

# Nutrition Guide

Conventional low calorie/low fat dieting is not fun. On top of that, it just doesn't work. The standard low-fat/low calorie diets have done more harm for our health than good. Unfortunately, what you have been told in most cases is 100% WRONG. Cutting calories DOES NOT mean you burn more fat – it means you burn less calories.

The 6 Week Foundation simply and elegantly solves the issues of conventional dieting, allowing you to eat foods regularly off-limits to dieters. In addition, we will rely almost exclusively on nutritious and wholesome **REAL** foods (with a few exceptions) to replenish your body and promote healthy fat loss.

Real food is what our body was designed to eat. When you feed your body in a manner consistent with it's design it becomes lean and healthy – and you become happy. Choosing foods that are organic, unprocessed, and whole will prime your body for optimal health and fitness.

This plan will deliver fast results to be sure, but even more importantly, it can easily be translated into a lifestyle that will last the rest of your life.

I wanted to keep this guide short and sweet, so here it is. Please do not hesitate to get back to me with any questions.

## **The Basics**

The basics of this program are simple: eat real and wholesome foods, avoid junk food, bad fats, most sugars and hidden carbs. Simply concentrate on foods that nourish your body and give it what it needs to not just survive but THRIVE.

We will be reducing our intake of processed carbohydrates whilst keeping our protein intake relatively high while eating only the healthiest fats. This means lean and healthy proteins, tons of vegetables, fruits and only natural sources of fat. I have designed this plan specifically to feed your muscles while starving off unwanted fat.

When you follow this plan you will NEVER go hungry and your body will literally transform right before your eyes on a daily basis. You'll be eating the most nutritious and best tasting meals as the fat melts right off you.

## **Keeping the Carbs in Check**

Fat loss is dictated by our bodies' hormones levels, primarily insulin. When insulin is high, fat burning is simply not possible. And when we eat carbs we secrete insulin and thus fat loss

comes to a screeching halt. So it is imperative that we control insulin levels, but there is good news: we can control insulin directly by controlling our carb intake.

Problem solved.

### **Yeah, What About The Calories?**

The component of this program I care LEAST about is the calorie levels. More and more research every day says that calories are not *as significant* as we thought in the fat loss battle. What is important: the body's hormonal environment (i.e. low insulin levels).

Really, I am more concerned with you not eating *enough* (as that KILLS your metabolism) than I am with you eating too much. So again, calories are pretty low on my list of fat loss concerns.

### **The Power of Protein**

Protein is VITALLY important in this program. You see, our muscles are primarily composed of protein (once you take out the water.) And we will be working our muscles hard in the training sessions during this program so we MUST supply the raw materials needed to rebuild and repair from the workouts.

Carb control is important to fat burning, but it is equally important that we keep our muscle and other lean tissues well nourished to increase metabolism.

Protein also takes twice as much energy to digest and assimilate as do carbs and fat, and it can also blunt appetite. In addition it stimulates cognitive function. Protein is good stuff, and can make you feel good and look good.

Good sources of protein: meats, chicken, turkey, fish, cottage cheese, whole eggs, and eggs. Be sure to go organic whenever you can.

### **Eat Fat and Get Lean**

Remember this simple fact: Natural fats are awesome, man-made ones not so much.

Another thing to remember is this: Eating fat does NOT make you fat. That's just not how it works. We do need to make sure we eat the *right* fats to nourish our bodies.

In fact, our bodies LOVE fat. Our brains are mostly fat. Our cell membranes are made of fat. Healthy skin and hair also depend on dietary fat to stay radiant.

Our hormone production RELIES on fat. Our bodies were literally made to function optimally with a relatively high fat intake.

Going low fat is simply a HUGE mistake. That is why this program has the perfect level of healthy fat included to give our bodies what they need to flourish.

You can have plenty of healthy and natural fat in this program. Things like coconut oil, avocados, nuts, meats, natural cheeses, butter (grass fed) and even bacon (so long as it has not been processed). It's all been done for you.

But you must AVOID anything that says it is hydrogenated or partially hydrogenated. "Trans fats" as they are known are quite toxic and should be avoided at all costs.

### **Alcohol**

To get the maximum benefit from this nutrition program alcohol consumption needs to be kept to a minimum, preferably zero.

"BUT WHY???" I hear you plead...

Well, the unfortunate fact is that booze stops fat loss in its tracks. I can't tell you how many times a client has come to me perplexed as to why their fat loss has come to a stop, only for me to find out they are having "a glass or two" of wine each night.

When the wine stops the fat loss starts up again.

So how much is ok? It's impossible for me to say for sure as everyone is different, but what I can say is no alcohol, for now, is really your best option.

Will a glass of wine once a week derail you? Probably not. But again, I prefer making this program as efficient as possible and keeping alcohol out makes that happen.

### **Water**

Here is my advice on water: drink more. To fully optimise this plan, you should be drinking a 3L per day.

Yes, 3L.

Yes, that is a lot.

Yes, you will be going to the toilet a lot but this gets easier the more consistently you are getting that 3L of water in each day.

The deal is your body functions best when fully hydrated, plus the processing of fat (fat burning) happens most easily when properly hydrated. This will also reduce water retention under the skin.

Also, we have the added benefit of extra water helping to detoxify your body over the next 6 weeks. Body fat can store toxins, and when you are burning fat at a high rate (which you will) you are also potentially releasing more toxins.

And keep this in mind: while drinking more water will not make you burn more fat, not having enough water will prevent your body from burning fat.

### **Conclusion**

That's it. It is really not that complicated, but if you have any questions DO NOT HESITATE to contact me - that is what I am here for. The best place to reach out to me is in our private Facebook group because I can guarantee you that if you have a question, someone else is wondering too but they are too shy to ask.

Following this guide can potentially change your life forever.

You have been given the keys to a new, lean, healthy body and a renewed and energised life. All you have to do is turn the key and walk through the door. Trust me, you're going to love it!