



You MUST Eat To Be Slim

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Why Does Dieting Not Work ?

What do I have to do to lose fat forever ? Let's get something straight from the start. Dieting the traditional way does NOT work. It is possible to lose weight temporarily, but sooner or later the weight just seems to bounce back and each and every future weight loss is seemingly harder and harder to achieve. Traditional dieting makes you fatter !

"Not eating", starving yourself does not work in the long term. That much we know for sure. The truth is the 'less' you eat, the 'more' your body works to hold on to its fat reserves. It is precisely this lack of food which produces an automatic starvation response from the body. The job of the starvation response is to ensure as much of 'your fat' is kept as is possible.

'Not eating' is the method of traditional diets and these have never succeeded. If they had we would ALL be slim.

Reality Is Diets Always Fail

A traditional diet is an attempt to strictly limit food intake or severely cut back on calories for an extended period. Traditionally diets have asked for a very low intake of calories, and yes, when you limit calories like this, 'hey presto' you do lose weight. If your goal is to lose weight and it does not matter where the weight is from or the length of time it stays off, technically every diet works. However, weight reductions from extremely restricted calorie diets are almost always temporary. The vast majority of dieters on traditional diets fail to stay slim. You may have lost weight, but it is just as likely to be muscle loss - not fat loss.

If you aim to lose fat and keep your muscles, then the reality is that diets always fail. The increase in obesity, year on year, decade on decade, proves that traditional dieting is the wrong method. After all, we have all tried traditional diets and we are not all thin. The obesity problem is not going away.

The Anti-Starvation Mechanism Never Fails

It always surprises people to learn there are well-established explanations for why traditional diets do NOT work. The error starts with trying to starve away body fat, for hundreds of thousands of years your body has been successfully preparing itself to fight off shortages of food and it has become very good at it. You can starve your body as much as you like, it is designed to 'win out'. You have evolved a very sophisticated and effective response to shortages of food, which in short ensures you cannot ultimately lose body fat through extremely low starvation diets. Immediately there is a lack of food, the body springs into action to protect its fat stores.

Your body is designed at its very core to defeat 'dieting' with an anti-starvation mechanism, which never fails.

Eat Less - Lose Weight. Right?

The theory goes, 'when you eat less food than you use, you will lose fat'. Obvious, yes? But in the real world this just does not happen. If it was only a question of calories 'in' versus calories 'out', then it would not be possible for thin people to eat many more calories than fat people, but in the real world this is seen very often especially in marriages, where one partner eats less than the other, but is still fatter. At first, as you eat less you lose weight quite easily, just as you would expect. A very modest reduction of weight in your first week of dieting might be a loss of 2lbs - if only you maintained exactly that program you would lose 50lbs over the next 25 weeks right? Hardly. In reality weight loss tapers off quickly to a complete halt. Why? The reason is that evolution has provided our bodies with the ability to 'spot' food shortages and lower your energy output to enable you to 'survive'.

The Starvation Mode

This protective response is the 'starvation mode'. Your body is capable of living for many weeks without food. You certainly need water, but food you can live without for much longer than you think. Your body can, if necessary, shut down your metabolism to almost zero. If food becomes scarce your body interprets this as a sign to lower your metabolism and start protecting energy sources. This process is a vital survival mechanism, it allows us to live through times of food shortages. The starvation mode exists because, historically our species has needed it to survive. For hundreds of thousands of years the starvation mode has been our saviour. Never in our history was food so readily available - 3 predictable meals a day is a luxury our forefathers would not have had, often going for several days without any food. The starvation mode has served its purpose in allowing us to survive but, in our modern world it is also responsible for us being 'fat'. The confusion your body faces is 'what is real starvation' and 'what is dieting'.

Difference Between Starving & Dieting

In times of food shortages your body wants to use its fat stores. Burning calories at your everyday rate however, would rapidly deplete your fat stores and you would not be able to live long if you could not automatically alter the ability of your body to use its fat reserves. In the past, being able to switch on the starvation mode is the only thing that would have kept you alive. But in today's modern world where there is an abundance of food - it is not only unnecessary - it is unwanted. This feature is solely responsible for stopping you from losing weight. How can your body tell the difference between starvation and dieting ? It can't. The starvation mode is switched on automatically every time there is a significant drop in calories. You cannot get around this. The only thing you can do is AVOID extreme dieting measures. With the knowledge we now have of how the body works, the outcome of very low calorie diets are today, predictable and obvious. The body reacts with changes to the metabolic rate, to the hormonal balance and your body chemistry.

Stop Eating & Fail To Lose A Pound

Stop eating and your metabolic rate drops, muscle tissue is used as an energy source and your fat saving mechanism kicks in. Your energy is sapped on a very low calorie diet, you feel weak and lethargic. If you go on a severe low calorie diet your metabolism is lowered which in itself ensures the body fails to burn its fat stores. When your food intake falls below your body's natural requirements your metabolism is reduced making it very hard to get rid of fat even if calories are restricted. And the final insult is your body stores more fat at the first opportunity it gets i.e., the first time you next eat a regular meal. Scientists have recorded this phenomenon over the last 100 years. Stop eating even for just a short period and your metabolic rate collapses 25-35%. Extreme lack of food can result in up to 50% reduction in your metabolism. This is exactly the reason you can almost stop eating and still fail to lose a pound. It also tells us the reason it is frustratingly hard to get rid of the last 10lbs.

Keep Your Muscle - Keep Your Shape

One noticeable result of a restricted calorie-eating program is the reduction of muscle tissue. If you stop eating, what you lose is just as likely to be muscle as it is fat! If you go into starvation mode, then your body's number one priority is to save energy. Since muscle uses proportionally higher levels of energy, it makes sense to reduce it to save on energy demands. Your body is accustomed to using muscle for energy and can convert muscle tissue into glucose very easily. Your job is to prevent this from happening. The reason you want to preserve your muscle is that it's key to maintaining your shape. Losing fat AND muscle is not the goal, since being too skinny with no shape is unhealthy and not particularly attractive. Scientists know if you lose 14lbs on a very extreme restricted calorie diet then up to half of that - 7lbs would be muscle tissue. Not ideal. If you fail to eat sufficient calories to enable your body to function properly, then your body will make alterations to its chemical make-up to allow it to save even more fat once this bout of starvation is over.

