

NUTRITIONAL WISDOM

To Eat Your Way

To A Lean, Athletic, Strong, Muscular
& Healthy Body



- ✓ Catapult Your Metabolism Into The Fat Burning Zone,
- ✓ 7 Hacks To Achieve Mastery Over Bad Eating Habits
- ✓ Live a Healthy Lifestyle & Transform Your Life



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INTRODUCTION

Eating for optimum health, weight control and muscle maintenance is a confusing topic. So much has been written about it, so many experts have propounded on it and so many conflicting studies have been done on it that most people simply don't know what to eat.

Should they go zero fat, low carb or reduced protein?
Does the traditional food pyramid still apply?
What about mixing carbs and protein at the same meal?

The average person has become so frustrated with the plethora of contradictory advice that they simply throw up their hands in frustration – and go back to eating the way they always have.


Yet, eating the way that they always have has led many people to a body and a state of health that they are far from happy with.

In this book we will provide you with the pared down, raw truth about eating for optimum health, fitness and body control.

Get ready to change the way you eat to change the way you look.

By following the directions in this book, you can trim all those troubled areas and send your metabolism into overdrive.

We'll cut through the white noise and give you the facts to use food as your ally to become fitter, leaner, stronger and more muscular with every mouthful.



CHAPTER 1

THE CALORIE

A calorie is simply a measure of heat energy. Because food releases energy as it burns inside the body, the more calories a food contains, the more energy it will release. Body-fat is stored energy, much like a reserve gas tank for your car. Each pound of fat contains 3,500 calories.

Think of your body's calorie balance much like your bank account. When the amount of calories intake in a day is equal to the amount of energy you consume, nothing changes - the account stays the same.

When your caloric expenditure exceeds your calorie intake, however, your body-fat balance decreases.

Conversely, when calorie intake exceeds your expenditure you will add calories in the form of fat.

This may seem obvious but it underscores a fundamental truth about nutrition:

Calories Count

You cannot outsmart this fact by cutting carbs to lose weight or increasing protein to build muscle. Regardless of what else you do, you simply must get the calorie balance right in order to maintain a healthy level of body-fat.

Limit Portion Size

Many people don't realize that they are eating more calories than they need. The size of the average American dinner plate has nearly doubled since the 1950's. It's no coincidence that the size of their waistlines has done the same thing. To limit portion size, people need to actually purchase smaller plates! Then slow down when eating. Listen to your body and let it dictate how much you should be eating.

How Many Calories?

Not all calories are created equal. In order to optimally fuel your body make sure that the calories that go down your throat primarily consist of complex carbs, lean proteins and unsaturated fats. In order to maintain your current weight, your calorie intake should be between 2,000 and 2,200 calories if you are a woman and between 2,700 and 2,900 calories if you are a man. To lose weight, drop 250 your calorie intake per day below your maintenance level. If you desire to build muscle mass increase by 250 calories, focusing on lean protein as your preferred calorie source.

Calorie Tracking

In order to plan your meals effectively, you'll need to work out how many calories you need each day to maintain your current weight, lose weight and gain weight. The following formula will help you to do that.

MEN:

Basal Metabolic Rate (BMR) = $66 + (13.7 \times \text{weight in kgs}) + (5 \times \text{height in cms}) - (6.8 \times \text{age})$

WOMEN:

Basal Metabolic Rate (BMR) = $655 + (9.6 \times \text{weight in kgs}) + (1.8 \times \text{height in cms}) - (4.7 \times \text{age})$.

Let's take an example:

A 25 year old male, who weighs 100 kg and is 180 cm

$$\text{BMR} = 66 + (13.7 \times 100) + (5 \times 180) - (6.8 \times 25) = 2166$$

To calculate your daily maintenance level (accounting for exercise and other activities) multiply your BMR by 1.4.

In order to lose fat weight, safely and effectively, reduce your daily calories by 20%.

In order to gain muscle weight, safely and effectively, increase your daily calories by 20%.

Not all calories are created equal. In order to optimally fuel your body make sure that the calories that go down your throat primarily consist of complex carbs, lean proteins and unsaturated fats.

In order to maintain your current weight, take in between 2,000 and 2,200 calories if you are a woman and between 2,700 and 2,900 calories if you are a man.



CHAPTER 2

FAT FACT FILE

There are three different types of fat in our food:

- Triglycerides – adipose tissue is created from triglycerides. They are also consumed as energy.
- Phospholipids – Phospholipids transport hormones and vitamins in the blood and across cell membranes.
- Sterols – Sterols are calorie free fat and alcohol compounds. Testosterone and cholesterol are both sterols.

