



# HEALTHY TREATS, FOR THE SWEET TOOTH

This is a quick and easy guide to making life easier for you, while on a busy schedule. Life will stop you at times from being who you really are and restrict you from enjoying the simple things like good food. In this book you will find fast, healthy and convenient recipes that takes little time to prepare and you can enjoy on the go.

*We all have to eat,so why waste an opportunity to eat badly*



***NOW you can have your Cake & Eat it..!***

## INTRODUCTION

We are all so consumed nowadays about how we look and how we should look. There are no reasons whatsoever to be who you want to be. The only one stopping you, is YOU.

I got to a stage in my life of being sick. Simply put I was just sick of being sick all the time. I was away with my family on Holiday, which I had been really looking forward to and while I managed to get two wonderful days in with them, for the rest of my holiday I spent sick and confined to the bed. That was it, I'd had enough. I had spent so much of my time depressed and feeling sorry for myself, that I had gone about it all wrong and instead of minding my health and my well being. I slowly wallowed in my own self-pity. You are who you are today, because of the choices you made yesterday.

I had been involved in the fitness industry for many years and had alot of experience with some top end Clients, Athletes, your every day gym goer and weightloss enthusiast, who wished to lose weight. I even lectured and ran courses in Diet & Nutrition at HSI College. So, yes I knew exactly what I needed to do. Did I listen to my own advice? NO..! do we ever? After many curve balls, that had been thrown at me, always sitting in the background & helping everyone else and many business ventures sucessful anf not so successful, My motivation, Inspirtation and self-confidence had drained out of me. I had suddenly turned against the very thing that I loved deeply, Health & Fitness.

I ballooned up to nearly 106kg, body fat percentage hit 28%, I was eating two boxes of Rennies a day and having trouble sleeping. I hated shopping or getting clothes to wear. I spent my time buying clothes to disguise my weight. For me it was seriusosly affecting my health & wellbeing, it had become a slippery slope.



This Book is Dedicated to the most important People in my life, My Beautiful family. This is the reason why Longevity and a Healthy life is so important to me, to be able to share every moment with them for as long as I possibly can.



That same August 2015 on the beach with my family I was bringing my 4yr old to go for a dip in the sea, when suddenly I spotted a bunch of clients I was working with. I panicked and ran back to put on a T-shirt and cover myself up from embarrassment and how I looked.

You know the funny thing is that I was probably being more paranoid than I needed to be. But the reality was I was overweight. I decided it was time to change and to be around and watch my kids grow up. No more crap, no more worrying about everyone else, it was time for some self-love. I was going to change no matter what it took. I knuckled down and transformed myself, from 106kg - 83kg in 14 weeks. I lived and breathed, diet and training. I prepped my meals, stuck to my training plans and while it was difficult for the first couple of weeks, it got easier. It's all about forming new habits, not breaking old ones.

This book is the back story of all of this. Craving for sweet things, almost losing my mind for something indulgent and watching as people around me tucked into a take away or Chocolate Muffin. So I started creating my own. Removing the unhealthy for healthier options and using the likes of Veg to cook with instead. It was an instant hit and people who tried them, simply fell in love with them. It inspired me to continue. I created this recipe book especially for them.



Winning WBMA Mr & Mrs World Men's Physique, 1st Place, Belfast 2016/2017. A

## Time for a Change..!



*Before and after photo 106kg – 83kg*



*WBMA Worlds October 2016*



## NIFMA

European Championships 2017.

1<sup>st</sup> in Men's Physique, 1<sup>st</sup> in Men's Muscle & 2<sup>nd</sup> in Men's Athletic.

# Healthy Dessert Recipes

## Ingredients

### Sweet Healthy Bread

500g Greek 0% Fat yogurt(280kcal)

350g porridge oats (1200kcal)

1 scoop of Whey Protein  
1 medium egg (40kcal)  
1 teaspoon of Vanilla Extract  
2 teaspoon of baking soda  
50ml of Unsweetned Almond Milk  
1 tbsp of Almond flakes

## Directions:

Pour 500g Greek Yogurt into bowl, add in Oats, 1 Scoop of Whey Protein and Mix.

