

## CHAPTER FOUR – FAT-BLASTING NUTRITION

It is essential, no matter what your goal, that you create a strategy for a new way of eating. Reducing excess body-fat is the primary goal here and maintaining that body fat loss long-term is the key to your success and mastering the termination stage of change. Mastering your diet will enable you (and others) to see your newly toned and sculpted muscles, and will dramatically improve your overall health and give you many more years of healthy living.

Did you know that in a recent study it was found that junk food (chips, soda, candy) make up approximately one-third of the total calories in the average Americans diet? We are the most obese nation in the western world, yet we have access to the highest quality of fresh food. Why do you think that is? The answer is very simple. We simply are making the wrong food choices. It's time to take responsibility for what we put in our mouth each and every day.

Creating a nutrition program that works for you may have been confusing in the past. That's okay because I am going to simplify how you should eat so

there is no more confusion, only empowerment. I'm talking about the kind of empowerment that only comes from a gut feeling that states 'this makes perfect sense'. I have been successful in creating a winning eating strategy for my clients and with my "fat-blasting" nutritional strategy; you will get the results you are looking for quickly and without feeling deprived or hungry all the time. You will discover the exact nutritional balance that you can easily adhere to for the rest of your life. This nutritional strategy can be incorporated into your life with ease through a little learning curve, planning and trust. Trust in me and what I know works when it comes to weight loss and weight management.

### The Confusion

There is a wealth of information available on "dieting" more on "weight-loss," and even more "get slim quickly" gimmicks, gadgets, and gear. There is simply too much information to sort through, too many different programs to experiment with, and far too many potential paths that will result in a weight-loss dead end roller coaster ride. There are so many philosophies and products vying for your weight-loss dollar that it is difficult to know what to pay attention to and what to disregard. Advertising is one of the main culprits that exacerbate our ability to make a conscientious decision. The

next time you are in the checkout line at the grocery store, pick up any women's magazine and flip through its pages.

You will see the almost schizophrenic conundrum we are all facing. We are *bombarded* with conflicted messaging. One page will entice us into food consumption; the next will tell us to lose weight. Sometimes these ads are even on the same page. Turn on your TV and see a slick commercial for your favorite fast-food restaurant followed by another commercial for some weight loss pill or drink. Radio advertising is even more extreme.

Consume... Lose. Consume... Lose. Does this sound vaguely familiar to you? Is it any wonder that this is precisely the nutritional cycle by which most of us live? This is precisely the roller coaster we are all riding. If you were to go on a diet tomorrow chances are that you would rationalize why you should have a "treat," or give yourself permission to "splurge" because you will be depriving yourself tomorrow. Think about when you go on a diet for a period of time how do you celebrate when you reach your weight goal or quit the diet because it's too hard? If you are like most people, you probably slowly begin consuming the very foods that helped you gain the weight in the first place. That being starchy carbohydrates like bread, pasta, potatoes, rice, sugary and processed foods. In a short time you are back

were you started from gaining back the weight you lost and often even more weight, while searching for the next diet that also won't work. Let's get something straight - fad diets do not work! They never have and they never will. That said; let's find out what does work.

The “fat blasting” nutrition strategy has only four primary steps or principles that you need to follow. You may have seen or heard about some of these principles, but when all of these steps are integrated together and work in unison losing excess body fat becomes simple and fast. Why, because these four steps are the building blocks of what a healthy diet should revolve around and they are easy to incorporate into your lifestyle. My clients who follow these four steps, along with my cardio suggestions and my ““2-in-1”” exercise routines, lose weight, manage weight, sculpt, tone, shape and build lean muscle efficiently and effectively.

### The Four Principles

**Step One:** Use the 40/30/30 ratio for each meal.  
40% Carbohydrate, 30% Protein, 30% Fat  
Eat a little protein with each meal.

**Step Two:** Eat at least five small meals or snacks per day.  
Eat a small meal every 2 ½ to 3 hours.  
Portion control and moderation are key.

**Step Three:** Good carbohydrates versus bad carbohydrates.  
Eat carbohydrates strategically and increase high in fiber foods.

**Step Four:** Choose fresh produce and lean meats.  
Reduce processed and high sugar foods.

These are the four steps to a “fat blasting” nutrition strategy so now let’s learn why this eating strategy works.

### Searching for What Works

Without question, creating a nutritional game plan you can live with for the rest of your life is the single-most important factor in creating and maintaining a better-looking body. This way of eating needs to also support a disease free life. I have spent many years researching and experimenting with various diet plans. As a matter of fact I have always been the guinea pig for my clients. I’ve tried every diet plan imaginable. I have consulted with the top nutritionists, and as such I have designed what I believe to be a nutrition plan that is simple, effective and easy to adhere to get my clients looking and feeling great fast. It is essential that you separate diet fact from diet fiction, and narrow the possibilities down.

### Clarifying Your Weight Loss Goal

The first test for any nutritional program is to determine if it will help you reach and maintain your desired weight. Let's get really specific about weight loss. Your weight on the scale has nothing to do with how you look. If indeed you feel like you are too heavy, the weight you would like to lose is really the BODY FAT you want to lose. Most of our body weight is made up of water, and many of the fad diets are simply diuretics at best. After being on a fad diet for a week or two, you may have lost some "weight" when you look at the scale, but that weight is most likely just water weight along with the loss of some lean muscle mass as well.

