



Nutrition for Heroes

**- Your guide to the ideal weight & peak
performance in the field -**

by Martin Brombeis

www.feuerwehrfitness.com



Acknowledgement

Thanks to my brother, Stefan.

Important notice / Disclaimer

The entire content of the guide is based on years of personal experience, research, seminars and professional training. It was created to the best of our knowledge and belief, but makes no claim to completeness. Nor does this guide replace individual medical advice. Anyone who wants to carry out the nutritional suggestions or cook the recipes according to the recipe does so on their own responsibility. No liability is accepted for any damage of any kind directly or indirectly connected with this guide.

Form of address

For the sake of simplicity, I refer to the firefighter in the book. Of course, the firefighter women should feel addressed in the same way. I beg your indulgence.

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Suggestions and Questions

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**Fate is no question of chances,
but of decisions.**

- Unknown

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Es wurden keine Einträge für das Inhaltsverzeichnis gefunden.

1. The oil in the gearbox

Overweight is frighteningly widespread in the fire brigade. Especially those people who have to be ready to perform day and night to save others rarely care about their own health. The imbalance between helpfulness for others and indifference for oneself must come to an end. If you think that with a bad attitude to nutrition you only harm yourself, you are wrong. Ultimately, your comrades must be able to rely on you in their work and you serve as a role model for the children and fellow human beings. As a responsible firefighter, you know that you can't be inferior to an athlete and that you have to fill your body with the right nutrients to be fit for action at all times!

Body composition has the greatest impact on your health and performance. Every gram of fat that you have too much on your ribs will take you away from your actual potential. You are capable of far more than you think! If you want to get the best out of your body, the first thing you have to do is reach your ideal weight!

It does not take much to make a climber, sprinter or boxer better if he is overweight. The ultimate goal is to lose weight. The climber can climb longer, the sprinter can run faster and the boxer can hold out longer. The same applies to a fireman! Unlike these athletes, you have to carry enough ballast around with you anyway. Would you voluntarily put on a weight vest because it makes your work easier? Certainly not, because you know exactly what the consequences are. You are quickly exhausted, immobile and your cardiovascular system is unnecessarily strained.

But how do you change your body composition most effectively?

On the one hand the right training plays a big role. You can learn more about training in my guides: "More air, more power, more life! - Endurance training for the fire brigade" and "The strength to save lives - strength training for the fire brigade". However, this guide is about nutrition. Here you have a very large lever at which you can start to increase body composition, health and performance equally.

You are what you eat! I mean that literally. Every day millions of body cells die and millions more are formed. That can be blessing and curse at the same time. It is your decision. Cells from the right nutrients make you strong, fit, healthy and give you a sense of well-being you can't imagine at the



moment. The wrong eating habits undermine your actual potential. The way is paved for numerous diseases such as diabetes, high blood pressure, cancer and much more.

In this book you will learn the most important steps to take immediately the way in the right direction. ***My goal is to get you to act!*** This is where all the magic happens. I want to show you what worked for me and how you can put my principles ***into practice!*** The principles are valid for that as well as for increasing.

"Accept what is useful, leave out what is useless and add yours!" - Bruce Lee

2. Scientific foundations

In order for your body to be able to meet the demands of the mission, the diet must be optimized step by step. Here I present "my nutrition pyramid". The points are arranged according to importance.



2.1. Water balance

Since humans consist to approx. 70 % of water, it is obvious that **water should be our food number 1**. Water is essential for our metabolic processes, heat regulation and the dissolving of micronutrients. A good water balance increases our performance both in the cardiovascular (strength endurance) and in the intramuscular area (activation of muscle fibers by the CNS). The supply of oxygen and nutrients is improved by sufficient fluid. Recommended are 1L water / 20 kg body weight + 1L water / 1h sport. When consuming alcohol, [coffee](#), [creatine](#) or other dehydrating substances (except creatine): This draws water into the muscle cells) substances the amount of water should of course be increased. Since the water has no energy value, but calories are needed to heat it to body temperature, it helps us to lose additional body fat. ¹

A good hydration is particularly important for you as a firefighter. Under the extreme effects of heat and physical exertion, your body drains much faster than during normal sports. This loss of fluid causes your body temperature to rise further! The main problem is that 90% already arrive dehydrated when you use it!² Under these circumstances, the risk of a collapse of the cardiovascular system increases exorbitantly. And even if your circulation holds up, the performance you can deliver will drop dramatically.

2.2. Energy balance

The amount of calories you consume determines whether you gain or lose weight. If you eat more calories than you consume, you gain weight and vice versa.

Your calorie requirement is calculated:

- Thermogenesis (heat formation caused by digestion)
- Power turnover (physical activity)
- Basal metabolic rate (energy needed to "live")

The best way to calculate your needs is to use a [bracelet that measures calorie consumption](#). If you want to save the money for this you should eat the same amount of calories for 10 days and weigh

¹ Dr. Christian von Loeffelholz, Ernährungs Strategien, 2014

² Dan Kerrigan, Jim Moss, Firefighter Functional Fitness, 2016



yourself on day 1 and day 10 under the same conditions. Depending on your goal, you can then adjust your daily nutrient intake up or down by 300 kcal until you reach your desired goal. When losing weight you should take care not to lose more than 0.5 kg / week and when gaining weight 0.5 kg / week also apply. Slow but steady is the way to lasting success. Formulas to calculate the energy balance are only a rough guide and you have to adjust them by testing them. ³ Personally, I don't count calories any more, but I pay attention to a healthy and balanced diet. To date I have achieved very good results and am satisfied. I will explain the principles I apply in chapter "5.1. Principles".

"The energy balance cannot be shaken. It is the decisive factor when it comes to achieving your ideal weight."

2.3. Macronutrient distribution

The daily amount of calories is composed of macronutrients and fiber. **Macronutrients are carbohydrates, proteins and fats.** Carbohydrates are our sources of energy and have a calorific value of 4.1 kcal/g. Proteins are our building blocks for muscles, tendons, cartilage and much more and also have a calorific value of 4.1 kcal/g. Fats with a calorific value of 9.3 kcal/g are both a source of energy and a building material. They are needed for the construction of cell walls, have a high influence on our hormonal balance and fulfil other tasks. Dietary fibers are very important for our intestinal health, have a 2kcal/g content and should be consumed at least 30 g daily. More words I would not like to lose here over the ballast materials and we worry now about the macronutrient distribution. The official recommended intake is >50% carbohydrates, 10-15% protein and 30% fat.⁴ To effectively build muscles (or maintain muscle mass) we need a certain amount of protein. In the build-up phase (calorie surplus) slightly less than in the diet (calorie deficit). Recommendations for performance-oriented firefighters range between 1.2g and 2.2g protein per kg body weight.⁵ In a diet I recommend you to follow the upper end, otherwise you drive with 1.5 g/kg body weight quite well.

"Every macronutrient has its right to exist and fulfils important functions. The correct (personal) distribution of macronutrients plays an important role when it comes to well-being, energy and performance".

³ Dr. Christian von Loeffelholz, Ernährungs Strategien, 2014, S. 268 - 280

⁴ Dr. Christian von Loeffelholz, Ernährungs Strategien, 2014, S. 252

⁵ Dr. Christian von Loeffelholz, Ernährungs Strategien, 2014, S. 228 – 230



2.4. Micronutrients

Micronutrients are vital substances that have no calorific value and are divided into vitamins, minerals and secondary plant substances. They (the majority) cannot be produced by the body and must therefore be supplied from the outside. They are involved in all our metabolic processes, complement and influence each other and help our body to stay or become healthy. Deficiency symptoms are reflected in countless diseases and suffering pictures. An undersupply of vitamin C makes us very susceptible to infections, vitamin A is needed for our eyesight, vitamin K serves to build strong bones and magnesium is important for the interaction of nerves and muscles, to name just a few. The probably most important task of the micro nutrients lies however in it to protect our DNA and maintain it. This is the only way we can form healthy new cells. In the worst case, cancer cells are formed. ⁶

"Micronutrients are underestimated. They are the key to health, along with proper exercise".

2.5. Timing & Nutritional Supplements

Finally, I would like to address time management and supplementing our diet. Time management plays a subordinate role. People can survive even long periods of fasting. But if you want to create the optimal conditions to always be prepared for use, here is a foretaste of chapter "5.1. Principles". It would be appropriate to distribute the protein over all meals as the daily amount of protein cannot be absorbed by the body at once. The intake of carbohydrates is best placed around the workout, as we need the most energy at that time. If you have enough carbohydrates at your disposal (physically very strenuous everyday life), you can also eat them for breakfast to recharge your batteries for the day. Fats are somewhat more difficult to digest and should be avoided in large quantities before training. Food supplements make sense if you have checked off previous points and you know what you are missing. In the dark winter months, for example, supplementation with

⁶ Author unknown, <http://www.zentrum-der-gesundheit.de/mikronaehrstoffe.html>, 02.06.15

[vitamin D](#) could be useful and if you are travelling or need quickly available protein after training, nothing speaks against a [protein shake](#).

