

## Healthy Eating to Gain Muscles, Achieve Low bodyfat, and Increase Energy

Carbohydrates in their simplest form are sugars. When the majority of what you eat are carbohydrates (pasta, rice, bread, fruit) you become a 'sugar-burner'. When your body is reliant on burning sugar for energy, you potentially store more fat. By decreasing your intake of carbohydrates and increasing your intake of protein & fat (meat, poultry, fish, dairy) together with appropriate exercise such as weight training, you become a 'fat-burner'.

The key to permanent fat loss is not necessarily by restricting calories (or limiting how much food you eat). By decreasing your calorie intake you decrease your metabolism, which in turn may decrease your capacity to burn fat. In fact, calorie restriction may cause you to lose precious muscle. The more muscle mass you have, the higher your fat-burning capacity. Weight training helps you increase muscle mass and therefore burn fat.

The following dietary plan is a guideline only. Many FitnessLand clients who have used the plan have had great results. You may also wish to seek independent professional advice before using the plan.

### 1. General information

- Follow this plan strictly for 2-4 weeks or until you notice a substantial amount of body fat loss. You may wish to continue using the plan indefinitely to maintain low body fat
- You must have breakfast. Eat every 2-4 hours (6 snacks/meals per day). Avoid being hungry. Eat in small to moderate quantities
- Use organic food whenever possible. Organic food is high in vitamins and minerals. Use a multivitamin/mineral supplement where necessary. Minimize your intake of highly processed food, eg white bread, sugar
- Avoid sugar including artificial sweeteners. Artificial sweeteners make it difficult for the brain to determine the calorie content of food. This may lead to over-eating
- No fruit for the first 2-4 weeks except the day before your weight training. This includes dried and fresh fruit. Fruit are carbohydrate
- Drink plenty of water every day (8 glasses)
- Be careful of low-fat foods. They tend to be high in carbohydrates. The non-low fat foods may be a better option
- A moderate intake of unsaturated fats (poly and monounsaturated fatty acids) will help to protect your heart and produce testosterone which aids in muscle development. Sources include avocado, corn, soybeans, many nuts and seeds and their oils (including canola, olive and peanut oils). Studies indicate that low fat diets result in lower testosterone levels while those higher in protein and lower in carbohydrate and moderate in fat cause the greatest sustained levels of testosterone and growth hormone (for increased muscle leanness and decreased body fat).
- Gradually increase your intake of carbohydrates once you have noticed significant body fat loss

## 2. Breakfast

Have all or a combination of the following:

- 1 glass of milk or sugar-free soy milk + Protein powder
- Sliced hard cheese
- Yogurt (natural where possible)
- 1 tablespoon Extra Virgin Olive Oil/Flaxseed Oil
- 1 - 3 full eggs (with yolk, omega rich version where possible). Scrambled, poached, lightly fried

## 3. Lunch and Dinner

1 palm size of protein (meat, poultry, seafood, tofu, eggs) served with 1 – 2 palms of vegetable/salad. Add 1 tablespoon of extra virgin olive oil or flaxseed oil to the vegetables/salad.

For dinner of the day before weight training, have a meal that is 75% carbohydrates (eg rice, potatoes, pasta, bread).

Have as many different kinds of vegetables in your diet as possible. Focus on high-fibre vegetables such as peas, broccoli, lettuce, parsnips and spinach (or potatoes on the night before training).

## 4. Snacks

You must snack throughout the day to avoid being hungry. Snacking increases your metabolism.

- Nuts (almonds, walnuts, cashews), seeds (pumpkin, sesame, sunflower)
- Protein drinks/bars (make sure they're low in carbohydrates)
- Unsweetened (natural) yogurt
- Tinned tuna or salmon (in oil or brine)
- Milk (soy where necessary)
- Vegetables (eg celery sticks, not carrots which are high in carbohydrate)
- Protein drink

## 5. Eating Affirmations

- Eating is one of the pleasures of life, but attainment of pleasure is not the primary reason why I eat. Certain meals, at certain times, will be directed specifically at attaining pleasure, however, most meals will be directed at improving my physique and health
- The pleasure I will derive from having a great body will be infinitely greater than the pleasure that can possibly be derived from eating the most delicious foods every day of my life
- Food is a tremendously powerful vehicle for improving my body, my health, and my energy levels. I will use food to my advantage. I will readily eat foods that I neither like nor dislike if it will help me to achieve my goals.
- I will gain control of my physical destiny.