



3 Week Home Fat Loss Nutrition

1. Water Intake

Water is an essential element to cellular function and good health. The standard 8 glasses of water per day would only be enough to maintain proper hydration if you didn't get out of bed.

Equation for Suggested Water Per Day – minimum of 0.6oz per pound of bodyweight per day

Example: $150\text{lbs} \times 0.6\text{oz} = 90\text{oz}$, $90\text{oz} / 8\text{oz per cup} = 11.25\text{cups}$, $11.25 / 4\text{cups per litre} = 2.8\text{L per day}$.

This amount may need to be increased further based on hydration and activity levels.

2. Nutritional Tips

In all the nutritional suggestions that follow there are a few tips and extras listed here you may find helpful in the pursuit of your goals:

- Eat as soon as you wake up and continue to eat every 2 to 3 hours. (Unless you are completing your steady state fat loss cardio first thing in the morning then don't eat until 30 minutes after exercise. It's critical you eat something before a resistance training or interval workout.)
- Make sure to eat 1-2 hours before weight training and soon after you have finished your workout.
- When doing only cardio, make sure you wait at least 2 hours after a meal.
- It can drastically improve your weight loss results if you commit to avoiding lactose and gluten for the first 14-21 days of your nutritional program. (As this can be very challenging our sample menus are not always lactose and gluten free but we are happy to adjust them for you accordingly.)
- Try to avoid anything processed or canned, though mathematically these foods can work for weight loss in the interest of also achieving better health it's highly encouraged you use only whole, fresh and non-processed foods.
- When measuring foods, measure them in their prepared form as you would eat them (unless indicated otherwise).

Condiments (you may use freely but conservatively):

Mustard, soy sauce, salsa, low sugar ketchup, sugar free hot sauce, low sugar bbq sauce, vinegar (any kind), Molly McButter, lemon juice, splenda, sugar twin, stevia, agave nectar, calorie free syrups, & all dry spices.

Free food (these are great when you are feeling like snacking):

Cucumber, peppers, mushrooms, Light Jello, Crystal light, sugar free Kool-aid or other brands, diet pop, tea and coffee.

*Artificial sweeteners and food dyes may be some of the worst things for you on the planet. Because for many, immediate weight loss is largely a mathematical equation some of these items can be used in moderation without reducing effectiveness, however we do suggest you avoid using them as much as possible.

*You may have skim milk or skim milk powder with tea or coffee instead of cream but try to keep to a minimum.



* Limit yourself to 2-3 cups of coffee/diet pop/crystal light per day. For every extra cup of these items you have, you need to add 1 cup of water on top of your daily amount.

Expectations and Results in Your First Week

The first week or so you may feel full all the time, but it is important to continue eating all your meals in order to reprogram your metabolism. If you are hungry while consuming the recommended number of calories try increasing them by 10% equally with protein and carbs to make it more comfortable and enjoyable. If you're eating the right things it's hard to overeat better not to suffer in an effort to ensure all changes are sustainable long term.

It's also normal in the first week to possibly note positive or negative changes both in mood and energy levels, this is often a detoxification effect associated with internal change. Generally, if weight loss is your goal your weight will begin to drop right away but this is not absolute nor is it an indication of your success in the weeks that follow. Be patient, we're all distracted by our need for instant gratification but it's important to note that generally the faster you lose the weight the more likely it is that you will gain it back. Our expected weight loss will be somewhere between 1-3lbs/week but most importantly we just want to see the scale move even slightly every 3-5 days, if it isn't than immediate communication with your coach is critical and subtle changes may be required.

After the first 2 weeks you should find your change in habits becoming much easier. If progress has begun and appears to be steady you may discuss with your coach the prospect of having a 'cheat meal' 1 day per week. Because sustainability is a primary factor in achieving permanent weight loss we want to ensure that emotionally and psychologically you enjoy your lifestyle habits, for some the reward of going out and eating whatever you like for a 'cheat meal' greatly improves sustainability and long term results.

Tips & Tricks For the Best Results

- If possible always weigh and measure your food. Visually we will often restrict ourselves too much or consume far too much starch because it's easy to consume and often quite enjoyable.
- Using the attached meal template many people will consume the same things each day to minimize preparation and organization. If you substitute foods you will need to substitute like foods (ie. Starch for starch) and calorie for calorie from the provided substitution list rounded to the nearest 50 calories.
- Eating the same things each day, though boring for some, will often produce better results as the increased organization through advanced preparation often makes life run smoother.
- If using recipes you will want to determine how many total portions of the meal the recipe makes. You will then either want to look up the ingredients or use supplied nutritional information to decide how many protein, fat, starch or fibrous servings (100 cal each) each portion of the meal contains. If progress toward your goal slows it's suggested that you use more whole singular foods and less recipes until steady progress resumes. The more



variables there are to consider the more difficult it is to discern the reasons you may not be progressing at your desired rate.

- Remember our lifestyle is constantly evolving; health, fitness and weight loss are an ongoing aspect of your lifestyle. Because of our need for instant gratification commit to defined periods of time of greater commitment and reward yourself with short breaks of less regimented habits. Two steps forward, one step back or the 80/20 rule are both great examples of patterns for achieving sustainable results.

Many people find eating the same thing each day isn't a problem if their dinner meal can be different each day and enjoyed with family. Consider substituting frequently with the serving process. Some basic references would be that any lean meat approximately half the size of your palm would equal 1 protein serving, if there is any form of butter oil or sauce added each tablespoon would be approximately 1 additional serving of fat. Any starches approximately the size of your fist would equal 2 servings of starch and a twice that amount of vegetables would equal approximately ½ a serving