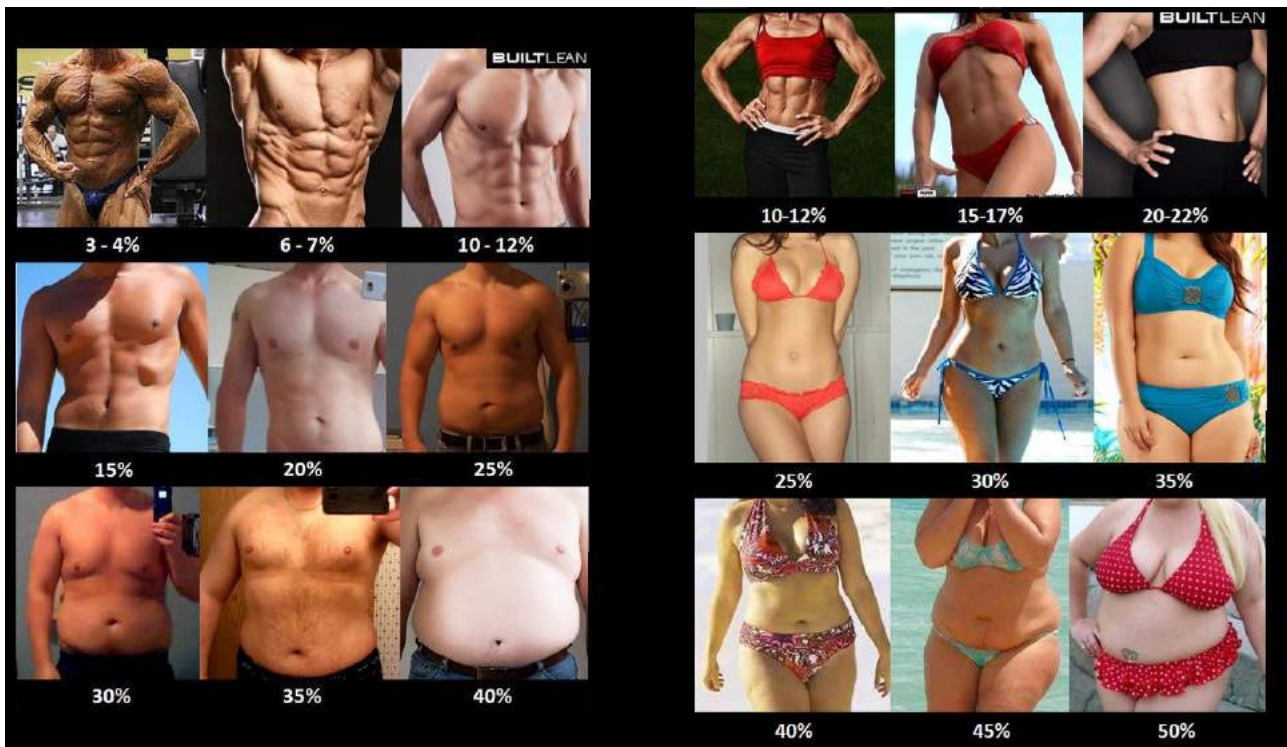
3. Where you at?

If your actual weight deviates too much from your ideal weight, your physical performance will suffer extremely. Whether you are too thin or too fat doesn't matter.

You cannot generalize the ideal weight. You have to determine your ideal weight for yourself, but a body fat percentage between 10 and 18% (men) and 18-25% (women) is achievable for everyone and an absolutely desirable goal. Don't be discouraged if you are still far away from this goal. Every



percentage counts and you can be proud of yourself when you get rid of excess fat, no matter where



you are at the moment.

Figure 1: Comparison picture body fat percentage

If you want to improve your performance in use, you should aim for your ideal weight. Every kilo too much on the ribs costs strength and endurance. The further away you are from your normal weight, the more you must make it your primary goal to achieve it. If you are only slightly overweight or underweight, you should of course invest time in other areas of firefighter fitness such as agility, endurance and strength. These will accelerate you to reach the right body composition. Whatever. If you are too fat you have to lose weight. You owe that to yourself. You concentrate on your diet and increased exercise.

But first let's find out where you stand. In the following you will learn 6 measuring methods with which you can record your progress. I go from the most inaccurate to the most accurate. Choose at least one to make your progress measurable. You can find the transformation protocol in the bonus material.

I am looking forward to hearing about your successes! Write me a mail: info@feuerwehrfitness.com



3.1. Weighing

Besides optical appearance, weighing is probably the most popular choice when it comes to assessing body composition. Because we determine a first starting point by the weight and need it for further measurements, please stop reading now and stand on the scales.

My weight is: _____ kg

- If you weigh more than 120 kg, you should go directly to the doctor and have yourself examined.
- Do a test to check for diabetes, high blood pressure and other cardiovascular diseases.
- Contact a professional nutritionist and let him advise you personally.

3.2. BMI (Body Mass Index)

The Body Mass Index is a bit more accurate than just weighing. Here the body weight is set in relation to the body size.

- Calculate your BMI with the following formula: $\text{Body weight} : \text{Body size}^2$

My BMI is: _____

Table 1: BMI - Table

Underweight	< 16
Moderate underweight	16 - < 17
Slight underweight	17 - < 18.5
Normal weight	18, 5 - < 25
Slight overweight	25 - < 30
Overweight	30 - < 35
Strong Overweight	35 - < 40
Obese	> 40



Attention: The BMI is already more accurate than pure weighing. Body composition (ratio of fat to muscles) is not considered here. With strong & muscular forces it often happens that the BMI exceeds the normal value, because this person has built up an above-average amount of musculature. If this is the case, you should use common sense and not rely on a table. The following tests will be a bit more precise.

3.3. „Waist-to-height Ratio“

The "Waist-to-height Ratio" test is extremely meaningful and should be performed by everyone once. You simply measure your waist circumference, body size, and put it in relation. If you check regularly over the weeks, you will see a pattern that confirms your actions or warns you if you are moving in the wrong direction. Your weight can be unchanged, only your "Waist-to-height ratio" will be better. Result: Muscle building & fat loss.

- Calculate your "Waist-to-height Ratio" with the following formula:
$$\frac{\text{Waist circumference (cm)}}{\text{Body height (cm)}} = \text{WHtR}$$

My "waist-to-height ratio" is: _____



„Keeping your waist circumference to less than half your height can help increase life expectancy for every person in the world...“ - Margaret Ashwell

Waist-to-height ratio

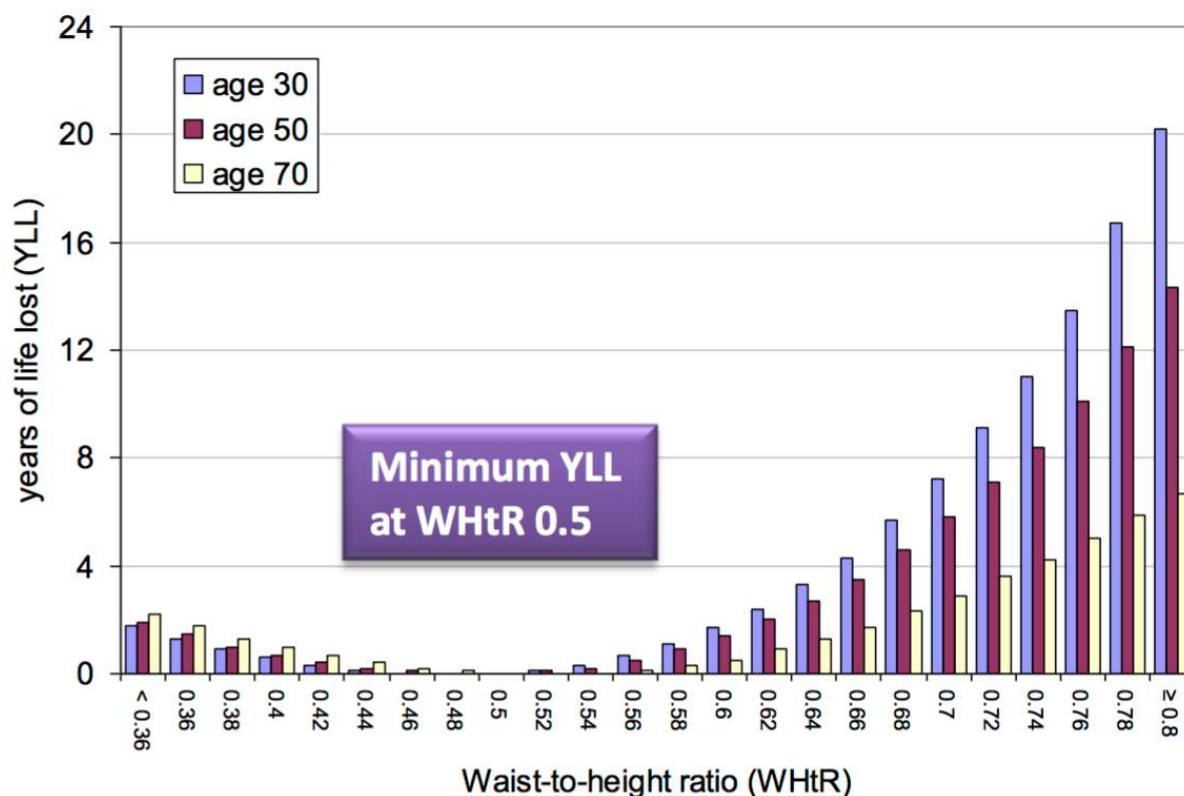


Figure 2: Diagram „Waist-to-height Ratio“

By measuring the ratio of waist to body size, diseases such as diabetes, high blood pressure and inflammatory bowel diseases can be detected at an early stage.

Studies have shown that there are connections between the orphan-to-height ratio and life expectancy.⁷ The test therefore makes sense and should not be underestimated.

As the table above shows, it should be our goal to reach a **value of 0.5!**

⁷ Nutritionists in Industry, (<http://www.nii.org.uk/wp-content/uploads/2014/10/Dr-Margaret-Ashwell-Goodbye-BMI-Hello-waist-to-height-Ratio.pdf>), 7.9.2016



If you are in the normal range of the BMI and/or close to a "Waist-to-height Ratio" of 0.5, this is great. You have a good body composition (ratio muscle to fat mass). Remember that the WHtR (Waist-to-height Ratio) is more meaningful than the BMI! You can get a cheap measuring tape (incl. fat clamp) [here](#).

3.4. Direct body fat measurement

The most accurate of all (practicable) methods is skin wrinkle measurement with a [caliper](#).



Figure 3: Simple measuring tool for determining the KFA (body fat percentage)

The skin folds method is superior to testing with a body fat scale. A scale measures the speed of an electrical impulse and then gives conclusions about the body fat percentage. Depending on fluid intake, salt content or humidity, other values may be obtained. Another problem is that only the lower body is measured. This is to the disadvantage of women and to the advantage of men. The result is falsified in every case.



Body fat analysis with the [Caliper](#) requires either a 3 or 5 point measurement. For the sake of simplicity we use 3 points. This is enough for our purposes and you can do it on your own.

