



Eat small, frequent meals throughout the day to stimulate your metabolism and enable you to burn more calories, even at rest

**DIET & SUPPLEMENT STRATEGIES TO KEEP YOU ON TRACK**

# HEALTHY EATING on the go

BY MARIO VAN BILJON Founder of Bodyguru

**When a fitness or figure model, physique athlete or personal trainer stresses they eat frequently throughout the day they are not saying they eat “too much”. Eating small meals 6 - 7 times a day will increase your metabolism, so your body is constantly burning calories and receiving the nutrition it needs to maintain all bodily functions, including building and maintaining muscle.**

However in today's quick fix, “on-the-go” society everybody wants things done fast and people don't like wasting their limited time. The typical person will therefore often grab a bite to eat on the way home from work to save time purchasing and cooking a healthy alternative. Luckily, as health enthusiasts we are a little more informed about, and concerned with the consequences of following such an unhealthy dietary lifestyle. But this doesn't mean we are totally immune to the urges of eating junk food or the pressures and time constraints of daily life.

Eating healthy low fat, low sugar, high protein meals and resisting junk food can be incredibly hard. However, it is necessary if you want to achieve your physique goals and look good all year round. With this in mind I have outlined five simple diet and supplement suggestions that will help you stay on track and get the most out of your efforts in the gym.

## **1 NEVER GO LONGER THAN THREE HOURS WITHOUT A HEALTHY MEAL**

Eat small, frequent meals throughout the day. Eating this way stimulates your metabolism, enabling you to burn more calories, even at rest. Instead of three large meals each day, eat three medium meals, with snacks in between. This is also important in order to keep your body in an anabolic (muscle building) state because, if you're not feeding your body regularly it will go into a catabolic (muscle breakdown) state, eating lean muscle for fuel. This is the last thing that you want, as a loss of lean muscle leads to a decreased metabolic rate and a loss of muscle tone too!

So always be prepared and have healthy food available, which enables you to eat every 2½ - 3 hours. This doesn't always have to be solid food, but could be a meal replacement or protein drink with some fruit. As long as you're giving your body the right fuel to work with you'll be fine. Also, by eating frequently you help prevent cravings for junk food. When you get too hungry you often end-up desiring fast food to satisfy your hunger, which is obviously a sure fire way to derail your healthy eating efforts!

## **2 USE A LOW CARB MEAL REPLACEMENT**

Many exercise enthusiasts look to a well formulated low carbohydrate meal replacement supplement to take the place of one or even two of their daily meals. Meal replacements generally come in two formats – Ready to

**QUICK MEAL FIX**



**15 MIN**

### **EGG WHITE AND OAT MEAL FLAP JACKS**

In a blender mix together 4-5 egg whites, 40-50g of oats (or oatmeal), 1 heaped tablespoon of your favourite pure protein powder and sweetener to taste. Blend thoroughly, then fry in a non-stick pan flap jack style... Sprinkle with cinnamon for taste (makes 4-6 small flap jacks). These can be stored in the refrigerator and carried around with you in Tupperware or Zip Lock bags as a convenient on-the-go meal option.

Drink (RTD) products or Meal Replacement Powders (MRP), in an array of flavours to satisfy even the most discerning of consumers.

The best meal replacement products on the market have generally been formulated for those people striving for fat reduction and the preservation of lean body mass. That is they are low in carbs and fat, provide a healthy dose of protein to support lean muscle building/toning and are often fortified with nutraceuticals that support fat burning (e.g. L-Carnitine, Chromium Picolinate, Green Tea Extract). Just remember if fat loss/toning is your goal, then be sure to read the label and try to choose meal replacements that provide at least a 2:1 protein to carb ratio. Some supplement manufacturers use the words “meal replacement” pretty loosely, so it is not uncommon to find a high carb, high calorie mass builder labeled as a MRP. Steer clear of these products if it is a lean toned physique you are seeking. RTDs provide the benefit of

convenience in that they are already made and require no preparation. The disadvantage is that they are transported from manufacturer to distributor, to retailer in liquid form, which significantly impacts on the distribution costs of such products. Couple this with the fact that they are sold in single serving format, which raises packaging costs, and you can well understand why this is the most expensive form of meal replacement.

MRPs, on the other hand are supplied in powder form, either as single serve sachets or in bulk powder tubs that both need to be reconstituted with water (or fat free milk). While the single serving sachets offer convenience, as they are easily carried around in your gym bag, hand bag or brief case, they are the more expensive option because of

**QUICK MEAL FIX**



**3 MIN**

### **OATS AND WHEY SHAKE**

This is really easy to prepare and is convenient to carry around while on-the-go, and is surprisingly tasty. In a shaker add 40-50g of oats (quick cooking natural variants are best) and a serving (30-40g) of your favourite flavoured pure whey protein powder. Carry this around in your bag or car so whenever you are in need of a convenient, healthy meal, simply add 300-400ml of ice cold water, shake vigorously and allow the oats to “hydrate” for a minute or two, then enjoy! Remember to shake between sips.

