



ABSOLUTE
TRAINING & NUTRITION



6
WEEKS



FAT LOSS
SOLUTION



HI, NICE TO MEET YOU...

Absolute 6-week fat loss solution

Welcome to our 6-week fat loss solution. This book is designed to help you achieve your weight loss goals in a safe and sustainable way. It is a comprehensive guide that provides you with all the information and tools you need to lose fat and improve your overall health.

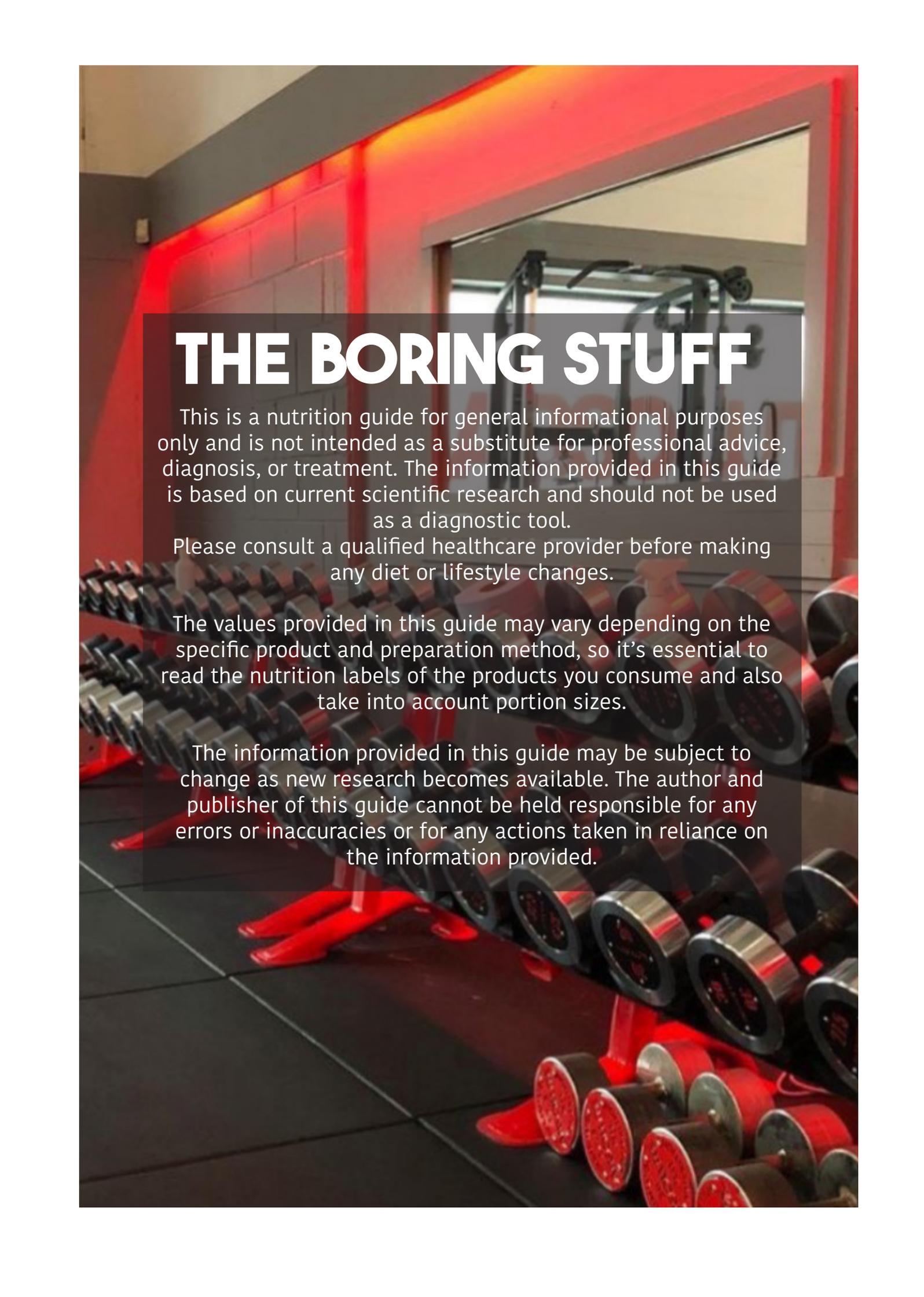
This 6-week program is designed to help you make sustainable lifestyle changes that will not only help you lose weight but also improve your overall health. Our program is built on the principles of balanced nutrition and regular exercise, and also focuses on stress management and mindfulness as key elements to support weight loss.

This program is not a quick fix, it's a lifelong solution. You will learn how to make healthy choices that will help you lose fat, feel better and look great. So, get ready to embark on an exciting journey of self-discovery and fat loss!

Below we have added some fantastic tools to help you from the 1% rule and change theory. Make sure you read this we might test you on it.

Finally, we have laid out your simple nutrition plan. To give you choice and flexibility we have a huge exhaustive list of foods and their values. How often to eat and quantities are also in detail in this book.

Remember we are here for you, any questions or if you need help just ask. As we go through the 6 weeks, your coach may adjust your diet to optimise your results.



THE BORING STUFF

This is a nutrition guide for general informational purposes only and is not intended as a substitute for professional advice, diagnosis, or treatment. The information provided in this guide is based on current scientific research and should not be used as a diagnostic tool.

Please consult a qualified healthcare provider before making any diet or lifestyle changes.

The values provided in this guide may vary depending on the specific product and preparation method, so it's essential to read the nutrition labels of the products you consume and also take into account portion sizes.

The information provided in this guide may be subject to change as new research becomes available. The author and publisher of this guide cannot be held responsible for any errors or inaccuracies or for any actions taken in reliance on the information provided.

STARTING MINDSET CONCEPTS

GOALS FOR LONG TERM FAT LOSS

- Creating a calorie deficit
- Building muscle
- Eating a balanced diet
- Managing stress
- Sticking to a consistent routine
- Setting realistic and achievable goals
- Being patient

THE 1% RULE

- Start small
- Make it specific
- Make it measurable
- Make it attainable
- Make it relevant
- Make it time-bound
- Create a plan of action
- Find an accountability partner
- Celebrate success
- Be flexible

PREPARING FOR CHANGE

- Unfreezing
- Changing
- Refreezing
- Pre contemplation
- Contemplation
- Preparation
- Action
- Maintenance

LOSING WEIGHT IS NOT THE PROBLEM

- Crash dieting
- Lack of sustainable lifestyle changes
- Emphasis on restriction
- Lack of support
- Hormonal changes

WEIGHT LOSS VS FAT LOSS

Sugar

WHAT TO EXPECT DURING THE ABSOLUTE 6 WEEK FAT LOSS SOLUTION

Weight loss

Increased energy levels

Improved mood

Changes in body composition

Hunger and cravings

Plateau

Challenges

THE FOOD STUFF

Helps control hunger

Promotes better blood sugar control

Increases nutrient intake

Increases metabolism

Promotes muscle growth and repair

PROTEIN

Protein helps to preserve muscle mass

Protein helps to increase satiety

Protein helps to boost metabolic rate

Protein helps to reduce muscle loss

Protein helps to reduce muscle loss

VEGETABLES AND CARBOHYDRATES

Carbohydrates can provide energy for physical activity

Carbohydrates can regulate blood sugar levels

Carbohydrates can promote feelings of fullness

Carbohydrates can be a better source of energy

FATS

Healthy fats can help to reduce hunger

Healthy fats can boost metabolism

Healthy fats can improve body composition

Healthy fats can improve blood sugar control

GOALS FOR LONG TERM FAT LOSS



CREATING A CALORIE DEFICIT

To lose fat, you need to create a calorie deficit, which means consuming fewer calories than you burn. This can be achieved through a combination of reducing your calorie intake and increasing your physical activity.

