

# AIM TO PLEASE

Use this nutrition bullseye to lose weight and build lean muscle fast

## Key

- Eat every day
- Eat three times a week
- Eat once a week
- Eat once a month or never



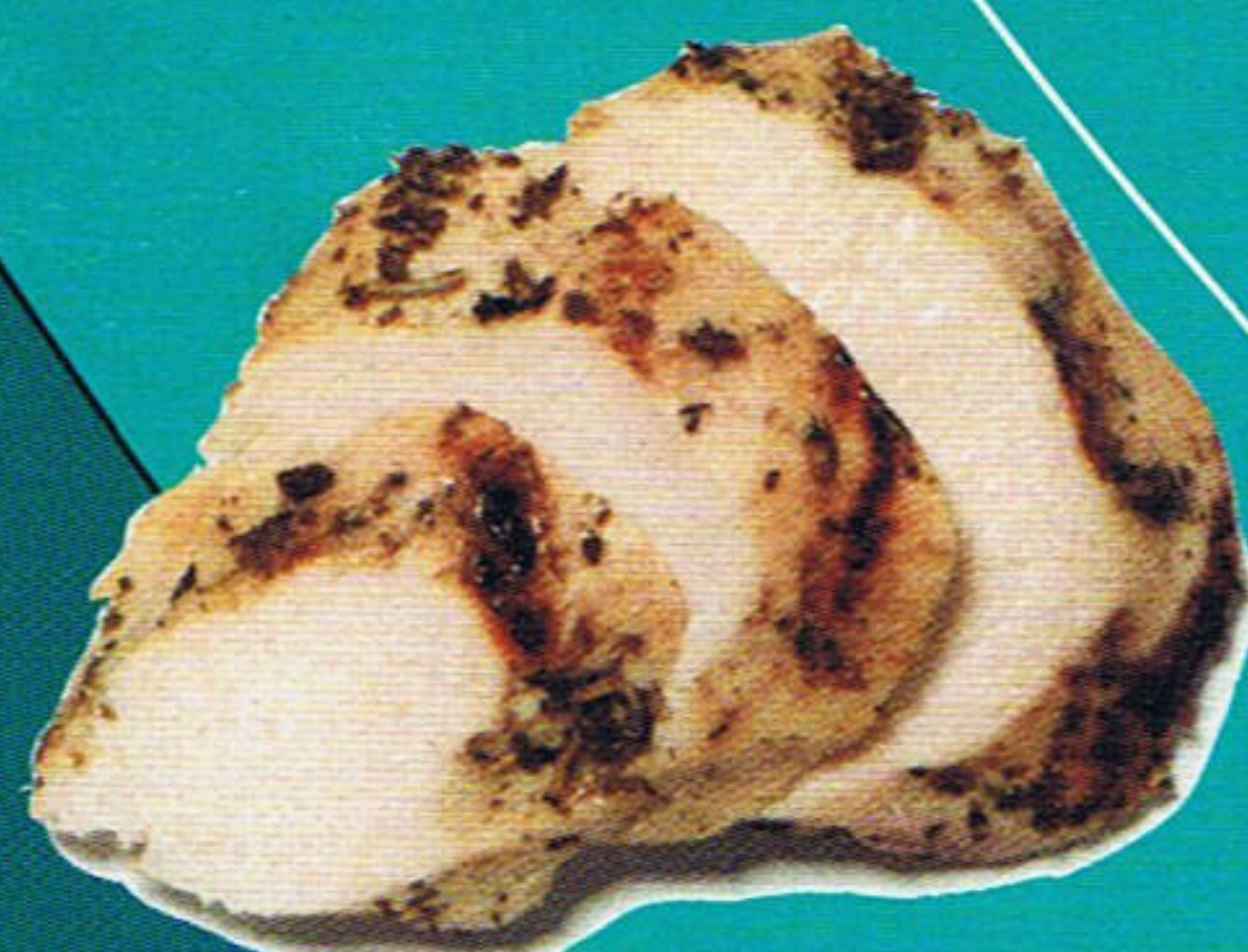
### ■ 2 portions of shellfish (clams, oysters, mussels)

Shellfish are low in fat, high in protein and full of essential minerals such as iron and zinc.