If we don't get enough fat, we won't be able to absorb fat soluble vitamins that smooth the skin, protect vision, bolster the immune system and keep our reproductive organs functioning.

An essential fatty acid is one that your body needs but can't assemble from other fats. You have to get it while, from foods.

The two main essential fatty acids are

Omega-3 (alpha linolenic – LNA)

Omega-6 (linolenic – LA)

The modern Western diet is very high in omega-6 fatty acids, but not in omega-3. In fact, the average person takes in 20 times more omega-6 than they do omega-3.

One reason for this huge imbalance is our increased consumption of refined grains and our decreased consumption of omega-3 rich foods. By increasing your intake of omega-3 fats, you obtain a long list of health benefits, restoring you to the balance that nature intended.

Here are some benefits of increasing your intake of Omega-3 Fatty Acids:

- Improved insulin sensitivity
- Better absorption of fat soluble vitamins
- Improved joint health
- Enhanced energy
- Better oxygen transfer
- Enhanced cell membrane integrity
- Better suppression of cortisol
- Improved skin texture
- Promotes muscle growth
- Increases your metabolism
- Helps burn fat

To achieve the amazing health benefits listed above, you should seriously consider adding a rich source of omega-3 into your meal plan every day. Omega-3 fatty acids are also found in rich amounts in plant sources such as flax seeds and walnuts. Small amounts can also be found in dark, leafy greens such as kale, cabbage and broccoli.



CHAPTER 3

PROTEIN POWER

The human body is constantly reinventing itself. Every cell is constantly being replaced with a new version of itself. All of the material required for this awe inspiring building work is supplied by the food we eat. An understanding of this process should make us think a little more seriously about the foods that we consume. After all ‘we are what we eat.’ The key nutrient in the body building process is protein.

Protein provides the raw construction material for all of the building and repair work that goes on inside your body. After water, protein is the most abundant material in your body, making up 15% of your body weight. 65% of that protein is contained in the skeletal muscles.

Amino Acids

The smallest protein unit is the amino acid. Amino acids come together in a huge range of combinations to form proteins. To complete all of our bodily functions maximally we humans rely upon 20 proteins

Of these 11 are manufactured within our body. The other 9 need to be provided by the foods we consume. They are known as essential amino acids.

Foods that contain all 20 amino acids are known as complete proteins. Because your body is not very efficient at storing protein, it is vital that you keep a steady supply of protein foods - especially those containing the essential amino acids - flowing into it.

Protein Burns Calories

Eating protein makes sense for another reason. Protein has a far higher thermic effect than either carbohydrate or fat. That means that it takes up more calories to digest protein. You will burn 20% more calories in this process on protein than on carbs. In addition, people who engage in resistance training will force the ingested protein to work on repairing and rebuilding muscle tissue.

As a result their muscles will become bigger and stronger. To maintain that extra muscle requires more calories - 5 times more than stored fat. So, a person who increases their lean mass will be giving their metabolism a super charge, allowing them to burn more calories 24/7.

What About Protein Powders?

Whole food sources of protein are always going to be preferable to protein supplements. There is no denying, however, that protein supplements can provide a convenient option for busy people who are trying to maintain their protein intake while on the go. A whey protein smoothie is quick, nutritious and fat free.

Avoid having more than one of these a day. Keep in mind that your body was designed to process whole foods and that doing so will allow it to work optimally.

How Much Protein

A physically active person should aim for 1 gram of protein per pound of body weight. So a 200 pound man will be taking in 200 grams of protein per day. If he is eating six small meals per day, he will be averaging about 33 grams of protein at each meal.

This should equate to close to 30% of your total calories coming from protein sources. The following list should form the basis of your protein selection.

Complete & Incomplete Proteins

A complete protein includes all of the essential amino acids. An incomplete protein is missing one or more of them. A protein low in one specific amino acid is called a limiting protein because it can build only as much tissue as the smallest amount of the necessary amino acid. You can improve the protein quality in a food containing incomplete or limiting proteins by eating it along with ones that contain sufficient amounts of the limited amino acids. Matching foods to create complete proteins is called complementarity.

An example of complementarity is combining rice, which is low in the essential amino acid, methionine, with beans. Another example is to mix pasta with cheese. Vegetables contain incomplete proteins.