Body fat measurement according to Jackson & Pollock

To measure the skin folds take the caliper in one hand and with the other pinch your skin to form a fold. To do this you put your thumb and index finger at a distance of about 5cm, grab it and pull the skin a little outwards to be able to apply with the caliper. Press the caliper with feeling until you have the right pressure (arrow on arrow). Now you can read the value and write it down. As soon as you have all 3 values you put them into the "transformation protocol", which you can find in the bonus material. This automatically calculates your body fat percentage.

[Here is a cheap set for measuring the body fat percentage.](#)

The red lines in the illustrations indicate the position and orientation of the skin fold to be measured.

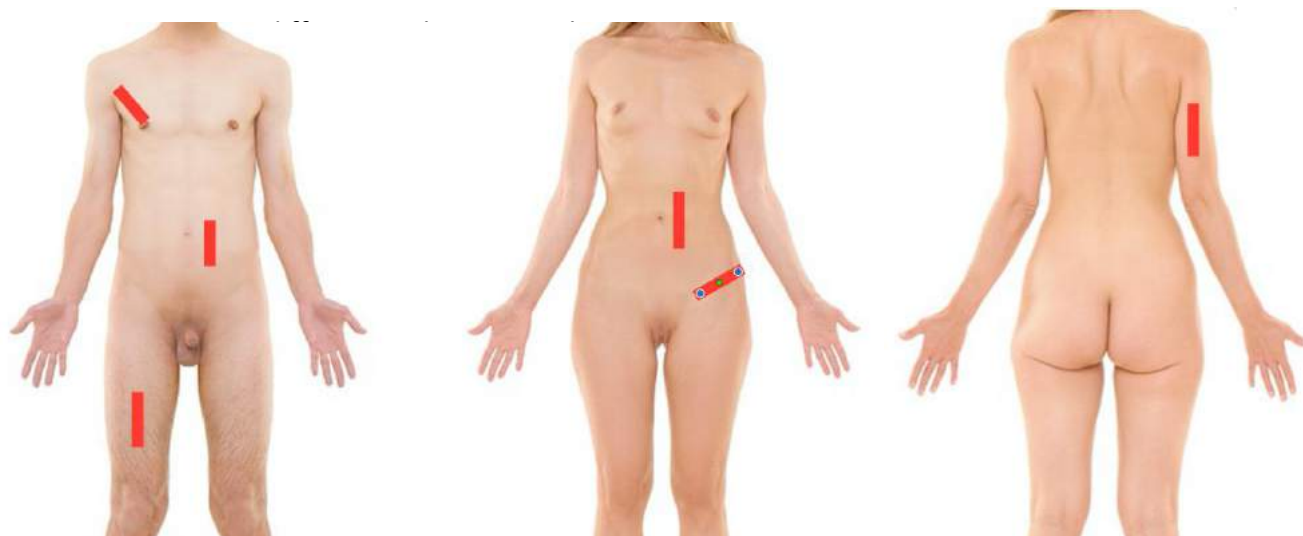


Figure 4: Measuring points for the 3-fold method

3.5. Pictures

Pictures are not suitable for the objective examination of progress. However, this is what we ultimately want. Namely a change that is visible and perceptible!

When you take pictures pay attention to it:



- To be made with the same light
- Always the same camera is used
- You're in the same place.
- you take the same poses (e.g. side view, front view and rear view)



Figure 5+6: Example poses



Tip: Take photos from the beginning, then after a while you will have a nice "Transformations Album" when you have reached your goal it is nice to look back on your performance.

3.6. Other

With the right eating habits not only the body composition will turn to the positive. Also common diseases like high blood pressure, diabetes, osteoporosis, Alzheimer, bad cholesterol values and so on are optimally prevented.

A regular control of the blood pressure, the resting pulse and the large blood picture is free and gives you another possibility of success control. Your actions will be confirmed or you can make a course correction if necessary.

If you want to go even deeper into the matter, you can also check individual vitamins or micronutrients. However, the doctor will ask you to do a little bit. In my opinion, the control of resting pulse, high blood count and blood pressure is completely sufficient if there are no symptoms such as depression, chronic pain or the like.

If you care about your success, keeping the transformer protocol is more than helpful, because what is measured is also regulated!



Blood pressure Measurement

Lindau, den 21.09.2016

Ärztliches Attest

Patient: Brombeis Martin geb. am 06.06.1991
Hoyerbergstr. 24 in 88131 Lindau

O.g. Patient hat aktuell einen Blutdruck von 120/80 mmHG.

Dr. med. Ralf Kneller
Facharzt für Allgemeinmedizin
LANR: 850093001 BSNR: 708037700
Dr. med. Ralf Kneller
Anheggerstr. 2 b, 88131 Lindau
Tel: 08382 - 933110
Fax: 08382 - 933129

Figure 7: Blood pressure Measurement

Regular blood pressure testing should not be underestimated. It shows you where you stand and what effects your exercise and eating habits have. In my guideline "More air, more power, more life" the meaning of blood pressure becomes fully aware of the fact that fire fighters in particular have an increased risk of cardiovascular failure. If your blood pressure is too high, the risk increases considerably. The perfect value is 120/80 mmHG and should be aimed at.



Measure resting pulse

The resting pulse is a great indicator when it comes to your endurance or your general heart performance.

An increased resting pulse is an indication of this:

- Poorly trained cardiovascular system
- Insufficient regeneration/lack of sleep
- Stress
- Inflammations
- Illnesses

A fit firefighter strives for a resting pulse between 40 and 60 beats per minute.

Figure 8: The resting pulse



Laboratory test of the large blood count

Martin Brombeis, geb. am 06.06.1991

Laborwerte alle Laboridentis

Dr. med. Ralf Kneller
Facharzt für Allgemeinmedizin
Anheggerstrasse 2 b
88131 Lindau
Tel 08382-933110
Fax 08382-933129

Laborident	Bezeichnung	Einheit	Normalwert	21.09.2016
BASO	Basophile BB	%	< 1	1
CKDEP1	GFR (CKD-EPI) Niere	ml/min	GFR-Kategorie*	91
CRP	C-reaktives Protein Entzünd	mg/l	< 5.00	<0.30
EOS	Eosinophile BB	%	1.0 - 7.0	4.1
ERY	Erythrozyten BB	Mill./ul	4.53 - 5.92	5.50
G-GT	GGT Leber	U/l	< 60	11
GPT	GPT (ALT) Leber	U/l	< 50	31
HB	Hämoglobin	g/dl	13.9 - 17.8	16.3
HDL	HDL-Cholesterin Fett +	mg/dl	35 - 120	61
HK	Hämatokrit BB	%	41.0 - 52.6	47.6
HSRE	Harnsäure Gicht	mg/dl	3.4 - 7.0	6.0
Krea	Creatinin enzym. Niere	mg/dl	0.87 - 1.17	1.12
L-LDLQ	LDL/HDL- Quot Fett	kA	< 4.00	1.53
LDL	LDL-Cholesterin Fett -	mg/dl	< 160	94
LEUKO	Leukozyten BB	Tsd./ul	3.74 - 9.89	5.18
LYMPH	Lymphozyten BB	%	20 - 50	35
MCH	MCH BB	pg	27.7 - 33.0	29.6
MCHC	MCHC BB	g/dl	32.6 - 36.0	34.2
MCV	MCV BB	fl	81.5 - 97.3	86.5
MONO	Monozyten BB	%	5.0 - 12.0	10.6
NEUTR	Neutrophile BB	%	50.0 - 70.0	49.6
THRO	Thrombozyten BB	Tsd./ul	157 - 355	170
Tsh	TSH Schilddrüse	µU/ml	0.30 - 3.60	1.13

Figure 9: The large blood work

It's impressive how much you can tell from the blood work. Many things that cannot be seen by the eye can be detected by the blood. The large blood count is used to check the general state of health. This includes the condition of your immune system, liver & kidneys, gout, thyroid and especially your cholesterol levels. If the value of the bad LDL cholesterol is below 100 that is very good. According to my doctor, my cholesterol levels are just like the others, perfect. Let your doctor interpret your blood count because he can draw a lot of conclusions about your state of health.



4. Diet change

In order for a change in diet to be successful in the long run, you should not be too radical. In the following I give some examples which are very simple and immediately applicable. With this you can improve your nutrition to reach your sporting and health goals.

4.1. Drinks

Drink water! People are not made to drink a lot of pointless and unhealthy drinks. You should definitely drink still water to benefit from all the advantages described in chapter "2.1. water balance". Switching to water saves a lot of calories and is a true booster for energy and vitality.

If you also want to take water to the next level, you should definitely drink from glass or BPA free bottles. The source of the water can also take another step forward. High quality brands would be: Evian, Volvic & Vittel ⁸

4.2. Carbohydrates

The consumption of sugar and white flour has reached alarming proportions. Instead of buns, kebabs, pizza and co, you should try to replace and upgrade your carbohydrate sources by using products like [oatmeal](#), [quinoa](#), [amaranth](#) rice and potatoes. The carbohydrate structure of these foods shows "long-chain" carbohydrates, which take more time to be broken down by the body, resulting in a longer feeling of satiety and a constant supply of energy. Amaranth, oatmeal and quinoa also contain a lot of fibre, which promotes intestinal health. Apropos intestinal health. When using regular carbohydrates, the gluten content is greatly minimized. Gluten is known for its inflammatory effect in the intestine and can promote illnesses such as rheumatism, psoriasis or multiple sclerosis. The recipes and foods are gluten-free,⁹ so you won't find any pasta, bread or cereals there.

4.3. Proteins

⁸ Paul Chek, How to Eat, Move & be Healthy, S. 78 - 80

⁹ Oat flakes contain a small but negligible amount of gluten.



When food is associated with protein, it is usually of animal origin. Sausage, eggs, dairy products, meat and fish. Here you should pay special attention to origin and quality. Sausages are usually packed full of preservatives, antioxidants and lots of bad salt. Eggs and meat, often come from mass livestock farms which, apart from cruelty, contain substances such as antibiotics and anxiety hormones. Only organic dairy products should be consumed, others are not beneficial to health. When eating fish and seafood, one should pay attention to wild catch, since most aquacultures are under all sows. When eating larger predatory fish such as tuna, you should limit yourself to 1 portion a week to be on the safe side, as these fish can store toxins from the sea.

