



“We help busy professional people to feel super confident in their favourite outfits”

Healthy Alternatives to Your Daily Bread



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Hi there,

I'm Derek, a body transformation specialist at Results Personal Training & Group Fitness, Falkirk. Over the last 8 years now, I've helped hundreds of local people to reinvent themselves and to feel so much more confident, and all through eating clean and working out regularly.

It took some time to really master what it takes to get people to transform their life. We've done everything at Results from 121 Personal Training, Small Group Personal Training, Weight Management Groups and Kettlebell fitness classes, plus I delivered training programmes and a variety of fitness classes within a busy gym environment and was a Physical Training Instructor in the Territorial Army, training recruits from all over Britain.

Having analysed the Results of delivering all of the above, I've been able to figure out exactly what works and what doesn't, and to design our own signature programme at Results to give you what you need. Our own coaching programme, which I've termed our M.A.N.E Framework (this stands for Mindset, Accountability, Nutrition and Exercise) covers all of the essential components to get you into smaller clothes and feeling amazing. If your mindset isn't right then nothing else works. The nutrition has to be right for the pounds and inches to come off (working out at the gym or going to fitness classes alone will not shift the weight). Believe me, I've seen it countless times over. The exercise has to be of the right type to produce the desired Results also, and people NEED to be accountable, or they are highly unlikely to follow a plan of clean eating. You won't find any other programme in Falkirk that covers all of these essential factors.

Anyway, enough about me. This document is really to help you to replace regular bread with much healthier alternatives that will not only get you into smaller clothes, but will also give you a much more toned waistline, and you'll never bloat again. If you have any questions or would like some free tips on how to reinvent yourself through a healthier lifestyle, then get in touch. My contact details are at the end of the document.

Derek

Healthy Alternatives To Your Daily Bread

Unfortunately, every single person that I ever come across, who is carrying extra weight and is feeling lethargic and gets digestive issues, eats bread – frequently. Don't be fooled by the “healthy wholemeal claims”. Your daily bread is not what it used to be. It's much more processed now than it was years ago. Think about when you were a kid, and if you didn't use your bread within 3 days of purchase, it was like a brick. Now 10 days after purchase it's still spongy and soft. They don't make 'em like they used to. Here are the ingredients of a typical “healthy” wholemeal bread:



Ingredients:

Wholemeal Flour (Wheat), Water, Caramelised Sugar, Yeast, Wheat Protein, Soya Flour, Salt, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Emulsifiers: E471, E472e, E481, Preservative: E282, Vegetable Fat (Palm, Rapeseed), Flour Treatment Agent: Ascorbic Acid, Wheat Starch, This product contains 62% Wholegrains from Wholemeal Flour

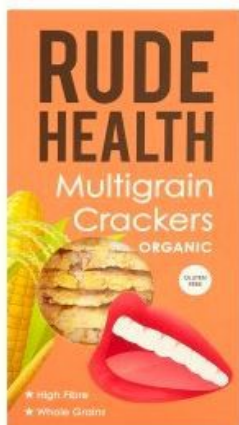
Look at all of those E numbers and the sugar also (caramelised sugar) which is one of the biggest ingredients within the bread. The vegetable fats are bad also, especially when heated. Wheat in general, is not good for your health, and reliance on wheat-based products like bread and wraps, is all too often contributing to obesity, and poor health. Try going a few weeks without, and then have a few slices of bread, and you'll find your body will tell you everything that you need to know about this 'healthy' food.

You will be bloated by bread and will feel sleepy in the mid afternoon following a lunch time of sandwiches or toast. Like I said, try a few weeks without it and then if you reintroduce you'll really notice the bloating and lethargy (plus weight gain, potentially).

Here are some much better alternatives that will help you to shift the pounds, to avoid lethargy and bloating, and to feel and look so much better.

Rude Health crackers (Morrison's Stirling, not Falkirk, or order directly from Rude Health)

* These are getting harder to find now. You can buy them directly from Rude Health themselves, and they will grant you 25% off the retail price.



Ingredients

Corn, Brown Rice, Millet, Buckwheat, Quinoa, Sea Salt*, *Approved Non-Organic ingredient

Note how much less ingredients there are in these than in that bread. There is also no regular wheat, added sugar or E number chemical content.

Rice cakes (Kallo branded ones have only brown rice and salt as ingredients - Asda, Tesco, Lidl etc).



Ingredients

Organic wholegrain brown rice (99.75%), sea salt.

Corn Thins/Cakes (Tesco, Lidl etc)



Ingredients

Maize (99%), sunflower oil, salt

Ryvita (Asda, Tesco etc)



Ingredients

Allergy Advice: For allergens see highlighted ingredients

Wholegrain **Rye** Flour, Toasted Seeds and Grains (12%) (Buckwheat, **Sesame Seeds**, Kibbled **Soya**, Brown Linseed, Kibbled **Rye**), Salt, Made with 96g Wholegrain **Rye** Flour per 100g of product

Again, much lesser ingredients and no chemicals.

Rye bread (some of the rye breads out there are rubbish also – always check the list of ingredients), but this Biona Organic Amaranth/Quinoa Rye Bread 500G is good (Tesco – freshly baked aisle)



Ingredients

Wholegrain Rye Meal*, Water, Natural Sourdough*(**Wholegrain Rye Meal***, Water) , Amaranth* (4%), Quinoa* (4%), Sea Salt.

This tends to be more popular when toasted than it does when uncooked. This product is WAY BETTER than your average loaf in the supermarket, in terms of the quality of the ingredients.

Try Rye (Waitrose, Stirling)



Ingredients

Rye Flour, water, sea salt.

Sourdough Bread

Try not to end up reaching for the first one on a regular super market shelf or it will have some crappy ingredients.

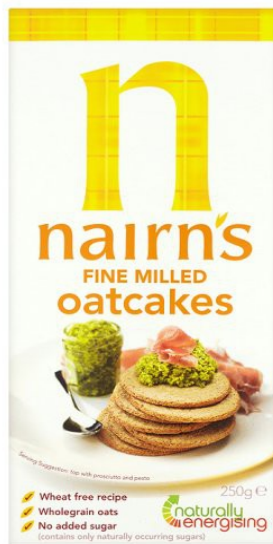
M&S have one in the fresh baked section. It's labelled as having a "27 year old starter" so read the label to make sure that you have the right one.

You can also order Wild Hearth Bakery online for home delivery or they have a coop collect system based at Roasts in Larbert.

Carmuir's Produce near the Falkirk Wheel get a weekly delivery on a Saturday morning though she doesn't hold a large stock. If you follow her on FB or Instagram then you'll see when she receives her delivery. (Hogan's Fine Foods, Stenhousemuir, or other health food shops)



Oatcakes (Nairn branded – Tesco, Asda etc)



Ingredients:

Wholegrain Oats (85%), Sustainable Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate

These oatcakes are significantly better than your average loaf of bread in terms of ingredients.

Sweet potato sliced and put in a toaster (yes, this does work)

<http://nutritionstripped.com/sweet-potato-toast-5-ways/>

Ingredients:

Sweet potato

Now add a healthy topping of your choice, such as these ones, below.



Exclusive Offer To You!

If you're ready to change your relationship with food, are serious about wanting into smaller clothes sizes and want to feel super confident and bursting with energy, then book in for your free Transformation Session worth £49. You will get mindset coaching, clarity and focus, plus we'll agree upon goals and get you immediately progressing towards achieving them. Message today to get started.

Best of luck in achieving your goals and in changing your relationship with food.

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