



LIFESTYLE

NUTRITION GUIDE

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WELCOME

Welcome to our unique and effective nutritional protocol. One of the most misunderstood aspects of health and fitness is nutrition. Many nutrition plans are complicated and modern life has stacked the deck against long-term success. Everyone is so busy. You need to understand your nutritional needs and learn how to monitor your body's response to changes in nutrition. Only then will nutrition become an integral part of your lifestyle.

We have developed a nutrition protocol that encourages you to learn more about your body and your nutritional needs. You will find our protocol is divided into three specific and equally important phases.

1**PHASE ONE**

is what we call the Elimination/Observation Phase

2**PHASE TWO**

is the Experimentation/Goal-Setting Phase

3**PHASE THREE**

is the Survive in Real Life Phase

Each phase is critical to your long-term success. Every step of the way, you will learn more about your body. Follow our tips and tricks to the best of your ability, but above all, pay attention to the signs your body will give you! Before we begin the nutritional component with Phase One, we need to go over a few tips that should be implemented right away, as well as a few frequently asked questions. These changes are absolutely critical to the protocol's success and will help you become a healthier person right away!

UNDERSTAND ENERGY BALANCE

If you hope to achieve any sustainable success, whether that means weight loss or gain, you must understand the concept of energy balance. Calories are simply a unit of energy.

ENERGY = CALORIE

The calories you consume are the energy available to fuel your body, and the calories you burn are used throughout the day at rest and to fuel physical activity.

ENERGY IN = CALORIES YOU CONSUME

ENERGY OUT = CALORIES YOU EXPEND/BURN

If the calories you consume equal the calories you burn throughout the day, you will maintain your weight.

ENERGY (CAL) INPUT

ENERGY (CAL) OUTPUT

MAINTENANCE



If you eat more calories (energy) than you are expending, you will gain weight.

ENERGY (CAL) INPUT

ENERGY OUTPUT

WEIGHT GAIN

(Consuming more energy than you are expending)

By that same definition, if you consume fewer calories than you are expending, you will lose weight.

ENERGY INPUT

ENERGY (CAL) OUTPUT

WEIGHT LOSS

(Consuming less energy than you are expending)

There are relatively common hormonal and metabolic reasons why the calories your body burns may be much lower than you think, but we will discuss ways to avoid these adaptations throughout this guide. This leads to another important distinction you must understand for long-term nutritional success; the difference between food quality and quantity.

UNDERSTAND ENERGY BALANCE

QUALITY VS. QUANTITY

Simply eating healthy foods cannot guarantee weight loss. Many people who struggle with their weight eat only salads but continue to gain weight.

Salads can comprise only unprocessed, natural, and locally grown foods. Or they can be laden with fat and processed foods to make them more palatable. For example, a large garden salad without dressing, cheese, croutons, or eggs has around 58 calories. On the other hand, restaurant salads weigh in at 500 to 700 calories, with some topping out at 900 calories.

When evaluating food options, you must factor in their quantity and their quality. That smoothie at the gym, the fast food salad, the wrap, and even/especially that fruit juice is insidiously full of calories. Often, they rely on your assumption that these foods are all-around good for you! When it comes to food and food ingredients, a good rule of thumb to follow is guilty until proven innocent.

You don't have to eat what "healthy" people eat, just be aware that some foods provide the nutrients you need to survive (fruits, vegetables, etc.) and certain ones do not (candy, chips, sweetened sodas).

No matter what you eat, it has calories. You can gain weight by overeating chicken and broccoli and lose weight by under-consuming fast food. Unfortunately, most of that **weight loss is muscle**.



UNDERSTAND ENERGY BALANCE

MEAL FREQUENCY

How many meals you eat daily is entirely up to personal preference.

Daily calories being equal, eating many small meals throughout the day has no beneficial effect on body composition. Similarly, eating one meal a day has no beneficial effects either. Instead, find how many meals allow you to feel satiated and remain consistent with your calorie intake. Rest assured; meal frequency is largely irrelevant!



HABITS

BUYING ORGANIC

We generally recommend that you buy organic products if possible and if price allows because there are harmful compounds in the air, water, and our food. **Atrazine** is just one example of these compounds that disrupt the endocrine system and, thereby, our body as a whole. Foods grown organically are less likely to have been exposed to any of these substances. They are also typically higher in micro and phytonutrient content.

