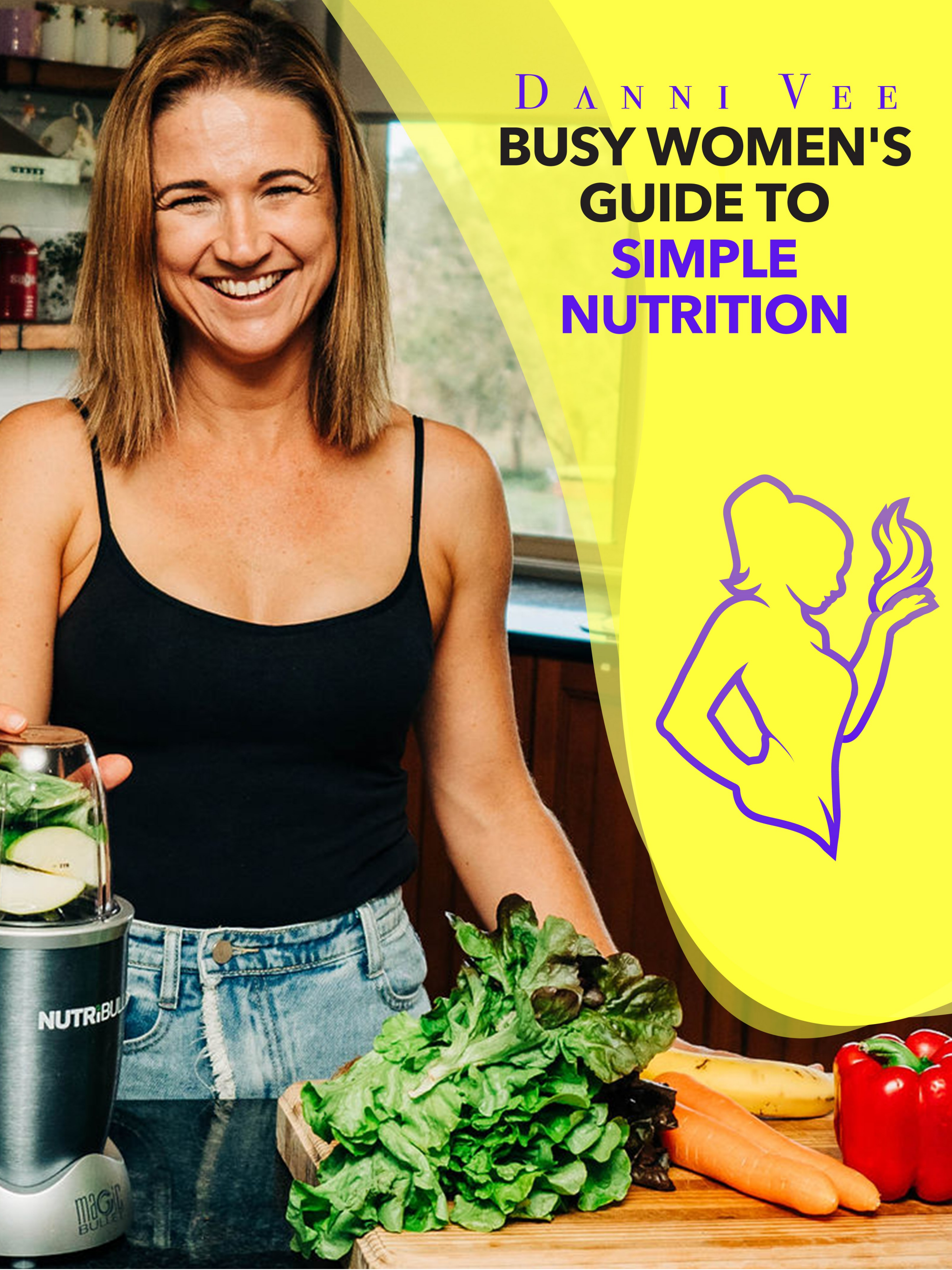


DANNI VEE  
**BUSY WOMEN'S  
GUIDE TO  
SIMPLE  
NUTRITION**





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# GET YOUR BODY READY

Thank you so much for downloading my Busy Women's Guide to Simple Nutrition. Prior to doing my nutrition courses, I used to find meal plans and eating well to be super overwhelming. I wanted to share with women an easy to follow guide to eating well without spending hours planning and creating meals.

