



How to: Eat with Purpose





We require food and hydration to function

But for many people there is an abundance of food availability, choice and advice.

This guide provides evidence-based rules you can follow to eat purposefully to control your weight, body composition and sleep quality.





We operate to a daily Circadian Rhythm



What we eat and drink and when we consume it can disrupt this rhythm leading to sleep and health issues





**Our bodies require calories,
macro and micro-nutrients
to function effectively**

**We get these from the
food we eat.**

To eat purposefully you need
to know how many calories
you need to consume daily and
what proportion of macro and
micro-nutrients are required
to meet your health goals.





You can work out your daily calorie target using 4 types of energy expenditure

‘BMR’ is Basal Metabolic Rate. This denotes the calories you burn at rest every day, Your BMR supports the daily functions your body must do simply to exist - brain and heart function for example.

‘NEAT’ is Non-Exercise Activity Thermogenesis. The calories we burn through movement outside of planned exercise. Any movement that is unplanned is NEAT - getting out of bed, walking to the kitchen to have breakfast, running for the bus, walking to the lift at work, shifting around in your seat, walking to grab lunch and everything in between. The number of steps you do is a good indicator of NEAT.

‘EAT’ is Exercise Activity Thermogenesis. If you choose to head out for a walk, run or do a weights workout, this counts as EAT. It’s simply any exercise that you have planned.

‘TEF’ is the Thermic Effect of Food. This is the calories we burn through digesting food and absorbing the nutrients from food.

‘TDEE’ is Total Daily Energy Expenditure. The sum of these 4 processes equates to TDEE. The amount of energy your body requires to run successfully.

The 4 variants of energy expenditure are broken down like this, this is an average;

BMR = 70% of TDEE

NEAT = 15% of TDEE

EAT = 5% of TDEE

TEF = 10% of TDEE





The Longevity Experience

If you want to lose weight you have to consume less calories than your TDEE, this creates a calorie deficit.

If you want to gain weight you have to consume more calories than your TDEE, this creates a calorie surplus.

If you eat the same amount, you will be in calorie maintenance and your body weight will remain the same.

Fitness Apps like MyFitnessPal and Fitbit workout your TDEE and calorie goals then enable you to track what you consume.





Your body also requires Macro-nutrients to function

Protein – to provide amino acids to build, repair and maintain muscle

Carbohydrate – to primarily be used as an energy source

Fat – to support metabolic function and be used as an energy source

**They have different amounts
of calories:**

4 calories per gramme
Protein and Carbohydrate

9 calories per gramme
Fat





Eating purposefully aims to address two big problems

1. Today's food options are high in carbohydrate and fat, making it easy to overconsume your TDEE. Excess calories are stored as body fat which is the cause of many chronic health conditions.

2. As we age our ability to utilise protein to build, repair and maintain muscle diminishes, which means we need to consume more protein to compensate for the ageing affect.





Eating purposefully is not a diet

**It is a conscious
habit of eating well
most of the time to
meet your health
needs as you age**





6 Rules to eat purposefully

#1 Have a target for how many calories you need to eat a day to meet your body composition goal and stick to it.

#2 Have a protein target which should be 1-1.6 grammes of protein per kg of body weight (0.45 to 0.75 grammes per lb of body weight).

#3 Eat a variety of vegetables and fruit with most of your meals to get the micro-nutrients and fibre needed to function well.

#4 Aim to eat every 4 hours, with 20-40 grammes of protein per meal (dependent on your protein target).

#5 Eat to a regular routine and do not eat after 7.30pm so your Circadian Rhythm and sleep is not disrupted.

#6 Stick to rules 1-5 85% or more of the time (this means you can deviate a little as life disrupts your routine).





Rule #1: **Know your calorie target**

If you want to lose weight you have to consume less calories than your TDEE, this creates a calorie deficit.

To achieve the maximum recommended weekly weight reduction to preserve muscle of 0.5kg or 1 lb. Set a target to consume 250-500 calories less than your TDEE per day.

If you want to gain weight you have to consume more calories than your TDEE, this creates a calorie surplus.

To gain weight set a target to consume 250-500 calories more than your TDEE. This must be accompanied by a resistance training programme and a high protein target of 1.6 grammes per 1kg or 2.2lbs of bodyweight to build muscle rather than just add fat.





Rules 2# and #3: What to eat

Frequency	Protein	Carbohydrate	Fats	Vegetables and fruit	Flavouring
Eat any of these daily with a portion of 20-40 grammes of protein per meal	Lean beef Chicken Turkey Lean ham Eggs White fish Quality low sugar Protein powder Lentils Chickpeas Low fat Greek yoghurt Cows milk	White rice Brown rice Sweet potato Quinoa Boiled or baked potato Granary bread Wholemeal tortilla wrap Wholemeal pitta bread Oats/Oatmeal Barley	Extra virgin olive oil Avocado oil Sunflower seeds Pumpkin seeds Almonds Walnuts Cashew nuts Natural butter This group has 2 times the calories of the other food groups so use sparingly	Blueberries Asparagus Avocado Capsicum (peppers) Bean shoots Bok Choy Broccoli Brussel sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant /Aubergine Green beans Peas Leek/onions Leafy greens Mushrooms Tomato Zucchini/Courgette Red grapes Apples Pears Strawberries Raspberries Oranges Kiwi fruit Banana	Garlic Lime and lemon Kimchi Chili Any dry spices Beef, chicken and Vegetable stock Mustard Soy sauce Apple cider vinegar Pickled vegetables Bone broth Ramen broth Pho broth Fresh herbs
Eat at least one portion a week	Tuna Salmon				