However, it is possible to combine proteins in a vegetarian diet to allow for a full complement of amino acids. The following combinations will ensure that this takes place:

- Rice + lentils + vegetables
- Rice + legumes + vegetables
- Grain + Legumes + seeds + nuts


Soy: The Super Legume Based Protein



Unlike other vegetables, soybeans have complete proteins with sufficient amounts of all the essential amino acids. In fact, food experts rank soy proteins on par with egg whites and casein (milk protein), the two proteins easiest for your body to absorb and use. Some nutritionists think that soy proteins are even better than the proteins in eggs and milk. That's because the proteins in soy come with no cholesterol and very little of the saturated fat known to clog your arteries and raise your risk of heart attack. Better yet, more than 20 recent studies suggest that adding soy to your diet can actually lower your cholesterol levels.

Half a cup of cooked soybeans has 14 grams of protein – that's approximately twice the protein you get from one large egg or one 225 ml glass of skim milk - and without the cholesterol.

Soybeans are also jam packed with dietary fibre. If you do choose to use soybeans, go slowly. Soybeans contain high amounts of certain long chain carbohydrates that our digestive enzymes in the gut can't break down into more simple sugars, which can cause abdominal bloating and flatulence. Fermented soy foods, such as tempeh, miso soup and fermented soy milk that contain beneficial bifido micro-organisms are digested much easier in your gut and are less likely to produce these unpleasant side effects.



CHAPTER 4

CARBOHYDRATES CLARIFIED

Carbohydrates have been getting some pretty bad press over recent times. They're regularly being portrayed as the bad guys in the battle against obesity. That's why there are so many diet plans out there that encourage participants to severely restrict their carb intake in order to lose fat. It's time the poor old carb found a new press agent. Let's start by getting to grips with a half dozen carb facts that you need to know now;

1. Carbs are your body's premium fuel source: The body can use fat, and even protein, for fuel, but it will operate most efficiently by converting the glucose in carbohydrate into energy. Cutting carbs too low will give you less energy and less mental sharpness.
2. There are 2 types of carbs: Simple carbs are monosaccharides (single molecule) compounds including fructose and glucose.

Simple carbs are digested quickly and cause a rapid rise in blood sugar followed by a quick crash. Complex carbs provide consistent, sustained energy to fuel your day. Complex carbs are either starchy or fibrous. Starch is the storage form of energy in plants. Fibre is the part of the plant that we don't digest. Still, it is important to get on fibrous carbs as the fiber acts as an internal cleanser of the body. Avoid simple carbs but get plenty of fibrous and starchy carbs.

3. Fibrous Carbs can help burn fat: because fibrous carbs take more time to chew and swallow, fill up your stomach by adding bulk to your meal, slow down gastric emptying and decrease appetite stimulating hormones, they are a smart choice for those wishing to lose body fat.

Another great positive is that fibrous carbs are very low in calories. That means that you can eat as many green vegetables as you want, without overdosing on calories. Aim for 30 grams of fiber per day.

4. Natural VS Refined Carbs: If a food came out of the ground or off the tree in the form that you see it on your plate, then it's safe bet that it's natural.

Whole grains and unprocessed starches are natural carbs which should be a part of your eating plan. The more humans interfere with natural foods, the less healthy they are. Refined grains and starches such as white bread, pasta, pretzels, crackers and bagels should be avoided.

5. Refined carbs are high in calories: They are also very tasty which means that they're easy to overeat. A serving of pasta, for example, will provide 810 calories - and that's before you put any dressing on it. When natural grains are milled, processed and bleached, they lose goodness and increase calorie count. The end result is a product with enhanced shelf life but far less nutritional goodness.

6. For optimal health, fitness and fat loss, be sure to take in 50% of your total calorie intake as complex carbohydrate. To break through a fat loss plateau you may want to temporarily take it down but, as a rule, look to get half of your total food intake by way of carbohydrates.

Sugar: White Death



Refined sugar products such as white sugar, candy, sweets and soft drinks, are the biggest culprit in the obesity epidemic that is plaguing the Western world.

Added sugar provides absolutely zero essential nutrient quality. As such they are known as empty calories.

Sugar is also high in fructose, which can only be broken down by the liver. Too much of it can put overdue stress on your liver, forcing it to turn the fructose into fat and causing fatty liver. Sugar can also cause insulin resistance, which can in turn open the road to diabetes.

There is also considerable evidence that too much sugar can contribute to cancer. Sugar, because of its ability to release dopamine in the brain, is highly addictive. And to top it off, sugar will make your teeth rotten.

