

FAT LOSS NUTRITION

DEFL 2.0:

THESE NUTRITIONAL RECOMMENDATIONS ARE A COMPILATION OF MY BEST TIPS AND TRICKS REGARDING NUTRITION FOR FAT LOSS. ENJOY :-)



THE MOST DANGEROUS FAT LOSS DIET IS LOW FAT...

IT WAS REALLY STRANGE WHEN I FOUND OUT THAT WHAT I WAS EATING WASN'T HEALTHY AT ALL... I WAS EATING A LOW FAT DIET, CONSUMING AROUND 1500 CALORIES A DAY AND GAINING WEIGHT - LET'S END THIS, NOW.

I spent years trying to figure out how to eat properly. It can be really confusing... I read all kinds of diet books, took college nutrition classes at Penn State University, and even went to Weight Watchers to figure out how their most successful clients got results...

I started eating low fat or non-fat everything. I reduced my caloric intake by about 1000 calories a day, and I started doing intense cardio for about 1-2 hours/day. I managed to lose about 15 pounds, but my energy level had plummeted and my body looked malformed. I was miserable, and I was disappointed in myself more than words can describe.

What's worse is that I was a Kinesiology major at PSU, so this was supposed to be one of my strongpoints.. Basically, I felt like a failure.

Unfortunately, the biggest lesson I learned along the way was that none of the diet plans I had studied truly worked... at least not by my definition of the word. Most people couldn't keep the weight off, or they struggled to eat on a daily basis, or their bodies had changed in some undesirable way. Even the best results were sub-par, and I was considered a success story... at least for awhile.

It's time to get the story straight. It's time for a new era of nutrition for fat loss.



Eat Fat, Build Muscle, Lose Fat

The funny thing about getting rid of fat on your body is that you need to eat fat to get rid of it... this is HUGE.



Find A Fat Loss Friend

Below, you'll find a picture of my doggie, the Keeley Monster. She's absolutely my fat loss pal - we interval train together, stretch, run sprints, and even treat patients and train clients. She feeds off of my energy...



So long as you exercise, eating your favorite foods is the key to your success.

I've had the unique opportunity to develop close friendships with some of the best nutrition experts in the world. They've taught me things that I never would have understood without their guidance. In fact, they inspired a passion for nutrition in me that I never even knew I could have. I always thought nutrition was the most boring college class I took, and I swore I'd rather do anything than think about what I'm eating... I was dead wrong.

Finding a sound nutritional strategy can be the difference in feeling energetic all day long, conquering your workout every day vs hitting the gym and going through the motions, and developing inflammation in your body that overwhelms your body's immune system and prevents fat loss from taking place as a protective mechanism. Learning how your body responds to the dietary intake you consume is really half the battle in fat loss. We're going to talk about 3 basic situations, in greatest detail for when it comes to losing fat rapidly and developing long-term

nutritional habits you can live with to produce long-lasting results:

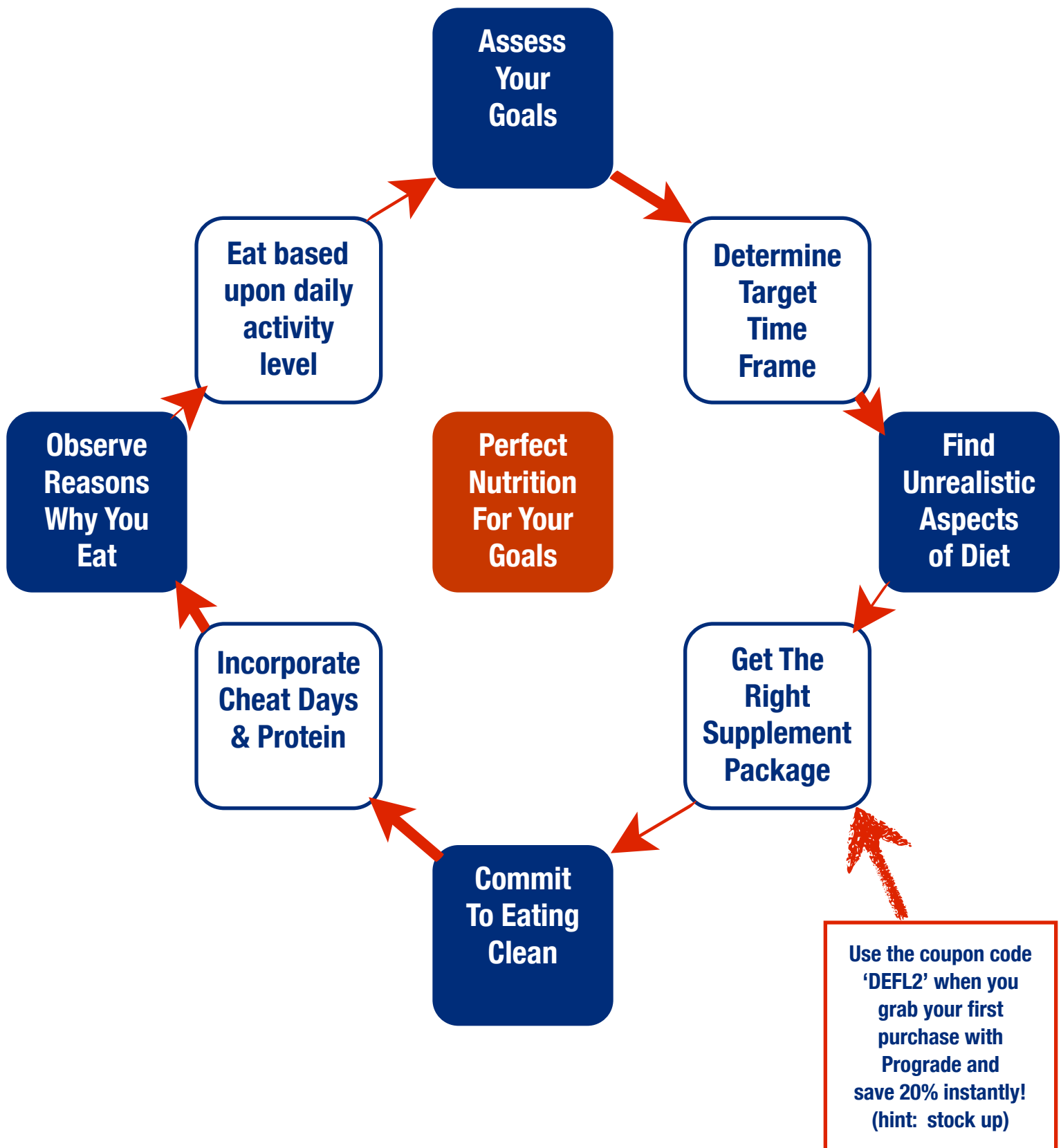
Nutrition To Conquer Workouts

1. Specific Rapid Weight/Bodyfat Loss Diet (short-term)
2. The Live-able Diet (long-term or consistent weight loss)
3. Nutrition For Energy & Fat Loss (short & long-term, but not as drastic up front)

As you can see each type of nutritional program offers its own benefit. Rather than trying to choose one specific diet to solve all your problems, I'd try asking myself a few of the following questions:

1. What are my specific goals?
2. Do I have other factors that may interfere with my progress? If so, can I find a workable strategy that correlates to both my goal and personal needs?
3. How long of a time period am I giving myself?
4. How long would I like to sustain this level of results?

The Fastest Path To Nailing Down Your Nutrition:



Assess Your Goals:

Fat Loss

This is good for looking slim and toned, getting ripped, increasing metabolism, and short-term goals surrounding your fitness and nutrition routines. Many times, it doesn't take any caloric restriction at all (or barely any) to get a great fat loss effect. While your body sheds fat, it builds muscle slowly.

Weight Loss

This is important if you are overweight by more than about 10-15 pounds. Below that, fat loss is the most important. Beyond this, it's important for the health of your heart and other organs that you lose weight. 1-4 pounds/week is the range you should be shooting for (4 pounds/week only for 4 weeks or less)

Muscle Building

Building muscle is important for everyone. Without muscle, your metabolism plummets, and you are at risk of gaining weight quickly and becoming unhealthy. Also, building muscle helps balance out estrogen-related hormone issues. It's reasonable to strive for 1-2.5 pounds/muscle per week in an aggressive plan.

Increase Energy (Live Healthy)

The best way to do this is to eat clean. You'll be choosing organically, farm-fresh options, and you'll understand that home-cooking is necessary. The chances are, you'll spend a bit more money on food here, but less on supplements, doctors' visits, and anti-inflammatory agents such as cholesterol lowering meds.

Determine Target Time Frame For Reaching Your Goals:

CATEGORY OF GOAL:	TIME FRAME OF GOAL:	RECOMMENDED GOALS TO SET FOR THIS TIME FRAME:
Fat Loss	30 Days	"I'm so happy and grateful now that I've lost 5% bodyfat in the last 30 days."
	6 Months	"I'm so happy and grateful now that I've lost 17% bodyfat in the last 6 months."
Weight Loss	30 Days	"I'm so pumped now that I've lost 20 pounds in the last 30 days."
	6 Months	"I'm so excited now that I've lost 35 pounds in the last 6 months."
Muscle Building	30 Days	"I'm so proud of myself now that I've lost 4% bodyfat and gained 10 pounds of muscle in the last 30 days."
	6 Months	"I'm so happy and grateful now that I've gained 30 pounds of solid muscle in the last 6 months."
Increase Energy (Live Healthy)	30 Days	"I'm so happy and grateful now that I've started eating 'clean' in the last 30 days."
	6 Months	"I'm ecstatic now that I've completely transformed my diet in the last 6 months."