BUILDING MUSCLE

Building muscle can help you lose fat in the long-term because muscle burns more calories than fat, even at rest. Incorporating strength training exercises into your routine can help you build muscle and increase your metabolism.

EATING A BALANCED DIET

A balanced diet is essential for long-term fat loss. Eating a variety of nutrient-dense foods such as fruits, vegetables, lean proteins, and whole grains can help you feel full and satisfied and prevent overeating.

MANAGING STRESS

Stress can trigger overeating and weight gain, so it is important to manage stress through techniques such as meditation, yoga, or other stress management techniques to support weight loss.

STICKING TO A CONSISTENT ROUTINE

Consistency is key when it comes to long-term fat loss. By sticking to a consistent routine of healthy eating and regular exercise, you can gradually make sustainable changes that will help you achieve and maintain your weight loss goals.

SETTING REALISTIC AND ACHIEVABLE GOALS

Setting realistic and achievable weight loss goals can help you stay motivated and on track with your fat loss journey. It is also helpful to set milestones along the way to celebrate your progress and keep you motivated.

BEING PATIENT

Remember that weight loss is a process, it takes time and patience. Don't give up if you don't see immediate results, stay consistent and don't get discouraged by setbacks.

THE 1% RULE

Making small, incremental changes to your diet and lifestyle can be a more sustainable approach to achieving long-term success. This concept is often referred to as the “1% rule” or the “small wins” approach. The idea is that by making small changes, you can gradually build momentum and make lasting improvements to your health and well-being.

START SMALL

As I mentioned before, try making small, incremental changes to your habits, rather than trying to make big changes all at once. This will help you build momentum and make the changes feel more manageable.

MAKE IT SPECIFIC

Be clear about what habit you want to change, and what the specific steps are that you will take to change it.

MAKE IT MEASURABLE

Set a specific goal for yourself, so you can track your progress and measure your success.

MAKE IT ATTAINABLE

Set realistic goals for yourself and be honest about what you can achieve.

MAKE IT RELEVANT

Identify the reasons why you want to change this habit and remind yourself of them often.

MAKE IT TIME-BOUND

Set a deadline for yourself, so you have a clear end goal in sight.

CREATE A PLAN OF ACTION

Break down the habit into smaller steps and create a plan of action for how you will accomplish each step.

FIND AN ACCOUNTABILITY PARTNER

Find someone who can hold you accountable and check in with you on your progress.

CELEBRATE SUCCESS

Reward yourself for each small accomplishment and celebrate your successes along the way.

PREPARING FOR CHANGE

Change theory refers to various models and frameworks that are used to understand and facilitate the process of change. These theories are often used in fields such as psychology, sociology, and organisational management to understand how and why people and organisations change.

One of the most widely used change theories is Lewin's Change Management Model, which was developed by Kurt Lewin in the 1940s. This model proposes that change occurs in three stages: unfreezing, changing, and refreezing.



Another widely used change theory is the Transtheoretical Model of Change (TTM) developed by James Prochaska and Carlo DiClemente, which proposes that individuals go through several stages as they move through the process of change, including: precontemplation, contemplation, preparation, action, and maintenance.



It's important to note that change can be complex and multifaceted and can be influenced by a variety of factors, including personal, social, and environmental factors.

PRE CONTEMPLATION

The individual is not aware of or ready to change the behaviour.

CONTEMPLATION

The individual is aware of the issue and thinking about change, but not ready to take action.

PREPARATION

The individual is ready to take action and making plans to change.

ACTION

The individual is actively working to change the behaviour

MAINTENANCE

The individual is working to maintain the change over time.

LOSING WEIGHT IS NOT THE PROBLEM

If you have lost weight before, weight loss is not the problem, keeping the weight is. Keeping weight off long-

term is the real challenge. Studies have shown that many people who lose weight through dieting or other means are unable to maintain their weight loss over time. This is often referred to as “yo-yo” dieting. Several factors can contribute to this phenomenon, **INCLUDING:**

CRASH DIETING

Rapid weight loss can be difficult to maintain, and often leads to rebound weight gain.

LACK OF SUSTAINABLE LIFESTYLE CHANGES

Many weight loss programs focus on short-term changes rather than long-term lifestyle modifications.

EMPHASIS ON RESTRICTION

Focusing on what not to eat or restrictions can lead to feelings of deprivation, which can make it difficult to stick to a diet long-term.

LACK OF SUPPORT

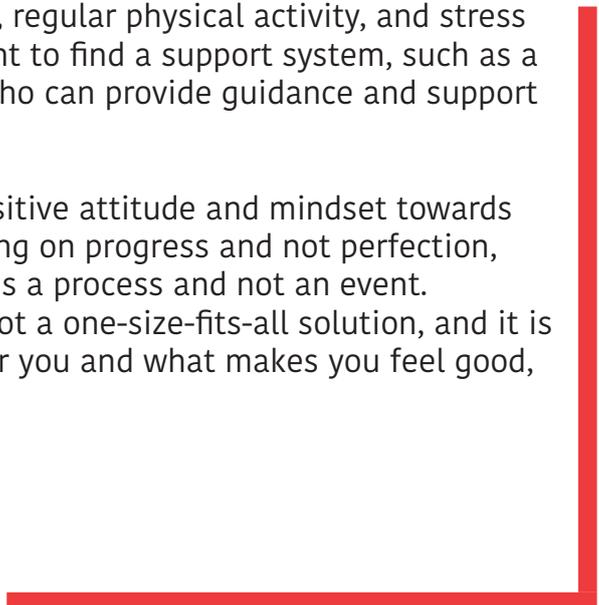
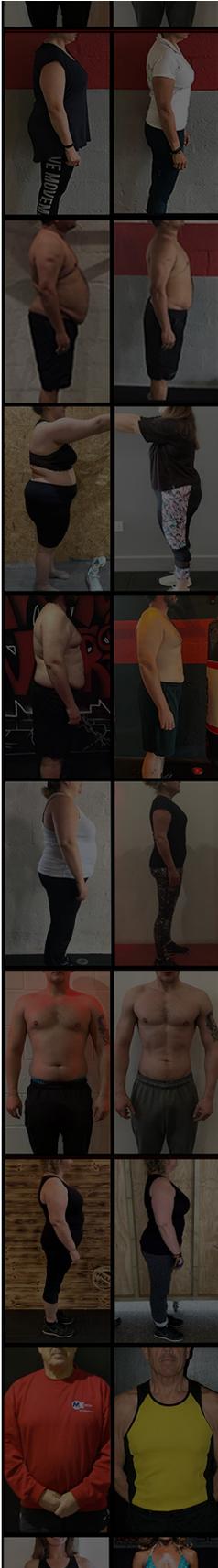
Without a support system, it can be difficult to maintain weight loss long-term.