A Dozen Processed Foods to Ditch Today

- Fried Foods (chicken, chips, onion rings)
- Biscuits
- Crackers
- Pies
- Doughnuts
- Margarine
- Tortilla Chips
- Refined Vegetable Oils
- Soft Drinks
- White Bread
- Pasta
- Bagels

Natural Carbs

Put simply, a natural carb is one that has come out of the ground or off the plant or tree in the form that you are about to eat it. Whole grains come into this category. Even though they are processed to an extent, they retain some of their nutrients and fibers. Processed complex carbs such as pasta, bread and bagels go through an intensive milling, refining and bleaching process that strips away their nutritional value while bulking up the calorie count. You should always opt for wholegrain varieties over processed refined grains.

CHAPTER 5



WATER WISDOM

Disease.

We spend billions of dollars to combat it. It cripples our health system. And it robs us of our health.

But, imagine if the cure for disease – yes, all disease – was right under our noses all along.

Imagine if that cure was immediately available to every one of us. In fact, imagine if it were so abundant that we took it for granted. Even though it was completely free of charge, imagine if we treated it with dismay – not sweet enough, not palatable enough, too boring!

Imagine.

Now, shake the apathy out of your brain and take a long hard look at water.

Yes, water.

Without the right amount of water, your body will not function properly. Just take a look at what water does for you every second, without your realizing it:

- Balances the temperature of the body
- Lubricates joints
- Moistens tissue
- Safeguards organs of the body
- Helps prevent constipation
- Dissolves nutrients so they can be used by the body
- Removes waste products from the kidneys and liver
- Transports oxygen and life giving nutrients to the body's cells

The brain is composed of almost 75% water. Keeping the brain saturated prevents memory loss associated with aging. Water helps convert food into energy.

Water makes up 83% of our blood. Our muscles are made up of almost 75% water.

Dehydration reduces the amount of blood in the body, forcing the heart to pump harder in order to deliver oxygen-bearing cells into our muscles. Drinking more water helps flush toxins out of your body. This will make your skin clear and more radiant.

Still not convinced how vital water is to your life? Then consider this:

You will still survive if you lose 50% of your body's glucose (energy), fat or protein.

You will die if you lose more than 20% of your body's water!

Water VS Soda: It's Your Choice

WATER	SODA
<ul style="list-style-type: none">• Hydrating• Refreshing• Healthy• Clears acne• 0 Calories• Natural• Satisfying• GOOD FOR YOU	<ul style="list-style-type: none">• Sugary• Causes bloating• Chemical laden• Calorie laden• Fattening• Manufactured• Causes gas• BAD FOR YOU

Dehydration: Missing the Signals

For nearly a hundred years, medical science has sold us a false-hood:

You'll know when you're in need of water when your mouth becomes dry.

As a result, millions of people will only consider having a drink of water when they have a dry mouth.

In their ignorance, these people have allowed themselves to get into a dangerous state of dehydration... and it has killed many of them.

The medical community have invented a host of diseases to explain the bodily consequences of this mass state of dehydration... *when all they needed to do was to tell us to drink more water.*

Dry-Mouth: The False Assumption

Here's why you should never rely on dry mouth as an indicator of thirst:

To chew and swallow, the body produces ample amounts of saliva. As a result the mouth will be swimming in liquid even as the rest of the body is crying out for water!

The body's response to dehydration is to produce the symptoms of what we have come to regard as disease . . .

- Dyspeptic pain
- Colitis pain
- Asthma
- Appendicitis pain
- Hiatus Hernia
- Rheumatoid arthritis pain
- Low Back pain
- Neck pain
- Anginal pain
- Migraines

DIET SODA IS NOT WATER

We've fooled ourselves into thinking that any sort of liquid is a suitable replacement for water. Nothing could be further from the truth. Diet soda has become a popular "healthy" refreshment.

It has replaced the sugar in regular soda with the artificial sweetener aspartame. Many people think taking aspartame will help them lose weight. Unfortunately, it does the opposite. About 90 minutes after taking it into our body, there is a physiological panic which compels us to eat in order to deliver on the promise to deliver sweetness to the body that came with the aspartame. Bottom line = drink diet soda – eat more.

That's why fast food restaurants offer free refills – they know it will make you want another burger!

