



WELCOME TO THE
BRIDGE THE GAP
NUTRITION GUIDE
WITH
AMY WILLERTON

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Disclaimer

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

All content and guidance has been created and written by fully qualified industry professionals, and is presented and demonstrated by Amy Willerton.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Amy Willerton accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed to a healthcare professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

NUTRITION



‘I’ve always found that planning my meals and writing down or logging what I eat and drink really helps me to stay on track- it’s amazing how you can forget little snacks you’ve had here and there if you don’t make a note of them. I either use a little notebook and pen or the My Fitness Pal app is really useful too.’ - Amy

If you have a lot of commitments and don’t have a lot of time, then batch cooking and prepping your meals in advance can be really effective when it comes to staying on track.

To help you plan and also record, why not print off the next page and pop it on your fridge.

	MON	TUE	WED	THU	FRI	SAT	SUN
Break-fast							
Calories							
Lunch							
Calories							
Evening Meal							
Calories							
Snack							
Calories							
Total Calories							
Workout							



‘As well as tracking what I eat and drink, placing some focus on a good daily routine really helps me too. I try to keep it simple so that I don’t put too much pressure on myself and feel like I’ve got a big, long list of things to do, but having a simple checklist either in my head or on paper is a great way to ensure you hit daily hydration goals, for example.’
-Amy

You can save the daily checklist to your phone as your home screen or print off the next page and pop it in your notebook or on the fridge... anywhere that you are likely to see it several times each day.

Check List

Drink 500ml of water

☐

Write down what I want to achieve today

☐

Complete my workout

☐

Drink another 500ml of water

☐

Plan/prep my meals for today/tomorrow

☐

Drink another 500ml of water

☐

Complete my goal for the day

☐

Drink another 500ml of water

☐

Complete 10,000 steps

☐

Creating A Calorie Deficit

Fuelling your body with good nutrients is so important just when it comes to how your body looks but also how you feel on the inside too.

I enjoy cooking but I don't always have a lot of time, and I'm no chef, so I like to follow recipes that are straight forward, but taste really nice and we can enjoy as a family.

The term 'calorie deficit' is used a lot in the world of fitness and nutrition and is a key part of reducing your body fat percentage and losing weight...but what does it mean and how do you implement it?

Let's start with what calories are in the first place...

Calories are units of energy that your body gets from the things you eat and drink.

When you consume fewer calories than you burn or use you create a calorie deficit.

Each day you expend or burn calories (this is known as calorie expenditure), via:

BMR (Basal Metabolic Rate). This refers to the calories your body uses for basic bodily functions that keep you alive, like circulating blood around the body and breathing.
TEF (Thermic Effect of Food). This refers to the calories your body uses to digest, absorb and metabolise food.
Active energy expenditure. This refers to the calories you use during physical activity, and includes anything from cleaning the house or walking the dog, to structured workouts and running.

Put simply, if you consume fewer calories than your body needs to support these three elements of calorie expenditure, you create a calorie deficit. If you do this consistently, over time, this will result in weight loss.

At the opposite end of the scale, if you consume more calories than your body needs to support these three functions, you will create a calories surplus, which over time will lead to weight gain.

As a general rule, a calorie deficit of 500 calories per day is enough for most people to lose weight, without affecting energy or hunger levels, but in order to achieve this deficit, you first need to know what your maintenance calories are (the precise number of calories your body needs to support energy expenditure).





HOW TO USE MY FITNESSPAL

'I used the My Fitness Pal app from day one of my health and fitness journey. It's really easy to use and is a great way to track your calorie intake.' - Amy

Once you have downloaded the app, add your information - gender, height, weight, and target weight. They also ask for your activity levels.

From this information, MyFitnessPal will calculate your maintenance calories, and if your goal is to lose weight, they will create a small calorie deficit for you.

Creating a small calorie deficit every day will mean that your body begins to lose weight.

If you link up your exercise to the app, it automatically adds in more calories per day, so it is recommended to not do this, as it confuses the process.

The macronutrients which make up those calories are your fat, carbohydrate, and protein. The percentages/grams of these will vary depending on your goals. As long as the calories are met, it is highly likely you will get your desired results. However for optimal efficiency and best results, it's worth tailoring your macronutrient levels to your needs.

