

A STEP-BY-STEP ALL-NATURAL,
NO-HUNGER GUIDE TO PERMANENT
WEIGHT-LOSS

SUPREME FAT-LOSS SYSTEM

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Introduction

First and foremost, I want to say congratulations for investing in yourself. Get excited because you have a lean and healthy life ahead of you, starting from today. And I don't say that lightly.

Now, let me ask you something: what causes weight gain?

The most obvious answer is eating too much or put in another way — consuming more calories than the body uses (or needs). Now, that's why most diets and weight-loss programs are focused only on reducing calories. But not this book. You see, besides the obvious calorie consumption factor, there are several other factors (like metabolism, cravings, habits, etc.) that contribute to weight gain (and loss) that's within our control.

This book shows you how to hack those other factors (within our control), so that you can lose excess body fat fast and keep it off for good.

In chapter one, you'll discover — “not-so-obvious” — but major reasons why we get fat (and how to avoid them). Chapter 2 and 3 discuss in details the factors that contribute to weight loss and weight gain (all backed by science). Also, these chapters expose many common myths and misconceptions surrounding fat loss and nutrition. Chapter 4 is a special chapter where I introduce you to the “B-H-W-D” framework. Get this part right and you've won half of the weight loss battle. Chapter 5 covers what not to eat and what to (and why). You'll also discover which oils are good for cooking (and which ones are not).

In chapter 6, I tie together everything we've learnt from previous chapters to create what I call (for lack of a better name) the “Supreme Fat-Loss System” (SFS for short).

The SFS is an actionable fat loss plan, which consists of a sensible (and

flexible) eating plan plus an easy, convenient and yet effective exercise program. And finally, in chapter 7, you'll discover all the sins and proper techniques for tracking your weight loss progress and more.

Now, what makes this book superior to most weight loss books is this:

You get to learn a system so powerful that can help you change your eating habits, body composition and even your mind-set toward yourself, food and dieting for the rest of your life.

And the cool part is: unlike other weight loss programs that are pure torture and unhealthy, the eating plan in this book allows you enjoy good food, lose weight and gain sound health in the process.

I hope I've been able to whet your appetite enough to finish reading this book? I have?... Okay good. In that case, let's start with finding out how and why we even get fat in the first place? shall we?



CHAPTER 1

WHY WE GET FAT!

Chapter 1: Why We Get Fat

What really makes us fat? – Some blame it on genetics or slow metabolism, some say it's laziness, others say it's because of overeating, and so on. While all these reasons can be contributing factors (and there're many other factors involved), however, there's only constant factor which is this:

More calories are consumed than the body uses up (or needs) to fuel daily activities.

Now, regardless of if you eat too much (more calories in), or have a slow metabolism (less calories out) or whatever, it all boils down to one thing:

more “calories in” than “calories out”.

By the way, a calorie is just a fancy word used for the unit measurement of the energy obtained from food & drinks (just as metres is used in measuring unit distance).

Now, everything that goes into our mouth (both foods and drinks) is converted into energy (calories) to fuel our basic biological activities (like breathing, digesting, etc.) and physical activities. Any excess energy (from food & drinks) has to go somewhere – so it's stored mostly as body fat – and that's why we end up with those unwanted fats on our bodies.

The more you eat the bigger you get. No two ways. But you might be thinking: “*I know people who eat way more than me but are not as fat (or not fat at all)*”. How can this be? The answer is simple. If you watch closely, in most cases, you'll find out that either:

- A. The person has more muscle mass. In this case, excess calories are sometimes stored in the muscle cells instead of fat cells. For

example, women¹ mostly tend to gain weight faster than men, even if men eat way more because men naturally have more muscle mass.

B. Or the person has a more active lifestyle, so more calories are burnt through physical activities.

C. Or both of the above

Now that we know that we get fat because of consuming more calories than our body uses, so can we just follow the classic advice “*Eat less move more*” to lose weight?

Well, you’ll agree with me that weight loss is more complex than that and involves many other factors. That’s what this whole book is about, covering as many factors as possible so fat-loss can happen. Before we go into all the good stuff to help you lose weight, let’s quickly address some “not-so-obvious” but major things you should watch out for that can make you fat. Here they are:

1. Dieting Can Make You Fat

I’ll pretend for a second that you don’t know what dieting means (or have never been on one). So what is dieting? The answer is: Dieting is restricting oneself to small amounts or “special” kinds of food in order to lose weight. Doing this can make you fat. How? I’ll explain.

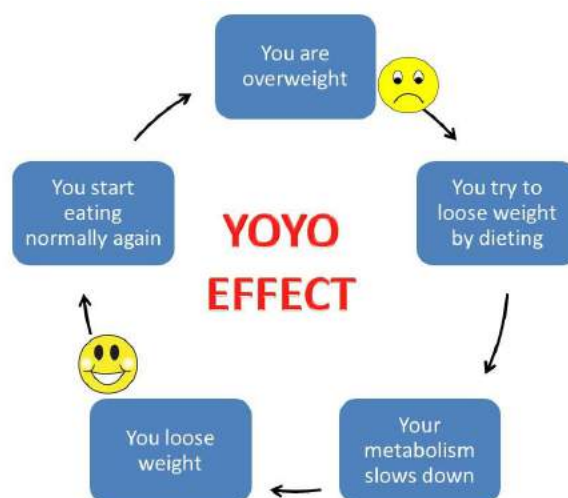
Now, when you are on any weight-loss diet, you’ll lose some weight at first because your body doesn’t know what’s going on. Now, after a few days or so of dieting (or restricting calories), your body system automatically interprets it as a period of starvation (famine). You see, your body doesn’t know (or care) about the “beach body” you’re after, all it cares about is to keep you alive and functioning.

¹ Women can also benefit from this by increasing their lean muscle mass through strength training.

So what does the body do? It responds by slowing down your metabolism (i.e. rate your body uses calories) to conserve energy, in order to keep you alive (as long as possible).

Now, at this point weight loss stops. So to continue to lose weight you'll have to further restrict calorie intake. If you do, you'll lose a few more kilograms, and your metabolism slows further down to meet up. And weight-loss stops again. So far you keep restricting calories, your metabolism keeps playing catch up. And slower metabolism levels mean lower energy levels, that's why you feel weak, tired and depressed anytime you're on a diet.

Now, it will get to a point where dieting becomes really restrictive and difficult to continue. When you can't take it anymore and put an end to the diet (and go back to eating normally), you'll start to pack on all the weight back ...even if... you eat less than you did before your started dieting. Why?... This is because your metabolism is still really low (your body still thinks there's famine). Now, before your body figures out the famine is over – and returns your metabolism back to normal level – you'll have gained back all the weight you lost and more. The body tends to pack on more fat to protect you, just in case another famine hits – and that's how dieting can make you fatter.



Note that this cycle may vary between a couple of months to several years.

The end result remains the same – you get fatter.

Each time you go on a weight loss diet, you'll most likely end up with more weight than you started. This cycle even has a scientific name called "Diet-Induced Obesity" or the "Yo-Yo effect".

You see, dieting fails on many levels. One being that most diets focuses on only reducing calorie intake by restricting some types of food temporarily. Now, as soon as the diet is over, you're back to old eating habits that got you fat in the first place. You cannot slim down by eating the same way that got you fat, you have to make a permanent change, which brings me to the second point...

Diets are too restrictive and most are unhealthy to be on them permanently. For instance, there's this diet I just heard of called the "Indomie diet" where you eat 1 to 2 indomie noodles a day. Now, who in his or her right senses would want to live on only indomie noodles forever? It is just too restrictive and leads to malnutrition – and malnutrition can also make us fat.

Let's find out how in number 2 "not-so-obvious" reasons we get fat.

2. Malnutrition Can Make You Fat

When we hear the word "*malnutrition*", the first thing that comes to mind is people who have no food to eat in poor regions of the world.

Now, to burst your bubbles, according to W.H.O (World Health Organisation), 70-80% of people in developed nations die from "*diet lifestyle or diet caused*" diseases – and that's simply *subclinical malnutrition*².

² Subclinical malnutrition is a condition in which a person consumes just enough essential nutrients to prevent full-blown symptoms of severe malnutrition, but the body is still nutrient deficient and prone to slow, premature degeneration. This condition can go unnoticed indefinitely.



Now, malnutrition is one of the major reasons people are overweight. How's that even possible? Let me explain how. You see, the quantity of food you eat has nothing to do with the "quality". You can eat a lot and still be malnourished.

Well, as a matter of fact, majority of the foods we eat are high in calories but low in nutrients. Due to refining and over processing, most foods are stripped off plenty of nutrients. For example, sugar contains loads of fattening calories but zero vitamins and minerals. Likewise, white flour (a by-product of heavily processed nutritious Whole wheat grains) is mainly starch (Chains of sugar attached together) and little or no nutrients. White flour is basically sugar. If you eat anything made from white flour such cereal, cake, bread, pasta, biscuit and the likes you are basically eating sugar – and we already know sugar has no vitamins and minerals.

Even the fats and Oil that makes up about 30% of our diet is mainly from source like margarine, processed vegetable oil (like corn oil) and the likes, which are high in hydrogenated fats. And just like sugar, these processed oils are nothing but empty calories with no vitamins and nutrients. These useless fats and oil are usually hidden in our foods especially fast food and processed-packaged foods.

As you can see, our typical diet is full of foods like sugar, starch and oil that are packed with calories but with little or no nutrients. And that's not even the worst part:

These nutrient deficient foods destroy nutrients gotten from other foods. For example, foods high in starch or sugar can drain the body of Chromium, which is important for producing insulin – and without insulin you can have blood related diseases like diabetes and more.

Another example is Polyunsaturated oil that depletes Vitamins E, A and zinc reserves in the body. Also some food additives eat up vitamin C, and the list goes on and on. The more processed foods we eat the more nutrients are needed to metabolise them.

So if the bulk of the foods in your diet is from sugar, white-flour foods and vegetable oil then most of your reserved nutrients will be destroyed, moving you towards malnutrition.

Now, I've only set the stage on what malnutrition is, but what I've not told you is how it can get you fat. So how can malnutrition make us fat? The answer is simple... through "food cravings".

Food Cravings

Have you ever felt an intense desire to eat a specific kind of food? That's malnutrition in action most times. You see, nutrient deficiency is directly responsible for food cravings (most times). The body tends to crave some particular types of food even when we are not even hungry, because some vitamins or minerals are lacking.

Majority of cravings are caused by deficiency of trace minerals in our diet. Our body needs some 60 different minerals in small amounts to maintain a good health. And if they're missing then our health suffers.



You see, if these minerals are not available for the body, then we begin to crave foods that have them. It can even get to extreme cases where some people crave and eat sand, chalk, paints and the likes in order to satisfy their needs for these minerals.

Now, historically, we drank rain and spring water, which were abundant in some trace minerals (like zinc, iron, fluoride etc.), and was where we got a supply of some of these trace minerals from. However, in recent times, our drinking water goes through processing and filtration, which removes all the trace minerals. Therefore, the typical modern water is no longer a good source of trace minerals.

Likewise, the natural, unadulterated sea salt contains every trace mineral nature has to offer. But unfortunately, now the table salt everywhere have no minerals except sodium chloride because they've been refined and processed.

Naturally, when our body is deficient of a nutrient it reacts by craving for salt. We then respond by eating salty foods. Thus, that explains why we crave packaged junk foods because they are highly salted to enrich flavour.

Now, most processed foods will temporarily quench cravings because our body anticipates receiving the minerals found in natural salt. But when these minerals never show up, we are back to craving again – and cravings never gets completely satisfied, so we eat more and more junk at the end of the day.

Another source of trace minerals is from natural whole foods (Complex Carbohydrate). Whole foods like whole wheat grains and starchy-root vegetables are among the richest natural foods sources for trace minerals. Although when whole wheat grains are refined into white flour or white rice, they lose all their natural minerals leaving us with just starch. So when our body is craving trace minerals we tend to crave natural carbs like grains to satisfy these mineral cravings. But we end up eating simple carbs like white bread, white rice and all sort of sugary foods and drinks. Just as in the case of table salt, we don't get the nutrients our body is looking for from these artificial carbs (simple carbs), so we continue to crave and eat more of these foods.

Note that sugar is carbohydrate, so craving of sweet is a signal of trace mineral deficiency (most times). For example, eating a chocolate bar is not going to give your body the mineral it needs or satisfy your sweet cravings either. You are going to continue to crave another chocolate bar or some other sweets until you solve the root problem – which is, giving your body the trace mineral it needs.

The more we eat processed (or junk) foods like salty-flavoured snacks, white bread, white rice, sweets, sugar drinks and the like (that don't provide the body with the missing nutrients it needs), the more we continue to crave and eat them. And the more we get fat.

To satisfy nutrient deficiency, our best bet is to avoid all process and junk foods and replace them with mineral and vitamin rich foods like vegetables, whole grains, fruits and natural oil (see specific food examples in chapter 5).

Also, you should swap refined table salt with unrefined sea salt and other natural salt. Finally, we could take mineral supplements, however supplementing is not enough. Our diet is the first and most important place we should get our minerals and nutrients from.

When you make these changes, then your body gets the nutrient it needs and cravings will be satisfied. And this makes dieting a lot less painful and stressful.

And, Of course food cravings are not caused only by nutrition deficiency. Also, cravings are often sparked by non-nutritional triggers like stress, emotions and social interactions. Speaking of stress, that brings to our final not-so-obvious reasons we get fat.

3. Stress Can Make You Fat

No one thinks clearly when he or she is under undue stress. You can't be bothered to eat healthy or control your food portion when you're stressed and that's one-way stress can make you fat, and that's not even half of it.

You see, stress is a chemical disaster in the body. When you're stressed, a lot of the hormone "*cortisol*" is released. And high levels of cortisol increase the amount of body fat stored (particularly belly fat) in the body. Why does that happen? The reason is this:

Most cells in the body have cortisol receptors. Some fat cells (like in the ones in the belly region) have more receptors and are more sensitive to cortisol and other fat-related hormones.

In plain English, this simply means the more you're stressed, the more cortisol is released, the more you're your body is likely to store fat (especially around your belly).

Also, high level of cortisol (stress hormone) contributes to anxiety, depression and other emotional conditions that are well-known "*crushers*" of any weight-loss diet. That's why when you're stressed, You're never going to want to eat a salad. Instead you'll have an

irresistible desire for "comfort foods" like coke, chocolates, biscuit or other high-sugar delights.

Now, comfort foods may temporarily reduce stress because they've been found to increase the “feel-good” chemicals in the brain. But they come with the high-price of belly-fat and ill-health.

You see, giving in and eating a comfort food of choice when stressed is not a good way to solve the problem. Because then you'll spike insulin and consume loads of calories that will quickly be converted into belly fat. It gets worse: Insulin spikes can lead to insulin resistance. And once insulin resistance develops, the hunger and fullness hormones (ghrelin and leptin) starts misbehaving. Your brain becomes resistant to the “STOP EATING” message and you won't feel in control of your food intake.

Now, there are better ways to increase the “feel-good” chemicals in the brain that helps suppress stress that comes without belly-fat and insulin spikes. What are they? They are simply...exercise and proper stress management.



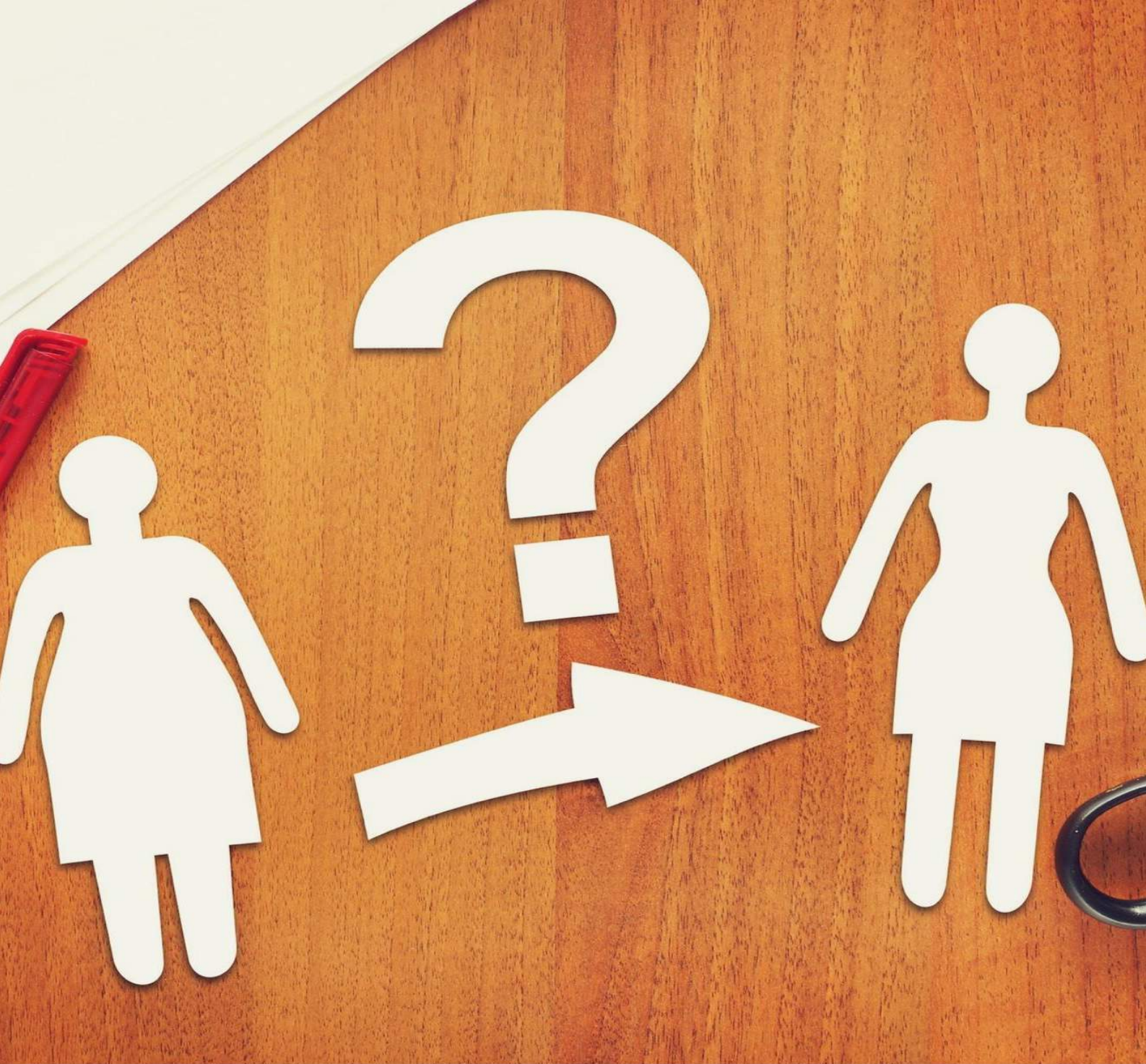
In essence, avoid stressful eating by making plans of how you'll cope with stressful times and what you'll eat. Adequate sleep, exercise and rest are cheap ways to prevent stress and ultimately belly fat.

Summary: Why We Get Fat



Key Points

- ✓ Calorie is the SI (Standard International) unit of energy obtained from food & drinks.
- ✓ What makes us fat boils down to one single thing, which is: more calories come in than our bodies can use daily. Put in another way, we get fat because we have more “calories in” than “calories out”.
- ✓ Besides eating too much or consuming too many calories, other non-obvious factors such as dieting, malnutrition and stress can make us fat.
- ✓ Low-calorie diets are too restrictive and lead to lower metabolism levels. When you come off the diet (and back to eating normally), you gain back all the weight and more because your metabolism is lower now than before you started the diet. So each time you go on a diet and off the diet, you end up weighing more than you did before. And this process is officially called “Diet-Induced Obesity” or the “Yo-Yo effect”.
- ✓ Malnourishment can make you fat by encouraging food cravings. Food craving (most times) is the body’s attempt to get you to consume the nutrients (particularly trace minerals) it’s lacking.
- ✓ Historically, we used to get trace minerals from spring water and foods like natural sea salt, and natural whole foods. That explains why we crave junk foods (they are highly salted to enrich flavour) and white flour products (an over-processed version of a whole food).
- ✓ When we crave and eat processed foods like salty-floured snacks, white bread, white rice and the likes, our cravings never get completely satisfied, because these foods don’t provide the missing trace minerals the body needs. So we continue to crave and eat them, and the more they make us fat.
- ✓ The best way to fight food craving, rather than using willpower, is to address the root cause – which is nutrient deficiency. And to do that, you should avoid processed and junk foods and eat whole foods (like vegetables, whole grains, fruits and natural oil) instead.
- ✓ Using unrefined sea salt in place of regular table salt and drinking Spring water (or mineral water) instead of regular water are good ways you can get in trace minerals. Which will help prevent food cravings and eventually weight gain.
- ✓ Stress can also make us fat. When we are stressed, high amount of hormone “cortisol” is released into the blood, which encourages fat storage in the body particularly around the belly region.
- ✓ Stress contributes to anxiety, depression and other emotional conditions that are well known diet breakers.
- ✓ Adequate sleep, exercise and rest are best ways to prevent stress and ultimately belly fat.