Masking the Symptoms of Dehydration

It's not enough that the symptoms of dehydration are being criminally mis-diagnosed. The medical community is masking those symptoms by pumping chemicals into us. So a dangerous situation caused by ignorance of our body's pleas for hydration are made worse by filling us with unnatural medications.

The combination of dehydration and the introduction of chemical products is the formation of disease. So what do the doctors do? That's right – they pump even more chemicals into us.

This is disastrous to the cells of the body. It's like taking them into a back alley and beating the crap out of them. It will cause permanent damage – and possible death.

The Danger of Water Substitutes

The beverage industries of the world are booming. Tea, coffee, alcohol, carbonated drinks, energy drinks . . . each of them is enjoying record sales. Meanwhile water remains the outcast – like the gangly kid that never gets picked for the basketball team.

Most people have convinced themselves that replacing water with these other beverages is perfectly acceptable. After all, they all contain water to some extent, right?

Yes, but along with that water they also contain a whole host of things that actually accelerate dehydration. Not only do these substances use up the water that's contained in the beverage. They also sponge up some of the pitiful amount of water that remains in your system.

Alcohol – The Dehydration Intensifier

In order to appreciate the drastic effect that alcohol has on the body's hydration, we need to understand the role of the vasopressin hormone and its receptor.

Vasopressin is a hormone that regulates the flow of water into certain cells in the body. In the process it brings about vaso-constriction of the capillaries it activates.

Certain cells contain receptors to receive vasopressin. When a state of dehydration occurs, vasopressin is involved in the rationing and distribution of water. For a constant filtration of water into the cell, even when the overall water supply is restricted, the proper functioning of vasopressin is absolutely essential.

Alcohol acts to suppress the production of vasopressin in the pituitary gland. This is tantamount to ripping the fuel hose out of your car's engine. It will result in an even greater state of dehydration. And what's one of the first places that water will be drained from – the brain!

This rapid dehydration effect of alcohol places stress on the body. This stress, in turn, leads to a release of various hormones, including the hormone endorphin.

And endorphins have the potential for addiction. So, the more that alcohol is consumed, the more the release of endorphins will be activated. This can be a contributing factor in the development of alcohol addiction.

The bottom line on alcohol: it will escalate your already dehydrated state. Enjoy it in limited amount. Don't abuse it.

Water and Excess Body Weight

The underlying cause of the obesity epidemic that is engulfing the planet has been debated and written about ad nauseum. How can a third of the United States population, some 100 million people, be obese? What is going wrong?

People may argue about what is going wrong but one thing that is undeniable is that a lot of people are making a lot of money because of it. The weight loss diet industry, the supplement industry and the fitness industry are all creaming it off the world's fat woes. They are selling billions of dollars worth of product to promote fat loss.

Yet, the raw truth of the fat loss dilemma boils down to two fundamentals:

1. People don't know when they are thirsty
2. They are taking in the wrong type of fluid

The body triggers its sensation for food and water based on diminished energy levels. These two sensations reach the brain together – and most people interpret them to be a sensation just to eat. The body does not send a separate signal for thirst and another one for food. As a result, we often reach for food when we should be reaching for water.

If we could separate these two sensations, then we would be at an immediate advantage in the battle to control our body fat levels.

Well, we can – and here's how:

Drink a glass of water before you eat.

When you do that, you will satisfy the body's need for hydration and you will prevent yourself from over-eating.

Hydroelectricity and You

Until recently, it was believed that the body received energy in one form only – the metabolism of food and the formation of sugar. However, a recent discovery has revealed that there is another mechanism at work. It turns out that we have another potent energy producing power plant within our systems that is working 24 hours a day, seven days a week to supply the body's energy needs – and it involves water.

The human body has the amazing ability to generate hydroelectric energy.

It turns out that, within our cell membranes are located energy generating pumps, just like what we'd find in a man-made hydro-electric power station. When water passes through the cell membrane, these membranes are switched on and hydroelectricity is produced.

Suddenly, water takes on a whole new significance. On top of everything else that it does to keep us alive and well, it is also providing half of our energy supplies.

Of the two forms of energy – food and water – which is better when it comes to maintaining our body weight?

Water.

Why?

Quite simply because a key reason that we eat is to supply our brains with energy to perform it's non-stop job of controlling and regulating the body. But only about 20% of the food we ingest gets to the brain. The rest is either burned through exercise or, more likely, stored in our bodies. However, when we use water as our preferred energy source, any excess is simply eliminated from the body in the form of urine.