Add 2 tsp of Baking Soda  
Add in 1 egg and 50ml of Almond Milk  
Add 1 tsp of Vanilla Extract (optional)

### Cooking:

Bake for 50min @ 180c

### Serving Suggestion:

Heat Bread up and put your favourite topping on it. Custard is a simple example as an added treat on Top.



**Total: Serves 12**  
**145kcal per slice**

## Ingredients

### J's Healthy Protein Trifle

2 X Chivers 9kcal pots of jelly  
200g of Greek yogurt  
100ml of Almond Milk

1 scoop of Vanilla protein  
2 Tablespoons of Blueberries  
2 Tablespoons of Raspberries  
2 Tablespoons of Blackberries  
50ml of Unsweetned Almond Milk  
1 tbsp of Almond flakes

## Directions:

Pour 200g Greek Yogurt into bowl, add in 1 Scoop of Whey Protein and Mix until thick intexture but easily spread.

Add 2 of the 9kcal Chivers Jelly into bowl, get some blackberries or raspberries and put them into the jelly and then add your Yogurt and Whey protein Mix on top of it. To top of it add some Blue berries and Raspberries.

### Preparation Time:

10min

### Serving Suggestion:

This will serve 6 People and is a very low calorie dessert, that all the family can enjoy



**Total: Serves 6**  
**55kcal per slice**



## Ingredients

### Hazel Nut Chocolate Biscuit Protein - (Ccheese cake)

2 tbsp Almond Flour  
1 cup Greek Yogurt  
Tortilla Wrap X 1  
Eggs X 1  
¼ cup Cottage Cheese  
¼ Cup low fat soft cheese  
¼ Cup of Sweetpoato  
3 scoops of Hazel Nut protein  
50g Chocolate Droppings  
3 x Chocolate Biscuits  
20g Carefree Chocolate syrup

**Total: Serves 8**  
**113kcal per slice**

## Directions:

Boil Sweet Potato and once done add to blender. Add Greek Yogurt, Cottage Cheese, Low Fat soft Cheese, 1 whole egg, 3 x Scoops of Protein, The Chocolate Droppings, Break up the biscuit into crumbs but not too fine, and add 2tbsp of Almond flour. Blitz everything until it is a good thick and creamy texture, finally add your Chocolate syrup and give it a good blitzing in the blender.

Get a pyrex oven ready glass bowl and spray with 1kcal oil or Melted coconut oil. Place Tortilla Wrap into bowl and Put your blender mix into centre of tortilla wrap and spread out evenly and place in oven.

**Bake for: 30-40min at 180c.**

## Tip:

Keep an eye on it the 30min mark and check that it doesn't move too much. You can put a knife into the centre and check too, if the knife comes out almost clean its done.

## Preparation Time:

25min

## Serving Suggestion:

This will serve 8 People and is a very low calorie dessert, that all the family can enjoy. Great if you are looking for a protein hit after the gym too.



## Ingredients

### Vanilla Protein - Cheese cake

2 tbsp Almond Flour  
1 cup Greek Yogurt  
Tortilla Wrap X 1  
Egg whites X 2  
¼ cup Cottage Cheese  
¼ Cup low fat soft cheese  
¼ Cup of Sweet potato  
3 scoops of Vanilla protein  
20g Carefree Chocolate syrup  
(3 drops of Vanilla Essence to Sweeten if you wish)

**Total: Serves 8**  
**109kcal per slice**

## Directions:

Boil Sweet Potato and once done add to blender. Add Greek Yogurt, Cottage Cheese, Low Fat soft Cheese, 2 egg whites, 3 x Scoops of vanilla Protein, and add 2tbsp of Almond flour. Blitz everything until it is a good thick and creamy texture, finally add your Chocolate syrup and give it a good blitzing in the blender.

Get a pyrex oven ready glass bowl and spray with 1kcal oil or Melted coconut oil. Place Tortilla Wrap into bowl and Put your blender mix into centre of tortilla wrap and spread out evenly and place in oven.

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## Preparation Time:

25min

## Serving Suggestion:

This will serve 8 People and is a very low calorie dessert, that all the family can enjoy. Great if you are looking for a protein hit after the gym too.