Don't be mistaken in thinking that "organic" means healthy, however. Many organic products (especially those on a shelf) are still full of sugar/oils to make them taste good. Follow the old rule of only shopping the grocery store perimeter, and you should be fine!

Remember, buy organic whenever possible. Check out the dirty dozen/clean fifteen for a list of foods you should absolutely buy organic and which ones you can compromise on.

DIRTY DOZEN CLEAN FIFTEEN

The **Environmental Working Group** puts out a list of the fruits and vegetables with the most and least pesticide residue. The dirty dozen lists the fruits and veggies you should prioritize buying organic whenever possible. We go as far as suggesting not purchasing them unless they are organic. On the other hand, the clean fifteen lists produce you can buy non-organic. Keep this in mind next time you hit the grocery store!





ENVIRONMENTAL WORKING GROUP 2021 LIST

DIRTY DOZEN / CLEAN FIFTEEN

Dirty Dozen

- ◆ Strawberries
- ◆ Spinach
- ◆ Kale/collard/mustard greens
- ◆ Nectarines
- ◆ Apples
- ◆ Grapes
- ◆ Peaches
- ◆ Pears
- ◆ Bell and hot peppers
- ◆ Celery
- ◆ Tomatoes

Clean Fifteen

- ◆ Avocados
- ◆ Sweet corn
- ◆ Pineapples
- ◆ Onions
- ◆ Papayas
- ◆ Frozen sweet peas
- ◆ Eggplant
- ◆ Asparagus
- ◆ Broccoli
- ◆ Cabbage
- ◆ Kiwifruit
- ◆ Cauliflower
- ◆ Mushrooms
- ◆ Honeydew
- ◆ Cantaloupe

SLEEP

"Sleep is first for a reason. For some reason, as Americans, we wear our lack of sleep as a badge of honor. Although we all inherently know sleep is important for good health, few of us respect just how important it really is."

Joshua Lewis CPT

Immediate Side Effects of Inadequate Sleep



Pre-diabetic symptoms can develop after only one night of inadequate sleep (insulin resistance). Even in otherwise healthy individuals!



Reduced executive function occurs after missing just one night of sleep. Executive functions are the higher-level thinking skills you use to make decisions throughout the day. This explains why it is more difficult to resist cravings.



Lack of sleep can reduce a young man's testosterone levels by 10% to 15%, the same amount as aging 10 to 15 years.



Studies have shown, on average, someone who has had inadequate sleep consumes 400-500 additional calories the following day, primarily from hyperpalatable, processed foods.

During normal sleep, the glymphatic system essentially power washes the brain. So if you are not sleeping, the brain is not healing. Just as bad, chronically increased insulin levels in the brain inhibit the ability of insulin-degrading enzymes. Insulin-degrading enzymes play a key role in degrading amyloid peptide deposits in the brain.



HABITS

CHEAT MEALS?

We often get asked if cheat meals are necessary for achieving long-term success. You definitely do not need "cheat meals" to achieve any fitness goals you may have. Here's why:

Maintaining a healthy diet and lifestyle should not be restrictive long term. Although the first two phases of our protocol require that you restrict what foods you eat, it is not meant to be this way forever. There are extremely healthy foods that taste good, and you can find them. Finding what foods work best for you can keep away any cravings for unhealthy, indulging foods.

Another reason why we do not recommend cheat-style meals is that more often than not, people go out to a restaurant for them. When eating out, you are inevitably unaware of what is in your food, both calorically and otherwise. Mitigate this by having such meals at home if they are absolutely necessary. Eating at home ensures that you are not getting any harmful additives put in your food during the preparation process.

Remember, the goal is to make healthy eating a lifestyle. If you are always feeling restricted and counting down until the next "cheat meal," then you will almost certainly never achieve your long-term goals.



HABITS

BREATHING

Almost every one of us is breathing wrong. Sure, the air gets in and goes out, but we typically do so in a way that is not only inefficient but also detrimental to our health. Spinal health, organ health, nervous system health, digestive ability, and much more are affected when you chronically breathe spurts of air using only your ribs (costally).

Breathing does far more for us than just delivering oxygen. There is one major way that weight loss specifically can be affected by shallow breathing, and that is through the nervous system.

If you are breathing costally, you are putting yourself in a stressed (sympathetic nervous system) state. This will shuttle blood flow away from the digestive organs and turn on stress hormones which can wreak havoc on your entire endocrine system. Breathing diaphragmatically can help you slide more towards the rest and digest state (parasympathetic nervous system).