### ■ Medium size packet of peanuts

Each one is high in protein, monounsaturated fats and antioxidants.



### ■ 2-3 portions of chicken breast

Chicken meat can be up to 60% water. The breasts are the leanest part and a great source of protein.



### ■ 1 portion of dark green leafy vegetables

These are rich in magnesium which is used when you're stressed, while a lack of it can cause insomnia.



### ■ 1 unit of alcohol

It lowers your risk of heart disease, and if you reach for the red wine it contains powerful antioxidants.



### ■ A handful of Brazil nuts

High in magnesium and protein for strong bones.



### ■ Over 1.5 litres of water

It keeps you hydrated, helping every cell to function properly.



### ■ 1 serving of brown rice, brown pasta and wholemeal bread

The minerals and fibre help you stay full and keep your digestive system healthy.



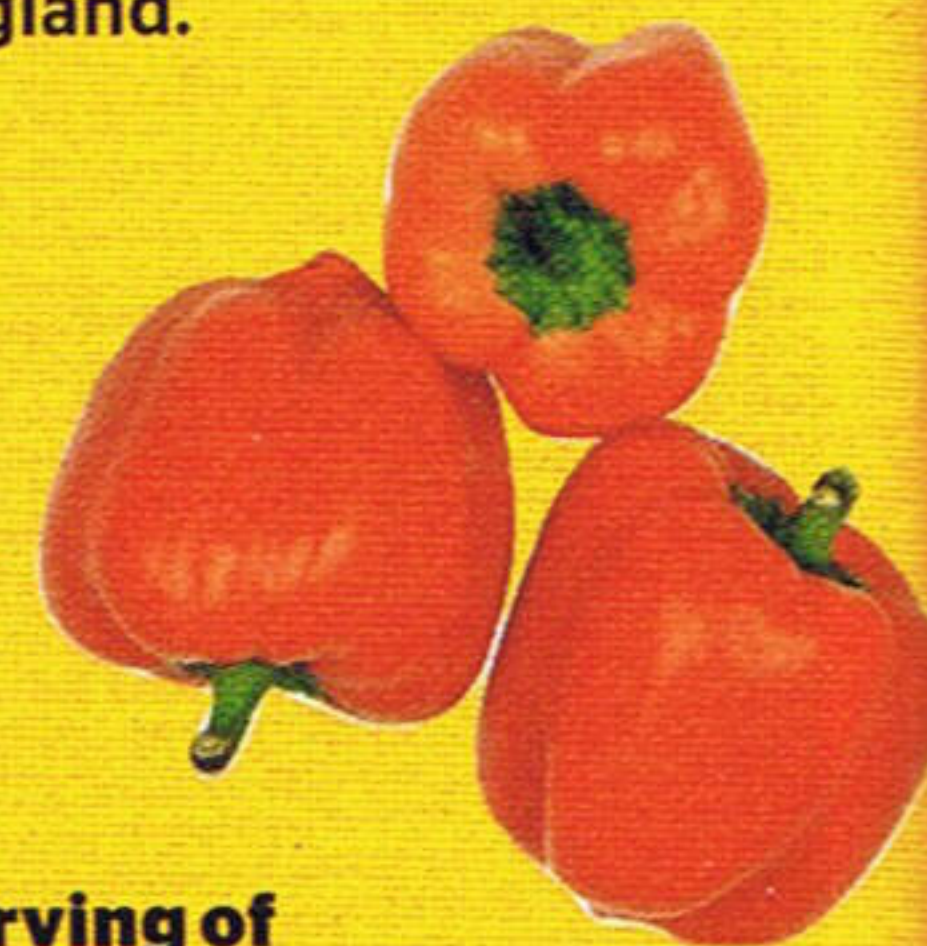
### ■ Handful of pumpkin seeds

They protect your testosterone levels and prostate gland.



