



**BODCON**  
**FITNESS**

**UNDERSTAND YOUR MACROS**

**NUTRITIONAL  
TEST**



Below is your nutritional test we'd like you to carry out.

Please can you eat the following over the next 3 consecutive days?

## NON VEGAN OPTION

### Day 1 Breakfast

3-4 egg omelette with 2 portions of veggies cooked in butter

### Day 2 Breakfast

3 egg and ham omelette with a bowl of fruit salad (banana, apple and grapes for example)

### Day 3 Breakfast

2-3 poached eggs on toast with a banana (no butter or oil)

## VEGAN ALTERNATIVE

### Day 1 Breakfast

140g tofu with 2 portions of veggies (mushrooms, spinach tomatoes etc) cooked in ½ tbsps coconut oil (feel free to add herbs/spices/seasoning) smoked paprika,

### Day 2 Breakfast

140g tofu (feel free to add herbs/spices/seasoning), cooked with ½ tbsp coconut oil with a small bowl of fruit salad (banana and grapes for example)

### Day 3 Breakfast

100g tofu (feel free to add herbs/spices/seasoning but if cooking, cook in non-stick pan without oil) on wholemeal toast (optional GF if needed) with a banana

### Optional Scrambled Tofu Method:

- Crumble the tofu by hand or use a fork, until you have bite sized pieces
- Add to a hot, non stick pan with oil if required depending on what day you are on
- Add salt, ¼ tsp of turmeric and a pinch of black pepper
- Cook for 5-10 mins stirring occasionally
- Serve with optional herbs or very low calorie flavouring such as fresh or dried chilli, fresh parsley, coriander etc...

# METHODOLOGY

- Day 1 breakfast is a moderate protein, high fat, low carb meal,
- Day 2 breakfast is a moderate protein, moderate fat, moderate carb meal,
- Day 3 breakfast is low-moderate protein, low fat, high carb.

The idea is that after every meal time we want you to assess how you feel, based on these factors:

1. How satiated you feel (how full up you felt all morning)
2. If you felt energetic or lethargic
3. If you had good concentration or not
4. Whether it made you crave any foods 1-2 hours afterwards (strong cravings, we all fancy a biscuit here and there).

What we are looking for is the meal that had the most positive outcome. The meal that made you feel satiated, satisfied, gave you good energy and allowed good concentration with no cravings is the meal that we need to identify. This is how we will start to build your diet initially.

Why do we do this? Foods that you eat should make you feel good, happy, and satiated. We need to identify the food combination that generally makes you feel on top of the world, and build the rest of your diet based on the energy response from this experiment.

Aim to keep the rest of your food healthy but it is the breakfast we are looking at specifically.

Once you know which breakfast was the best for you, you should continue eating this way (e.g. if the high fat, moderate protein and low carb option was the best, aim to eat a diet high in fat & protein and lower in carbs).

Please let us know how you get on so we can advise you on how to build your diet.

\*As this is a test, please stick to the guidelines as much as possible in order to get a clear and fair result.

**\*\*Please also note, this is just a test to do over 3 days. Whatever the outcome, it does not mean you have to eat that exact breakfast every day, going forward.**

If you have any problems or questions, just send us an email [\*bodconfitness@outlook.com\*](mailto:bodconfitness@outlook.com) and we'd be happy to help!

See you at a live workout this week!

*Leslie Leung*  
BodCon Fitness