



COMPLETE PERFORMANCE

DIET CHEAT SHEET

NUTRITION

Nutrition can be very complex and confusing especially when there are so many contradictions online, in books and in other media. It is important that you understand that there is no pill, product or service that comes close to providing the health and physique benefits you will get from eating non-starchy vegetables, nutrient dense proteins and whole food fats. Nothing replicates natural food products.

The reason that processed foods are called 'processed' is because they are not natural foods and are thus not nutrient rich. It is important to note that nutrient balance and diet is very dependent on the person and the amount of nutrients required varies between individuals.

Let's take a look at how macronutrients affect the body and in particular, diet.

PROTEIN

Protein is broken down into amino acids (the "building blocks of protein"), and it has an important role in the body. The main role of protein is to build new (and repair damaged) tissues, but it also helps improve hormonal balance and, as a result, keep you feeling fuller for longer.

As the primary role of "build and recover", your protein requirement goes up when you are following a weight-training program. This is also the case if you're in a caloric deficit and want to minimize the risk of losing muscle mass.

Sources: Eggs, chicken, beef, fish, whey, Greek yoghurt etc.

FATS

The body needs fat to function at its best.

Fat is important to form our cell membrane, brain and nervous system as well as playing a crucial role for hormonal output and the transport of fat-soluble vitamins (A, D, E and K).

Some fats such as Omega 3 also have anti-inflammatory properties which can assist in fat loss and also decrease pain.

One of the reasons fats have a bad reputation is because they're what is known as "calorie dense", meaning that they have a caloric value just over twice the amount of protein and carbs. This isn't necessarily a bad thing, but you need to be sparing with your portion control.

Saturated: Animal fats, tropical oils

Polyunsaturated: Omega 3/6, flax, hemp, fish, canola, safflower

Monounsaturated: Olive oil, avocado, peanuts, pecans, almonds

CARBOHYDRATES

Carbohydrates are the simplest macronutrient for the body to digest. When broken down, carbohydrates become glucose, which is the body's and the brain's preferred source of fuel.

Usually we see carbs as a bad thing, but they do have their benefits, but unlike protein and fat, they aren't essential for your survival.

There are two different kinds of carbohydrates – **starchy and non-starchy**.

Starchy carbs

These are the simplest form of carbohydrates and are very easy to digest. They usually have a higher GI (glucose index) value and spikes your insulin faster than non-starchy carbs.

Non-starchy carbs

Not only they add bulk in your stomach making you feel fuller, they provide your body with fiber, nutrients and antioxidants to assist with detoxification and suppress inflammatory markers in your body. Non-starchy carbs don't spike your insulin as much as starchy carbs do.

FIBER

Fiber comes in two types – soluble and insoluble – and they both help to optimise your gut health as well as creating bulk for you to easier pass stool.

TOO MANY CARBS?

Despite Carbs being a very good energy source, people go wrong by adding too much of it to their daily dietary intake. While the government suggests that a balanced diet includes 60% of your total daily food intake coming from a carbohydrate source, I feel this is an overestimate.

We see that obesity is increasing and people's lifestyles tend to be more sedentary than ever before.

Therefore, it is not necessary for the body to have over half of its nutrients coming from a direct energy source.

DIET PREPARATION

In order to prepare successfully for your diet, ensure you grab a body composition weighing scale so that you can track your daily weight. Always ensure you weigh using the same scales and at the same time every day to provide the most accurate reading.

I would recommend taking your weight at the same time every morning, after relieving yourself.

Your weight may fluctuate daily, so don't be too worried if you have been following the meal plan and your weight changes slightly day to day. We look at averages and trends over time.

USE YOUR HANDS

Another method to track your food portions is by using your hand. This method is not as accurate as a food scales but is a good way to keep making progress when you don't have one available or if you are eating away from home.

Your hand is proportionate to your body and is useful as it's always with you. This makes it the perfect tool for measuring food and nutrients - minimal counting required!

As a rule, use the following hand measurements to help track your food portions:

PROTEIN – 1 Palm Sized

NUTS/ CARBS – 1 cupped hand

VEGETABLES – 1 closed fist

OILS/ BUTTER – 1 Thumb Sized

CUPBOARD CLEAN OUT

Get rid of any and all foods that are not on your nutrition plan or will derail you from your diet.

This includes the sweet stuff: chocolates, cookies, ice cream, juices, cereals, sweets and more!

In doing this, it will set you up for success and create a positive environment that diminishes the amount of temptation located in your cupboards.

DRINK WATER

Aim to drink **6 litres** of water per day and be sure to start your day with a drink. Both Black Coffee and Green Tea count towards your total.

CONDIMENTS RULE

Use herbs, seasoning and spices to add a bit of variety to your meals. Low calorie or calorie-free sauces such as Yellow Mustard, Vinegar or Tabasco can be used to provide a bit more flavour.

ALCOHOL

Like any drug, Alcohol intake will only serve to hinder your ability to progress with a particular diet plan. By limiting alcohol consumption during a training period, you will maximise your training output but also improve muscle growth as alcohol has been proven to impair muscle synthesis and reduce muscle recovery.

HOW TO LOSE BODY FAT

In order to reduce subcutaneous/ body fat effectively while ensuring we do not lose muscle mass we must:

- Create a total calorie deficit through either a reduction in calories consumed within our diet and/or an increase in energy expenditure, the use of the energy (calories) we consume.
- Support regenerative and metabolic hormones.
- Increase or maintain Protein intake and nutrient turnover.
- Increase the overall metabolic output of the body comparative to its overall intake.

TIPS TO CONTROL YOUR DIET

1. **EAT 3-5 MEALS** to maintain blood sugar levels throughout the day
2. **EAT PROTEIN WITH EVERY MEAL**
3. **EAT VEGGIES** as they are high in fiber and keeps you feeling fuller for longer. They also slow down the release of glucose into the blood which is a favourable condition for fat loss to occur.
4. **DRINK PLENTY OF WATER**
5. **CHEW YOUR FOOD PROPERLY**
6. **GET ENOUGH SLEEP** as this helps your body to recover and repair, which is essential for muscle growth.