It is likely that your protein levels will need to be 1.3-2.0 grams per kilogram of bodyweight.

It is likely your carbohydrates will need to be 2.5-6.0 grams per kilogram of bodyweight.

It is likely that your fats will need to be 0.8-1.2 grams per kilogram of bodyweight.

If you tap 'more' > 'goals' > 'calorie, carbs, protein, fat goals', you can then adjust your macronutrients as you wish.

If you wish to calculate your own calorie needs and deficit outside of the app, you can use an online free Basal Metabolic Rate (BMR) calculator. This equation needs your age, gender, weight, and height. The Mifflin-St Joer equation is the most accurate and is super easy to find via Google.

Once you have your BMR, you bolt on your current activity levels which range from sedentary to very intense. This will mean a certain amount of calories are added on to your daily needs.

It is recommended to create a daily calorie deficit of 300-500kcal to facilitate healthy and steady fat loss.

As your weight drops, your calorie needs will therefore drop too. So every 3 months you should recalculate your BMR.

As you progress with your body composition and training it is also likely you will need to recalculate your macronutrients.



RECIPES

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A person is sitting on a bed with white linens. They are wearing a light blue button-down shirt and white shorts. Their legs are crossed, and their hands are resting on their knees. To their left, a newspaper is spread out on the bed. In front of them, there is a wooden tray with a bowl of granola and a bowl of strawberries. The word "BREAKFAST" is overlaid in large, bold, gold-colored capital letters.

BREAKFAST

W

Avocado Feta Pomegranate On Toast

Calories: 322 kcal
Carbohydrates: 27g
Protein: 9g
Fat: 21g

Serves 2

Prep Time 5 mins

Cook Time 0 mins

Ingredients

2 slices Wholemeal Bread
1 Avocado
¼ cup (50g) Feta Cheese, crumbled
¼ Pomegranate Seeds
Mint Leaves to garnish

Method:

1. Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.
2. Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.

Chocolate Protein Banana & Hazelnut Pancakes

Calories: 249 kcal
Carbohydrates: 26.6g
Protein: 16.6g
Fat: 9.2g

Prep Time 5 mins
Cook Time 6 mins

Ingredients

170ml Semi Skimmed Milk
2 small Bananas
2 Eggs
100g Porridge Oats
2 scoops Whey Protein
2 tbsp. Chocolate Nut Spread
20g Hazelnuts, kernel only
1 tsp. Baking Powder

Method:

1. Using a blender or a food processor, blitz together the milk, 1 banana, eggs, porridge, baking powder and whey protein.
2. Chop up the hazelnuts and add them into the combined ingredients.
3. Heat a large frying pan over a medium heat, apply a small amount of oil/fry light. Cook for around 3-4 minutes before flipping and repeating for a further 2 minutes
4. Plate up and top with the remaining banana slices and chocolate spread.



Lean Herby Breakfast Sausages

Calories: 56 kcal
Carbohydrates: 2g
Protein: 7g
Fat: 3g

Serves 8

Prep Time 10 mins

Cook Time 10 mins

Ingredients

250g Ground Pork
Salt & Pepper
2 tbsp. Sage (chopped)
2 tbsp. Basil (chopped)
1 tbsp. Coconut Oil

Method:

1. In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.
2. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.
3. Serve hot or store in the refrigerator for later.

A close-up, slightly blurred photograph of a person's hand using a knife to cut a tomato on a plate of salad. The salad includes lettuce, tomatoes, and possibly cheese. The background is a warm, out-of-focus interior setting. The word "LUNCH" is overlaid in large, bold, gold-colored capital letters.

LUNCH



Moroccan Cod and Bulgur Salad

Calories: 447 kcal
 Carbohydrates: 42g
 Protein: 34g
 Fat: 18g

Serves 2

Prep Time 5 + 30 mins

Cook Time 15 - 25 mins

Ingredients

300g Cod Fillets
 1 tbsp. Lemon Juice
 2 cloves Garlic (crushed)
 ½ tsp. Turmeric
 ½ tsp. Paprika
 ½ tsp. Cumin
 Pinch of Saffron
 2 tbsp. Olive Oil
 100g Bulgur Oats
 1 Tomato (chopped)
 ¼ Onion (chopped)
 15 Green Olives (halved)
 3 sprigs of Parsley (chopped)
 Lemon Wedges (to serve)

Method:

1. Drizzle the cod fillets with lemon juice, season with salt and pepper, and then rub with the garlic and the rest of the spices, coat with a tablespoon of oil and leave for half an hour to marinate, if you have time.
2. Cook the bulgur in salted water (for about 15 minutes) and once cooked set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur in the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.