HORMONAL CHANGES

Rapid weight loss can cause changes in hormones such as Leptin, which plays a role in regulating appetite, that can make it difficult to maintain weight loss.

In order to keep the weight off long-term, it is important to focus on sustainable lifestyle changes that can be maintained over time, such as healthy eating patterns, regular physical activity, and stress management. It is also important to find a support system, such as a personal coach or nutritionist who can provide guidance and support throughout the process.

It's also important to have a positive attitude and mindset towards your weight loss journey, focusing on progress and not perfection, and accepting that weight loss is a process and not an event. Remember that weight loss is not a one-size-fits-all solution, and it is important to find what works for you and what makes you feel good, both physically and mentally.



WEIGHT LOSS VS FAT LOSS

Weight loss and fat loss are often used interchangeably, but they are not the same thing.

Weight loss refers to a reduction in overall body weight, which can be achieved by losing fat, muscle, water, or a combination of these. People usually focus on the number on the scale and tend to lose weight through crash dieting and excessive cardio. This approach can lead to a reduction in muscle mass, which can have negative consequences on overall health and metabolism.

Fat loss, on the other hand, refers specifically to the reduction of body fat. This can be achieved through a combination of a healthy diet, regular exercise, and adequate sleep. A focus on fat loss can lead to a reduction in body fat, which can improve overall health, appearance, and metabolism.

It's important to note that muscle tissue is more dense than fat tissue, so someone who focuses on fat loss may not see a significant change in their weight, but rather in their body composition, and overall look and feel.

It's important to focus on fat loss, rather than weight loss, as it can lead to improved health, better body composition and sustainable results. A balance between strength training, cardio and diet is important to achieve a sustainable fat loss. A diet that is low in calories but high in protein can help to maintain muscle mass while promoting fat loss. Also, it is important to be mindful of the sources of calories, choosing nutrient-dense whole foods, and avoiding processed foods.

WEIGHT LOSS	VS	FAT LOSS
WEIGHT LOSS = SMALLER BODY		FAT LOSS = <u>LEANER BODY</u>
<ul style="list-style-type: none">• ACHIEVED WITH CALORIE DEFICIT• LEADS TO REDUCTION IN STRENGTH & ENERGY• LOSS IN MUSCLE, WATER AND A SMALL AMOUNT OF FAT		<ul style="list-style-type: none">• ACHIEVED WITH PROPER NUTRITION• LEANER MORE TONED PHYSIQUE• INCREASED ENDURANCE & STRENGTH

SUGAR

Sugar is a type of carbohydrate that is naturally present in many foods, such as fruits, vegetables, and dairy products. It is also added to many processed foods, such as sweets, soft drinks, and baked goods. There are different types of sugar, such as fructose (found in fruits), lactose (found in milk), and sucrose (table sugar), but they all provide energy in the form of calories.

Sugars, also known as simple carbohydrates, are digested and absorbed quickly by the body. The process begins in the mouth, where an enzyme called salivary amylase starts breaking down the sugar molecules. As the food is chewed and mixed with saliva, the sugar molecules are broken down further.

The absorption of sugar is regulated by insulin, a hormone produced by the pancreas. When blood sugar levels rise, insulin is released to help transport glucose from the blood into the cells, where it can be used for energy.

Consuming too much sugar can contribute to weight gain and make it more difficult to lose fat. This is because sugar is high in calories and can cause an increase in insulin levels, which can lead to fat storage. Additionally, consuming a diet high in sugar can lead to cravings and overeating, which can make it difficult to stick to a calorie-controlled diet.

Removing sugar from your diet can be better for your health because consuming too much sugar can lead to a variety of health issues such as obesity, type 2 diabetes, heart disease, and tooth decay. Sugar has been linked to a number of health problems when consumed in excessive amounts.

Eating a diet high in added sugars can also increase inflammation in the body, which is linked to chronic diseases like cancer, Alzheimer's, and other diseases. Additionally, consuming too much sugar can lead to nutrient deficiencies, as foods high in added sugars often lack essential vitamins and minerals. By removing sugar from your diet, you can lower your risk for these health issues and improve overall health.

It's recommended that women should limit added sugars to no more than 6 teaspoons per day (24 grams) and men should limit it to 9 teaspoons per day (36 grams)

REASONS TO EAT LESS SUGAR >>>>>

- 1 TOO MUCH SUGAR CAN LEAD TO OBESITY, TYPE 2 DIABETES, HEART DISEASE.** 
 - 2 EATING TOO MUCH SUGAR CAN OVERLOAD THE LIVER, WHICH CAN LEAD TO WEIGHT GAIN AND POSSIBLY A FATTY LIVER.** 
 - 3 SUGAR CAN ALSO INCREASE INFLAMMATION IN THE BODY, WHICH IS LINKED DISEASES LIKE ALZHEIMER'S.**
 - 4 THE BODY STORES EXCESS SUGAR AS FAT, SO EATING LESS CAN LEAD TO FAT LOSS.** 
 - 5 STUDIES HAVE LINKED HIGH SUGAR INTAKE TO THE INCREASED RISK OF SOME CANCERS.** 
 - 6 SUGAR CONSUMPTION CAN LEAD TO TOOTH DECAY.** 
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LET'S GET TO IT

WHAT TO EXPECT DURING THE 6 WEEK FAT LOSS SOLUTION

Our six week fat loss program can be a challenging, yet a rewarding process. Here are a few things you may experience during the program:

WEIGHT LOSS

As you make changes to your diet and exercise routine, you may begin to see a reduction in your weight and body fat. However, it's important to remember that weight loss is not always linear and there may be fluctuations along the way.

INCREASED ENERGY LEVELS

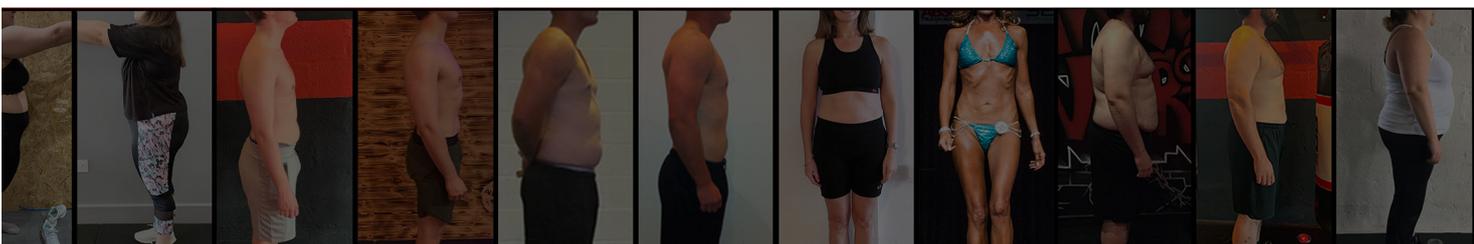
As you begin to lose weight and improve your fitness, you may find that you have more energy and feel better overall.

CHALLENGES

Making changes to your diet and exercise routine can be difficult and you may encounter obstacles along the way, such as lack of time, lack of motivation, and social pressure. It's important to have a plan in place to deal with these challenges.

HUNGER AND CRAVINGS

As you make changes to your diet, you may experience hunger and cravings at first, especially if you are cutting back on processed foods or sweets. It's important to plan ahead and have healthy snacks on hand to help manage these feelings.



IMPROVED MOOD

Regular exercise and a healthy diet have been shown to improve mood and reduce stress.

