

SpikeFitness

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Planning out your intake

Planning food can be either a saving grace or a worst nightmare, can you add flexibility into planning intake? Does everything need to be meticulously planned or can we flex up and down to suit?

Let's start off with the obvious, making choices at the point of hunger usually leads to less than desirable choices.

So do we need to plan perfectly? - No

Do we need some guide rails? - Most probably

Over the years there have been lots of systems/diets created or adapted which have claimed to be the ultimate way of sustaining or losing weight. The main outcome of all is calorie control, whether that be from food source control, food selection or food timing.

Clearly food choice is a large part of this, having options is equally as important.

I like to think of it as a boulder, when moving a boulder you need to keep it moving, little movements make it easier to keep it going, stopping makes it much harder to start again!

So what does this have to do with planning intake?

Planning out your intake

It's all about the small pushes, having some go to snacks prepared makes us more likely to keep the boulder rolling, it makes us consider the choice of food.

Having meals ready means we are saving time, those days that seem to get away from us? - what's better than having something ready to eat in a few minutes rather than pressing deliveroo (other food delivery services are available!) on our phones.

Easy ways to start?

- Cook two things at once, easy to pop something timed in the oven whilst preparing something else on the hob.
- Make a larger portion and save some, cook multiple vegetables and split them down, slice a few extra carrots to have as a snack
- Buy an extra piece of fruit to leave on your desk

We don't have to cook every meal for everyday, just make sure we have good options available, like cooking from fresh everyday? - awesome, let's prep it ready (as much as we can) the day before or in the morning so when we get back it becomes the default option.

Small steps in the right direction makes everything move forward, and keeps the boulder moving.

Need some more help with planning? - Chat to one of the team here at SF info@spikefitness.co.uk or 07597215652.

Breakfast hash with poached egg

Ingredients

New potatoes, raw 250 g, halved

Calorie controlled cooking spray 4 spray(s)

Bacon medallions, raw 150 g, trimmed of all fat and roughly chopped

Red onion(s) 1 small, sliced

Mushrooms 200 g, sliced

Cherry Tomatoes 200 g, larger ones halved

Wholegrain Mustard 2 teaspoons, level

Parsley, fresh 1 teaspoons, chopped

Egg, whole, raw 4 medium, raw

Instructions

1. Put the potatoes in a large pan, cover with cold water and bring to the boil. Simmer for 15 minutes, then drain well and set aside.

2. Mist a large nonstick frying pan with cooking spray, add the bacon and cook for 5 minutes. Remove and set aside.

3. Mist the pan again, add the onion and potatoes, then cook for 5 minutes. Add the mushrooms and tomatoes, and cook for another 5 minutes. Season and stir in the mustard, half the parsley and the cooked bacon.

4. Meanwhile, crack the eggs into a pan of simmering water and poach for about 3 minutes until the whites are just set and the yolks are still soft.

5. Divide the hash between 4 plates and top with a poached egg, then season to taste and sprinkle with the remaining parsley.

Mini workout

Quick 6 minute EMOM

Every Minute on the Minute (EMOM) is a type of interval training where you perform a set of exercises within a minute. The goal is to complete the set of exercises within the time frame, and then rest until the next minute begins.

Let's make sure we are warmed up before we start!

6 Reverse lunges

6 Squats

6 V-sit extensions

6 Press-ups

6 Shoulder taps

Aim for 6 minutes - build up slowly, you can always add another 6 minutes on after a rest break of 2-3 minutes to make it a little bit longer (and harder!).

Make sure to stretch off once you have finished.

Creamy broccoli gnocchi bake

Total Time: 30 min Prep: 5 min
Cook: 25 min Serves: 4
Difficulty: Easy

Ingredients

Broccoli, raw 300 g,
Tenderstem

Gnocchi, Fresh 500 g

Medium fat soft cheese 180 g

Garlic 2 clove(s), crushed

Vegetable stock cube(s) 1
cube(s), 150ml

Ground Nutmeg 1/4
teaspoon(s), level

Lemon(s) 1/2 zest(s) of 1

Vegetarian Parmesan Style
Hard Cheese 2 tablespoons,
grated

Calorie controlled cooking
spray 4 spray(s)

Spinach 360 g, young leaf

Instructions

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Cook the broccoli and gnocchi for 2 minutes in a large pan of boiling water. Drain and put into a 1.5-litre baking dish.

2. In a bowl, combine the soft cheese, half the garlic and all of the stock, nutmeg and lemon zest. Pour the sauce over the broccoli and gnocchi and toss to combine, then scatter over the grated hard cheese. Bake for 20 minutes, until golden and bubbling.

3. Meanwhile, mist a large frying pan with cooking spray and set over a medium-high heat. Add the spinach, a handful at a time, and cook for 4-5 minutes until wilted. Season to taste, then stir in the remaining garlic and cook for a final 1 minute.

4. Serve the gnocchi bake with the spinach on the side.

Stretching

Chest Stretch

Chest stretches are a great way to stretch and lengthen the chest and shoulder muscles.

To do this stretch, start in a standing or seated position and interlace your fingers behind your back. Open your chest and shoulders, and lift your arms up towards the ceiling.

Hold this position for 10-30 seconds, feeling the stretch in the chest and shoulder muscles. To increase the intensity of the stretch, you can try bringing your arms up higher and pushing your chest out further.

Make sure to keep your spine straight and your core engaged during the stretch. This stretch can help to improve posture and relieve tension in the chest and shoulder muscles.

News



Summer is here, so why not spring into action and treat yourself to some super-duper new gym kit! We have a complete range of workout gear with various designs, colours and fits.

Members - you lucky peeps get 10% discount off everything (get a code from a member of Team SF)

[Shop Here](#)



Are you getting Fed up cooking the same thing week in, week out?

As you will have noticed, we have started to provide some meal ideas in our newsletters each week.

However, if you would like a small 21 recipe book that you can look at and follow on your iPad and phone at any time and is yours to keep.

Drop Team SF an email at info@spikefitness.co.uk.

Price £6