## Ingredients

### Sweet Potato Chocolate Brownies

450g sweet potato  
2 X scoops of whey  
1 X egg  
100g Dark Chocolate  
Orange Peel zest (optional)  
30g of Oats (optional)  
Baking powder 1/2 spoon  
Almond Milk 100ml (Add as you need until texture is like a yogurt mix)  
Cocoa Powder (optional)  
200g Dairy Milk Chocolate 40% Cocoa

**Total: Serves 16 large slices**  
**124kcal per slice**

## Directions:

Boil Sweet Potato until soft and skin is ready to peel off and once done add to large Bowl. Add 1 egg, 2 x Scoops of Chocolate Protein or Vanilla, add ½ tbsp of Baking Powder, (and 30g of Oats here if you wish), add in Almond Milk as needed. Mix well until consistence is that of a creamy texture, not too watery. Melt 100g of Dark Chocolate and add to your mix and stir in well. Finally grate some fresh orange zest into bowl until you have about 3 dessert spoons in quantity (3/4 of an orange) mix everything until it is a good thick and creamy texture.

Get two inch deep baking trays and grease with coconut oil well, covering the base, edges and sides. Spread out evenly and place in oven

**Bake for: 15-20min at 180c.**

Once done Take out let them cool down and add melted 200g of 40% dairy Chocolate to the top of your brownies and one Almond on top (simply for decoration, but tastes great too)

## Tip:

You can add lemon instead of Orange if you wish, it'll give a nice tangy kick to it. Also you can use White Chocolate to top it off with a walnut instead of Almond, or simply leave off. Likewise if you are not a huge fan of Dark Chocolate use dairy milk instead.

## Preparation Time:

Sweet Potato cook time: 30min  
Prep Time: 10min

## Serving Suggestion:

This will serve 16 People and is a very low calorie dessert, that all the family can enjoy. Great if you are looking for a protein hit before or after the gym too.





## Ingredients

### Sweet Healthy Bread

500g of vanilla or Greek yogurt  
300g of oats  
1 Medium egg  
½ teaspoon of Baking Soda  
3 x scoops of Vanilla flavor Protein.  
1 Banana  
Handfull of Walnuts

#### Optional Extras

1 Tbsp of Custard  
1 Tbsp of Almond flakes  
1 Raisins  
½ tsp of Vanilla essence or Almond essence  
100g of chocolate drops

**Total: Serves 12-14 slices**  
**139kcal per slice (Without Optional extras)**  
**153kcal per slice (With the full toppings)**

#### Directions:

Put all your ingredients into a mixing bowl. I prefer to put in the walnuts first, then add in the Low Fat Vanilla Yogurt, followed by the oats, eggs, protein powder, Baking Powder. I always mix this up good and thick and add almond milk to the mix to increase fluidity and lighten the mix a little. It is important that you don't have too much of a watery mix though. Finally I add in the Chocolate droppings and raisins and once again mix it all up.

Prepare two Bread Tins with either grease proof Paper or grease the tin itself in coconut oil or 1kcal cooking spray. Put your Mix into the baking Tin and place in the oven

**Bake for: 50min at 180c.**

#### Tip:

At about the 30-35min mark check to make sure its not burning on top. Take out and place tinfoil over the top of the tin, put it back in and let it continue to cook. You can also add Banana to this mix and I love to put Flaked Almonds on top of the bread, aside from being full of goodness, look amazing.

#### Preparation Time:

30min

#### Serving Suggestion:

This will serve 16 People and is a very low calorie dessert, that all the family can enjoy. You can use like a pudding after a meal if you wish. Reheat and add a spoon of hot custard over it. Simply delicious.





## Ingredients

### Upside Down Tart

500g fat free Vanilla Yogurt  
200g of Porridge Oats  
1 Large Egg  
1/2 tsp of baking powder  
90g of vanilla Protein Whey  
Couple drops of almond extract  
Stewed apples X 3  
50g of chocolate drops  
Almond milk X 70- 90ml



**Total: Serves 8**  
**217kcal per slice**

#### Directions:

Boil the apples until soft, and dice — add the chocolate chip droppings and leave in a separate bowl. Put the yogurt and oats into a bowl. Mix in 3 scoops of Vanilla Whey flavor Protein, and baking soda, add in 1 medium egg and the almond milk, slowly.