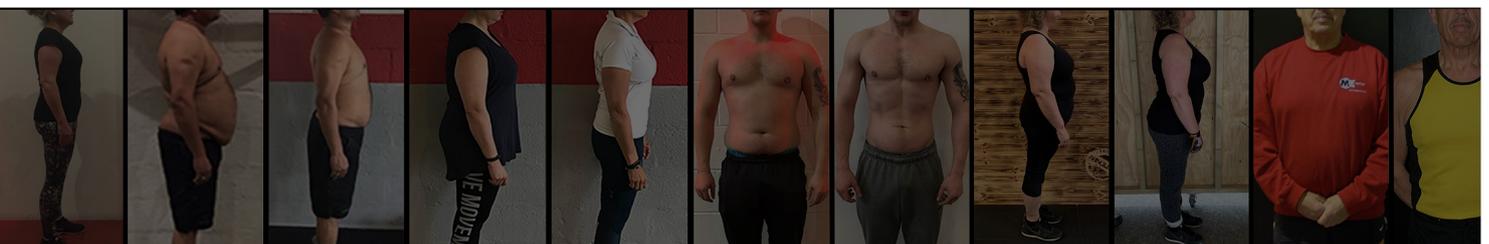
CHANGES IN BODY COMPOSITION

As you lose body fat, you may notice changes in your body composition, such as an increase in muscle tone and a decrease in body fat.

PLATEAU

After a period of time, you may find that your weight loss slows down or stops altogether. This is a common phenomenon, referred to as a plateau, and it can be caused by a variety of factors such as a decrease in metabolism, hormonal changes, and lack of adherence to the diet and exercise regimen.

Weight loss is not a one-size-fits-all process and it requires patience, consistency and a long-term perspective. It is important to set realistic goals and to focus on progress, not perfection.





THE FOOD STUFF

We would like you to eat 4 meals a day. Eating 4 meals a day is often recommended as a way to support weight loss and improve overall health. Here are a few reasons why:

- 1** Helps control hunger: Eating smaller, more frequent meals throughout the day can help to keep hunger at bay and prevent overeating.
 - 2** Promotes better blood sugar control: Eating 4 meals a day can help to maintain stable blood sugar levels, which can be beneficial for weight loss and overall health.
 - 3** Increases nutrient intake: Eating more frequent meals throughout the day can help to ensure that you are getting a variety of nutrients, which is important for overall health.
 - 4** Increases metabolism: Eating more frequent meals can help to keep your metabolism running at a higher rate, which can be beneficial for weight loss.
 - 5** Promotes muscle growth and repair: Eating 4 meals a day that are high in protein can help to support muscle growth and repair, which is important for overall health and weight loss.
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There is some research that supports the idea that eating 4 meals a day can be beneficial for weight loss and overall health. Here are a few examples of studies that have investigated this topic:

“A study published in the Journal of the Academy of Nutrition and Dietetics (2013) by R.M. Leidy et al. found that eating 4 meals a day was associated with a greater reduction in body weight and body fat compared to eating 3 meals a day in obese women.”

“Another study published in the International Journal of Obesity (2015) by M. Koopman et al. found that eating 4 meals a day was associated with a greater reduction in body weight and body fat compared to eating 2 meals a day.”

“A study published in the Journal of Human Nutrition and Dietetics (2017) by J. Rauber et al. found that eating 4 meals a day was associated with improved blood sugar control and a greater reduction in body weight and body fat compared to eating 3 meals a day in overweight people.”

“A study published in the International Journal of Obesity (2016) by L. Keogh et al. found that eating 4 meals a day was associated with improved blood sugar control and a greater reduction in body weight and body fat compared to eating 2 meals a day in overweight people.”

PROTEIN

“The word “protein” comes from the Greek word “proteios,” which means “primary” or “holding first place.” The term was first used in a biological context in 1838 by Jöns Jakob

Berzelius, a Swedish chemist, to describe a class of nitrogen-containing compounds that are essential for the growth and repair of tissues in the body.”

Berzelius coined the word “protein” to describe these compounds because of their importance in the diet.

Proteins are essential macronutrients required by the body for growth and repair of tissues, maintaining fluid balance and other vital functions. They are made up of amino acids and are found in a wide variety of foods such as meats, dairy, legumes, and plant-based options.

Protein is a very important nutrient for our body since it’s required in many biological processes and it’s a crucial component of every cell in the body. The word “protein” has been widely used in the field of biochemistry, nutrition, and medicine to refer to the class of biomolecules that are essential for life.

**WHAT CAN
PROTEIN DO?**



PROTEIN HELPS TO PRESERVE MUSCLE MASS

When people lose weight, they often lose muscle mass along with fat. Eating a diet that is high in protein can help to preserve muscle mass and prevent muscle loss, which can help to improve metabolism and overall health.

PROTEIN HELPS TO INCREASE SATIETY

Protein is more satisfying than carbohydrates or fats, and it can help to reduce hunger and cravings. This can make it easier to stick to a calorie-controlled diet and promote weight loss.

PROTEIN HELPS TO BOOST METABOLIC RATE

Protein requires more energy to digest than carbohydrates or fats. This process, known as the thermic effect of food (TEF), can help to boost metabolism and promote fat loss.

PROTEIN HELPS TO REDUCE MUSCLE LOSS

Muscle is more metabolically active than fat, so maintaining muscle mass can help to improve metabolism and promote fat loss.

PROTEIN HELPS TO REDUCE MUSCLE LOSS

Protein can help to stimulate muscle protein synthesis which leads to muscle growth and repair, this can help to increase muscle mass and overall body composition,

We would like you to consume at least 25g of protein in each meal this can be a great way to help maintain muscle mass and promote fat loss. Protein can be an important nutrient in a weight loss program because of its ability to promote fat loss.

Here are **some protein sources** and their approximate protein content per 100g serving:

Pork loin: 29 grams of protein per 100 grams

Lamb: 26 grams of protein per 100 grams

Venison: 29 grams of protein per 100 grams

Ostrich: 28 grams of protein per 100 grams

Buffalo: 29 grams of protein per 100 grams

Cottage cheese: 14 grams of protein per 100 grams

Egg whites: 11 grams of protein per 100 grams

Greek yogurt: 10 grams of protein per 100 grams

Canned or dry beans (black, kidney, navy, pinto): 8 grams of protein per 100 grams

Nuts and seeds like sunflower seeds, pumpkin seeds, flaxseed and chia seeds: 6-9 grams of protein per 100 grams

Protein powders like pea, rice, hemp, soy: 20-25 grams of protein per 100 grams

4 large eggs (25g)

1/4 cup (30g) of peanuts (9g)

1/4 cup (30g) of almonds (6g)

3/4 cup (100g) of cooked lentils (18g)

1 cup (240ml) of milk (8g)

1 cup (240ml) of Greek yogurt (20g)

2 scoops of whey protein powder (25g)

Please note that these values might not be accurate and serving size depends on the specific brand and product. Also, the way the food is prepared can affect the protein content, for example, nuts depends on the specific brand and product.