Manufactured Beverages Cannot Replace Water

Yes, we've already touched on this fact. Yet, the belief that any type of fluid is an ok substitute for water is so pervasive that it bears repeating.

Manufactured beverages are NOT the same as water

The reliance on these drinks – and in particular diet sodas – has been a massive contributing factor to the obesity epidemic. It also has a lot to do with many of the chronic health problems in our society.

Sodas contain caffeine, which is a drug with addictive properties. It is also a diuretic and a dehydrating agent. In fact, caffeine causes you to urinate more, taking water out of your body. Combine all of these factors and you can see why some people are constantly drinking sodas:

- (A) It's addictive
- (B) The water doesn't stay in their body long enough to satisfy them

In tandem, with all of this, people are likely to confuse their increased need for water as a result of the dehydrating effect of caffeine, with hunger. As a result they'll eat more because they have confused thirst for hunger.

Breaking the Drought

By now, you should be pretty convinced that you need to drink more water. **So, how much?**

At an absolute minimum you should be drinking 8 glasses of water each day. That's 8 x 8 ounce glasses (250 mls). This equates to 64 ounces or 2 liters each day. Don't drink that water too fast. Spread it over your entire day. Sip it from a water bottle. Have a full glass of water before your largest meal of the day.

Tap or Bottled Water?

There is a lot of hype out there about the dangers of drinking tap water. However, unless there is concrete proof that the tap water in your area is contaminated with chemicals or heavy metals, you should drink it.

Most tap water has had chlorine added, which kills bacteria. However, if you have any concerns at all regarding the quality of your water supply, get a filtration unit installed to your kitchen faucet. These need not be expensive and are effective at removing impurities.

It is also to your best advantage to stick with the water that comes from your tap. If you rely on an outside source, then you will have to stop when the supply runs out until you can replenish it.

It is also a good idea to fill an open-top jug with water and let it stand in the fridge until it is served. This will evaporate any chlorine residue that is in the water and allow the drink to acquire a natural sweetness. You may even add a slice of lemon to enhance the flavor.

SUPPLEMENT WITH WATER-RICH FOODS

Nothing beats a long, cool glass of water. You can complement that glass, however, by getting a plentiful supply of water saturated fruits and vegetables. Selections of the following should take up 70% of your plate:

*Crisp Lettuce Watermelon Grapefruit Broccoli Low Fat
Milk Yogurt*

Water: Key Facts

- * *Dry mouth is not an indication of thirst*
- * *Dehydration is at the root of all disease*
- * *Water supplies energy through hydro electricity*
- * *Drink a minimum of 8 glasses of water per day*
- * *Drink a full glass of water before eating a large meal*
- * *Stop drinking soda*



CHAPTER 6

NUTRIENT TIMING

Eating 3 meals a day will not allow you to achieve your fat loss goals. Strange as it may sound, you have to eat more often than that in order to lose the weight. In fact, you should be eating every 3 waking hours.

Obviously your meal portions will be much smaller than the traditional 3 meals per day. Each meal will have the same calorie count. The macronutrient ratio will also be the same (except for your post exercise meal, which will have a little more protein).

Here are 5 reasons why eating every 3 hours is the smart way to go:

1. It provides a regular, ongoing energy supply throughout the day, meaning that you'll feel more energetic all day long.
2. It helps to stop grazing and binging. In fact, you'll have that satisfied, full feeling most of the time. If you do feel like a snack, the fact that your next scheduled meal is not far away will help you to curb the urge.

3. You will more efficiently absorb protein. Your body can only absorb 30 grams of protein at any one time. Large meals often exceed that amount and that means that a portion of that much needed protein is wasted. Smaller, regular portions will overcome this problem.
4. It boosts the metabolism. The very act of eating burns calories. So, the more you eat, the more calories you'll be burning. As long as what you're eating is healthy and your calories are regulated, that's got to be a good thing.
5. It is psychologically healthy: Rather than depriving yourself of food, it is far better psychologically to eat more regular but smaller meals. Doing so helps you to view food as your body's fuel source, which is exactly what it is.

Ideal Meal Size

Your ideal meal size will depend upon your total daily calorie requirements. Once you have established this number, simply divide it by the number of meals that you are eating each day. So, if you are taking in 2,400 calories per day and are eating 6 meals per day, then you'll be taking in 400 calories per meal. That's probably less than half of what you're eating for dinner at the moment.

Don't Neglect Breakfast

Have you ever wondered why breakfast is called breakfast. It's because it breaks the fast that your body has been undergoing overnight. That is why it's important that you get a healthy, energy packed meal into your body first thing in the morning.