If you finally found a diet or nutritional strategy that would help you shed unwanted pounds easily, without feeling deprived or hungry and one that you could adhere to for life what would that mean to you? Ponder that thought for a minute because today is the day for that discovery.

### Fat-Blasting Nutrition

First, you will create the proper balance between carbohydrates, protein, and fats and understand why eating a little protein with each meal is important. Secondly, you will learn why you should eat four to five small meals or snacks per day and monitor your portions. Thirdly, you will regulate eating

good carbohydrates versus bad carbohydrates and eat them strategically.

Fourth, you will reduce processed food intake and choose to eat fresh, healthy, fiber-rich foods instead of man made and overly processed food-like items. This fat-blasting four-step nutrition strategy is your roadmap toward the YOU you are looking to create and a lifestyle that will support weight management.

### **Step One- 40-30-30**

The first essential step of creating a successful nutritional program is to determine what to eat and in what proportion, so that you can attain all your goals. It is vitally important to create the proper ratio of protein, carbohydrates, and fat in each meal or snack.

Over the last ten years, there have been many innovations in nutritional science. Many of these advances have created contradictions and rifts within the scientific community. Many of these new innovations have been popularized by diet books that prescribe reducing carbohydrate intake to a minimum and eating a high protein diet, Dr. Atkins being the most recognizable. High protein diets are extreme and unrealistic long-term especially for individuals with a busy lifestyle. Essentially they prescribe a

high protein diet to illicit a certain hormonal response and facilitate rapid weight loss by putting the body in a state of ketosis. Ketosis is an abnormal increase of biochemicals in the blood and urine and a sign that the metabolism is impaired. Does that sound healthy to you? The truth being that most people will see rapid weight loss initially, but most of that weight loss will come from water weight and loss of muscle and eventually and invariably one will reach a plateau.

So what is the answer? After experimenting with each and every diet under the sun I have found that a higher protein diet works for approximately 75% of the population. The diet philosophy I'm referring to is "The Zone" by doctor Barry Sears. His philosophy makes sense because it prescribes that 30% of your diet should come from lean sources of protein, while 40% of your diet should come from carbohydrates, primarily fruits and vegetables and 30% from good fats. This is a very balanced and realistic nutrition plan that one can easily adhere to for life.

It's all about eating in a way that manipulates the hormonal response to insulin safely. More specifically it's about using food or food combinations that limit the secretion of the hormone insulin, whose main function is to

sweep up “extra” or unused carbohydrates in the bloodstream and store them as fat inside your fat cells for later use. Not only that, but increased insulin levels inhibit the bodies ability to release this stored fat. What does that mean? It means that it becomes virtually impossible to utilize stored body fat for energy. In general terms, the premise of a higher protein diet is to reduce the secretion of insulin by reducing the amount of bad carbohydrates you eat and in what combinations you eat them.

What we are really talking about here is a hormonal response to the foods you eat. We are talking specifically about the hormone of insulin and the amount of insulin that is released into the bloodstream. The greater the quantity of insulin released the more calories are stored as fat and the less fat the body releases for energy usage.

Insulin is released into the bloodstream in response to glucose, which is basically sugar. Any carbohydrate, after being digested, breaks down into its basest chemical compound: glucose. That means that any carbohydrate, whether it is simple table sugar, fruit, bread, pasta, rice, or starchy vegetables like potatoes they will all eventually turn into glucose by the time that food enters your bloodstream. The greater the quantity of glucose in

your bloodstream, the greater the quantity of insulin is secreted. When a certain level of glucose is detected in your bloodstream, your body will secrete insulin to remove the excess.

Our goal here is to find ways to slow down the rate of glucose absorption. The slower the rate of absorption from a carbohydrate the less apt the body will store it as fat. The three factors that determine the rate of absorption are the type of carbohydrate, the fiber content and the fat content. We refer to this as the glycemic index (rate of absorption). We want to eat primarily low glycemic index carbohydrates such as most fruits and vegetables that are high in fiber. High glycemic index foods like whole grains, potatoes, rice and pasta will raise insulin levels and inhibit weight loss.

Some carbohydrates are more complex than other carbohydrates and have a longer molecular chain, and therefore, the digestive process is required to work harder to break that food down into its basest material (glucose or sugar) because of an increase in fiber. Fiber and fat both help to slow down the digestive process and help to satiate us faster so we feel fuller for longer periods of time and typically reduce the amount of calories we ingest. For instance, if you were to eat a teaspoon of table sugar, drink a sugary soda or

a large glass of orange juice glucose would enter your bloodstream almost immediately and raise your insulin levels.

Dr. Barry Sears, in his book The Zone, popularized the notion of eating more lower glycemic carbohydrates and a *higher* ratio of protein to facilitate weight loss, but to also optimize energy levels and reduce the chance of onset disease. Remember at the beginning of the chapter I said a successful nutrition strategy needs to support your weight loss efforts and be realistic for life. The 40-30-30 ratio is a very healthy, balanced diet that is realistic to adhere to for life. Today the Glycemic index is being used in the modern lexicon of our diet vocabulary. Essentially, the glycemic index rates all carbohydrates according to their complexity and rate of absorption. The higher the rating, the more insulin is secreted.