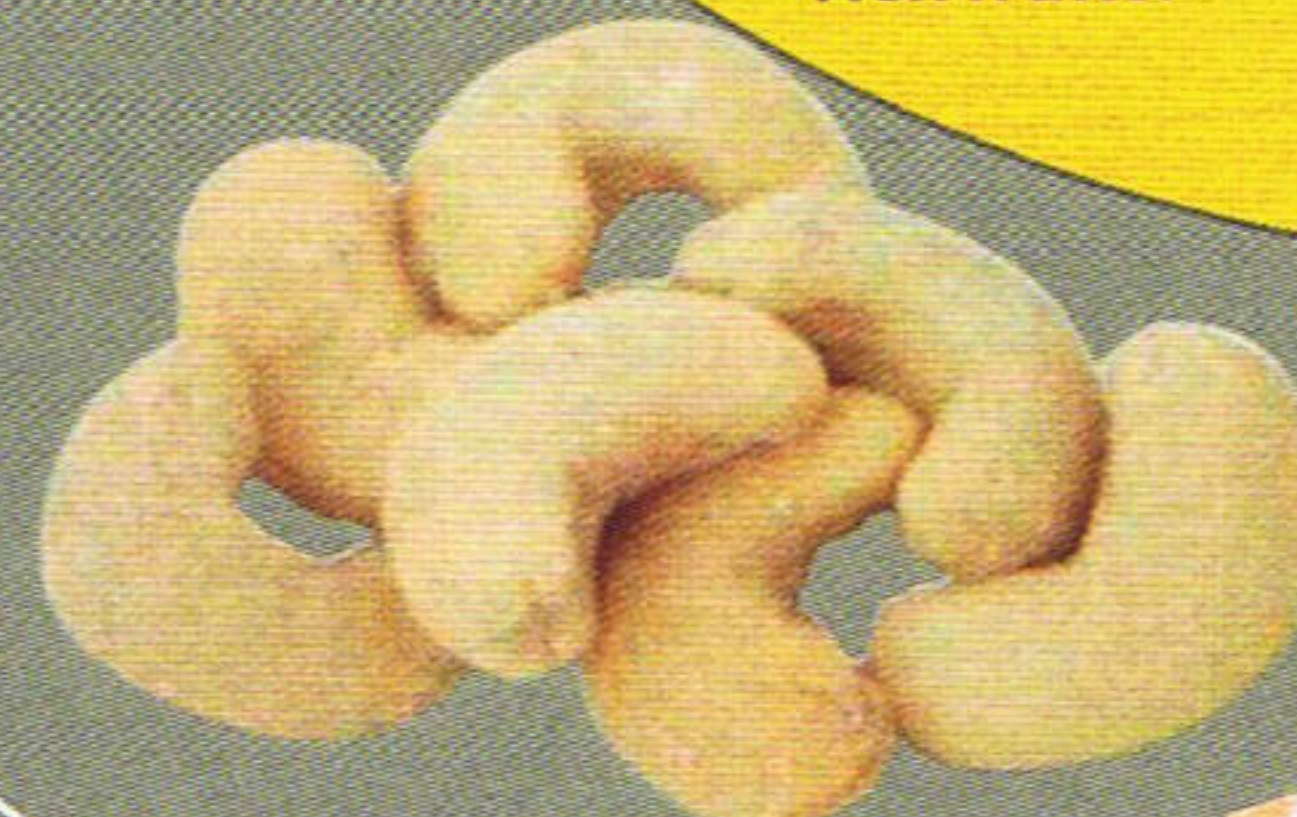
### ■ 3 servings of blueberries, strawberries, plums, grapes, cherries, kiwi

Exercise produces harmful free radicals. Protect yourself with these antioxidant-rich fruits.



### ■ One serving of orange foods: sweet potatoes, red and orange peppers, oranges, carrots, tomatoes, melon

Rich in vitamin A, they give you healthy skin and boost your immune system.



### ■ A handful of pecans, almonds or cashew nuts

They're high in arginine, an amino acid which guards against impotence and improves your growth hormone release.



### ■ Fresh fish (salmon, fresh tuna, mackerel, sardines, anchovies)

Oily fish protects your cardiovascular system and builds muscle.