You need your body to heal and recover if you expect it to recover and adapt positively to the stimuli you are applying to it both in and out of the gym. So, breathe deeply through the nose, fill up your stomach first, and then your chest. See how often you can catch yourself breathing using just your ribs. It will be more often than you think!



PHASE 1

ELIMINATION / OBSERVATION

MINIMUM 4-6 WEEK DURATION

Phase One of our protocol is arguably the most beneficial and unique. Eliminating problem foods and establishing new nutrient-rich staple foods as the basis of your diet gives you confidence in your ability to create lasting changes.

Incorporate the foods we will recommend as much as possible into your daily meals and avoid the foods that cause more harm than good. Changing your diet doesn't need to happen overnight. The goal is to find which foods you can and will eat consistently.

Aim to consume as many of the foods from the list as possible while observing the signs your body is showing you. We recommend choosing one of these markers to focus on until it becomes second nature. At that point, you can choose another, and so on. This will help facilitate lasting changes and ensure that you will not become overwhelmed.

You don't need to count calories yet! This phase is entirely about developing new and lasting eating habits. Focus on your body and be as consistent as possible!

Adhering to a diet is the biggest factor in attaining long-term success, so the goal for Phase One is to construct an eating plan that works for you!



PHASE 1: ELIMINATION / OBSERVATION

NO GO'S

**Vegetable/Seed Oils**

Canola, soy, corn, cheap olive oil, hydrogenated vegetable oils, safflower, sesame, sunflower, grapeseed, almond, flaxseed, walnut, etc.

**Sugars**

Corn syrup, high-fructose corn syrup, sucrose, and literally 50 or more names. If it has an -ose in the name, it is sugar!

**Alcohol**

No elaboration is needed here.

**Artificial Sweeteners**

Aspartame, sucralose, acesulfame potassium, saccharin.

**Processed Foods of Any Kind**

Anything that comes in a package will likely have one or more of the above ingredients. We know you will probably consume something from a package at some point. Just minimize reliance upon them as much as possible and avoid them if they have any of the other ingredients listed above (which they almost certainly will).



FOOD RECOMMENDATIONS

Protein Sources

- Beef
- Bison
- Lamb
- Liver
- Chicken (free-range if possible)
- Pork
- Wild-Caught Fish
- Free-range eggs
- Greek yogurt
- Wild Game
- Turkey
- Mussels
- Protein Powder

Veggies / Carbs

- Broccoli
- Kale
- Cabbage
- Spinach
- Arugula
- Mixed Greens
- Collard Greens
- Cucumber
- Chard (any kind)
- Bell Peppers
- Celery
- Zucchini
- Asparagus
- Cauliflower

Miscellaneous

- Mushrooms
- Pecans
- Brazil Nuts
- Macadamias
- Pistachios
- Almonds
- Coconut Oil
- Extra Virgin Olive Oil
- Grass-fed butter
- Avocado oil
- Ginger
- Turmeric/Black Pepper
- Nutritional Yeast
- Cinnamon