### Eating Protein with each meal

Let's say that you were to eat a simple carbohydrate like fruit. Eaten alone, it would enter your bloodstream in the form of glucose and raise your insulin level almost instantaneously. Proteins, such as meat, cheese, poultry, nuts, and fish take much longer to digest, and are broken down into their smallest component, amino acids. Amino acids for the most part do not require

insulin secretion. Protein also requires the body to put forth a greater amount of effort and a longer period of time to digest a protein. When a carbohydrate is eaten in *combination* with a protein, it becomes a new source of energy on a molecular level. So, even when a simple carbohydrate is eaten in combination with a lean protein source, such as a piece of cheese or slice of turkey, that combination of foods goes through a very different digestive process. By combining carbohydrates with proteins, less glucose enters the blood stream, and that glucose is released over a longer duration of time. This lowers insulin levels so your body can burn them as fuel versus storing them as fat.

The premise behind a *higher* protein and higher fat diet is that it's not the protein portion or fat in our daily diet that is causing the obesity epidemic. It is the excess bad carbohydrates and carbohydrates eaten alone that create and store fat. In other words, lean sources of protein and good fats will not make you fat if eaten in moderation. Fat does not induce a secretion of insulin. Do you remember not so long ago the low-fat craze our country went through? Every major food manufacturer jumped on the band wagon and made low-fat this and low-fat that and what happened to our country? We got fatter not thinner. Why, because we ate more of those low-fat foods

because they didn't fill us up due to the reduced fat content and they were filled with sugar and carbohydrates.

Look at it this way... two tablespoons of butter has approximately 200 calories. An entire chicken breast has approximately 200 calories. A small glazed doughnut has approximately 200 calories. The chicken breast or butter will not require insulin to be secreted, but the doughnut will. As a consequence, eating the doughnut will cause your body to store most of those calories in your fat cells. The chicken breast or the butter will not.

### Creating the Proper Nutritional Balance

I want you to eat some protein with each and every meal. All of my clients have had success using a *higher* protein diet, not a high-protein diet, but a higher protein diet. There is a big distinction between the two. High protein diets virtually eliminate complex carbohydrates from your diet, and as a result create nutritional deficiencies, and can eventually cause health-related problems and plateaus in the weight reduction process. Not to mention the fact that they are extreme and unrealistic to maintain long term for people with busy schedules. One last word on high protein diets is that your body can raise insulin levels if you eat a diet that is too high in protein because

your body is overdosed on amino acids. Eating a diet that is *Higher* in protein simply helps to balance out the hormonal release of insulin.

### 40/30/30

In each of your many meals or snacks, I suggest creating a balance of protein, carbohydrates and fat that will be made up of 40% carbohydrate, 30% protein, and 30% fat. The easiest way to make this new nutritional program work is to use the “eyeball” method and determine what your plate should look like. This is the simple part. When you look at your plate, one third of your meal should be comprised of a lean protein source. The remaining two thirds of your plate should be comprised of carbohydrates primarily from vegetables and fruit. That’s all you have to worry about.

As for the type of fat you want in your diet it is important to draw from good fats versus bad fats. Saturated fats are the bad fats that cause heart disease and clogged arteries, which is why your protein sources should always be (low-fat) like lean cuts of meat and poultry. Monounsaturated fats are the good fats that can be found in olive and canola oil, most nuts and avocados. So when cooking food you can use butter and certain oils to flavor your food as long as they come from good fat sources and are utilized in moderation.

By eating your meals and snacks in this proportion, you will be effectively balancing all the hormones that are at work when you eat and you will eliminate those high insulin spikes. It is these very insulin spikes that cause you to crave carbohydrates again and again for immediate energy. Your fine when insulin levels are high because more sugar is going through the bloodstream (you know that sugar high), but when this spike hits it's bottom watch out because your energy level will drop and you will begin to feel lethargic and unconsciously, I might add, crave more carbohydrates.

This nutritional game plan will positively enhance your metabolism in other ways as well. First, a consistent balance of food ratio will provide a stable blood sugar level, which will lower your insulin level, raise glucagon and HGH (human growth hormone), and eliminate much of the excess cortisol (stress hormone) from your blood. By choosing to eat high quality proteins, low-glycemic carbohydrates and healthy fats you will reeducate your body to process food and burn calories more efficiently. In just a few weeks you will have successfully retrained your body to utilize body fat for your primary fuel source.

Fat Blasting Nutrition is one of the easiest and most accommodating plans you could possibly be on even if you eat out a lot. The only difficulty you may encounter is that, at times, you will have to substitute an extra portion of vegetables or fruit for the high glycemic (starchy carbohydrate) to meet your required needs.

Are there exceptions to the rule? Of course there are always exceptions. The prescribed ratio of 40% carbohydrate, 30% protein, and 30% fat is the best proportionate nutrition plan for approximately 75% of the population.