## LET'S GET OUR BODY READY!

You don't need to wait until spring to start cleaning out your pantry and cupboards. Making a few small changes consistently will get you to the end result. 'Slow and steady wins the race' Slight changes such as; swapping out yellow tasty cheese for delicious soft white cheese (goats or fetta), or adding a delicious green smoothie to your menu are just as effective when it comes to a healthier lifestyle.

## HERE ARE SOME GREAT SEASONAL FRUIT & VEG AVAILABLE TO GIVE YOU SOME INSPIRATION.



### FRUITS

#### Nature's Treats

Banana  
Grapefruit  
Lemon  
Naval Orange

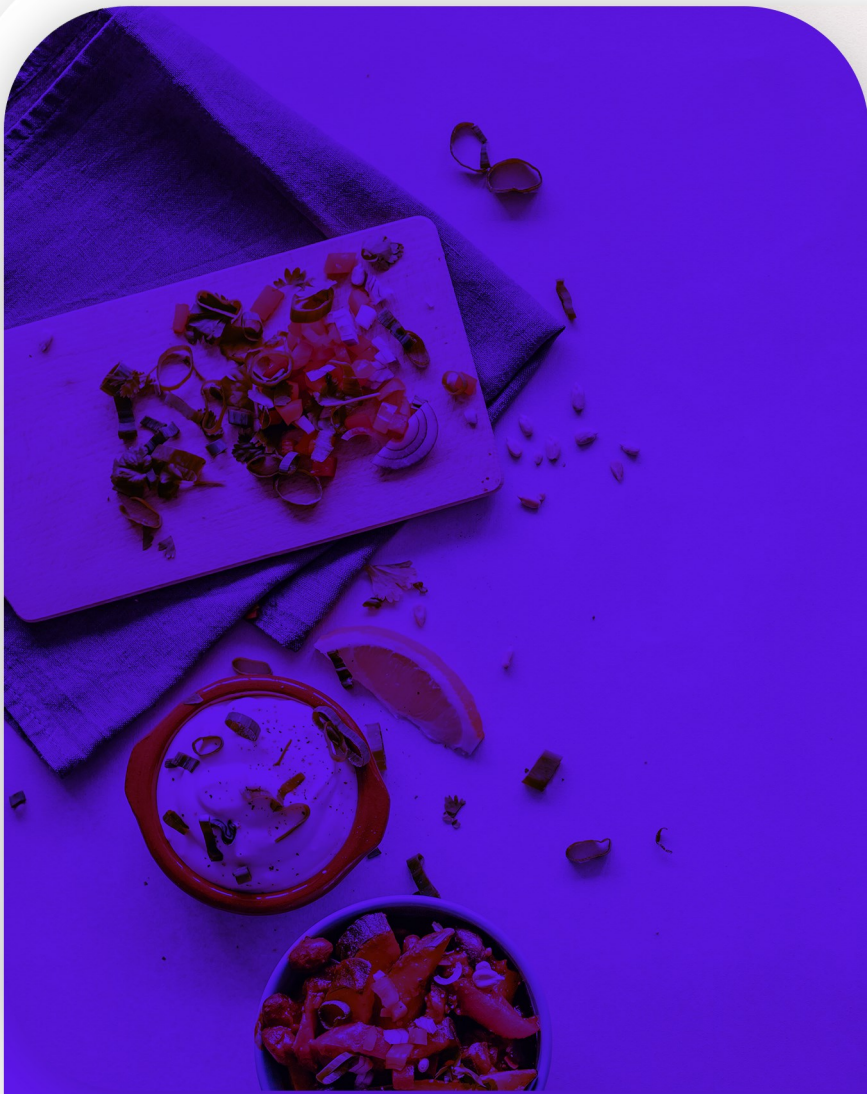
### VEGETABLES

#### Nature's Medicine

Asparagus	Silverbeet
Spinach	Beansprouts
Beetroot	Broccoli
Brussel Sprouts	Cabbage
Cauliflower peas	







# WEEKLY MEAL PLAN Fuel Your Body



I've created a basic guide to help you on a daily and weekly basis to make sure you are fuelling your body with the right foods.