With all these negative points one is almost afraid to consume animal products. But wrongly. Animal products contain important vitamins, minerals and proteins that are essential for health and performance.

The aim is to pay more attention to quality than quantity. **BIO products are in every respect the better choice for the environment and the body.**¹⁰

Table 2: Nutrient comparison between mass and free-range husbandry

Nutrient	Egg from cage farming	Organic free-range egg	Difference
Vitamin A	487 IU	792 IU	+63 %
Vitamin D	34 IU	136-204 IU	+300-500 %
Vitamin E	0,97 mg	3,73 mg	+285%
Beta - Carotin	10 µg	79 µg	+690 %
Omega 3 Fatty Acids	0,22 g	0,66 g	+200%

4.4. Fats

Hardened fats and trans-fatty acids should be avoided as best you can. Hardened fat would be margarine, for example, and trans-fatty acids would be fats from fries, chips and the like. These fats

¹⁰ Paul Chek, How to Move, Eat and Be Healthy, S. 55 - 82



are very dangerous in too high quantities (which is standard nowadays). The value of bad cholesterol rises and thus favors inflammations or diseases of the cardiovascular system such as strokes or heart attacks. The risk of diabetes, obesity and high blood pressure increases. On the other hand, if you use foods such as good vegetable oils, organic butter, [nuts](#), avocados, fatty fish, [cannabis seeds](#) and [chia seeds](#), you take the right amount of the fat your body needs. Especially the alpha linoleic acid or omega 3 fatty acid is of importance here. When I speak of "good fat" I mean mainly monounsaturated and polyunsaturated fatty acids. Saturated fats are also important, but their intake is usually no problem, suitable sources for saturated fats would be e.g. organic butter, [coconut fat](#) & good meat.

Fatty acids are important for:

- Building material of our cell walls
- Promotion of a good hormonal balance
- Support of the metabolism
- Generation of energy
- Omega 3 protects against Alzheimer's disease, rheumatic complaints, ADHD and much more.

4.5. Sweets

Man is a creature of habit. Just as the body gets used to long sitting habits and abundance (deterioration of posture and obesity), our taste buds get used to what we eat. Sweet things still have to become sweeter and greasy things even more greasy. The good news: You can free yourself from this vicious circle and finally enjoy the gifts of nature to the full. The variety of fruits is enormous and available today, almost every year. If you gradually replace the sweets with fruit, you will consume significantly fewer calories, flavour enhancers, colourings, oxidants etc. and can replace this with the power of plants in the sense of vitamins, minerals and secondary plant substances. Chocolate can easily be increased step by step in the cocoa content, as it also promotes health and mood. Chips including salt sticks and the like are a thing of the past if you season chickpeas or finely chopped courgettes a little and bake them in the oven.

Sugar & sweeteners should be removed from your diet as far as possible and kept for special occasions!

5. The way to your goal

5.1. Principles

Like I said, I don't count calories. In order to still achieve good results and to remain efficient, there are certain principles according to which I judge myself. They help me to move within guard rails, but still give me a lot of freedom when it comes to diet. If you don't take anything out of this book or at least implement these principles! They are the key to success!

Principle No. 1: Esse natural food



Don't touch highly processed food. They often get hidden sugar, bad salt or other additives that you can't even pronounce. Mother Earth has been providing us with what we need for millions of years. If you eat as naturally as possible you can assume that you will not have any deficiency symptoms.

Principle No. 2: Count your calories

Yeah, you read right. No I am not suffering from a multiple personality disorder. In order to make it easier for you to follow an "intuitive" diet, it is important to develop a basic knowledge of food. If you have dealt with your daily diet for several weeks, you will get a clear picture of what you are leading to.

Ask yourself the questions:

- How many calories do I eat per day/per week?
- Do I eat more carbohydrate or fat?
- How do I feel after eating?

When it comes to dealing with food you will quickly find out which foods contain carbohydrates, protein or fat.

This is an important point. If you know which foods contain which macronutrient you can simply create your meal by combining the different foods properly. Under "5.5. Food" you will find the best foods divided into categories.

After you have counted your calories for a while and portioned your meals accordingly, you can see, for example, what 100 g of rice looks like, how many calories it contains and which macronutrients it contains.

Principle No. 3: Eat at least 3 portions of vegetables/fruit every day.

Whether you want to gain weight or lose weight, the micronutrients are absolutely essential for our health. If you consume enough micronutrients, your metabolism will optimize and your performance will increase.



One portion is at least one fist size, which corresponds to one apple, one paprika or 100 g spinach. These 3 servings are the absolute minimum that should be consumed daily. But rather strive for double the amount.

Principle No. 4: Drink water

That shouldn't be a surprise at this point. Water is the trump card. Get BPA free bottles and fill them with the right amount in the morning. You should drink at least 0.033 l per kg body weight. More doesn't hurt.

Principle No. 5: Eat with every meal Protein

To build muscle it is necessary to eat enough protein. Your body is in a constant struggle between building and dismantling. If you eat a portion of protein with every meal (see category Protein) you can ensure that you have enough building material available to build muscles and improve your body composition. In addition, proteins satiate very well which in turn helps you to avoid ravenous hunger attacks.

Principle No. 6: Eat carbohydrates around the workout

As already mentioned, carbohydrates are used to generate energy. Depending on how active you are during the day, I recommend that you use most of the carbohydrates for training. Here these are directly burned again and also after the training a few carbohydrates provide for a faster regeneration and better muscle building. If you have a less strenuous job, you should avoid carbohydrates during this time. If you eat it but don't need it, your Neanderthal body will be happy about it and will immediately store this energy in the fat cells as a reserve for hard times.

Principle No. 7: Increase your Omega 3 intake

Omega 3 is scarce in the typical western diet. Omega 3 is however extremely important for the metabolism, hormone balance, our brain and much more. So take an Omega 3 source into your diet every day to prevent deficiency. The best foods are avocado, [chia seeds](#), [hemp seeds](#), walnuts and



fatty fish. The oil from linseed, avocado or walnuts is also excellent. But beware, this oil is not suitable for heating. The good fatty acids would be destroyed. Under "5.5. Food" you can find out which are the best oils and which are suitable for high heating.

Principle No. 8: Don't shit yourself

Don't let all the rules and regulations spoil your fun. Try to keep 80% of your diet clean, then you can fully enjoy the remaining 20% and treat yourself to an ice cream, a cake, a beer or something else without a bad conscience. I firmly believe that the joy of enjoyment also contributes to a healthy lifestyle.

5.2. Recipes

The dishes are listed in the basic variant. Adjust the quantities to your calorie consumption/target using the Nutrition Planner (see Bonus Material).

The recipes are divided into 2 categories:

1) Low Carb - High Protein - High Fat

I use this combination, as indicated in the principles above, in a period of low and medium physical activity. This ranges from office work to normal physical exertion to an endurance run of 10 km. I recommend this combination when it comes to getting a long feeling of satiety, reducing body fat and avoiding insulin roller coaster rides.

2) High Carb - High Protein - Low/Medium Fat

These dishes are excellent when a lot of energy is needed and to build up (muscle) mass. They are best before and after a hard training session (fire brigade fitness / HIIT), during physically very strenuous work (construction) and during long lasting efforts (marathon, mountain hiking).



If you wish to lose weight, you can modify the dishes so that you replace the high calorie sources with lower calorie sources. This will still give you a certain amount of carbohydrates that taste good, lighten your mood and help your recovery. You can easily swap rice for butternut pumpkin, potatoes for carrots or quinoa for vegetables. Just have a look at the food table for carbohydrates.

The prefilled nutrition planner (see bonus material) is designed for one person with 3000kcal. Breakfast is more "Low Carb - High Protein - High Fat" while more carbohydrates are eaten towards the afternoon and evening. The training takes place in the late afternoon which justifies the carbohydrate intake.

My aim is to teach you a healthy diet as practicable as possible and to give you a plan with which you can start immediately and without excuses. That's why I wrote the prefilled nutrition planner together with a shopping list (see bonus material). There are no leftovers if you stick to the plan. The dishes take up little time with the pure working time and I also want to reduce the dirty dishes to a minimum. Get the ball rolling, make the new diet your habit and gradually adapt it to your needs.

Low Carb - High Protein - High Fat Meals

1. Cheese scrambled eggs with avocado



Figure 10: Cheese scrambled eggs with avocado

This breakfast is a real libido booster! Let's say goodbye to the old wives tale of the bad egg and welcome it as our friend and helper when it comes to building muscle mass and a balanced hormone balance. Who eats good organic eggs does not have to be afraid of a high cholesterol level. The fats in the egg are ideally distributed and, together with vitamin D, are a miracle weapon for manhood. Avocados supplement with many omega 3, which gives our cardiovascular system a boost and therefore always lets the blood flow where it is needed.

Ingredients: 4 eggs, 60g mozzarella, 1/2 avocado, a handful of tomatoes, spices of your choice (e.g. basil, salt, pepper, garden herbs)

Tools: Pan, pan turner, cutting board, knife



1. Heat pan to medium temperature
2. Meanwhile cut mozzarella, avocado and tomatoes
3. Beat the eggs in a pan and mix with the turner.
4. As soon as the eggs are half hammered, add the mozzarella.
5. As soon as the eggs are hammered and the cheese run easily, add avocados and tomatoes
6. Season to taste with spices, arrange and enjoy

2. Creamy Coco Chia Shake



Figure 11: Creamy Coco Chia Shake

The Coco-Chia-Shake is exotic, healthy and extremely fast to prepare.

What sounds like a cocktail is actually a real nutrient bomb. The [coconut milk](#) provides the right energy for the body. The so-called MTC are easily digestible fats that are quickly absorbed by the body and rarely accumulate in fatty tissue. Coconut milk keeps you full and helps you to lose weight!

We use a tablespoon of [Chia seeds](#) to give the shake the most important micronutrients and a [good](#)

[vanilla protein](#) rounds off this taste experience. Frozen berries can be added for an extra kick in



taste.