Stop The Fat Returning With A Vengeance

We have all experienced weight loss at first on an extremely low calorie program. The problem is it does NOT last. Your body fights back instinctively preserving its energy reserves. Before long no more weight comes off. The inability to lose fat at a satisfactory rate, together with the constant feeling of hunger and dreaming of the banned foods ensure we all fail ultimately on our traditional diets. The diet stops and the fat returns with a vengeance. Frustratingly you now have also lost your shape through loss of muscle and have produced a body with a lower metabolic rate. If your metabolic rate is lower, you do not need as many calories, so when you return to your normal diet, you now have spare calories which register as stored body fat! This ensures we PUT ON weight after a diet. For many people this cycle constantly repeats itself, the result is with each and every diet it is harder and harder to lose weight and we get fatter and fatter.

Optimizing & Maximizing Your Metabolism Is Key

After each cycle of dieting your metabolic rate lowers and you slowly but surely get larger and larger, whilst consuming less and less food. One thing is clear, you must avoid damaging your metabolism at all costs. Damage your metabolism and it becomes more and more difficult to shed those pounds. Just forget the idea that 'not eating' is the answer to losing weight. It is not! Long term weight loss cannot be achieved by 'not eating', your body chemistry will not allow it. There is a clue here as to how we can escape the 'fat' game. Damage your metabolism and you are in for long-term trouble. Keep your metabolism working well. Even find ways to increase your metabolic rate and 'hey presto' the opposite occurs. You stop putting away fat stores and start using fat reserves. Very low calorie diets leave you feeling fatigued, exhausted and the last thing you feel like doing is exercising, certainly not the outcome you need or deserve.

Don't End Up Fatter Than Before

A very noticeable effect of being on a very low calorie diet is lack of energy. If you have been on a very low calorie diet, not eating for an extended time, then you will already know your body is a master at bombarding you with powerful hunger pangs and irresistible cravings, which in turn sets you up for eventual failure. Your perfect body is NOT going to arrive by starving yourself to death on start-stop diets.

It is now obvious the traditional practice of slimming sets you up to fail. Right from the outset you are thinking, I'll be 'coming off' this diet shortly. You know you can't keep up the restrictive eating program forever. And once 'off' the diet you feel justified in 'pigging out' big time. After all, you've been good for so long. Now you deserve a little pleasure. And then bang. You end up fatter than before. Your perfect body will arrive by starting a program you can continue for the rest of your life and that's the secret.

Maximise Your Metabolism

The norm for you must be a healthy eating program. If you need to reduce your fat coverage, all you need to do is eat reduced portions of healthy foods and greatly increase your activity levels.

A crucial point in making your new body a fat utilizing rather than a fat storing entity is to keep your muscles in the best shape they can be. The better shape your muscles are in the greater the number of calories you devour even whilst doing nothing. Active muscle tissue even continues this process whilst sleeping. With muscles which are active and in shape you can further burn even more calories whilst exercising. A guaranteed way to help burn more fat and use greater numbers of calories is to keep your muscles active and in shape. Resistance training is a **MUST** as an essential element of your fat reduction program. (The use of the Legmaster is the ideal way to achieve maximum benefit from a resistance training program. www.legmaster.com)

Eat A Little Less

Don't get me wrong when I say 'starving' your body of calories does not work. I am not saying here that gorging yourself on any and all food is the answer. The truth is, eating less calories than your body requires is still the only way to reduce body fat. A 'negative calorie balance' will happen if you exercise more or eat less or both simultaneously. The best way of course is to eat a 'little less' than normal and exercise much more. Concentrate on increasing your activity with a minor adjustment to the calories you intake. Make sure resistance training and a cardio session are part of your program. The secret to keeping your body slim is to keep your 'negative calorie balance' small.

Don't Skip Meals

The rule of thumb is to lower your calorie intake the minimum amount provided you are maintaining a decrease in fat. It is essential to have a 'negative calorie balance' if you are to lose fat. You can choose to eat less or to use up calories through exercise. The preferred method is always 'burning' calories through exercise. Why? Aggressive very low calorie diets trigger muscle loss and prompt the starvation mode. Starvation mode kicks in due to the lack of calories and you are too fatigued to workout, you literally starve. Nothing about the word starve sounds good. Don't do it.

Take small meals regularly and don't miss meals. Note, missing just one meal jumps your body instantly into preparing for the starvation mode.

Burn Off Fat

Your stored fat acts as an emergency bank of energy. Emptying this bank during exercise is the process of 'burning off' stored fat. If you don't exercise then your stored fat is never used up - only ever added to. Your body's ability to store fat, linked with your body's ability to invoke the starvation mode, is the reason we can live in desperate times for many weeks even months without much food. Today the chances of you starving through lack of food in the Western world are virtually non existent. Your coverage of fat is more likely to annoy you, than please you, or you wouldn't be reading this.

Your Body Is Very Good At Storing Fat. Don't Help It

Certainly you would 'look better' by reducing your fat coverage. You will also benefit by reducing a lot of health concerns. With hundreds of thousands of years of body development where the number one priority was to store food as fat, it is not surprising really, we are very good at it. Of course it does mean once you understand this you have the power to achieve what is required - a slim healthy body. Think of it as a water reservoir - when it rains the reservoir fills up. When you eat too many calories you 'fill up' with fat. The reservoir levels will go down during dry periods and at times of heavy water use by the community. Just as your fat levels are used up during times of exercise. When the amount of rain coming into the reservoir equals the amount going out, then no change in the level is observed. The same is so when the amount of food entering your body is equal to the amount of energy needed, no change in your body fat level will be observed.

Muscle Is 'Fat Burning' Tissue. Work It Out

To get rid of your fat forever, it is essential to focus on increasing your physical activities and let go of your outdated idea, that if you 'don't eat' you'll lose weight. You won't. Let's face it 1lb a week over 52 weeks would be 52lbs. Twice that amount if you consistently lost just 2lbs per week for a year. Most people would disappear if they lost 112lbs! 2lbs a week weight loss is considered to be the safest. But traditional diets alone can't do that week in, week out. You MUST factor in exercise. You should aim to keep your muscles in shape not only because they are responsible for making your body look great, but because they aid greatly the fat burning process. Keeping your muscles in shape is an essential element in the battle against fighting the fat. Active muscle tissue keeps your metabolic rate soaring high. Muscle is fat burning tissue - it is the bedrock of an active high metabolism. Fat on the other hand is 'dead' inert tissue just clinging to your body.

