



As we already know, all the food that we eat consists of proteins, carbohydrates, fats, and fibres. There is no food that does not contain one or more macronutrients. They are essential for every living creature. Each of them play an important role in the human body, so it is important to be obtained from quality sources.

The first and most important thing is to understand how to differentiate each of those macronutrients and what role they play in the body. I am briefly going to cover the importance of proteins, fats, carbohydrates, and fibres. Where they come from and how to look for a good quality product. I am also going to give you a list of sources

with which you can cook and experiment in the kitchen.

Before we start, I want to mention that this is a healthy eating guide. Its purpose is to educate you how to make better food choices, and provide you with a great selection of food, so you can create your own diet. This guide is not going to make you loose fats, gain muscle mass, or become the greatest athlete. By following this guide, you will gain understanding of different food sources, so you are not stuck in a loop of constantly thinking what is good or what is bad to eat. Hopefully, this guide is going to minimise inflammations, increase energy levels and spark your imagination.

**Let's get started!**



Protein is the building block for any tissue in our body. Muscles, ligaments, tendons, skin, hair, nails etc... Every day you use your body to perform certain activities and you create a small damage to those tissues. The protein job is to repair the damages every night, so you can be back to normal the next morning. Protein is also responsible of the replication of DNA. It carries oxygen and hormones throughout the body. It is one of the most important macronutrients and therefore we must have at least ones per day.

Now, protein doesn't just do all, by itself. In fact, protein is broken down to amino acids, which are the ones that are doing the job. However, those amino acids are separated in two groups. Essential and non-essential. The essential ones cannot be produced from the body when needed, therefore they must be obtained from food sources. Now, why is this important? It is important because not all protein sources are complete.

Protein sources can be animal or plant based. Animal sources are considered complete and very nutrient dense. In one piece of steak, you have all the essential amino acids your body need, compared to lentils, for instance. This why, if you are a vegan, it is very important, to get variety of vegetables and plant-based protein sources, in order to provide essential nutrients to your body.

With that said, let's see all the protein sources that are commonly available in most supermarkets.

## Animal sources of protein

Think of any type of meat that you like and is available in your country, supermarket, local store.

*Beef Pork Buffalo Bison Deer Lamb Goat Turkey Chicken Duck*

*Goose Minced Meat Fish Prawns Other Seafood.*

**Organ meat** is a great option as well if you like it and it is available to you. It is even more nutrient dense than meat in general.

*Liver Heart Kidneys Gizzards*

### Animal products.

*Eggs Milk Yoghurt Cottage Cheese Yellow Cheese White or Feta Cheese*

## Plant-based protein sources.

*Tempeh Seitan Brown lentils Red lentils Pardine lentils Black or Beluga lentils*

*Green or French lentils Red bean Roman bean Mung bean Black bean Kidney*

*bean Soybean Lima bean Black eyed pea Chickpea Pink pea Green pea*

*Split pea Tofu Quinoa Edamame Avocado*

### Nuts, nut butters and seeds.

*Walnuts Cashew Peanuts Almonds Brazil nuts Hazelnuts Pecans Pistachio*

*Macadamia Peanut Butter Almond Butter Pumpkin seeds Sunflower seed*

*Chia seeds Hemp seeds Sesame seeds Flax seed Sunflower seeds.*



Fats are another essential macronutrient that is needed for various reasons. Adipose tissue is our body's energy storage. It is used also for waterproofing and thermal insulation. Vitamins A, D, E and K are fat-soluble, which meant that they can only be digested, absorbed, and transported in conjunction of fats. If a toxic substance reaches an abnormal level in the bloodstream, the body can store it in the adipose tissues, until that substance is metabolised or removed from the body. Our body can produce some of the fat needed, but not all. Essential fatty acids, such as omega 3 and 6 must be ingested with the diet.

There are two different kinds of fat. Unsaturated, liquid at a room temperature and saturated, solid at room temperature. Unsaturated are further divided to monounsaturated and polyunsaturated. Both categories are healthy and essential for the body, if of course, not taken in excess.

There is a third group that is commonly used by the food industry and it is extremely dangerous in long term. **Trans fats**. These are refined, processed oils, added to foods, usually processed, packed food or in fast food industry. Trans fats are cheap, sustainable, and easy to store. The problem is that they are packed with toxins, that are poisoning for the human body and is proven in a lot of cases to unlock number of autoimmune diseases, cancer etc...

## Unsaturated fats

*These are plant-based fats (fish is an exception) easily found as oils. Liquid at a room temperature. That can also be refined, so look for pure, cold pressed products.*

### Monounsaturated fats

*Olive oil   Canola oil   Peanut oil   Sesame oil   Avocado oil   avocado   Olive oil*

*Olives   Almonds   Peanuts   Macadamia   Hazelnuts   Pecans   Cashews*

*Peanut Butter   Almond butter*

### Polyunsaturated fats

*Sunflower seeds   Sesame seeds   Pumpkin seeds   Flax seeds   Walnuts   Salmon*

*Tuna   Mackerel   Herring   Trout   Sardines   Fish Oil   Soybean Oil   Sunflower oil*

*Soy milk   Tofu*

## Saturated fats

*Beef meat   Lamb meat   Pork meat   Chicken skin   Whole fat milk   Whole fat cream*

*cheese   Butter   lard   Coconut oil   Palm oil*



Without getting into too many details, fibres are components of the plant that cannot be fully broken down by the human body, however fibres are essential for digestion of other foods and maintaining the healthy function of the gut. Mostly found in green vegetables, fruits and berries, fibres should exist in at least 90 percent of your meals. I know that vegetables are not preferred for a lot of people, and there is nothing I can do to change that. But think about another thing. Vegetables are not only source of fibres. They contain a lot of the essential micronutrients such as vitamins and minerals that are also needed for the optimal health of our body. Why not having a healthy gut and maintaining and getting multivitamins naturally, instead of tablet in the morning. Why not hitting two rabbits with one shot.