Here are some examples of **fish protein** sources and the approximate amount of protein per 100g serving:

Tuna fish: 25 grams of protein per 100 grams

Salmon: 22 grams of protein per 100 grams

Sardines: 23 grams of protein per 100 grams

Cod: 22 grams of protein per 100 grams

Swordfish: 21 grams of protein per 100 grams

Sole: 19 grams of protein per 100 grams

Mackerel: 18 grams of protein per 100 grams

Anchovies : 17 grams of protein per 100 grams

Haddock: 22 grams of protein per 100 grams

Snapper: 21 grams of protein per 100 grams

Sole: 19 grams of protein per 100 grams

Sardines: 23 grams of protein per 100 grams



Anchovies: 17 grams of protein per 100 grams

Mackerel: 18 grams of protein per 100 grams

Mussels: 18 grams of protein per 100 grams

Oysters: 10 grams of protein per 100 grams

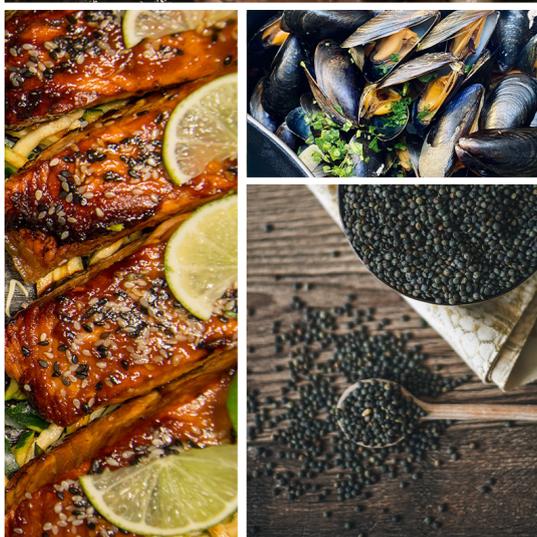
Scallops: 17 grams of protein per 100 grams

Clams: 14 grams of protein per 100 grams

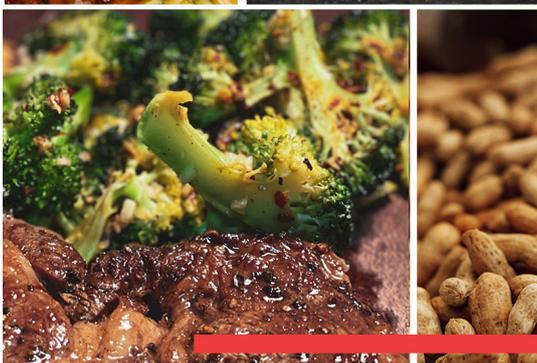
Prawns: 19 grams of protein per 100 grams

Lobster: 26 grams of protein per 100 grams

Crab: 21 grams of protein per 100 grams



It's important to note that these values might not be accurate and serving size depends on the specific brand and product. Also, the way the fish is prepared can affect the protein content, for example, grilled fish will have less fat and more protein than fried fish. Fish is also a great source of omega-3 fatty acids, which are beneficial for heart health.



Here are some examples of **beef and poultry** protein sources and the approximate amount of protein per 100g serving:

Ground beef (90% lean): 26 grams of protein per 100 grams

Steak (sirloin): 26 grams of protein per 100 grams

Roast beef (top round): 26 grams of protein per 100 grams

Beef tenderloin: 25 grams of protein per 100 grams

Chuck roast: 21 grams of protein per 100 grams

Brisket: 20 grams of protein per 100 grams

Ribeye: 21 grams of protein per 100 grams

Flank steak: 19 grams of protein per 100 grams

Short ribs: 16 grams of protein per 100 grams

Ground beef (80% lean): 22 grams of protein per 100 grams

It's important to note that these values might not be accurate and serving size depends on the specific brand and product. Also, the way the beef is prepared can affect the protein content, for example, lean cuts of beef will have less fat and more protein than fattier cuts.

Chicken breast: 31 grams of protein per 100 grams

Turkey breast: 31 grams of protein per 100 grams

Chicken thighs: 27 grams of protein per 100 grams

Turkey legs: 25 grams of protein per 100 grams

Chicken drumsticks: 21 grams of protein per 100 grams

Chicken wings: 18 grams of protein per 100 grams

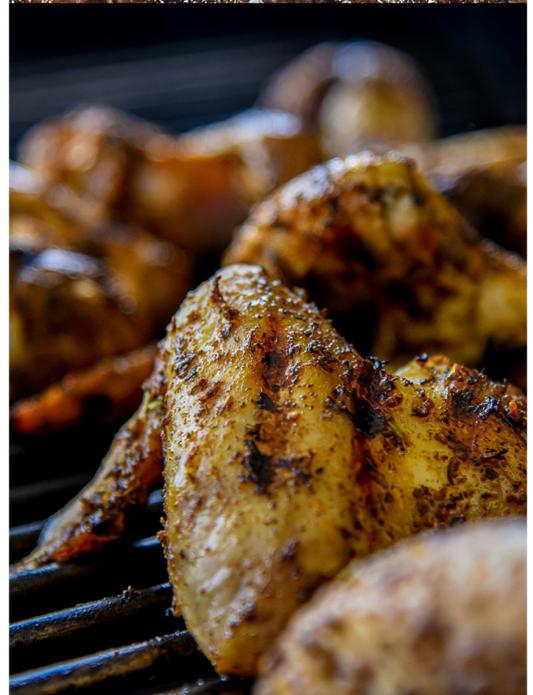
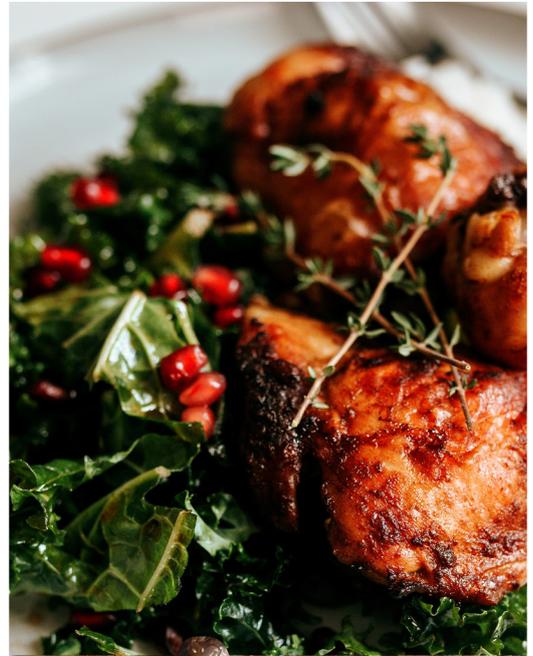
Turkey bacon: 12 grams of protein per 100 grams

Turkey sausage: 12 grams of protein per 100 grams

Duck breast: 32 grams of protein per 100 grams

Quail: 31 grams of protein per 100 grams

It's important to note that these values might not be accurate and serving size depends on the specific brand and product. Also, the way the poultry is prepared can affect the protein content, for example, skinless poultry will have less fat and more protein than poultry with the skin



Here are some examples of **vegetarian** protein sources and the approximate amount of protein per 100g serving:

Tofu (firm or extra-firm): 10-20 grams of protein per 100 grams

Tempeh: 19 grams of protein per 100 grams

Lentils: 9 grams of protein per 100 grams

Chickpeas: 8 grams of protein per 100 grams

Black beans: 8 grams of protein per 100 grams

Quinoa: 4 grams of protein per 100 grams

Peanuts: 25 grams of protein per 100 grams

Almonds: 6 grams of protein per 100 grams

Spinach: 2.9 grams of protein per 100 grams

Broccoli: 2.8 grams of protein per 100 grams

Seitan (wheat gluten): 25 grams of protein per 100 grams

It's important to note that to get a complete protein and all the essential amino acids, vegetarians can combine different sources of plant-based protein, for example, beans and rice, or lentils and quinoa. Also, these values might not be accurate and serving size depends on the specific brand and product.