Those who don't bother with a decent breakfast are prone to cravings and grazing. They are also far more likely to make poor food choices while on the run. The solution - get up a few minutes earlier and make yourself a decent breakfast.

Eating after Exercise

After an exercise session your body needs one thing - protein. Protein supports muscle recovery. For maximum benefit you should eat your meal within 60 minutes of finishing your exercise session. The meal should contain about 30 grams of protein, with the same amount of carbohydrate.

Guilt Free Snacks

Because you'll be eating every 3 hours, you will be far less likely to need a snack between meals. It's still a good idea to have some healthy snacks on hand, just in case.

In fact, if you plan your snack meal before time and add some quality protein, you're going to be creating one of your designated meals anyway. One way to look at your 6 meal per day plan is to get in your breakfast, lunch and dinner meals, along with 3 smart snacks midway between each of those meals.



CHAPTER 7

HIT THE FAT BURNING ZONE

Now that we've broken down the essentials on what you put into your mouth, let's extract the keys to eating smart for mx fat loss. Here are 7 key nutritional hacks to put your body in the fat burn zone . . .

- 1. Eat More Regularly** - To burn more fat you have got to eat more frequently. You should, in fact, be eating every three waking hours. By eating smaller, more frequent meals, you will be helping to control your appetite, reduce cravings and prevent binges.
- 2. Eat Dinner Before Sunset** - Going to bed on a full stomach is a very unhealthy thing to do. The food will remain in the stomach, undigested as you sleep. Then, when you wake up you'll be feeling fat and sluggish.. Make your last meal at 5pm and watch the weight melt away.

- 3. Cut Out Soft Drinks** - The average American drinks 597 cans of soda pop each year – that's more than 1 ½ cans every day. To put the impact of that into perspective, 597 cans of soda will pour 32 pounds of sugar down your throat. And did you know that drinking liquid sugar will make you gain fat faster than simply eating the sugar?

The solution – go cold turkey on soda. Yes, you can!

- 4. Shop Only On the Perimeter of the Supermarket** - All supermarkets are laid out in virtually the same way. The perimeter of the store contains all the freshest foods, while the interior of the store contains all the stuff that can get you into trouble with your diet. Stay at the perimeter of the store and you can't go wrong.
- 5. Cuts Bad Fats, Increase Good Fats** - To burn fat rapidly, you have simply got to get serious about what you put in your mouth. Fried foods, biscuits, crackers, pies, pastries, doughnuts and tortilla chips are all on the no go list. But, unsaturated fats that contain the essential fatty acids will actually help you lose fat. You'll find them in fish and flaxseed oil, avocado and fish like salmon and herring.
- 6. Limited Caloric Reduction** – A pound of fat contains 3,500 calories. To set a goal of losing one pound of pure fat per week, then, you've got to cut 500 calories (3,500 divided by 7) from your diet every day. and achievable goal. If you're eating 5 meals per day that means dropping 100 calories from each meal.
- 7. Know How to Eat On The Run** - Keep healthy foods, like nuts, seeds or a protein bar in your car. If you absolutely must stop off at a fast food restaurant, zero in on the grilled chicken burger.



CHAPTER 8

7 STEPS TO BREAK BAD EATING HABITS

Training Your Mindset

“To win the game your head has to be in the game”.

The mind and body go hand in hand so both need to be in harmony for you to be able to achieve your set goal. A healthy mindset is just as important as a healthy diet and a good exercise plan. We need to train our mindset so that we can maintain our diet long-term. So let's take it step by step to show you how to achieve this harmony.

Step 1: Affirmations

Social media has brought us into a world of self-hate. We constantly compare ourselves to others and use words like I'm fat, I'm ugly and I can't.

This is when affirmations can really help. Self-affirmations have been a widely used tool in the fields of self-improvement for years. The key to affirmations is consistent practice and repetition. Reciting canned phrases such as “I’m smart enough,” “I’m happy,” and “I can do anything,” are all well and good, but only when exercised consistently enough they begin to take effect. For the best results you need to perform multiple repetitions day-in and day-out. Just like you exercise your body you also need to exercise your attitude.

Examples of affirmations to help you get started

- I am an efficient, energetic, healthy, fit woman who can handle anything that arises today.
- I am capable of creating and maintaining a healthy life and I am worthy of the effort it takes.
- I am a loving and capable mother.
- I allow my body to get the exercise it needs.
- The more I take care of myself, the better I feel.

