



Fat Loss Made Simple

Your diet can influence between 70-80% of your results so it is vital that if you want to see some results you put as much effort into eating healthy as you do in training. I think the two best bits of advice to follow regarding eating well is to prepare and not to overcomplicate things. Just by spending an extra 20 minutes each night/morning preparing food for the day will help you to avoid unhealthy snacking and bad food choices.

This document is the first step on your journey to making positive long term nutritional changes. You should follow the advice on this document for around 7 days before beginning the 21 Days To Healthy Eating E-book which you will receive.

Ten Simple Steps to Improved Health & Appearance

1. Drink plenty of water – Drink 1 litre of water per day for every 3.5 stone of body weight. Drinking plenty of water will also help to flush out the harmful toxins in your system
2. Cut out ALL processed and fried foods
3. Eat 3-4 smaller meals rather than 1-2 big meals. Snack on things such as fruit, nuts and veggie crudites between meals
4. Never skip breakfast – Nuts and fruit is a good breakfast to start the day if you don't like eating too much first thing in the morning
5. Reduce your carbohydrate intake especially refined carbs. Stick to carbs such as sweet potato, potatoes, brown rice and basmati rice. Eat more carbs on training days
6. Exercise 3-5 times a week, aim to do 2 weights sessions and 1-2 intense cardio sessions
7. Try to cut out at least 2 of the following: Caffeine, alcohol, dairy, processed foods, wheat and gluten
8. Avoid diet or low fat products – In many cases they are worse than the full fat versions
9. Aim to include quality sources of fat in your diet such as fish, nuts, extra virgin olive oil and avocados.
10. Supplement daily with a quality Fish Oil Supplement and Vitamin C tablet.



3 HEALTHY MEAL IDEAS

Grilled chicken breast with broccoli, asparagus and sweet potato
Salmon fillet with stir fry vegetables, coconut oil and butter
Tomato, mushroom and onion omelette with side salad drizzled in extra virgin olive oil

Quick tips

Allow yourself time each day to relax and unwind, this can reduce stress levels and help you to sleep better at night, aim for at least 8 hours sleep a night. Also let yourself have a cheat meal once a week as a treat on a Friday or Saturday night.