

Nutrition Guide - for the next 6 Weeks **(NB: This is not a permanent diet)**

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 take in less calories. It's a simple equation: calories in vs calories out.

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 its design it becomes lean and healthy – and you become happy. Choosing foods that are wholesome and unprocessed 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 and cut back on processed foods. 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. 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.

Yeah, What About The Calories?

It's a simple equation: calories in vs calories out. If you wish to lose weight, you need to create a calorie deficit. However, most people go wrong by creating an unsustainable deficit (and not focusing on eating foods to nourish their bodies!)

The component of this program I care LEAST about is the calorie levels.

Really, I am more concerned with you not eating enough of the good stuff. So calories are pretty low on my list of wellbeing and overall health concerns.

If you want to lose weight, create a small and sustainable calorie deficit but don't get hung up so much on the numbers. Just focus on getting a good balance of protein, carbs and fats into your diet!

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.) 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.

It is important that we keep our muscle and other lean tissues well nourished to increase metabolism.

Protein also takes more energy to digest than carbs and fat (and it can 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 try to AVOID anything that says it is hydrogenated or partially hydrogenated. "Trans fats" as they are known are to be consumed in moderation.

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 (or little) alcohol, just for now, is really your best option.

Will a glass of wine or two 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 2.5-3L per day. 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 in that 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!