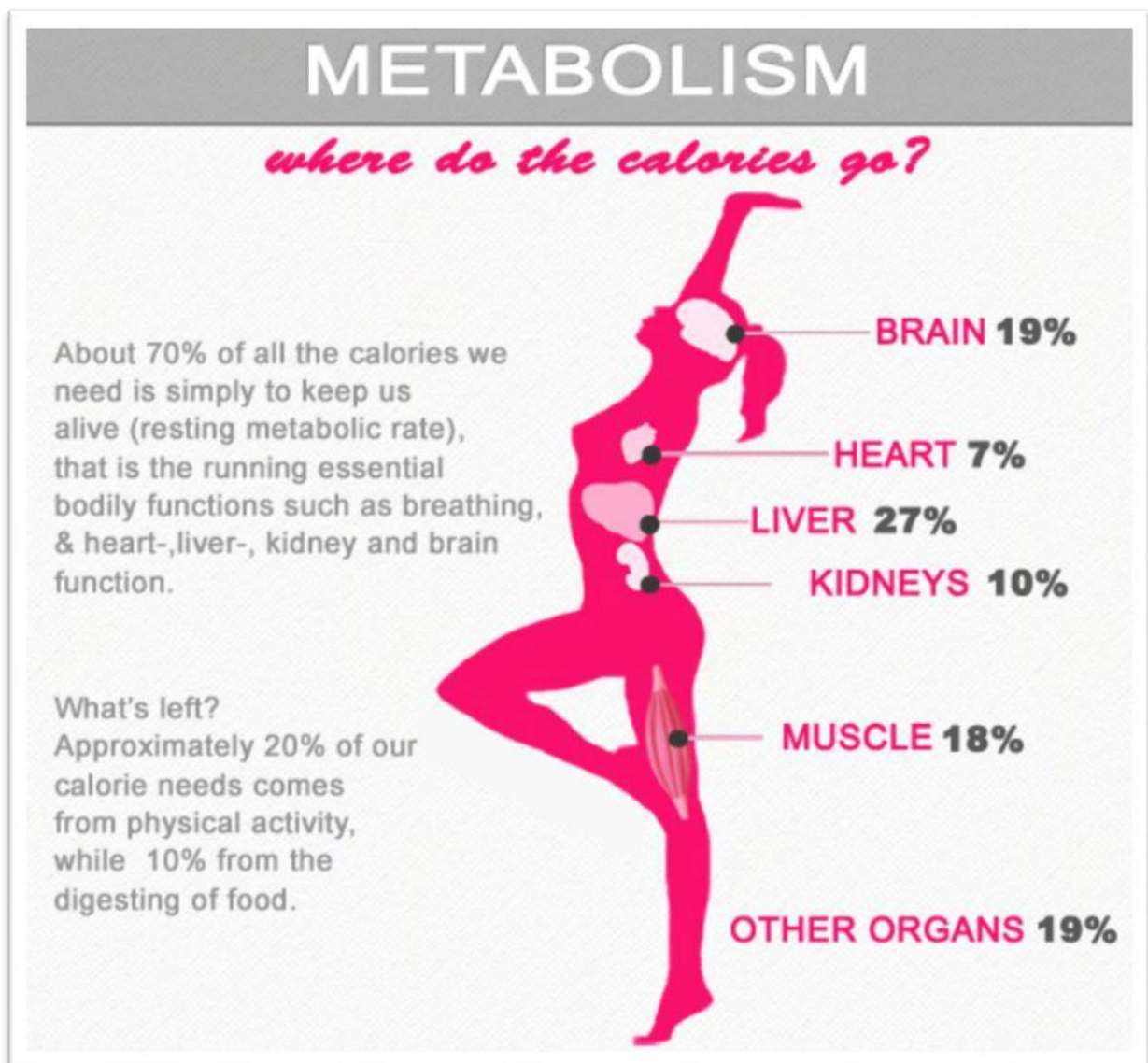


CHAPTER 2

HOW TO LOSE WEIGHT (THE ONE AND ONLY REQUIREMENT)

Chapter 2: How to Lose Weight (The One and Only Requirement)

Now, everything that goes into your stomach (both foods and drinks) contains calories (energy) while everything that your body does burns calories (energy). Well, as a matter of fact, your body literally burns calories for a living (and its very good at it's job).



You see, they're 3 major ways your body burns calories. Here they are:

1. For basic biological (or metabolic) activities such as breathing, digestion, pumping of blood and every other cellular activity that keeps the body alive and well. The rate at which the body burns calories for these activities is called Basal Metabolic Rate (BMR)
2. For normal daily activities like brushing, driving, walking, standing, shopping, cleaning and the likes. It is often referred to as Non-Exercise Activity Thermogenesis (**NEAT**) or Non-Exercise Physical Activity (**NEPA**)
3. For exercise (like cardio, weight training and so on)

Now, to summarise everything with a simple equation, we have:

$$\begin{aligned}
 \text{Calories In} &= \text{Food} + \text{Drinks} \\
 \text{Calories Out} &= \text{BMR} + \underbrace{\text{NEAT/NEPA} + \text{Exercise}}_{\text{Physical activities}}
 \end{aligned}$$

So now, how can we actually use this information? Simple.

From this information we can deduce that when it comes to “calories in” versus “calories out”, 3 things can happen:

1. You can consume the **SAME** amount of calories your body uses/burns each day; this is known as your **calorie maintenance** level.

What happens then? Simple... Your weight remains exactly the same because your body ends up using up all the calories.

2. you can consume **MORE** calories than your body needs; This is known as a **caloric surplus**.

What happens here? Easy...You'll gain weight because of excess calories your body did (or could) not use.

3. lastly, you can consume **LESS** calories than your body needs; This is known as a **caloric deficit**.

What happens in this case?... Yes, you guessed right, you'll lose weight because your body uses up stored body fat (or muscles) to compensate for the shortage of calories.

Now, note this: **Caloric deficit** is the "one and only" cause of **weight loss**.

Did you catch that? You didn't? Ok, I'll repeat (because it's super important).

Caloric deficit is the "one and only" cause of **weight loss**.

Now, we can create a caloric deficit in three ways. Would you like to know them? You do?... okay here they are:

1. Through decreasing "*calories in*" by eating and drinking less (dieting)
2. By increasing "*calories out*" through increase in physical activities (like exercising)
3. Through combination of the two (dieting & Exercising)

Now, to make this clearer, I'll give you an example using some simple

scenarios:

Scenario 1 –No change in physical activity just change in “calories in”

let say a 75kg woman with a sedentary job (like a cashier in the bank) needs 1500 calories to keep her alive and functioning (i.e. BMR of 1500), and another 600 calories to fuel her physical activities (like walking, brushing and so on) daily. That means she needs a total of 2100 (1500+600) calories to maintain her weight.

So now, if she eats and drinks:

- Above 2100 calories daily, she would gain weight
- Below 2100 calories daily, she would lose weight
- Exactly 2100 calories daily, her weight remains the same

Scenario 2 - physical activity changes while “calories in” remain the same.

Using the same woman in the example in scenario 1, with a total of 2100 (1500+600) calorie to maintain her weight. Let say she consumes exactly 2100 calories daily

- If for instance, she starts an exercise program and calories required for her physical activity level moves from 600 to 700, then she would lose weight. This is because stored body fat will be used to compensate for the extra 100 calories of activity.
- If she becomes less active and let say her calories required for physical activity drops from 600 to 500, then she would gain weight because the extra 100 calories would be stored as mostly fat.

Now, you know that calorie deficit is the only way for weight-loss to happen and a calorie deficit can come from either your diet, exercise or both. However, there’s a little problem if you’re trying to create a calorie

deficit using exercise alone. Let's find out what the problem is.

Why Exercise Alone is almost Useless for Weight Loss

To create a significant amount of calorie deficit, a tremendous amount of exercise needs to be done. It's easier to just *eat less calories*. You see, From a weight-loss point of view, exercise simply fails to have much of an impact unless you can literally exercise for hours daily. And not to mention that an average overweight individual is not capable of exercising that long.

To drive home my point, see this infographic below...



From the picture above, you can see that it's best not to eat than to do the exercise (or physical activity) required to create the equivalent calorie deficit.

Now, don't get it twisted, I'm not saying you should not exercise. The reason I'm telling you this is because most people feel a sense of false security when they exercise. They do a little exercise and then feel its okay to eat food they shouldn't.

So the ideal weight loss scenario will be a proper eating plan (first!) combined with a proper workout plan.

Moving on. As you know, you lose weight by only creating calorie deficit below your maintenance level. So the question is how do you get your exact calorie maintenance level? Let's find out.

How to get your daily calorie maintenance level

Your calorie maintenance level depends on different factors like your weight, height, activity level, metabolic rate, age and so on. That's why two people of the same weight, height and age can have totally different calorie maintenance levels.

Anyhow, to make your life easier and not waste your time doing some boring maths, I have linked to a daily [calorie requirement calculator](#). It works based on Mifflin-St Jeor equation, which uses your weight, age, gender and activity level to calculate your calorie maintenance level.

All you need to do is fill your details and press "Calculate" and voila you get your estimated calorie maintenance number. You can also use any calorie requirement calculator online.

Now, once you know your calorie maintenance number, the next and most important step is to eat 20% Less than your calorie maintenance number.

In other words, your ideal daily caloric reduction should be 20% less your daily calorie maintenance level.

For example: let's say you found your calorie maintenance level to be around 3000 calories, then You calculate 20% of 3000, which is equal to 600. This means that to lose weight (ideally) you will consume 2400 calories daily (i.e. $3000 - 600 = 2400$)

Understand?... Good!

Now, why 20% less than your calorie maintenance level? The answer is simple. It puts you in the “sweet spot” of the ideal weight loss rate.

So what is this “ideal weight loss rate” and why is it important?

What's Ideal Weight Loss rate?

Ideal weight loss rate is simply the rate at which you lose weight that helps you “maximise” fat loss and “minimise” water and muscle (protein) loss.

Why is losing weight at an ideal rate (20% less your maintenance level) recommended?

Here is why:

- It is easier to achieve (and sustainable over a long-term).
- You'll be able to cut your portions without feeling too hungry.
- Maximises fat loss
- Minimises muscle loss
- And it's safe and healthy

Now, your ideal weight loss rate depends on how much fat you have to lose (See the table below)

Amount of Fat to Lose	Ideal Weight Loss Rate
Above Average	1 kg (or more) weekly.
Average	0.5 – 1 kg weekly.
Below Average	0.5 kg (or less) weekly.

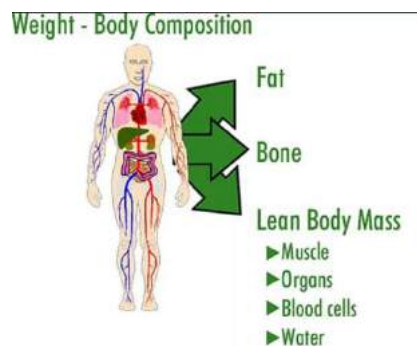
However, most doctors and nutrition experts say that **most** people fall in “average” category (between 0.5 to 1kg weekly). I know, you might be thinking “ah! that’s too slow for me, I need to burn fat faster”. But the truth is fast fat loss is impossible. Why? I’ll explain.

Why Fast Fat Loss Is Impossible

I’m sure you’ve seen all sorts of quick weight-loss claims like “I lost 20 kg in 3 weeks” and the likes. Are these claims true? Let me answer that.

Now, "weight loss" is NOT the same as "fat loss." You see, if one’s legs are cut off, the person will (automatically) lose weight but will still be fat. So what’s my point? This:

Your weight includes muscle, fats, bones, organs, plenty of water and more. You can still look fat even after losing a lot of weight, so what you really want is fat loss, not weight loss.



Now, listen to this:

0.5 kg of body fat stores about 3,500 calories. Now, assuming every other thing is constant (which are not), to lose 1kg of pure fat in a week you'll need to reduce your calorie intake by 1000 calories daily (total of 7000 calories a week).

Now, on an average we require about 2,500 calories daily. So a 1000 calorie reduction borders on starvation. And even at this drastic rate, you'll only lose 1kg a week (all other things constant). This tell us that true fat loss takes time.

Now, when people make claims like “I lost 20 kg in 3 weeks” and the likes. They simply lost little fat and lots of muscle mass and water weight (A.K.A false fat) – which is very bad.

When you lose weight that quickly, you feel weak and hungry all the time. And soon all the lost water weight will be added back and your weight will go back up quickly. In the case water isn't replaced, then this could cause serious health problems.

Also, to lose weight that quickly, you'll have to starve or go on an extreme diet. As discussed in chapter one, we already know that going on a diet is not only uncomfortable and unsustainable, but causes the opposite effect of making you gain more weight at the end of the day.

Although if you're very overweight, you can lose fat at a bit faster rate.

If you follow the eating plan I introduce in chapter 6, then your Weight loss will be mostly fat while water and muscle loss will be minimal.

Now, we are clear on “**how many**” calories to eat, the next most important thing to know is “**Where**” these calories should come from.

Does fat, carbs and protein affect weight loss? let's head over to chapter 3 find out shall we?

Summary: How to Lose Weight (The One and Only Requirement)



Key Points

- ✓ Everything you eat and drink provides calories (energy). And everything you do (like breathing, walking, talking, etc.) burns calories (energy).
- ✓ If you consume the SAME amount of calories your body uses/burns each day, this is known as your **calorie maintenance level**, And this leads to no change in weight.
- ✓ If you consume MORE calories than your body needs, this is known as a **caloric surplus**, and this leads to weight gain.
- ✓ If you consume LESS calories than your body needs, this is known as a **caloric deficit**, and this leads to weight loss.
- ✓ **Caloric deficit** is the **“one and only”** cause of weight loss period!
- ✓ You can achieve a caloric deficit by either drinking and eating less calories or increasing your physical activity level or both.
- ✓ Using exercise alone to create a caloric deficit is almost useless because to create a significant amount of caloric deficit you'll require literally hours and hours of exercise everyday.
- ✓ The easiest and best way to create a caloric deficit is through your diet (first!) combined with exercise.
- ✓ "Weight loss" is NOT the same as "Fat loss." Your weight includes muscle, fats, bones, organs, plenty of water and more.
- ✓ When you lose weight rapidly you're simply losing little fat, and lots of muscle mass and water weight (A.K.A false fat) – which is very bad.
- ✓ The ideal rate of weight loss for most people is between 0.5 to 1kg. At this rate, weight loss is easily manageable, fat loss maximised and muscle and water loss are minimised.

Nutrition Facts

Serving Size 1 cup (240g)
Servings Per Container 2

Amount Per Serving

Calories 250

Calories from Fat

% Daily Value

Total Fat 12g

Saturated Fat 3g

Trans Fat 3g

Cholesterol 30mg

Sodium 470mg

Potassium 700mg

Total Carbohydrate 31g

Dietary Fiber 0g

CHAPTER 3

UNDERSTANDING NUTRITION & APPLYING IT FOR MAXIMUM FAT LOSS

Chapter 3: Understanding Nutrition & Applying It for Maximum Fat Loss

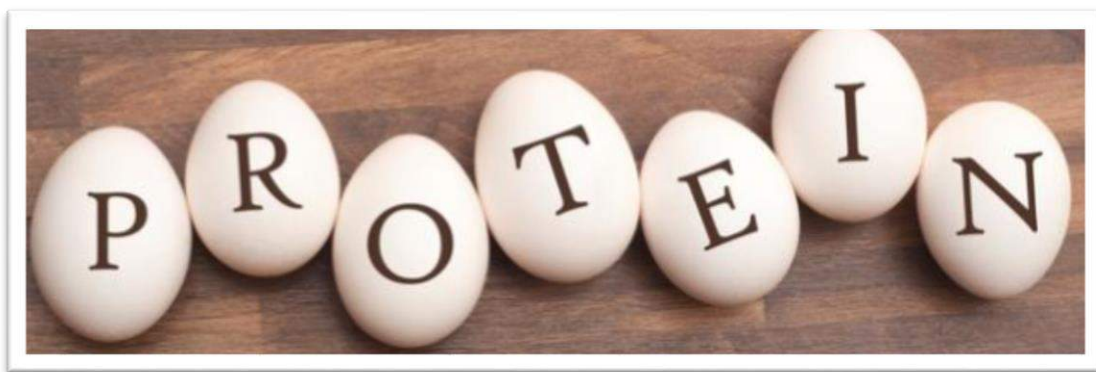
In this chapter, you'll get to find out the roles protein, carbohydrate, fat and water play in weight loss. You'll discover which types of carbohydrates and fats are bad for weight loss (and which ones are good).

The interesting part about this chapter is:

You'll discover many myths and misconceptions about diet and nutrition (and what the facts are).

Finally, you'll be introduced to the only 3 weight loss supplements you'll ever need. Now, without wasting time any further, lets jump right in, starting with protein.

Protein



The word “protein” comes from a Greek word meaning ‘the first’, which is meant to indicate its primary role in human nutrition.

The job of protein is a very important one. It's on a duty of “building” and “repairing” things in your body. If you didn't know, your organs, skin, nails, hair, muscles, bones and some hormones are made up of protein. It

is absolutely important because your body cannot function properly without it.

Now, we are both on the same page on the essence of protein in the body, so the next question is how does protein help you lose weight? (which I obviously know you're more concerned about). Before I tell you exactly how, there's just one thing you'll need to know...

You see, when you're on a weight loss program (or on a calorie deficit), your body can either burn fat or muscles tissues (or both) for energy, to compensate for the calorie deficit (or reduction). Now, an optimal protein intake helps preserve your muscles, so that your body burns mostly fat instead of muscles for energy – Put in another way – optimal protein intake helps to make sure you're only losing mostly those ugly body fat, not your sexy lean muscles. And having lean muscles give you that firm and toned look (while minimising flab and excess skin).

Now, one-way protein can help with weight-loss is by helping you consume fewer overall calories. How? I'll explain.

You see, from the macronutrient family (protein, fat, carbs), protein is the most filling amongst its siblings. Protein digests more slowly than fat or carbohydrates, so protein foods remain in the stomach longer, therefore satisfies your hunger longer.

For instance, eating a high-protein breakfast that contains eggs and chicken will keep you full until lunch with ease compared to eating a low-protein breakfast like bread and a cup of tea. With the low-protein breakfast, you cannot stand a chance. By lunchtime you'll be so hungry that you'll overeat (that's if you don't snack on doughnut, sweet or other junk foods before lunch). And this leads to consumption of more unnecessary calories than you should.

If you also eat a low-protein lunch, same overeating happens at dinner.

To prove that eating a high-protein meal is associated with a decrease in hunger afterwards and ultimately eating fewer total calories, a team of researchers did this:

They analysed data from more than 20 different studies that provided the participant with a meal rich in protein versus lower-protein options and concluded, based on the results of the studies that a meal with more protein keeps people satisfied longer than the same calorie meal with less protein.

Since protein is the single most important nutrient for weight loss, you should be eating an adequate amount of protein with every meal. The diet program I introduce in chapter 6, shows you exactly how much protein you'll be eating daily.

Generally, an average adult that does not exercise should have at least 0.5 gram per pound of body weight while one who is active to some degree should have at least 1 gram per pound of body weight for general health and function.

High-quality protein comes from mostly animal sources such as chicken, fish, beef and other things that have life. Also plant sources such as beans, nuts, and so on, also contain a fair amount of protein.

1 gram of protein contains 4 calories, so for every gram of protein you eat you're taking in 4 calories.

Now, let's move on to the most misunderstood macronutrient of all...

Fats



Dietary fat is considered as poison sent from the devil to wreck havoc in our bodies. But the truth is that dietary fat is an important nutritional source just as protein, vitamins or minerals are.

Without fat in our diet, we'll die from malnutrition. In fact, two members of the fat family omega-3 and omega-6 fatty acid are a *must-have* in our diet because our bodies cannot make them from other nutrients. Fats are also essential for digestion and absorption of various key nutrients; without enough fats in our foods, vital nutrients like beta-carotene and fat-soluble vitamins (like Vitamin A, D, E and K) cannot be absorbed.

You see, we can't hide from fats because fatty acids are found in varying quantity in all foods like meat, fish, egg and as well as vegetables.

Still doubt fats are good for you?

Okay, let me school you a bit more on why fats are good for you. Here are a few facts about fats.

Fats Are Building Blocks

Well, without fat cells, you'll be like an amoeba – shapeless puddle of water mix in the debris of protein and cellular component lying on the floor.

The key structural part of every cell in your body is fat.

The cell membrane (the skin that holds the cells together) is made up of Fats.



Figure 1: That's how the amoeba you were bored with in biology (or integrated science class) looks like in real life. And without fat cells that's what you'll look like.

Fat act like a glue that holds the cells in your lungs, heart, liver and all other organs in your body altogether.

Your brain is made up of about 60% fat and cholesterol. In other words, a healthy and sharp brain is filled with fat. Many hormones like estrogen, progesterone, testosterone and more are formed out of cholesterol. And cholesterol itself is made from fat. This means that without fat and cholesterol, hormone activities like reproduction, growth and development, regulation of metabolism, and so on will be impossible.

Fat Is an Energy Source

Fat is one of the 3 energy producing nutrient (besides carb and protein). Our body uses fat to fuel metabolic processes like breathing, digesting and such to keep us alive.

You see, when we eat a meal that contains carbohydrate, protein and fats, the body first uses up the carbohydrate for energy because the body gives preference to carbohydrate to be used as fuel. Fats are stored in the fat cell for later. Also, excess carbohydrate and protein are converted to fat and are also stored in the fat cells for later.

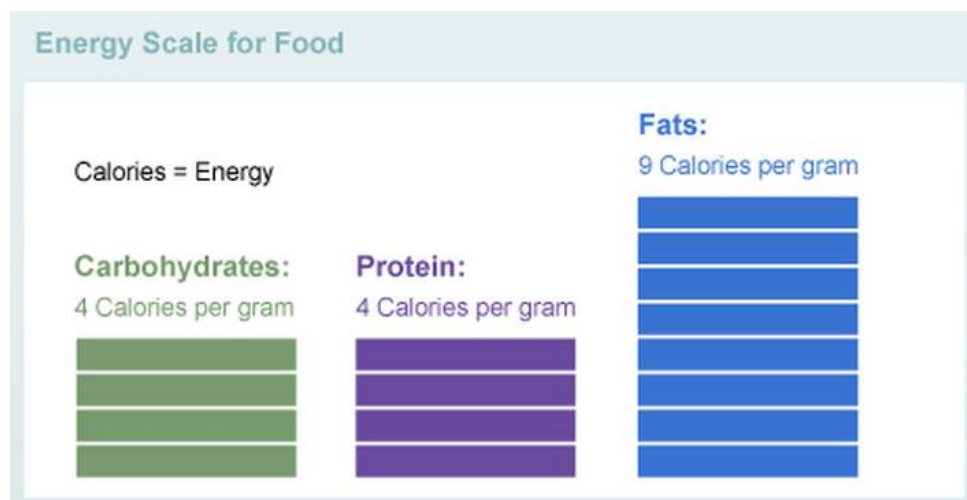
The body then uses its reserved tank of fat to fuel the bodies ongoing need

of energy like in-between meal times or at times of low food intake.