## QUICK MEAL FIX

5 MIN

### INSTANT OATS AND WHEY

Breakfast is perhaps the most important meal of the day because it gets your blood sugar levels up in the morning, takes the body out of its over night fasted, catabolic state, kick starts your metabolism and helps to keep your energy levels high throughout the day. So skip the coffee and doughnut when in a rush and throw some boiling water over a sachet of "natural" instant oats, stir, allow to cool and then mix in a serving of your favourite whey protein, plus sweetener to taste.

the increased packaging costs. Tubes of bulk powder offer the best value for money and with the abundance of shakers on the market these days (often given away as free promo items), coupled with some forward planning, there really is no excuse when it comes to carrying pre-dosed servings of your favorite MRP with you. When the time comes you can then simply throw in a bottle of cold water, shake and enjoy. Using one of these meal replacement products to replace meals once, or from time to time even twice daily, in conjunction with exercise and a sensible diet is therefore often a smart, convenient approach to support your efforts in building a better body.

### 3 USE PROTEIN BARS

Trying to eat six small meals each day can sometimes sound easier than it really is, and relying too heavily on liquid meals (protein powders, MRPs and RTDs) can sometimes leave one feeling a little "empty"...

If this is the case then protein bars may be exactly what you

the better protein bars are formulated to provide a healthy meal alternative, all wrapped up in a quick and easy bar

are looking for. The better protein bars are formulated to provide a healthy meal alternative, all wrapped up in a quick and easy bar. It is easy to take them with you to work or school, or anywhere that you need to get your protein or satisfy your hunger in a healthy way.

Not only do protein bars offer a much healthier alternative to your typical garage shop candy bar snack, but in the past few years protein bar manufacturers have taken taste to new levels, and now some even taste better than a candy bar! You will look forward to eating them each day, and at the same time you will be getting the nutrition that you need.

**So which bar is right for you?** If you are trying to lose fat you will most likely want a low carb, low calorie bar. The extra protein will help you maintain lean mass. If, on the other hand you are trying to gain muscle mass, you would want a high protein, high calorie bar that is relatively low in fat. It is therefore really useful

## QUICK MEAL FIX



1 MIN

### SUPER SNACK

A handful of dried mango (or a handful of raw, unsalted nuts - pecans, walnuts, almonds) and 50g of game biltong.



## QUICK MEAL FIX



5 MIN

### POWER LUNCH

A sachet or two of John West tuna or salmon (in brine or Sweet Thai low fat variants only) with 4 or 5 plain unsalted rice cakes. Or 100-200g of pre-cooked chicken breasts from Woolworths (tikka, barbecue or honey and mustard) on a Woolworths, whole-wheat seeded roll.

### 4 PREPARE

If you wait until you are hungry before saying "what can I eat?" you are already doomed to fail. Once you get hungry you'll eat anything! Spend some time preparing and pack your healthy meals in advance. With my tight schedule and limited free time I personally find it hugely beneficial to prepare two or three days worth of meals in advance (often over weekends) and then use Tupperware and Zip Lock bags to pack single servings in. They can be stored in the fridge until needed and then carried to work (or wherever needs be) in a small cooler bag or lunch box.

So preparation is the key. Again, if you have trouble getting your meals, make use of

MRPs, RTDs, protein bars and powders. They are fast, convenient, and nutritious.

### 5 GET CREATIVE WITH CONVENIENT "ON-THE-GO" MEALS

As I mentioned at the start of this article, in today's "on-the-go", high paced lifestyle we all want things done as fast as possible, and don't like to feel like we are wasting valuable time. For this reason we will often simply grab a bite to eat whenever and wherever it is most convenient. In our pursuit of our physical ideal, forward planning and preparation, as mentioned previously will go a long way to preventing us from falling prey to this stumbling block. Since most of us have neither the time nor inclination to spend hours in the kitchen preparing healthy low fat meals designed to suit our goals, it is also useful to know a few "quick fix" options that can be used when time is tight.

*When all is said and done there really are no magic pills or powders, or even secrets that trainers, professional athletes or fitness models are keeping from the general public. It all comes down to hard work, being conscious of your diet and, most importantly, consistently making the right dietary choices. By combining a suitable exercise programme with good whole food nutrition, intelligent supplementation and the advice and suggestions offered above, you can't help but improve muscle tone, burn body fat and improve overall lean body composition.* 