Find Unrealistic Aspects Of Your Diet:

5-10 servings of fruits and vegetables from 25-30 different fruit and vegetable variety

Shopping for only organic and grass-fed food sources

Eating 'healthy snacks'

Eating fish every day for improved lymphatic health and circulatory function (plus memory)

Keeping things in my kitchen that help me lose fat, not gain weight and disappoint myself

Controlling Insulin levels through my diet to reduce fat storage from sugars

Carb/Protein 'Energy Combo' within 15-30 minutes after a workout

Finding foods that 'taste' good & are also 'good for me'

Controlling caloric intake (it's just not something that I want to do)

Eating a meal within 1 hour of a workout (balanced)

Controlling the food that I eat

Staying on a diet for any more than 1 month (my family just won't tolerate it)

Get The Right Supplement Package:

(note: If buying from [Prograde Nutrition](#), which is my personal & partner nutrition supplement company because I believe them to be the best, be sure to use the coupon code 'DEFL2' and save 20% instantly!



Eating clean is great, but having enough fish oil in your diet is tough to do on a daily basis. Krill + Omega 3's help lymphatic function (joint swelling and toxin removal) and circulatory function (blood flow in your body). A good fish oil also has known effects with mental alertness. Click here for [EFA Icon](#).



Consuming at least 0.8 - 1.0 grams of protein per pound of your bodyweight is essential for fat loss and/or muscle building (even more for muscle.) This is challenging, especially with proper timing after workouts. [Prograde Protein](#) helps make that easier if you could use some boost for your diet.



Certain foods and spices do an excellent job of lowering insulin sensitivity and decreasing appetite. However, many 'fat burners' can be made from very unnatural sources and be unsafe. With proper exercise & nutrition habits, [Prograde Metabolism](#) can burn 500-1500 more calories per day.



Post-workout nutrition is important within 10-30 minutes after your workout (asap). A good blend of 2 parts carb to 1 part protein is what you need to have an energy boost take place, enhance muscle recovery, and enhance the effect of the next day's workout. [Workout Shake](#) is my favorite.



Fighting free radicals is a part of healthy nutritional habits. Some foods that do this include: small red beans, blueberries, pinto beans, cranberries, and artichoke hearts. If you're missing these and want to combat free radicals in your system you can take [Prograde Longevity](#). This helps fight off diseases.



I love [Cravers](#), plain and simple, so I had to include them. They are a healthy snack, relatively speaking, and they are delicious. They don't have any trans-fats and they are USDA organic. Peanut-butter is my favorite flavor, and they're safe for kids. Be careful, though, because they're addictive...



[To see combo packs or place an order for any of these through Prograde's website, just click here :-\)](#)



Commit To Eating Clean:

Here are the Top 10 things I've learned about eating clean from Mike Geary and Isabel de los Rios:

- 1. Eat grass-fed beef, other meats, and/or chicken**
- 2. Eat organic whenever possible (actually FDA certified organic)**
- 3. Stay away from Trans-fats at all costs**
- 4. Use almond butter, grass-fed real butter, and coconut oil for all of your cooking**
- 5. Stay away from soy (and other forms of estrogens in your food, such as xenoestrogens that are on herbicides and pesticides from non-organic food sources, plants, and fruits)**
- 6. Choose healthier alternatives to corn-based products (high fructose corn syrup, Canola oil, and cornmeal-fed animals)**
- 7. The yolk is the healthiest part of the egg, but the key is reducing inflammation in your body as to not develop 'bad cholesterol' deposit on your arteries**
- 8. See food as an 'energy source,' not craving. Once you do this, your temptations go away because you want to 'feel great'**
- 9. Consume more protein and stay away from starchy foods with little to no nutritional value**
- 10. Watch hydration. This is key for all other vital bodily function.**

***Bonus: Eating clean can eliminate many food allergies & IBS.**

Incorporate Cheat Days And Protein:

Here Are The Top 10 Things I've Learned About Cheat Days & Consuming The Proper Amount Of Protein From Joel Marion, John Romaniello, and Nick Nillson