If you don't have fat or enough fat stored in the fat cell, in-between meal times or during a long period of starving (or dieting), your body will have no choice but to burn protein such as your muscle tissues (which are made up of protein) for energy. In extreme cases of starvation where there's nothing left to use for energy, your body will consume organs in your body for energy, which leads to organ failure and eventually death.

So when on a diet, it's important to add fats to your diet, or else your body begins to burn muscle mass (protein) for energy.

Fat contains more calories per gram than either carbohydrate or protein because it is a condensed energy source that can easily be stored and used later.



The body can store more calories (i.e., energy) as fat than it could as carbohydrate or protein. You'll look like a bloated pig if your body stored protein or carbohydrate instead of fat because your fat storage cells would be double in size.

So it's a blessing you store fat and not protein or carbohydrate.

Fat Protect Us from Infections and Diseases

Every time (or most times) we shower, why do we use soap and not just water? Simple, because soap kills germs. Soap is an effective weapon against germs. The beauty about soap is that in one form its strong enough to scrub a dirty toilet floor and in another form can be gentle enough to use on our delicate skin. What makes soap so deadly to germs?... It's because of just ordinary fat, yes just fat.

Soaps are made from several type of fat and oil. There are a number of different types of fat and oils – and some are more effective at killing certain types of germs than others. The good news is natural fats is made up of a mix of various types of fatty acids so they are effective against wide range of germs.

When we eat natural fat, during digestion, they are broken down into separate fatty acid by our bodies. These individual fatty acids then help us fight all manners of germs in our digestive tract. And unlike antibiotics that kill all types of bacteria, fatty acids are selective. They are harmless to the *friendly* bacteria in the digestive tract.

Both humans and animals benefit form the germ-fighting properties of fatty acids. For instance, new born babies are basically protected from infection through the fatty acid in their mother's breast milk as their immune system is still underdeveloped.

Also, the surface of our skins are protected from infections through the fatty acids in our natural body oil (sebum). Avoiding infections and diseases is a good enough reason to add fat to your diet and avoid low fat-foods.

Fat Can Help You Lose Weight

When you hear fat, the first thing on your mind is devil or evil nutrient whose sole aim is to make you fat. That's far from the truth.

On a basic level, fat helps satisfy long term hunger (i.e. reduces your appetite long-term). You see, fat stimulates the release of hormones that slow down the rate at which food leaves the stomach. This tends to keep you full in the long-run. For this reason, including fat in your diet can help you lose weight.

To verify this theory, some scientist decided to conduct a research study. In the case study, volunteers were given a high-fat or a low-fat breakfast containing the same number of calories. Those who eat the high-fat breakfast eat fewer calories at the end of the day compared to those who eat the low-fat breakfast.

Also, fats can help you lose weight by purging out food cravings. If you don't get enough fat in your diet you can become malnourished. As discussed earlier, we know deficiency in vitamins and trace minerals (particularly) can cause uncontrollable food cravings that can crush good intentions and destroys any weight-loss diet. Eating fat assists your body in digesting and absorbing minerals and other nutrients, which prevents food cravings and overeating.

Now, this is just a taste of how important fat is in the body. More and more benefits of fats are being discovered all the time.

After-all, fats are not the monsters people think them to be.

That said, not all dietary fats are alike, there are some fats created by modern processing and food manufacturers that are dangerous to your health and cause weight gain. So you have to choose your fats wisely. Let's quickly explore types of fats and how they affect the body, so you know which fats to eat and which ones never to.

Types of Fats: The Good, The Bad and The Ugly

Naturally, majority of dietary fats comes from plant and animal sources. Animal fats comes from flesh of animals and milk. Fats from plants comes

in form seeds (e.g., sunflower seeds), grains (e.g. corn), legumes (e.g., soybeans), nuts (e.g. almond, coconut) and some fruits (e.g. olive and avocado). Now, no matter the source the fat comes from (whether plant or animal) they can be categorised into 3 main types plus one man-made industrial fat. They are:

- 1.Saturated Fat
- 2.Monounsaturated Fat
- 3.Polyunsaturated Fat
- 4.Artificial Trans Fat

Now, which ones are good?... which ones are bad?... let's find out

Saturated Fats

A truckload of money has been wasted on research just to prove that saturated fat causes heart disease. But both research and history suggest otherwise. Till date there's no concrete research that can link saturated fat to cause of heart diseases.

Now, why was saturated fat attacked so much in the past? The answer is simple. It's because it is converted into cholesterol by the liver, therefore increases blood cholesterol level. Sounds good in theory. However, the mistake with this logical thinking is this: Cholesterols made from saturated fat is "*natural cholesterol*" that is harmless to the heart and doesn't clog the arteries unlike "*Oxidized cholesterol*". Little do people know that the liver makes cholesterol from many foods including fruit and vegetables. But fruits and vegies are not attacked, only saturated fats.

Saturated fats were bad-mouthed by vegetable oil companies, who were pushing the use of harmful industrialized vegetable oils in place of saturated fat sources like animal fats (their competitors). The promoters were claiming vegetable oil was better because it doesn't raise blood cholesterol level and in some cases can lower them. But we now know that the truth is this: level of cholesterol isn't really relevant, the amount of oxidized fat and oxidize cholesterol in the blood is.

Now, we know saturated fat doesn't cause heart problems, so the next question is “do we really need saturated fats?” ... A simple answer is YES. Every cell in every organ of your body needs it. Saturated fat is needed to prevent liver diseases, cancer, osteoporosis, even heart diseases and other health problems.

The World Health Organisation (W.H.O) recommends we get saturated fat in our diet to maintain optimal health.

Even nature understands the importance of saturated fats. You see, mother-nature put saturated fats in breast milk, vegetables, fruit and **all** other natural food sources not just for the fun of it.

Saturated fats, from any source are way more resistant to high cooking temperatures and do not form trans fatty acid, therefore are the safest and best to use in cooking.

With all these evidence, you can see that saturated fat is not as bad as it's been labelled for years. Foods high in saturated fats includes beef, lamb, pork, butter, cheese, other dairy product, coconut oil, palm oil. etc.

Monounsaturated Fat

Monounsaturated fat is one of the good guys that should also be in your diet. Some research show that monounsaturated fats help lower your so-called “bad” (LDL) cholesterol levels, thus reduces your chances of having heart diseases and stroke. Foods like olive oil and nuts are composed of mostly monounsaturated type of fats.

Polyunsaturated Fat

Polyunsaturated fats come in two major forms: omega-3 and omega-6 fatty acids. They are both essential fatty acid for the body but there's a little problem. You see, the omega 6 fatty acids are abundant. They are

everywhere in our typical diet compared to omega-3 fatty acid. And excess omega-6 can be harmful to health, especially if the intake of omega-3 is low.

Later I discuss in more details about omega 3 and how to get more of them in your diet.

Lastly, other forms of polyunsaturated fat like the ones found in most vegetable oil becomes toxic when heated. And even a small amount especially eaten frequently overtime will affect your health.

Artificial Trans Fat

It all started back in 1907 when the Proctor & Gamble company discovered Hydrogenation. Hydrogenation is a clever process of pumping hydrogen molecules into vegetable oil or soybean oil so that these liquid oils become solid fats and have much longer shelf life.

Hydrogenation - a highly disgusting process that involves vegetable oil being mixed with tiny metal catalysts (which are toxic and impossible to remove completely). Then hydrogen gas is squeezed into the oil at high temperatures and pressure to chemically bond the fat molecules. The resulting oil (disgusting grey colour) is bleached to give it a more appealing appearance.

Finally, coal-tar dyes and other chemical flavouring are added to make finished products like margarine, shortening and the likes. During the hydrogenation process a new type of fatty acid called ***Industrial Trans fat*** or ***hydrogenated fat*** is born.

This artificial trans fat (not normally found in nature) are *alien* to the body, so they cause all manners of trouble. Trans fat has been proven in various studies to have absolutely NO benefit to the body and associated with diseases such as heart attack, stroke, type 2 diabetes, cancer, infertility and more. They have also shown to raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels.

You see, there are lots of disagreement in nutrition but one of the few things people actually *agree* on is that trans fats is the most toxic fat ever. Trans fats are found in foods like margarine, shortening, and common food additives like hydrogenated or partially hydrogenated oils. Many processed foods, frozen foods and restaurant foods are cooked in hydrogenated oils.

Fried food bought in stores and fast foods are mostly fried in hydrogenated oils because it makes food crispy and delays spoilage than regular vegetable oil. So hydrogenated oil is used in making foods like chips, cookies, pizza, biscuit, crackers, cake frosting and many other processed foods – meaning they contain deadly trans fat.

Even the common brands of vegetable oils contain trans fat even though they've not been hydrogenated. This is because the amount of heat used in the extraction and refining process of these vegetable oils creates trans fatty acid. So a vegetable oil like corn and safflower oil contains trans fat.

How to Avoid Trans Fats

To avoid trans fats, first you have to read ingredient list on labels of processed foods. Although the labels may say “trans fat: 0 grams,” but may still contain trans fat because food companies are allowed to say that, if the food contains less than 0.5 grams trans fat per serving.

So the keyword you should be looking for is "hydrogenated" or "partially hydrogenated", if it says that on the label then don't touch it (it contains trans fat).

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*		
Serv. Size	4 cookies (32g)	Total Fat	7g	11%	Total Carb.	20g	7%
Servings	9	Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
Calories	150	Trans Fat	0g		Sugars	10g	
Calories from fat	60	Cholest.	0mg	0%	Protein	2g	
		Sodium	115mg	5%			
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					
INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.							

Unfortunately, reading labels isn't enough most time because some processed foods (like regular vegetable oils), fast food and restaurant foods contain trans fats.

In order to avoid trans fats, your best bet is to eliminate processed foods from your diet and make time for home-cooked meals instead of fast food. Finally, in cooking your meals use extra virgin olive oil or coconut oil instead of toxic vegetable oils and use real butter instead of margarine.

Now, to wrap up I'll like to tell you one more thing about fat, which is:

1 gram of fat contains 9 calories. This means each gram of fat you consume contains 9 calories.

Okay, now let's talk about carbs.

Carbohydrate (Carbs)



The majority of carbohydrate in our diet is gotten from plants, unlike fat and protein which are mostly from animal sources. Although plants contain protein, fat and other substances, but carbohydrate is the most abundant substance besides water.

This means that all plants, be it fruits, vegetables, grains, nuts and even the tree in front of your house are made up of mostly carbs. When you eat any food from plant, you're basically eating sugar because carbohydrates are nothing more than sugar. All carb, no matter the source, are made up of sugar – meaning vegetables, fruits, grain, nuts and even grass in one form or the other are made up of sugar.

Now, there are 2 major categories of carbs. They are:

1. Simple carbohydrates or sugars
2. Complex carbohydrates

Simple carbs are those carbs that contain single or double molecules of sugar (monosaccharides or disaccharides³). Examples are glucose, fructose and sucrose. The reason why some fruits taste sweet is that they contain simple carbs.

Complex carbs, on the other hand, are made up of many molecules of sugar linked together forming long chains of sugar molecules (polysaccharides). Examples are starch and fibre. That's why foods like

³ The technical name for sugar is saccharides.

beans don't have a sweet taste because most of its sugar is tied up in complex carbohydrate.

Okay, you now know that all plants are mostly sugar, so our body needs sugar to keep us alive and kicking. Now, before you get any ideas...not all sugars are good for the body. Which sugars are good? ...Which ones are bad?... Which ones are safe and which ones are not?... Let's find out

How Our Bodies Handle Different Types Of Carbohydrate.

Generally, when we eat carbs, the links that hold the sugar molecule (of the carbs) together are broken down into individual sugars by digestive enzymes. These individual sugars are then released into the bloodstream.

Glucose is directly absorbed by the cells and used for energy while other types of sugars such as fructose and sucrose are first absorbed by the liver and then converted into glucose. All sugar molecules are always converted into glucose.

Some other forms of carbs like fibre (that has almost no calories) are not broken down into individual sugars because our bodies cannot produce enzymes that can break them down. So fibres travel to the large intestine (colon), where bacteria there partially digest it and use it to nourish themselves. As a result, the bacteria produce vitamins and nutrients that our body uses for its own nourishment. This means that we have a Symbiotic relationship with the bacteria – we provide home and food for them, they in-turn provide vitamins and other nutrients for us.

Okay, I just gave you a general overview of how the body handles carbs. Now, let's take a closer look at how the body handles simple and complex sugars and their implications. Starting with complex carbs.

How our body handles complex carb and its implication

Complex carbs are made up of multiple molecules of sugar. So it requires a long time for the body to break them down into individual sugar

molecules. The more “complex” the carb the longer it takes for our bodies to convert them into glucose. As a result, complex carbs slows down digestion, so sugars from complex carbs are slowly absorbed into the bloodstream. And this increases sensations of fullness.

Foods in their natural form are more complex in nature than their processed version. For example, natural whole wheat is loaded with complex carbohydrate and digest slowly (so it keeps you full longer). While white bread (a processed version of natural whole wheat) contain way less complex carbohydrate and digests quickly. And you get hungry again soon after eating it.

Now, let’s see how the body handles simple carbs.

How our body handles simple carbs and its implication

Simple carbs are made up of one or two molecules of sugar, so they are absorbed into the blood stream quickly. When we eat foods that contain sugar from simple or processed carbs (e.g., bread), our blood sugar increases at a dangerous level because a high dose of sugar is dumped into the bloodstream. The body immediately switches to a feverish high-activity mode to move glucose out of the blood into the cells.

When this process happens, you feel a surge and then a sharp drop in energy level, followed by the feeling of hunger. A Headache, irritability, nervousness, and depression can also be a side effect. This process puts a great amount of stress on the body, in the same way, running a marathon from Lagos to Ibadan does.

If you keep eating sweets and refined carbs, your body will continue to be put in “stress mode” during digestion. And something has to give. Just as you can’t run a marathon from Lagos to Ibadan everyday, the same way your body can’t keep up with the stress that comes with digesting simple carbs all the time. So something has to happen. What happens?

First symptoms like headache, irritability, nervousness and depression may intensify. It gets worse: your tissues and organs may weaken and become less responsive, and this leads to obesity, diabetes, high-blood pressure, hypoglycaemia and all other associating health problems.

You see, our bodies were not built to eat simple and refined/processed carbs on a daily. Carbs found in foods like vegetables, grains and even fruits are mostly complex and digest slowly. Although many fruits (like apples) contain simple carbs, the difference is that they also contain complex carbs and fibre that helps slow down and moderate sugar absorption in the blood.

Now, I want to take a second to explain how simple carbs can you make fat.

How simple carbs make you Fat

As you know, when we eat simple carbs, our blood sugar rises and drops rapidly because they are quickly digested. This drop in blood sugar sends out a signal to the brain to eat, which causes the feeling of hunger. So in *no time* after eating simple carbs you're hungry again.

No matter how much you eat simple or processed carbs like white rice, white bread and the likes, you'll be starving again after few hours. To satisfy your hunger, you end up eating in-between meals or overeating at our next meal (or both). This results in consumption of more overall calories that will make us fat. That's why you'll gain more weight eating simple carbs than protein or fat.

Another way simple carbs can make us fat is through sugar addiction. How many times have you thought of eating a biscuit or two but ended up eating 10? Yes, that's sugar addiction in action. You see, sugary foods stimulate the feeling of pleasure in our brain, which overpowers sound reasoning and willpower. So we tend to always overeat them, thus making us fat.

Now, before we go any further, I want to talk about sugar addiction a bit, because it's one of the major culprits for weight gain.

So how do we stop this dangerous sugar addiction? Let's quickly find out...

How To Kick Out Sugar Addiction

Now, before I talk about how to kick out sugar addiction, I want to set the stage on sugar addiction, so you know what we are dealing with here.

You see, researchers in 2007 discovered that sugar is four times as addictive as cocaine. Just like cocaine (and other hard drugs) sugar stimulates pleasure centres in the brain.



Ever wondered why everything is going good...then... all of a sudden the desire to eat something sweet hits you. You keep getting this urge until you eat something sweet like chocolates, chewing gum, soda, tea or any other sugar fix. It get's worse: even when you are full (to the brim), you still feel like eating sweets. Just by the sight of anything sweet, you are tempted to touch.

Now, that's sugar addiction in action. Sometimes sweet craving takes control over our thoughts and action just as cocaine controls an addict when the desire to feel pleasurable sensation become severe.

The scariest part is this: consuming lots of sweetened food causes our taste buds to be insensitive. And sweet don't taste as sweet and food doesn't taste as good anymore. Now, to help you understand better, I want you to

think about another form of sensing, which is called... smell

You see, when you go into a stinky room, at first the odour is really strong, then after a while, the smell seems to die down (even when the odour is still there) because our nose had “*desensitised*” or gotten used to the smell.

Same thing happens to the taste buds in your mouth. When we eat too much sugary foods, our taste receptors die down or get “*desensitised*”. As a result, we add more sugar to our foods or eat more and more sugary food to get that sugary taste (and our taste buds get even more insensitive).

You see, just like the cocaine addict needs more amounts of cocaine, you’ll need more and more amounts of sugar (or sugary food) to stimulate the same amount of pleasure in our brains as before.

Also, natural foods like vegetables and fruits become less appealing, so you’re less likely to eat healthy.

If you can gain control over sugar cravings, then weight loss would be easy and successful. So how do you gain control over sugar craving? How do you kick out sugar addiction? The answer is simple. Just like a coke addict, the only way is through “***abstinence***”.

The same way you have to leave the stinky room for a while, for your sense of smell to be restored, the same way you have to leave sugar for while for your taste buds to recover.

You have to stay away from sweet food, sugary drinks, artificial and natural sweeteners or anything that contains added sugar for least 6 weeks. The longer you stay away from them the better your taste buds will recover. After a while your taste bud comes back to normal, you won’t need as much sugar as before.

Everything you used to eat will start tasting too sweet. You’ll notice that

sugary foods will not hold you hostage anymore and you'll start to enjoy the natural sweetness of fresh foods and fruits.

In summary, to break away from sugar addiction and to stay free forever, you have to as much as possible avoid sugar, sweet foods, fruit juice, artificial and natural sweeteners (like honey) and any other thing that contains sugar except for fresh fruits.

Also stay away from white flour products like doughnut, meat pie and the rest because they also have addicting powers like sugar as they contain mostly simple sugar.

Moving on, let's see why whole foods are a must in your diet.

Benefits of eating complex-carbohydrate (Whole Foods)

Besides the obvious reason that eating complex-carbs (whole foods) instead of processed refined carbs can help us lose weight (by slowing down digestion and keeping us full longer), whole foods also have other crucial benefits we cannot ignore.

Whole grains, fruits and vegetables are so good for us because they're chock full of vitamins, minerals and phytonutrients that nourishes and protect our body from diseases. Phytonutrients are chemicals produced in plants that behave like vitamins.

A popular example is beta-carotene that acts as an antioxidant and protects us from heart disease and cancer. The even cooler part is that beta-carotene can be converted to vitamin A if the body is in need of it.

There are over 20,000 phytonutrients that have been discovered in plant foods. This is one of the reasons why eating whole foods (that contain hundreds of phytochemicals) is better than taking a vitamin supplement (which has only a few vitamins) any day.

You see, before, people used to think that a single vitamin or mineral is adequate enough to cure a certain health problem but found out that we get the greatest benefit when a variety of nutrients are working together.

For instance, we've all heard that calcium is the only nutrient for a healthy bone, but now scientists have found that magnesium, potassium, boron, silicon, beta-carotene, and vitamins C, D and K are also necessary. Without them, we can develop bone problems.

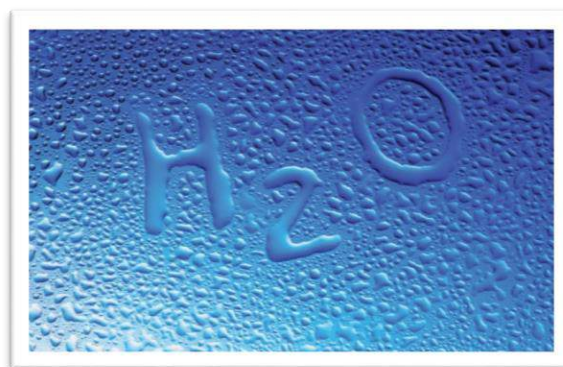
Just like an orchestra choir needs all the instruments working together to produce the right sounds, it's the same way a wide variety of nutrients, in the right amount (found in whole foods), needs to work together to produce the best health benefits.

For all these reasons, whole foods like fresh fruits, vegetables and whole grains are superior to refined and processed carbs in form of packaged foods.

To conclude I'll like to give you one more info about carbs, which is: 1 gram of carb contains 4 calories. This means that each gram of carb you eat you're taking in 4 calories.

Now, it's time for us to talk about one of the most ignored nutrients of all....

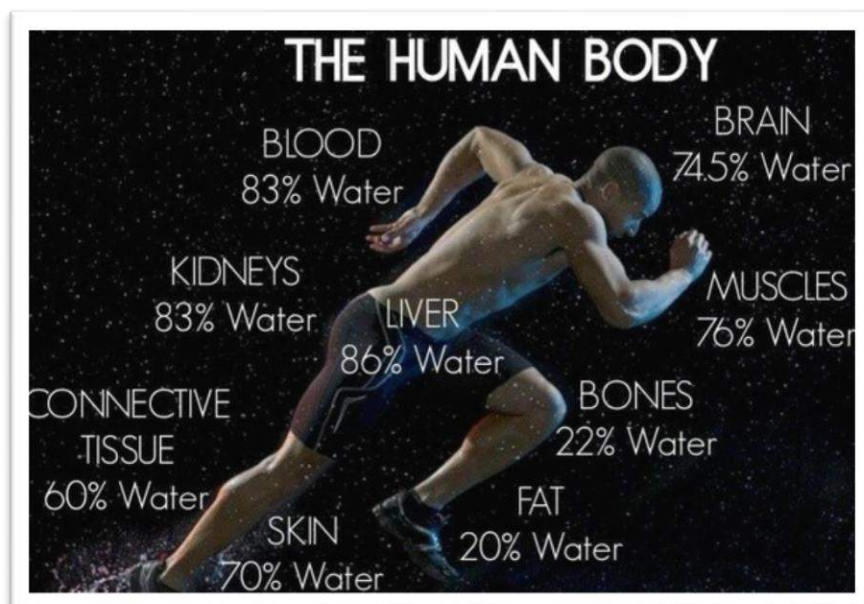
Water



We can survive for a couple months without any other nutrient but without water, we will die in a matter of days. Water is the most important nutrient of all even though it contains no calories and provides no energy. Our body weight is made up of approximately 60% of water.