Recipes are included for all the meals in this guide.



# MONDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

Don't say things like "I buy it for my husband or the kids" Why should you be the only person in the family on taking on a healthier approach to life. Why not both parents be positive role models and start teaching the kids about healthy food choices now!

## BREAKFAST

Danni's Breakfast  
**Smoothie**



**LUNCH**  
**Big Salad**  
With Tuna

## DINNER

Danni's Clean  
**Lasagne**





# TUESDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

REMOVE All of the unhealthy foods that have snuck their way into kitchen over the last few months, this will help minimise temptation

## BREAKFAST

One Egg,  
Avocado and  
**Burgen Toast**



## LUNCH

**Burgen Bread  
Sandwich**  
With Avocado,  
Chicken and Salad



## DINNER

**Big Salad**  
With Your Choice  
of Protein





# WEDNESDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

Having your meals all pre-prepared limits the opportunity for making lazy or unhealthy choices. This will also help you to maintain correct portions with your meals.

## BREAKFAST

Baked Beans  
and Spinach on  
**Burgen Toast**



**LUNCH**  
**Big Salad**  
With Chicken  
Breast

## DINNER

**Chicken & Veg**  
Stir-fry





# THURSDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

Most people know that it is recommended to eat 5-6 small meals a day but for some reason this is hard as we have been raised on having 3 staple meals, breakfast, lunch and dinner.

## BREAKFAST

### Omelette

With Spinach  
and Feta



## LUNCH

Chicken, Spinach,  
Cucumber,  
and Tomatoes  
**Wrap on  
Mountain Bread**

## DINNER

### Salmon Steak

With Steamed  
Vegetables





# FRIDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

EATING OUT doesn't have to be filled with guilt, make smart, healthy choices. There's always a healthy option on the menu, you just have to look for it or just ask for it.

## BREAKFAST

Danni's Breakfast  
Smoothie



**LUNCH**  
**Big Salad**  
With a Small  
Tin of Tuna

## DINNER

**Chicken Tenders**  
With Sweet  
Potato Chips





# SATURDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

Make sure you surround yourself with supportive and positive people.  
Sometimes, a healthier journey means making some changes like where you eat out and the people you associate with.

## BREAKFAST

### Omelette

With Spinach  
and Feta



## LUNCH

### Bean Nachos

With Guacamole

## DINNER

### Treat Yourself

You Deserve It!





# SUNDAY

Try and aim for 3 litres of water each day!  
Between meals you can snack on protein or vegetable based snacks.  
Feeling like a snack before bed?  
Try a Herbal Tea!

## DAILY TIP

Make people aware that you are making a positive change to your health.  
Be empowered by this change and who knows you may inspire those around you to also make a change.

## BREAKFAST

### 2 Poached Eggs With Bacon



## LUNCH

### Leftovers With Salad



## DINNER

### Big Salad With Protein of Your Choice





## DANNI'S BREAKFAST SMOOTHIE

### INGREDIENTS

Teaspoon of seed mix  
1/2 Cup Water/Almond Milk  
2 Teaspoons Chia Seeds  
1/4 Cup Chobani Yoghurt  
1/4 Cup Frozen Berries  
1 Small Banana  
1 Scoop WPI Protein

### DIRECTIONS

Place all ingredients in a blender.  
Blend till smooth to your preference.  
Best served chilled.



## OMLETTE WITH SPINACH & FETA

### INGREDIENTS

3 Eggs  
2 Tablespoons of Milk  
25g Feta Cheese  
2 Handful of Baby Spinach  
2 Slices of Burgen Bread

### DIRECTIONS

Spray pan with oil and place over medium heat. Whisk eggs and milk until light and fluffy. Add egg mixture to pan. Cook until half set. Place cheese and spinach on one half of the egg mixture. When egg is almost set, fold the other half over to enclose. Cook for 30 sec/until egg is completely set.