Fruits

- Blueberries
- Strawberries
- Raspberries
- Avocado



PHASE 1: ELIMINATION / OBSERVATION

PROTEIN

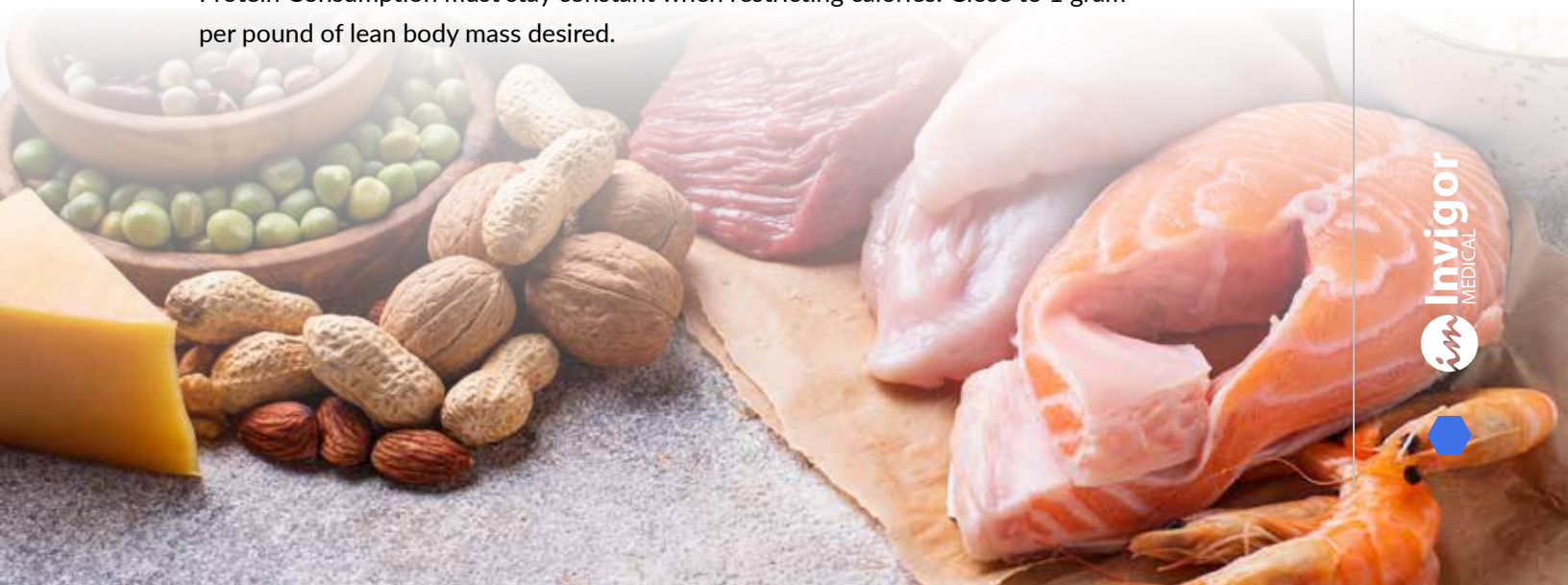
Consuming adequate amounts of protein is crucial for muscle recovery and adaptation. When dieting to lose weight or gain muscle, we recommend setting protein consumption at 1 gram per pound of desired lean body mass.

For example, if someone is 200 pounds and wishes to weigh a lean 150 pounds, they should consume roughly 150 grams of protein. Be objective about what your ACTUAL lean body mass currently is.

Many people claim that extremely high-protein diets (2 or more grams per pound of body weight) are required for optimal muscle growth, and conversely, that high-protein diets are detrimental to your health. While both of these claims are largely unsupported, it is imperative that you provide your body with adequate protein during any transformation process.

Like fiber, protein has a much higher energy requirement for digestion/assimilation and will allow you to feel satiated for longer. If you are not getting adequate protein during a calorically restricted diet, it has been shown you will lose a disproportionate amount of lean body mass while retaining or even gaining body fat!

Protein Consumption must stay constant when restricting calories! Close to 1 gram per pound of lean body mass desired.



PHASE 1: ELIMINATION / OBSERVATION

MACRO/MICRONUTRIENTS

Micro and macronutrients are equally important in regard to health. In fact, although most of the fitness industry focuses primarily on macronutrients, we believe micronutrients may be more important, providing that specific macronutrient ratios are controlled.

Macronutrients

- ◆ Carbohydrates
- ◆ Fats
- ◆ Proteins

Micronutrients

- ◆ Water-soluble vitamins
- ◆ Fat-soluble vitamins
- ◆ Minerals
- ◆ Water

Taking this into consideration, by consuming adequate amounts of vegetables and some fruits from the list provided, you will almost certainly be consuming more micronutrients than you are currently, further stimulating and enabling your body to change. With the exception of an adequate intake of protein and a sufficient amount of dietary fat, the ratio of which you consume macronutrients is largely up to personal preference.



PHASE 1: ELIMINATION / OBSERVATION

BIOFEEDBACK TO PAY ATTENTION TO

Libido

Low libido may be indicative of many things, including too large of a calorie deficit and hormonal deficiencies stemming from a lack of proper nutrition. Pay attention to, and correlate, your sex drive with your current food choices. You may find that certain eating styles fare better or worse for this important marker of health and vitality. In nature, if we were unhealthy, we weren't viable potential parents. This would cause our wonderfully wise bodies to decrease the drive for procreation, a.k.a. low libido!

Mental Clarity

Being able to focus is crucial to success and effectiveness as a human in our modern lives. We are constantly besieged with stimuli during every waking hour. Add upon that a lack of clarity potentiated by preventable maladies such as inflammation, nutrient deficiencies (both macro and micro), and blood sugar fluctuations, and you have a recipe for mental fog. Use Phase One to more fully understand which foods work best for you, not just physically but mentally as well. Additionally, mental fog is a telltale sign of inadequate sleep!

