 tbpn Avocado Oil, 3 tbpn apple cider vinegar, 1 tspn honey, 1 tspn finely chopped garlic, ½ tspn turmeric, pinch salt & pepper.</p> <p>Option 6: Blend; Jar drained roasted peppers, ½ cup raw almonds, lemon juice.</p>

After dinner cleanser:

Herbal tea – best choices: Peppermint, Spearmint, Chamomile, Lemon & Ginger, Green Tea, or Boiling water, fresh lemon or lime – even a tiny dash of honey.

2. Moving

Meet my 'daily' movement principles = **1 point (15 total)**.

I am a trained Exercise Specialist (30yrs), and here are my movement principles.



NOTE – Some RCC folk currently comply with my principles year-round – give yourself 15 points & scroll down to the 5:2 mindset strategy – page 6).

For a point, you need,

- Qualifying with 20 minutes (min) of rhythmic & continuous movement.

FYI – my **FITT** 'stamina' rules.

F requency	<ul style="list-style-type: none"> ✓ Aerobic training: Monday to Friday x three weeks. ✓ Tick off your commitment. ✓ 15 sessions.
I ntensity	<ul style="list-style-type: none"> ✓ Rhythmic & continuous movement performed at 'your' conversational paced effort. ✓ Perform all training at 'your' 75% of your maximum sustained effort. ✓ Do not blow the doors off.
T ype	<ul style="list-style-type: none"> ✓ All rhythmic & continuous movement qualifies. ✓ The best & typical choices are Walking, Running, Riding (including stationary), Rowing, an Elliptical trainer, Step machine, Swimming, Surfing, Touch, Tennis, etc. ✓ Golf – while I love a round, golf is a pass-time at best and not classified as exercise.
T ime	<ul style="list-style-type: none"> ✓ 20-minutes is the minimum time. ✓ Lifestyle, fitness level, and interest permitting extend your rhythmic & continuous movement.

Postural Strength.

- Qualifying with some form of postural strength action.

Note – if you're on the tools all day, you qualify,

If you're in the gym etc, you qualify.

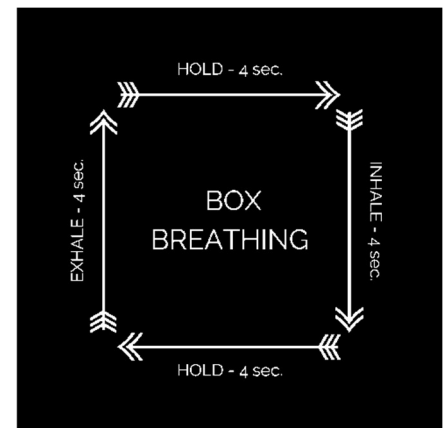
Or

1. just one set of 10x: Push-ups, Body Weight Squats & Sit Ups – yep, that's it.
2. bp's dumbbell routines (6-9 minutes per session) – see video link
2. annie's body-weight routines (pilates-like) (5-10 minutes per session) – see video link.

3. Mindfulness

Meet my 'daily' mindfulness hack = **1 point (15 total)**.

I am NOT a trained Psychologist, but I meet stress-impacted people every day who benefit greatly from the following 90 second practice.



Enter: Box Breathing.

What:

1. Take a slow nasal breath for 4 seconds.
 2. Hold your breath for 4 seconds.
 3. Exhale (nasally) for 4 seconds.
 4. Hold this breathless state for 4 seconds.
- ~ Repeat for 90 seconds, or more.

FYI - I use the 'free' App: **Box Breathing Assistant**.

With practice I comfortably hold 8 second intervals.

Your Scoreboard

5:2 system	Food	Move	Chill	Points
Monday 31st				
Tuesday 1st				
Wednesday 2nd				
Thursday 3rd				
Friday 4th				
Monday 7th				
Tuesday 8th				
Wednesday 9th				
Thursday 10th				
Friday 11th				
Monday 14th				
Tuesday 15th				
Wednesday 16th				
Thursday 17th				
Friday 18th				