Here are some examples of **vegan** protein sources and the approximate amount of protein per 100g serving:

Tofu (firm or extra-firm): 10-20 grams of protein per 100 grams

Tempeh: 19 grams of protein per 100 grams

Lentils: 9 grams of protein per 100 grams

Chickpeas: 8 grams of protein per 100 grams

Black beans: 8 grams of protein per 100 grams

Quinoa: 4 grams of protein per 100 grams

Peanuts: 25 grams of protein per 100 grams

Almonds: 6 grams of protein per 100 grams
Spinach: 2.9 grams of protein per 100 grams

Broccoli: 2.8 grams of protein per 100 grams

Seitan (wheat gluten): 25 grams of protein per 100 grams

Nutritional Yeast: 14 grams of protein per 100 grams

Hempseed: 31 grams of protein per 100 grams

Chia Seeds: 17 grams of protein per 100 grams

Amaranth: 14 grams of protein per 100 grams

Spirulina: 57 grams of protein per 100 grams

It's important to note that to get a complete protein and all the essential amino acids, vegans can combine different sources of plant-based protein, for example, beans and rice, or lentils and quinoa. Also, these values might not be accurate and serving size depends on the specific brand and product.

VEGETABLES AND CARBOHYDRATES

Carbohydrates are often portrayed as the enemy when it comes to weight loss and overall health, but this is not entirely accurate. Carbohydrates are an essential macronutrient that provides energy for the body and are found in a variety of foods such as fruits, vegetables, grains, and legumes.

Carbohydrates play an important role in providing energy for the body, especially for the brain and the muscles. They also help to regulate blood sugar levels and provide dietary fibre which is beneficial for the gut health.

It's important to note that not all carbohydrates are created equal.

Complex carbohydrates, found in whole grains, fruits, and vegetables, are rich in nutrients and tend to have a lower glycemic index, which means they are absorbed more slowly into the bloodstream. These types of carbohydrates can be a healthy and beneficial part of a balanced diet.

On the other hand, refined carbohydrates, such as white flour and sugar, are often high in calories but low in nutrients, and can contribute to weight gain and other health problems. It's important to limit the consumption of these types of carbohydrates and instead opt for more nutrient-dense options.

It's important to focus on the quality of the carbohydrates rather than the quantity, and to have a balanced diet that includes a variety of nutrient-dense foods, such as fruits, vegetables, whole grains, and lean proteins.

Carbohydrates, when consumed in the right amount and from the right sources, can be an important part of a weight loss program.

GOOD CARBS

VS

BAD CARBS

GOOD CARBS = COMPLEX CARBS

- **HIGH IN FIBER AND NUTRIENT**
- **BENEFICIAL PART OF A BALANCED DIET.**
- **EXAMPLES: BRAN CEREALS, WHOLE GRAIN BREADS**

BAD CARBS = SIMPLE CARBS

- **LOW IN FIBER AND NUTRIENT.**
- **HIGH IN CALORIES, WHICH CAN LEAD TO WEIGHT GAIN.**
- **EXAMPLES: REFINED BREADS, WHITE FLOUR, SUGAR**

CARBOHYDRATES CAN PROVIDE ENERGY FOR PHYSICAL ACTIVITY

Carbohydrates are the primary source of energy for the body and consuming enough carbohydrates can help to ensure that you have enough energy to participate in regular physical activity, which is essential for weight loss.

CARBOHYDRATES CAN REGULATE BLOOD SUGAR LEVELS

Consuming carbohydrates in moderate amounts and from the right sources can help to regulate blood sugar levels, which can prevent cravings and overeating, which can lead to weight loss.

CARBOHYDRATES CAN PROMOTE FEELINGS OF FULLNESS

Carbohydrates, especially those that are high in fibre, can help to promote feelings of fullness, which can help to reduce calorie intake and promote weight loss.

CARBOHYDRATES CAN BE A BETTER SOURCE OF ENERGY

Carbohydrates are a more efficient source of energy compared to fats, and they can help to spare protein and prevent muscle loss during weight loss.

There is research that suggests that carbohydrates can be an important part of a weight loss program. Here are a few examples of studies that have investigated this topic:

“A study published in the American Journal of Clinical Nutrition (2010) by M.S. Westerterp-Plantenga et al. found that a diet that was higher in carbohydrates and lower in fat was associated with a greater reduction in body weight and body fat compared to a diet that was higher in fat and lower in carbohydrates.”

“Another study published in the Journal of the American Dietetic Association (2008) by J.G. Frestedt et al. found that a diet that was higher in carbohydrates and lower in fat was associated with a greater reduction in body weight and body fat compared to a diet that was higher in protein and lower in carbohydrates.”

“A study published in the American Journal of Clinical Nutrition (2015) by J.B. Baer et al. found that a diet that was higher in carbohydrates and lower in fat was associated with a greater reduction in body weight and body fat compared to a diet that was higher in protein and lower in carbohydrates in overweight and obese adults.”

“A study published in the American Journal of Clinical Nutrition (2016) by M.S. Westerterp-Plantenga et al. found that a diet that was higher in carbohydrates and lower in fat was associated with a greater reduction in body weight and body fat compared to a diet that was higher in protein and lower in carbohydrates”

We would like you to consume at least 25g of Starchy Carbohydrates in each meal and at least 2 portions of fibrous vegetable carbohydrates per meal.

Here are some examples of the fibrous carbohydrate content of various vegetables per 100 grams:

Asparagus: 2.1 grams

Aubergine (Eggplant): 2.5 grams

Broccoli: 3.7 grams

Brussels sprouts: 3.4 grams

Butternut Squash: 8.6 grams

Cabbage: 5.8 grams

Carrots: 9 grams

Cauliflower: 2.9 grams

Celery: 2.97 grams

Cucumber: 2.16 grams

Garlic: 33.1 grams

Green beans: 4.4 grams

Leeks: 5.3 grams

Lettuce: 2 grams

Onions: 9.3 grams

Peas: 7.9 grams

Peppers: 4.64 grams

Radishes: 1.9 grams

Spinach: 3.6 grams

Sweet corn: 20.75 grams

Tomatoes: 3.89 grams

Turnips: 5.9 grams

Courgette: 3.11 grams

It is important to note that the carbohydrate content of vegetables can vary depending on the specific variety and preparation method, so these values may not be entirely accurate for every vegetable.





Here are some examples of the carbohydrate content of various starchy foods per 100 grams:

White rice: 77 grams

Brown rice: 68 grams

Quinoa: 64 grams

Oats: 66 grams

Barley: 12 grams

Buckwheat: 72 grams

Bulgur: 71 grams

Hominy: 69 grams

Millet: 71 grams

Semolina : 72 grams

Potatoes: 17 grams

Sweet potatoes: 20 grams

Pasta : (depending on the type and preparation method) it could vary from 40 to 80 grams of carbs per 100g

It is important to note that the carbohydrate content of starchy foods can vary depending on the specific variety and preparation method, so these values may not be entirely accurate for every starchy food.



