

BAKFIETS GYM

DIETPLAN

THE BASICS – MEALPLAN – MEALRPEP – GROCERIES

WHAT DOES HEALTHY MEAN?

Nowadays it's difficult to determine what a healthy diet consists of. There is so much information. Every year there seems to be another trend and another advice you should be following: superfoods, low carb, keto, juice cleanses and many more. That's why we made this diet plan for you. No trends, diets or other bullshit. Just the basics of a healthy lifestyle.

In this diet plan we will, first of all, explain of what a healthy diet consists of because it's important for you to first change the foods you're eating to healthy and nutritious, before you start focussing on a goal (like losing or gaining weight).

After this we will teach you HOW! We'll teach you meal planning, meal prepping, grocery shopping and more.

THE BASICS

A healthy diet consists of unprocessed, diverse and organic foods. That's it. Now we'll explain why:

Unprocessed: these are simply no foods that are made by humans. No boxes or premade stuff. Just foods that come straight out of nature, without a list of ingredients. Note that some human processes are an example to this rule. Like: freezing fruits and vegetables, pasteurizing dairy, the canning of legumes and the fermentation process of for example yoghurt or kimchi.

Varied: our body needs a whole range of nutrients to function. Besides the energy we get from foods, we also need to get the sufficient macro- and micronutrients. When you want to get all the macro- and micronutrients out of your food, you have to have a really diverse diet because there are so many nutrients we need, we just cannot get them by eating the same foods all the time. Besides the macro- and micronutrients is eating a diverse diet good for your gut health and metabolism.

Organic: besides that, organic foods are good for the nature and environment, they are also really important for your body. When organic foods are produced, no toxic pesticides, fertilizers and GMO organisms are used. With regular foods this is the case. If you don't eat organic, these toxic substances will be a part of your food and enter your body through eating them. Also, these toxins will lower the nutritional value of your foods. Organic foods also don't contain artificial fragrances, colorants and flavours and no preservatives are used. So, if you eat organic the nutritional value of your food is the best you can get and you prevent yourself from toxic substances entering your body.

The Dirty Dozen and Clean Fifteen:

When you start buying organic, there are two important lists you need to know. These are the dirty dozen and clean fifteen. The dirty dozen is a list of 12 products that you have to buy organic because these contain the most toxic substances when bought regular.

In contrast to the dirty dozen there is also the clean fifteen. This list contains 15 products you don't have to buy organic. Why? These products contain substances that make them immune to bugs or plagues so that they don't have to be sprayed with toxins. Or, they're skin is so thick that the toxins they are sprayed with will not enter the eatable layer. That's why these products do not have to be bought organic because (at least the eatable part) these are not contaminated with pesticides.

Dirty Dozen

Strawberries
Spinach
Kale
Nectarines
Apples
Grapes
Peaches
Cherry's
Pears
Tomatoes
Celery
Potatoes
Chili peppers

Clean Fifteen

Corn
Avocado's
Pineapple
Cabbage
Onions
Green peas
Papaya
Asparagus
Mango
Eggplant
Kiwi's
Honey melon
Cauliflower
Broccoli
Grapefruit

FOOD IS FUEL

When you're transferring to a healthy diet it's important to make sure you have the right 'mindset' on food. Food is fuel for our body. We feed ourselves in order to give our body the energy it needs to live. Without food we die. This is one of the most important things to realise. Food is often something very emotional. It's an escape for our feelings or it gives us comfort. Food is also a very social activity. Almost all the social activities we're used to go in combination with food, like: going out to dinner, birthdays, BBQ's etc. These kinds of special and social occasions almost always involve food, when actually the main point is being together with people.

That's why from now on, you should start seeing food as fuel for your body. You're going to have to think about, when meal planning, what kind of energy your body needs and then fuel according to that. So, if you exercise a lot, make sure you eat a lot of protein. Are you going to be studying a lot, make sure you eat brain food like carbs.

