

Clean Up Your Act!



OK. So let's get started on your new body and lifestyle, shall we?

For Weeks One and Two, we're going to start with the simplest of lessons, yet the hardest one to implement. You ready? Here's the overview.....

Cut the crap. I mean, cut out the man-made stuff. You know what I'm talking about...the cookies, crackers, bagels, muffins, chips, cake, ice-cream, anything in a snack bag, (that means protein bars too). They're loaded with sugar, trans fats, salt and they'll keep the weight on!

And while you're at it, **cut out all sodas**, pops (diet or otherwise) and juice. Yep, juice too! It's a simple sugar that skyrockets your insulin, allows increased fat storage and shuts down your production of muscle-building hormones.

You can keep 1 or 2 slices of whole grain bread.....for now. Wraps are OK, for now. You've got a tough enough challenge getting rid of the 'nasties', which we eat way too many of, and which are the biggest saboteurs of our success.

OK. Now that those are going by the wayside, we have to go right back to the basics and look at those all-powerful macronutrients – protein, carbs (*real* carbs), fats and water.

Protein – You think you're eating enough, but I can guarantee you you're not! Check out the chart on protein sources, and ensure you're eating at least 80 grams a day. That's right! And it needs to be from animal sources (meat, eggs, yogurt, some cheese, but we'll be cutting out that too! Soy is the only non-animal exception). Try whey protein powder and whip up a protein shake! The perfect meal!

Ladies, eating 80 grams of protein is NOT a high protein diet. This is how much protein we should be eating all along, but we've lost the momentum over the years. Protein will rev your metabolism, help you to drop weight quickly (I kid you not!), cut your sugar cravings and build strong bones, muscles, and immune system.

Eat 3-5 protein meals a day, as you can only absorb 20-25 grams at a time. Best time for protein is first meal of the day and up to one hour after training. At least 20-25 grams at each one, ok? So that means 4 meals x 25 grams = 100 grams of protein. Perfect!

Carbs – there are 2 kinds of carbs: 'live' carbs (those found in nature, think fruits, veggies and grains) and 'other' carbs (the man-made ones, or 'dead'foods). The 'other' carbs are the ones

you'll be cutting out, remember? I will allow you one small 'other' carb, but *only on training days and only right after training* (a handful-sized treat). No training, no 'other' carb.

I want you to start eating more of those 'real, live' carbs found in nature, and *make sure some of it is in raw form* with at least 2 meals (ie half an apple, raw carrots, raw peppers etc).

Fats: Fats are not the evil, *bad fats* are. You know what they are, the *trans fats* and hydrogenated fats (same thing, different names, check your labels! Kraft Peanut Butter, some margarines, Nutella, ketchups, any fried foods, most packaged meals, designer coffees, ice cream). (***We'll cover fats in 2 weeks in more detail.***)

Trans fats are found in those things that can sit in your cupboards for a long time without going bad – muffins, many breads, cookies, crackers are the worst! They are a food marketer's dream, because their products don't go bad. But they are your body's worst nightmare, and they'll hamper your weight loss goals.

Add in good fats like olive oil, avocado oil, fish and flax oil. In fact, I want you to add in at least 1 tablespoon of fish flax, hemp or Udo's oil (in Health Food Stores). If you're using capsule form, 2000-4000 mg a day (2-4 capsules). This healthy fat helps your body to *lose* fat. But you gotta nix the trans fats in order for these healthy fats to effectively work! And don't bother with low-fat stuff, ok? It makes us heavier, really. I can't explain it now, just don't bother with them!

Water: water is water, so don't count in coffee, tea, soda or anything else. You need 1 ½ to 2 litres of *fresh water* every day. Don't worry, your body will learn to absorb it as you drink more, and you'll actually start craving it. You cannot lose fat without adequate water, as the liver (your fat-burning machine) needs water to work. Got it?

I can't impress upon you how vitally important these basics are – getting the man-made stuff *out*, and getting the natural, whole food macronutrients *in*. Without this, you won't be successful at The Challenge (or anything else in life that requires a strong, lean, energized body). **So do the work!**

We'll look at Menu Plans and calories in a few weeks..... that's the easy stuff (but it's always what people want right away.... That's the dieting mentality, but we're not dieting, we're creating a healthy lifestyle, yes?)

At this point in the Challenge, we need to get your body moving, and to clean you up! ok?