

RULES TO LIVE BY

The Rules!

Here are the rules and it's up to you how much you follow them. I can only give you the rules, but I can't sit in your home and ask you to carry them out.

Each rule is an essential component to your fat loss results, carry them all out and get the ultimate results.

As soon as you have read this manual you need to go out and buy the food you need to plan ahead. Remember this, if you **FAIL to plan, plan to FAIL**.

Once you realize fat loss isn't easy, it becomes simple, if you can't get green veggies or sweet potato from your canteen at lunchtime in your workplace then you need to prepare them the night before.

If you don't have time to cook an omelette in the morning then I suggest you boil some eggs the night before or pre-make overnight oats, pop it in the fridge and add berries to it in the morning.

Where there's a will there's a way.

At the end of the day, you can either be left with an excuse or a RESULT that motivates you to carry on and embrace this as a sustainable lifestyle.

Okay here are the rules....

1: You must train 3-4 x using the workouts that I give you over the week.

WORKOUTS CAN BE DONE AT HOME OR THE GYM

2: If a man made it DO NOT EAT IT!

Unfortunately, we have been conned by the food industry and mainstream media to believe that things like 'whole grains' are good for the heart, 'cereals and bars are superb for breakfasts, low fat yoghurts are great for snacks – trust me all of this is complete bull shit marketing hype – If a man made it, stay away.

The preservatives and additives in processed foods (i.e. cereal, microwave meals etc) are also known as toxins to the body; the liver doesn't like toxins and dumps them in the fat cells.

Did you or do you believe that eating cereal for breakfast was a healthy way to start the day? Don't worry so did I.

Wrong, it's sugar laden and full of toxins a sure-fire way to make you feel like crap and get you in fat storing mode for the rest of the day despite what the adverts tell you!

Added to that eating cereal for breakfast will set up your neurotransmitters in your brain to crave more of the same foods throughout the rest of the day – ever started the day with a big bowl of cereal then immediately craved another one?

Yep, me too.

Eat crap, crave crap!

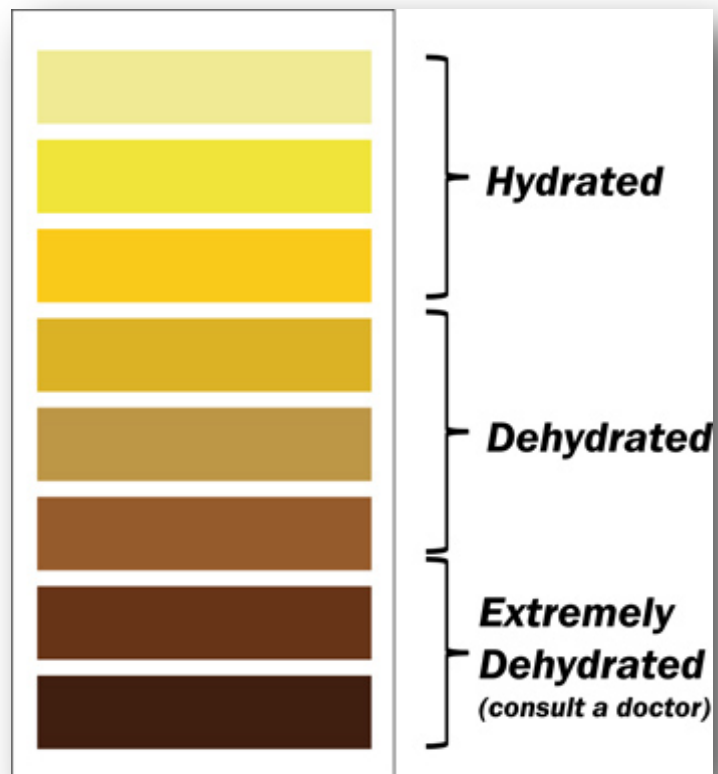
3: Drink plenty of water per day

Bottom line: Water is the key to hydration, concentration and keeping away unwanted hunger pangs.

There is a downside to all this water going in, you'll be pissing like a racehorse, so perhaps try and taper off around 6pm, but as long as your pee is clear that's all you need to care about. See pee chart opposite →

To work out exactly what amount of water you need to be drinking, weigh yourself in lbs and divide that number by 2.

Whatever that number is, is the number of fluid ounce (floz) you need to be drinking EVERY SINGLE DAY.



If you are unsure about floz then you can easily convert your number into litres via a google converter.

So, for example: If you weigh 140lbs, then you need to be drinking 70floz per day in order to stay healthy, alert, happy and lose the weight.

You can drink all the energy drinks and coffee in the world but only water can purify you and give you natural energy.

Increase your water intake and you'll feel more alert and energized within a few days, plus your eyes and skin will become clearer.

4: Watch the booze intake. Ideally, I'd recommend that you go booze free for a month just so that you can see and feel the benefits of it for yourself.

If you don't drink then this is great, no need to go any further with you. But if you like a tittle let me reiterate that booze can halt your fat loss success.

Alcohol is a toxic energy, which means it puts pressure on your liver which must work overtime to rid the body of it, leaving all its other duties behind and slowing down the fat burning processes. It's also SUGAR central, which will help with the fat gain.

If social gatherings come up then you can either go booze free or have the odd one or two, just don't over kill it and drink plenty of water around them.