Every function in the body requires water, from transporting oxygen, nutrients and other chemicals to all parts of the body, to lubricating our joints, to brain protection, to assisting in digestion and elimination, and the list goes on and on.

This is why water is so necessary that not drinking enough water or losing more than enough water can have a serious effect on your health.



Water is also crucial for weight management. Not drinking enough plain water can make you fat. Diet programs that make you lose water weight or don't take water intake into consideration can be dangerous to your health. The diet plan I'll introduce you to in chapter 6 accounts for water intake with every meal and it's an essential part of the plan.

For now, let's quickly look at how drinking adequate amount of water can help you lose weight.

How drinking water can help you lose weight

Water is an almighty diet drink because it has zero (0) calories, helps suppresses appetite and flush out fat from the body. Various studies have shown that reduction in water consumption leads to slower metabolism and promotion of fat deposition while an increase in water intake has a reverse effect. Let me explain why this happens...

You see, the kidney's work is to filter waste from the blood and maintain a balance PH and electrolyte level. Now, the kidney requires a lot of water to do its job properly. If there's not enough water in your system, your blood becomes too congested and the kidney becomes stressed and cannot effectively do its job.

Now, since maintaining a chemical balance is a priority for a good health, the liver comes in to help the overworked kidney to perform its duties. Soon, the liver too becomes overworked from helping the kidney. Now, the overworked liver won't function properly too. And this causes the liver to convert less fat to energy, and hence more fat is stored in the body.

So drinking enough water will help your kidney and liver function properly, and more fat is converted to energy and removed (by the liver).

Think about this: to survive, we all need a certain amount of water daily, so if you're not drinking enough water, it means you're getting your liquid from other sources — from calorie-loaded beverage drinks.

No drink can replace water's place. Most beverage drinks are full of useless calories compared to water with "0" calories.

These sweet beverage drinks cause trouble by stimulating the salivary gland and tricking the brain into thinking a solid food is coming, but all that comes in is a liquid, which is digested almost instantly. And this kick-starts the feeling of hunger, which makes you snack and consume more

unnecessary calories, thus, promote weight gain.

Beverage drinks	Calories
Beer	146
Cola	121
Lemonade	150
Apple juice	174
Grape juice	233
Orange juice	167
Carrot juice	147
water	0

Just replacing all your drinks with plain water, might be all you need to lose weight. Even if you drink low-calorie drinks (like diet coke), you're still in trouble because they "trick" your brain into thinking sweet food is coming. It gets worse: They also contain artificial sweeteners that worsen your addiction to sugar.

Now, all beverage drinks including low-calorie ones can make you thirsty, causing you to consume more and more of them.

For instance, caffeinated drinks such as soda and energy drinks are "diuretic" what does that mean? It means they pull water from the body.

So if you drink a bottle of soft drink, it will quench your thirst and you'll be satisfied in the meantime. However, the caffeine content pulls water out of your body, making you urinate more often and you become thirsty again. If you grab another soft-drink to satisfy your thirst again, this repeats itself. The more soft-drink you drink, the more dehydrated you

become, the more calories you'll consume.

If you satisfy your initial thirst with water instead of soft drinks, you're less likely to become thirsty and dehydrated quickly and you'll save yourself hundreds of useless calories.

All beverage drink such as soft-drinks, alcohol, juice, tea and any other flavoured drinks should be replaced with water. If you drink any of these beverage drinks you need to drink twice as much water to compensate. For the case of alcohol, you need even more water to compensate (about 8 times more) because it requires 8 times its volume in water for metabolisation.

Now, think about it this way, if you're drinking enough water daily, then there would be no space or desire to drink other fattening beverage drinks.

To lose weight and keep it off, you have to get in the habit of drinking plain water. And the best part is this: once you get used to drinking just water, you'll start to prefer it over all other drinks because it's the best at satisfying thirst.

Now that we can both agree that there's no drink like water when it comes to weight management, so the question now is, when and how much water should you be drinking? Let's find out...

When should you be drinking water?

Sounds like a silly question, but most people don't know when to drink water because they mistake the body's thirst signal for hunger, and end up eating instead of drinking water.

You see, by the time your mouth gets dry, that's already a signal for severe thirst tending towards serious dehydration. And at this stage, we might feel tired, light-headed or a headache.

Now, when we're thirsty, the first sign is a subtle desire to drink something. If you ignore this signal, you get more dehydrated, so the body tries another trick to get you to drink. This time the sign is an empty stomach feeling. If this is also ignored, then body become desperately in need of water, so the feeling of hunger surfaces. This would encourage you to eat food that would supply the body enough liquid to prevent dehydration. If you continue to ignore this signals it would get to the "*dry mouth*" stage, which might come with the feeling of being light-headed, tired or a headache that you cannot miss.

As you can see, most times, you're not really hungry, you're just thirsty. Anytime you're feeling hungry in-between meals, it most likely that you're thirsty, not hungry. Your body is just trying to get your attention because you missed or ignored the earlier thirst signs.

If you satisfy your thirst with other liquid like soft drinks or a snack, you'll get a temporary satisfaction but it would eventually make matters worse.

Now, anytime you feel hungry in between meals, instead of eating or drinking *calorie-full* beverage drinks, just drink plain water instead.

Drinking just water will fill you up and satisfy your hunger for another one or two hours. By then your body needs another round of water, so you drink water again. This way you won't have to force yourself to drink water and you'll get in your daily required amount of water with ease.

The best part is this: Once you start drinking more water, your thirst sensation becomes reactivated and more sensitive, so you'll be more aware when your body needs water. This allows you to able to quench your thirst before it gets to the hunger or dry mouth stage. And this helps you cut off hunger, cravings and binges before they can even start.

You see, by just applying this water strategy only, without even changing your diet you can lose serious weight.

I'll like to tell you one more important thing about when to drink water. Do want to hear it? You do? Good.

You see, when you're eating and your stomach becomes full, your stomach sends a message to your brain. This message alerts your brain that you're full and eating should stop. Now, the problem is this: it takes your brain several minutes to receive, recognise and act on the "Stop eating" message (from your stomach). So by the time your brain acts on it (the message), you would have consumed excess calories the body doesn't need or want.

Now, is there a way to speed up the signal from your stomach to your brain that allows you to stop eating sooner? Glad you asked. Fortunately, there's a quick fix for that:

Drink a full glass of water 10 to 15 minutes before eating your meal.

How does that help? The answer is simple. You see, when you drink water before your meal, it fills your stomach up and kicks starts the process that sends the "stop eating" signal to the brain. So when you start eating, you feel full sooner, therefore stop eating sooner too.

Now, let's talk about your required amount of water you should be drinking daily. Should it be 6,8 or more glasses? Let's see...

How much water should you drink daily?

You've probably heard that you should drink 6 or 8 glasses of water daily. Where did this value come from? Frankly, I have no idea because it is not backed by any science or research.

The minimum amount of water you should be drinking depends on how much water you lose to urine, faeces, perspiration and respiration daily. You need to drink more water if you're in a hot region like Nigeria and if

you're more active or you exercise.






Daily loss of water (in centilitres (cl))

	Normal Temperature (20°C/68°F)	Hot Weather	Prolonged Heavy Exercise
Skin	35	35	35
Respiration	35	25	65
Urine	140	120	50
Sweat	10	140	500
Faeces	10	10	10
Total	230	330	660

Now, from the table above, you can see that drinking 6 or 8 glasses of water is a joke. The minimum amount of water you should be drinking is at least between...

220 cl (centilitres) or 2.2 l (litres) and 330 cl (centilitres) or 3.3 l (litres) daily. And that's if you don't exercise.

A rule of thumb you should follow to know (and to remind you) if you're drinking enough water is to observe the colour of your urine. If your urine is dark yellowish in colour, then you're dehydrated and need to drink more water. You should aim for an almost clear urine or a very pale yellow colour.

	Doing ok. You're probably well hydrated. Drink water as normal.
	You're just fine. You could stand to drink a little water now, maybe a small glass of water.
	Drink about 1/2 bottle of water (250 ml) within the hour, or drink a whole bottle (500 ml) of water if you're outside and/or sweating.
	Drink about 1/2 bottle of water (250 ml) right now, or drink a whole bottle (500 ml) of water if you're outside and/or sweating.
	Drink 2 bottles of water right now (1,000 ml). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

If you drink any other beverage you should not be drinking (like soft drinks, orange juice and the rest), then you need to drink twice the volume of water. For example, if you drink a 35cl coke, then you should drink 70cl (35cl × 2) of water to make up for it. Make sense? Good.

Now, other factors that add to the loss of water are diets high in protein, caffeine, sugar, alcohol, diuretic drugs & herbs and eating plenty of dry dense foods like chips, crackers etc.

Finally, have a system in place to ensure you're getting in at least your minimum recommended daily water intake. An example of a system is filling a couple of containers in the morning with water you're supposed to drink that day. Then making sure you finish it. It advisable you spread your water intake throughout the day especially in between meals, rather than trying to down 2 litres of water at once.

Okay, let's talk about supplements...

Supplements

Supplements— as they are called — are just “*supplements*”, not “*substitutes*” for eating actual healthy foods. They don’t do anything on their own, they can only help!

Now, before I give out the only weight loss supplements you need, first, we need to get a few things straight, which are:

- NO supplements are actually needed to lose weight.
- Almost all (about 95%) of supplements are either dangerous, useless, unnecessary, or all of the above.
- Most Supplement companies are only after your money (to the extent of saying or doing anything just to trick you to buy!)
- NO Supplements will make up for a **poor diet** or a bad **Workout Program**

Now, you know some “fun facts” about supplements and supplement companies, then we’re ready to get rolling.

So it’s time to answer the question...

What supplements should You be taking?

Now, if you’re expecting to see supplements like Cambodia, Raspberry Ketones, Green coffee extract or any of that nonsense, then sorry to disappoint you.

Wait! did you seriously think I would recommend unsafe weight loss drugs? Of course not.

Speaking of which, how did I come up with these list of the only weight loss supplements you need? Simple. They just had to meet these requirements:

- ✓ The supplements must be completely safe. Any slight chance of it being unsafe, then it didn't make my list.
- ✓ They must be scientifically proven with real-life results to be useful for the body somehow.

That said, without further delay here are the only weight loss supplements you ever need:

1. Fish Oil Supplement



Fish oil might be the closest thing we have to a “miracle pill”. Fish oil is basically oil found in some fatty fish like salmon.

What makes fish oil so powerful is because of its high omega-3 fatty acid content particularly eicosapentaenoic acid (**EPA**) and docosahexaenoic acid (**DHA**).

You see, our typical everyday diet seriously lacks these great fatty acids (**EPA&DHA**). That's why everybody including doctors, nutritionists, dieticians, trainers, and of course me recommends “fish oil supplements”.

Now, before I get to the part how fish oil can help you lose weight. First of all, I'll like to highlight some of the endless benefits of fish oil (AKA miracle pill).

Here they are:

- ✓ Boosts brain power
- ✓ Makes skin and hair more beautiful

- ✓ Helps reduce joint pain
- ✓ Helps improve focus and concentration
- ✓ Boosts your immune system
- ✓ Helps improve memory
- ✓ Decreases risk of cancer
- ✓ Decreases the risk of heart attack and stroke
- ✓ Has an anti-ageing effect
- ✓ Promotes weight loss and maintenance
- ✓ Reduces menstrual conditions.
- ✓ Lowers cholesterol levels
- ✓ Improves various skin conditions
- ✓ Helps to build muscles
- ✓ Works as an anti-inflammatory
- ✓ Reduces/prevents Diabetes
- ✓ And much much more!

You'll agree with me that that's quite an impressive list. Okay moving on, let's find out how fish oil can help with weight-loss particularly.

How Does Fish Oil Help You Lose Weight?

Fish oil can help with weight loss in several ways. Here are a few:

- ✓ Promotes fat oxidation
- ✓ Improve insulin sensitivity
- ✓ Helps to increase the effectiveness of your exercises.
- ✓ It has an anti-lipogenic effect – which means it decreases fat storage
- ✓ Has an anti-catabolic effect – this means it prevents muscle breakdown.
- ✓ Increase thermogenesis – which means you'll naturally burn more calories daily
- ✓ Helps sends a signal from your stomach to your brain that you're full when you've eaten enough.
- ✓ Improve calorie partitioning – this simply means that fish oil helps your body to burn more of your stored body fat instead of muscle tissues for energy.
- ✓ And much more!

Awesome right? I agree.

Note this: most people take fish oil the wrong way. Fish oil supplement should NOT be taken on an empty stomach. Instead, it should be taken with your meals.

Notice I said “*meals*” because I assume you’ll be taking more than one capsule a day to reach the daily required dosage. Speaking of dosage....

How Much Fish Oil Supplement Should You Take Daily?

According to research and recommendations from experts, for an average adult, an optimum fish oil dosage is between **1 – 3 grams** of combined **EPA and DHA** daily

Note: We are mostly concerned about **EPA and DHA ingredients** in the fish oil supplement.

Because they are the ingredients that provide all the goodies we’ve been talking about all day!

Is that clear? Good. Let’s go on.

Now, how many capsules of fish oil supplement you’ll be taking daily depends on the **EPA & DHA** content of each capsule of the brand of fish oil supplement you’re taking.

Just look at the back of the bottle of your fish oil supplement where the ingredient label is, to know the amount of **EPA & DHA** of each capsule.

For example:

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	20	
Calories from fat	20	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerin, water, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

Figure 2: This is actually the nutritional label on the “Nordic Naturals Ultimate Omega” fish oil supplement brand.

From the above label, you’ll need between 2 to 5 gels (capsules) to meet the recommended daily dosage of 1 to 3 grams of combined **EPA and DHA**.

Now, you need to be cautious when choosing a brand of fish oil supplement. You see, just like any other supplements there are a lot of low-quality synthetic fish oil supplement (with contains low amount of **EPA&DHA**) that are all over the place

So when choosing fish oil supplement brand, follow these buying rules...

Fish Oil Supplements Buying Rules, So You Get the Best Quality

1. Make sure it contains **DHA** (docosahexaenoic Acid) in it – DHA is an expensive but important ingredient – Cheap, low-quality manufacturers avoid it.

2. Make sure that the supplement is made in the USA or Europe, the ones from China are usually low-quality!
3. Ensure it is certified — always use certified food supplements — it is quality guaranteed.
4. High-quality fish is expensive. So quality fish oil supplement should not be too cheap.
5. Try to find fish oil supplements in “Triglyceride form”

To conclude, I’ll like to chip in that there are some other supplements high in the omega-3 fatty acids **EPA and DHA** such as "**krill oil**", which has been gaining a lot of attention and recommendations as an alternative to fish oil.

Okay, it’s time to move to the next weight-loss supplement on the list...

2. Protein Powder

Protein powder is simply protein in powder form.

When you add any form of liquid (like water, milk... etc.) to it then it becomes a “*protein shake*.”



It’s not steroids like most people think.

Now, just like any other protein source (like fish, meat, egg, etc.), protein powder provides all the goodies protein has to offer. But the real beauty about protein powder comes from the fact that it’s a very easy, quick and convenient way to consume a high amount of protein. It requires no cooking, frying, grilling or any of that kind of stuff!

All it requires is mixing a few scoops of protein powder with some form of liquid (like water, milk etc.) and voila! ... You have yourself a drinkable high protein meal.

As you know, protein is the most important nutrient, when it comes to weight loss. And since most of our staple food in Nigeria is low in protein, that's why protein powder is a highly recommended weight loss supplement to conveniently make up for the high amount of protein we need to consume per day.

Now, before I go any further, I need to quickly stress this:

Protein powders have no “special powers” on their own to make you lose weight. It's the high protein content that makes it important.

And I recommend you should get the majority of your protein intake from high protein foods (chicken, fish, turkey, eggs etc.)— protein powder supplement should just be supplements (add-on) not a replacement for healthy protein real food.

Now, there are different types of protein powder available, the most popular ones' being...

Whey protein and **Casein** protein powder (Which are both gotten from milk)

So which one should you be taking if you're trying to lose weight?

Whey protein powder is perfectly fine if you're trying to lose weight.

Finally, when and how should you take protein powder?

Protein powder can be taken with or without other foods, and at any time of the day as needed to meet your daily required protein intake.

Now, let's move to the final weight loss supplement on the list...

3. Multivitamins



I'm pretty sure we all know what multivitamins are already and are surprised to find them on a list of *so-called* weight loss supplements.

Well, for starters multivitamins are supplements that contain essential vitamins and minerals our bodies need to keep us alive and healthy. And as I mentioned in chapter 1, lack of nutrients (especially trace minerals) can lead to uncontrollable massive food cravings.

So, multivitamins act as an insurance for some of the nutrient we are not getting enough from our diets, which can help promote better health and prevent food cravings, and in turn help you lose weight.

Now that is clear, it's time for us to move to one the most important chapters of this book...

Summary: Understanding Nutrition & Applying It for Maximum Fat loss



Key Points

- ✓ Protein is the single most important nutrient for weight loss. It helps maintain sexy muscle mass and helps keep you full longer
- ✓ Fats are just as important as any other nutrients. And not all fats are bad.
- ✓ Fats can help you lose weights by satisfying your hunger longer and flushing out food cravings. Without enough fats in our diet, we won't be able to absorb fat-soluble vitamins. And these can cause malnutrition, which leads to food cravings.
- ✓ There are four major types of fatty acid. They are saturated fat (good), Monounsaturated Fat (good), Polyunsaturated Fat (good in some form and bad in other forms) and Artificial Trans Fat (Horrible).
- ✓ All plants, be it fruits, vegetables, grains, and even trees are mostly made up of carbs. There are two major categories of carbs, which are simple carbs (bad) and complex carbs Or whole foods (good). Foods in their natural form are more complex in nature than their processed version.
- ✓ Complex carbs are digested slowly. This means that the rate at which food leaves the stomach is slow, giving us a longer sensation of fullness. Also whole foods (complex carbs) contains vitamins, minerals and phytonutrients you can't get anywhere else.
- ✓ Simple carbs are digested fast and dumped into the bloodstream quickly. This causes a sharp rise and fall in energy level, followed by feeling of hunger. So we quickly get hungry again fast after eating simple carbs. This will lead to more calorie consumption and weight gain at the end of the day.
- ✓ The consumption of simple sugar also leads to sugar addiction, and sugar addiction is one of the major culprits for weight gain. The only way out of sugar addiction is "**abstinence**". You'll have to stay away from anything sugary including fruit juice, white flour products, artificial and natural sweetness for 6 weeks. The longer you stay the better your recovery.
- ✓ Water is the most important nutrient of all, even though it contains no calories and provides no energy. Not drinking enough plain water can make you fat because your liver won't function properly, and less fat will be converted to energy.
- ✓ Most times when you feel hungry in-between meals, it simply means you're thirsty, so drink plain water instead of eating. Also drink water 10 or 15 minutes before your meals, so that you can kick start the digestion process which helps you eat less.
- ✓ You should be downing at least, between 220 cl (centilitres) or 2.2 l (litres) and 330 cl (centilitres) or 3.3 l (litres) daily because that's the average amount of water you lose daily to urine, sweat, faces and so on.
- ✓ If you drink fizzy drinks, then you need about twice the volume of water to compensate. And in the case of alcohol, you need about 8 times the volume of water to compensate.
- ✓ Have a system to make sure you're getting the daily recommended water intake. A good system is to fill a couple of containers in the morning with water you're going to drink throughout the day, and carry the containers with you everywhere you go till you finish the water.
- ✓ No supplements are actually needed to lose weight. And NO Supplements will make up for a poor diet or a bad workout program. Most supplements are either useless, dangerous, unnecessary or all of the above.
- ✓ The only recommended supplements are protein power (easy and convenient way to get in your proteins), Fish oil supplement (improve your body's ability to do lots of things including burning fat) and Multivitamin (to supplement nutrients you're not getting enough in your diet).



CHAPTER 4

MENTAL GAME OF FAT LOSS

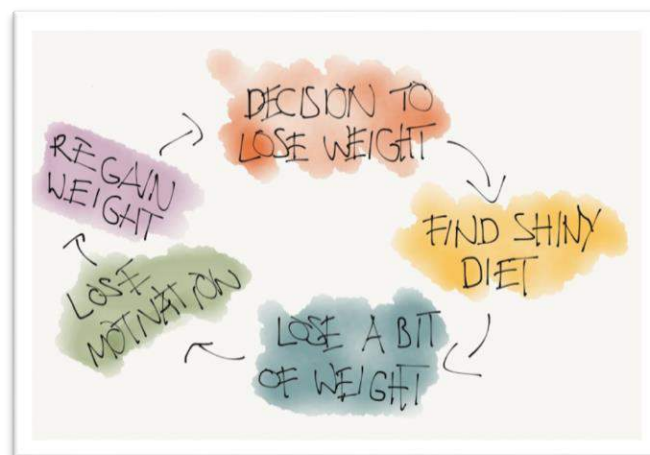
Chapter 4: Mental Game of Fat Loss

A successful weight loss does not start at the gym or on your plate, it starts with the right mind-set.

Most people focus only on the least important things like diet, exercise programs or supplements first. When the first and most important things you should focus on are things like your beliefs, habits, goals, emotions, willpower and social support. They are things that determined the decisions you made that lead to the body you have. So to change your body, they're the things you have to change first.

You changing your diet or exercise program first is like putting the cart before the horse.

Now, most times when people start with changing an end behaviour like eating less carbs, they'll eat less carbs for a couple of days or so. Gradually they lose interest and are back to old eating habits. That happened because they didn't have the right beliefs, habits and willpower to back up that change, so could not stick to the low-carb diet.



Now, to win the weight loss game, you need to work on what I call the...

“B-H-W-D framework”

What's that? I'll tell you.