KITCHEN STAPLES

When you're going to build a healthy lifestyle for yourself, you should start by having a critical look at what's in your kitchen and pantry. The simplest thing is: if you don't have unhealthy food in your home, you cannot eat it. That's why we've composed a list of what you should have in your pantry and kitchen that are the basis of a healthy diet. These things you should have IN your home, the rest you should get rid of. It sounds really drastic, but again, if you don't have it you can't eat it.

Also, when you have these things in your kitchen and pantry, you'll always have healthy food options available so you can always make healthy meals for yourself. How easy is that? Just do your groceries one time per week and you're done with that for the rest of the week.

When choosing your 'kitchen staples' it's important to find those things you like. So, the list you'll find after this are examples where you can choose from. You don't have to buy all of them. If you don't like a certain item, don't buy it or replace it for something you do like, as long as it is organic and unprocessed. This way, a healthy diet is not a punishment but something you can enjoy.

DE BAKFIETS GYM – KITCHEN STAPLES

HEALTHY, GOOD, FITS INTO YOUR DAILY DIET SUSPICIOUS, NOT TOO OFTEN, EXCEPTION POISONOUS, BAD

DRINKS	VEGETABLES	NUTS, SEEDS AND LEGUMES	PROTEIN	OIL AND FATS
<p>Water, mineral water, black coffee</p> <p>Water with lemon/lime, green thee, fresh nutmilk, fresh coconut water</p> <p>Kombucha, packaged nutmilk, organic milk</p> <p>Freshly squeezed fruit juice, pasteurized dairy, soymilk, boxed juice, diet drinks, soda, sweetened drinks, sports drinks</p>	<p>Asparagus, avocado, paksoi, broccoli, brussel sprouts, cauliflower, celery, cucumber, fennel, olives, kale</p> <p>Cabbage, lettuce, radish, spinach, pumpkin, zucchini, cilantro, artichoke, green beans, spring onion, parsley, leeks, carrot</p> <p>Eggplant, onion, green peas, peppers, shallots, tomatoes, mushrooms, beetroot</p> <p>Corn, canned vegetables, soy</p>	<p>Coconut, coconut flower, raw pistachios</p> <p>Almonds, cashews, hazelnuts, macadamia, pecans, walnuts, sunflower seeds, nutbutters (except for peanut), pinenuts</p> <p>Roasted pistachios, sprouted legumes, brazil nuts, beans, hummus, legumes (lentils etc.), peanuts, flaxseed, chiaseed</p> <p>Soy, soybeans, corn</p>	<p>Organic and grass-fed beef and lamb, organic free-range eggs, collagen protein</p> <p>Wild caught fish like anchovies, sole, salmon, mackerel, seabass</p> <p>Organic and grass-fed pork, wild duck/goose, hemp protein</p> <p>Factory farmed eggs, chicken, turkey, factory farmed meat (chicken, beef, pork), farmed fish, rice and pea protein, soy protein, beans, cheese, pasteurized dairy</p>	<p>Coconut oil, organic free-range egg yolk, avocado oil, fish oil, grass fed organic butter, cacao butter, organic ghee</p> <p>Extra vierge olive oil, MCT oil</p> <p>Organic animal fat, non-organic butter and ghee</p> <p>Soy oil, palm oil, chicken fat, sunflower, canola oil, peanut oil, plant oil, margarine</p>