Motivation

This one can be tricky. We often mistakenly think motivation is something that we have to have before going to the gym. This is not the case. What we are trying to pay attention to is how much do you NOT want to go to the gym? Is it more than normal laziness? Ask anyone who has been going to the gym consistently for years, and if they are honest, they will tell you there are days when they would rather do anything but workout. If one day you feel great and the next you would rather sit on the couch than hit the weights, look at what you have eaten or done differently that day.



BIOFEEDBACK TO PAY ATTENTION TO

Sleep

Although we had an entire section on sleep at the beginning of this guide, it is worth touching on again. Sleep should be placed equal to or above all other aspects of health and fitness. Waking up before you have slept enough or staying up late to work out will absolutely not yield a net-positive effect long term. Instead, plan your day so you can get adequate sleep, and your body will thank you in ways you can't even begin to imagine. Waking up and still feeling groggy or taking forever to get out of bed, never feeling like you have rested enough, and not being able to fall asleep are all signs something is wrong. Practice good sleep hygiene. Try to go to sleep and wake up at the same time every day, reduce light exposure for hours before bedtime, keep your bedroom cool, eliminate stimulants such as caffeine around 9 hours before bed, and make sure your room is as dark as possible during sleep. These are all ways to improve both sleep quantity and quality.

Sleep Recommendations

Sleep Foundation Recommendations

- ◆ **Newborns (0-3 months):** Sleep range 14-17 hours each day.
- ◆ **Infants (4-11 months):** Sleep range 12-15 hours each day.
- ◆ **Toddlers (1-2 years):** Sleep range 11-14 hours each day.
- ◆ **Preschoolers (3-5):** Sleep range 10-13 hours each day.
- ◆ **School-age children (6-13):** Sleep range 9- 11 hours each day.
- ◆ **Teenagers (14-17):** Sleep range 8-10 hours each day.
- ◆ **Younger adults (18-25):** Sleep range is 7-9 hours each day.
- ◆ **Adults (26-64):** Sleep range is 7-9 hours each day.
- ◆ **Older adults (65+):** Sleep range is 7-8 hours each day.

Stool

Observing your stool is something few people want to do, let alone talk about. We have a cultural aversion to talking about what happens in the bathroom. Well, checking your movements can and should be a leading marker of how you are doing diet-wise. Using a chart like the Bristol Stool Scale will provide you with invaluable insight as to what exactly is going on inside of you. Use it! Your poop is telling you more than you probably want to know!



BIOFEEDBACK TO PAY ATTENTION TO

Stress Management

Westerners have considered the physiological effects of chronic stress ever since it was thought that spicy foods and stress caused ulcers. That theory has since been largely disproven, but there are still real consequences of not managing stress. Hormonal dysregulation, appetite fluctuations, decreased nutrient utilization, and increased intestinal permeability, just to name a few. Inability to manage stress can be a good indicator you are pushing your body too hard in at least one facet of life.

If you are dieting, it may be the reduced calorie consumption. You may be exercising too hard or too often. Long work hours may be taking their toll. Whatever the cause(s), your body is showing you the writing on the wall, and now is the time to handle your stress before it manifests as something far more detrimental.

Recovery

Your ability to recover can be dictated by many aspects of training, lifestyle, and nutrition. Sleep, stress, exercise programming, consumption of adequate micro and macronutrients, and many other factors should be considered and manipulated to facilitate recovery. However, it is important to remember that if you prioritize recovery, you are likely reducing your body's ability to adapt. Recovery from difficult training can take some time. Pay attention to what habits allow you to recover more quickly and which do not. Which foods facilitate a quicker recovery? How much sleep works best for you? These are aspects you will have to observe and experiment with to find what works best for you!

Skin

Your skin can tell you a lot—almost as much as your poop. Skin conditions such as acne, psoriasis, and eczema are often just outward manifestations of an issue going on inside of you. Keep note of times when you have breakouts or flare-ups and see if they coincide with your consumption of specific foods. While they may not be the root cause of the issue, they can certainly exacerbate the problem. Reducing inflammation in the gut can often ameliorate maladies all over the body. Recent discoveries indicate that some gut issues will ONLY manifest as non-gut-related symptoms!