At the foundation are your **Beliefs (B)**. Your feelings and thought about foods, your diet and yourself. The next building block on top of your beliefs are your **habits (H)**. They're the things you do without even thinking about it. Next to habit is your **willpower (W)**. Unlike the case of habits, the things you think about before doing or force yourself to do (or not do) requires willpower. In other words, you need willpower to do things that are not habits. Next, your overall **diet & exercise program (D)** are the final piece of the puzzle.



To make it clear, I'll use an analogy of a house. You see, just like a house, your beliefs are the foundation supporting the whole structure. Your habits are like the walls, holding things together. Your willpower is like the roof that covers the structure up. Finally, your diet and exercise program are like the doors and windows.

Now, most people build their weight loss houses starting with doors and windows when their first focus should be the foundations and walls. Your diet and exercise program will not stick if you don't first build a wall of habits to stick to, and the wall wouldn't stand without a solid foundation of beliefs.

In the rest of the chapter, we'll cover beliefs, habits and willpower in a bit more details. You'll learn how to start your weight loss journey from the

foundation up so you can stick to the diet and exercise program outlined in the coming chapters.

So let's begin with the foundation, shall we?

Beliefs



Now, even if you're starving to death, there's no way in the world you would eat rat poison. Why? Because you believe it's can kill you. You don't need a habit, willpower or a diet program to tell you rat poison is bad, your belief is enough.

Okay, you might be asking "why are beliefs so important to achieving lasting weight loss?... the answer is simple!

Your beliefs determine your actions. What you do now is a mirror image of the type of person you believe that you are (either consciously or subconsciously).

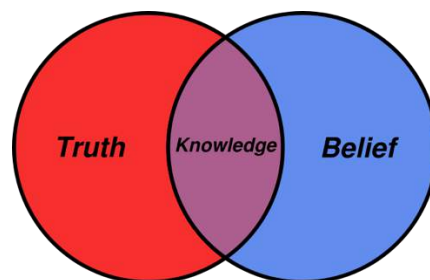


Figure 3: We don't always believe in the actual truth but in our "perception" of the truth, based on the knowledge we've gathered in our lifetime. And it can be a problem if we choose to believe in the wrong things.

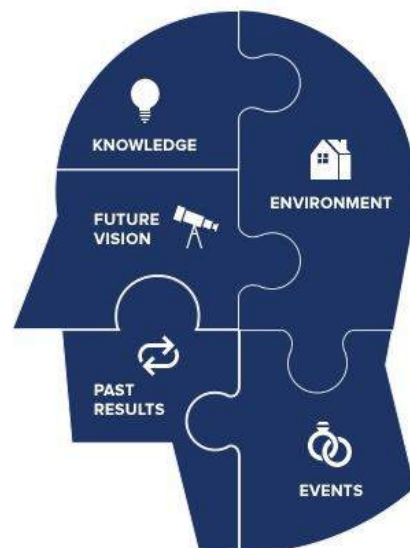
For instance, if you are a type of person who believes that sugar is dangerous for you the same way you believe rat poison is, then you'll never buy or eat sugar again. Make sense?... Good.

Now, you probably have some messed-up beliefs about yourself, foods and dieting that are keeping you from getting the body you want. Where do these beliefs come from and how can we change them? Let's go deeper to find out.

You've never eaten rat poison before so where did the belief that it can kill you come from? Probably from your parents, friends, society, news and so on.

The same way, we also have layers of overweight beliefs that we've built up around our body image, foods, eating and dieting that (unfortunately) comes from the wrong places like TV, magazines, internet and the likes.

WHERE DO YOUR BELIEFS COME FROM?



For example, junk food and fast food adverts send subconscious messages that make us believe they're delicious and cool and every other thing is boring and not cool. Also, we see ads that show a before and after picture

of how someone lost a ridiculous amount of weight in a short period, making us believe fast weight loss is possible (and ideal). We also hear about all manner of funny sounding diets and pills all the time tricking us to believe weight-loss miracle exists. And the list endless.

We've been bombarded with these kinds of unhealthy and conflicting messages most part of our life, leaving us confused with totally screwed-up beliefs about our body image, food, eating, and dieting.

The good thing is I'll be clearing up contradictory and false information and showing you how to change your limiting beliefs, so that the idea of exercising, eating healthy and sticking to your diet becomes a lot easier and simpler. Cool? Okay, Let's get started.

How to Change your limiting overweight beliefs

As I have pointed out, your beliefs determine the actions you take. So changing your limiting beliefs about your self-image, food, eating, dieting and exercising is your ticket to lasting weight loss.

To change your behaviour for good, you need to start believing new things about yourself. When you do, eating healthy becomes easier and tastier, and exercising becomes more fun.

Now, how do you change some limiting overweight beliefs (or any other type of belief) you might have? Easy, you just need to follow these 3 steps.

Step 1: Change Your Perception

Without shifting your point of view, you'll have a hard time changing your beliefs. To change your perspective, first, you'll have to identify the information that made up the belief. Then you can now see the information as false to shift your perspective. For example, I've outlined some popular overweight limiting beliefs, the false information that made up the belief and the truth to help you overcome them. Here are a few of them:

- **You believe you have fat genes or a naturally slow metabolism:**

You might feel you have fat genes or a naturally slow metabolism because you've been on a (or a couple of) diet(s) before and failed. Even worse you gained all the weight back plus a little more.

The truth: statistics show that 95% of people that go on a weight-loss diet fail. The good news here is this: if you've ever failed on a diet, you're not the only one, and there's nothing wrong with you. you don't have a slow metabolism, you don't have fat genes and you probably don't have a weird hormonal issue causing you to gain weight. In addition, as I mentioned in chapter one dieting actually makes you fat. So you didn't fail at your diet, **your diet failed you.**

- **You have an “All or Nothing” philosophy belief:**

You believe your weight loss journey should be perfect. For some reason, you feel if you don't follow the exact plan step-by-step, then you've completely failed. That's why you come up with excuses like:

“I'll start on Monday”

“I had a cheat meal for breakfast, I'll as well cheat for the rest of the day because today is already a failure”

“I missed my first-day workout of the week, there's no point going to the gym again this week, I'll continue next week”

·
·

etc., etc.

The point is, you probably have some excuse for why you can't start now or continue what you started.

The truth: Everyone (I mean everyone) that has ever lost weight and kept it off have had times they missed workouts, times they cheated on their diet or overate and times they slipped and added weight. That means you don't have to be perfect (nobody is), you just have to start something and stick to your plan. Don't wait till Monday to start because Monday never comes. If you miss a workout, then reschedule it. If you had a cheat meal for breakfast, get back on your healthy eating plan at lunch.

Remember if you make a mistake it's just one point. Just make sure right activities win most of the points. You don't have to have 100%. Aim for 80 to 90% and you are good.

- **Healthy food tastes bad:**

Most of us believe that eating healthy means you have to eat only vegetables and tasteless non-fat foods.

The truth: consuming lots of sweetened food causes our taste buds to be insensitive. So natural healthy foods don't taste as good anymore. If you stop eating processed and junk food for a while, you'll get back taste sensitivity. You'll begin to enjoy the rich delicious taste of whole healthy foods.

Also, there are a lot of delicious, healthy option that people either don't know about or don't believe they're healthy.

Now, those are some popular examples I could think of, but the list goes on and on.

Anyway, do you see the trends? Most of your overweight beliefs are not true.

And throughout this book, you'll continue to find other "popular believes" that are dead wrong (and what the right things are).

Now, once you've identified your limiting overweight beliefs as false, then it's time for step 2 of changing your belief system.

STEP 2: Build Up References for Your New Perception

Now, you've considered your limiting perception to be false and Self-suggested a new empowering perception, next most important step is to build up enough references to back up your new empowering beliefs. What does building up reference mean?

It simply means you should start doing things that are in-line with your new beliefs. You have to prove to yourself you believe in your new perception.

You see, you now have two conflicting beliefs about yourself and the belief with the most references is the one that will take over. For example, Let's say

Your old limiting belief is this: *"I believe I'm a lazy person and hate to workout"*

Your new empowering belief is: *"I'm energetic and a person who never miss workout"*

Now, every time you workout when you're supposed to (even if it's just for 2 minutes), you're building up references that support the fact that you're a person who never misses work. Each workout session is like casting a vote that tells your mind: *"hey I believe I'm energetic and I never miss a workout"*. And at some point, you actually will believe it.

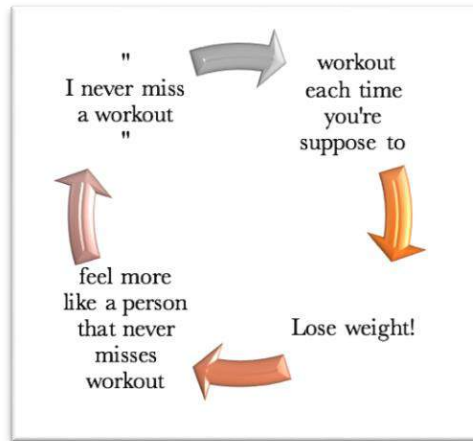


Figure 4: You won't believe that you're a person who never misses workout until you successfully don't miss your workouts. But you won't succeed in never missing workouts if you don't believe you won't.

And of course, it works the opposite way as well. Every time you miss a workout, you're casting a mind vote that you're a lazy person. But the good news is that studies have shown that making a mistake or falling into temptation (such as missing a workout) every now and then has no serious impact on your long-term success.

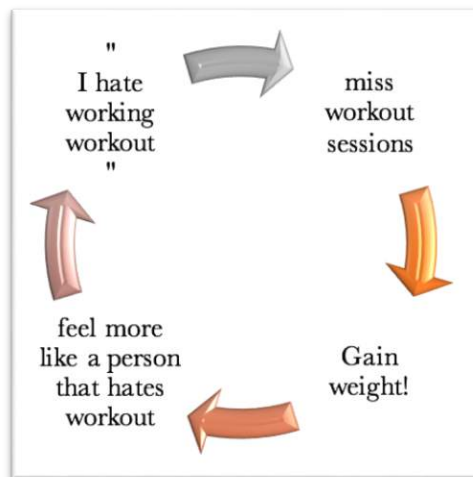


Figure 5: You act in a way that is consistent with what you believe about yourself. Also, your actions also lead to belief.

What is important is that you cast much more votes for the actions that support your new empowering beliefs than your old limiting beliefs. This also helps in dealing with the common "All or Nothing" philosophy believe that I talked about earlier because your aim isn't to be perfect. Your aim is to simply win the majority of the time.

Now, Little actions like saying your new belief out loud also counts (i.e. affirmations). This is especially useful because, until you've build enough reference, your mind basically will try to disprove your new belief continuously, through limiting thoughts. So you have to counter those thoughts with positive affirmations as soon as they come in.

Here are few example affirmations you can say out loud to yourself every day:

Positive Affirmations

- ✓ Every day in every way I am approaching my ideal weight.
- ✓ I love being physically fit and I lose enough weight so that I am at my ideal weight.
- ✓ My metabolism rate is at its optimum and it helps me in reaching my ideal weight.
- ✓ I love eating healthy food and it helps me reach my ideal weight.
- ✓ I love exercising daily and it helps me reach my ideal weight.
- ✓ I am a physically active person and that helps me reach my ideal weight.
- ✓ Every day in every way I am getting slimmer and fitter.
- ✓ I love myself unconditionally.
- ✓ Life is beautiful and I enjoy life by staying fit and maintaining my ideal weight.
- ✓ Every physical movement that I make burns the extra fat in my body and helps me to maintain my ideal body weight.
- ✓ Every cell in my body is healthy and fit and so am I.
- ✓ I easily control my weight through a combination of healthy eating

and exercising.

- ✓ Every day I am exercising and taking care of my body.
- ✓ My health is improving more and more every day, and so is my body.
- ✓ Everything I eat heals and nourishes my body, which helps me reach the ideal weight.
- ✓ I am closer and closer to my ideal weight with each and every day.
- ✓ I can do this, I am doing this, my body is losing weight right now.
- ✓ Eating healthy foods help my body get all of the nutrients it needs to be in it's best shape.
- ✓ I feel my desire for sugary foods disappearing.
- ✓ I have a strong urge to eat only healthy foods, and let go of any processed foods.
- ✓ I am the best version of myself, and I am working hard to become even better.
- ✓ I will lose weight because I want to, and I have the power to do this.
- ✓ My body is my temple, and I attentively take care of it every day by eating only healthy foods that heal and nourish me.
- ✓ I feel my body losing weight in every single moment of the day. I believe in my ability to change my habits and create new, positive ones.
- ✓ I no longer feel the urge to stuff my body with unhealthy foods, and I can easily resist temptations.
- ✓ I enjoy life by staying fit and maintaining my ideal weight.
- ✓ I am capable of achieving my weight loss goals, and I will not let anything stay in my way until then.
- ✓ I accept my body exactly the way it is and I constantly work on improving it.

✓ I completely understand that unhealthy foods do not help me lose weight, so I eat only healthy nutritious foods.

Choose your favourite ones from the list. Also, you can tweak, add or remove to the list to custom fit your situation. But most importantly, you should say them out loud to yourself in front of the mirror, in your car, on the bed, in the office... wherever and whenever. Especially when negative thoughts come to your mind.

Now, if you say your affirmations and take actions in-line with your new beliefs long enough, your limiting beliefs start to fall apart. How long is “long enough”? This brings us to our last ingredient in changing your belief

STEP 3: Be Consistent

I wish I could tell you that you can quickly change any thought or beliefs without it showing up again, but that doesn't always happen. Everything takes time and changing your belief is no exception.

Some thought or beliefs are easy to change and take less time while others are hard and take longer time. The time it takes to build up enough reference to change your belief can be anywhere from 18 to 254 days (66 on average).

The trick is to do the activities that support your new belief long enough so it becomes part of you, so you don't have to even think about it before doing it. In other words, make it become a habit. This brings us nicely to next important layer of the mental game of fat loss...

Habit

H A B I T

Every now and then we hear of incredible success stories of how someone lost 40kg, or how some dropped 3 dress sizes and so on. But you always never get to hear the process it took to get the result. It is so easy to forget those little actions or decisions you need to make on a daily basis to achieve the success you want.

Most people make the mistake of trying to get a result, a transformation or an overnight success without paying attention to the little decisions, actions or routines (i.e. habits) that helps achieve it.

Almost every habit that you have (good or bad) is the consequence of many small decisions, actions or routines over time. This means that how out of shape you are is a result of thousands of small decisions you've made over the years. So to successfully get in shape (and stay that way), you need to start making better small decisions or routines (AKA habits) daily. It's an easy concept people forget when they focus on the result.

Now, naturally, you only think that what you need is the result or the transformation, but that's not what you need. All you need is better habits and the results will come. Better habits will help you stick to your goals for the long-term and rescue you from chasing another overnight success.

What you repeatedly do (i.e. your habits) ultimately forms the person you are and things you believe. Habits are the most important stage to changing your belief system.

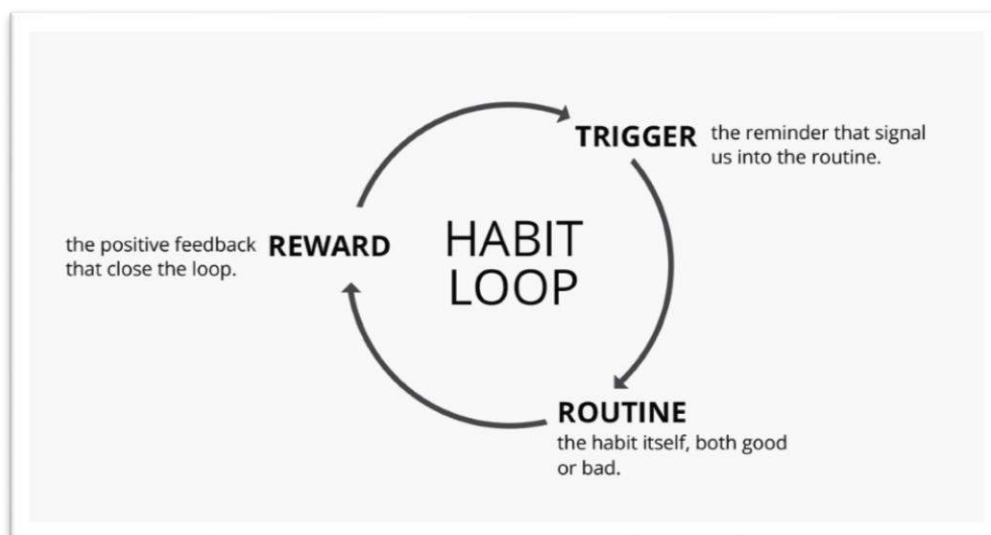
Now, the question is how do you turn actions in-line with your new

empowering belief into a habit?

Before I answer that, let's briefly see how behavioural scientists deconstruct how habits work.

You see, every habit follows a simple 3-step pattern. Which are:

1. Cue or Reminder (the trigger that initiates the habit)
2. Routine (the habit itself; the action you take)
3. Reward (the benefit you gain from doing the habit)



Let me show an example how this 3-step pattern works in real life. Let's take smoking as an example

- The Cue or Reminder to smoke can be being around friends that smoke or stress
- Routine is actually lighting up a cigarette and smoking
- The reward can be the feeling of being cool or satisfying the need for nicotine.

Follow this same cycle enough times, the routine then becomes a habit. When it becomes a habit you might no longer need a reminder or a reward, you just smoke without even thinking about it.

Now, we know how habits are formed, so how can we use this structure to form good weight-loss habits and stick to them?

Simple... Here's how:

Step 1: Use A Current Routine as A Reminder For Your New Habit

Every day, they're things you don't miss doing that can serve as a reminder for your new habit. For example, brushing teeth, bathing, washing hands and face, using the toilet and list goes on and on.

Don't try to rely on memory or motivation to do a new habit because it's not all the time you remember or feel motivated. And at the beginning stage of a new habit, you need consistency. That's why attaching your new habit to activities you do on a daily basis (without remembering or motivation) is very important.

Now, what you do is choose a must-do daily activity that perfectly fits as a trigger for your new habit. Let me give you a personal example of how I wanted to start a habit of drinking more water throughout the day (Feel free to steal it :-))

I attached going to the toilet with drinking water. Anytime I go to the toilet and I see my urine is yellowish in colour, then it means I'm not drinking enough water, so first thing is to grab a bottle of water. And if my urine is clear, then it means I'm doing a good job, I also grab a bottle of water because I just lost some water from my system. Easy. You can use anything as a trigger for your new habit, you can even put an item somewhere you pass every time as a trigger for your new habit.

If you keep forgetting to start your new habit, it means you need a better trigger. Once you've found a perfect trigger or reminder for your new habit, then you're ready for step 2.

Step 2: Make Your Habits Incredibly Easy to start

This is a very crucial step. You need to make your habit “*lighting-a-cigarette*” easy to start. You need to make your new habit so easy to start, that you can't say no.

Back to my water example. How did I make drinking more water throughout the day incredibly easy to do? Simple. Every morning I'll fill a couple of containers with water I'm going to drink during the day, so I'm always carrying a bottle of water everywhere I go. Anytime I'm reminded to drink water, it easy for me to start drinking water because, I already have a bottle of water with me. I have no excuse whatsoever not to drink water.

Clear? Not really? okay, let me give you another example to clear things up.

Now, let's say your aim is exercising for 30 minutes, 3 times a week. You should start by exercising just for 2 minutes, 3 times a week. And continue to increase the time till you get to 30 minutes.

You can see how easy and “non-threatening” it is to exercise for 2 minutes, 3 times a week (instead of 30 minutes). That's how you can make your habit incredibly easy to start.

Now, that's clear, let's move to the last step (step 3) of forming a habit.

Step 3: Reward yourself for every small achievement

Naturally, we keep doing stuffs that make us feel good. For this reason, rewarding yourself is important if you want to stick to your new habit.

Rewarding yourself every time you successfully practice your new habit can help your brain to connect good feeling with progress in your new habit. You can reward yourself with positive self-talk like “Good job”,

“Victory!” or “Success!”. Might sound silly but some people swear it works.

Also, you can reward yourself for a successful week with cheat meals, shopping, massage or anything that makes you happy for a good work well done. By the way, for my “drinking more water daily” habit I used as an example earlier, I didn't set a reward for myself. Why? Simply because drinking water makes me feel refreshed and sometimes satisfied (from thirst disguised as hunger). Drinking water comes with a natural reward just like exercising.

Now, before I move to the next element of the B-H-W-D Framework, let's talk about breaking bad habits. How do you break a bad habit? good question, let me answer that.

You see, from every habit you have right now (both good and bad), you derive a reward or benefit from doing them. Even if some of them are bad for you in other ways. That's why an advice like “just stop doing it” is a bad advice and hardly works.

Now, what's the best way to break from a bad habit? Simple. Replace a bad habit with a good habit that provides a similar benefit. And to do that, you need to first be aware of the *triggers* that cause your bad habit to start. Ask yourself questions like:

“When does my bad habit happen?”

“Where am I when it happens?”

“How many times daily do I do it?”

“Who am I with when it happens?”

Answering all these questions helps you identify and cut out as many bad habit “*triggers*” as possible.

Now, from experience, most bad habits are caused by either stress or boredom. So you simply should have a couple of plans beforehand on how

to deal with stress and boredom, instead of giving in to your bad habits.

Well, as a matter of fact, another way of slowly removing a bad habit is by setting standard rules. Now, what do I mean by that? It's simple.

You should set a clearly defined rule when you're only allowed to engage in your bad habit. For instance, if you have a bad habit of always eating chocolates.

A bad example of a clearly defined rule is: "I'll be eating less chocolates from now on."

What does the "less" actually mean? It can mean anything, so it means nothing.

A good example of a clearly defined rule: "I only eat two bars of chocolate every Sunday.

Now we are talking! This is a more specific and powerful statement that guides your action.

Doing it this way, helps you gain control over the habit. So you can gradually put an end to the bad habit.

Now, we know how to make and break habits, let's move on the next layer of the B.H.W.D framework – willpower. And let's see the role of willpower in forming or breaking a habit.

Willpower



Every day, we try to use willpower to control our temper, ignore distractions, not to go on Facebook, drag ourselves to the gym, refuse second round of mouth-watering junk food or to resist all manners of temptations.

