

MAKING FOOD YOUR FUEL

FITNESS IN MOTION

MAXIM **MININ**

THE IMPORTANCE OF HEALTH FOOD

The Importance of a Healthy Diet in Today's Fast-Paced World

In a society where rapid lifestyles often influence our food selections, the significance of maintaining a healthy diet cannot be overstated.

A nutritious diet serves as a foundation for overall well-being, significantly impacting both physical and mental health, as well as influencing weight management.

Physical Health Benefits

A well-balanced diet is essential for sustaining a healthy body weight and minimizing the risk of chronic illnesses. Incorporating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals provides the vital nutrients required for optimal bodily function.

These nutrients support a strong immune system, which is essential in defending against infections and illnesses.

In contrast, diets high in processed foods, sugars, and unhealthy fats are associated with obesity, heart disease, type 2 diabetes, and certain types of cancer. Conversely, a diet rich in whole, unprocessed foods can significantly lower these risks and enhance cardiovascular health.

Mental Health and Cognitive Function

The connection between diet and mental health is increasingly acknowledged. Nutrient-dense foods are vital for improved brain function and emotional stability.

For instance, omega-3 fatty acids found in fish and flaxseeds are known to enhance cognitive performance and reduce the likelihood of depression. Similarly, antioxidants present in fruits and vegetables help combat oxidative stress, which is related to several mental health conditions.

Maintaining balanced blood sugar levels through a nutritious diet can also prevent mood swings, improve mental clarity, regulate cravings, and counteract overeating tendencies.

Thus, a healthy diet is essential not only for physical health but also plays a vital role in fostering mental health and cognitive function.

Longevity and Quality of Life

Embracing a nutritious diet can result in a longer and more satisfying life.

Research consistently indicates that individuals who enjoy a diverse range of nutrient-rich foods tend to live longer and experience an enhanced quality of life.

For instance, the Mediterranean diet is linked to increased longevity and a lower risk of chronic illnesses. This dietary approach highlights the importance of consuming olive oil, fruits, vegetables, whole grains, and fish, while minimizing red meat and processed foods.

Such eating habits help reduce the likelihood of age-related diseases, promoting a healthier and more active lifestyle well into the later years.

In Summary

Despite the significant benefits that healthy nutrition offers and its availability, many individuals still find it challenging to modify their dietary habits. Over time, this can lead to weight gain or chronic related diseases.

In this guidebook, we aim to present you with a variety of healthy alternatives and options to consider when making food choices.

For any nutritional or health transformation, we highly recommend consulting a professional who can guide you through the process and provide assistance when needed.

We hope this guide will help you make better nutritional choices and present the information in a straightforward, structured manner.

BASIC 10 HIGH PROTEIN FOODS (NON VEGETARIAN)

Food Item	Calories (kcal)	Protein (g)
Chicken Breast	165	31
Turkey Breast	135	30
Salmon	206	22
Tuna	132	29
Lean Beef	250	26
Pork Loin	242	27
Shrimp	99	24
Eggs	155	13
Cod	82	18
Lamb	294	25



BASIC 10 HIGH PROTEIN FOODS (VEGETARIAN)



Food Item	Calories (kcal)	Protein (g)
Lentils	116	9.0
Chickpeas	164	8.9
Quinoa	120	4.1
Tofu	144	15.7
Greek Yogurt	59	10.0
Edamame	121	11.9
Almonds	579	21.2
Chia Seeds	486	16.5
Cottage Cheese	98	11.1
Peas	81	5.4

INTERNATIONAL HIGH PROTEIN DISHES

Dish	Country	Calories	Protein (g)
Grilled Chicken Tandoori	India	260	35
Beef Pho	Vietnam	350	28
Shakshuka with Eggs	Middle East	300	20
Chicken Fajitas	Mexico	320	33
Greek Souvlaki	Greece	270	31
Teriyaki Salmon	Japan	400	40
Moroccan Lamb Tagine	Morocco	450	30
Quinoa and Black Bean Chili	Peru	280	18
Swedish Meatballs	Sweden	400	25
Ethiopian Lentil Stew (Misir Wot)	Ethiopia	330	19