## BEAN NACHOS WITH GUACAMOLE

### INGREDIENTS

1 Onion  
1 Capsicum  
1 Punnet Cherry Tomatoes  
1-2 Avocados  
400g Kidney Beans  
2 Slices Wholemeal  
Mountain Bread  
2 Tablespoons Chobani Yoghurt  
1/2 Cup Water  
Dash of Lemon Juice



### DIRECTIONS

Dice onion and capsicum. Cook 4-5 mins stirring often, until soft. Add tomatoes and cook until soft squash with the back of the spoon. Add beans and water, bring to the boil. Reduce heat and simmer for 6-8 mins until thickens.

Season with pepper. Place mountain bread slices on top of each other and cut into 4 strips down the middle, then stack strips and cut into 4 squares. Cut each square into small triangles. Bake in oven for 5 mins until pale golden crisps. Combine avocado and lemon in small bowl. Divide chips on serving plates on top with bean mixture, guacamole and chobani yoghurt.

Puree mixture until smooth and then add lemon juice.



# DANNI'S CLEAN LASAGNE

## INGREDIENTS

1 Teaspoon Italian Herbs  
500g Turkey Mince  
Rye/Wholemeal Mountain Bread  
1 Large Eggplant (sliced)  
Small container Ricotta Cheese  
4 Zucchini (sliced)  
Small Amount of Parmesan  
1 Small Onion  
1 clove Garlic  
1 Can Tomatoes (diced)



## DIRECTIONS

Add onion and garlic to pan over medium heat until brown.  
Add mince and cook until browned.

Meanwhile preheat oven to 180C.

Sprinkle zucchini and eggplant with herbs, spray with oil and set aside.

In a large ovenproof dish, layer eggplant, mince, zucchini, ricotta and mountain bread alternatively until all ingredients are used.

Sprinkle with the small amount of parmesan cheese.

Bake in oven for approx 20-30 mins, until zucchini and eggplant is soft.



## SNACK IDEAS

### VEGETABLES

Carrot Sticks  
Celery Sticks  
Capsicum Sticks



### PROTEIN

Small Tin of Tuna.  
Handful of Walnuts.  
Protein Shake (whey protein isolate)





# FLEXIBLE DIETING & MACROS MADE SIMPLE

Flexible Dieting (also known as “If It Fits Your Macros”) is the counting of macronutrients (protein, carbohydrate, and fat) to achieve a health and fitness goal. It is a simple and straight forward way of eating what you want, within reason.

## MACRONUTRIENTS:

Nutrients are used for energy, growth, and bodily functions. Those that are needed in large amounts are called macronutrients.

There are three macronutrients required to sustain a healthy balance in your diet.

These are; carbohydrates (sugar), fats (monounsaturated, polyunsaturated & saturated), and proteins. Each of these macronutrients provides energy in the form of calories.

For example:

- In carbohydrates, there are 4 calories per gram.
- In proteins, there are 4 calories per gram.
- In fats, there are 9 calories per gram.



## PROTEIN:

The body breaks down protein into its building blocks - amino acids, the 9 essential amino acids give cells their structure.

Amino acids are essential for our bodies to be in great working order. They are vital for healing wounds and repairing tissue, especially in the muscles, bones, skin, and hair as well as for the removal of all kinds of waste deposits produced in connection with the metabolism.

Protein is found in meats, poultry, fish, meat substitutes, cheese, milk, nuts, legumes, and in smaller quantities in starchy foods and vegetables.

People who consume a vegetarian diet can get plenty of protein if they keep a balanced diet.

## CARBOHYDRATES:

The very first thing I want you to know is carbs are NOT the enemy!! Carbohydrates are incredibly important to the diet for many reasons.

Carbohydrates are easily metabolized (chemically broken down) and used as the body's main fuel source.

To put it simply our body's main organs (kidneys, brain, muscles & heart) need carbohydrates to function properly. Fats can only be properly metabolized when carbohydrates are present.

Fiber, which is an indigestible carbohydrate is necessary for intestinal health. Carbohydrates are found in starchy vegetables such as potato, sweet potato, carrot.

We can also find great carbs in basmati rice, rice cakes and fruits such as banana and apples because of their sugar content.



## FATS:

Fats have been given a bad name over the years.