Portion Control

When your body requires more energy than you're given access to through food, you must take any shortfall from your reserves of fat and fat loss occurs. The opposite is reality for most people. If you put in more food than you require each and every meal then your body adds to the fat reserves and you put on weight. It is crucial to note if you eat too much even if it is good quality foods you will still get fat. If you eat more than you burn then even if it's organic or wholesome you will put on weight. Everything gets converted into fat if it exceeds your requirements. It is also true if you eat small portions of unhealthy food choices you will not get fat necessarily if you are eating less than your body requires as energy, but obviously food with poor nutritional value does nothing for your health. It is possible to exercise correctly, eat quality meals and still eat much more than required. Portion control often is the one element which lets people down.

Portions Are Balanced And SMALL

How much you eat at any one sitting is paramount to your final outcome. A habit of a lifetime must be to make sure your portions are balanced and regular and SMALL.

The science behind fat loss is totally uncomplicated. To increase your present fat stores continue to eat as you are doing. To reduce your fat stores have your food intake a little under your energy level requirements.

How much should you eat to lose fat?

Restricting your calories too much will always switch on the starvation mode and your metabolic rate will drop. Even so you still have to reduce your calories if you want fat loss. The key is a slight calorie deficit and not to take part in very low calorie diets.

Calories Do Count

Fat on your body is a cloak covering your real body underneath. To remove this cloak you must be taking in fewer calories than your body needs. Calories do count - lowering your intake is not only important - it's essential. Eat excessive calories and you put on more fat. Even if you are eating good quality food and are partaking in a regular exercise program. Overdo any food type and it will eventually end up as fat stores.

Avoid the starvation response and you will succeed in constant fat reduction 'little by little' using a slight reduction in calories plus regular cardio (walking) and resistance (strength) training.

Reduce The Amount Of Calories You Eat

Monitor your feedback, if you're not receiving the outcome you want, reduce the amount of calories you eat and increase your amount of exercise. IT'S THAT SIMPLE. But remember, whenever you cut your calories to below your everyday requirement level it's not long before the reduction is noticed and your body alters the amount of fat that can be used. If it's a major fall in calories that lasts a long time then a corresponding large fall in your metabolic rate will be noticed and the starvation mode will swing into action.

3 Days On - 1 Day Off

It is however, possible to 'fool' your inner controls into allowing your metabolism to stay high and lose fat effectively. The best way to 'fool' your body is the '3 days on - 1 day off' method. Bear in mind you need a calorie deficit to burn fat, but not one that's too great or that lasts too long. To sidestep the body's starvation mode it is essential not to stay in 'calorie deficit land' too long. Put yourself in calorie deficit for 3 days but before your metabolism drops eat a normal amount of calories for a day. Keep this going until you have achieved your optimal body.

Eat 5 or 6 Times A Day

After keeping your calories lower than normal for 3 days your metabolism lowers. By boosting your calories on the 4th day you avoid your metabolic rate falling too much and your starvation response establishing itself.

How often and when you eat your meals throughout the day is also important. Blast your metabolic rate into the stratosphere and make your body dissolve fat stores by getting this next part right.

How often you eat and when you eat is a critical part of the bigger picture. In a nutshell, it's eat 5 or 6 times a day everyday or fail to lose the fat.

You Can Raise Your Metabolic Rate

'Rev up' your metabolic rate.

An active metabolic rate consistently helps, whether you're 'working out' or just plain 'working', to use up calories. As your metabolic rate drops so your ability to achieve results using traditional diets become harder and harder. This is why diets fail.

The goal is to 'rev up' your metabolic rate and have it running as high as it can go.

Eat Something Every 3 Hours

It is now becoming obvious from all the exercise physiology research that your metabolism works at its highest when you eat regular meals. The time frame has been established, food every 3 hours or 6 meals. Boy does this work. Try 10-14 weeks of a disciplined eating program of high quality foods with good protein sources to be eaten 6 times a day for men or 5 times a day for women.

Your metabolic rate will 'rev up' to a point where all you eat will be 'burned off' and you'll go from fat to slim.

Since our first concern is losing fat, then note, eating very late at night should also be avoided, eat nothing after 8pm. Overlook the 6 meal plan and you will not win this fight.

Take In Fewer Calories Than You Use

Let me say again. Fail to eat reduced portions of six regular meals and you will be missing out on the real winner. Historically, if you put on weight by just looking at food and you know you have slowed your metabolic rate and perhaps your genes have not made it easy for you, then you certainly do NOT ever want to fail on the 6 meals rule and you must not miss meals at all. It sounds strange at first, having to eat 5 or 6 meals a day. Do not interpret this as eating your usual large portions at every sitting. Over the entire day you must still eat less than normal, it is just spaced out throughout the day more evenly. You must still take in fewer calories than you use so that your body can shed the pounds.

Do NOT Skip Breakfast

Take note that small regular meals, snack sized or mini meals, actually allow the body to use more stored fat. 6 meals a day in itself increases your normal metabolic rate. 'Not eating' then for long periods of the day is a major mistake. Skipped meals equals slow metabolic rate and is the first switch to initiating your starvation mode. Imagine you have missed breakfast and you last ate at 6pm the day before. Now you might not eat until lunch at 1pm – that's 19 hours with no food in your system. Already your metabolism would have started to slow and the starvation response would have swung into action. Missing meals is a major no-no, but missing breakfast – you should be shot! This problem of missing breakfast or even rolling it into 'brunch' is all too often considered useful in your battle with the fat. It is NOT.

Skip Meals And You Will Never Be Slim

You get up late and find yourself heading for work without breakfast, eating nothing until lunch. A light lunch would leave you starving by teatime and still hungry by suppertime. By now you would be on catch up and start devouring everything in sight. Then bed. Even if you had eaten a calorie deficit diet for the day it would still not have worked for you. The many hours without food would have slowed the metabolism and the excess of wrong foods in one sitting would have promptly been stored. One day of this, followed by another and another, can only lead to one outcome. We get fatter.