HIGH PROTEIN HEALTHY BREAKFAST OPTIONS

Breakfast Item	Calories (approx.)	Protein (g)
Greek Yogurt with Berries & Nuts	250	20
Scrambled Eggs with Spinach	200	18
Oatmeal with Almond Butter	300	15
Protein Smoothie (whey, banana)	350	25
Cottage Cheese with Pineapple	220	20
Smoked Salmon on Whole Grain Toast	280	22
Quinoa Breakfast Bowl	320	14
Peanut Butter & Banana on Toast	290	12
Avocado & Egg on Toast	310	13
Turkey & Cheese Omelette	400	30

HIGH PROTEIN HEALTHY LUNCH OPTIONS

Lunch Option	Calories (approx)	Protein (g) (approx)
Grilled Chicken Salad	350	30
Quinoa and Black Bean Bowl	400	18
Turkey and Avocado Wrap	450	25
Lentil and Spinach Soup	300	20
Tofu Stir-Fry with Vegetables	380	22
Greek Yogurt and Berry Parfait	320	20
Tuna Salad with Mixed Greens	300	28
Chickpea and Veggie Buddha Bowl	420	19
Shrimp and Quinoa Salad	370	30
Baked Salmon with Steamed Broccoli	450	35

HIGH PROTEIN HEALTHY DINNER OPTIONS

Dinner Option	Calories (approx.)	Protein (g) (approx.)
Grilled Chicken Breast with Quinoa Salad	400	42
Baked Salmon with Steamed Broccoli	450	40
Turkey and Vegetable Stir-Fry	350	35
Lentil and Spinach Soup	300	25
Quinoa and Black Bean Bowl	400	20
Tofu and Vegetable Curry	375	22
Beef and Bell Pepper Fajitas	500	45
Chickpea and Avocado Salad	350	18
Shrimp and Zucchini Noodles	325	30
Greek Yogurt and Berry Parfait	250	20

HIGH PROTEIN HEALTHY SNACK OPTIONS

Snack	Calories (kcal)	Protein (g)
Greek Yogurt (200g)	120	20
Hard-Boiled Eggs (2)	140	12
Almonds (28g/1 oz)	160	6
Cottage Cheese (1/2 cup)	100	14
Edamame (1 cup)	120	17
Turkey Slices (3 oz)	90	18
Protein Bar	200	20
Peanut Butter (2 tbsp)	190	8
Tuna (1 can)	100	20
Lentil Soup (1 cup)	150	12

HEALTHY HIGH PROTEIN NUTRITION SUMMERY

The Importance of a High-Protein Diet

A high-protein diet is essential for maintaining muscle mass, supporting body functions, and improving health.

Role of Protein

Protein is crucial for:

- Building and repairing tissues
- Producing enzymes and hormones
- Supporting immune function

Incorporate high-protein foods into daily meals for a varied and satisfying diet.

Lean Protein Sources

Boost protein intake with lean sources like:

- Chicken and turkey: Protein-rich and low in fat, perfect for salads, sandwiches, or main courses.
- Fish such as salmon or tuna: High in protein and omega-3 fatty acids, promoting heart health.
- Plant-Based Protein Options: For vegetarians or vegans, legumes like lentils, chickpeas, and black beans are excellent protein sources for soups, stews, or salads.

FROM MAXIM

Congratulations on Completing the Guide!

First and foremost, congratulations on finishing the entire guidebook (even if it is quite brief). I hope it has enhanced your understanding of nutrition basics and provided you with actionable steps and ideas to transition to a healthier daily diet.

As a wellness coach and the founder of Fitness in Motion, I have spent nearly a decade assisting individuals with weight loss and nutritional adjustments, witnessing numerous successes along the way.

After working with hundreds of clients who have struggled to lose weight, I've discovered that the key difference between those who ultimately succeed and those who don't is a willingness to not only listen but also to implement what they've learned. This is often the most challenging hurdle to overcome.

You see, while I may not have introduced anything groundbreaking in this ebook, if you've read it, you might have previously tried methods that didn't work, never acted on what you already knew, or perhaps lacked the necessary information.

I've crafted this guidebook (as well as the entire series) to be straightforward and easy to implement because I understand that this is the toughest part. I encourage you to give it a try!

At the end of the day, your health is in your hands, and only you can take the necessary steps to change it. I can share my knowledge, experience, and offer personal guidance if you choose, but it's ultimately up to you to decide what you want for yourself and how you envision your health.

My team and I are always here for our clients and members, so if you need any support, please don't hesitate to reach out.

Wishing you all the best in your health journey,

Maxim Minin
Founder & Director of Fitness in Motion





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