Approximately, 25% of the population, due to genetic makeup, ethnicity and several other determinates actually control weight and energy levels better on a higher carbohydrate diet (should you be so lucky). However, I feel pretty confident that if you are reading this book you are not in that category.

### Step Two: Eating 4 to 5 small meals or snacks

The second step to weight loss and weight management requires you to rethink your body. In essence, you were born with a whole set of innate survival tools. All of these survival tools and mechanisms rely on stored fat. To coax your most primitive survival mechanisms into releasing this stored

fat takes some conscious planning and requires time. We do these by eating *four to five small meals or snacks* every 2 1/2 to 3 hours every day for the rest of our lives. You see breakfast, lunch and dinner were structured for us so that we could farm, hunt and fight wars, however, eating three large meals per day is not how our bodies want to be fed.

All of us were born with a starvation-protection device and it is hardwired into our cells to insure our survival. If you go too long between meals, these primitive survival instincts do not know that food is as close as the refrigerator or the next convenience store. Your body simply thinks it is starving. Consequently, it will only expend minimal energy to fuel the most basic bodily functions, and store the rest as fat. When you finally get around to eating again, your body (in survival mode) will store much of that food in your fat cells for later use.

To coax your body into releasing this stored fat, you must remove the fear of famine. Your starvation-protection mechanism must never be allowed to be on alert. It must never think it is being starved. If you can relax the starvation-protection mechanism significantly, you will have great success. If you do not, your efforts will be futile.

Timing, as they say, is everything. The quickest path to activate your natural fat burning ability centers on the timing of your meals. You starvation–protection mechanism can only be lulled into a false sense of security if it is reassured that your body is being taken care of. Instead of eating the traditional three big meals or worse yet one or two meals per day, I want you to eat *four to five smaller meals* and snacks more frequently. This is a key ingredient in reducing body fat and weight maintenance. You almost want to think of it as grazing throughout the day.

Again, this is about activating your natural body fat burning furnace. It is essential that you eat your first meal or snack within 30 minutes of waking up, eat a small meal every two and a half to three hours, and finish your last meal at or shortly after sunset. Without a doubt, breakfast is the most important meal of the day. Many of us go without breakfast, and as a result, rob ourselves of the most fundamental process to set our metabolism in high gear for the day. After a full night of rest and many hours without food, the body needs to be nourished almost immediately. When we go without this vital meal, we are robbing ourselves of the opportunity to fuel the furnace of our metabolism to its highest possible setting.

The objective is to speed up the metabolism to its highest possible rate, burning all the fuel we put into the furnace quickly and completely. When you eat shortly after waking, you will ignite your metabolic rate to full speed ahead. After 2 ½ to 3 hours, your body will have used up all of that food (fuel), and you will need to replenish your fuel source. To keep your metabolism on its highest setting, eat at least *four to five small meals or snacks* throughout the day. The last of these meals or snacks should be eaten at or shortly after sunset. After the sun sets, your body is naturally predisposed to wind down and rest. Physiologically your temperature begins to drop, and vital functions like heartbeats and breathing begin to slow, until you are ready for sleep.

To burn fat efficiently, you must first trick your starvation-protection device into a false sense of security. If you eat many meals or snacks throughout the day, and eat them at roughly the same time each day, your body will soon get into a new rhythm of eating. In essence, your body will begin to trust that it will be fed and fed regularly. It will begin to trust that it does not have to lock down what is held in storage within your fat cells, and it will begin to naturally release what it held in storage. It will begin to trust that it

will not starve. It will adjust in many ways so that it expends what you eat and does not need to conserve or store away nutrients for later use. This in essence will naturally speed up your metabolism.

## Obstacles

It does not seem like this should be a difficult proposition, but eating this many times and eating at roughly the same time every day takes planning.

The largest obstacle you will face will be time. It takes some time to prepare for this new way of eating. You will have scheduling conflicts. Your day might not go as planned. You may have to bring your lunch to work with you, or keep some healthy snacks in your briefcase or you may have to force yourself to take breaks so that you can have a light snack. I highly suggest keeping things like fruit, nuts, protein bars or beef jerky in your car. I also suggest taking a small cooler to work with you so that you can keep things like tuna, chicken, sliced cheese or turkey or cottage cheese in your office desk drawer. It just takes a little planning and consistency.

For the most part we are all in a rush. Our hurried-ness is definitely a major part of our obesity problem in this country. We, especially in America, are busier now than ever before. We spend less time with our families and

loved ones. We spend less time on our hobbies, vacations, reading, sleeping, and less time on ourselves than at any other point in the history of mankind. Do you realize in places like Spain the norm is to take a siesta after lunch? When was the last time you took a siesta after lunch? Most of the European culture like Germany, France and Italy take longer vacations and many companies even shut down for longer periods of time so their workers can take vacations. We are fatter today than we were last year or the previous year and there are more people suffering from obesity than ever before. Time, or the lack of it, is not a small factor in this trend.