Make Your Body A Fat Burning Machine

However, technically you could take in more calories but through 6 meals spaced evenly throughout the day, increase your metabolic rate and use stored fat. Regular eating is effective in itself. This knowledge is what makes this program work. All your body's functions require energy. Maintaining your heart pumping and your blood flowing needs energy. Renewing every cell needs energy as does talking, walking and even sleeping. Digesting your food, breaking it up into usable chunks and assimilating it into your body takes energy. In fact, regular meals increase your metabolic rate precisely because the food itself requires energy to process. We know for certain some foods are harder to breakdown than others.

Stimulate Your Metabolic Rate

If you are trying to lose weight it is essential to include in your diet lots of foods, which your body has to really work at processing i.e. expend lots of energy. Not surprisingly these are proteins and fibrous vegetables. If you only eat reasonable portions from these two food groups you would not get fat. Proteins such as chicken, eggs and fish use the greatest amount of energy by the body just to process. These foods stimulate your metabolic rate.

Fats on the other hand, need virtually no energy to process and this is the main reason fatty foods end up as fat on your body.

Avoid Feast And Famine

Eat foods every 3 hours which requires energy to breakdown and your metabolic rate increases accordingly. Knowing this will make sure you don't skip meals, since you understand regular meals raise your metabolic rate and removes fat whereas, missing meals slows your metabolic rate and promotes fat storage. Regular meals also stops you 'pigging out'. As well as raising your metabolic rate eating regularly stops the habit of overdosing on food once a day. If your system has received regular updates of food every 3 hours then you will not feel the need to 'pig-out'. Both feast and famine are bad for you. If your blood sugar levels become too low your body chemically sets you up to be so hungry, you just eat and eat and it does not care whether it is quality chicken, fish or junk!

Keep Your Shape. Eat Protein With Every Meal

You start the starvation mode by missing meals. Stop this by eating 3 hours after each meal. Do not allow your body the time to chemically induce hunger pangs. Regular meals allow the body to keep your blood chemistry stable. Eating regular meals of quality protein and fibrous carbohydrates ensures you balance your blood chemistry and keeps you away from the peaks and troughs which cause cravings. A constant supply of protein in your blood stream is essential to maintain your muscle tone and the best way to top up your protein is to have something to eat every 3 hours. Remember lose all the fat you want but do not plan on losing any muscle. Athletes and models that have the body you want have reduced body fat but they have kept their musculature, which is what keeps their shape.

Make Breakfast Bigger Than Supper

You do not want to lose all your fat and all your musculature. If that happened you would look like 'your friend's 99-year-old grandmother' – thin yes, but desirable – no.

Each meal should not contain the same number of calories. Your biggest meal of the day should be breakfast – your last meal in the evening should be your smallest.

Since you have not eaten during the night your breakfast will get utilized to the full. A large supper will be heading straight to the fat reserves as it won't be used during the night – while you sleep you use very little energy.

Start Eating Early

Make early rising a habit for life. To fit in 6 meals for men your first meal should be at 6.30am. 5 meals for women could start at 7.00am but no later. Meals spaced out throughout the day roughly 3 hours apart. Do not eat anything for 2 hours before sleeping.

For the majority, body fat disappears just by starting an exercise program and moving to a 'superior diet'. Superior means you know why to eat little regular meals, watching the portion sizes, avoiding bad fats, removing sugars, flushing your system regularly with water and having a portion of protein food each time you eat.

Get The Balance Right

What should I have on the plate? Half the plate should be covered with good quality carbohydrates such as potatoes, yams, vegetables, fruits, oatmeal and whole grains. 2/3 of the remainder should be quality proteins – chicken, fish, and eggs. The rest can be good fats. Just remember these are SMALL plates.

All fat is bad for you – NOT TRUE - fear of eating fat is so strong in most of us that it's worth exploding the myth. There are good fats – which it is essential to eat. But even so, fat should never be more than 30% of a total meal. Fat is the most calorie compact of all the food sources.

Make It Easy For Yourself - Eat Less Fat

To lose fat the rule is still, you must take in less calories than you use in a day. Fat has more calories per gram, making it easy to over eat on your calorie quota. Eating a lot of fat in your diet means you are eating lots of calories. Make it easy for yourself, eat less fat and you are less likely to over do the calories.

Fats require virtually no energy to breakdown and can be stored almost immediately. Fats eaten through your food are saved by you very easily compared with proteins or carbohydrates. Not only because they are packed with calories but also changing fats from food into body fat is easy for you to do. Fats from food are therefore very easily stored as body fat. Over eat on anything and your body can store it as fat, but to do so with proteins and fibrous carbohydrates is much more difficult.

This Program Works

Just for the record. Eating no fat at all is not healthy. A little good fat actually adds to the perfect set up which causes you to lose fat. Absolutely no fat whatsoever is NOT the solution. Your healthy everyday meal should be made up of half carbohydrates, 2/3 of the remainder protein and the rest fat. This ratio with less calories coming in than you need and the weight will just drop off.

If you lower your 'starchy' carbohydrates and increase your proteins a little you find this is the exact same combination that thousands upon thousands of bodybuilders have used year after year to shed fat and get that chiseled defined look. It works for them every time. It will work for you.

The Hard Work Is For A Short Period Only

Dropping your calories to a slightly lower level than normal is still a TEMPORARY measure. Use only until you hit your ideal shape. Once you are at your ideal weight go back to a balanced eating program with protein, carbohydrates and plenty of fruit and vegetables. Continue to avoid excessive amounts or, of course, the cycle will start again. Balanced and healthy portions please thereafter.

Losing body fat, acquiring your best shape, raising your metabolic rate can all be helped further by understanding the difference between 'good carbohydrates' and 'bad carbohydrates'. Eat the right carbohydrates in the correct quantities at the appropriate time and you will be well on your way to the kind of success you deserve.

12 Weeks For Serious Fat Loss

Avoid eating 'simple' (bad) carbohydrates as they are too easily digested and blood sugar spikes result. These are responsible for cravings and hunger pangs, which prove to be too powerful for most of us. Note: simple (bad) carbohydrates include refined sugar and white flour - these are definitely 'bad'.

