

How to make the most of BBQ season!



Option 1 - For those focused on fat loss, or if you are too close to a cheat day (eg. You took a cheat day Friday and you're attending a BBQ Sunday)

Load up on Meat, preferably eating good quality and Gluten Free. A lot of processed meat contains Gluten, so be sure to check the allergy advice on the back of the packets if buying Burgers, Kebabs, Sausages etc.

However, there are always Gluten Free forms in all supermarkets (often they aren't branded gluten free, but generally the higher quality the less chance of the meat containing it). So taking your own meat or being smart about your choices will help massively.

Also, creating your own burgers and kebabs will ensure that you know that you're taking in nothing but great ingredients (check out www.thefoodee.com for ideas).

Tuck into the salad, smother your food in healthy fats eg. Olive Oil, Butter and try to create a tasty, healthy mixed grill,

guilt free. This adds some variation to your diet, and will have a great effect on your fat loss efforts.

BBQ's can be incredibly healthy and nutritious, not to mention tasty!

Note: Why avoid Gluten if looking to improve your body composition and improve health?

Gluten is a protein found in wheat and grain, and helps bind (glue) food together.

The New England Journal of Medicine has reported 55 diseases that can be linked to Gluten.

Celiac disease, which is the most serious form of Gluten allergy, affects 1 in 100 Americans, with many of these going undiagnosed.

Milder forms of Gluten sensitivity may affect around a 1/3 of Americans, (Mark Hyman, MD, gluten specialist). So we can presume this is fairly similar in the UK due to us eating a fairly identical diet to our American cousins.



Option 2: For those looking to relax their nutrition and enjoy all the things we usually see at BBQ's, with a lot less risk to your body composition.

Go gluten free, but enjoy carbs. For example, choosing gluten free rolls for burgers, or baguettes for hot dogs (I generally choose bake-in-the-oven rolls, as they often seem tastier!). These are available from all big supermarkets, and Waitrose and Sainsbury's especially offer a great tasting GF section.

Again, choose high quality meat that is GF, ideally organic and grass fed.

Choosing GF options will be of great benefit, and should help avoid bloating/digestion issues.

Feel free to add some higher carb healthier choices, such as corn on the cob or sweet potato wedges.

If you are sensitive to dairy, also avoiding cheese is a good idea, if you can tolerate this, add this to your BBQ for a good source of protein and fat (grilled halloumi makes a great high protein base/pancake).

If you wish to drink alcohol, my suggestion would be chilled red wine (gorgeous in the sun, I enjoyed this in Mykonos last year!) or GF Beer, available at most supermarkets.

Here is another great option for an alcoholic drink that is grain free and will have less chemicals;

NorCal Margarita (Credit to Robb Wolf, research biochemist and author of 'The Paleo Solution')

2–3 shots of 100% agave tequila.

Juice and pulp from one lime.

Shake it all up with some ice.

Add soda water to taste.

Here's why this drink rocks:

Tequila is fermented agave juice, which makes it gluten and starch-free.

Insulin release is blunted by lime, helps maintain insulin sensitivity.

Alkaline kidney load from limes

CO2 bubbles help ethenol enter blood stream more quickly, so you can drink less for same effects.

As for desserts, a strawberry,raspberry and almond/coconut milk smoothie is perfect in the sunshine. You can also add crushed ice and raw honey if desired, very tasty.

The very English, strawberries with Double/extra thick cream is another very healthy choice. You could also add some crushed dark chocolate(preferably 70% cocoa or above).

BBQ Bananas with dark chocolate mashed in should also get the taste buds going!



Option 3: For those who want to leave their nutritional minds inside for a day, eat whatever they want but limit damage.

Firstly, a high protein, low carb breakfast upon waking is crucial for controlling blood sugar levels later in the day. One of the most important things to learn in regards to Fat loss, is that 'Carbohydrate is driving Insulin is driving fat' (George Cahill Jr, Harvard Professor of medicine and expert in insulin)

Therefore the more we can blunt blood sugar levels, the more we can use food as fuel rather than store it as fat.

Ideally we'd all eat a clean, low carb diet made up of grass fed meats and organic produce, all day, every day. However, it seems there is a life outside of training!

So when we do have a binge or a cheat meal, there are steps we can take to limit the damage.

Firstly, the amount of insulin you secrete in response to a food depends on both the food being consumed and the individual (genetics, current lifestyle etc). Therefore if we can make better choices of Carbohydrate, this will help our body manage the Insulin Load, for example, swapping potatoes for sweet potatoes, wheat pasta for brown rice pasta.

Limiting the amount of Carbohydrates for example would be beneficial, a simple tip would be having two burgers inside the same bun. Apart from being an incredible burger, less carbohydrate equals less insulin being secreted. This

means you still get everything on offer, just that you may consume slightly less of the really fattening Carbs. Another way is to use something to help manage the blood sugar, and prevent the insulin spike.

Here is a cool tip: Use one or more of these beverages to help your body through a binge;

Grapefruit Juice (prior to meal) will help blunt insulin spike.

Yerba Mate tea (before or after) will help digestion, and healthy bowel movement, also an energiser.

Lemon/Lime Juice will help alkaline the body and keep blood sugar steady. A great BBQ drink, just squeeze them into iced water or onto food.

Also ensure to drink plenty of water to stay hydrated and aid digestion.

Digestive enzymes are very effective too, as the better you digest, the better you partition the nutrients you're consuming. We want more available for fuel than stored as fat, and foods that are gluten rich and high in carbohydrate are very hard to digest, hence one of the main reasons they're so fattening.

And enjoy it! Pig out guilt free and get back onto your nutritional programme the next day!

Thanks,

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