Figure 12: Micronutrients of Chia seeds¹¹

Ingredients: 200 ml coconut milk, 300 ml water, 50g Whey Protein, 25g Chia Seeds

Tools: Shaker

1. Fill ingredients into shaker
2. Shake well and enjoy.

¹¹ Source: Independent advisor, <http://www.chia-samen.info>, 9.9.2016



3. Paleo Quiche with fresh apple sauce



Figure 13: Paleo Quiche

Quiche is a French specialty. The modified Paleo version is in no way inferior in taste and makes us fit for any use. The fresh apple sauce is the icing on the cake and it is only in combination that the taste can fully unfold.

The combination of eggs, vegetables and fruit makes us start the day off cheerfully. Carrots strengthen vision and are known as a weapon against cancer. Apple ensures good cholesterol levels and keeps our circulatory system fit. Let's pair the whole thing with the legendary egg for a delicious breakfast that tastes great the next day!

Ingredients (2 portions): 12 eggs, 1 large zucchini, 2 large carrots, 2 apples, 2 tbsp coconut fat, 1 tsp salt, rosemary

Tools: Casserole dish, vegetable grater, bowl, fork



1. Preheat oven to 180 °.
2. Wash zucchini and carrots and grate in a bowl with the vegetable grater (fine).
3. Form the mass into a snowball and squeeze the juice over the sink.
4. Beat eggs in bowl
5. Add salt & rosemary and mix well with a fork.
6. Rub the casserole dish with coconut fat and add the mixture.
7. Place the casserole dish in the oven for approx. 30 minutes.
8. Switch off the oven and let the quiche cool down a little.
9. Meanwhile grate 2 apples with the vegetable grater
10. Garnish half quiche with fresh apple sauce and enjoy

4. Colorful Brunch Plate



Figure 14: Colorful Brunch Plate



With this plate you can also enjoy the beautiful moments of the brunch during the week. We start a little more hearty with lots of protein, crunchy vegetables and spicy cheese. The brunch plate is also perfect for an evening snack.

I don't know how you feel, but I love to conjure up a delicious menu from many little things. Whether it's a brunch or an evening buffet. With the colorful brunch plate which is prepared in a flash you can enjoy the taste of at least 5 delicacies. With this low carb meal and great ingredients like vitamin C, calcium, omega 3 and lots of protein you can start your day well! The vegetable variations can be changed at will. The protein bread (recipe no. 8) also goes very well with this snack.

Ingredients: 200 g smoked mackerel, 1/2 organic feta cheese, 1 paprika, 1/2 cucumber, handful of olives

Tools: Knife, board

1. Wash and cut vegetables
2. Spread all ingredients on a board and enjoy

5. Minced meat pan with butternut pumpkin

A simple low carb pan with a good portion of protein and sweet butternut pumpkin.

This high protein - high fat dish keeps you full for a long time and provides you with lots of vitamins like iron, zinc and magnesium. An optimized hormonal balance, good skin and a strong immune system are the result. Mangold is considered a stress killer and calms the nerves.

Ingredients (2 portions): 400g minced meat, 1 butternut pumpkin, 1 chard (or Pak Choi), 200ml coconut milk, TL salt, 1/2 TL pepper, 1/2 TL cinnamon, 1/2 TL thyme

Tools: Pot, pan, spatula, cutting board, knife



Figure 15: Minced meat pan with butternut pumpkin

1. Divide pumpkin, remove seeds, peel and chop flesh
2. Heat the pot to medium heat and fry the pumpkin with the lid closed.
3. Heat the pan to 3/4 heat and fry the minced meat.
4. In the meantime, clean Mangold and cut into mouth-sized pieces.
5. When the minced meat is fried, add the chard, coconut milk and spices.
6. Mix everything and simmer for another 5 minutes on medium heat.
7. As soon as the pumpkin is tender, add it to the pan.
8. Serve and enjoy or pack in Tupperware.



6. Fruity Curry Chicken Salad



Figure 16: Fruity Curry Chicken Salad

An exotic taste explosion. Light and fruity.

Chicken and egg supply the important protein which is supplemented by the fat from high-quality or homemade mayonnaise. Grapes or pineapples provide valuable vitamins and a sweet note. The celery is great for purification, helps against high blood pressure and adds a fresh taste to the curry chicken salad.

Ingredients: 200g chicken breast, 100g celery, 100g grapes, 40g almonds, 50ml good mayonnaise, 2 eggs, salt, pepper, curry, lemon juice

Tools: Pot, bowl, blender



1. Pour the chicken breast into the pot and cover completely with water. Cook for 15 minutes (or until the chicken is done).
2. Add eggs to boiling water and cook hard (approx. 10 min)
3. Meanwhile, wash the celery and grapes, cut into small pieces and place in a bowl.
4. Chop the almonds into small pieces and add to the bowl.
5. Let the egg and chicken breast cool down a little, cut into small pieces and place in a bowl.
6. Mayonnaise, season with salt, pepper, curry and lemon juice
7. Arrange and enjoy or pack in Tupperware

7. Cauliflower Breakfast Bowl



Figure 17: Cauliflower Breakfast Bowl

Normally you need a lot of rice for a bowl. In this Low Carb variant we use delicious cauliflower.



Few ingredients but full of nutrients. Especially the cauliflower is often underestimated. It strengthens our immune system, is easily digestible and acts as a blocker against cancer. Instead of paprika, the bowl can also be topped with other delicious vegetables.

Ingredients: 250g minced turkey meat, 300g cauliflower, 50g mayonnaise, 1 paprika, caraway, pepper, salt, ghee or oil for frying

Tools: pan, pot, spatula, bowl, kitchen towel

1. Wash the cauliflower and cut it into pieces in the mixer (Attention, only by the stroke!)
2. Add some ghee or oil to the pot and fry the cauliflower over 1/2 heat.
3. Heat the pan to 3/4 heat and fry the minced meat.
4. Season to taste with salt, pepper and cumin
5. Wash and chop the peppers
6. Put everything on a plate and topping with mayonnaise
7. Enjoy or pack in tupper goods

8. Sandwich with protein bread



Figure 18: Sandwich with protein bread



If you don't want to do without bread in the morning or just want to grab something to take with you to work, a sandwich of protein bread is the best choice.

It is a homemade protein bread that tastes super delicious and contains many Omega 3 and fiber. You can also make 2 loaves of bread and partially freeze. It is occupied after choice. Preferably with low carb food like butter, grainy cream cheese, ham and cheese. Radishes or other crunchy vegetables go well with it.

Tip: Don't use protein bread from the supermarket! Wheat and soy protein are inferior and the remaining ingredients are not related to this high quality homemade protein bread.

Ingredients for the protein bread: 300g low-fat quark, 6 eggs, 100g ground linseed, 100g ground almonds, 4 tbsp flour (your choice), 4 tbsp Chia seeds, 2 tbsp bread baking spices, 1 tsp salt, 1 packet baking powder, handful pumpkin seeds

Tools: large bowl, box baking tin, baking paper, cloth

1. Preheat oven to 175° C
2. Mix all ingredients except the pumpkin seeds in a bowl
3. Cover the bowl and leave to heat for at least 30 minutes.
4. Line the box mold with baking paper and then pour in the dough.
5. Pour the pumpkin seeds onto the dough and press lightly down.
6. Bake bread for 1 hour
7. Let the bread cool down
8. Cover and enjoy bread, pack or freeze it



9. Chicken leg with candied carrots



Figure 19: Chicken leg with candied carrots

Super simple dish that doesn't take more than 10 minutes to prepare. Chicken legs provide us with high quality protein. The oven vegetables that can be chosen according to preferences provide the necessary micronutrients. With the Low Carb variant I recommend carrots or root vegetables and a moderate portion of dates. I recommend the High Carb variant with carrots, potatoes and many dates. The dates make this dish a real feast.

Ingredients: 2-4 chicken legs, 500g carrots/potatoes/root vegetables, 10 chopped dates, olive oil, rosemary, salt, chicken seasoning

Tools: Oven, casserole dish, bowl, cutting board, knife, brush

1. Preheat oven to 175°.



2. Wash and chop vegetables (no peeling necessary)
3. Place the vegetables in a bowl and sprinkle with olive oil, salt and rosemary.
4. Brush chicken legs with oil and season with chicken seasoning
5. Place the vegetables in an ovenproof dish and place in the oven.
6. Place the chicken legs on a separate baking tray and bake in the oven.
7. After 45 minutes, remove the vegetables from the oven, stir in the chopped dates and return to the oven.
8. After a total of 60 minutes, take everything out of the oven and arrange, or pack in Tupperware.

High Carb - High Protein - Low/Medium Fat Meals

1. Berries Porridge Deluxe



Figure 20: Berries Porridge Deluxe



Those who don't want to do without muesli or breakfast porridge have hit the mark with the Porridge Deluxe berry. The warm oat flakes contain zinc, lots of protein and important fibre. Important fats are provided by cashew must and hemp seeds which convince with a creamy nutty taste. The sweet combination of fruits and honey completes the whole thing!

Ingredients: 150 g oat flakes, 200 ml milk, 200 ml water, 2 tbsp honey, 200 g berries, 30 g cashew nut, 30 g hemp seeds, pinch of salt

Tools: Pot, spoon

1. Bring milk and water to the boil, add oat flakes and simmer at low heat.
2. After the oat flakes have been pulled, add the cashew nut, hemp seed and a pinch of salt and mix.
3. Place the porridge in a plate and garnish with berries and honey.

