



FATS DO
NOT MAKE
YOU FAT!!

Why Healthy Fats Are Important

Energy Source

- Fats are the most energy-dense macronutrient, providing 9 calories per gram.
- e.g 20g of Fat = 180 Calories
- They fuel long-duration activities and are especially important in low-carb diets.

Hormone Production

- Fats are vital for the production of hormones like testosterone, estrogen, and cortisol.
- Cholesterol and fat are the building blocks of many hormones.

Brain Health

- Your brain is made up of nearly 60% fat, and omega-3 fatty acids (like those from fish) are key for cognitive function, mood, and mental clarity.

Vitamin Absorption

- Fats help absorb fat-soluble vitamins:
 - A – vision, immune function
 - D – bone health, immune support
 - E – antioxidant protection
 - K – blood clotting, bone health

Heart Health

- Unsaturated fats (especially omega-3s) help lower bad cholesterol (LDL) and raise good cholesterol (HDL).
- They reduce inflammation, lowering risk of heart disease.

Skin & Hair Health

- Healthy fats keep skin hydrated and improve elasticity.
- Deficiency in fat can lead to dry skin, hair loss, or brittle nails.

Cell Function

- Every cell membrane in your body is made of fat (phospholipid bilayers), which supports cell communication and repair.

Plant-Based Healthy Fats

- Avocados – rich in monounsaturated fats
- Olives / Olive oil – especially extra virgin, a staple in the Mediterranean diet
 - Nuts:
 - Almonds
 - Walnuts (also high in omega-3s)
 - Cashews
 - Pistachios
 - Seeds:
 - Chia seeds
 - Flaxseeds
 - Pumpkin seeds
 - Sunflower seeds
- Nut butters – almond, peanut, or cashew butter (unsweetened/natural)



Animal-Based Healthy Fats

- Fatty fish – high in omega-3 fatty acids:
 - Salmon
 - Mackerel
 - Sardines
 - Herring
 - Trout
- Steak – particularly grass-fed cuts, which have a better ratio of omega-3 to omega-6 fatty acids and more conjugated linoleic acid (CLA), a fat that may support metabolism
- Eggs – especially those enriched with omega-3
- Grass-fed meats – contain more omega-3s than grain-fed
- Full-fat dairy (in moderation) – such as Greek yogurt or cottage cheese







Healthy Oils

- Extra virgin olive oil
- Avocado oil
- Coconut oil (use in moderation due to saturated fat)
- Flaxseed oil (great for omega-3s, but not for cooking)



Breakfast Options





Goal: Start the day with steady energy and nutrient absorption.

-  Add 1/4 to 1/2 an avocado to wholegrain toast or eggs
-  Cook eggs in olive oil or grass-fed butter
-  Stir chia seeds or ground flaxseeds into porridge or yogurt
-  Use a tablespoon of natural nut butter on oats, toast, or banana



Lunch Ideas

Goal: Boost satisfaction, reduce cravings, and support brain focus.

-  Add grilled salmon, sardines, or mackerel to a salad
-  Drizzle with extra virgin olive oil or avocado oil-based dressing
-  Sprinkle seeds or nuts (pumpkin, sunflower, walnuts) over meals
-  Use lean cuts of grass-fed steak or chicken thighs for satiety.



Dinner Suggestions

Goal: Support muscle repair, hormone balance, and full-body recovery.

- Have a palm-sized portion of steak, lamb, or fatty fish
- Cook vegetables in avocado oil or olive oil
- Add a few olives or a side of guacamole
- Include a small amount of cheese or full-fat yogurt with your meal



Snack / Shake Ideas

Goal: Smart energy boost between meals or post-workout.

- Add chia seeds, flaxseeds, or peanut butter to protein shakes
- Small handful of nuts with fruit
- Celery or apple slices with nut butter



Portion Tips (Per Serving)

- Avocado: $\frac{1}{4}$ to $\frac{1}{2}$
- Nuts/seeds: 1 small handful (around 15–20g)
- Nut butter: 1 tablespoon
- Oils (olive, avocado): 1 tablespoon
- Fatty fish or steak: Palm-sized portion (100–150g)

Please remember serving size may vary depending on your daily activity output & current body composition

Hormone Regulation Focus

Breakfast

Hormone Focus: Cortisol regulation, estrogen detox, stable blood sugar.

Meal:

- 2 scrambled eggs + ¼ sliced avocado
- 1 slice of wholegrain sourdough
- Sautéed spinach and mushrooms in olive oil
- 1 tbsp ground flaxseeds (sprinkled on veg or toast)
- Herbal tea or water with lemon

Flaxseeds help balance estrogen, eggs and avocado support cholesterol (needed for hormone production).



Mid-Morning Snack

Hormone Focus: Satiety, support adrenal health.

Meal:

- A handful of mixed nuts (almonds, walnuts, Brazil nuts)
- 1 small apple

Brazil nuts are rich in selenium—essential for thyroid function.



Lunch

Hormone Focus: Blood sugar balance, estrogen metabolism, testosterone support.

Meal:

- Grilled salmon or mackerel (rich in omega-3s)
- Mixed greens salad with rocket, kale, cucumber, beetroot
- Pumpkin seeds and olive oil vinaigrette
- Quinoa or sweet potato on the side

Omega-3s reduce inflammation, which supports all hormone systems, especially insulin and cortisol.



Afternoon Snack

Hormone Focus: Boost serotonin & calm stress hormones.

Meal:

- A few squares of dark chocolate (85%)
- 1 tbsp almond butter or a protein shake with chia seeds

Dark chocolate boosts mood and magnesium levels; chia seeds support estrogen balance.



Dinner

Hormone Focus: Night-time hormone production and liver detox.

Meal:

- Grilled grass-fed steak or chicken thighs
- Roasted broccoli, cauliflower & carrots (with avocado oil)
- $\frac{1}{2}$ cup brown rice or lentils
- Optional: Small side of fermented veg (e.g. sauerkraut) for gut health

Cruciferous veg help detox excess estrogen. Protein and healthy fat help repair and build hormones overnight.



Before Bed (Optional)

Hormone Focus: Sleep support, blood sugar balance overnight.

Meal:





- Greek yogurt (full fat) with a sprinkle of flaxseeds or cinnamon
- Or warm herbal tea (e.g., chamomile or ashwagandha tea)

Healthy fats and protein before bed can help reduce cortisol spikes overnight and support deeper sleep.

Still not sure how to implement this into your nutrition and daily routine? If you want real results better mood, sharper focus at work, more energy, and to get in the best shape of your life, like those below. Then contact me today and let's book a consultation. No more waiting, just action.




Contact Me

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Let's connect and take action toward your best energy, body, and performance!