Our bodies need fats to function just as much as our other macronutrients. They're used by the body as energy, storage for vitamins, for production of hormones and as protection for our organs.

Your fats can be broken down into 3 different groups (mono/poly/saturated).

If you take your Fat profile and split it to: (or get as close to)

- 35% monounsaturated
- 35% polyunsaturated
- 30% saturated

You are going to reap the benefits including...

- Higher sex drive
- Muscle gain
- Healthy skin, hair, nails
- Return of periods
- Fat-loss
- Anti-inflammatory.

It does take at least a month of adding the different fats into your diet to start reaping the above rewards.

Counting your macros is a very exciting tool to use to be able to fuel your body to receive the greatest results. However, it is very important to learn the basics of fueling your body set out in this guide before you dig deep into counting.

I will always recommend to learn what is great for your body and what gives you energy first and then start counting macros and getting even greater results.



# READING AND UNDERSTANDING FOOD LABELS



## NUTRITION PANEL:

The Nutrition Information Panel tells you the size of a standard serving of the product and which nutrients are contained in that serving. You can use the label to compare the product with what's in similar packaged foods.

The serving size may vary between products, so if you are comparing products it is best to look at the "per 100g" column.

If you are counting your macros the standard serving size is great to go by but be mindful of how many serves you are having in one sitting.

## INGREDIENTS LIST:

The higher an ingredient is on the list, the larger amount of this nutrient is in the product. It is wise to be aware of different forms of the same type of ingredient are used listed individually (eg: brown sugar, golden syrup, rice malt syrup are all sugars) so in a whole are a large portion of the product.

With the listings of additives, sometimes you will see the additive name and other times you will see the number (eg: citric acid can be seen as a preservative, it is also known as 330).

Also, sugars can be described as carbs. So the total carb content also includes sugars in the product.



## CLAIMS:

It is always important to not only look at the claims that are being made, but also consider what claims are NOT being made. For example; a product may state it is "gluten free", but may also contain an undesirable level of sugar.

### Nutrition Information

Servings per package – 16  
Serving size – 30g (2/3 cup)

	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g

#### Carbohydrate

Total	18.9g	62.9g
Sugars	3.5g	11.8g

Fibre 6.4g 21.2g

Sodium 65mg 215mg

**Ingredients:** Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

#### Ingredients ▲

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

#### Total Fat ►

Generally choose foods with less than 10g per 100g.  
For milk, yogurt and icecream, choose less than 2g per 100g.  
For cheese, choose less than 15g per 100g.

#### Saturated Fat ►

Aim for the lowest, per 100g.  
Less than 3g per 100g is best.

*Other names for ingredients high in saturated fat:* Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

#### Fibre ►

Not all labels include fibre.  
Choose breads and cereals with 3g or more per serve

#### ◀ 100g Column and Serving Size

If comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

#### Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

#### Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

*Other names for added sugar:* Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

#### ◀ Sodium (Salt)

Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

*Other names for high salt ingredients:* Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

WEIGHT LOSS



# WHAT BODY TYPE ARE YOU?

## ECTOMORPH:

### GOAL - To Gain Muscle

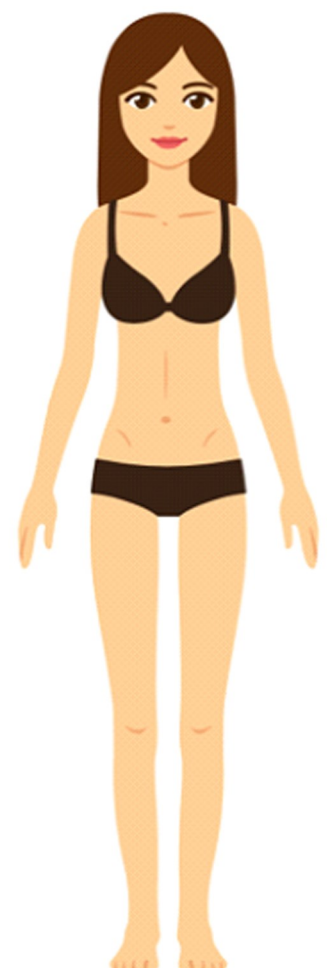
An Ectomorph body type has a slim frame with low body fat and small joints. Ectomorphs have a fast metabolism so find it difficult to gain weight.

