

# Life in Balance

## NUTRITION

# The Power of 10

A Healthy Nutrition & Lifestyle Mini-Programme



SCAN ME

**NB:** The advice given in this publication is aimed at the adult general public and should not be considered as an alternative to medical advice. If you are currently under medical supervision or taking prescription medicines, or have any doubt about the suitability of this mini-programme for you, then seek advice from your doctor.

# Feel 10 times better in 10 Days!



## The Basics...

- **For 10 days, spread over your meals each day, include 10 different types of whole plant foods (wpcf)** - choose variety over quantity. The aim is to maximise the opportunity to feed and support the good bacteria in your gut over these 10 days. Nuts, seeds herbs and spices all count and it's not as hard as you think to reach the magic 10.
- **For 10 days, (as much as you possibly can) minimise your intake of all highly refined and ultra-processed food.** For most people this can be difficult, for all sorts of reasons, but the benefits are worth it! - it means avoiding things like factory produced items with a list of ingredients as long as your arm, full of chemical additives and preservatives - many of which you don't recognise and can't pronounce - and have a shelf life that runs into years! It also includes most ready made meals, fast food and products containing highly refined ingredients such as vegetable and seed oils. plus high levels of saturated fat, salt or sugar. Examples of typical levels of processing;



minimally processed



processed



ultra-processed

- **Choose real food** - this broadly means things which ran, swam, grew or flew. It also means that a small amount of preparation and cooking will be needed - but 'simple' is absolutely fine. It will require a little bit of thought around shopping and meal planning and for those of you with super busy lives, some preparation a day or so ahead would be time very well spent - and greatly appreciated later!
- **Add protein to each meal** - meat, fish, dairy, eggs, nuts, tofu, quinoa, beans, lentils, chickpeas etc.
- **Aim to make 75% of your main meals from whole plant foods (wpcf)** - This means using the whole of the plant in its natural form (e.g. whole fruit, not just juice). Leave vegetable skins on wherever possible (and to suit preferences - food is meant to be enjoyed, not served up as punishment!).
- **Avoid seed and vegetable oils - choose extra virgin olive oil, butter or ghee instead** - seed and vegetable oils are high in Omega 6 essential fatty acids and western diets are generally far **too** high in these. It's complicated but important - Read why in my website Omega 3/Omega 6 article linked here - <https://www.lifeinbalance.online/articles>
- **Eat the rainbow** - see how many different coloured vegetables and fruit you can include each day.





## ... a few more guiding principles ...

- **A word about fruit** - definitely include as many different varieties as possible over the **10** days but fruit is high in sugar (in the form of fructose) and too much will undermine your efforts during the **10** day programme. Aim for two portions per day and always eat the whole fruit where possible (clearly not skins of bananas, kiwis, citrus, avocado's etc.!).
- **Added Sugar - be sugar aware** and make a conscious effort to minimise intake in all forms.
- **A word about high GI carbohydrates** - such as bread, pasta, rice etc. You can choose these if;  
**1.** they are the wholegrain variety and **2.** you include only one serving per day, as part of one of your 3 main meals. (see sample meal plan for details). **Always eat carbs last** - after protein, fat and fibre - to help regulate the rate of sugar release and insulin production into your bloodstream.
- **No Calorie counting involved** - This measurement tool came into being **over 150+ years ago** . It was originally applied in **physics and engineering** to measure the heat or energy value produced from different substances in order to raise the temperature of 1 kg of water from 0 to 1°C. (A tricky concept for most of us to grasp when considering cabbage versus cornflakes!!). History suggests that the method was adopted by the U.S. food industry in the early 1900's as people developed more interest in managing their weight. However, there is now **increasing scientific research evidence** to suggest that it is **out-dated** in the context of more advanced understanding of how our bodies metabolise food to produce energy - particularly that **each of us does this differently**, depending upon on a range of factors e.g. size, muscle mass, genetics, activity levels, lifestyle and different types of foods. **So definitely not a case where 'one size fits all'!**
- **Important for the Power of 10 programme** is the type and variety of food being eaten - together with when and how. If you want to use some kind of portion measurement, then palm size is a simple approach. (More explanation on this in the sample meal plan later). Otherwise, common sense, consistency and smaller plate sizes work equally as well



**Eat within a 10 hour window each day** - such as 08.00 to 18.00 or 10.00 to 20.00 By giving the gut a rest for the other 14 hours it allows our body systems to metabolise food intake efficiently and carry out essential growth, restore and repair processes while we sleep. This approach can also result in better quality sleep - particularly by also choosing foods containing nutrients important for supporting sleep such as tryptophan (turkey, milk, bananas), magnesium (leafy green vegetables, beans and lentils), zinc (seafood, fish, nuts), vitamin C (kale, broccoli, berries), B vitamins (Kale, tuna, salmon).