Also included as simple carbohydrates are fruits, which should be eaten as part of a healthy diet. However, even these should be avoided during the first 12 weeks of a serious fat loss program. They are healthy for you and should be reintroduced after the initial fat burning phase is over.

As long as you have low fat or no fat – dairy foods are healthy and would form part of a healthy balanced eating program.

Losing Fat Is Not Easy - But It Can Be Done

Again, dairy foods do have simple carbohydrates as part of their make up and as such should be reduced during the initial fat burning phase -the first 12 weeks. Complex carbohydrates that take longer to digest come in two kinds.

1. Starchy carbohydrates – potatoes, oats, pasta, wheat, rice.
2. Fibrous carbohydrates - broccoli, peas, spinach – green vegetables. Plants contain fiber which our bodies cannot breakdown and utilize for energy. Losing fat is easy if you eat lots of fibrous carbohydrates. This is the case because green vegetables are low in calories. You eat, you feel full, but have taken in very few calories. You just cannot eat too many green vegetables. Eat as many as you like and your calorie count will still be low.

Carbohydrates.

Both Starchy And Fibrous

Starchy Carbohydrates:

Potatoes	Sweet Potatoes
Rice	Oats
Breads	Sweet Corn
Pasta	Onions
Grains	Yams
Beans	

Fibrous Carbohydrates:

Green Beans	Snow Peas
Cabbage	Mange Tout
Broccoli	Asparagus
Spinach	Brussel Sprouts
Tomatoes	Lettuce
Cauliflower	

These starchy and fibrous carbohydrates will take up the largest portion of your everyday healthy eating plan.

Cut Out Sugar. It Is Harming You

Factory made sugars are really 'bad' and that includes anything that is made from them. If the food you eat predominantly comes from a factory – the chances are good it holds little or no nutritional value for you.

Two ways to instantly help your body.

Stop eating refined factory made carbohydrates and processed fats. Do not be fooled by the 'fat free' marketing message. Fat free drinks and foods are invariably crammed full of factory made sugars and in no way are these foods 'healthy' for you.

Alcohol is not a slimming aid. Cut it out at the start of this program.

The PLAN

THE PLAN

1. Eat fewer calories than you use. AND use the legmaster
2. Eat the right ratio of food groups. AND WALK
3. Eat 5/6 meals a day 3 hours apart. AND WALK
4. Eat quality protein with each meal. AND use the legmaster
5. Avoid simple refined carbohydrates. AND WALK
6. Eat low fat foods. AND WALK
7. Drink lots of water. AND use the legmaster
8. Eat foods not from factories. AND WALK

Slightly Lower Than Normal Calorie Intake

What we want to create is a 'slightly lower' than normal calorie intake. The one food group that does more than any other to help us here is: that of 'starchy' carbohydrates. By reducing these we create the 'low carbohydrate' diet which we require.

Taking special note of your starchy carbohydrate intake and monitoring the following will help:

Potatoes

Sweet Potatoes

Rice

Oats

Breads

Sweet Corn

Pasta

Onions

Grains

Yams

Flour

Restrict 'Starchy' Carbohydrates

A low carbohydrate diet is not a plan year in - year out. It's something you do just to reach the body shape you want. Considering all competitive bodybuilders around the globe all restrict starchy carbohydrate intake in the build up to a competition, no more needs to be said to its effectiveness. – It works. Competitive bodybuilders have done this for decades. If it didn't work, you wouldn't have such things as body building competitions. But they certainly do NOT stay on this program all year round. The rest of the year they eat a healthy balanced diet. And so should you once you have reached your ideal body shape.

No Starchy Carbohydrates In The Afternoon Or Evening

There is a downside to a low carbohydrate diet when you remove starchy carbohydrates. After just a few days your energy levels will fall considerably. Fortunately, there are very easy ways to get the fat loss benefits of a low carbohydrate diet without the negative side effects: -

1. Eat your starchy carbohydrates in the morning (carbohydrate 'tapering'), no starchy carbohydrates in the afternoon or evening.
2. Just slightly reduce your carbohydrates, avoid no carbohydrates.
- 3 'Cycle' your carbohydrates 3 days low - 1 day normal.

Cycle your starchy carbohydrates 3 days low, 1 day normal.

We already know how many meals to eat and when to eat them. Eating a meal every 3 hours does not mean all meals need to be identical portions. In fact, the later meals should definitely be smaller. Removing starchy carbohydrates later in the day means meals of green fibrous carbohydrates, quality proteins and good fats. A handful of snow peas, chicken breast and 1 teaspoon of hemp oil or salmon, green salad and walnut oil and lime juice dressing, or asparagus and tuna, are all good choices.

Low Carb Day - Day 1, Day 2, Day 3

Example of a low carbohydrate meal plan. This program would be kept just for 3-4 months to meet specific needs like an upcoming beach holiday. After this the everyday meal plan would follow.

Breakfast 1	- 6.30am	Porridge, egg
Breakfast 2	- 9.30am	Porridge, protein shake
Lunch 1	- 12.30pm	Small pasta, chicken breast, 1 tsp hemp oil, broccoli
Lunch 2	- 3pm	Steak, green vegetables
Dinner 1	- 6pm	Tuna, asparagus
Dinner 2	- 8pm	Egg salad, olive oil and lime dressing

See how the starchy carbohydrates have been reduced later in the day?

4th Day - High (normal) Carbohydrate Intake

Breakfast 1	- 6.30am	Porridge oats, boiled egg, banana.
Breakfast 2	- 9.30am	Whole-wheat toast, protein shake.
Lunch 1	- 12.30	Potatoes, chicken and broccoli.
Lunch 2	- 3.pm	Yam, turkey slices, green vegetables, tsp hemp oil.
Dinner 1	- 6pm	Tuna, snow peas, carrots.
Dinner 2	- 8pm	Salmon, potato salad, green salad, olive oil dressing.