PHASE 2

EXPERIMENTATION / GOAL-SETTING

MINIMUM 4-6 WEEK DURATION

Once you have completed Phase One, you should have a much better understanding of how your body reacts to certain foods. Utilizing this newly found knowledge, you must now begin to develop a better understanding as to how much food you should be consuming.

Phase Two introduces low-glycemic carbohydrates to the foods listed in Phase One. In this section, you will find a list of such carbohydrate sources, and it is recommended that you stick to this list for now.

You should notice that many of these carbohydrates are what most people considered to be "healthy" or "clean" and will taste better than ever before as you have most likely altered your taste if you have resisted consuming hyperpalatable processed foods designed to manipulate your senses.

What Changes Going into Phase Two

- Introduction of specific carbohydrates
- Macronutrient/calorie consumption tracking
- Weight/body composition tracking
- Incorporating different eating styles (fasting, caloric undulation). More information on fasting/undulation at the end of the guide





PHASE 2: EXPERIMENTATION/ GOAL-SETTING

KNOWING HOW MANY CALORIES TO EAT?

There are a few practical ways to determine how many calories you should be eating. However, both of the ways that we recommend require that you put in some work. It will be worth investing your time because the information you learn from the process will be far more valuable than any estimations given to you by trainers or other health providers.

Option 1

Count Your Calories for a Week and Track Your Weight

This method requires some other measures to ensure accuracy

- All variables must be accounted for (sleep, stress, activity, steps, exercise) as accurately as possible to form a proper baseline.
- Macronutrient ratios should be kept consistent throughout the program.
- Calories consumed must be tracked!

Take the seven days of calories, add up the total and divide it by seven. This will give you the average calorie intake per day. Adjust your calories down and repeat if you have gained weight at the end of the week. If you have lost weight, adjust your calories up and repeat the process. Small fluctuations up or down by 5% or 10% overall are recommended for adjustments.

CALORIE INTAKE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Avg
	1,500	1,580	1,350	1,425	1,650	1,700	1,750	1,565
WEIGHT	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Avg
	190	-	-	-	-	-	-	190

MAINTENANCE CALORIE ESTIMATION: 1,565

PHASE 2: EXPERIMENTATION/ GOAL-SETTING

Option 2

Utilize a BMR Calculator and Find Caloric Maintenance

Although this initial number will be somewhat arbitrary and almost certainly wrong, it will be a good place to start. We recommend using the Harris-Benedict equation, which utilizes an intensity factor to incorporate individual activity levels. Similar to the other method, there are a few considerations to consider.

- ◆ This number should be strictly adhered to in order to ensure accuracy.
- ◆ Macronutrient ratios should be kept consistent throughout.
- ◆ Calories consumed must be kept exactly the same (or as close as possible).
- ◆ All variables must be accounted for (sleep, stress, activity, steps, exercise) to form a proper baseline.

If you have gained weight at the end of the week, adjust your calories down and repeat. If you have lost weight, adjust up and repeat. Small fluctuations up or down by 5% or 10% overall are recommended for adjustments.

Once you have established your baseline for calories, you can begin implementing the different eating styles you will read about in the following pages. It is crucial that you know what your maintenance level calories are in order to begin strategically and safely restricting calories if weight loss is desired.

Keep in mind that this number is only a baseline, and it will fluctuate based upon stress, decreased or increased activity levels, different exercise programs, sleep, and many other factors. This is important to remember, as you may need to reconfirm your maintenance occasionally.



PHASE 2: EXPERIMENTATION/ GOAL-SETTING

PHASE TWO FOODS

Beginning this new phase, we recommend that you begin incorporating carbohydrate-rich foods strategically, based upon your lifestyle and exercise regimen. Try eating carbohydrates at different times throughout the day and observe your body's response to them. If you are resistance training (hopefully you are), try eating carbohydrates before your workout or after, and see which you like best.

Veggies/Carbs

- Broccoli
- Brussels Sprouts
- Kale
- Cabbage
- Spinach
- Arugula
- Mixed Greens
- Collard Greens
- Cucumber
- Chard (any kind)
- Bell peppers
- Celery
- Zucchini
- Asparagus
- Cauliflower
- Organic Oats
- Squash
- Local Honey
- Sweet Potatoes
- Organic Rice

Fruits

- Blueberries
- Strawberries
- Raspberries
- Avocado
- Papaya
- Oranges
- Blackberries
- Pumpkin
- Apples
- Cantaloupe



PHASE 3

SURVIVE IN REAL LIFE

Phase Three is what we have been working towards. By implementing all the skills you have learned in the first two phases, you will now be able to live a more free and balanced lifestyle with less worry about your diet. Keep in mind. However, it does not mean the process is over. In fact, we recommend going back to Phase Two periodically in the future in order to remain on track long term.

