

# Nutrition Plan Guidelines

## Welcome

**“abs are made in the kitchen; not in the gym”**

## Low Carb Diet

This nutrition plan limits the amount of Carbs that you consume; this is your body's primary fuel source. If your body has an ample supply of Carbs then it will use this as energy long before using your fat stores. During this programme your body will become efficient at using fat for energy.

As discussed in the starter pack, cutting out or reducing carbs is the best way to lose weight and eat in general (providing you're getting all of your essential nutrients from fats, proteins, vitamins and minerals).

Humans Beings do not require a single gram of carbohydrate!

The nutrition plan limits Carbs, the amount of carbs you can afford to consume is completely different from person to person. Some people (the lucky ones), who are at a healthy weight and are very tolerant to carbs can eat quite a bit without any of the negative effects such as bloating or weight gain, whilst the majority of others feel bloated and put on weight very quickly or find it hard to lose when eating a lot of carbs.

The good news is that you can reverse your carb intolerance by sticking to a low carb diet, so after a period (it differs from person to person), you can start eating carbs again. (healthy carbs)

It is entirely up to you how much you stick to the nutrition plan. This plan is designed to help people lose weight in the quickest and healthiest way possible. (Provided you are working hard during the sessions.)

If you want to get the absolute best results possible, it would be best to follow the nutrition plan and guidelines 😊

## Ketosis

If you want to get the optimum fat loss possible then you want your body to transition into a stage known as Ketogenesis or Ketosis (Keto for short)

Without getting too sciencey...

Ketosis is when you start breaking down your fat (into something called ketones) so you can use it as your main source of energy.

This only happens when you are consuming a very small amount of carbs in your diet

Being in keto means that you will find it much easier to burn fat as energy

So you become a fat burning machine!

You can still lose fat whilst not necessarily being in Ketosis, however if you want the best results possible, Keto is the way to go!

\*If you want to ensure you are in Ketosis, you can purchase Keto sticks online (which you pee on) and they will indicate whether you are in a Keto state or not.

### **Transition (prepare to feel like crap!)**

During the first 3 to 6 days of the diet you are likely to feel:

- Tired
- Cranky
- Very Hungry
- Lethargic
- Occasional headaches
- Generally rubbish

This is because your body and brain are so used to having carbs on demand to use as energy (currently your body will be using it as its primary fuel source) that it takes a while to transition and become efficient at using fat as energy instead.

But don't give up! Stick to the plan and your body will start burning fat as energy and after this transition period you will feel great, way less hungry than you were on your old diet and have more energy too!

It may feel like you will never get past this phase and that the nutrition plan is just too hard to do. Trust me, I've had literally hundreds of clients who have said this to me, but every single one of them has got past this phase and afterwards has felt amazing, healthy, less tired and less hungry! Your body gets used to what, when and how much you put in it, so stick to the plan and it will get easier and easier until it's just second nature to eat that way.

You may think that because you are exercising more, that means you don't have to worry about what you eat.

Exercise is 30% of the battle whilst the other 70% is what you eat.

*If you follow the nutrition and exercise programme and give 100% effort, you will get amazing results*

Thankfully with this diet you do not have to limit fats at all. So feel free to eat the fats on your meat and fish, use butter or any type of oil you want. And enjoy the cheese :D