Guess what? Using willpower is one of the worst ways to resist temptations (believe it or not). Your willpower is a limited resource; it gets depleted as you use it throughout the day.

We can look at willpower like a muscle—it can get exhausted by overuse. Imagine holding a bucket of water for several minutes. After some time (no matter how light the bucket is) your muscles get tired and you'll have to drop it. Same with your willpower, you can only use it to resist the temptation for a little while. And how long you can resist temptation also depends on how heavy the temptation is.



Figure 6: Willpower is like a muscle, the more we use it the weaker it gets. Also the more we exercise it the bigger it gets.

The bigger the temptation, the quicker you give in. We almost don't have any willpower left to stick to our weight loss plan because most of it has been used to drag ourselves to the office, control our temper and so on.

When it comes to losing weight, willpower is important but not in the way you think – not for resisting temptations.

So how do you use willpower then?

The secret is this: **You use willpower to develop habits.**

Let me give you an example to explain what I mean. For example, instead of using willpower to resist eating the ice-cream in your fridge over and over again, you should use willpower to develop the habit of not ever having ice cream in your fridge.

This can be accomplished in various ways. You can use willpower to:

- Develop the habit making ice cream a forbidden purchase anytime you go to the store.
- Develop the habit of sending others to do shopping for you (so you don't get tempted to buy ice cream or other junks)
- Develop the habit of buying only items on your shopping list (and never buying what's not on the list)
- Develop the habit of going out for ice cream on your cheat days instead of buying a whole gallon (so you never have leftovers at home)
- Develop the habit of eating before you go shopping so you won't get hungry and be tempted to buy ice cream.

All these examples are ways to effectively eliminate the ice cream problem for good. Just pick the methods that work well for you and you'll never need willpower to resist ice-cream again.

Make sense?... Good

Now, I'll give you one more idea stimulator on a better way to use willpower. Here it is...

Now, instead of using willpower to resist the urge of drinking soft drinks when you're thirsty, you should use willpower to fill one or more containers in the morning with water you're going to drink during the day. Carry these containers everywhere with you and drink the water throughout the day with the aim of emptying the container before night.

This way you'll be downing so much water, you'll hardly feel like drinking anything else.

The best part of the whole thing is this:

After a while, the process becomes a habit. Then you won't need to use willpower anymore. Without even thinking about it, you won't be buying ice-cream or drinking soft drinks anymore.

I suggest you look for clever ways to use willpower to develop the right habits that make losing weight and keeping it off effortless.

Now, it's time for the part you've been waiting for, let's move over to chapter 5 to find out.

Summary: Mental Game of Fat Loss



Key Points

- ✓ For a successful weight-loss, your primary focus should be on your beliefs, habits, goals, emotions, willpower and social support.
- ✓ Your beliefs are crucial for lasting weight loss because they determine your every action. So it's important to change limiting beliefs to empowering ones.
- ✓ There are 3 steps to changing your limiting beliefs. First, you need to change your perception from old to new. Second, start to do things in-line with your new perception. Lastly, you need to do it long enough.
- ✓ The thousands of little decisions and actions, which form your habits, has lead to the body you have now. So to change the body you have now, you have to start with taking better little decisions and actions.
- ✓ There are 3 steps to take to stick to your new habits. The first step is to choose a trigger to remind you of your new habit. The second step is to make your new habit incredibly easy to start. And the last step is to reward yourself when you successfully practice your new habit.
- ✓ To break a bad habit, the easier thing to do is replace the bad habit with a good one that provides a similar benefit.
- ✓ Using willpower is not a good way to resist temptation. Your willpower is a limited resource; it gets drained throughout the day.
- ✓ Use Willpower to develop habits instead of to resist temptations.



CHAPTER 5

FOOD SELECTION

Chapter 5: Food Selection

In this chapter, we'll be covering foods not to eat and why. I'll also show you how to get the best cooking oil (every time). Finally, I'll give you table of good sources of protein, carbs, and fats to select from.

Let's start with...

Foods NOT to eat (and Why)

1. Low-fat / non-fat packaged foods

Low-fat foods are not necessarily “low-calorie foods”

You see, manufacturers know that fat gives food flavour, thereby removing fat from a food makes it taste horrible like watered down Campari. So producers pump in sugar, flavouring and other “*nasties*” to boost the taste.



You end up eating a low-fat food loaded with sugar and several chemical additives, which has just as many calories as the “full-fat” version.

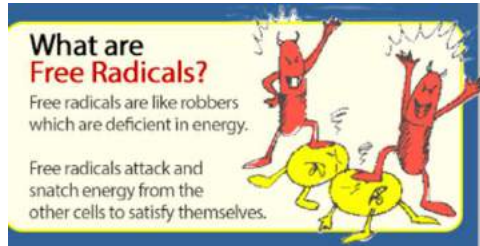
It gets worse:

You feel less satisfaction eating low-fat/non-fat foods because the fat that promotes satisfaction has been taken off, thus making you consume more calories or feel miserable all day long. For this reason, low-fat/non-fat packaged food can cause weight gain instead of weight-loss.

Also, not having enough fat in your diet can cause nutrient deficiency. You see, low-fat or non-fat packaged foods can be dangerous because your body would not be able to take in fat-soluble vitamins (such as vitamin A,

D, E and K) and other vital nutrients like beta-carotene. Without enough fat in our food, these fat-soluble vitamins and other essential nutrients pass through your body as waste without doing your body any good.

For example, if you eat a vegetable salad with low-fat dressing, you'll lose a lot of the fat-soluble nutrient that the salad contains. And fat-soluble



vitamins act as an antioxidant that protects you against free-radical damage (free-radicals are considered the main culprit that contributes to quick ageing, cancer, heart disease and other degenerative

diseases).

The body needs fat, so eating less fat can make your body make and store more fat.

Avoid low-fat or non-fat packaged foods and try to eat your vegetable salads with foods containing fats like eggs, nuts, avocado and other good fatty foods listed in the table later in this chapter.

2. Powdered/Dehydrated Egg, Milk, Cheese and Butter



The natural cholesterol contained in fresh eggs, milk and cheese are useful to the body for strengthening cell membrane, synthesizing vital hormones, and building brain and nerve tissues.

Now, the process of drying to make powdered milk, egg and cheese cause the cholesterol in them to be “fully oxidized”.

And oxidized cholesterol (unlike natural cholesterol) is **useless** to the body, so it's packed away into the plaque of injured arteries.

Consuming powdered/dehydrated egg, milk or cheese is surely the fastest way to clog your arteries. Dried eggs and powdered milk contains so much oxidized cholesterol that they are usually used as a source of oxidized cholesterol in laboratory experiments to test its harmful effects on animals.

You might be thinking: “I don't usually eat powder milk, and who eats powdered eggs anyway?”

Well, think again. If you eat packaged convenience foods, then you're guilty of eating them all the time. You see, when you check out the ingredient list on the label of packaged foods, you'll be shocked how many of them have powdered milk, cheese, or eggs in them. Although they don't always say “powdered” or “dehydrated” on them but they usually are.

Powdered eggs and milk are commonly used in cake mix, pancake mix and by commercial bakeries to make all types of baked goods. The bread and even frozen foods (like ice cream) you buy at the shop are often made with these powdered items.

Manufacturers use powdered eggs and milk because they are more convenient and economical to store than fresh eggs and milk. Whenever you see milk, egg or cheese listed on the ingredient list of a product, you know they are powdered because using fresh ingredients makes the food spoil quicker.

3. Processed Meat.

For the most part, cholesterol in fresh meat is harmless to the body. Even after cooking, the meat contains little or no “oxidized cholesterol”.



However, when meat is cut, moulded, cured, mixed with spices and preservatives, and processed into hot dogs, pepperoni, and other luncheon meats, it has high chances for the cholesterol to oxidize.

You see, things that cause cholesterol in meat to oxidized more are cutting and grinding (more fat exposed to oxygen), overcooking (heat oxidizes fat), age (the longer meat hang around, the more oxidation occur), and addition of nitrates and nitrites (used in curing meats) increases the potential of free-radical damage to the body.

4. Refined Sugars (Sucrose, Fructose, Corn Syrup Etc.)



It's old news for me to tell you refined sugar is bad. However, I don't think most people really know why. So I'll explain why.

You see, when you eat sugar, it is digested almost immediately and pumped into the bloodstream. This process causes a drug-like reaction which leads to stress of your hormonal system, dangerous swing in blood sugar levels, weakened immune system, increased feeling of hunger, diabetes and much more.

That's not all...

Sugar does not only supply no nutrient but drains the body of nutrients (to metabolize sugar, the body uses up reserved nutrient). I'm not done yet. Sugar also fuels addiction and craving of sweet things which contribute to weight gain.

Now, you might think you don't eat sugar that much but you just might be wrong.

You see, sugar is the most used sweetener on earth. Besides the obvious foods like chocolate and cakes, sugar in one form or the other is hidden in so-called "non-sweet" foods. It is found in a variety of foods like barbecue sauce, processed meats, canned foods, frozen foods and the list goes on and on.

Sugar is even found in non-food items like toothpaste, mouthwash and vitamins.

You hardly find any packaged item that goes into the mouth that does not contain sugar. Although on the package you might not see sugar written on it. You might see names like brown sugar, corn syrup, honey, maple syrup, barley malt, dried dates, molasses, dextrin, dextrose, fructose, glucose etc. They are "nicknames" for sugar and are mostly empty calories.

Now, some people might say natural sweeteners (like honey, dates etc) is better than refined sugar. The truth is this: natural sweetener's only advantage is that they retain some nutrients (but not much) because they are less processed. They are still basically sugar because just like table sugar they are mainly sucrose.

So the bottom line is this: whether you eat table sugar, honey or dried dates makes no much difference. They are all harmful to your health and keep sugar cravings and addiction alive.

Now, I want to discuss a bit more about the sweetener "fructose". Fructose

is popular sweetener used in all kinds edible package items from junk foods and chocolates to “health” foods and dietary supplements. Why has fructose become so popular? The reason is this: people think fructose is healthier because it does not raise blood sugar and insulin levels like sucrose (table sugar). And also people think it comes from fruit (so it natural) because of its name (fructose). Unfortunately, that’s not the case.

The real reason fructose is a preferred sweetener to sucrose for food producers is because it’s simply cheaper. You see, fructose is much sweeter than sucrose, therefore cost less to sweeten food. Now, although fructose does not affect blood sugar and insulin levels like sucrose, it has a deadlier effect on “insulin resistance”. Therefore, can cause a host of health problem like diabetes, heart diseases and so on.

That’s not all. It has been shown that fructose increases the rate of fat peroxidation which produces destructive free radicals and seriously affects blood pressure and interferes with nutrient absorption in the body.

You can see that fructose is only cheaper, not healthier.

Lastly, fructose is not natural sugar. Well, as a matter of fact, fructose is one of the most refined sugar you can get. You see, sucrose is made up of glucose and fructose (50% each). Now to get fructose you have to further refine sucrose into fructose and glucose. Therefore, fructose is as refined as it can get. In fact, it cannot be reduced into a simpler sugar.

It is evident that fructose is even more dangerous than sucrose (table sugar), so it should be avoided at all cost.

5. Artificial sweeteners

This man-made product is as sweet as sugar but has fewer or no calories. Sounds like a dieter's dream come true, but in reality it's a nightmare.



You see, even as refined and processed sugar is, it's still a substance the body can recognise and process. On the contrary, artificial sweeteners are aliens the human body hasn't seen before. The body cannot handle them safely or properly, so they cause problems.

Just like any drug, artificial sweeteners have nasty side effects ranging from headache to death. That's not all, artificial sweeteners are just as addictive as sugar and also desensitize our taste receptors, which leads to overconsumption of sweet foods. As you can see, artificial sweeteners are not effective for weight loss and are detrimental to health.

Now, you might think you don't use artificial sweeteners, but hey, artificial sweeteners are used to make most "Diet beverages" like diet soda and other so-called "health" foods.

6. White flour products



Whole wheat is turned into white flour by processing out most of its fibre and nutrients, leaving a nutritionally depleted starch. White flour is basically sugar. If you eat anything made from white flour such as cake, bread, pasta, biscuits and the likes you are basically eating sugar – and we already know sugar has no vitamins and minerals. And we have no business having them in our diet.

7. Vegetable and Seed Oils



Don't let the “*vegetable*” in front of vegetable oil fool you. Refined vegetable oil contains no nutritional value other than fatty acids.

They're basically empty calories.

These oils not only contribute no vitamins and minerals but actually, deplete the body's nutrient reserves and thereby promote deficiency.

In other words, consuming vegetable oil lowers your resistance to infectious diseases by suppressing your immune system.

Most, if not all vegetable and seed oils are polyunsaturated. This means that when heated they generate toxic free-radicals in the body. Put in another way, when you eat anything cooked or fried in polyunsaturated vegetable oil, you are literally damaging your heart, your brain, and all other organ or tissue in your body.

Here are examples of vegetable and seed oils you should stay away from:

- Canola oil.
- Soybean oil.

- Corn oil.
- Safflower oil.
- Cottonseed oil.
- Sunflower oil.
- Peanut oil.
- Sesame oil.
- Rapeseed oil.
- Rice Bran oil.

Also, avoid all margarine and fake butter.

8. Fast food

Most fast foods are made from the forbidden foods items we've been talking about all day (from number 1 to 7).



For instance, the typical ice cream found in most fast food are made from powdered milk, sugar and (most times) hydrogenated vegetable oil. You get 3 of the worst thing you can put in your body at the same time.

Fast food tends to be really high in unhealthy fats because they often use lots of oil (cheap vegetable oil) in cooking.

Well, as a matter of fact, you can cook the exact same meal at home (that taste just as good) and have literally half the calories of that of the fast food.

Now we know what not to be eating (most of the time), lets move on to what we should be eating...

How to choose your cooking oil

Generally, oil high in polyunsaturated fat is a “no-go-area” for cooking.

You see, after extraction, once polyunsaturated oils are exposed to heat, light and oxygen, they oxidize very quickly. And eating this causes your entire body to suffer from the onslaught of harmful free-radicals damage. so for this reason, polyunsaturated oil should never be used for cooking, frying or baking.

On the other hand, Monounsaturated and saturated oils do not oxidize as easily as polyunsaturated oils. They are more stable for cooking purposes. Monounsaturated oils are safe to use for low to medium-temperature heating. And saturated oils (which are most resistant to oxidation) can be used for all types of cooking even at high temperature, without any danger.

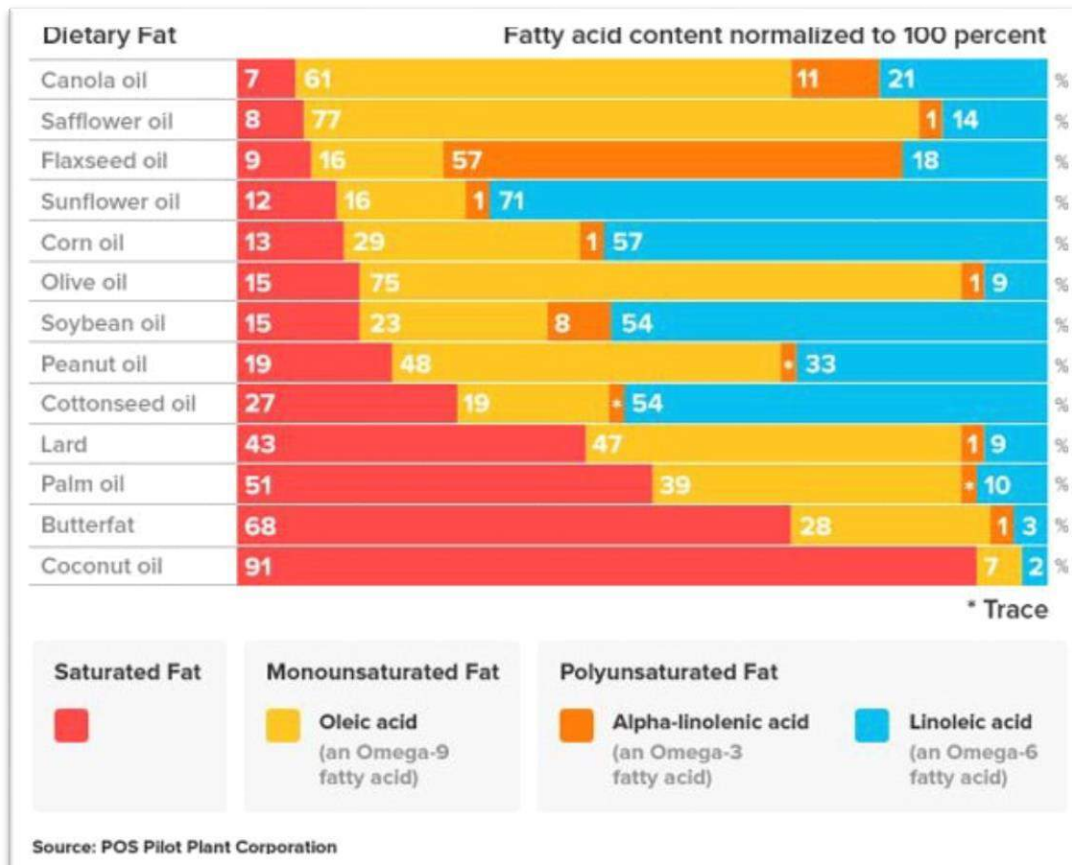
Now, as you know, most vegetable and seed oils should not be in your diet because they are composed of mainly polyunsaturated fats. However, what I didn't tell you was that refined vegetable oils are deceptive. You can't tell when a refined vegetable oil is spoilt.

You see, during the extraction processes vegetable oils are purified, deodorized and stripped of all taste and nutrients. So when the oil begins to go bad (rancid), it does not affect the smell or flavour. The only time a spoilt oil produce an offensive smell is when it contains impurities like a protein or phytochemicals.

You can eat a very bad, highly oxidized refined oil and not even notice any difference, especially when it is combined with other foods (as it normally is). Right there is yet another reason you should stay away from refined polyunsaturated oils.

Now, I have given you a general rule of thumb on how to choose your cooking oil. Would you like me to be more specific? You do? Okay good.

Look and the chart below and tell me what you notice...



From the chart, you can see that the best oil of choice for all your cooking, frying and baking is Coconut oil, Palm oil (which are composed of mainly saturated fat) and olive oil (which is made up of mainly monounsaturated fat).

Now, listen up, this is very important. You see it's not just a matter of choosing healthy oil, but also whether they stay healthy after being extracted from their sources. What I'm trying to say is this: lower quality versions of these healthy oils can be extracted using chemicals, or even diluted with other cheaper oils. So how do you know which one to buy? I'll tell you.

You should choose oils that produced through "cold pressed" method.

Hold on...

The term “cold pressed” is somehow deceiving because it is only used to describe the heat involved in the extraction process, and not after.

You see, most so-called “cold-pressed” oils are then further refined by adding chemicals and heating to drive impurities, which removes their natural flavour and aroma. So there’s no much difference between them and the highly refined ones.

Now, there are oils that are produced using modern true cold press method or age-old traditional method without chemicals and high heats. Popular examples are *extra virgin olive oil* and *virgin coconut oil*. They retain their full colour, flavour, aroma and all natural vitamins and minerals.

The secret to detecting a truly “natural” or unrefined oil is by the taste and smell. You need to follow your nose. The oil you should use should smell and taste like the food they came from. Olive oil should smell and taste like fresh olive. Coconut oil should smell and taste like coconut. If the oil is flavourless and tasteless, then ladies and gentlemen you know you have a dead oil stripped of all nutrients.

Now, you know how to choose a quality oil, let’s talk about how to choose quality foods...

Food quality

Eating the best quality foods help prevent malnutrition (or subclinical malnutrition) and uncontrollable food cravings that come with it. But what does “quality” mean anyway? I’ll tell you.

You see, food with the highest quality are ones with the most nutritional value and least harmful chemical additives – Put in another way – best quality food are the ones that have had the least amount of processing. The more processing or refining a food undergoes the lower its quality.

The quality of foods is also affected by the way they are grown. You see, crops grown using artificial fertilizers or mineral depleted soils are less nutritious than ones grown in an organic, rich soil. Organic foods are of higher quality because they are grown using natural fertilizers and are not contaminated by pesticide (unlike non-organic foods).

Not only in plants, also meat from organic, “grass-fed” animals are more nutritious and of higher quality than those fed with “special” food and pumped with artificial hormones and antibiotics.

So the highest quality of meats, eggs, and dairy you can get are from animals allowed to roam freely and eat outside (commonly referred to as free-range or grass-fed) and are free from drugs and enhancing hormones.

Finally, the way you cook can lower the quality of your foods. Too much or improper cooking can cause damage of food nutrients. Foods should be moderately cooked or eaten raw (if possible) to get the most nutrients from them.

Recommended food List

I’ll be listing food in categories based on what macronutrient they mostly contain. Let’s begin with...

Protein

The food listed in the table below are food rich in protein...

Recommended Protein Food List



Meat (Beef)



Chicken



Clams



Cheese



Crab



Egg



Fish



Lamb



Liver (Beef, Calf, or Chicken)



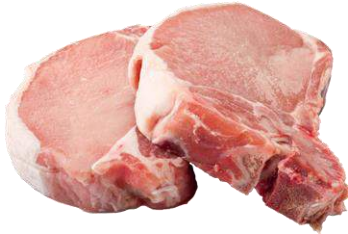
Lobster



Mussels



Oyster



Pork



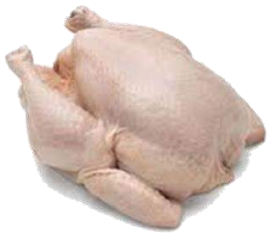
Sardine



Snail



Shrimps



Turkey



Unprocessed Sausage



Whey Protein Supplement



Yogurt (Unsweetened Plain Full Fat)

Good Fats & Oil

The food listed in the table below are food rich in good fats and oil. This sources should be where you should be getting all of your fats & oil from...

Recommended Good Fats & Oil List

Good oils



Coconut Oil



Olive Oil



Palm Oil (Red Oil)

Good Fats



Almond



Avocados



Cashew Nuts



Egusi (melon) seeds



Ground Nut (Peanut)



Pistachios



Pumpkin seeds



Walnuts

Energy Carbs

Energy carbs are carbs that are mostly whole grains and starchy foods. They are packed with nutrients and fibre that help to keep us full longer.