The ectomorph body type needs a huge amount of calories in order to gain weight. Workouts should be short and intense focusing on big muscle groups. HIIT is great for this body type. Supplements are definitely recommended.

I would suggest this body type eat small meals often as opposed to large meals as they do fill quickly. High carb or high-fat diets are great for this body type. Just not both at the same time.

### Typical Traits of an Ectomorph Body Type;

- Skinny
- Small joints/ boned
- Long arms and legs
- Small shoulders
- Small chest and buttocks
- Low body fat (without exercising or following low-calorie diets)
- Can eat anything they like without weight gain
- Fast and efficient metabolism
- Difficulty gaining weight
- Hyperactive
- Difficulty in gaining muscle mass





# WHAT BODY TYPE ARE YOU?

## ENDOMORPH:

### GOAL - Fat Loss

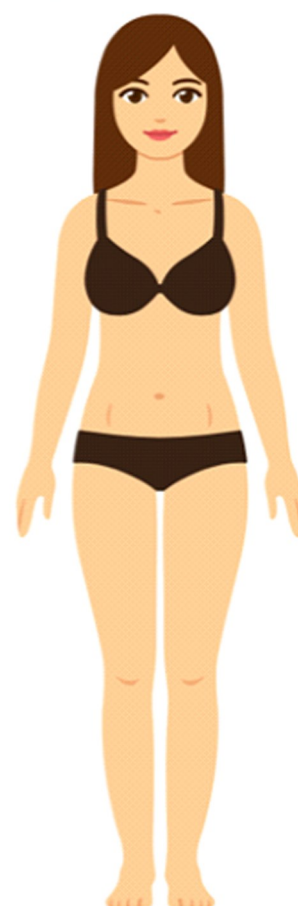
An Endomorph body type tends to struggle with their weight, gaining weight easily and losing weight with difficulty. Female endomorphs are soft and curvaceous and have a very feminine body shape.

For endomorphs daily cardio is great to keep the body fat down. It is important to find a cardio workout you love and have fun doing. Boxing, bootcamp, even running is great for this body type as well as HIIT as it brings in the high intensity necessary for this body type.

Because of their larger frames, this body type needs to mostly focus on fat loss. This body type should avoid processed carbs as much as possible and focus on lots of fibrous vegetables and drink a lot of water.

#### Typical Traits of an Endomorph Body Type;

- Naturally chubby
- Round, soft physique (Shapely)
- Short neck
- Long trunk
- Prominent thighs and/ or upper arms
- Wide bone structure
- High levels of body fat (may be overweight)
- High fat-to-muscle ratio
- Poor muscle definition
- Strong bones
- Prone to knee and feet problems





# WHAT BODY TYPE ARE YOU?

## MESOMORPH

### GOAL - Muscle Maintenance

The Mesomorph body type could be thought of as the “genetically gifted”.

Mesomorphs are an athletic, strong, compact and naturally lean body. They have excellent posture. Often, their shoulders are wider than their hips and women tend to have an hourglass figure. They generally are described as being of “medium” build.

This body type should be all about “balance” and eating in moderation. Mesomorphs do really well focusing on 5-6 small meals a day focusing on maintaining muscle, rather than building muscle or losing fat.

### Typical Traits of a Mesomorph Body Type;

- Naturally lean
- Naturally muscular
- Naturally strong
- Medium size joints/ bones
- Wider at the shoulders than the hips - i.e. chest dominates over the abdominal area
- Broad/ square shoulders
- Female mesomorph: defined hourglass figure
- Efficient metabolism
- Gaining muscle is almost effortless
- Losing fat is almost effortless
- Responds quickly to exercise





A woman with blonde hair and sunglasses is captured in a squatting position on a grassy lawn. She is wearing a white tank top, black leggings with 'NIKE' and 'CURVES' printed on the side, and white sneakers with orange accents. The background consists of lush green trees and foliage. A dark, semi-transparent banner is overlaid across the middle of the image, containing text and a logo.

**I'M HERE TO HELP**



D A N N I V E E