- 1. 0.8 to 1.2 grams of protein per pound of bodyweight, per day (ideally based off of Lean Body Mass, or LBM)**
- 2. Low fat, low-carb over a period of 3-5 days can lower Leptin, significantly, and destroy fat loss potential**
- 3. Cheat days can be reasonably followed by fast-days and protein-only days when trying to lose fat or build muscle, respectively**
- 4. Cheat days are better than 'cheat meals' - make it a day per week, not a meal or snack per day**
- 5. More protein, period. Even more if you're building muscle... (1.2 grams/pound of lean body mass for this person)**
- 6. Protein helps build muscle glycogen stores, which is what allows muscle to function**
- 7. Shake days can prove useful for both discipline and cleansing, while also providing the right type of calories for weight loss**
- 8. Eat protein with every meal and after every workout**
- 9. Watch bowel habits - should be easy and quick for healthy digestion**
- 10. Stay away from the scale for 2 days after you cheat - it's a psychological mindset killer!**

Observe Reasons Why You Eat & Shape Long-Term Success:

Here Are The Top 10 Things I've Learned About Emotional Eating & Long-Term Nutritional Success From John Davenport & Sue Heintze:

- 1. Observe how you feel when you eat (was there a cause outside of hunger?)**
- 2. Hydration is key. Make sure you drink at least 3 liters/day**
- 3. Eat your favorite foods, but for the right reasons.**
- 4. Create a positive-association with food by using a Positive-Reward System**
- 5. Small, friendly penalties for eating the wrong stuff can be a healthy habit to follow (such as betting a friend)**
- 6. Gourmet food can taste great! ...and it doesn't have to take that long to prepare when done right. Following a healthy, but tasteful cookbook can be very helpful.**
- 7. Massive caloric restriction usually results in self-loathing and poor weight loss outcomes.**
- 8. Eat 5-6 planned meals per day to reduce emotional eating and improve metabolism while avoiding hunger/cravings.**
- 9. Plan to eat a lot of fiber. This is easiest through greens and veggies.**
- 10. Low fat diets make you hungry and upset. They are more likely to cause you to be driven back to the wrong foods in the end.**

Eat Based Upon Daily Activity:

Here Are The Top 10 Things I've Learned About Nutrition For Workout Days and Non-Workout Days From John Romaniello, Nick Nillson, Mike Geary, Isabel de los Rios, & Joel Marion:

Workout Days:

- 1. Pre-workout carbs**
- 2. Post-workout shake (of some sort)**
- 3. 15-30% more calories for day**
- 4. Morning nutrition sets the day**
- 5. Get away with more, so enjoy this a bit for long-term success**

Non-Workout Days:

- 1. Go to bed hungry**
- 2. Watch hydration for healing of muscles from previous days**
- 3. Sugar consumption should be at a minimum**
- 4. Try to avoid cheating on these days - best to work out on cheat days**
- 5. Choose good fats that fill you and keep you satiated.**

Bonus Module: Lose Belly Fat Through Your Diet:

**Here Are The Top 10 Things I've Learned About Losing Belly Fat
Through Good Nutritional Habits From Josh Bezoni:**

- 1. Keep to the outside of the supermarket; avoid the aisles.**
- 2. For rapid belly fat loss, try to eat 30 grams of sugars/carbs per day and 30 grams of fiber.**
- 3. Clean out the 'toxic waste' your body produces by increasing fiber intake.**
- 4. Eat organic; it's easier on your body.**
- 5. A calorie is not a calorie - protein burns 20% of itself.**
- 6. Insulin levels are the 'master hormone' for your body in terms of fat storage, in a sense.**
- 7. Calorie-confusion (tricking your body by changing calories in a certain pattern) allows Leptin levels and other hormones to stay normal, as opposed to caloric-restriction ultimately leading to depletion of these hormones.**
- 8. Don't count calories. Look at your food choices and eat more natural foods, instead of process foods.**
- 9. Use the fist rule for food choices (to determine how much protein, carbs, and fat to have in your food)**
- 10. Eat mini-meals, not snacks.**

Assess Your Goals:

Now
that your target time-frame
has passed to reach your goals, it's
time to answer the following questions
and then review the purpose for your
upcoming phase:

1. Have I reached my goal?
2. Was my goal Realistic?
3. Do I have the same goal anymore?
4. How can I adjust my goals to best serve my current needs?
5. How could I have been even more successful?

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Thanks for checking out this guide!

As a review, here's what you'll need to do next:

1. Be sure to go the [members' area](#) and listen to/read all of the interviews I've added up there for you.
2. Decide on all supplements that you're going to get to fill those 'nutritional voids' in your diet and [buy them all at once](#) so you save 20% with the coupon code 'DEFL2'
3. Develop a passion for nutrition by finding a plan that suits you, personally.

Nutrition doesn't have to be that hard. There's a fundamental mindset shift that takes place when you finally learn that nutrition produces a reaction in your body that dictates how you live, feel, and interact with others.



Imagine
Losing Just 5
Pounds Of Fat