For those of you who are time-challenged I strongly recommend that you remind yourself of this fact: when embarking on a fitness regimen, it is vital to take time for yourself when it comes to eating. To successfully absorb this notion of “making time,” and incorporating it into your lifestyle, you must take the necessary steps to ensure that you have food ready and available when you need it. Because most of us are on the go and “don’t have time,” when we finally get around to eating, we are so hungry that we choose the quickest remedy: fast food. Fast food is at the root of your weight-loss dilemma.

There is no surer way to increase your body fat percentage than to eat fast food. It is just plain counter-productive. Remember the documentary film “Super Size Me” that came out on the guy who just ate MacDonalds for 30 days? At day 21 his doctors asked him to quit because he was putting his life in jeopardy. You have to look at food as if it were a drug. Too much of a bad drug like heroin or cocaine can kill you just like too much of the wrong foods can kill you prematurely. If weight loss is one of your goals and even if it is not eliminating fast food from your diet should be mandatory until you reach your weight goal. Later in this chapter we will discuss eating certain foods in moderation.

I know time is an issue for most of you, but do your best to actually stop and sit down to eat your meals and snacks. When we eat on the run, in the car while driving or even while watching television, eating becomes an unconscious activity. It isn't that the food isn't as nourishing, but psychologically the fulfillment of that meal is not as great as it could be. An example of this phenomenon is the family dinner. Not so long ago, most families would eat their evening meal together each night at a designated time. The most recent studies from the Center for Disease Control and Prevention have proven that 90% of children who almost always eat a

traditional dinner at home with other family members are not overweight, and are much leaner than children who eat dinner without the family unit. The same studies point to trends that this also holds true for adults with or without children. Making time to truly enjoy your food and the people who are important to you not only allows you to appreciate a meal more, but also provides you with an opportunity to spend quality time with friends and loved ones. By the way this is another benefit of living a healthier lifestyle, spending more quality time with loved ones. I strongly recommend that you attempt to make a habit of eating a traditional evening meal.

### Portion Control

The super size... Seconds... The buffet... All you can eat... As a nation we have been blessed with bounty. However, we have a culture that fosters consumption and over-consumption. We need to think of food as fuel or as drug that regulates hormone levels to prevent over eating. It's all about striking a balance between enough and too much, which is a major component when comes to the delicate balance of shutting down your starvation mechanism.

This step is all about portion control, and creating a balance where you eat enough food to prevent the starvation-protection mechanism from becoming activated, but not enough food so the “extra” food does not become stored within your fat cells.

Think of your body as if it were a car engine. If your car ran out of gas, it wouldn't run any longer, right? Think of the food you eat as the fuel in your car. You need “fuel” in your “car” to keep your body functioning at an optimal level. It takes energy to perform all of your day to day activities.

What would happen if you had no fuel for these essential functions, no “gas” in your “tank”? ...To prevent death, we human beings were endowed with an innate system that will **not** allow us to run out of the essential energy we require to maintain our most basic bodily functions. Our body-fat acts like a “reserve” gas tank to prevent us from ever reaching “empty.” If you found yourself in an extreme situation where there was no food, you could survive for a sustained period of time just because your body would release the nutrients stored in your fat deposits.

Enough and Too Much

You do not need a lot of food at any one meal or snack. When I hear and see the stories on television about the extreme hardships (starvation) some people face, it makes me very grateful of the fact I, and most of us, do not have to do without when it comes to getting enough food. Realize that if you can put food on the table every night you are richer than 75% of the world's population. However, having plenty of available food also poses another challenge, that of growing obesity in the western world due to over consumption (over eating) of food. In some parts of the world people are dieing of starvation, while in the western world people are dieing of over consumption. Be eating *four to five small meals or snacks* every day, chances are you will naturally begin the process of eating less and less in each of those meals because you won't be famished.

Your stomach is a relatively small organ made up of water, enzymes, acids, and compounds that will break your food down into molecular particles.

Your body is simply not equipped to efficiently consume a Thanksgiving-sized meal on a daily basis. Your many small meals or snacks should be just that – small.

I'm not big on measuring food for two reasons. One, it's unrealistic to stop every time you need to eat and measure your food in our fast paced, hectic society. Because it is unrealistic you probably would not measure your food even if I asked you to and if you did it would probably only be for a short period of time and then it would be inconsistently. Two, measuring food does not support behavior modification and as such does not support long-term weight management. You can't just pull out a scale at a restaurant, dinner party or when you're traveling or on the run. What you can do, however, is use the eye ball method and those little buggers can go with you every where without causing a disturbance. **A portion of protein or carbohydrates at a meal is typically the size of your open palm.** If you are having a snack a portion of cheese would be the size of your finger a handful of nuts would consist of about 10 to 15 almonds. Your plate at any meal should contain no more than around 500 calories and two to three portions, one portion of a lean protein source and one to two portions of carbohydrates primarily from high in fiber vegetables and fruit. A snack should contain one to one and one half a portion maximum and be around 100 calories. How much simpler can it be than that?

Once you begin to make healthy, natural food choices, you must be careful of the portion of your plate that contains carbohydrates. The average American eats a great many calories, up to one third, in the form of simple and starchy carbohydrates, such as sugary foods, bread, pasta, rice, and potatoes. The more you stray from these simple and starchy carbohydrate choices and choose healthier high in fiber carbohydrates the faster you will see weight loss and weight management results.