## **Guidelines**

- If you consume too much carbs during the programme (after the transition phase), your body will have to go through the phase all over again and you may feel rubbish for a period gain. You will also come out of Ketosis.
- No alcohol or processed food for the first 10 days (try and reduce alcohol intake)
- Preparation is key! Batch cooking and protein shakes are your best friend, cook a huge low carb curry, or casserole and freeze it (you now have emergency meals, after those long stressful days at work)
- Drink lots of water!
- You can change the meals around if you want e.g. if you don't fancy Tuna Steaks one night, you can have Chicken fillets instead. (this doesn't mean you can get a Dominoes)
- Create your own meals! Feel free to look up low carb recipes and experiment!
- Protein shakes are allowed, if you fancy one instead of a meal then that's ok.
- By all means use herbs and spices to make you meals more exciting. (and high fat/low carb dressings)
- Tea and coffee is allowed but milk and sugar are not, if you need to sweeten you drink, then use stevia. Although you may dislike unsweetened black coffee and tea to begin with, you will get used to it. Your taste will change after a little while
- As a rule, your meat/fish portions should be hand sized and your veg portions should 2 x size of fist. (if you have tiny hands, improvise)

- Get rid of all the crap in your house!
- Make sure you have lots of fat, low carb diets require you to have a high fat intake. So be generous with your olive oil and dressings
- If you are really hungry and need a snack after tea, do not to eat any processed rubbish, have a boiled egg, a few nuts, carrot sticks, or a bit of meat. Also in the Welcome Pack there are tips on how to deal with hunger, READ THEM!
- Finally, if you have any questions about the nutrition plan, food in general or anything about weight loss/exercise then feel free to text, email or ring me any time.

### **Cheat Meals**

My general rule is one cheat meal a week is fine, however, depending on your cravings you might be best to forgo a cheat meal.

One healthy meal doesn't make you slim; just like one bad unhealthy meal won't make you fat.

However, if you know that you will probably spiral out of control if you have a cheat meal, then don't have one. Only have a cheat meal if you know 100% that your cheat meal won't turn into a cheat evening and then into a cheat weekend, cheat week and cheat month...

If you know you can have it and then go straight back to your nutrition plan then GO AHEAD! Have any meal you want 😊

### **A little note on Alcohol...**

As you are probably aware, alcohol is terrible for fat loss

It not just the added calories and sugar; the damage the actually alcohol has on your metabolism can massively hinder your results (not to mention the long term damage it does to your health)

How much alcohol you should drink is going to be dependent on how much are you drinking at the moment.

If you have the odd one or two glasses of wine at the weekend, then you should try and go alcohol free whilst you are trying to get results.

If you are a regular drinker, e.g. 3/4 or more nights a week then it is very unrealistic of me to ask you to stop drinking entirely. In fact if you go from drinking every night or multiple times a week to not drinking at all, you will probably suffer terribly from alcohol withdrawal symptoms. (it is a very addictive drug after all)

You would do much better to cut down alcohol consumption  
(with a view to continue reducing over time)

A couple of examples would be:

- If you drink every single night, then for the first couple of weeks you should look at having one or two nights with no alcohol each week. Then after that, try and go 2 or 3 nights without alcohol each week for a couple of weeks and then 4 nights etc.
- If you drink 4 nights a week, then try and reduce to 3 nights for a couple of weeks, and then 2 nights etc.

### **Protein Shakes**

Contrary to popular belief, protein shakes aren't just for Bodybuilders, there are no steroids in protein shakes, it's just protein!

Basically, it's like eating a chicken breast; you get generally the same amount of protein.

Protein is great for fat loss, as it fills you up and protein shakes are great as they are super quick and easy.

Also, if you are wanting to put muscle on, ask you know protein is essential.

### **I don't want to lose fat anymore, I'm happy with my bodyfat %, can I eat carbs now?**

Yes

When you are happy with your body fat levels, you can afford to eat carbs without putting any fat on. When you are at a low body fat % you are going to be a lot more tolerant to carbs than you were when you were overweight.

Also, carbs help with muscle building. So if you want to concentrate on building muscle (it's best to get your body fat down first) then wholegrain/wheat healthy carbs can be beneficial.

How much carbs you can have is totally dependent on the person. The best thing to do is trial and error.

Start with small portion, increase and monitor results.

## **Water**

Drink it.

Drink lots of it.

3-4 litres a day.

It will boost metabolism, decrease hunger, increase mood

Super important

Make sure you drink loads!