## Fibres sources

**Fresh or frozen vegetables** excluding potatoes, sweet potatoes, and pumpkin.

*Broccoli Cauliflower Lettuce Spinach Kale Asparagus Peppers Zucchini*

*Aubergine Onion Leeks Mushrooms Corn Carrots etc...*

## Berries

*Blueberries Raspberries Goji Berries Strawberries Bilberries Acai Berries Cranberries*

*Grapes.*

## Seeds and nuts

*Chia seeds Flax seeds Squash and Pumpkin seeds Dried coconut Sesame Seeds Almonds*

*Pine Nuts Pistachios Hazelnuts Pecans Macadamia Sunflower Seeds Peanuts*

*Brazil nuts Chestnuts etc...*



The last macronutrient we are going to talk about is carbohydrate. It is simply sugar, that comes in a different form. Monosaccharides, disaccharides, oligosaccharides, and polysaccharides. A lot of fancy words. In fact, it is very simple. These are all sugar molecules, bond in a different way, which affects their digestion in the body. Sugar does not have any other qualities, other than a source of energy. But apart from the other macronutrients, our body can live without carbohydrates or it can produce them if needed. They are not bad for the body. the problem is that they come in forms that are bad. Think about all the treats, cakes, sweets, desserts, drinks, gums if you like. All processed, packed, food that has shelf life is full of only sugar, combined with tons of other chemicals, in order to catch the eye and taste good. We do not need it for our health and wellbeing. We only want it as a treat.

Now, don't get me wrong. There are times when carbohydrates are needed. We do need the energy that they provide, but instead of getting it as sugars only, we can get it from natural sources, which is going to give us a lot more than just energy.

Apple is a fructose, which is sugar, right. Two apples have the same amount of sugar, as one can of coke. However, those two apples contain almost 9 grams of fibres (important for healthy gut) and 16 mg of vitamin C. Something that you will never find in a can of coke.

An apple per day, keeps the doctors away. It just doesn't work with the can of coke, right?

## Sources of carbohydrates.

*Pumpkin Potatoes Sweet Potatoes Oats Pasta Bread Rice Legumes Quinoa*

To get more out of a bread, choose wholegrain bread with seeds. Avoid it and pasta as well if gluten intolerant.

**Fruits.** Any natural fresh, not dried, or canned fruit is a good option.

*Apples Apricots Peaches Bananas Figs Grape Berries Melons Mangoes Pears  
Plums Nectarines Kiwi Pineapple Grapefruit Watermelon etc...*

These are not all the possible healthy food sources out there. There are thousand more you can choose and feel free to do so. do not restrict yourself only with this guide. Use this guide as a source of knowledge and build upon it.

**I want to note that, just because these types of foods are considered healthy, does not mean that all of them are perfect for your body. if you are aware of any allergies or intolerances, please avoid those foods. If you are not, approach them with a dose of caution.**

There is no restriction. There is no need to follow a specific plan of eating or measure the food or cook it in a certain way. There are only two rules.

### **1. Make sure the products listed above are bought at their purest form possible.**

Some of the products might not be listed, or might differ, depending on your geographical location or the current season. Try to stick to those products from the list and make sure they are not processed whatsoever.

### **2. Combine the ingredients and use your imagination.**

It is not necessary, but a good recommendation, to make sure each meal consist of protein and fibres. That's it. All the rest is entirely up to you. How you are going to combine the ingredients or how you are going to cook them is your choice.

The goal if this guide is to show you that by choosing whole natural ingredients, that are fresh and free from chemicals and toxins you are going to achieve a healthier lifestyle. To proof that cooking the food can be very rewarding. Can teach you on discipline, can spark your imagination and it is personalised. You can be your own chef and make miracles in the kitchen.

**Healthy food is not tasteless. Healthy food is whole natural raw food, ready to be prepared according to your personal preference.**

I am going to quickly guide you through a process of selecting.

So, imagine you are in the supermarket and you are wondering what to buy for tonight. You want to have protein in the meal, so you are going to go and see the row meat section. It feels like to you that you want fish. A nice piece of salmon. Imagine it, fried with some olive oil and fresh garlic. Perfect. But just salmon sounds kind of not enough and not very appealing. What can you add? You need fibres, right. Let's see. Maybe roasted asparagus, or grilled carrots and peppers. Why not both. Easy and fast to cook. But still, it kind of lacks something. Well, you can quickly make some mashed potatoes. Voilà. Until you realise, you have a complete meal that tastes amazing, has all the goodness that food can provide you with. And it is probably about the same money as a big Mack menu from McDonald's.

Let's see another example.

You feel like meat balls tonight. Freshly ground beef with some seasoning on the pan or the grill, garnished with fresh lettuce and cherry tomatoes, or why not homemade Caesar salad. Some sweet potatoes if you want as well. You can even prepare a bit more so you will have lunch for the next day.

What about breakfast.

Why not a good old porridge? With some blueberries and banana on top. Add a bit of cinnamon powder for an orgasmic experience. Or maybe you like eggs? Fried, pouched, boiled, scrambled. Slice or two of wholemeal seeded bread, and apple. What else do you want.

In fact, there are some healthy recipes in the blog section of [Fitlifeblueprints.com](http://Fitlifeblueprints.com) if you fancy trying something new and interesting.

So, there you have it. So many ways to combine and cook food. It is a whole new joyful experience. All those myths of having your plastic containers with plain chicken and rice are just ridiculous. You don't want to be a bodybuilder. You just want to enjoy food and know that it does not harm, but on the opposite, it nourishes your body. Try it out for a month and see for yourself.