

# THE FAT BURNING EATING REGIME

## Why does it work?

Fad diets only work in the short-term, and virtually all are detrimental to long-term health.

If you want a reduction in body fat and keep the fat off you must adopt a healthy eating regime. The body must have a constant supply of energy throughout the day. YOU MUST EAT HEALTHY FOOD MORE OFTEN.

If you combine correct eating with regular exercise you will lose fat. GUARANTEED.

On this regime you will eat every three hours. This will keep your blood sugar levels more constant and will reduce your cravings for sugary foods. There is a shift in the in-take of carbohydrates from later in the day to earlier in the day.

## Carbohydrates in the evening?

I recommend for the first eight weeks that you cut out all carbohydrates and alcohol five days a week after 6 pm. Twice a week you can have alcohol and carbohydrate after 6 pm. This allows you to eat with friends or at a restaurant without becoming anxious about the choices of food. You must not cut out carbohydrates at any other meal. After two months, or once you have reached your weight loss goal, you have a choice. You can re-introduce carbohydrates into your evening meals or remain carbohydrate free in the evenings.

## Foods that contain carbohydrates

Most products that comes from a vegetable source contains some carbohydrate. Foods with a large percentage of carbohydrate include pasta, any cereals and rice, potatoes, bread, fruit, couscous, yam,

Anything sweet tasting will have also carbohydrate, puddings, juice, sweets, and chocolates.

## Glycaemic Index

The higher the glycaemic index the quicker the body absorbs the carbohydrates. Without going into too much detail, it is better to eat foods with lower glycaemic

values. Generally, unrefined cereals such as oats, rye, millet and brown rice are low. Refined cereals and foods made from these are relatively high. Fruit is lower in glycaemic index than pretty much any sweet or chocolate. So increase brown rice, wholemeal bread, rye bread, wholemeal pasta and fruit.

### **Sweets and Treats**

No food types are off limits, i.e. YOU CAN EAT CAKE, CHOCOLATE, CRISPS, SWEETS. Incorporate all the things you enjoy into your diet. I recommend that you have one serving of each of these items each week. It is best to have these as your mid morning snack.

### **Protein**

You will eat protein at breakfast, lunch and dinner. You may have protein in your snacks. The protein component of your meals slows down the digestion of the carbohydrate, therefore reducing large increases blood sugar. Your protein comes in the form of lean red meat, chicken, fish, milk, eggs, pulses and beans, quorn and tofu. Try to limit cheese as it is high in saturated fat. Low fat cottage cheese is an excellent alternative.

### **Fruit and vegetables**

Government recommendations advise you eat at least five servings of fruit and veg' per day. Personally I recommend seven. This ensures that you are getting enough vitamins and minerals and snacking on fruit rather than sugary fatty foods. If you feel you are not getting enough fruit and vegetables you may consider supplementation in the form of a multivitamin tablet.

### **Alcohol**

Drinking alcohol everyday, even red wine, will have an adverse effect on your overall health and is not conducive to fat loss. As far as the body is concerned alcohol is metabolised as a carbohydrate. It is also metabolised before any other energy source. Therefore, if you drink alcohol with food, the body will utilise the alcohol as energy and store the excess energy from your meal as fat. If you do not significantly reduce your alcohol intake you will be unlikely to lose fat.

### **Other drinks**

Drink at least 2 litres of water each day. If you drink less you will make it harder to lose fat. Try to limit tea and coffee, these have a dehydrating effect on the body but 2 cups a day will do you no harm. Soft drinks generally contain lots of sugar and will have generally increase the risk of making poor food choices for the rest of the day. Diet soft drinks are a better choice if you are trying to lose fat. However, they do contain artificial sweeteners which maybe detrimental to long-term health. Personally, one or two of these a day will day no harm.

### **Portion sizes**

Breakfast and lunch are must contain carbohydrate and protein. The amount is measured by the size of your fist. The same goes for the protein at dinner. Eat as many vegetables as you want at meal times. Eat fruit as snacks and also at breakfast and lunch.

## **THE DAILY PLAN**

- breakfast: carbohydrate and protein e.g. Cereal and Milk or Bacon Sandwich
- snack: piece of fruit
- Lunch: protein and carbohydrate and veg or salad. e.g Chicken sandwich or baked beans and jacket potato
- Snack: piece of fruit
- Dinner: protein and carbohydrate (1-3 days a week). e.g spaghetti bolognaise or Chilli con carne

Protein and Veg (4-6 days a week) e.g Fish and veg or steak and salad.

To make the plan as likely to succeed as possible plan a whole week of meals. Then go out and buy the ingredients.

Good Luck.