Butternut, Rocket and Goats Cheese Frittata

Calories: 234 kcal
Carbohydrates: 14.6g
Protein: 16.7g
Fat: 12.4g

Serves 6

Prep Time 20 mins

Cook Time 1 hour

Ingredients

1 kg Butternut Squash
10 Eggs
1 medium Leek
80g Goats' Cheese
60g Rocket
1 tbsp. Olive Oil

Method:

1. Preheat the oven to 190 degrees.
2. Cut the squash into small cubes and coat with olive oil and salt and pepper and leave to bake for 35-40 minutes and then turn down the oven to 170 degrees.
3. Separately crack the eggs into a large bowl, season with salt and pepper and whisk.
4. Use fry light or a small amount of oil to grease the bottom of a large (10 inch) frying pan. Crank up to a medium heat and cook the sliced leeks until softened (10 minutes should be enough).
5. Add the rocket to the pan and allow to wilt before adding the squash and crumbled goats cheese.
6. Pour the eggs over the ingredients in the frying pan and reduce the heat to low. Cook for 4 minutes before transferring into the oven for around 20 minutes or once set throughout.

Tandoori Chicken and Spinach Wraps

Calories: 593 kcal
Carbohydrates: 51.3g
Protein: 51.3g
Fat: 18.9g

Serves 2

Prep Time 10 mins

Cook Time 12 mins

Ingredients

2 large Tomatoes
250g Chicken Breast
4 large Wholemeal Tortilla Wraps
1 Lemon
60g 0% fat Greek Yoghurt
60g Cheddar Cheese
1 small Carrot
40g Spinach
15g Tandoori Curry Powder

Method:

1. Slice the chicken breast into thumb sized pieces before adding the tandoori seasoning along with the juice of the lemon. Mix together ensuring each piece has been coated, finish this by adding salt and pepper.
2. Bake the chicken at 200 degrees for around 12 minutes or until fully cooked throughout.
3. Onto each wrap spread 15g of yoghurt, 15g cheese, some tomato, spinach and grated carrot. Top this with the sliced, cooked chicken and wrap up.



DINNER

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Jerk Chicken and Cauliflower Rice

Calories: 397 kcal
 Carbohydrates: 15g
 Protein: 33g
 Fat: 24g

Serve 4

Prep Time 15 min

Cook Time 15 min

Ingredients

For The Marinade

1 tsp. Dried Thyme Leaves
 1 tsp. Ground Allspice
 2 tbsp. Brown Sugar
 ½ tsp. Salt
 ½ tsp. Pepper
 2 tsp. Garlic Powder
 ½ tsp. Cinnamon
 ½ tsp. Cayenne
 2 tbsp. Olive Oil
 2 tbsp. Lime juice

For the Chicken & Rice:

450g Chicken Breast
 400g Cauliflower Rice
 2 tbsp. Coconut Oil
 1 Onion, diced
 3 Garlic Cloves, minced
 250ml canned Light Coconut Milk
 1 Lime, zest and juice
 Handful Coriander, to garnish
 Lime wedges, to serve

Method:

1. Combine all marinade ingredients in a bowl or container. Add the chicken breasts and turn to coat in the marinade, leave to marinate for 15 mins or overnight.
2. Heat the tablespoon of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.
3. Next add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.
4. In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked, serve with the cauliflower rice.
5. Garnish the rice with chopped coriander and serve with lime wedges.