Here are some examples of the carbohydrate content of various types of bread per 100 grams:

White bread: 46-53 grams

Whole wheat bread: 40-45 grams

Sourdough bread: 30-40 grams

Rye bread: 40-45 grams

Pumpernickel bread: 45-50 grams

Multigrain bread: 40-45 grams

Baguette: 45-55 grams

Flatbread: 15-20 grams

Focaccia bread: 40-50 grams

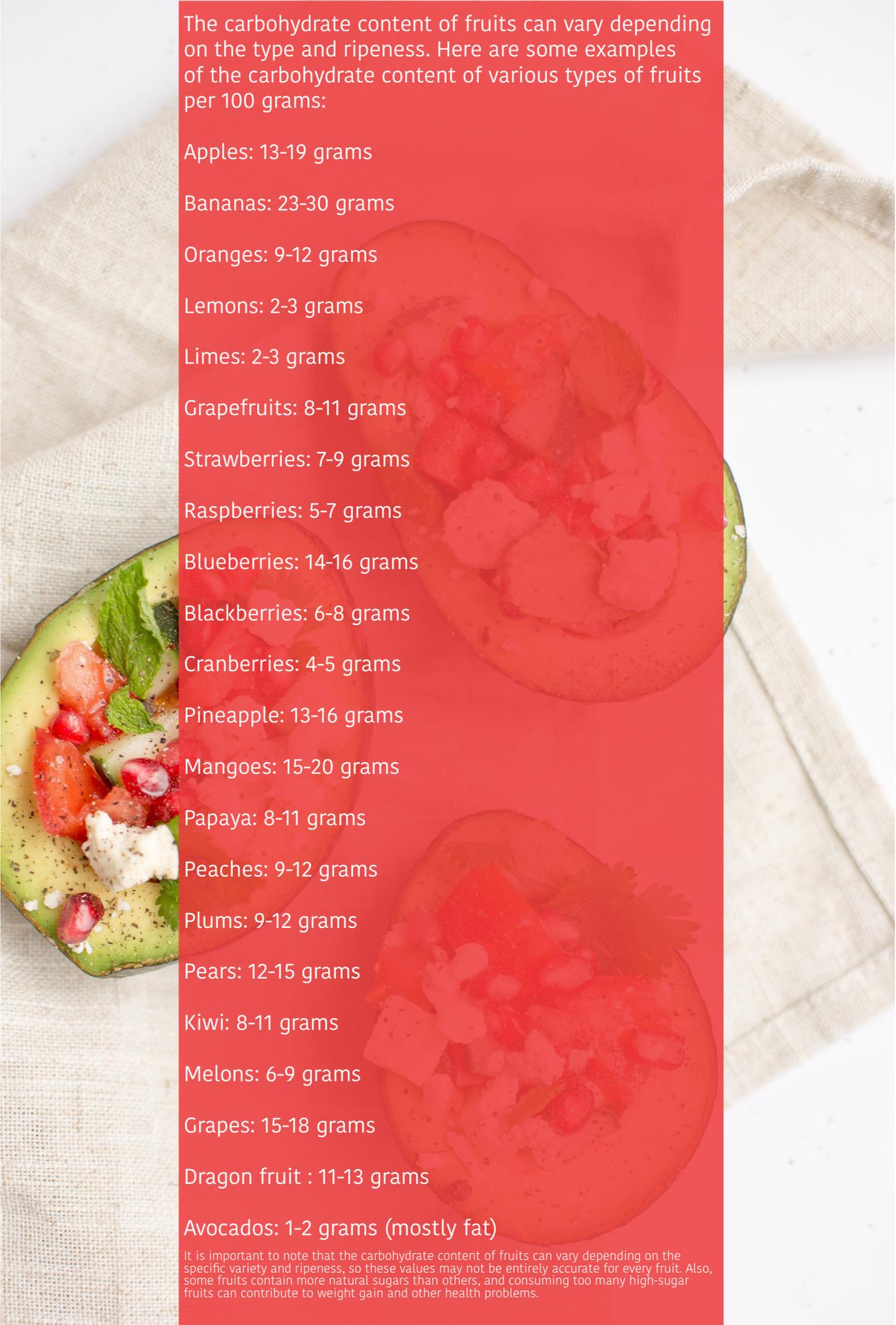
Pita bread: 40-50 grams

Naan bread: 40-50 grams

Roti bread: 40-50 grams



It is important to note that the carbohydrate content of bread can vary depending on the type and preparation method.



The carbohydrate content of fruits can vary depending on the type and ripeness. Here are some examples of the carbohydrate content of various types of fruits per 100 grams:

Apples: 13-19 grams

Bananas: 23-30 grams

Oranges: 9-12 grams

Lemons: 2-3 grams

Limes: 2-3 grams

Grapefruits: 8-11 grams

Strawberries: 7-9 grams

Raspberries: 5-7 grams

Blueberries: 14-16 grams

Blackberries: 6-8 grams

Cranberries: 4-5 grams

Pineapple: 13-16 grams

Mangoes: 15-20 grams

Papaya: 8-11 grams

Peaches: 9-12 grams

Plums: 9-12 grams

Pears: 12-15 grams

Kiwi: 8-11 grams

Melons: 6-9 grams

Grapes: 15-18 grams

Dragon fruit : 11-13 grams

Avocados: 1-2 grams (mostly fat)

It is important to note that the carbohydrate content of fruits can vary depending on the specific variety and ripeness, so these values may not be entirely accurate for every fruit. Also, some fruits contain more natural sugars than others, and consuming too many high-sugar fruits can contribute to weight gain and other health problems.

FATS

Fats are an essential macronutrient that are important for overall health. They are required for the absorption of certain vitamins and minerals, they provide energy, and they help to protect the body's organs and tissues.

There are different types of fats, and some are considered more beneficial for health than others. These are called "essential fats" because they are essential for the body and can't be produced by the body.

The two essential fats are omega-3 and omega-6 fatty acids.

These essential fats are important for heart health, brain function, and cell growth and development.



It's important to consume a balance of both omega-3 and omega-6 fatty acids, as they have different functions in the body. The American Heart Association recommends that adults eat at least two servings of fish per week, which is a good source of omega-3 fatty acids.

It's important to consume healthy fats in moderation, as excessive consumption of any type of fat can contribute to weight gain and other health problems.

Fats are an essential macronutrient and are important for overall health. When it comes to weight loss, the type of fats consumed is more important than the quantity. Consuming a diet that is high in unhealthy fats, such as saturated and trans fats, can contribute to weight gain and other health problems.

On the other hand, consuming a diet that is high in healthy fats, such as monounsaturated and polyunsaturated fats, can help to promote weight loss in several ways.



HEALTHY FATS CAN HELP TO REDUCE HUNGER

Fats are more satisfying than carbohydrates or proteins, and consuming healthy fats can help to reduce hunger and cravings, which can make it easier to stick to a calorie-controlled diet and promote weight loss.

HEALTHY FATS CAN BOOST METABOLISM

Consuming healthy fats can help to boost metabolism, which can help to promote weight loss.

HEALTHY FATS CAN IMPROVE BODY COMPOSITION

Consuming healthy fats can help to improve body composition by reducing body fat while preserving muscle mass, which can help to improve metabolism and overall health.

