

Boot Camp Nutrition that's GOOD FOR YOU

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(Coached by 2 times Olympian Nev Perry)

Chicken or Beef stir-fry/Stew/steamed vege mix



Just Cooked in very DEEP wok/Frypan



Ready for Freezer 4 of these containers
8cm deep x 15cm long x 10cm wide = 3 meals
Total 4 x 3 = 12 meals
(add portion to Steamed Basmati Rice or
Steamed sweet Potatoes
3 min in Micro HEAT & EAT)

Sample of container Frozen >>>>>



And Now the Recipe

- *3 Chicken Breasts
(or in the case of Beef 3 containers of stir-fry beef or
diced topside about 300 grams per container purchased)
- *3 onions
- *1 large Normal Potato
- *3 sweet potatoes (medium size)
- *cauliflower about 1/3 of a small one

- *Broccoli about 1/3 of a small one
- *Long Green Beans about 350 grams
- *sugar cabbage 1/2
- *one carrot
- *RICE BRAN OIL to Cook with
- *A Steamer for Veges or microwave in a plastic steamer

SAUCE

- *700 ml water
- *3-4 tablespoons of Cornflower in water
- *3-4 heaped teaspoons of curry power (to taste)
- *dried chilli (sprinkle on Meat or Chicken while cooking)
- *Mixed Herbs ...plenty
- *Thyme ...moderate sprinkling
- *In meat dish only I add aniseed stars (broken up) about 1 and ½ packets + cinnamon Sticks (broken up) about 4
- *ONE LARGE LEMON Chicken only
- *PINK HYMALAN ROCK SALT in twist top shaker

METHOD

- Dice up chicken Breasts (If using Beef its already diced)
- add generous amount of rice bran Oil to DEEP frypan/wok and start to star fry Chicken or Beef (enough to cover bottom of pan)
- In the meantime slice up Onions and add to stir fry (tip for onions overnight in fridge)
- sprinkle on dried Chilli and Herbs , PINK HIMALYAN ROCK SALT about 6 to 8 turns
- COOK and MIX THE STIR FRY FREQUENTLY (PLACE ON LID and let Steam/Fry)
- note when you add onions the juices mix and the mixture gets plenty of fluid (if you need to add some more RICE BRAN OIL then do so remember its GOOD FOR YOU
- now add in the GREEN LONG BEANS (just cut ends off and cut in two so each bean is about 5cm long, add PLEANTY OF GREEN BEANS VERY GOOD FOR YOU
- now just keep and eye on that Stir fry come onion steamer mix (TAKE OFF HOT PLATE DO NOT BURN make sure meat is cooked)

TIP: I will take the Fry pan/Wok off the hot plate 90 % and just leave a little heat on the bottom

.....**IN THE MEANTIME**700 ml of water, Add 2-4 tablespoons of corn Flour , plus 3-4 heaped teaspoons of curry powder (I like it HOT) but you can use mild .
MIX IT UP ...then pour over cooked Beef or Chicken in frypan /Wok replace lid on and bring to a simmer and mix (I use a wooden Chinese spatula)

....**IN THE BACKGROUND**..... you have peeled and chopped into bight size pieces potato, sweet Potato, cabbage, broccoli, cauliflower, carrot and placed them in your steamer and steamed in Microwave or on stove (I use a Plastic container in the microwave for 10-15 minutes until the potatoes are soft if you push a fork through them NOT TOO SOFT but FIRM but COOKED (CAREFULL OF HOT STEAM HERE) when the Veges are steamed , drain , and tip into the Meat section of you Frypan /wokNOW CARFULLY MIX TOGETHER and bring to simmer , switch power off and let the FOOD SIT for 15 to 20 minutes .

Leave for a few hours (WITH LID ON) if you wise to dish up into Freezer Containers this should fill 4 containers .

I usually leave one out in the Fridge and FREEZE 3 .

Now when you come home from training or Work , simply take a portion of your chicken /beef stir fry/stew and place on a bed of basmati rice and 2-3 minutes in the microwave and HEAT and EAT .

Tip: I have a RICE COOKER always with some rice in it , or quickly peel and Steam some sweet Potatoes for your Carbs instead of Basmati rice .

Of course sprinkle Pink Himalayan salt to taste (remember 84 minerals in this product and it actually reduces blood pressure because of the large amounts of potassium) GH

Why Basmati Rice or Sweet potatoes ?Low Glycemic index

BREADS ? NO WHITE BREAD ...ITS GUT GLUE !

However there is an excellent Bread made correctly called Burgan Bread (see link) they have Rye, weight management etc all these breads have LOW G.I. and are made TOTALLY DIFFERENT from the WHITE CHEAP RUBBISH .

recommended by Healys Health (see link)

Also , Spread for bread , RICE BRAN SPREAD (above is the Rice bran OIL for cooking) they produce a Rice Bran Spread for breads etc EXCELLENT and GOOD FOR YOU (see my page/link for all the details)

NOW IF YOUR LOSING FAT ? (notice I said FAT not Weight ...there is a BIG DIFFERENCE) then I recommend 2 of the above meals per day , and our HEALYS HEALTH URBAN MUSCLE Protein Drinks and supplements to “supplement” the above EXCELLENT food , and the reason is that you WILL NOT LOSE FAT without dropping the Calorie count down to under 1,200 calories per day .

ONE BOOT CAMP MEAL AS DESCRIBED ABOVE IS ABOUT 20grams PROTEIN , 4 Grams GOOD FAT, and 50grams of LOW GI CARBOHYDRATE

* protein 20x 4 = 80 cal

*Fat 4x9 = 36 cal

* Carbs 50 x4 = 200 Cal

Total =306 calories (depending on serves 300-600 calories)

So to KEEP NUTRITION HIGH and Calorie count under 1,200 calories you need to back up your normal food with NUTRIENT RICH , LOW CARB,HIGH PROTEIN SUPPLEMENTATION , its as simple as that and the range of Healy's health Urban Muscle Supplements has a MULTIPLICATION EFFECT of you NUTRITION, RECOVERY and RESULTS.

Your Health is your Greatest Asset.....Graham Healy founder.

REFER MY BOOT CAMP KITCHEN PAGE :

<http://www.healyshealth.com/#!grahams-boot-camp-kitchen/c1pza>

Healys Health Home Page :

<http://www.healyshealth.com>

SUPPLEMENTS :

<http://www.healyshealth.com/#!supplements/ckkz>

Discount Supps:

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