Mix well until similar to that of a pancake mix. Get a loose-bottom fluted tin, and spray with 1kcal cooking spray. Put the apple and chocolate chip droppings in, then cover with the oat/whey/yogurt mix, and place in the oven.

**Bake for: 25- 30min at 180c. Once Cooled Turn over and plac on serving plate**

#### Tip:

You can add lemon instead if you wish, it'll give a nice citric kick to it. Also you can use some almond flakes on top of it. This is also really nice with a tablespoon of Hot Custard over it.

#### Preparation Time:

30min

#### Serving Suggestion:

This will serve 8 People and is a very low calorie dessert, that all the family can enjoy.



## Ingredients

### Chocolate Banana Buns

300g fat free yogurt  
200g oats  
1 egg  
½ tsp of baking powder  
3 scoops of vanilla protein whey  
Couple drops of almond extract  
Banana X ½  
50g of chocolate Chips  
Almond milk X 150ml

**Total: Serves 12**  
**124kcal per slice**

## Directions:

Boil Sweet Potato until soft and skin is ready to peel off and once done add to large Bowl. Add 4 egg whites, 2 x Scoops of Chocolate Protein, add ¼ tbsp of Baking Powder, and 30g of Oats, add in Almond Milk as needed. Mix well until consistence is that of a yogurt, not too watery. Melt 150g of Dark Chocolate and add to your mix and stir in well. Finally grate some fresh orange zest into bowl until you have about 3 dessert spoons in quantity (¾ of an orange) mix everything until it is a good thick and creamy texture.

Get two inch deep baking trays and grease with coconut oil well, covering the base, edges and sides. Spread out evenly and place in oven 15-20min at 180c.

Once done Take out let them cool down and add melted Chocolate to the top of your brownies and one Almond on top (simply for decoration, but tastes great too)

### Tip:

You can add lemon instead of Orange if you wish, it'll give a nice tangy kick to it. Also you can use White Chocolate to top it off with a walnut instead of Almond, or simply leave off. Likewise if you are not a huge fan of Dark Chocolate use dairy milk instead.

### Preparation Time:

30min

### Serving Suggestion:

This will serve 16 People and is a very low calorie dessert, that all the family can enjoy. Great if you are looking for a protein hit before or after the gym too.





## Ingredients

### Chocolate Protein & Cinnamon Cake (That Festive Feeling all year round)

1 ½ scoops of whey  
1 tsp Cinnamon  
1 tbsp of Cocoa Powder  
1 tsp of Stevia  
1 scoop of Scitec Pancake Mix  
3-4oz of water or Almond Milk 100ml (Add as you need until texture is like a creamy yogurt mix)  
30g Dark Chocolate drops (For Dressing)  
100g Greek Yogurt (For Dressing)  
1 tsp of Cinnamon  
2 Tbsp of Almond Butter (For Dressing)

**Total: Serves 4 slices**  
**153kcal per slice**

Carbs: 40.7g  
Fat: 25.4g  
Protein: 53.8g

## Directions:

Add all ingredients to the bowl and mix about 3-4oz of water or Almond Milk to the ingredients.  
Put into a microwaveable 2 inch dish but spray with oil (1 kcal cooking oil) and nuke for 90 seconds. Once happy with consistency of cake take out and Add. Some Greek yogurt and 1 Tbsp of Peanut butter or Almond butter to top and a tbsp of chocolate chips.

## Tip:

You can sprinkle some ground cinnamon Powder on top of Greek Yogurt, then add your chocolate drops spread out across the top of the cake and put the Almond Butter in the centre and add a few white chocolate drops for presentation. Nice alternative and festive looking quick bake cake and very tasty too.

Also make sure you keep an eye on your cake while in the Microwave as some are a lot more powerful than others and the time allotted is only a guesstimate and not set in stone.

## Preparation Time:

10min

## Serving Suggestion:

This will serve 4 People and is a very low calorie dessert, that is great around Christmas time, but can be used any time during the year.