High (normal) Carb Day - Day 4

This program has no starchy carbohydrates in the afternoon and evening (carbohydrate 'tapering') for 3 days. The starchy carbohydrates for breakfast 1, breakfast 2 and lunch 1 will also be small. One of the key elements to this whole program is carbohydrate 'cycling'. Lower your starchy carbohydrates for 3 days then 1 day of normal starchy carbohydrates. Get this right and you will slim. This will 'fool' your body's starvation mode. Keep low starchy carbohydrates up for 3 days and 'your clever' body starts to prepare the starvation mode. From this point on the advantages of a low starchy carbohydrate diet are outweighed by the disadvantages therefore, the 4th day must be a high (normal) starchy carbohydrate day.

Eat Quality Protein - Try Protein Shakes

3 days on a low starchy carbohydrate program, 1 day off, keeps your body guessing – the traditional way is to keep low carbohydrates constantly – this method we know never works long term. Do not restrict excessively your starchy carbohydrates therefore on the 4th day. So a low carbohydrate day would mean eating a quality protein portion and including starchy carbohydrates for meals 1,2 and 3 but then no starchy carbohydrates for meals 4,5 and 6. On the 4th day eat starchy carbohydrates with each meal.

Eat Less and Exercise

It's always best to work fat off, rather than starve fat off. In conclusion, to rid yourself of your body fat you need to take in fewer calories than your body requires. You can either take in fewer calories by eating less, or increase the amount of exercise you do to burn more calories. You need to do both, but the best and healthiest way is through exercise first. Just restricting the amount you eat and not exercising is not an option which leads to the results you require.

The majority of slimmers eat less and don't exercise and the result is a year after they started the diet they are heavier!

Brisk Walking, Brisk Walking, Brisk Walking

Do not cut your calories to the starvation point and fail to exercise. This only serves to lower your metabolism and switch on the starvation mode. Exercise on the other hand is the prime mover at increasing your metabolic rate.

Brisk walking (using your arms and pushing yourself) is the best and safest form of exercise you can do to lose body fat.

Walking.... works. Not only does it work at burning fat when you do it, but it is an activity which you can do anywhere, anytime, for a lifetime.

Fat Does Not Dissolve On Diets Alone

You could schedule in three 15-minute walks everyday and it is the EVERYDAY part of walking which means it 'wins' as the exercise of choice.

Remember this and only this if fat loss is your goal. You just cannot lose fat with diets alone. The science and laws of nature dictate if 'fat' people do cardiovascular exercise (walking) everyday (three times a day if necessary) and yes all week – every week – they cannot stay fat. Fat does not live on a body that 'walks' everyday.



Everyday Healthy Meal Plan Ratios - High Carb Day



Low Carb Day

To Maximize Your Results...

6-Meal a Day Nutritional Program. For Men



Breakfast 1

Breakfast 2

Lunch 1

Lunch 2

Dinner 1

Dinner 2

For men. 6 meals a day. Small portions. No starchy carbs in afternoon. Put this timetable on your fridge door. Put it in your diary. Commit it to memory. No excuses - stick to it.

To Maximize Your Results...

5-Meal a Day Nutritional Program. For Women

7:00 AM



10:00 AM



1:00 PM



4:00 PM

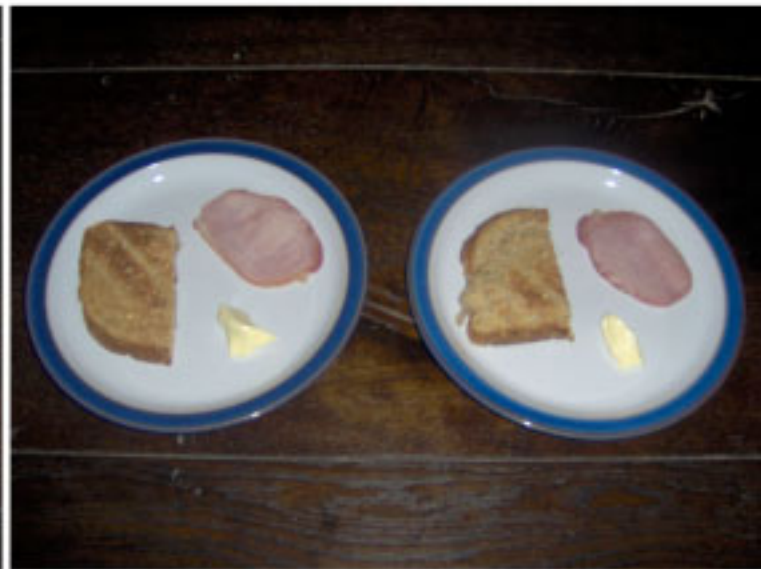
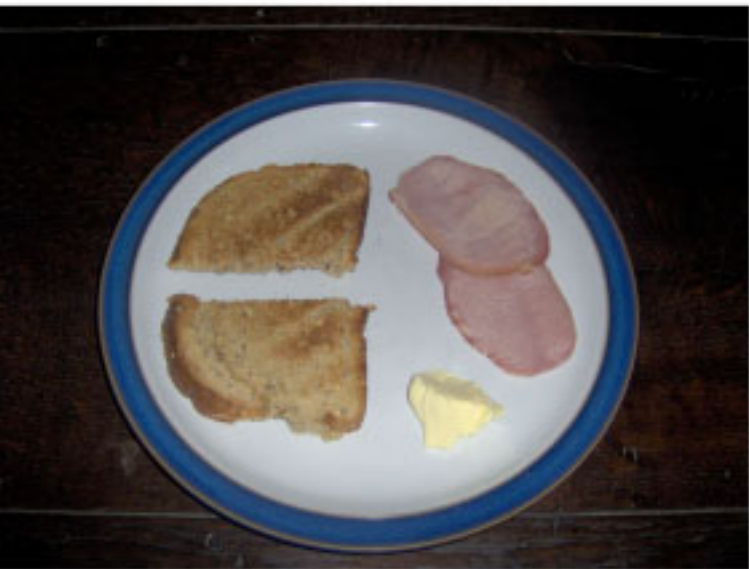


7:00 PM





Breakfast: oats, protein shake and two Brazil nuts. By splitting the traditional portions it is possible to prepare Breakfast 1 (6:30am) and Breakfast 2 (9:30am) at the same time.