2. Chocolate Buckwheat Porridge

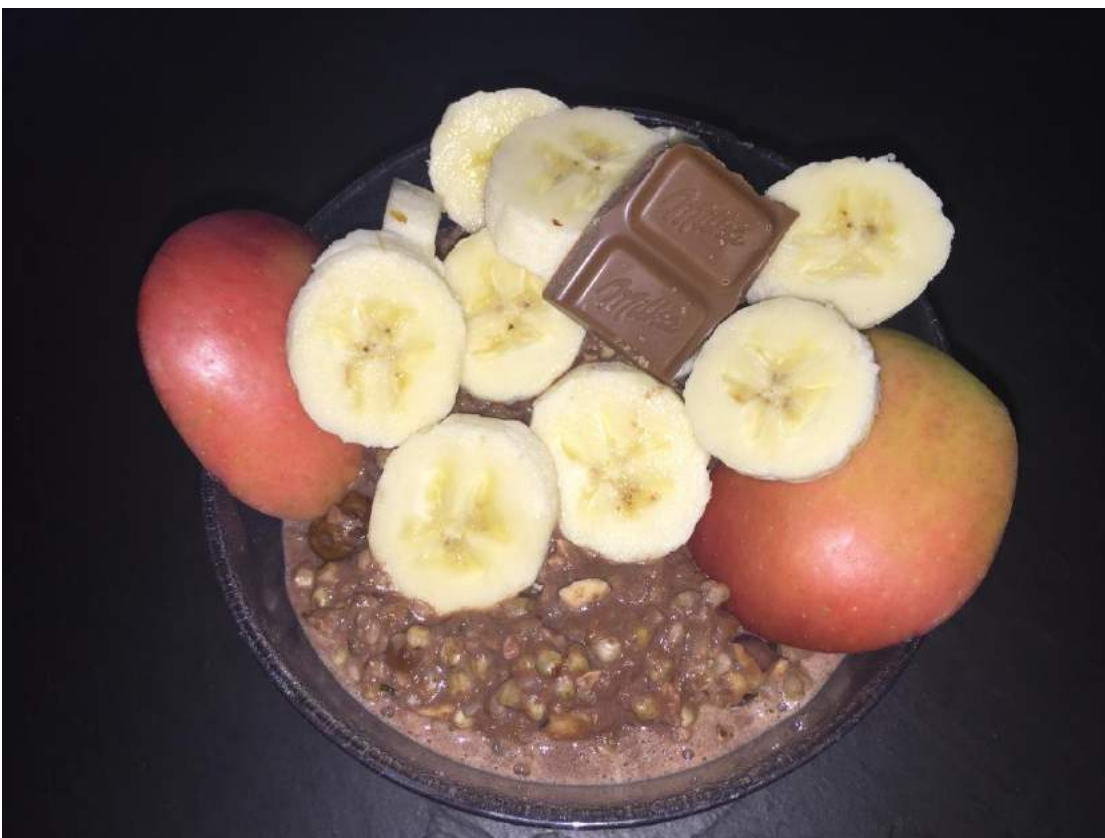


Figure 21: Chocolate Buckwheat Porridge



The second High Carb breakfast alternative. Chocolatey, gluten-free and with lots of protein, this is a power breakfast after you can tear out trees.

The food you need is all very durable and very healthy (you can use frozen berries). So you can have them in stock so there are no excuses if you don't have any vegetables or fresh fruit at hand. A wide mix of fast and slow carbohydrates, good protein and high quality fat provide your body with everything it needs to be efficient.

Ingredients: 150 g boiled buckwheat, 200 ml milk, 200 ml water, 5 dates, 1 tablespoon hemp seed, 1 Scoop chocolate protein, 1 tablespoon cocoa(nibs), 2 tablespoons chopped hazelnuts

Tools: Pot, spoon, blender

1. Buckwheat should ideally be soaked overnight in water.
2. Cooking buckwheat
3. Chop dates and nuts into small pieces
4. When the buckwheat is ready add all the ingredients to the pot and mix well
5. Arrange and enjoy mass or pack into Tupperware

3. Delicate cod with oven vegetables

Even if you're not a fish lover, you should get used to eating it. The health benefits are so high that you don't want to do without them.

Cod is easily digested and is an excellent source of protein. The oven vegetables give us the necessary energy to get through the day well and provide us with the daily portion of vitamin C to stay healthy and alert. The rest of the vegetables fill up the micronutrients and strengthen our bones and sight. Alternatively, the dish can be cooked with fried potatoes and spinach.

Ingredients: 200g fresh cod, 400g potatoes, 150g carrots, 150g mushrooms, olive oil, salt, pepper, garlic, basil, parsley, paprika spice



Tools: Pot, oven, knife, cutting board, aluminium foil, bowl



Figure 22: Delicate cod with oven vegetables

1. Preheat oven to 175°.
2. Wash potatoes, cut into wedges and season with salt, paprika and olive oil (tossing in a bowl works great)
3. Put the seasoned potatoes in the oven
4. Season cod with olive oil, salt, pepper, basil and parsley and wrap in aluminium foil.
5. Wash and slice carrots and mushrooms, season with salt, pepper, olive oil and garlic and wrap in aluminium foil.
6. Add cod and vegetables to the oven
7. After about 30 minutes take everything out of the oven.
8. Arrange and enjoy or pack in Tupperware.



4. Juicy Chicken Breast with Butter Almond Broccoli



Figure 23: Juicy Chicken Breast with Butter Almond Broccoli

Probably the most famous fitness food par excellence. The combination of rice, chicken and broccoli has been consumed by performance-conscious people for decades.

Brown rice is a perfect source of carbohydrates when it comes to staying full for a long time and being supplied with energy. Because it is unpeeled, it contains a lot of micronutrients, filling fiber and does not let the insulin level in contrast to white rice shoot up. Brown rice (natural rice) is the number 1 choice of all rice varieties. Chicken and broccoli provide high quality protein and important vitamins. The melted butter and almond slivers make broccoli an intense taste experience.

Ingredients: 150g brown rice, 200g chicken, 400g broccoli, 30g almond slivers, 30g butter

Tools: Pan, 2 x pot, spatula, sieve



1. Prepare rice according to package instructions
2. Bring the water to the boil, add the broccoli and turn off the heat.
3. Fry the diced chicken in a coated pan on 3/4 heat.
4. sieve the broccoli into plates and add butter, salt and almond slivers
5. Add boiled rice and meat
6. Enjoy or package in Tupperware

5. Fitness Quinoa Bowl



Figure 24: Fitness Quinoa Bowl

If a bowl is filled with the right ingredients, it can develop almost magical powers. In addition to fat loss and muscle growth, the Quinoa Fitness Bowl provides so many nutrients that the body thanks with dazzling health. After all, we want to be healthy from the inside out.



Quinoa is the power corn of the Incas and Aztecs. As these warriors prepared for battle, they were strengthened by their wives. This original grain is superior to pasta, pasta and Co. around worlds, it contains all essential amino acids (the fine protein structures which the body needs for survival), long-chain carbohydrates and a whole swing of important micronutrients. The shrimps provide additional protein. Walnuts and olive oil supplement with healthy fats for brain and metabolism.

Ingredients: 150g soaked quinoa, 20g walnuts, 150g prawns, 20g olive oil, 1 carrot, 150g mixed salad, 20g honey, 2EL mustard, salt, pepper, dark balsamic vinegar

1. Defrost the cooked shrimps.
2. Cook soaked quinoa for 20 minutes.
3. Place the quinoa in a bowl, allow to cool and add the remaining ingredients.

Season to taste and enjoy

4. Season to taste and enjoy

6. Fiery chickpeas Goulash

There's hardly a simpler dish. Despite its simplicity, it tastes good and provides important protein and good carbohydrates. The low fat content makes this meal ideal before a long workout.

[Chickpeas](#) are gold for a decent blood sugar level, a good cardiovascular system and digestion. The tender goulash meat cooked through supplements with high-quality protein. But this is not the end of the story. Often meat is badgered or is regarded only as a source of protein. But good meat also provides very important minerals such as iron and zinc and is packed full of B vitamins to reduce stress. It applies to pay attention however to a good meat quality. Here quality stands over quantity.

Ingredients: 150g chickpeas, 200g goulash, 1 onion, olive oil, tomato puree, salt, chili



Tools: Pot, wooden spoon



Figure 25: Fiery chickpeas Goulash

1. Chickpeas the evening before in water soak (with dried)
2. Chop onion
3. Brown onion and fry goulash meat all around
4. Add chick peas
5. Add water until everything is beautifully covered
6. Add 3 tbsp. tomato paste, chilli and salt and mix well.
7. Simmer for 1-1,5 hours
8. Scoop and enjoy or fill in Tupperware