DAIRY	CARBS AND STARCHES	FRUIT	SWEETNERS	COOKING METHODS	HEBS AND SPICES
<p>Organic grass-fed butter, ghee and cream</p> <p>Organic butter, ghee, cream or yoghurt</p> <p>Non-organic butter, milk, cream or yoghurt</p> <p>Lean varieties of dairy, fake butter, pasteurized butter, milk or yoghurt, powdered milk, factory farmed milk, dairy replacements, condensed milk, conventional ice-cream</p>	<p>Pumpkin, sweet potato, carrot</p> <p>White rice, cassava, plantain, tapioca starch, black rice, wild rice, brown rice, banana</p> <p>Potato's (normal, new and purple), corn, buckwheat, oats, quinoa</p> <p>Wheat, corn, other grains, potato starch</p>	<p>Avocado, blackberries, coconut, cranberries, lime, lemon, raspberry's</p> <p>Blueberries, pineapple, strawberries, tangerine, grapefruit, pomegranate</p> <p>Apple, apricot, cherry's, figs, kiwi's, lychee, nectarines, orange, peach, pear, plum, bananas, dates, grapes, mango, papaya, passionfruit, watermelon</p> <p>Honey melon, raisins, dried fruit, canned fruit</p>	<p>Erythritol, stevia, monk fruit sweetener</p> <p>Raw honey</p> <p>Maple syrup, coconut flower sugar</p> <p>White sugar, brown sugar, non-raw honey, fructose, dextrose, glucose, fruit juice concentrate</p>	<p>Raw, uncooked or lightly heated</p> <p>Boiled al dente, steamed, roasted till max 160 degrees, boiled, poached, lightly grilled (no marks), sous vide, stewed</p> <p>Stir-fry, grilling, barbecuing</p> <p>Burned or blackened, grilled, deep fried, cooked in microwave</p>	<p>Fennel seed, apple cider vinegar, sea salt (Himalaya), ginger, cilantro, parsley, cacao, coffee, oregano, turmeric, rosemary, lavender, thyme, cinnamon, mustard, pepper, cloves, bay leaf, garlic</p>

MEALPLANNING AND MEALPREPPING WHY?

Meal planning and prepping had multiple advantages. When you meal plan and prep, you'll always have a healthy meal within reach that fits your diet. You'll reach your goals faster and easier because you'll never have to decide last minute what you're going to eat so you eliminate the chance of an unhealthy choice. Also, you don't have to go to the supermarket that often, just 1 time a week. So, your groceries will get less expensive and you'll be less tempted by the bad foods in the grocery store. Finally, it's also cheaper because you don't eat outdoors as much. No more cafeteria lunches, delivery or eating out.

MEALPLAN

Meal planning is the plan you make in the beginning of the week. With this planner you decide how your week is going to look like. When planning also have your diary in reach so you can adjust your plan to your activities during the week. This is important because: food is fuel, so keep in mind the busier and calmer days.

TIPS FOR MEALPLANNING:

1. Fill out your planner with the foods and meals you like that fit into your healthy diet (unprocessed, varied and organic).
2. Check your diary while planning. Decide which days are going to be busy and which days not. This way you can adjust your diet to the energy you'll be needing.
3. Keep in mind the days that you'll be exercising. Then you're going to be needing energy and protein.
4. Check on which day's you'll be having social activities. These activities are likely to be paired with calorie rich foods, drinks and alcohol. Of course, you should be able to have these but just balance these activities out with the rest of your calorie intake of the day. Will you be having foods and drinks at night, keep the calories you consume during the day a bit lower than normal. Try to eat meals with a lot of vegetables. These are very filling but low in carbs, fats and calories.
5. Choose a set day of the week that you'll be meal prepping. Like a Saturday or Sunday. These days are ideal since they are on the weekends so you'll have enough time to do your groceries and meal prepping.
6. Meal: what do we mean with a meal. A meal contains these three things: carbs, vegetables, protein and healthy fats. We'll be elaborating on this subject in the meal prep section, but, when planning it's important to check how many 'meals' you're going to be eating throughout the week so you can adjust your groceries to this.
7. Try to make your breakfast and lunch quick and easy. Something you can prepare with the things you'll have in your kitchen and pantry. This reduces the number of things you have to meal prep and will make it easier to maintain this habit.

GROCERY SHOPPING

So, you've made your meal plan and now you exactly know what foods you need and what amount. Time to go grocery shopping. This section is about how you make your shopping list and where you can do your groceries.

WHICH PLACES TO SHOP AT

When transferring to an organic and unprocessed diet, with a lot of fruits and vegetables, the Albert Heijn or any other regular supermarket may not be sufficient enough to get your groceries. The organic products are almost always quite limited in these supermarkets. Especially regarding to meats, vegetables and fruits.

