

## **Fat 2 fit**

### **MUSCLE Burner**

Fat 2 fit is not about counting calories, certain foods and lean meats like chicken and leafy greens like broccoli can be eaten in big quantities if you so wish and still your body's ability to fat burn will be optimal. Eating the right food will help make you feel full for longer, reducing cravings and improves your energy. Like a car on a good quality fuel. When you feed your body with good quality food it runs more effectively. When you eat right and exercise you can send fat burning messages to your body. Carbohydrates actually encourage the body to store fat. So increasing Protein and fibre (in vegetables) and keeping carbs to a bare minimum depending on what type of burner you are is our next step.

**Eat 3 meals and 2-3 snacks every day minimum 2!!** We will now be looking at eating every 2-3 hours. Never let more than 3 hours go by and not letting yourself get hungry. Every meal to have protein and vegetables included. Do not eat for at least 2 hours before going to sleep at night. As if you eat later at night there are more chances that your body will be storing fat rather than burning fat.

As normal make sure you vary your choices of meats/fish and vegetables with meals. You can eat unlimited amounts of anything on the green and red list but try to eat more vegetable than fruit. Limiting your blue list to **7-15 bites per main meal**

**Reward Meal** If you have been sticking to the plan you are allowed a reward Meal (hooray I hear you say) Indulging once a week in favourite foods helps psychologically. So eat whatever you want for 1 meal. With a good glass of red wine if you need some alcohol. Eat out or eat in and enjoy it! Even if it's a cheese burger and fries. Or a roast dinner with all the trimmings. A small sweet treat is also allowed. Try and make sure you do a home exercise on the same day and for maximum effect on the day of your reward meal leave a 17 hour gap between your last meal and your starting meal the next day (a 17 hour fast can help to burn up those naughty foods)

**Cooking Methods** You can Boil, Fry, Grill, Roast, and Poach, Slow cook or Steam. But try and vary cooking methods now. Using a light amount of oil is good. Rape seed or coconut oil to cook and olive or vegetable oil to dress if needed. **TIPS** Add Flavour!! Cook with Garlic, ginger and fresh herbs, add Ground black pepper and a pinch of salt.

#### **Fluids**

Water or Herbal /fruit teas. Green tea is an excellent fat burner but check packet to ensure there's nothing else added and no sugar. If you're missing your fizzy drinks. Try carbonated water with half a lime squeezed in once or twice a week.

**Lots of Protein:** Eggs **Meats:** Lean Bacon, Beef, Chicken, Duck, Eggs, Kidney, Lamb, Liver, Turkey, And Veal.  
**Fish:** Sea bass, Sea bream, Cod, Haddock, Hake, Halibut, Mackerel, Plaice, Rainbow, Trout, Salmon.  
**Shellfish:** Crab, Lobster, Prawns

**Vegetables and all fresh or dried herbs** Aubergine, Avocado, bamboo shoots, Bean sprout, Broccoli, Brussel sprouts Cabbage white or red, Cauliflower, Celery, Chicory, Courgette, Cucumber, Green Beans, Peppers red green and yellow, Curly Kale, Mange tout, Mushrooms, Onion white and red, Peas, Runner Beans, Rocket, Salad (all types) Spinach, Tomatoes, Water Cress.

**Fruit Apples,** Berries Blackberry, Blueberry, Raspberry or Strawberry's. Cherries, grapefruit, lemons, lime pears. Apricots, avocados, kiwi fruit, nectarines, oranges, peaches, plums, prunes. Bananas, grapes mango, pineapple and water melon. (If you eat fruit not on this list then treat them as starchy foods – see below)

### **Snack ideas** (2-3 x snacks a day)

Any of the above fruits and a no more than 1 cup a day of Unsalted **nuts** – Brazil, peanuts, almonds, hazel nuts, pecans, pine nuts, walnuts etc Or Unsalted **seeds** – eat any including sunflower and pumpkin and Plain popcorn – or with a pinch of salt is all fine. Snack on beef jerky, protein bars, or protein shakes.

Use Low fat dairy products sparingly. Like milk and plain yogurt. Only consume a limited amount of cheese like 3 tablespoons of feta on salad or 3 tablespoons parmesan on salad or grilled chicken.

**BE CAREFULL Muscle Burners can eat 7-15 bites of one of the following starches per meal.** (Count bites of carbs & starches) Sweet fruits and alcohol count as starch 1 bite = 1 level tablespoon If your hunger and energy levels are fine then decreasing your carb and starch bites is a good way of getting faster results. Pay attention to how you feel and if hunger creeps in increase your protein intake and add your starch carb bites little by little.

**Starchy carb List:** **Carbs** Brown Rice, Baked potato, Natural oats, Pulses like kidney, butter Soy beans and chick peas. (Tinned is much easier) Quinoa is really beneficial with this diet and can be found in most big super markets.

**Fruit** Other fruits not on your green list

### **Vegetables**

Leeks, Butternut squash, pumpkin, sweet potatoes and turnips

**Legumes** All types of beans, kidney and white beans ECT etc, lentils and chick peas **Grains** Barley, Brown rice, Oats, Tapioca ECT

### **Breads and crackers**

Whole grain breads, whole grain cereals, whole grain tortilla or pitta bread, wholegrain crackers, Ryvita wholegrain crispbread.

Notice that this list only contains certain things and there are NO white starches. If you chose to eat white bread then you must limit this to half of your allowed bites so if you are allowed 10 bites but chose to eat white rice or bread then limit it to 5 bites.

### **Foods to avoid for maximum results except during your reward meal**

- \* Processed meat, like sausages, burgers, and pate
- \* Any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods, etc
- \* Crisps and savoury snacks including salted nuts
- \* Chocolate, sweets, jam and sugar
- \* Processed foods, ready meals, ready-made sauces and takeaways
- \* Alcohol, coffee and tea
- \* Sauces, pickles, shop bought salad dressing, mayonnaise **you can make your own**
- \* Fizzy drinks and squashes, including diet versions