Step 2: Visualization – BE What You See

If you want it, picture it! Professional athletes use this kind of mindset training to see visualize themselves succeeding. The way it works is by closing your eyes and visualizing what you want to look like, what you want to feel, how you want to exercise etc.

Step 3: Setting Unbreakable Goals

“Dream big but not so big that you fall”

Setting goals and tracking them are key to diet success, plus they have many benefits; they keep you motivated, on track, focused and give you a sense of achievement.

There are many different types of goals, but all need to be realistic and well planned, not aggressive and untimely. Goals are the difference between success and failure.

Tip 1: Goals need to be measurable

Goals should always be quantitative as they are easier to measure compared to qualitative goals. So make sure that your goal is numeric and details what needs to be achieved. For example; how many calories will you eat? How many kilos will you lose? How many bars of chocolate will you limit yourself to?

Tip 2: Goals need to be you-specific

Set realistic goals that are relevant to you and what you can achieve. Take into account your limitations and what you are capable of achieving. Think about your abilities and availabilities. This way you will be able to set achievable goals that you have no excuse not to complete.

Tip 3: Goals need to have an expiry date

The start date and completion date can be the difference between achieving and failing to meet your goal. The start date needs to be a day that you are prepared for, like a Monday. Your end date needs to be a date that is further enough away to be achievable, but not too far that you lose focus.

Set Your Goals

It's time to set your goals so write them down to remind yourself of what you want! Write down three of your nutrition goals.

Goal 1:

Goal 2:

Goal 3:

Write down 3 reasons why you want to achieve these goals.

Reason 1:

Reason 2:

Reason 3:

Write down by when you want to achieve these goals

Benefit 1:

Benefit 2:

Benefit 3:

Step 4: Building Healthy Habits

Habits are a mindset that just comes naturally without any thought. How do you build habits? Habits develop when you do something consistently over time. So no matter how you are feeling, as long as you keeping doing what you are suppose to do consistently, a healthy habit will develop. Then over time these habits will just come naturally.

Step 5: Awareness

Awareness training is a crucial step in developing a healthy mindset. To do this all you need to do is start writing down how you feel. Get a diary or some paper and each day write down how you are going with your health goals. After a while you will begin to notice what is helping and hindering you from achieving your goals.

Step 6: Clean & Refuel Your Environment

It's time to clean out your environment of bad foods. That is your fridge, kitchen cupboard, pantry, car and workplace. Throw away all 'processed' foods and replace with 'healthy' foods. Just think to yourself, "if it does not have any nutrients then I should throw it out".

Start to see each of your meals as having a portion of 'good fats', 'good carbs', 'protein' and 'greens'. So these are the foods you should keep and stock up on.

Now it's time to refuel your environment with healthy foods. Head to the shops and stock up on the foods you see in this meal plan and in the shopping list provided, as well as any other healthy foods you believe would benefit you.

When shopping, if you don't recognize words in the ingredients list then don't buy it. Avoid preservatives, chemicals, toxins etc.

Try to stick as close to wholefoods as you can - that is foods in their original form like fruits, vegetables, nuts, most grains and unprocessed meats.

Step 7: Satisfy Your Cravings Once In A While

The best way to beat cravings while on a diet is by allowing yourself a cheat meal.

You will notice in the meal plan that once a week you are allowed to have a cheat meal. Use this 'free meal' to eat whatever you have been craving throughout the week.

However the most important thing is to be honest with yourself; if you haven't eaten clean all week then you shouldn't have a cheat meal.

It is normal to feel hungrier on some days or experience cravings. If at any point the recommended meal plans leaves you feeling hungry or with crazy cravings, then use some of these points to leave you feeling satisfied:

- Add an additional 1/3 cup of oats to your breakfast
- Have a banana
- If you are having sugar cravings have a green tea
- Drink natural teas
- Make an egg white omelet
- Bake yourself a healthy clean dessert (see recipes for ideas)

CONCLUSION

Thank you for reading this book!

I hope this book was able to help you to achieve mastery over your eating habits, resulting in a slimmer, healthier body and a more contented inner self.

You now have the power to transform your body – and your life. Living a healthy, nutritious lifestyle will allow you to take control of what you eat and how you feel. It will also give you the ultimate weight management tool.

You'll never regret choosing the healthy food lifestyle.

Live it.

Embrace It.

Own It.

Your body will love you for it!