That's why we've composed a list of places where you can go for your weekly grocery run.

1. **De Haagse Markt**: it's open on Monday, Wednesday, Friday and Saturday. The place for your fruit and veg shopping. Did you know the Haagse Markt is the biggest outdoor market of Europe? The range of products here is more diverse than in the supermarkets and you'll often find products that the supermarkets don't have. This way it's very easy to keep your diet diverse. Try to make a habit out of going to the Haagse Markt weekly for buying your fruit and vegetables. You'll also will notice a big difference financially when shopping at the Haagse Markt because it's way cheaper than the supermarkets. We recommend the fish stalls for wild caught fish, just ask the fishmonger which ones are wild caught and you'll have a good deal!
2. **Odin/Ekoplaza**: the organic supermarkets. EVERYTHING is organic here, which makes the shopping really easy.
3. **The Butcher**: this is the best place for buying organic grass-fed beef. The supermarkets don't sell grass fed at all and most of the organic stuff is just minced meat or hamburgers. So, for your meats, go to your local butcher and let them advise you on their organic grass-fed range of products! You can also check koopeenkoe.nl when you want organic grass-fed beef. You can order a package of the highest quality meat that will be delivered to you frozen, and fits just one drawer in your freezer!
4. **The fishmonger**: wild caught fish is something you cannot get in your regular supermarket. Everything there is farmed fish which you want to avoid at all costs. So, check out your local fishmonger and let them advise you on what they have wild caught. Just make sure you always ask, because even the fishmonger sells farmed fish.
5. No time to go to the Haagse Markt? Then try to go to your **local fruit and vegetable stall**. They mostly sell local products of high quality. They can also advise you on what's in season. This way you'll always buy fruits that are super tasty and ripe and the best vegetables!
6. **Supermarket**: if you're going to do your groceries in the supermarket, then it's important to check everything if it's organic. And, when buying meat or fish, make sure it's organic and has the '3 stars better life' label.

HOW TO DO GROCERIES

We've made a roadmap of 4 steps by which you can prepare for doing your groceries. This way you'll be the most efficient and you'll know how to make a good grocery list.

Just make sure that when you do groceries, you get everything for the whole week at once! Like we've stated earlier.

Step 1: check your pantry

Make sure you have enough of your kitchen staples. Take a good look in your kitchen, freezer and pantry to determine what you need. Do you have enough carbs in stock? If not, put them on the list. Do you still got enough oils? Do you got enough flavourings like spices, garlic, onions, limes, lemons, fresh herbs etc. What's in your freezer? Write everything down on your list that you need to restock.

Step 2: plan your meals

Every meal you're going to prep contains:

1. Carbs: these you will have in stock, check step 1
2. Vegetables: every day you will eat around 500g of vegetables. So now you calculate how many grams you need in total. When cooking for one: $7 \times 500\text{g} = 3,5$ kilos of vegetables. Make sure you buy this amount of organic and seasonal vegetables.
3. Protein: determine which proteins you want to eat for the meals you've set out. Fish/meat/vegetarian/cheese/chicken etc. and write this down.
4. Healthy fats: you've got these in stock.

So, a quick recap: make sure that you've got all the elements for all the meals you want to eat that week. Determine if you've got these in your pantry and if not, write them down on your list

Step 3: the other moments you're going to eat (breakfast, lunch, snacks etc.)

Write down the things you will need for your breakfast or lunch. Do you eat yoghurt, write down the amount for the whole week. Do you make smoothies, make sure you have enough frozen fruits and plant-based milk, and so on.

Step 4: fruit and nuts

Nuts are something you should eat everyday as a part of a healthy diet, so check if you have enough of your favourite nuts. Also, you should eat around 300g of fruit every day. Make sure you have a lot of nice fresh, organic and seasonal fruits for you to eat every day.

MEALPREP

Alright, now you've bought everything you need. Time to start meal prepping. In your meal plan you've determined the amount of meals you're going to eat and you've got the right amount of foods from the grocery store.