Recommended Energy Carb Food List



Amala



Banana



Beans



Corn



Eba (Garri)



Fufu (Akpu)



Irish Potatoes



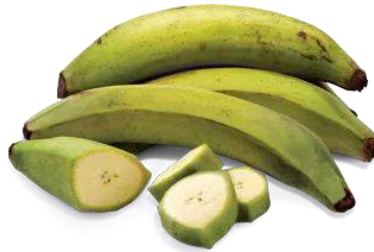
Moi Moi



Oat Meal



Ofada Rice



Plantain



Pounded Yam



Sweet Potatoes



Yam

Nutrient Carbs

Nutrient carbs are carbs loaded with fibre and phytonutrients. They boost our health and help fight off cravings. Nutrient carbs are basically fruits and vegetables.

Recommended Nutrient Carbs Food List

Vegetables



Bitter Leaf



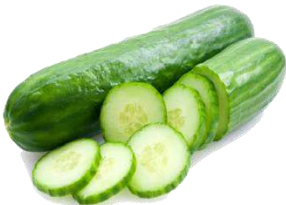
Broccoli



Cabbage



Carrot



Cucumber



Ewedu (Jute Leaf)



Green Peas



Kale



Lettuce



Mushroom



Okra



Onions



Pepper (All types)



Spinach



Tomatoes



And All Other Nigerian
Native Leaves and
Vegetables

Fruits



White/African star apple or
Agbalumo (Udala)



Apples



Berries



Cherries



Grapes



Grapefruit



Lemon



Lime



Mango



Orange



Pawpaw



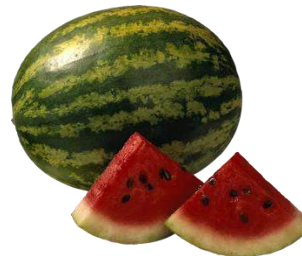
Pear



Pineapple



Tangerine



Watermelon

Note this: These food tables are super important because I'll be referencing them as from now on, especially as I introduce you to the Supreme fat-loss system's meal plan formula in the next chapter.

Summary: Food Selection.



Key Points

- ✓ Don't eat:
 - Low-fat / non-fat packaged foods
 - Powdered/Dehydrated Egg, Milk, Cheese and Butter
 - Processed Meat like hot dog, pepperoni, and other luncheon meats
 - Refined Sugars (Sucrose, Fructose, Corn Syrup Etc.)
 - Artificial sweeteners
 - White flour products
 - Vegetable and Seed Oils
 - Fast food/Restaurant food

- ✓ Make sure you read food labels because most forbidden ingredients are hidden in many processed foods.

- ✓ Never cook, bake or fry with oil high in polyunsaturated fats because they oxidise very quickly under high heat, and this leads to free-radical damage to the body. Most vegetable and seed oils are high in polyunsaturated fats.

- ✓ On the other hand, oils high in saturated fats like coconut oil and palm oil, and monounsaturated fats like olive oil should be what you should be using for your cooking, baking and frying because they don't oxidise easily and can withstand high heat.

- ✓ How your plants are grown and how animals are raised affects their quality. Plants that were grown in organic-rich soil (referred to as "organic foods") are of higher quality and have more nutrients than those grown using artificial fertilizers or mineral depleted soils.

- ✓ Animals that are allowed to roam freely and eat outside (commonly referred to as free-range or grass-fed) and are free from drugs and enhancing hormones are more quality and have more nutrients than those fed with "special" food and pumped with artificial hormones and antibiotics.

A STEP-BY-STEP ALL-NATURAL,
NO-HUNGER GUIDE TO PERMANENT
WEIGHT-LOSS

SUPREME FAT-LOSS SYSTEM

F E M I O J A

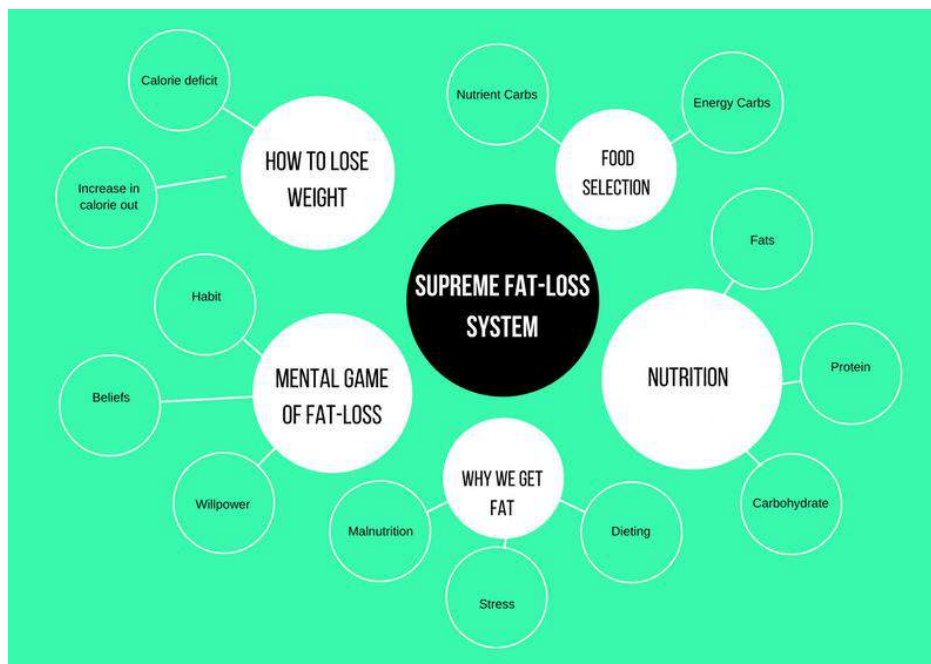
CHAPTER 6

THE SUPREME FAT-LOSS SYSTEM

Chapter 6: The Supreme Fat Loss System

Now, it's time to put together all the knowledge we've acquired (from chapter 1 to 5) into a system, which I call the supreme fat loss system (SFS for short).

SFS ties everything we've been learning about nutrition, weight loss, habit and more together.



That's why for lack of a better name it's called the "**Supreme**" Fat Loss System. SFS not only accounts for weight loss but also for better health. Other side effects of the SFS are more energy, feeling (and looking) younger, breaking of food cravings, addiction and other unhealthy habits.

SFS is more than just a diet or meal plan, it's a complete program. With no further ado, let me sum up the features or elements that make up the supreme fat-loss system:

- 1) A simple way to measure portions of food without counting calories
- 2) Eating between 3 to 5 meals daily (choose the one that works best

for you)

- 3) Drinking adequate amount of water with (and in-between) meals.
- 4) A basic multivitamin supplement and one or two other key supplements
- 5) Planned Cheat day every week.
- 6) A simple “food choice” formula for creating a healthy fat burning meal plan
- 7) A mix of simple exercises that don't require a gym or equipment.

Does it not sound simple and straightforward? Yes, because it actually is.

Now, let's discuss each in more details, shall we?

Food Portions

In the supreme fat-loss system, You'll be measuring your food in portions. So what do I mean by portions? It's really simple:

- ✓ A portion of protein is about the size of the palm of your hand
- ✓ A portion of energy carbs is the size of your clenched fist.
- ✓ A portion of nutrient carbs is the size of your clenched fist.
- ✓ A portion of fat is the size of your clenched fist.
- ✓ A portion of oil is a tablespoon.



Measuring food this way gets rid of all the headache of counting calories. Also this portion system ensures you eat according to your body size i.e. larger people eat more, smaller people eat less.

Clear? Good! Let's move to the next element of the system.

Eat Three to Five Meals Daily

I can bet you've probably heard that eating 6 small meals daily will help you burn fat by increasing your metabolism. Well, it's a really big lie. You see, frequency of meals has no effect on your metabolism or weight loss.

What really matter is the overall quantity (i.e. calories) consumed daily. So you can decide to eat once or ten times daily, it doesn't really matter. What matters is how much "calories in" at the end of the day. And besides not everyone has time to be eating 6 small meals.

Anyways for the supreme fat-loss system, you will be eating at least 3 meals or at most 5 meals daily. You Choose which one works best for you. Don't worry you'll understand better when I show you an example meal plan soon.

So why did I choose 3 to 5 meals daily? The truth is there is no magical

reason behind it. However, I chose 3 to 5 meals so that you don't get too hungry between meals and snack on junk food or overeat at your next meal. Also this eating frequency gets you into a good eating habit.

I'll show you what to do if you choose to eat 3, 4 or 5 times.

Now, let's go to the next key element of the supreme fat-loss system.

Drink Adequate Amount of Water with (And In-Between) Meals

Most times when you feel hungry in-between meals, it's usually a signal of thirst NOT hunger. So with SFS, you'll be drinking at **least 35cl** of water with every meal and in-between every meal. I expect you to drink more though.

You should always carry around with you a bottle of water to drink in-between meals. Doing these helps you to get in the adequate water you need daily. And the best part is you'll not get too hungry before your next meal, so you'll have no room for snacking on junk foods.

Take A Basic Multivitamin Supplement and One or Two Other Key Supplements

As I discussed earlier, you only need 3 supplements when it comes to weight loss; Whey protein powder, Fish oil supplements and a multivitamin.

Let me give you a quick reminder why these supplements are important. Whey protein powder is just a really convenient and quick way to consume your proteins. Fish oil supplements improve your body's ability to not only burn fat but do almost everything, so it's highly recommended. Finally, multivitamins don't really need too much introduction. They are useful for supplementing vitamins and minerals you might not be getting enough from your diet, which can help prevent food cravings.

These 3 supplements are the only ones the SFS recommends.

Planned Cheat Day Every Week

Let's face it, we are humans therefore we're not perfect. And that's why SFS allows a full day of eating some of the crap you've been craving all week (like white bread, white rice, chocolates and the rest). Although that's not the only (and main) reason why. There are also other psychological and hormonal reasons why a full day of cheating on your diet is allowed. Let me explain the big benefits of having a cheat day:

1. In chapter one, I explained how after a few days of restricting calories (or dieting), your body in an attempt to keep you alive (from supposed famine) slows down the rate your body burns calories (i.e. your metabolism). Remember? Good. Now, having a cheat day where you eat those high-calorie and high-sugar foods (you're not suppose to) can sort of "reset" and "reboot" your metabolism after slowing down slightly during the week. This allows your metabolism to continually burn excess calories and fat without you experiencing massive cravings.
2. Another important benefit of cheat day is a psychological one. You see, when you can eat all the stuffs you crave, then you don't feel deprived like you do in a traditional diet. This allows you to stay motivated (which is key) to keep following your diet plan.
3. lastly, if you can remember when I discussed on the 3 R's of habit formation: Reminder, Routine and Reward. A cheat day at the end of the week can serve as a good reward for following your diet plan for the week. You can't do all that hard work for nothing.

There you have it. You can see that a cheat day done correctly is crucial part of your weight loss journey. So what can you eat on your cheat day? The answer is ANYTHING you want. In fact, I encourage you to eat fries, Pizza's, ice cream...anything! My only rules are don't let a cheat day turn to a cheat week and don't get carried away (moderation is key).

Here are some Cheat day pro tips.

- Try to let your cheat days fall on a Sundays. Why Sundays? You see, when your cheat days are on Sundays, the probability of cheating to spill over into the next day is low. It's likely because most people see Mondays a fresh start (thus the famous excuse "I'll start on Monday").
- Try having home cooked cheat meals as much as you can. Restaurants / fast foods are usually baptised in cheap, unhealthy oils and other nasty ingredients. Making your food yourself can save you from lots of calories and unhealthy ingredients.

Now, read very carefully. We're moving on to one of the most important element of the supreme fat-loss system. "food choice *formula for creating a healthy fat burning meal plan*". It ties everything together. Ready? okay.

Food Choice Formula for Creating a Healthy Fat Burning Meal Plan

The SFS meal plan is in two week cycles. Odd weeks (i.e. weeks 1, 3, 5 ... etc.) are called "Cleanse weeks" and even weeks (i.e. weeks 2,4,6... etc.) are called "Calorie confusion weeks". Okay let's dive deeper to see what happens in each week.

Weeks 1 – Cleanse Week

The eating plan in this week is designed to help you stop bad eating habits that are making you fat and switch them with right amount of nutritious foods that help you burn fat. Now, day one of this week is a bit intense than the rest of the week. And day 7 is your cheat day. Let's break each day down with specific examples.

Day 1 – Intense Cleanse Day

On this day, you'll only be eating only protein and vegetables (under nutrient carbs) from the recommended food list (in chapter 5) and drinking a lot of water. This combination of food is filling and packed with nutrients to fight cravings. So You'll be consuming less calories, thereby you burn fat fast with ease.

Now, here is exactly how day 1 meal combination should look like:

5 MEALS PER DAY

Meal 1: 1 portion of Protein + 1 to 2 cups of vegetables + 35cl of water.

Meal 2: 1 portion of Protein + 35cl of water.

Meal 3: 1 portion of Protein + 1 to 2 cups of vegetables + 35cl of water.

Meal 4: 1 portion of Protein + 35cl of water.

Meal 5: 1 to 2 cups of vegetables with a few tablespoons of good oil
+35cl of water

OR

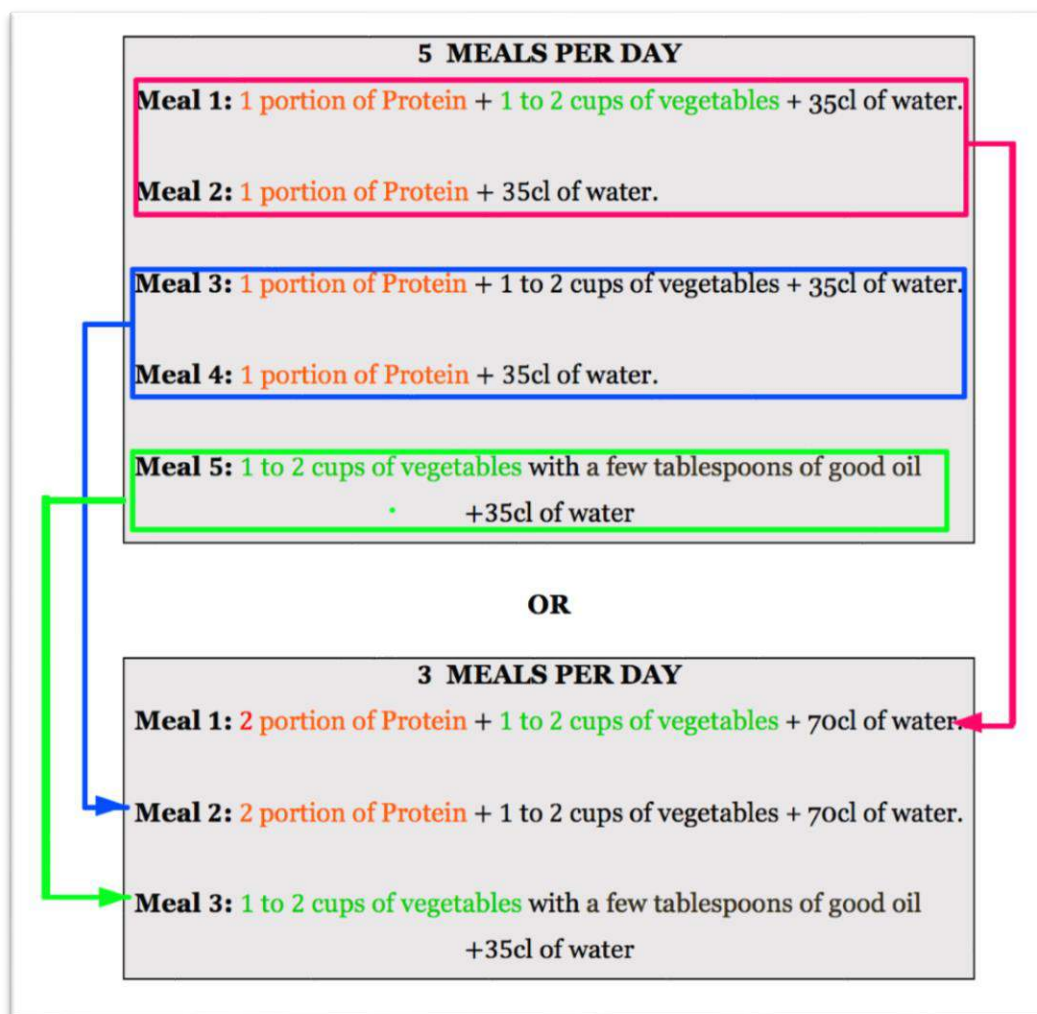
3 MEALS PER DAY

Meal 1: 2 portion of Protein + 1 to 2 cups of vegetables + 70cl of water.

Meal 2: 2 portion of Protein + 1 to 2 cups of vegetables + 70cl of water.

Meal 3: 1 to 2 cups of vegetables with a few tablespoons of good oil
+35cl of water

NOTE: The meal plan is flexible. You can eat meals in whatever order. And from the “5 Meals Per Day” table, you can combine the meals however you like to give you 4 meals, or even 2 meals if you want. For example, I simply combined “meal 1 & 2” on the “5 Meals Per Day” table to get **Meal 1** of “3 Meals Per Day” table, and “meal 3 & 4” to get **Meal 2**. lastly, **Meal 3** is same as meal 5 on the “5 Meals Per Day” table.



Make sense? Okay.

Now, like I said day 1 is a little intense but you'll be fine. The rest of the the cleanse week is less intense. Let's go to the combination for the rest of the week

Days 2 to 6 – General Cleanse Days

On these days you'll be eating one portion protein with one portion of energy carb or nutrient carb per meal. And a tablespoon of good oil daily. Precisely you should be eating a total of:

“2 portions of Energy carbs” and “3 portions from the nutrient carb and 1 portion of good oil” from the recommended food list.

Let me show you, so you can understand what I'm trying to explain.

A typical day 2 to 6 meal combination should look like this:

5 MEALS PER DAY (WEEK 1)

Meal 1: 1 protein portion with 1 Energy Carb portion. + 35cl of water.

Meal 2: 1 protein portion with 1 Nutrient Carb portion. + 35cl of water.

Meal 3: 1 protein portion with 1 Energy Carb portion. + 35cl of water.

Meal 4: 1 protein portion with 1 Nutrient Carb portion. + 35cl of water.

Meal 5: 1 protein portion with 1 Nutrient Carb portion. + 35cl of water
+ 1 Tsp of good oil

OR

3 MEALS PER DAY (WEEK 1)

Meal 1: 1 protein portion with 1 Energy Carb portion + 35cl of water.

Meal 2: 2 protein portion with 1 Nutrient Carb portion + 1 Energy Carb portion + 70cl of water.

Meal 3: 2 protein portion with 2 Nutrient Carb portion. + 70cl of water + 1 Tsp of good oil

NOTE: As I said, this meal table is flexible. If you look closely, meal 1 of both “5 Meals Per Day” table and “3 Meals Per Day” table are the same. And this time, I combined “meal 2 & 3” on the “5 Meals Per Day” table to get **Meal 2** of “3 Meals Per Day” table, and “meal 4 & 5” to get **Meal 3**.

So in summary with the “5 Meals Per Day” table as the base table, you can customise it however you like to fit your schedule and eating pattern.

Day 7 – Cheat Day

On day 7 you allowed to eat whatever you want especially all the junk food you missed throughout the week. So feel free and enjoy your cheat day.

Now, let’s move on to how the next week should look like.

Week 2 – Calorie Confusion Eat Week

This week is slightly different from week 1. This period you’ll slightly increase your food portion, but the first day and last day are similar to week 1.

Let’s break each day down, so you see clearly what I’m talking about...

Week 2, Day 1 (or Day 8) – Intense Cleanse Day

The first day of week two (or the eighth day) is exactly like day one of week one. You see, after yesterday’s (day 7) cheat day, this lower calorie day is the best time to take advantage of your “rebooted” metabolism and let it burn away any extra calorie. Even if you do have a cheat day where you eat way too much. It’s not that big of a deal all thanks to the cleanse day.

Day 8 just like day 1 meal combination should look something like this:

5 MEALS PER DAY (WEEK 2)

Meal 1: 1 portion of Protein + 1 to 2 cups of vegetables + 35cl of water.

Meal 2: 1 portion of Protein + 35cl of water.

Meal 3: 1 portion of Protein + 1 to 2 cups of vegetables + 35cl of water.

Meal 4: 1 portion of Protein + 35cl of water.

Meal 5: 1 to 2 cups of vegetables with a few tablespoons of good oil
+35cl of water

OR

3 MEALS PER DAY (WEEK 2)

Meal 1: 2 portion of Protein + 1 to 2 cups of vegetables + 70cl of water.

Meal 2: 2 portion of Protein + 1 to 2 cups of vegetables + 70cl of water.

Meal 3: 1 to 2 cups of vegetables with a few tablespoons of good oil
+35cl of water

Week 2, Days 2 to 6 (or Day 9 to13) – Calorie Confusion Eat Days

The food combination in Week 2 (or Days 9 to 13) is designed in a way to “confuse” the body. You see, we don’t want our body to realise that we are dieting or cutting down too much calorie intake. Why is this important? I’ll tell you.

You see, when the body notices we are cutting down on calories (or dieting), through some hormonal changes, it slows down the rate your

body burns fat (i.e. metabolism). And we don't want that. So how do we confuse the body, so it doesn't know you are cutting down too much calorie intake? It's simple. By slightly increasing your calorie intake from last week. So here are the important changes to make:

1. This week, you'll Increase all carb portions by 50%. I.e. you will be eating one protein portion and one and half ($1\frac{1}{2}$) energy carb or one and half ($1\frac{1}{2}$) nutrient carb portion per meal.
2. This week we change to eating a total of " $4\frac{1}{2}$ portions of Energy carbs" and "**3** portions of nutrient carbs" from the recommended food list daily.
3. And lastly, we will add another good fat portion (like nuts, avocado, etc) daily in addition to the good oil.