Note: This does not include Vegan options





Rules #2 and #3

What to avoid

Frequency	Protein	Carbohydrate	Fats	Vegetables and fruit	Flavouring
Avoid these all the time	Bacon Sausages and hot dogs Processed meat e.g. salami Oat milk Almond milk Sweetened yoghurt Bulking protein powder Breaded meat or fish	White bread and buns French fries Fried, roasted, mashed potato Pasta Cake Pastries Biscuits/cookie Candy and sweets Energy drinks Soda drinks that are not low sugar Bread cooked in oil	Vegetable oil Processed spreads Beef, pork, chicken, duck fat Ice cream Cream and icing	Fried onions Raisins and currants Melon Fruit juice Fruit smoothies	Ketchup BBQ sauce Mayonnaise
Try to consume no more than once a week	Burgers	Pizza Noodles Beer, lager, cider, wine	Cheese Chocolate		Thai, Malaysian, Indonesia, Indian curry sauce





Rules #4 and #5:

A daily schedule to synchronise with your Circadian Rhythm

Daily timing	Food	Fluid	Coffee/Tea
5am to 11am	20-30 grammes protein rich meal e.g. eggs or yoghurt	0.75Litre or 25 Fl Oz water with electrolytes	Coffee or tea after water has been consumed
11am to 1pm	A meal of 20-40 grammes protein with carbohydrates and vegetables		Main window for caffeine consumption
3pm to 5pm	A 20-40 grammes protein and carbohydrate snack	1.5 Litres or 50 Fl Oz of water by 5pm	Avoid caffeine
6pm to 7.30pm	A meal of 20-40 grammes protein with carbohydrates and vegetables		Avoid caffeine
7.30 pm to 5am	No food	Water if thirsty	Herbal tea if needed





Example meal plans 1 for a male with a 500 calorie deficit

Daily timing	Food	Meal Option 1	Meal Option 2
5am to 11am	30-gramme Protein rich meal	3 scrambled eggs + 5 slices of turkey	Protein shake
11am to 1pm	40-gramme protein, carbohydrates and vegetable meal	150g of chicken breast, 100g white rice, Bok Choi, green beans, pumpkin seeds, olive oil dressing	Salmon fillet, white rice with asparagus and snow peas with a soy sauce and sesame oil dressing
3pm to 5pm	20–30-gramme protein and carbohydrate snack	200g of Total 0% fat yoghurt, 60g blueberries, sunflower seeds, walnuts	35g Beef Jerky
6pm to 7.30pm	40-gramme protein, carbohydrates and vegetables	150g burger, 150g roast sweet potato, broccoli, red peppers. Grapes	250g Rib Eye Steak, large garden salad, 200g of boiled new potato. Apple
7.30 pm to 5am	No food		
Calories		1,717	1,676
Protein		156 grams	161 grams





Example meal plans 2 for a female with a 500 calorie deficit

Daily timing	Food	Meal Option 1	Meal Option 2
5am to 11am	30-gramme Protein rich meal	3 scrambled eggs + 5 slices of turkey	Protein shake
11am to 1pm	30-gramme protein, carbohydrates and vegetable meal	100g Chicken or Tuna salad wrap	100g of chicken breast, 100g white rice, Bok Choi, green beans, pumpkin seeds, olive oil dressing
3pm to 5pm	20- gramme protein and carbohydrate snack	Arla or Skyr protein yoghurt	200-gram 0% fat Greek yoghurt with blueberries
6pm to 7.30pm	30 -gramme protein, carbohydrates and vegetables	Medium baked potato, salad and 5% beef chili with blueberries and apple	120g tuna, medium baked potato and broccoli with apple and blueberries
7.30 pm to 5am	No food		
Calories		1,211	1,182
Protein		109 grams	177 grams





Pro tips

#1 Track your calories and Macros for 2 weeks to get an understanding of portion sizes and calories.

#2 Develop 3 or 4 meals that meet your calorie and Macro target. Plan to have the ingredients for these meals always available as your go to options. For ideas how to do this read my post:

<https://nigeli.substack.com/p/4-is-the-food-you-eat-at-work-good>.

#3 Get it right 85% of the time and give yourself one meal every 3 days that deviates from the rules. This will help build a habit while providing flexibility when you need it.

#4 Make tracking what you eat easier by eating whole food rather than processed food and fruit when you need a sweet treat.

#5 Identify a good meal option at 3-4 fast food brands that you can go to when travelling or need lunch at work.

#6 Share your rules with family and friends so they can support what you are trying to achieve.





The Longevity Experience

Research from the American College of Sports Medicine (ACSM) suggests that only around 20-30% of individuals meet their fitness goals.



An International Health, Racquet & Sportsclub Association (IHRSA) survey indicated that 70% of members who hired a personal trainer met their goals.

Contact us for expert support so you meet your goals.



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