7. Sweet potato with salmon and herb dip

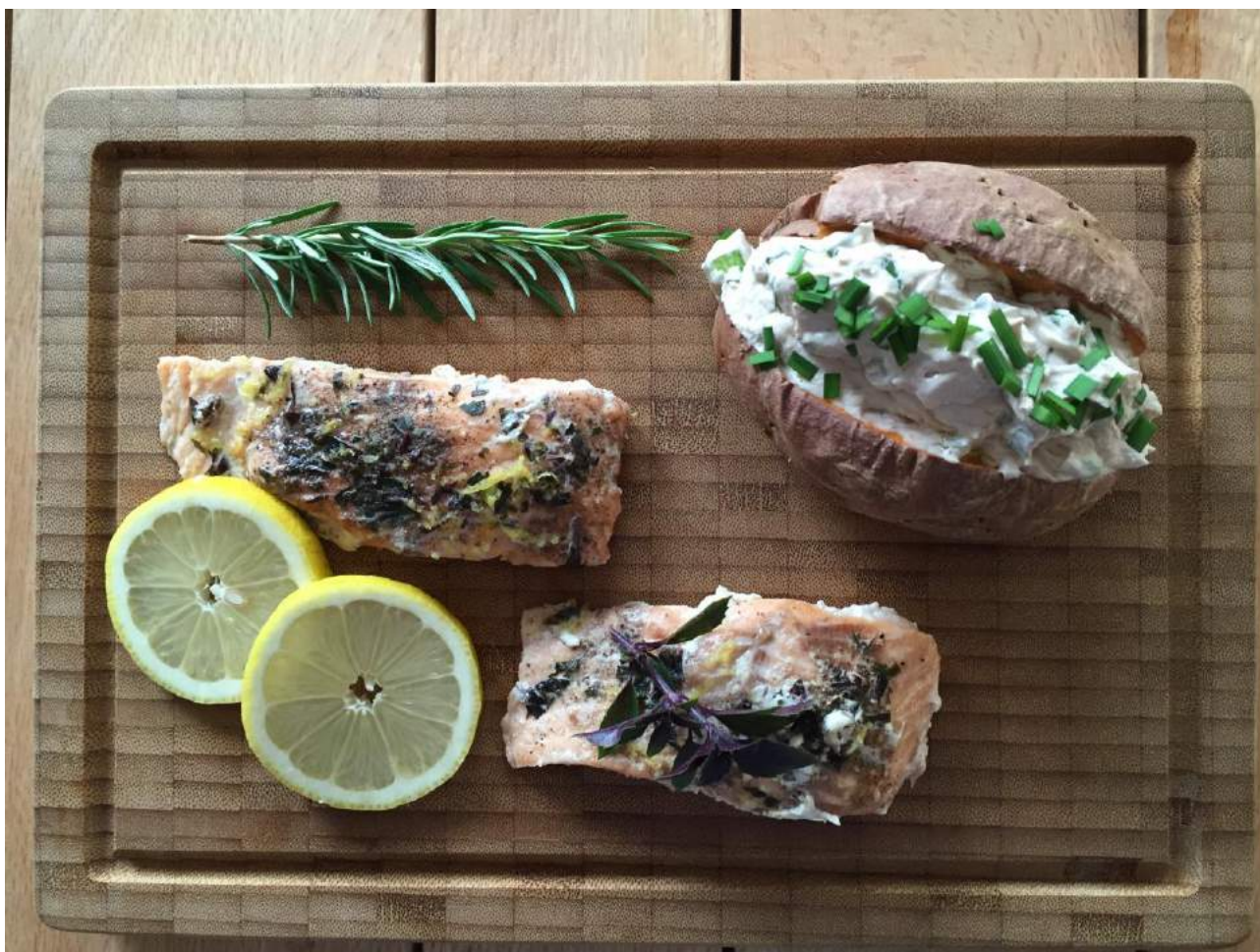


Figure 26: Sweet potato with salmon and herb dip

A simple oven dish with again few ingredients, few dishes and many good nutrients.

The sweet potato belongs on every menu. Due to its high carbohydrate content, it tastes sweeter than a normal potato. It is also one of the most nutritious vegetables that has an anti-inflammatory effect, strengthens the immune system and prevents cramps. Easy to digest, it is ideal before training. The salmon provides the daily portion of Omega 3 as well as the necessary protein. The herbal dip made from organic quark is an excellent match and provides us with calcium and glutamine. Glutamine prevents muscle breakdown during hard working and training days. The detoxifying asparagus should be regularly consumed to counteract chronic fatigue and maintain the love life.



Ingredients: 500g sweet potato, 250g salmon, 200g asparagus, 20g butter, 250g low-fat curd cheese, herbs and spices

Tools: oven, small bowl, knife, cutting board, aluminium foil

1. Preheat oven to 180°.
2. Wash sweet potatoes properly (scrub, do not peel)
3. Cut the sweet potato in the middle and prick it all around with a fork.
4. Wrap the asparagus with a little salt and butter in aluminium foil and also in the oven.
5. Season the salmon fillet with salt, pepper and dill, wrap in aluminium foil and put in the oven.
6. Put the low-fat curd cheese in a bowl and refine with herbs and spices.
7. After approx. 40 minutes, take everything out of the oven and serve
8. Enjoy directly or pack in Tupperbox.

8. Red Thai Curry





Figure 27: Red Thai Curry

I love this delicious dish from the Thai kitchen

In this recipe you will find our nutrient-rich coconut milk, together with natural rice, crunchy vegetables and delicious chicken. Red Thai Curry provides everything a fit firefighter needs. It is ideal before and after strenuous training sessions.

Ingredients: 150g brown rice, 300 ml coconut milk, 150ml vegetable stock, 200g chicken breast, 1 bell pepper, 1 carrot, spring onions, a handful broccoli, red curry paste, salt, garlic, lemon grass

Tools: Pan, spatula, knife, cutting board, pot

1. Cook brown rice according to packet
2. Chop the paprika, carrot and onion into small pieces
3. Cut the chicken breast in strips and fry in pan
4. Remove the chicken from the pan and heat 4 tsp red curry paste.
5. Red curry paste with vegetable broth and coconut milk pour over and mix nicely
6. Add vegetables and spices
7. Simmer for 5 minutes then add the chicken for another 2 minutes
8. Arrange together or pack in Tupperware

9. Fruits Milk Rice

The cheat meal on Sunday or after a very hard training session.

In the fruit milk rice we use exceptionally light rice. The rice pudding with vanilla flavor and the fresh sweet fruits is simply a dream.

Ingredients: 250g rice pudding, 1 l milk, fruit of your choice, vanilla protein, vanilla pod



Tools: Pot, wooden spoon, chopping board, knife

Figure 28: Fruits Milk Rice

1. Cook rice pudding according to package instructions
2. Stir in vanilla protein & vanilla freshness
3. Cut fruit
4. When the rice pudding is ready, arrange with fruits and enjoy, or pack in Tupperware

5.3. The best food

What distinguishes the best foods? In order for a food to promote your development and for you to be ready to perform at all times, it should meet the following criteria.





If possible Unprocessed

I can't mention this point enough. Mother Nature provides us with everything we need to grow and stay healthy. Take care to bring unprocessed food to you. The more processing steps or additives a product has, the more unhealthy it usually becomes.

Potatoes in their original form are e.g. very healthy and shine for example by a high vitamin C content. But what happens to potatoes when they are processed into chips? Nutrients are killed and bad additives such as trans fats and flavour enhancers are added.

High nutrient density

Nutrient density is not the same as calorie density. The calorie density indicates how many kcal a food has per 100g. Potatoes have about 80 kcal, chips more than 500 kcal! The nutrient density indicates how many important nutrients a food has. These include the vitamins and minerals it contains. Foods with a high nutrient density give our body everything it needs to function properly and stay healthy. Superfoods like Chia seeds, blueberries & avocado are great examples of foods with a high nutrient density.

Digestibility

The digestibility is often overlooked. But it is a very important aspect. Only if our intestines also split the food properly can the nutrients reach where they are needed via our bloodstream. What good is the best food if it leaves our body with all its benefits without us being able to benefit from it?

Foods such as quinoa, amaranth, seeds and legumes should be soaked in water overnight to make them both more digestible and easier to digest.

Fermented foods are perfect for digestibility. These include, for example, sauerkraut, natto or natural yoghurt.



If your body finds it difficult to break down fats and proteins or you have general digestive problems, you can supplement your diet with [digestive enzymes](#).¹²

Tolerability

Symptoms such as a bulging stomach, burping, farting, depression, bowel problems, restless sleep and skin problems are often accepted as "normal". But it is anything but normal. All these signs indicate a poor diet. It's the signals your body's trying to give you that something's wrong.

Many of these problems can be caused by the consumption of processed foods, gluten, lactose, legumes and too much fructose or sugar. Like other experts, I don't want to put everyone on the same footing and demonize everything from the start. Often it is simply the quantities in which these foods are consumed. From now on you should really take care of your body and pay attention to the reactions after you have consumed certain foods.

The nutrition plan is almost 100% gluten & sugar free. Lactose and fructose are minimized and legumes are soaked. Additionally you can support with digestive enzymes. This helps you to eliminate many dangers and optimize your diet.¹³

In the following pictures I introduce you to the best foods with which you should design most of your diet.

Table 3: The best carbohydrates

The best carbohydrates		
High calorie density	Average calorie density	Low calorie density
Brown rice	Banana	Broccoli
Quinoa	Apple	Spinach
Amaranth	Berries	Salad
Oat flakes	Cherries	Sauerkraut
Buckwheat	Citrus fruits	Carrots
Chickpeas	Pineapple	Cabbage
Sweet potato	Mango	Asparagus

¹² Ben Greenfield, Beyond Training: Mastering Endurance, Health and Life

¹³ Ben Greenfield, Beyond Training: Mastering Endurance, Health and Life

The best carbohydrates		
Potatoes	Avocado	Paprika
Honey	Kiwi	Tomatoes
Dried fruits	Figs	Olives
		Mushrooms
		Beetroot
		Radish

Table 4: The best proteins

The best proteins	
Complete protein sources	Incomplete protein sources
Chicken	Lentils
Turkey	Beans
Beef	Chickpeas
Pig	Natto
Lamb	
Turkey	Walnut
	Hazelnut
Salmon	Pumpkin seeds
Pangasius	Cashew kernels
Mackerel	Brazil nuts
Tuna	Almonds
Shrimp	Pistachios
Seashells	
Oysters	Oat flakes
Innards	
Egg	
Quinoa	
Buckwheat	
Hempseed	
Amaranth	
Protein powder	
BCAA	
Cheese	
Yoghurt	
Curd	



Proteins are broken down into amino acids by the body. These "smallest protein structures" can now be used to build muscle, transport vitamins, strengthen bones or participate in hormone production. As you have seen in the table, there are complete and incomplete proteins. The complete proteins shine with a complete amino acid profile. This means that these protein sources contain all essential amino acids. They are therefore more valuable than the incomplete sources.

Table 5: The best fats

5.4. A whole week

The best fats	
Oils	Other
Ghee 200-205°	Chia seeds
Coconut oil 185-205°.	Hemp Seeds
Rapeseed oil 190°.	Linseeds
Bio Butter 175°	
Olive oil 160-175° C	Hazelnut
Walnut oil 160°	Walnut
Linseed oil	Macadamia nut
Avocado oil -	
	Avocado
	Olives
	Salmon
	Mackerel

Let's get down to business and put all the information we've got together into a nutrition plan.

This menu plan is designed for one person with 3000 kcal. You can find it with exact quantities in the prefilled nutrition planner (see bonus material). There you can also create your own plan or fine-tune it here. The shopping list for this plan can also be found in the



bonus material so that you can start right away. If you stick to this plan there will be no leftovers that get bad.

Monday:

Breakfast: Cheese scrambled eggs with avocado

! Sprinkle the remaining half avocado with lemon juice to protect it from oxidation.

! Wash 300g quinoa. And soften it in a bowl with water in the fridge. We need them the next few days. The soaking makes the quinoa easily digestible and helps to absorb the nutrients.

Lunch: Delicate cod with oven vegetables

! Prepare double portion for next day.

Dinner: Juicy chicken breast with rice and butter broccoli

! Prepare double portion for next day.

Tuesday:

Breakfast: Cheese scrambled eggs with avocado

! Use the rest of the cheese & avocado.