So week 2 (day 9 to 13) meal combination will look like this:

5 MEALS PER DAY (WEEK 2)

Meal 1: 1 protein portion with $1\frac{1}{2}$ Energy Carb portion. + 35cl of water

Meal 2: 1 protein portion with $1\frac{1}{2}$ Nutrient Carb portion. + 35cl of water
+ 1 portion of good fat

Meal 3: 1 protein portion with $1\frac{1}{2}$ Energy Carb portion. + 35cl of water

Meal 4: 1 protein portion with $1\frac{1}{2}$ Nutrient Carb portion. + 35cl of water
+ 1 Tsp of good oil

Meal 5: 1 protein portion with $1\frac{1}{2}$ Energy Carb portion. + 35cl of water.

OR

3 MEALS PER DAY (WEEK 2)

Meal 1: 2 protein portion with $1\frac{1}{2}$ Energy Carb portion + $1\frac{1}{2}$ Nutrient Carb portion. + 70cl of water + 1 portion of good fat

Meal 3: 2 protein portion with $1\frac{1}{2}$ Energy Carb portion. + $1\frac{1}{2}$ Nutrient Carb portion. + 70cl of water + 1 Tsp of good oil

Meal 5: 1 protein portion with $1\frac{1}{2}$ Energy Carb portion. + 35cl of water.

Week 2, Day 7 (or Day 14) – Cheat Day

Week 2, day 14 is also a cheat day just like day 7 on week one. You're allowed to eat whatever you want.

Now, for **week 3**, you just repeat food combination for **week 1** (calorie cleanse week).


And for **week 4**, you simply repeat **week 2** food combination (calorie confusion cheat week) and so on.


So you just keep doing the two week cycles till you get to your desired weight loss goal. Simple.

Now to make everything magnifying glass clear, I'll summarise the whole two weeks' cycle eating combination using the table below:

5 MEAL PER DAY TABLE (ODD WEEKS)


Weeks 1,3,5... etc.	Breakfast	In-between meals	Snack 1	In-between meals	Lunch	In-between meals	Snack 2	In-between meals	Dinner
Monday	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 to 2 cups of vegetables + 1 Tsp of good oil + 35cl of water
Tuesday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Wednesday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Thursday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Friday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Saturday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Sunday	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE

Where: 1 portion of Protein = about the size of the palm of your hand 

1 portion of Energy Carb = about the size of your clenched fist. 

1 portion of Nutrient Carb = about the size of your clenched fist. 

1 portion of good fat = about the size of your clenched fist. 

1 portion of good oil = a table spoon 

5 MEAL PER DAY TABLE (EVEN WEEKS)

Week 2,4,6... etc.	Breakfast	In-between meals	Snack 1	In-between meals	Lunch	In-between meals	Snack 2	In-between meals	Dinner
Monday	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 to 2 cups of vegetables + 1 Tsp of good oil + 35cl of water
Tuesday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Wednesday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Thursday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Friday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Saturday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Sunday	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE

NOTE: These 5 meals a day tables are just base tables. You can combine meals together to give you 4 meals or 3 meals a day to fit your schedule. Also, you must not follow the exact meal order on the tables. You can also reorder the meals to fit your preference.

Now that one of the most important parts of the supreme fat-loss system is super clear, let's add some exercise into the mix people.

Adding Exercise into The Mix

The supreme fat-loss system is focused on a proper weight loss diet and good eating habits. However, I couldn't help but add exercise to the mix. You would know why shortly. Truth be told, if you follow the SFS diet plan alone, you'll lose a lot of weight. But why stop there? When we can do better. When you can have two factors (Your diet and exercise) working in your favour to burn more fat.

Now, there so many reasons why you should exercise, some of which are exercise:

- ✓ Enhances memory and cognitive skills
- ✓ Decreases the risk of degenerative diseases and illness
- ✓ Lowers bad cholesterol levels
- ✓ Relieves stress
- ✓ Reduces depression and anxiety
- ✓ Enhances healing
- ✓ Helps in weight loss and management
- ✓ Improves strength and endurance
- ✓ Prevents insomnia
- ✓ Improves self-appearance
- ✓ Improves your mood

Etc., etc., etc.

After reading all this crazy benefits of exercising, you can now see why I had to add exercise to SFS and why it's a "Must!"

Now from all the endless amazing benefit of exercising, let's zoom into how exercise can help in weight loss and management.

How Exercising Helps You Lose Weight

As discussed in chapter 2, one other way to create a calorie deficit besides eating less calories (or dieting) is to burn more calories through increased physical activities. And exercising, my friend, is the most efficient way to increase physical activity level. Now, they're other hidden benefits of exercising for weight loss I want to highlight.

As you know, when you start to reduce calorie intake (or diet) your metabolism tends to slow down. Now, if you combine a good diet with the right amount of exercise, then you can avoid that problem. Put in another way, when proper exercise is met with proper diet, your metabolism is kept elevated to burn fat like clockwork.

Also contrary to popular believe exercising does not increase appetite. Most people believe that exercising makes you more hungry, therefore you eat more. That's simply not true. If you don't do anything extreme, a moderate workout has no effect on your appetite whatsoever. Well, as a matter of fact, aerobic exercises can actually suppress your appetite. Personally, whenever I engage in aerobic exercises, I hardly feel like having anything except plenty of water.

And, of course, when you exercise, you get tired and get to sleep earlier than usual (and like a baby). How does this help you lose weight? It's simple. You won't be awake to engage in late night snacking (which is the number one culprit for consuming unnecessary calories).

Now, with all these benefits, I hope it's clear why exercise is super important for weight loss and weight maintenance? Good. Then I guess it's safe to move on to the SFS exercise program you should be doing.

The SFS Exercise Program

You see, to make supreme fat-loss system the best (and an easy) weight loss program, the exercise I chose had to meet the following criteria: Economical, convenient, fun and effective. What exercises met these

criteria? Let's find out.

1.Brisk walking (fast walking)

When people hear the word exercise, they only think of jogging or pumping Iron. Walking is not even considered as a form of exercise. However, it is an excellent form of exercise that's just as effective as any form of aerobic exercise (like jogging or cycling). Well, as a matter of fact walking is one of the best forms of exercises for overweight or out of shape people.

The cool part is walking meets all the criteria (Economical, convenient, fun and effective) I mentioned above and more. You, see walking is the most economical, convenient and definitely the easiest exercise out there. It can be done anywhere, anytime and by anyone (regardless of age or fitness level). Walking especially walking outside is fun because you get to see people and other interesting things on your way. And more importantly, walking is effective for your health, as well as for weight loss, when done regularly.

Now, we are on the same pace of why walking is an excellent form of exercise and an important part of SFS. The question now is how long should you be walk and how many times a week? Okay, let's answer that.

You should be walking at a brisk pace (i.e. fast walking) at least 30 minutes or more (if you can) 3 times weekly

I know, I know some of you guys reading this book haven't exercised in years! If you're in this category, then I recommend starting out slowly.

Walk at a slow pace for 15 minutes at least 3 times for your first week. After the 1st week, add an extra 5 minute. Keep adding an extra 5 minute each week till you can be walking for a full 30 minutes. Once you can walk for a full 30 minutes, then focus on increasing your speed. simple.

Now let's check out the second (and last) type of exercise we'll be doing:

2.High-Intensity Interval Training (HIIT)

The second type of exercise you're going to be doing is the high-intensity interval training ("HIIT" for short). HIIT is used to generally describes any cardio or aerobic training that alternates periods of high intensity with periods of low intensity.

You see, the difference between normal cardio exercise (like jogging or walking) and HIIT is this: in normal cardio, you train at the same moderate pace for the entire training session. While in HIIT you switch back and forth between different levels of intensity throughout your training session. An example of simple HIIT session will go something like this:

30-60 seconds of sprinting as fast and hard as you can (high intensity), then immediately switching to walking or light jogging (low intensity) for 60-120 seconds. You'd then repeat this high-intensity/low-intensity alternating cycle for a short period of about of 15 minutes.

Now, the question is does HIIT meets all the criteria (Economical, convenient, fun and effective) I mentioned above. Yes of course. You see, most HIIT requires little or no equipment and can be done anytime from the comfort of your home. Therefore, it's economical and convenient. HIIT is fun because you engage in a variety of different movement in a short period unlike regular cardio, where you do the same thing for hours.

Is HIIT effective? You bet it is. What makes it even better is the fact that hours after the exercise session, your metabolism remains elevated and fat continues to be burned at an accelerated rate. You will be burning off extra calories even while you're relaxing on your bed hours later.

Now, how much HIIT should you be doing? Here it is:

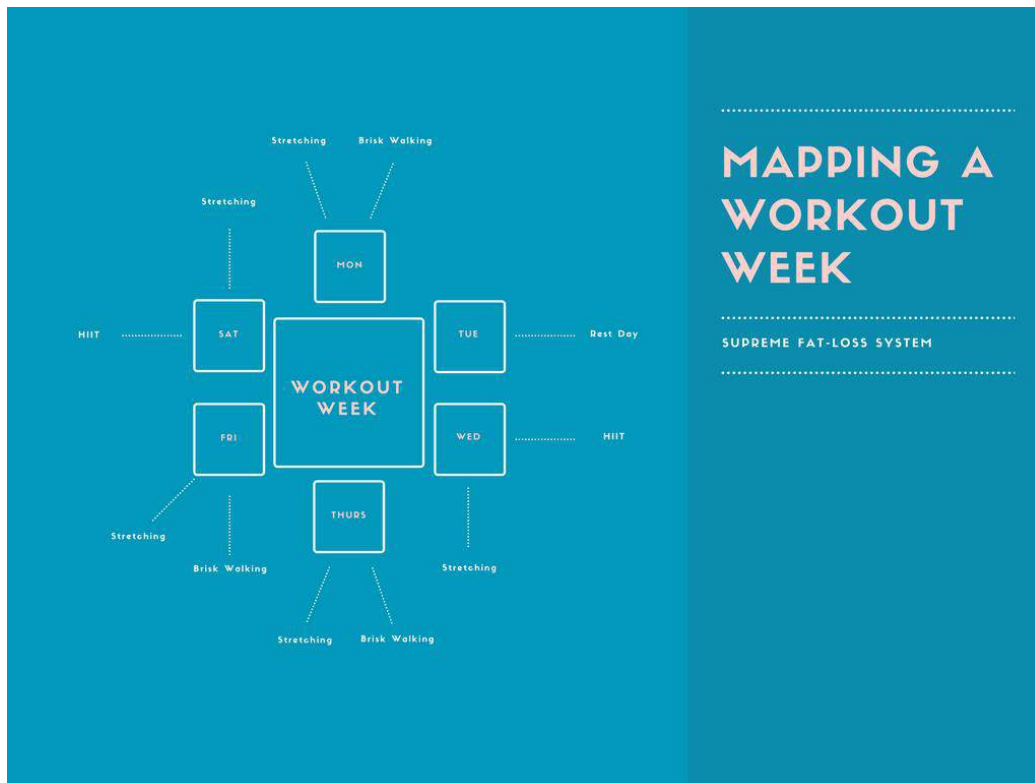
You should aim to do at least 15-20 minutes of HIIT twice weekly

Due to how intense HIIT is, you should keep it at a maximum of 3 times weekly. The simplest form of HIIT you can do is 30-60 seconds of sprinting as fast and hard as you can (high intensity), then immediately switching to walking or light jogging (low intensity) for 60-120 seconds. You'd then repeat this high-intensity/low-intensity alternating cycle for a short period of about 15-20 minutes.

If you can't meet up at first, you should start with lower timing and work your way up.

Now, there are dozens of other good HIIT workout you can get (and use) free from YouTube. So you can have a variety of HIIT workouts you can do.

Now to summarise, your SFS exercise structure should look something like this:



Now, I'm going to give you some “pro” tips to help you get the best results from exercising. Here they are:

- Don't overdo it. Don't overexert yourself to prevent injuries and discouragement.
- At times you don't feel like exercising, just put on your exercise outfit. That should do the trick to get you into exercise mood.
- It's best to exercise on an empty stomach. You see, the body's preferred energy source is glucose. But when the glucose supply is low, the body switches to using fat. Therefore, it's best to exercise when your glucose level is low (i.e. on an empty stomach) so more fat will be burnt.
- Set a specific time to exercise and stick to it. If you don't set aside a specific time, you'll not keep to it.
- Drink more water on your exercise days.

And now, the most important tip of all is to exercise regularly. Make it a habit. The more you exercise, the more you feel better about yourself and about your life.

Now, to conclude, I'd like to point out that your physical activities should not be limited to your regular exercise program alone. You see, we are in the times where modern technology has robbed us from many physical activities. No wonder we don't live as long and as healthy as our farming grandparents.

Anyways the important point I'm trying to make is this: find any opportunity (or excuse) to be physically active. Go swimming, play sports, sometimes walk instead of drive, use the stairs instead of the elevator, park far from your destination and walk the rest of the way, get up and move about (avoid sitting for extended periods). I guess those are enough idea stimulators to get you moving.

Summary: Food Selection.



Key Points

- ✓ Supreme Fat-Loss System (SFS for short) is a complete program that brings together everything we've learnt from previous chapters.
- ✓ In SFS, you'll be measuring your food in portions, where...
 - A portion of proteins is equal to about the size of the palm of your hand.
 - A portion of energy carbs is the size of your clenched fist.
 - A portion of nutrient carbs is the size of your clenched fist.
 - A portion of fat is the size of your clenched fist.
 - A portion of oil is a tablespoon.
- ✓ You'll be eating between 3 to 5 meals daily. You'll choose which number works best for you.
- ✓ You'll be drinking at least 35cl of water with every meal and in-between every meal.
- ✓ The SFS recommends only 3 supplements. They are protein shake, fish oil supplements and multivitamins.
- ✓ The SFS recommends a cheat day once a week, where you can eat anything you like on that day.
- ✓ The SFS meal plan is in two-week cycles. Odd weeks (i.e. weeks 1, 3, 5 ... etc.) are called "Cleanse weeks" and even weeks (i.e. weeks 2, 4, 6... etc.) are called "Calorie confusion weeks"
- ✓ In odd weeks or Cleanse week:
 - In day one of cleanse week, you'll be eating only protein, vegetables and one to two tablespoons of good oil from the recommended food list
 - In the rest of the cleanse week (day 2 to 6), you'll be eating a total of "2 portions of Energy carbs" and "3 portions from the nutrient carb and 1 portion of good oil" from the recommended food list.
 - day seven of the cleanse week is a cheat day.
- ✓ In even weeks or calorie confusion weeks:
 - Day one of the calorie confusion week is same as day one of cleanse week, where you eat only protein, vegetables and one to two table spoons of good oil from the recommended food list.
 - Days 2 to 6 of the calorie confusion weeks have this important changes:
 - This week, you'll Increase all carb portions by 50%. i.e. you'll be eating one protein portion and one and a half ($1\frac{1}{2}$) energy carb or one and a half ($1\frac{1}{2}$) nutrient carb portion per meal.
 - This week, you'll change to eating a total of " $4\frac{1}{2}$ portions of Energy carbs" and "3 portions of nutrient carbs" from the recommended food list daily.
 - And lastly we will add a good fat portion (like nuts, avocado, etc) daily in addition to the good oil.
 - Day 7 of the calories confusion week is like day 7 of the cleanse week, which is a cheat day.
- ✓ Finally, for the recommended exercise in the SFS:
 - You should be walking at a brisk pace (i.e. fast walking) at least 30 minutes or more (if you can) 3 times weekly
 - You should also aim to do at least 15-20 minutes of HIIT at least twice weekly.
- ✓ You should find any opportunity (or excuse) to be more physically active.



CHAPTER 7

TRACKING YOUR PROGRESS & KEEPING THE WEIGHT OFF PERMANENTLY

Chapter 7: Tracking Your Progress & Keeping The Weight Off Permanently

Would you like to know one secret thing most people who succeed in weight loss, or finances or just about any other area do?

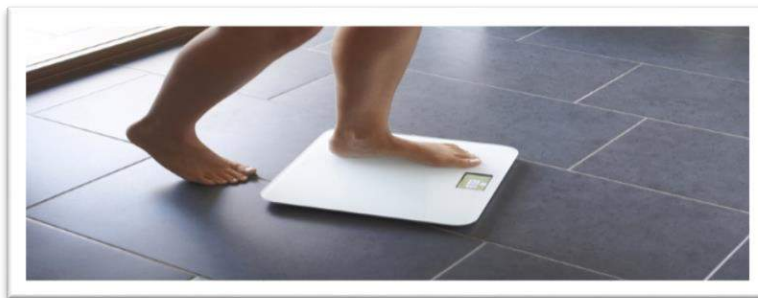
They track and write everything down.

Tracking your progress properly is a big part of your weight-loss journey. You see, without accurate tracking of your progress, you'll never know for sure if what you're doing is working or not. And of course, there is no better motivator than your own progress. So tracking your progress is a must.

Now, let's look at a couple of ways you should be tracking your progress:

Ways You Should Be Tracking Your Progress

1. Weigh Yourself



Weighing yourself using a body scale is a common way to track your progress. However, what is less commonly known is how often you should weigh yourself. So the question is how often should you weigh yourself and how? The answer is simple.

Weight yourself **ONCE** a week, first thing in the morning on an empty stomach.

Why? You see, weighing yourself anytime later in the day is useless because there could be a 2kg to 5kg difference at different times during the day. So if you want to really know if you're losing proper weight and not water or carbs, you should weigh yourself first thing in the morning on an empty stomach once a week.

In addition, make sure you weigh yourself the same way (same amount of clothes), in the same spot, same day weekly in order to get the most accurate result as possible.

I recommend you get a digital scale instead of the old-fashioned analogue scale. Why digital instead of analogue scales?

You see, with a digital scale you see the tiniest changes in your body weight (which is good). And besides, analogue scales can be pure torture when you're trying to see the little needle while standing on the scale (digital scales just shows you a number!). Lastly, don't rely on memory, always keep a weekly log of your weight right after getting off the scale.

Now, scales don't tell the whole story. They only tell you how much weight but not how much fat you're losing or gaining. So relying on your scale alone to track your progress is not enough. Let's look at other effective ways to track your progress.

2. Take measurements.

Another effective way to track your progress is by using a tape measure to track how many inches you lose/gain in different parts of your body. Just like a tailor use the tape to measure your waist, arms, legs, chest, neck and wherever else you want. Do this every two weeks first thing in the morning on an empty stomach. And always keep a log of your measurements as well.



3. Take Pictures



An interesting and important way to track your progress is simply by taking pictures of yourself. You see, you might not notice those little differences (or changes) on your body because you see yourself all the time. And that's why taking pictures is super important. They act as your truly accurate memory showing you every little difference and progress you've made. I recommend taking full body pictures in the same few poses once every month.

4.Keep a Diet Log (or food journal)



You see, the first thing I ask someone who is not seeing results is if they are keeping a diet log. . . and 99.9 out of 100 times, they are not.

You should not only track your weight, but you should also track what you're doing that got you there. And that's where keeping a diet log comes

in handy. Your diet log helps you track what you're eating and how much you're eating. It's the most powerful path to changing your diet.

So make sure you keep some form of daily diet log, so you know when you're eating well or not (and what to adjust).

Don't forget to record down EVERYTHING that goes into your mouth (both foods and drinks) ...and I mean everything.

A trick you can use to keep track of your food when you're on the go (or busy), is to voice record or take a picture of what you're eating (you can use your phone to do this). And at the end of the day, you would transcribe the voice notes or picture into your food journal.

5. Keep an Exercise Log

The image shows a 'WORKOUT LOG' form. At the top, it says 'WORKOUT LOG' followed by a line for 'MONTH/YEAR'. Below this is a table with six columns: 'ACTIVITY', 'Time', 'Distance', 'Sets', 'Reps', and 'Weight'. There are five rows labeled 'DAY 1' through 'DAY 5' on the left side. Each row has a small circle in the 'ACTIVITY' column. A large 'SAMPLE' watermark is overlaid on the table.

An exercise log helps you keep track of exactly what you're doing during your exercise sessions (and how much you're doing). In order to improve your performance, you must keep some form of exercise log, so you know what you did during your previous workout and exactly what you need to focus on for your next workout, to keep improving.

Now, once you're able to keep proper track of everything you do and eat, then there'll be no more guesswork. You'll know exactly what to tweak whenever you reach a weight-loss plateau and much more.

Ok, let's see what you should be doing after you reach your ideal weight...

Keeping The Weight Off Permanently.

I'll be the unpopular guy and tell you the truth about keeping the weight off after you lose it. What you need to do is this: You need to continue to do exactly what you did to lose the weight. Eat healthy (most of the time) like you were eating and exercise a couple of days a week... period. It's a lifestyle change (I'm sure you've heard that before), it's that simple.

Now, the good news is that the eating plan and exercise routine of the supreme fat-loss system are natural, healthy and easy to follow, so you can be on them for life with ease.

Now, to maintain your weight all you need to do is to just follow a little more flexible pattern of the plan in the supreme fat-loss system. Just make sure you're eating at your maintenance level and mostly healthy foods.

And lastly maintaining your weight without exercising will be difficult, so make sure you exercise a couple of days weekly and be physically active.

Summary: Tracking Your Progress & Keeping The Weight Off Permanently



Key Points

- ✓ Weigh yourself only ONCE a week, first thing in the morning on an empty stomach and record it down.
- ✓ You can also use a tape every two weeks to measure the inches of different parts of your body like your waist, arms, legs etc. And record the result down.
- ✓ Take full body pictures in the same few poses once every month.
- ✓ Keep a diet log or food journal of everything that goes into your mouth (both food and drinks).
- ✓ keep an exercise log of all your exercise activities including walking.
- ✓ Finally, to keep the weight off, you need to keep eating the way that got you slim (most of the time} and you need to exercise and be physically active.

Final Comment

In closing, I want to, first of all, say thank you for reading this book. I hope you've learnt a lot and enjoyed reading.

Now, this book contains all the information you need to get to your desired body weight and stay there.

So the ball is in your court now. All you have to do is to take action on what you have learnt.

And remember that nothing good comes easy. I have tried my best to make the weight loss program in this book as easy as it can get.

All you need is to follow instructions in this book, be consistent and patient, then surely you'll see results.

And when you start to see results (no matter how little) please share it with me. Success stories and testimonials are music to my ears. I can't get enough of them.

Finally, if you have any questions, suggestions or need any assistance don't hesitate to let me know over at www.fitnigerian.com.

Good luck!