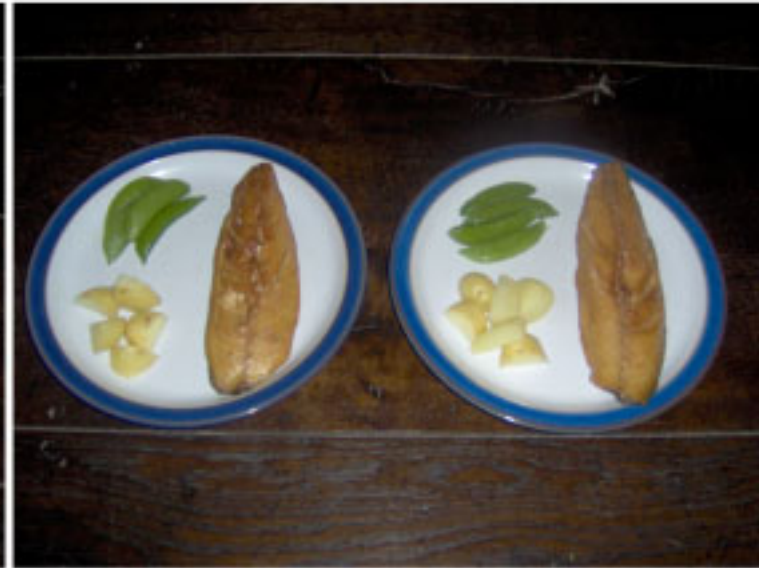
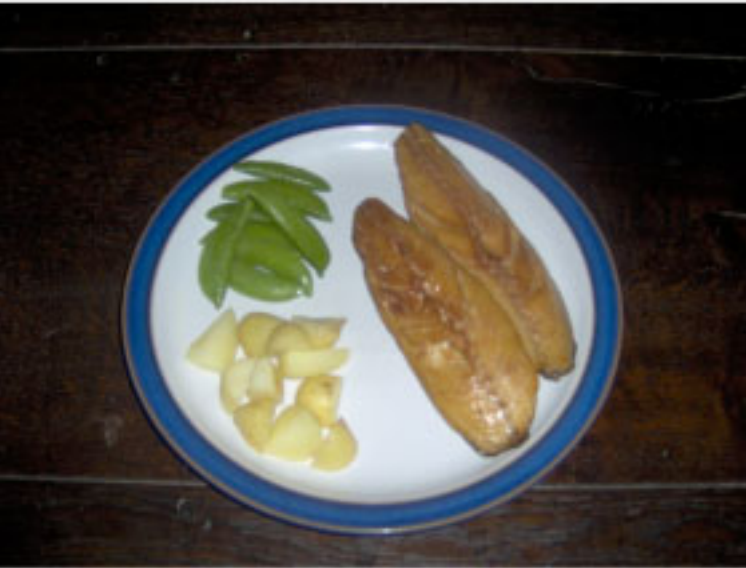
Breakfast: toast and butter with bacon. By splitting the traditional portions it is possible to prepare Breakfast 1 (6:30am) and Breakfast 2 (9:30am) at the same time.



Breakfast: oats, eggs and two Walnuts. By splitting the traditional portions it is possible to prepare Breakfast 1 (6:30am) and Breakfast 2 (9:30am) at the same time.



High Carb Day: Lunch Chicken, Broccoli and Pasta. By splitting the traditional portions it is possible to prepare Lunch 1 (12:30pm) and Lunch 2 (3:00pm) at the same time.



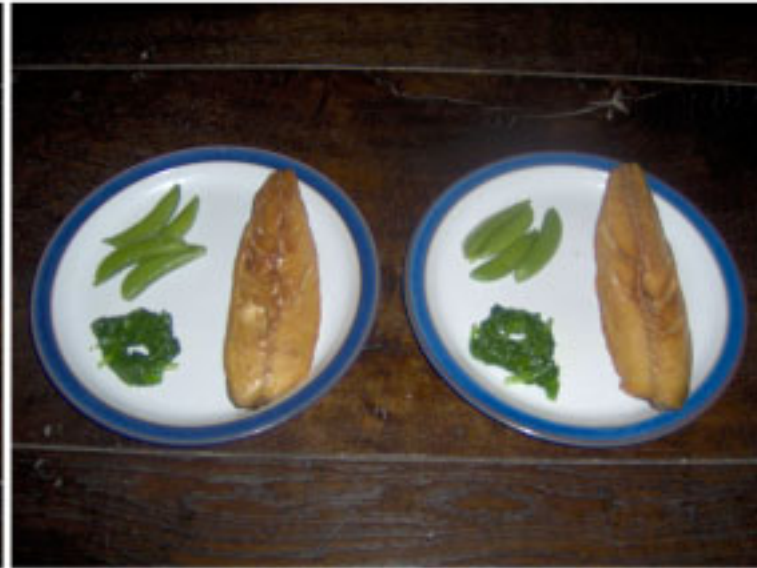
High Carb Day: Lunch Mackerel, potatoes and snow peas. By splitting the traditional portions it is possible to prepare Lunch 1 (12:30pm) and Lunch 2 (3:00pm) at the same time.



High Carb Day: Lunch Turkey Strips, rice and salad. By splitting the traditional portions it is possible to prepare Lunch 1 (12:30pm) and Lunch 2 (3:00pm) at the same time.



Low Carb Day: Lunch Chicken, broccoli and mange tout. By splitting the traditional portions it is possible to prepare Lunch 1 (12:30pm) and Lunch 2 (3:00pm) at the same time.



Low Carb Day: Lunch Mackerel, snow peas and spinach. By splitting the traditional portions it is possible to prepare Lunch 1 (12:30pm) and Lunch 2 (3:00pm) at the same time.



Low Carb Day: Lunch Turkey Strips, salad and hemp oil. By splitting the traditional portions it is possible to prepare Lunch 1 (12:30pm) and Lunch 2 (3:00pm) at the same time.