## Ingredients

### Coconut Protein Balls

150g Peanut  
1 X scoops of Go Sports Whey Protein  
100g of Gluten Free Porridge or Organic porridge  
2 Tbsp of honey  
2 Tbsp of chocolate drops  
2 Tbsp of desiccated coconut  
60ml of Almond Milk

**Total: Serves 16 large slices**  
**104kcal per serving**

### Directions:

Put all ingredients into a bowl and mix until it becomes crumbie like texture. Once mixed add 50-60ml of Almond milk or water to moisten a little but not too much. Use a table spoon to measure size of each ball and roll into shape in your hands. Place on a plate and add desicated COCONUT.

Leave them in the fridge for a min of 2hrs or over night. They can be kept in the fridge for a week or kept in the freezer indefinitely.

### Tip:

Make sure and wet your hands slightly to allow you to roll the protien balls easily. You can also add the likes of cocoa or chia seeds through your mix or on top of them. To make them extra special add a small amount of chocolate to them the kids absolutely love them.

### Preparation Time:

5min

### Serving Suggestion:

This will serve 14 People and is a very low calorie dessert, that all the family can enjoy. Great if you are looking for a protein hit before or after the gym too.



Enjoying some Coconut Protein Balls with a cup of Coffee, while working on recipes.





## Ingredients

### Sweet Potato Pancakes

200g sweet potato  
2 X scoops of whey  
4 X egg whites  
Almond Milk 100ml (Add as you need until texture is like a yogurt mix)  
Pinch of Cinnamon  
85g Greek Yogurt 0% Fat (Spread as required)  
12-14 Raspberries  
7-8 Blueberries

**Total: Serves 8 slices**  
**70kcal per slice**

## Directions:

Boil Sweet Potato until soft and skin is ready to peel off. Usually an average sweet potato weighs about 450-500g, So you can get two mixes out of the one sweet potato. Once done add to large Bowl, add 4 egg whites, 2 x Scoops of Vanilla Whey Protein, add a pinch of cinnamon Powder, add in Almond Milk as needed. Mix well until consistence is that of pancake mix, not too watery.

Heat pan and fill completely with mixture. Once cooked on both sides take out and place on plate. Add Greek yogurt and slice like pizza. Decorate with fruit of choice as seen in the picture on the right.

## Tip:

You can add Chocolate to the top, honey or some almond butter is also a healthier option. The sweet potato can be stored in the fridge to use for the following morning. if you wish, it'll give a nice tangy kick to it. Also you can use White Chocolate to top it off with a walnut instead of Almond, or simply leave off. Likewise if you are not a huge fan of Dark Chocolate use dairy milk instead.

## Preparation Time:

**Sweet Potato boiled in 45min**  
Prep and cook time 10min

## Serving Suggestion:

This will serve 4 People and is a very low calorie breakfast dessert, that all the family can enjoy. Great if you are looking for a protein hit and something naturally sweet to kick off your day.



Individual Smaller  
Pancakes are great too

# Recruiting Family Members

We all have busy lives, and in a modern household, some couples just end up passing each other by, like ships in the night. Trying to do anything that may bring you together is a huge bonus and one that will strengthen any relationship. That is exactly what we chose to do. We decided to hit the gym and start working out as a couple. We would plan our days and work around our jobs, any appointments that we had coming up or needed to be at. We would head off and get our sessions in. As we started to develop our routine we would go for a coffee and sit down discussing everything from kids to the next workout. At times, we would simply just enjoy the quiet moment together watching the world RUSH by. As I was already competing in Mr Physique Shows and having won the WBFMA Worlds in November 2016, we decided that this time we would enter the Irish Nationals as a couple and prepare together.



Having your partner go through what you go through preparing for one of these has its advantages in that, they experience all the highs and lows that you would have gone through in the past. The disadvantage is now two people are experiencing them together and that in itself can present a problem if you aren't aware of what you are going through, as you restrict yourself from pretty much eating what you like. It teaches you discipline, it teaches you to be there for each other, recognise stressors and motivate each other.





This of course is the extreme of any sport taking it to a level of competition, where you put your body on the line, pushing it to its limits. But there are values in working together. The whole household changed. Attitudes towards foods,

and making healthier choices together is really rewarding. It's not about diet really but more about a lifestyle change for everyone and taking responsibility for your choices.