All of us are accustomed to eating simple carbohydrates. It is part of our mindset and cultural identity. To shed excess pounds, it is essential to shed our addiction to simple sugary carbohydrates. It will take some retraining, but all you are really doing is re-educating your pallet (taste-buds) to enjoy healthier foods more. They say it takes 28 days to break a habit so all you have to focus on is being consistent in eating less simple and starchy carbohydrates for a short time and then presto...you are good to go.

This retraining will most likely take a few weeks. Simply put, many of us are junk food junkies. Choosing nutrient-rich foods that your body requires to restore your hormonal balance will not happen over night. It takes only a few short weeks, but after that period of time your body should begin to

adjust to nutrient-rich foods rather than unhealthy foods. For this reason, I suggest that you choose to prepare your vegetables in a most natural way. The more natural and less processed the better. If you can eat the vegetables raw, that is ideal. If you have to steam them, try not to overcook them because it depletes them of their nutrients. If you want to bake your vegetables, try to cook them whole (within its own skin) so they retain more nutrients.

### Moderation

I already know what you're thinking. Am I saying that you can never eat a baked potato, Alfredo pasta, have a slice of bread or a piece of pie or eat a burger at your favorite fast food joint? No. I am not saying that at all and this is the tricky part. This is where you are going to have to be bitterly honest with and accountable to yourself. This is the realm of moderation. Eating too much of the wrong foods made you gain weight and body fat. Now, I am asking you to eat more of the right foods to lose that added weight and maintain that weight loss throughout your life.

I want you to eat foods that are high in protein like chicken, fish, lean cuts of beef, lamb, egg whites and nuts. I want you to eat foods that are high in fiber

like most fruits and vegetables and true whole grains not the wheat bread you buy at your local super market. I am talking about the whole grain bread that actually has whole grains in it. By doing so, you *will* experience weight loss rapidly. I also want you to be careful when eating simple (sugary) or starchy carbohydrates and eat them in moderation.

Let's get down to the nitty gritty. I'm not saying you should never have a small bowl of spaghetti, a medium baked potato, a cookie, French fries or even a piece of chocolate cake. That is unrealistic in our society and asking you to be super human, which you and I are both are not. What I am saying, however, is have these sugary, starchy and processed carbohydrates in moderation and strategically. There is peer pressure at social events, celebrations, and all of us resort to comfort food at times to help us deal with stressful situations, but what I want from you is to eat these foods strategically and in moderation. We will discuss strategic eating later in the chapter. Most social events, business meetings, romantic dates and get together with friends and family will revolve around the consumption of food. Eating is a part of our social culture and will remain so for a long time to come.

Eat a small bowl of pasta (1/2 cup) or have one half of a baked potato occasionally. Take a couple of bites of dessert instead of eating the whole dessert once in a while and not every night. Have a few fries, not the Super sized ones, with your burger wrapped in lettuce instead of the bun every once in a while. Other times have a side salad or a vegetable with your burger. Instead of having a bag of chips, eat a handful every so often. What I'm asking you to do is to reduce how often you eat these types foods and to eat them in moderation when you do. That's not asking too much is it? Quite frankly it is just common sense. Eating healthy just means being more aware of your food choices and making compromises at times. Am I being unrealistic to ask this of you? I don't think so I think I am being extremely realistic. We are all intelligent enough to know that a diet made up of sugary junk food and starchy carbohydrates is not going to take us where we want to go. So let's just admit that reducing these foods is the solution and get on with it.

Now for the tough one. If you cannot reduce how often you eat these foods and eat these foods in moderation then you have to restrict them. This I know will be the most difficult of truths to face. But the truth is these are the foods that made you gain body fat in the first place. If you cannot eat certain

foods, in moderation then you have to restrict them from your diet completely. Let's be honest. These are the foods that made you fat. If you continue to eat them in the extreme you will never lose the excess body fat, visualized in your goal, plain and simple. There is only one way to do this and that is to do it. I understand that you will experience setbacks and times when you revert back to old habits and patterns. Acknowledge them and move on. Remember we are embarking on a new lifestyle. There will be setbacks. The goal is to stay the course and keep moving forward despite these setbacks. Acknowledge and give credit to the fact that you are doing your best. Let that motivate you to strive to make healthier food choices. It's not about being perfect, it's about doing the best you can every day. It's about continually raising the bar of your own expectations so that you are happy with your choices. I could talk about this for pages, but let's move on.

### STEP THREE: GOOD CARBOHYDRATES VERSUS BAD

There has been a lot of discussion in the media recently about reducing carbohydrate intake, but what does that mean? Many food companies and fast food restaurants are coming out with low carbohydrate this and low carbohydrates that. Are all carbohydrates bad for you? No, as I have said they are not. Your body needs carbohydrates just like it needs protein and

fat for numerous reasons. Your brain needs carbohydrates to function properly and your body needs them as an energy source. Yes, you do want to use your excess fat as an energy source, but that energy source can only go so far. Bad carbohydrates are the ones that elicit a high insulin response because they enter the blood stream quickly and are high on the glycemic index. Good carbohydrates do the exact opposite. They enter the blood stream slowly and elicit a low insulin response because they enter the blood stream slowly.