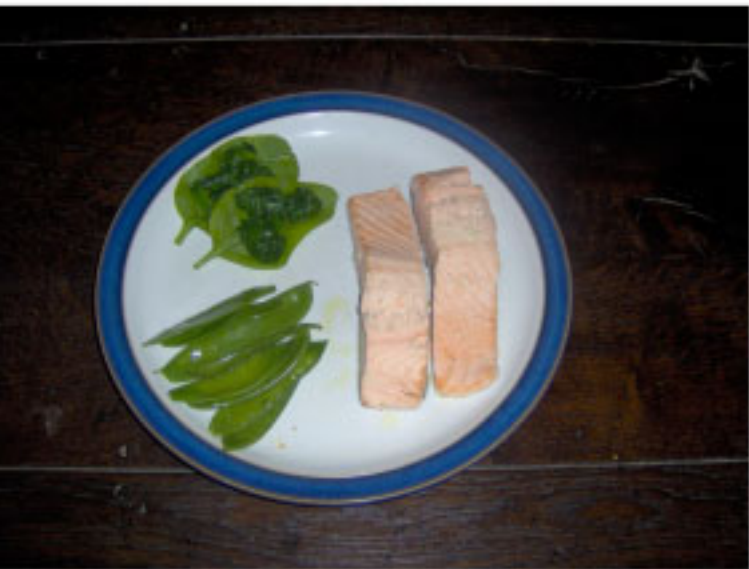
High Carb Day: Dinner Salmon, sweet potatoes and spinach. By splitting the traditional portions it is possible to prepare Dinner 1 (6:00pm) and Dinner 2 (8:00pm) at the same time.



High Carb Day: Dinner Tuna, spinach and carrots. By splitting the traditional portions it is possible to prepare Dinner 1 (6:00pm) and Dinner 2 (8:00pm) at the same time.



High Carb Day: Dinner Lamb, sweet potatoes and asparagus. By splitting the traditional portions it is possible to prepare Dinner 1 (6:00pm) and Dinner 2 (8:00pm) at the same time.



Low Carb Day: Dinner Salmon, mange tout and spinach. By splitting the traditional portions it is possible to prepare Dinner 1 (6:00pm) and Dinner 2 (8:00pm) at the same time.



Low Carb Day: Dinner Tuna, broccoli and spinach. By splitting the traditional portions it is possible to prepare Dinner 1 (6:00pm) and Dinner 2 (8:00pm) at the same time.



Low Carb Day: Dinner Chicken, asparagus and hemp oil. By splitting the traditional portions it is possible to prepare Dinner 1 (6:00pm) and Dinner 2 (8:00pm) at the same time.

A Week Of Slip Ups Is Not A Reason To Give Up

Fix a routine and stay with it. Remember active people burn more fat naturally. So get active. Be active. Watch out for your body to improve every 7 days or so. After a week, if there is no change review the previous week, be truthful, did you really live the way you know is right or did you cheat and come off the wagon? Did you give your maximum or did you give less? Did you eat as you had planned and worked out as you would have liked daily or did you sometimes get it right and slump straight back into old habits the very next meal? Burning fat happens when you always eat right and exercise right - no lapses. You will know when you have slipped up, let it go, get back on track. A week of slip-ups is not a reason to give up. It's a time to improve the following week. If you stop losing fat then you must try harder. Never skip meals. Eat better quality foods. Walk more. Never miss your walk. I know how hard it is to get a lean body - it does take 100% and if you are not heading in the right direction then you must put even more effort in.

Eating Nothing Always Fails

That is to say if you are doing 30 minutes walking once a day then you must do two 30 minute sessions. Simple. No results in what you are doing, increase your effort. Exercise more. Eat better. Remember if you do something and it does not work - DO MORE. You can change your diet or exercise program or both. If you are not getting the results you want. It is NOT because this program does not work. It is because you need to do MORE.

BIG TIP. Don't eat as much as you usually do at each meal. Try a smaller plate. Eating less, however, does not mean, eating 'nothing'. Eating 'nothing' always fails. Remember slashing calories too low slows your metabolic furnace down. Your first priority is still to exercise more.

Small Regular Meals

The traditional method of dieting leads us to believe if we are not reducing our weight then 'hey presto' all we have to do is 'stop eating'. What I am saying is much more effective and longer lasting. Exercise off fat. Avoid putting yourself through starvation sessions. 'Not eating' lowers your metabolism, whilst aerobic activities raises your metabolic rate. The act of eating in itself 'stokes the fires' of your 'metabolic furnace'.

Small regular meals act as a catalyst and boost your metabolism. For men, six meals a day will be more effective than two or three. For women, the ideal number is five spread out throughout the day. Your aim is 30 minutes of exercise at a time. Ideally in your best effort mode you would do this 3 times a day. (Bear in mind this would just be during the first 12 weeks. Once you get to your ideal weight you can take the rest of the year off - just kidding - you ease down to walking 30 minutes 2 or 3 times a week).

You Can Do It

Your ultimate guide is the mirror and the scales. Check yourself once a week. If you have not lost 2lbs per week and are not happy with the direction your body is heading, then review your attempt at fulfilling this program. If you eat 4 small meals and walk every other day for 15 minutes and you feel you have reached a plateau, then increase to 5 small meals and walk 20 minutes everyday.

Walking Is Free

You can walk up to 30 minutes 3 times a day. How can you fit in three sessions of 30 minutes everyday - I hear you ask ?

My rule is I don't eat Breakfast 1 before completing my first walk. Yes, that means planning and preparing yourself to get up a little earlier than normal. Get up, dressed and drink a large glass of water and step out of the house. Walk away from your house for 15 minutes exactly. Time it. Then immediately turn around and return home. Eat Breakfast 1.

If You Have A Treadmill - Use It.

It is possible for most people to take a lunch break at work or at home. Instead of sitting around drinking coffee, before Lunch 1, walk away from your office/home/place of work for 15 minutes, stop and return having completed another 30 minute brisk walk. The very last thing at night, take the dog/husband/parent for another walk, 15 minutes away from the house - 15 minutes back. See, it can be done 90 minutes walking every day.

If you have a treadmill, great, use it. (If not see: www.fitnessquest.com click on Treadmills)

It Can Be Done

Just plan for it. Prepare to do it. And then go for it. Like the eating plan - this is not something you are going to do for the rest of your life. It is just a 12 week phase to break through your 'fat barrier'. After this period or when you are happy with your shape you will reduce the amount of exercise/walking to more realistic proportions. This means 2-3 sessions of 20 minute walks per week. Now this level you can and must maintain for life.