So, what is a meal?

It contains 4 elements:

1. Carbs
2. Vegetables
3. Protein
4. Healthy fats

When every meal you eat consists of these 4 elements, you make sure that you get all your macro and micronutrients every day. That's why we've set out meals like this. So, when prepping these meals, it's a case of preparing the 4 elements, adding the flavour you like and you've finished your meal prep. We've set out the steps for you to go through when meal prepping your meals.

MEALPREP STEPS FOR MEALS

Step 1: storage containers

Make sure you have enough storage containers to store your meals in. Later on in this program we'll recommend you our favourites!

Step 2: cook/prepare your carbs

Step 3: roast/steam/prepare your vegetables

Step 4: prepare your protein

Step 5: add flavour

Every time you've completed one of these steps, add the food you've prepared to your storage containers. Make sure you have a container for every meal that you're prepping and simply divide the carbs, vegetables and protein over these.

You can also prep for example your nuts! Just fill 7 small containers with your favourite nut mix so you eat these every day.

Want to have chia seed pudding or overnight oats for your breakfast? Make sure you prep this as well for the upcoming week.

Planning soup for lunch? Make sure you make a big batch of soup!

So, if you finish these steps you'll have all the meals you've intended on prepping ready! Now you're ready to go for the next week, filled with nutritious and delicious healthy meals.

800G OF FRUITS AND VEGETABLES PER DAY

This obviously sounds like a lot. So, the first thing you're probably wondering is how am I going to do this? The best advice we can give you is: don't wait until dinner to eat your vegetables! When you have to eat around 500g of vegetables just at dinner, this is going to be a tough challenge.

So, make sure you divide this 500g of vegetables during the day. Eat a big salad every day for lunch. Put vegetables like kale or spinach in your morning smoothie. Eat a bowl of vegetable filled soup for lunch and snack on vegetables during the day like: cherry tomatoes, cucumber slices, peppers, celery, carrots etc. This way you'll easily reach your 500g every day!

So, the 300g of fruit is an easier goal. Try to prepare a bowl of fruits in the morning when making breakfast. Cut up your favourite fruits and snack on them during the day or eat it as a dessert!

MEAL PREP SUPPLIES

When you want to become a pro in meal prepping, there are a few things that will make your life much easier: storage containers, zip lock bags and sheet trays. Why?

Storage containers: these are essential for meal prep. When you're prepping meals you also need to put them somewhere. Our advice is these containers from ikea. They are dishwasher safe and can be put in the microwave. They also don't leak so they're perfect for on the road. Just be aware when ordering that they sell the containers and lids not together. We advise to have at least 5 storage containers. And, if you eat soup or prep your lunch and breakfast as well, we advise you to have more.

<https://www.ikea.com/nl/nl/p/ikea-365-deksel-rond-kunststof-70361786/>

<https://www.ikea.com/nl/nl/p/ikea-365-voorraaddoos-rond-kunststof-00359145/>

Ziplock freezer bags: the freezer is your best friend when meal prepping and planning. You can store whole meals in here. We advise you to freeze your meals per portion. So, if you're cooking dinner, always try to cook a bit more than you need. Then you can freeze a portion of your dinner and if you keep doing this you'll always have nutritious meals ready in the freezer for busy days. Ziplock bags are the best way to do this. You can put your portion of food in here and make it flat, that way you can store a lot of them in the freezer.

Sheet trays: why? These are the best for roasting vegetables and potatoes. Or just to prepare anything. Just toss all your cut up veggies on a sheet tray and roast them in the oven while meal prepping. The oven does all the work for you while you're busy with preparing the other elements of your meals. No fuss with steaming, boiling or blanching. Just put them in the oven and after 20-30 minutes they're ready to go. We advise these sheet trays, also from ikea:

<https://www.ikea.com/nl/nl/p/wardagen-bakvorm-zilverkleur-40256975/>

At De Bakfiets Gym we can't live without. We have approximately 4 because we can fit 4 in our oven and we use them every day!