We would cook and bake special treats, like sweet potato brownies and avocado



bread and the kids would get involved asking about training and wanting to learn how to cook meals. The health of the house rose and the level of excitement and buzz in the air was electric.

We continue to train together and live a balanced life. We live by the 80:20 rule, 20% training, 80% diet. 80% healthy choices & 20% reward and enjoying the more luscious foods. Keep setting new milestones and constantly challenge yourself.

## The secret to success

It is not rocket science, nor is it really any major secret to how anyone can achieve their ideal weight and boost their immune system. First of all, it is down to knowing your required calorie intake and working out your expenditure based on that. If you are taking in 1800kcal and only expending 1000kcal then you are going to end up with an excess of calories that your body will store. Quite the opposite if you like to a bank account.

More often than not it is about food timing and placement. Doing what we do is about eating every 2.5hrs-3hrs, and reducing the heavier meals in the evening & training fasted.

But here is the real key to success.....**PREPARE, PREPARE, PREPARE.** Do this and you will never get caught out.

Also it is important at this time to expel the myth of not eating after a certain time, is complete crap. You can eat up to 1.5-2hrs before bed time of course as long as it is not loaded with sugar and caffeine or highly saturated fats.



If you don't like certain foods such as eggs, it is probably down to how you are cooking them. Eggs (providing you aren't allergic to them) are pretty much in everything we eat from buns, cakes to quiche. Add flavours, herbs, spices. Look up alternative cultural recipes and how other nationalities cook their foods.

Experiment and you'd be amazed with simply cooking it differently or adding something small, can alter the whole meal. As an example, I had a client who wouldn't eat asparagus, so instead of boiling it or steaming it I got him to oven bake it and leave it on for that extra little bit with a sprinkle of Garlic so that it was crispier. So, essentially you had roasted Garlic Asparagus and he loved them.

Also prepare your food in bulk, cook off for example a load of chicken and break it down and freeze what you are not using. Put on your favourite TV program and put them all in the pot/steamer or oven and let them cook away.

## How can you stick to it without breaking out?



The Idea of a cheat meal is to help reward your efforts and something to look forward to. Now, that's a CHEAT MEAL, not a CHEAT DAY. But aside from the psychology there is a science to it too. Ghrelin, a peptide hormone mainly

produced by the stomach, is an appetite stimulant that signals the release of growth hormone. Low-calorie diets and chronic exercise have been shown to result in increased ghrelin concentrations, which may lead to increasing food intake and body weight. Caloric deficit diets also cause the body to attempt to conserve energy by

decreasing levels of the thyroid hormones T3 and T4, which help regulate and maintain metabolism. Therefore, weekly cheat meals that are higher in calories and carbs can help raise leptin levels while lowering ghrelin levels. This helps to return your hormone levels to normal and can reverse or prevent any slowing down of your metabolism. This in return improves your thyroid function, thus further boosting your metabolism. So THAT is the science. In a nutshell get those extra calories into you and enjoy a guilt free meal. BOOM and back on to your healthy living plan!



## Chocolate Cake in a Mug

1Medium Egg

4tbsp of organic honey

1 scoop of Whey Protein  
2tbsp of 40% Cocoa Powder  
1 teaspoon of Vanilla Extract

1/8 tsp of baking powder  
1tbsp of Unsweetened Almond Milk  
1 tbsp of Coconut oil

**Total: Serves 2**  
**145kcal per slice**

Beat egg in a large cup, add coconut oil, egg, and milk.

Add the rest of the ingredients and mix well.

### Cooking:

Place in Microwave for 1min 50sec. Make To keep an eye on your cake at around the 60sec mark as it varies from Microwave To Microwave.

### Serving Suggestion:

You can eat this directly from the cup or turn it Upside down and place on a plate covering it in Coconut flakes and some strawberries. Looks Amazing and tastes great.





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**F**ood is our fuel, we need it regardless of what diet plan we choose. Treat it this way and you will never worry about, layout and presentation again. I am aware, that most of us humans are visual creatures and yes experimenting with how we display our foods to entice the likes of children or the nonenthusiastic of us to eat fruit and veg is a great idea, it is also a great idea to understand why you need to eat and how it can affect you.