HEALTHY FATS CAN IMPROVE BLOOD SUGAR CONTROL

Consuming healthy fats can help to improve blood sugar control, which can help to reduce cravings and overeating, which can lead to weight loss.

There is research that suggests that healthy fats can be an important part of a weight loss program. Here are a few examples of studies that have investigated this topic:

“A study published in the American Journal of Clinical Nutrition (2007) by D.S. Weigle et al. found that a diet that was higher in monounsaturated fats and lower in carbohydrates was associated with a greater reduction in body weight and body fat compared to a diet that was higher in carbohydrates and lower in fats.”

“Another study published in the Journal of the American College of Nutrition (2010) by D.S. West et al. found that a diet that was higher in monounsaturated fats and lower in carbohydrates was associated with a greater reduction in body weight and body fat compared to a diet that was higher in carbohydrates and lower in fats in obese adults.”

“A study published in the International Journal of Obesity (2015) by J.D. Paoli et al. found that a diet that was higher in monounsaturated fats and lower in carbohydrates was associated with a greater reduction in body weight and body fat compared to a diet that was higher in carbohydrates and lower in fats in overweight and obese adults.”

“A study published in the Journal of Lipid Research (2015) by D.A. Darnell et al. found that a diet that was higher in monounsaturated fats and lower in carbohydrates was associated with a greater reduction in body weight and body fat compared to a diet that was higher in carbohydrates and lower in fats in obese adults.”

We would like you to consume at least 20g of fat in each meal.



Here is a list of some common fats and their nutritional values per one tablespoon serving (14 grams) :

OLIVE OIL:

Total fat: 14g
Saturated fat: 2g
Monounsaturated fat: 10g
Polyunsaturated fat: 1.5g

AVOCADO OIL:

Total fat: 14g
Saturated fat: 2g
Monounsaturated fat: 10g
Polyunsaturated fat: 1.5g

COCONUT OIL:

Total fat: 14g
Saturated fat: 13g
Monounsaturated fat: 0.8g
Polyunsaturated fat: 0.3g

BUTTER:

Total fat: 14g
Saturated fat: 7g
Monounsaturated fat: 4g
Polyunsaturated fat: 0.5g

GHEE:

Total fat: 14g
Saturated fat: 9g
Monounsaturated fat: 3.5g
Polyunsaturated fat: 0.4g

PEANUT OIL:

Total fat: 14g
Saturated fat: 2g
Monounsaturated fat: 6g
Polyunsaturated fat: 5g

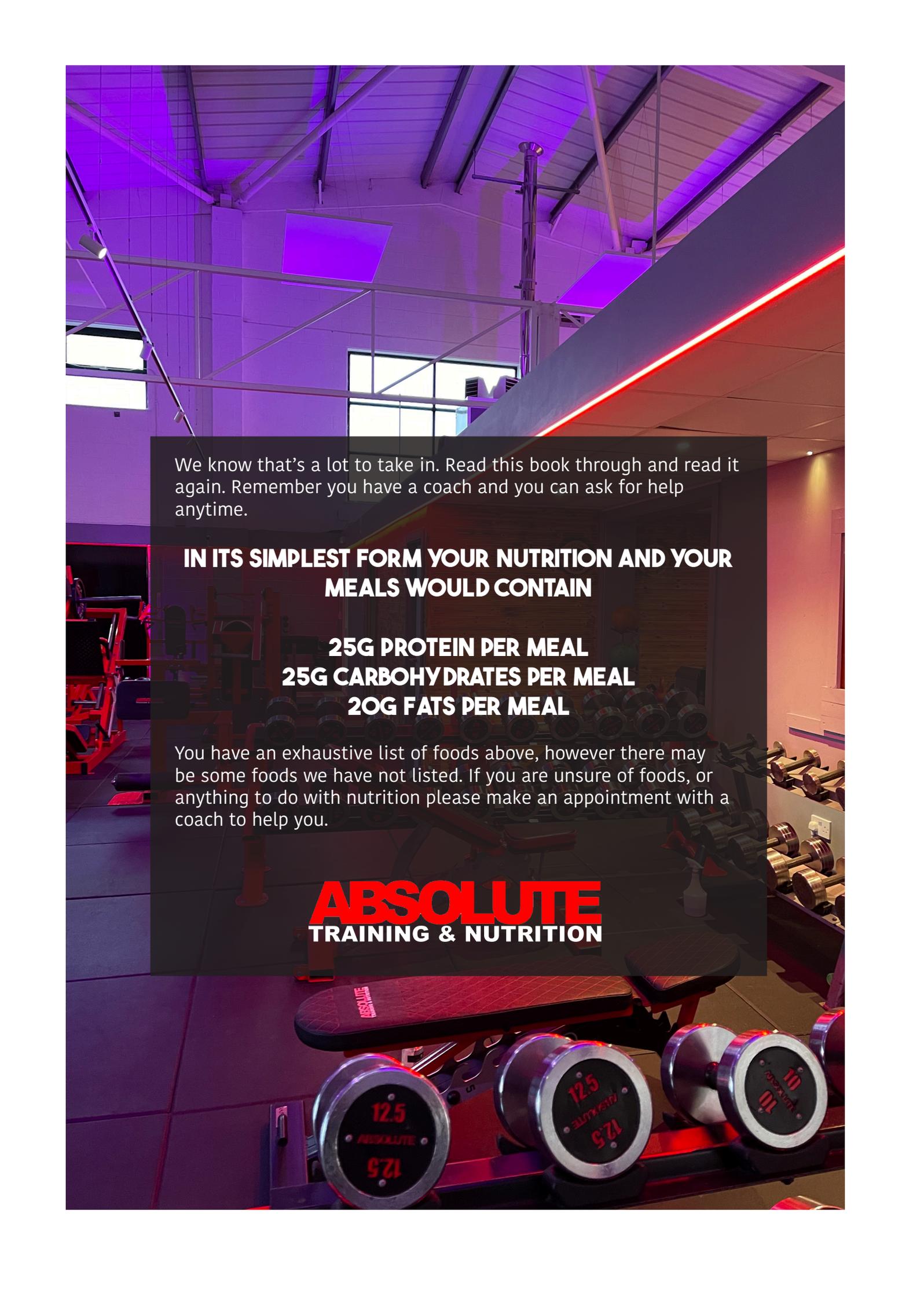
SUNFLOWER OIL:

Total fat: 14g
Saturated fat: 1.4g
Monounsaturated fat: 2.8g
Polyunsaturated fat: 9g

FLAXSEED OIL:

Total fat: 14g
Saturated fat: 0.8g
Monounsaturated fat: 2.5g
Polyunsaturated fat: 10g

It's important to note that these are approximate values and may vary depending on the brand or type of oil. Additionally, it's always important to check the label.



We know that's a lot to take in. Read this book through and read it again. Remember you have a coach and you can ask for help anytime.

IN ITS SIMPLEST FORM YOUR NUTRITION AND YOUR MEALS WOULD CONTAIN

**25G PROTEIN PER MEAL
25G CARBOHYDRATES PER MEAL
20G FATS PER MEAL**

You have an exhaustive list of foods above, however there may be some foods we have not listed. If you are unsure of foods, or anything to do with nutrition please make an appointment with a coach to help you.

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