At this point, you should be able to listen to your body's signs and signals on a deeper level than before. You will be able to introduce foods previously avoided but with much more control. By taking the previous two phases to understand and nourish your body, it will be much easier to make objective decisions about what you put into it.

Instead of valuing foods for the momentary enjoyment they may provide you, think of the nourishment they give you. It should be possible for you to incorporate more indulgent foods occasionally now. Still, pay attention to how your body responds to the pizza or ice cream you used to live on. You will probably associate them with discomfort or indigestion rather than happiness. This type of association will make it infinitely easier to decline such foods if and when the opportunity arises.

What Changes Going into Phase Three

- Moderate alcohol consumption is permitted, though not advised.
- Eating at restaurants in moderation is permitted.





PHASE 3: SURVIVE IN REAL LIFE

EATING STRATEGIES TO TRY

Fasting

Intermittent fasting can be an incredibly effective tool for creating a calorie deficit and thereby stimulating weight loss if done correctly. We recommend that you begin by simply eliminating snacking. Then consolidate your calories into three meals, preferably each with an equal number of calories. Once you have established this eating pattern, you can consolidate them further and consume the same number of calories in two meals. Some may wish to further consolidate their calories to one meal; however, we rarely recommend this.

Example 1800 calorie plan to begin fasting

STEP ONE

Meal 1
600 cal**Fasting**
4-6 hrs**Meal 2**
600 cal**Fasting**
4-6 hrs**Meal 3**
600 cal

STEP TWO

Meal 1
900 cal**Fasting**
6-8 hrs**Meal 2**
900 cal

STEP THREE (IF DESIRED)

Fasting
10-12 hrs**Meal 1**
1800 cal**Fasting**
10-12 hrs

PHASE 3: SURVIVE IN REAL LIFE

UNDULATING CALORIES / DEFICIT MANIPULATION

One of our favorite methods to achieve weight loss without incurring negative metabolic adaptations to decreased caloric intake is undulating calories. By manipulating calorie consumption daily, we can achieve a deficit without allowing the body to adapt to a lower calorie intake. Below is an example calorie plan showing how to use this effective and sustainable strategy.

-  Deficit = Maintenance - 500 calories
-  Maintenance = 2000 calories
-  Surplus = Maintenance + 500 calories

Example 28 Day Calorie Undulation Plan

1 Maintenance	2 Deficit	3 Maintenance	4 Deficit	5 Deficit	6 Maintenance	7 Deficit
8 Deficit	9 Deficit	10 Maintenance	11 Surplus	12 Maintenance	13 Deficit	14 Deficit
15 Deficit	16 Deficit	17 Maintenance	18 Maintenance	19 Deficit	20 Deficit	21 Deficit
22 Deficit	23 Deficit	24 Maintenance	25 Maintenance	26 Surplus	27 Maintenance	28 Maintenance

By increasing the amount of time you are in a calorie deficit slowly, you can help mitigate negative metabolic adaptations that come from decreasing calories too suddenly. This progression will also allow you to psychologically adjust to this eating style and prevent potential lapses in consistency. Additionally, the days where you are eating a surplus in calories will help "remind" your body that food is not scarce, and it is not dangerous to metabolize stored body fat for energy. Keep in mind that our body fat is like an insurance policy for survival, which up until very recently in human history could have meant the difference between living or dying. We cannot trump our biology simply by will. We must work with it to achieve sustainable results.



PHASE 3: SURVIVE IN REAL LIFE

KEY POINTS

Bottom line is:

- In order to lose weight, you must be in a calorie deficit.
- There is a right and a wrong way for YOU to create that deficit.
- What someone else did to create their deficit/weight loss won't necessarily work for you.
- You must pay attention to the signs that your body will show you to correct your course on a weight loss journey.
- The bigger the calorie deficit you use, the greater the chance you will experience the unwanted effects of energy restriction.
- All diets work, just not for everyone.
- You don't need supplements to lose weight.
- Create a deficit. Do it consistently. Listen to your body.





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