**'You are the one, who can make your dreams come through, stop waiting for someone else to do it for you'.**

### Combining Exercise and Food

You may be already training and doing lots of activities, but if you haven't changed from what you are already doing, then the body will just adjust and you will stay in a state of flux and not make any new gains. What you will find is that, where you once hit the treadmill for 30mins and started to drop weight if you continue doing same routine without changing it up the body adapts to it and so you no longer burn like you did before. Granted the body will obviously benefit from it but not like before.

Then suddenly you are on the treadmill or the **DREAMMILL** as I call it, going now for 50min to try and get the same results. So change it up, keep the body guessing.

Routine and Planning is fundamental and it keeps you in check you need to be clever with them and keep it interesting, so applying them where, applicable and at the appropriate moment.

So, make it a habit to sit down every couple of weeks and plan new routines and new and exciting ways to get your results. Keep the body constantly guessing. Get your nutrition in check and find what works for you. Write everything down.

1. **Plan and prepare the Night before:** 90% of the time you know exactly what you are going to be doing the following day. So, get your food ready, throw your gear bag in the

Car and stock up on water. You know you have a few meetings to get to but there may be an opportunity that you finish early and can get into the gym for a quick session.

2. **Prioritise your Health:** look for foods that will benefit you. Look for foods that will give you the edge and help you throughout the day. There is nothing

worse than having that 3 O' Clock slump and fighting to stay awake in a meeting. Total disaster and you are not going to be in anyway productive. This will also apply to anyone trying to get in

A solid training session. Training while tired only puts more stress on the body and you will not enjoy it and only end up going through the motions. So eat to fuel and repair.

Remember why you started all of this in the first place. Get rid of your ego, and re-focus on why you are doing what you are doing. All the lovely extras come along naturally

Afterwards. When I work with people, the goal is to work from the inside out. You must look healthy on the inside too. You are what you eat, taking that a step further you are what you absorb.

3. **Visualisation:** While it is not the common practice of most gym goers and fitness enthusiasts, it is a very useful tool used by top athletes across the globe. They imagine

Success, they see their victories and training sessions prior to doing them. They play it out in their minds like a movie. Arnold Schwarzenegger, said he used to visualise

Standing on stage, when he trained. He said he could smell the oils, feel the heat from the lights and hear the crowds roaring. He did all of this while doing a bench press

Or other exercise. He said that those reps were the most incredible as his mind was 100% connected to his body.

4. **Rest:** we tear the body down when we exercise. We don't grow in the gym, we grow when we rest. We need to listen to our bodies. We move at such pace nowadays we are  
Not hearing our bodies and realising that they will benefit immensely from time out.

5. **Learning to Fail:** This is without doubt the most important point for success. I always bitched about not having will power, not being able to do it. I tried and failed, I lost faith in the process and just gave up. For years wondering, where this 6 pack could be? The thing is underneath all the layers of flab there are abs for everyone. It is up to you to find them. It came to my realisation, while watching my son one day learning to walk. He fell and got up, fell again and got up, he did it over and over again and no point did he say, 'ah this walking business isn't for me'.

**NO** he just kept on getting up. At some point in our lives, be it through our educational system or our parenting that we learn to fear failure.

When we fail we, we cannot do any worse so keep at it. So, I just kept at it with no date in mind, no time frame, just simply to kept at it. And guess what they appeared. I think I cried a little that day 😊. I finally entered a new chapter in my life. I went from CHUBBY TO CHISLED



Exactly 10yrs apart 2006 Vs 2016. Age 32yrs and on the right aged 42yrs







"Insanity: Doing the same thing over and over again and expecting different results." —Albert Einstein

## HEALTHY MEALS MADE EASY



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NEXT SERIES IN MY LINE OF  
EBOOKS IS 'HEALTHY MEALS  
MADE EASY'

**QUICK EASY TIPS IN PREPPING  
FOR YOUR BREAKFAST/LUNCH/DINNER &  
SNACKS. SOME FANTASTIC IDEAS AND  
EASY MADE COMBOS THAT WILL MAKE  
YOUR LIFE EASIER AND REMOVE THE  
STRESS OF HOURS IN THE KITCHEN.**

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