! If you are standing in the kitchen anyway, grab a glass, add 30 g Chia seeds and fill it completely with water. Store in the fridge. The soaking process releases all nutrients. The liquid with the seeds will be in a shake tomorrow.

! Sieve the quinoa. Add fresh water and a dash of lemon juice. Keep in the fridge. We need it tomorrow.

Lunch: Tender cod with oven vegetables (rest)

Dinner: Juicy chicken breast with rice and butter broccoli (rest)

Wednesday:

Breakfast: Creamy coco chia shake.

! Use the already soaked Chia seeds together with the (gel-like) liquid.

! Take the shrimps out of the fridge and defrost them.

Lunch Fitness Quinoa Bowl

! Prepare double portion for next day.

Dinner: Berries Porridge Deluxe



Thursday:

Breakfast: Paleo Quiche with fresh apple sauce

! Prepare double portion for next day.

! Defrost 200g asparagus.

Lunch: Fitness Quinoa Bowl (rest)

Dinner: Baked potato with salmon and herb dip

Friday:

Breakfast: Paleo Quiche with fresh apple sauce (rest)

Lunch: Fiery chickpeas Goulash

! Prepare double portion for next day.

Dinner: Red Thai Curry

! Prepare double portion for next day.

Saturday

Breakfast: Colorful Brunch Plate

Lunch: Fiery chickpeas Goulash (rest)

Dinner: Red Thai Curry (rest)

Sunday:

Breakfast: Colorful brunch plate (rest)

Lunch Fruits Milk Rice

Dinner: Chocolate - Buckwheat Porridge

6. Lifestyle Hacks

The Lifestyle Hacks give you an additional booster to the ideal weight and highest performance in use.



6.1. The circadian rhythm

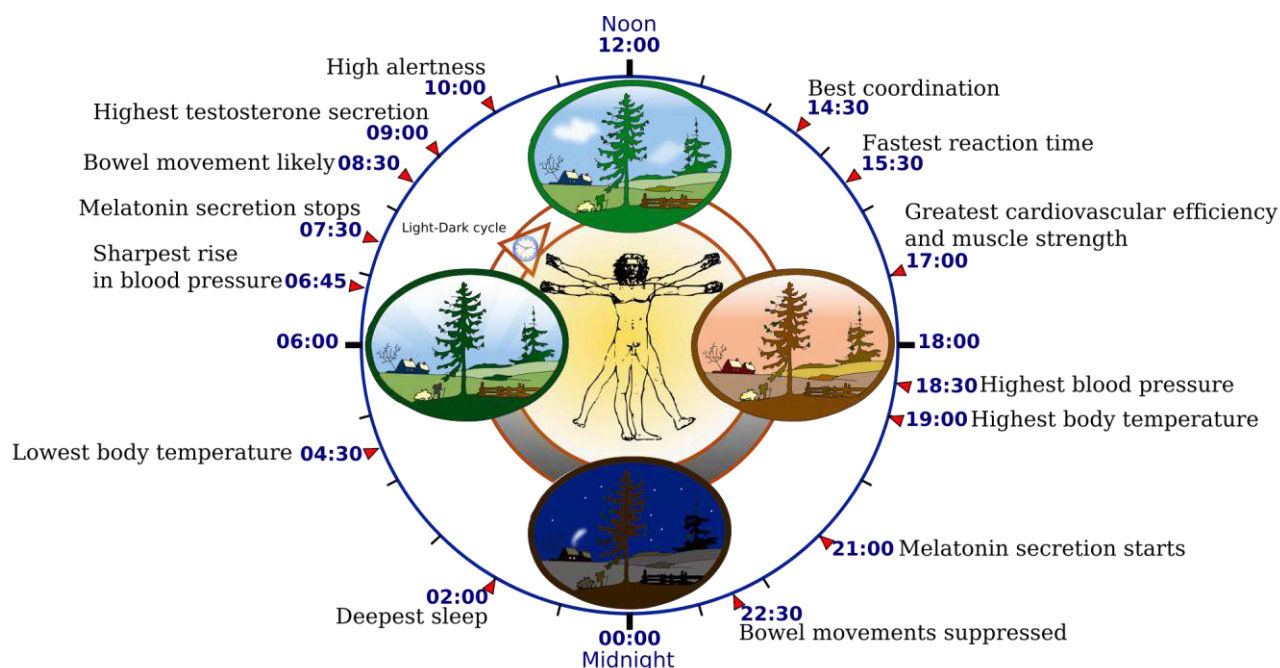


Figure 29: The circadian rhythm¹⁴

Man has functioned according to this rhythm for thousands of years. Nature cannot be tricked and if you do not adapt you will feel the consequences (or think it is "normal"). I have been working 3 shifts for a long time myself and this in an almost weekly change. I travelled a lot and had jetlags again and again. That's a killer for hormone production. It robs you of energy and costs you strength. Regeneration also suffers greatly from it. Meanwhile I live according to the circadian rhythm. I have got used to it and have a fairly constant energy level throughout the day. It's really impressive. I don't have to get out of bed in the morning anymore and can fall asleep well. Try it for a few weeks and you'll feel the difference. More energy, better sleep, the right appetite and faster achievement of goals through optimized regeneration.

I recommend a sleeping time of about 22:30 - 6:00.

6.2. Movement

Movement is the fountain of youth. No matter how much you move in your everyday life, move more! Use every opportunity and get out of your comfort zone.

¹⁴ Paleo Lifestyle, <http://www.paleolifestyle.de/wp-20b24-content/uploads/2015/11/biologische-uhr-paleo1.png>, 15.9.2016



- Say no to escalators and elevators.
- Protect your car and walk short distances on foot or by bike.
- Put a pull-up bar on the door frame and do pull-ups as you walk through.
- If you have a sitting job, get yourself a height-adjustable table and stand
- Train regularly fire brigade fitness and other sporty activities
- Make 50 jumping jacks every hour
- Develop a playful character

6.3. The right preparation

Preparation is half the battle. If you don't buy crap, you don't eat crap.

Take your time and prepare your meals. Use the finished diet plan you have received and gradually adapt it to your wishes and needs. It's important to get the ball rolling and to get a routine in, at some point everything will run by itself. Always pack yourself a suitable snack if a cravings attack haunts you, you'll have something healthy to grab.

My top snacks are:

- [Nut mix](#)
- Fruits & Vegetables
- Curd
- [Energy bars](#) (something processed but tasty for a snack!)
- Dried meat
- [Protein shake](#)
- Water

6.4. Do not finish eating

Even though Mom preached to eat. If you are full, do not force yourself to eat. Especially if you want to lose weight it is counterproductive. Save it for a later time, then you have less work with cooking.



6.5. Challenge

Take on challenges and honestly go to court with yourself. Why not just photograph your entire meal for a week and post it on a social media channel (e.g. Instagram)? It is interesting to have a review at the end of the week. Especially if you do the challenge together with a friend, this promotes your will to win.

6.6. Get cleaned up

I don't know about you, but after a meal I'm still craving something sweet. Chewing gum or brushing your teeth not only improves oral hygiene, but can also replace a dessert. Normally you are used to not eating anything after brushing your teeth. In the evening, for example, it makes no sense to eat something again after you have brushed your teeth. You can use this habit to your advantage and suppress the cravings after eating or during the day with this technique.

7. Closing Remarks

The right eating habits are among the most important things you can do for a healthy and successful life. If you are not ready yet you should start now. You owe it to yourself, your comrades, your wife and children!

Through a clean diet you will::

- reach your ideal weight
- improve the ratio of muscle to fat mass



- improve your health
- improve your well-being
- Improve your performance in the field and in everyday life
- be a good role model for your children
- counteract diseases such as diabetes, high blood pressure, cancer and others
- and much more...

Start implementing what you've learned. You don't have to do everything perfectly from now on. But take the first step now and don't let the first problems stop you. Nobody said it was easy. I taught you the principles as practicable as possible and gave you a whole guide.

Now it's up to you.

Are you implementing what you have learned?

I am happy about your success story, write me a mail to info@feuerwehrfitness.com .

I wish you all the best and much success,

Martin

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10. Recommendations*

Food and dietary supplements

- [Quinoa](#) (Concentrated feed of the Aztecs)
- [Amaranth](#) (Concentrated feed of the Aztecs)

- [Hemp Seeds](#) (Lots of Protein, Lots of Omega 3)
- [Chia Seeds](#) (Lots of Protein, Lots of Omega 3)
- [Cocoa Fat](#) (Healthy, highly heatable oil)
- [Ghee](#) (Healthy, highly heatable oil)
- [Coffee](#) (Natural high quality coffee)

- [Whey Protein](#) (Muscle building)
- [BCAA](#) (Muscle building/muscle protection)
- [Creatine](#) (More speed)
- [Omega 3](#) (Important for brain, weight loss and against diseases)
- [Vitamin D](#) (Important for well-being and bones)
- [Beta Alanine](#) (More repetitions + more pump + more endurance)

Workout equipment

- [Caliper and measuring tape](#) (For body fat measurements)
- [Kettlebells](#) (For training at home or outdoors)
- [Olympic Rings](#) (For training at home or outdoors)
- [Sling trainer](#) (For training at home or outdoors)
- [Chalk](#) (Against sweaty hands, more grip power)
- [Weightlifter shoes](#) (Stability is increased, spine can be held upright)
- [Knee protectors](#) (Stabilizes and warms the knee, ideal for knee bends)
- [Compression stockings](#) (So that you don't tear your shins open when you deadlift.)
- [Pulling aids](#) (If you want to switch off the limiting factor of the grip force)
- [Blackroll](#) (Self-massage for active regeneration or against pain)
- [Resistance bands](#) (For stretching, facilitating and complicating exercises)

Books

- [Der Wille zur Kraft](#) (Motivating book on weight training)
- [Starting Strength](#) (Detailed explanation of the basic exercises)
- [How to Eat, Move & be Healthy](#) (Everything about your healthy lifestyle)

- [Ernährungs Strategien](#) (Reference book on nutrition)
- [Werde dein geschmeidiger Leopard](#) (Mobility & Flexibility)
- [Metabolic Typing](#) (Nutritional recommendations based on body type)
- [Functional Firefighter Fitness](#) (American book on fire brigade fitness)

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