5: Eat your greens. And the darker the better, lots of them! Here's the wonderful thing about greens.

They have ZERO sugar, so guess what? No fat gain, they are water based, meaning they expand in your stomach, helping you feel fuller for longer, they have loads of vitamins and minerals and if you were calorie counting (which I'm not a fan of) they have very little calories!

These days I pile my plate up with greens whereas in the past it was more bread and pasta.

Fill your plate with cabbage, green beans, watercress (great for fat thighs), broccoli, cauliflower and kale. Get your greens in at least 2 meals per day.

Broccoli, kale, watercress and spinach are the best food for fighting ESTROGEN so if you're a guy who suffers from man boobs or 'moobs' as they are now commonly known then you want to be eating the 4 foods listed above daily.

6: Good FATS are seriously important. Saturated fat is not the heart attack-inducing villain the media often make it out to be. It actually has some important roles, particularly in hormone production.

While you might not want to be slathering butter on your bacon, or cooking every meal in lard, some saturated fat from dairy (cheese, full fat milk and cream), eggs, meat, coconut oil and butter for cooking and extra virgin olive oil added to veg and salads will do you no harm.

Trust me if you're not eating your veggies and good fats, you're going to feel lacking in energy.

7: Sleep is so important. Now I know you may have kids and find this difficult to always get a good or unbroken night's sleep, but I'm just letting you know the benefits of a good night's sleep and eliminating stress.

Sleep is when the body repairs itself and regenerates and also when muscles grow. You can do all the training in the world, but without the right rest and recovery you will be hindering your progress. Again, stress or work or at home can lead to cortisol secretion, and it's the same for lack of sleep.

Aim for between 7 and 9 hours a night.

8: Always eat post workout and now is the time to eat certain carbohydrates:

This is SO important; do not waste your workout.

After intense training your body has a window of opportunity where its most susceptible to storing the nutrients.

If you like your sweet potato, white potatoes, white rice, pasta (always go gluten free or you can buy other versions of pasta such as buckwheat) and roasted veg, now is the time to eat it to replenish your carb stores, as you would have earned them during your workout.

Everything in this manual is tested so trust it. If you enjoy sweet potato, white rice and roasted veg, post workout is the best time to have them.

Gluten free porridge is also permitted with full fat milk (you can include a drop of full fat cream and a teaspoon of milled chia seeds and ground flax to your porridge as well, topped with banana and berries) should you have a long day and training ahead and want some variety.

Just make sure it's GLUTEN FREE.

REMEMBER: EARN YOUR CARBS!

We need carbohydrates for mood and fuel for the muscles and the brain, but most people over-eat them and do not do enough training/activity to warrant that type of consumption.

Absolute best time is post workout or first thing in the morning is good or at lunch. Just try and keep pasta gluten free and not a huge quantity.

Side note: The leaner and more active you are the more carbs you can actually get away with!!

For fat loss stick to adding a carb source with your post workout meal and on non-training days keep your carb intake minimal (ie: bowl of porridge, egg and bacon on toast or spuds with dinner) until you have reached your body shape goals.

9: Coffee!

What I will say is that we are all individual and some of us may well be affected by coffee more than others it does contain caffeine after all.

Coffee has a somewhat unhealthy reputation, and much of this is based on its relatively high caffeine content. On the other hand, coffee is very rich in disease-preventative 'antioxidant' substances including so-called polyphenols.

Is coffee good or bad? The answer is... it depends on your genetics...

It all boils down to how well a person metabolizes caffeine (in other words, how fast caffeine clears out of the body).

You see -- half the people have the genes to metabolize caffeine quickly, while the other half does not.

Here are some signs you may be a fast or slow caffeine metaboliser...

Slow caffeine metabolisers:

Don't process coffee very well

Get nervous, jittery

May stay up all night and even get restless leg syndrome

See their blood pressure increase

Fast caffeine metabolisers:

See their workouts improve in intensity

Better memory and cognitive function, increased energy

Increase their metabolism

Usually don't have any difficulty sleeping after having caffeine

If you're a slow caffeine metaboliser, you'll obviously want to stick to decaf or drink very little coffee early in the morning.

Works just the same for tea.

10: BREAKFAST!

OK so you've probably heard that breakfast is the most important meal of the day.

Yes, in reality I suppose it is. However, your lifestyle is different from mine and many of us lead very busy lives.

Not everyone can eat breakfast in the morning for various reasons (work, getting the kids ready) I quite often wait until my daughters are at school then eat.

So, here's what I advise, if you're able to eat a nutritious breakfast first thing and not crap food brekkie on the go, then go for it.

If not, then wait a while until your world has quietened down a bit.

If at 10am you are good to go then eat your brekkie here.

Again make sure it falls in line with this programme....ahem real food ☺

There is no rule book that says thou shall eat breakfast at 6:30am, lunch at 12pm and dinner at 6pm.

You need to adapt this plan/programme around your world. Like I say I bet you and I lead completely different lives.

11: JUST EAT REAL FOODS!

In a nutshell, base your diet around lots of fresh fish, meats, poultry, nuts, good fats (such as real butter ie: kerrygold, coconut oil, almond, cashew, peanut butter) salads, fruits, unlimited veggies, eggs, sweet potato, white potato, white rice, gluten free pasta (post workout only) and tonnes of water.