Garlic Prawn Linguine

Calories: 490 kcal
Carbohydrates: 79.2g
Protein: 36.3g
Fat: 5.3g

Serves 2

Prep Time 10 mins

Cook Time 15 mins

Ingredients

1 tin Chopped Tomatoes
225g Cooked Prawns
200g Cherry Tomatoes
180g Spaghetti, Whole-Wheat
1 medium White Onion
100g Rocket
1 Lemon
2 Garlic Cloves
2 Anchovies
1 tsp. Chilli Flakes
2 sprigs Fresh Parsley
1 tsp. Olive Oil

Method:

1. Add the olive oil to a large frying pan at a medium heat, whilst heating up chop the onion and crush the garlic cloves before adding them to the pan, at this time also add the anchovies and chilli flakes.
2. Cut the cherry tomatoes in half and add them to the pan along with the tinned tomatoes.
3. Bring this to the boil and then leave to simmer for around 10 minutes or until the sauce has thickened.
4. In a separate pan cook the pasta using the packet instructions.
5. Once the sauce has thickened proceed to add the prawns and parsley. Add into the sauce some salt, pepper, more chilli if wanted and lemon juice.
6. Drain all but 2 tablespoons of the water away from the pasta. Mix the pasta through the sauce with the leftover water.
7. Serve with a lemon wedge and rocket on top.



DINNER

Asian Tofu Salad

Calories: 479 kcal
Carbohydrates: 14.7g
Protein: 28.1g
Fat: 34.4g

Serves 3

Prep Time 15 mins

Cook Time 6 mins

Ingredients

400g Firm Tofu
300g Cucumber
3 small Carrots
150g Iceberg Lettuce
5 Spring Onions
50g Peanuts
50g Cashew nuts
2 tbsp. Tahini Paste
2 slices Red Pepper
2 inches Fresh Ginger
15ml Dark Soy Sauce
2 tsp. Sesame Seeds
1 Red Chilli

Method:

1. Preheat the oven to 180 degrees and place the nuts onto a baking tray. Once heated, roast the nuts for around 5-6 minutes then set aside to cool.
2. Cut up finely the ginger, spring onion and chilli before adding to a bowl with the soy sauce and tahini. Combine with a whisk or a fork until all mixed together.
3. Cube the tofu then place into the bowl to marinate in the dressing for around 15 minutes, longer if possible.
4. Remove the middle of the cucumber then slice and slice in half again, leaving moon-like shapes.
5. Grate the carrots and add these to the marinating tofu. Chop up the cooled nuts then also add them to the bowl.
6. Serve the mixture on to a bed of lettuce then top with peppers that have been sliced and a sprinkling of sesame seeds.

SNACKS & SWEET TREATS



Banana Almond Muffins (Vegan)

Calories: 210 kcal
Carbohydrates: 28g
Protein: 5g
Fat: 10g

Serves 6

Prep Time 10 mins

Cook Time 20 mins

Ingredients

2 ripe Bananas, mashed
60ml Maple Syrup
60ml Almond Butter
55g Spelt Flour
1 tsp. Baking Powder
¼ tsp. Baking Soda
30g Walnuts

Method:

1. Heat the oven to 180 degrees and line a muffin tray with paper muffin cups.
2. Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.
3. Divide the batter between the 6 muffin cups. Top each one with the walnuts.
4. Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.
5. Remove the muffins from the oven and cool completely before serving.

Cashew and Fig Chocolate Bars

Calories: 302 kcal
Carbohydrates: 50.8g
Protein: 5.6g
Fat: 9.7g

Serves 6

Prep Time 10 mins

Chill Time 2 hours

Ingredients

150g Semi-Dried Figs
100g Porridge Oats
100g Sultans
4 tbsp. Honey
50g Cashew Nuts
50g 70% Dark Chocolate

Method:

1. In a food processor blitz together the oats and cashew nuts. Add the dried fruit and the honey, then continue to blitz until well combined.
2. Transfer this mixture into a tray and press down using a spoon.
3. Melt the chocolate and drizzle on top, then leave in the fridge for at least 2 hours before portioning out.

The Very Berry

Calories: 282 kcal
Carbohydrates: 43.4g
Protein: 20.1g
Fat: 3.3g

Serves 1

Prep 5 mins

Cook 0 mins

Method:

1. Cut off the tops of the strawberries.
2. Add all berries and ingredients to the blender and blitz until smooth.

Ingredients

150ml Semi-Skimmed Milk
150ml Skyr Yoghurt (Berry flavoured)
100g Strawberries
50g Blueberries
1 heaped tsp. Honey

The background is a teal color with a dense pattern of small, irregular gold-colored speckles. Overlaid on this are several large, semi-transparent geometric shapes in various shades of teal and grey, creating a layered, abstract effect. A large, bold, black letter 'W' is centered in the upper half of the image.

W

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