- **Chew every mouthful 10 times (at least!)** - this means less work for your stomach to break down food to produce energy and slows the digestive process, which creates a more steady flow of glucose into the body and better opportunity to stabilise insulin response.
- **Drinks - Alcohol** is best avoided totally during the **Power of 10 programme** ... it's only **10** days after all ... and it will feel great when you review your achievements at the end and honestly tick the 'alcohol free' box in addition to all the other great progress! Stay away from sugary soft drinks of any type and opt for water, green, herbal/fruit teas in addition to 1 or 2 cups of coffee (before midday) and 1 or 2 cups of tea before 18.00 (if you wish) - simply to keep caffeine levels in check to support a restful nights sleep.
- **Avoid Snacks** - if you really need one then choose from **the healthy snacks list** at **[www.lifeinbalance.online](http://www.lifeinbalance.online)**

# The Power of 10 Enhancers

(fit in as many of these as you can each day)

- **10 minutes of stretching or Yoga** - best when you wake up if you have the opportunity. Alternatively, try winding down with this before going to bed.
- **10 minutes brisk walking outside** - especially in the sunshine (catch that vitamin D opportunity!) and particularly beneficial when surrounded by nature and some company (take a friend, walk the dog - or the kids/grandkids) in the park or the woods ... and research shows that brisk walking straight after meals helps to lower blood sugar levels.
- **10 minutes exercise to push your heart rate up** - your choice... jogging, skipping, walking up and down stairs (rebounding on a mini trampoline's my favourite - and great fun!)



- **10 minutes of strength exercises** - try two minutes each of five exercises such as lunges, squats, planks, press-ups (against the wall or a table if you're a beginner), tricep dips. There are dozens of short demos on youtube to choose from if you're not familiar with any of the moves. (It's good to tuck in your 10 minutes of stretches just before these as a warm up - or as a cool down afterwards ... flexibility is so important for health).
- **10 slow breaths** - whenever you have opportunity (or feel the need to slow the pace of things down a little, or you are feeling stressed or anxious). Inhale through your nose to the count of four and exhale through your mouth to the count of six - or eight if you can manage. It's a great way to prepare your body for sleep when your head finally touches that soft pillow!



- **10 Positives** - Keep a note pad and pencil by the bed and before switching off the light, each day write a list of **10** things you feel good about ... a mix of things you are grateful for and things you have done well today. These are personal to you and your values - you'll know what they are and there's something very comforting about seeing them written down!

## Time to Get Started ...

- Decide on when to start - I like to start on a Wednesday and finish on the Friday of the following week (in time for a bit of rest and relaxation at the weekend!)
- Think about meal planning and food shopping a couple of days ahead.
- Plan your best times of day for The Power of **10** Enhancers - but stay flexible ... better to fit them in somewhere rather than not at all!
- On the next page you'll find a sample meal plan with hints and tips.
- On the final page I've included a check sheet for you to copy and use each day to track your progress.

*Give it a try - and feel the Power of 10!*

# The Power of 10

## Sample Daily Meal Plan

### Breakfast

Porridge -  
made with whole milk, or non-dairy  
alternative, half a teaspoon vanilla  
paste for a touch of 'sweetness'-  
served with blueberries and walnuts

### Lunch

Asparagus and pea Frittata, with  
salad leaves and tomatoes

### Dinner

Bolognese sauce (with 'hidden veg')  
wholewheat spaghetti,

Find recipes for the above and more in  
The Power of 10 Meal Plan and Recipes  
ebook. Click on the link below and scroll  
down the page to find the ebook:  
[www.lifeinbalance.online/the-power-of-10](http://www.lifeinbalance.online/the-power-of-10)

### Whole Plant Food Ingredients



Oats (rolled or cut)  
Blueberries  
Walnuts

Asparagus  
Peas  
Salad Leaves  
Tomatoes

onions  
garlic  
tomatoes  
courgettes  
mushrooms  
fennel  
broccoli



Total = 14

## Hints and Tips

- **Eat Real Food** - i.e. If it ran, swam, grew or flew.
- **Add Protein to every meal** - meat, fish, dairy, eggs, nuts, tofu, quinoa, beans, lentils, chickpeas etc.
- **Whole Plant Food Ingredients (wfp)** - use the whole plant ingredient, not just a part of it (i.e. leave skin on where you can!)
- **Plant based eating** - generally focus on meals made up mostly (or totally) of plant ingredients, with less focus on meat, fish and dairy - although these are not excluded.
- **Portion sizes**
  - Protein (e.g. meat, fish, tofu) - 1 x palm size
  - Refined Carbs (e.g. wholegrain rice, pasta, bread) - 1 x cupped hand size
  - Vegetables (unlimited) - e.g. 2 to 3 x cupped hand size servings each meal
  - Fats (e.g. butter) - 1 x thumb size serving    Cheese - 2 x thumb size serving
- **Use plates that are a slightly smaller size than your usual ones ... and common sense!**
- **Curb snack cravings - try some of these instead** : drink water, herbal tea, go for a walk, do 10 squats, divert your attention to another task, write a 'to do' list for tomorrow, clean a pair of shoes, phone a friend, walk the dog.

DAY:

DATE:

# The Power of 10 Daily Checklist

## THE POWER OF 10 ENHANCERS TODAY

- 10 minutes Stretching or Yoga
- 10 minutes brisk walking
- 10 minutes cardio exercises
- 10 minutes strength exercises
- 10 slow breaths

### AND DON'T FORGET TO ...

- Eat within a 10 hour window
- Chew every mouthful 10 times (min.)
- Go alcohol-free (it's only 10 days!)
- Avoid Snacks between meals

**(Tick the boxes of all those you've achieved today!)**

### 10 POSITIVES :

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.**



## WHOLE PLANT FOODS (WPF) TODAY

1.
2.
3.
4.
5.
6.
7.
8.
9.
<b>10.</b>
+++