Listed below are selections of good fiber-rich carbohydrates. If you can choose to eat from this list (rather than sugary foods, breads, pastas, rice and white potatoes) most of the time, you will have great success in dropping body fat and in managing your weight long-term.

## **INSERT GOOD CARB BAD CARB LIST**

### **GOOD CARBOHYDRATE CHOICES**

#### **VEGETABLES**

Artichoke  
Asparagus  
Bean and Alfalfa Sprouts

#### **FRUITS**

Apple  
Apricot  
Blueberries

Broccoli  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Green Beans  
Green Pepper  
Lettuce (any lettuce or leafy green)  
Mushrooms  
Okra  
Onions  
Pumpkin  
Radishes  
Rutabaga  
Spinach  
Sweet Potato  
Turnips  
Watercress  
Winter Squash  
Zucchini

Cantaloupe  
Grapefruit  
Lemon  
    Papaya  
Pineapple  
Plum  
Raspberries  
    Rhubarb  
    Strawberries  
Watermelon

### **Bad Carbohydrate Choices**

Now let's examine the nutrients contained in your meals. It is essential that you make a conscious effort to eliminate high in sugar foods and processed "food-like" foodstuff, and look toward healthy, chemical free fresh foods, so that you get the most vitamins, minerals and fiber from the foods you eat and enjoy the greatest health benefits.

Personally, I prefer organic, pesticide-free foods. Whether vegetables, fruits, beef or chicken, I find that these organic products are fresher and taste better. You can actually taste the difference in fresh organic produce, poultry and meat. Yes, I realize that organic meats, fruits, and vegetables are more expensive. If you can't afford organic food or it's not available in your area don't worry this "fat blasting" nutrition strategy will still work. However, I challenge you to do your own investigative work. Look at what those animals are fed and the overdose of drugs and hormones that these animals are given. Do your own research on the poisons sprayed in the fields. After only a minimal amount of research, you will be able to better determine if organic, pesticide free foods are worth the added cost.

The same is true of man-made, processed foods. What I'm referring to is any food item that comes in a can, box, wrapper or bag. I'm talking about

your favorite can of soup, or your favorite box of sugary cereal, or your favorite candy bar, anything that is man, or should I say, machine made. I know that you already know that these foods are not good for you, but discussing how bad processed foods really are are an important component of your nutrition strategy.

The next time you are in the grocery store, browse through the dairy section and look at some of the cheese labels. Pay close attention to the slabs of orange we usually see on top of our cheeseburgers. Look at the package. It clearly states that the product is not actually cheese, but a “cheese food” or “cheese like.” Yes, it microwaves nicely and can be easily slathered on top of tortilla chips, but allow it to cool, and you will see that it more closely resembles a plastic product than an actual food group. In short, the nutritional content of that food might as well be plastic. It is an empty, hollow food without value. It has next to no nutritional value, and these processed foods will absolutely derail your weight loss efforts with hidden sugars that raise insulin levels.

Here are some examples of idyllic menu choices along with the proper portion control.

### **Seven Days of Menu Choices for You to Mix and Match**

#### **BREAKFAST**

Scrambled Eggs (3/4 Cup)  
Tomato (4 slices)  
Grapefruit (1/2)

Plain Omelet  
with Chicken or Turkey Sausage  
Apple (Medium sized)

Wild Berry Smoothie  
With Protein Powder (1 Scoop)  
Peanut Butter (1 ½ Teaspoon)

Cream of Rice Cereal (1/2 Cup)  
Chicken or Turkey Sausage (2 oz.)  
Soy Milk (4 oz.)

Scrambled Eggs (1/2 Cup)  
Grilled Ham (1 oz.)  
Fresh Seasonal Fruit (1 ½ Cups)

Strawberry Banana Smoothie  
with Protein Powder (1 Scoop)  
Peanut Butter ( 1 ½ Teaspoon)

Rice Krispies Cereal (1 Cup)  
Soy Milk (1/2 Cup)  
Scrambled Eggs (1/2 Cup)  
Avocado (2 Thin Slices)

#### **MID-MORNING SNACK**

1/2 Smoothie  
Almonds (4)

Applesauce (1/4 Cup)  
Soy Cheese (1 oz.)  
Almonds (4)

Chicken or Turket Breast (1 oz.)  
Tbsp.)  
Trail Mix (1 Tbsp. Raisins, 4 Almonds)

Peanut Butter or Tofu Dip (1  
Celery

Hard Boiled Egg  
Grapes (1/2 Cup)

Steamed or raw Vegetables (1Cup)

Soy Cheese (1 oz.)  
Soy Crips (10)

### **LUNCH**

Mediterranean Chicken Breast (3 oz.)  
Steamed or Raw Vegetables (2 Cups)

Chicken Cacciatore (3 oz.)  
Sliced Tomatoes/Cucumber (1½

Cups)

Chicken Salad (3 oz.)  
(3 oz.)  
Fruit of Choice (1 piece or ½ Cup)  
Vegetables (2 Cups)

Garlic Rosemary Chicken

Steamed or Raw

Chicken Taco (3 oz. Chicken - 1 Corn Tortilla)  
Steamed or Raw Vegetables (1 ½ Cup)

Chicken (3 oz.)  
Steamed Broccoli (2 Cups)

Grilled Garlic Orange Chicken (3 oz.)  
Spinach Africaine

### **MID-AFTERNOON SNACK**

Tuna Salsa Salad (1/2 Cup)  
Soy Crips (10)

Hummus ( ½ Cup)  
Chicken (2 oz.)

Shrimp (3 oz)  
oz.)  
Fruit of Choice (1 piece or ½ Cup)

Turkey or Soy Meatballs (2

Blue Corn Chips (10)

Tuna Salad (2 oz.)

Chicken Salad ( /2 Cup)

Baby Carrots & Celery (1 Cup)

Blue Corn Chip (10)

### **DINNER**

Grilled Ginger Shrimp (4oz.)  
oz.)

Broccoli (1 Cup)

Brown Rice (¼ Cup)

tsp. Olive Oil)

Lettuce, Jicama, and Carrot Salad ( ½ Cup)

1 Tsp. Olive Oil

Grilled Red Snapper (4

Steamed Vegetables (1 Cup)

Field Greens Salad (1

Tofu Chili

Mixed Greens Salad

Cups)

Cup)

Grilled Salmon (4 oz.)

Sauteed Vegetables (2

Fresh Seasonal Fruit Salad (1

Roasted Turkey (4 Oz.)

Sugar Snap Peas (4 oz.)

oz.)

Brown Rice ( ¼ Cup)

Yellow Squash ( ½ Cup)

Romaine Salad ( 1 Cup)

1 tsp. Olive Oil

Stuffed Green Peppers

Italian(Chicken or Turkey) Sausage (3

¼ Cup White or Brown Rice

2 Green Peppers

Roasted Tomato Soup ( 1 Cup)

READY, SET, GO!

### **The Five “Steps**

**Step One:** Use the 40/30/30 ratio for each meal.  
40% Carbohydrate, 30% Protein, 30% **Fat**  
Eat a little protein with each meal

**Step Two:** Eat at least five small meals or snacks per day.  
Eat a small meal every 2 ½ to 3 hours.  
Portion control and moderation are key.

**Step Three:** Good carbohydrates versus bad carbohydrates.  
Eat carbohydrates strategically and increase high in fiber foods

**Step Four:** Choose fresh produce and lean meats.  
Reduce processed and high sugar foods

These are the four steps of your “fat blasting” nutrition strategy. This is a way of eating that has a proven track record, is simple and realistic for a busy lifestyle and supports rapid body fat loss and weight management.

Now that you understand how much to eat, how often to eat and in what proportion let’s align this way of eating with your goals. It is imperative that you have a specific, long-term goal in mind. This goal needs to be realistic to your lifestyle and body type. You need to visualize it and imagine what achieving your goals will look and feel like and how your life will be improved.

Remember, you need to write down all your fitness goals, along with the date you wish to achieve it. Write these down on several note cards. Then post these cards on your refrigerator, on your bathroom mirror, on your night table, inside the door of your pantry, on the dashboard of your car, in your brief case, or inside the freezer where you normally store the ice cream.

This ultimate goal (for a fixed period of time) needs to become a top priority

in your life. The more importance this priority has, the higher your success rate in achieving all of your goals. Again, I sit down every Sunday night and plan out my entire week, and I have suggested that you do the same. But let's start the planning process today.

## YOUR NEW SCHEDULE

First, let's set a start date. How about tomorrow? I know you have not read the exercise chapters yet, but why not get a head start on your "fat blasting" nutrition program. There is an old Chinese proverb that says "Be not afraid of changing slowly: be afraid of standing still". Schedule your breakfast shortly after waking and then schedule the remainder of your meals or snacks every 2 ½ to 3 hours. Try to have the last of these meals around sunset. Remember, these meals are crucial. These meals are the key to your fat loss and weight management success. They are essential in creating the YOU you strive to become.

When you look over your daily schedule, try to identify the days or times that may be challenging for you. This foresight will allow you to prepare something ahead of time so that you have the food you need when you need it.

## OVERCOMING OBSTACLES

A lot of obstacles you may face will be overcome by planning. Part of my planning means spending a portion of my weekend preparing and cooking foods for the upcoming week. If all I have to do is warm up my food, I am less likely to miss meals. I have found that if I prepare all of my proteins, which typically take longer to prepare, in advance I can easily add a salad, cook up some vegetables, or slice up some fruit while I warm up my meal. In this way I always know that I can eat a healthy, balanced meal in about 10 to 15 minutes.

Some other obstacles you may encounter could pertain to cravings or feeling unsatisfied (hungry) by your meals. Since we are using the eyeball method for your meals and snacks it may take a couple of weeks of experimentation to discover how much food you should eat each time. Please trust this nutritional guideline, and understand that you are retraining your body and your palate to adjust to a different way of eating. There very well could be a short learning curve before cravings dissipate, your taste buds acclimate and you begin to thrive on not feeling overfull.