

NUTRITION CHALLENGE: ROUND III

Easy Does It.

No need to make it complicated. In fact, the more options you remove voluntarily, the more peace you will have in being able to say, "This is what I am having for b/l/d." This invokes a much different reaction than asking, "What am I in the mood for?" I don't know very many people who are ever "in the mood for" a plate of roasted veggies--liking them and craving them are two different things. So by eliminating questions, you are limiting your ability to come up with the wrong answer!

Goal.

Jump start body fat loss...again. You've had success, you've stalled, perhaps back-slid and then you tried to repeat what worked in the past. Once we've mastered a system, we tend to fall into patterns that prevent the system from working optimally...i.e. you've found the way to *beat* Weight Watchers, Whole30, etc. So you're ready for a new challenge...but this needs to be seen as a **long-term lifestyle**--at least until you reach your goal and can safely go about maintenance. For that reason it is not as restrictive or as easy to manipulate as some other plans. Plus, there is a planned reprieve each week-ten days so you can satisfy all your temptations.

Up for Debate.

There is a lot of conflicting nutrition information out there and this is NOT The time for you to get wrapped up in it. Nobody is going to be able to argue against the benefits of pastured eggs, broccoli or avocado. The food list provided is short and designed to provide you with proper nutrition, fat loss benefits, while keeping carbs in the mix but in a way that provides a slow burn...not wicked insulin spiking variations. This is not the time to make your case for your favorite ancient grain b/c it is allowed on other diets. You've got to get your mind right heading into this and understand the purpose and steps and what you want to get out of it in order to be successful. Bottom line, [thousands have had success with this plan](#) and you can add your name to the growing list if you get out of your way.

Your Mission...Should you Choose to Accept it.

This was taken from Tim Ferris and the Four Hour Body. He experimented on himself for years, assisted others and continues to tweak the plan. He starts with science, then application on himself, and finally takes into account **how humans think and behave** and presents straight-forward plans that deliver.

[The Rules: link here or read on!](#) (As written by T Ferris with notes from Holly)

Rule #1: Avoid "white" carbohydrates

Avoid any carbohydrate that is — or can be — white. The following foods are thus prohibited, except for within 1.5 hours of finishing a resistance-training workout of at least 20 minutes in length: bread, rice, cereal, potatoes, pasta, and fried food with breading. If you avoid eating anything white, you'll be safe. Holly's Note: don't get excited and eat pb&j on wonder bread here...if training hard let me know and we'll talk carbs before you get your starches on!

Rule #2: Eat the same few meals over and over again

The most successful dieters, regardless of whether their goal is muscle gain or fat loss, eat the same few meals over and over again. Mix and match, constructing each meal with one from each of the three following groups:

Proteins:

Egg whites with one whole egg for flavor
Chicken breast or thigh
Grass-fed organic beef
Pork

Legumes:

Lentils
Black beans
Pinto beans

Vegetables:

Spinach
Asparagus
Peas
Mixed vegetables
you can eat others but don't keep it to a list of your choosing.

Eat as much as you like of the above food items. Just remember: keep it simple. **Pick three or four meals and repeat them.** Almost all restaurants can give you a salad or vegetables in place of french fries or potatoes. Surprisingly, I have found Mexican food, swapping out rice for vegetables, to be one of the cuisines most conducive to the "slow carb" diet.

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But What about Anti-Nutrients in Legumes?? [Note from Tim: Many of you know that I consume some legumes and beans. Normal cooking will reduce anti-nutrients in both, but, when possible, I also soak them overnight beforehand in water with a tablespoon of baking soda. Soaking for 24 hours at room temperature has been shown to remove 66% of the trypsin (protease) inhibitor activity in mung bean, 93% in lentil (this is what I eat most often), 59% in chickpea, and 100% in broad bean. The lentils are to provide satiety and energy. Try it and see what happens.]

Most people who go on “low” carbohydrate diets complain of low energy and quit, not because such diets can’t work, but because they consume insufficient calories. A 1/2 cup of rice is 300 calories, whereas a 1/2 cup of spinach is 15 calories! Vegetables are not calorically dense, so it is critical that you add legumes for caloric load.

Eat 3x/day with additional pre/post workout if appropriate.

Some athletes eat 6-8x per day to break up caloric load and avoid fat gain. I think this is ridiculously inconvenient and increases the amount of times you are faced with making the “right choice”.

I (Holly) eat 4x per day:

8am – breakfast

12pm – lunch

3pm – smaller second lunch

8pm – dinner

Here are some of Tim’s meals that recur again and again:

Scrambled [Eggology pourable egg whites](#) with one whole egg, black beans, and microwaved mixed vegetables (*can eat 2-5 eggs IF pastured*)

Grass-fed organic beef, pinto beans, mixed vegetables, and extra guacamole (Mexican restaurant)

Grass-fed organic beef (from Trader Joe’s), lentils, and mixed vegetables

Rule #3: Don’t drink calories

Drink massive quantities of water and as much unsweetened iced tea, tea, diet sodas, coffee (without white cream), or other no-calorie/low-calorie beverages as you like. Do not drink milk, normal soft drinks, or fruit juice. I’m a wine fanatic and have at least one glass of wine each evening, which I believe actually aids sports recovery and fat-loss. Recent research into resveratrol supports this.

Rule #4: Take one day off per week

I recommend Saturdays as your “Dieters Gone Wild” day. I am allowed to eat whatever I want on Saturdays, and I go out of my way to eat ice cream, Snickers, Take 5, and all of my other vices in excess. I make myself a little sick and don’t want to look at any of it for the rest of the week.

Paradoxically, dramatically spiking caloric intake in this way once per week increases fat loss by ensuring that your metabolic rate (thyroid function, etc.) doesn’t downregulate from extended caloric restriction. That’s right: eating pure crap can help you lose fat. Welcome to Utopia.

(Holly’s Note: there will be a supplemental guide to Cheat Day so that it can be a huge success!)

In the Weeds.

[Read on if you really want to get into the biz of what’s good and bad for you.](#)

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Lets Do this!

Step One--Build your meals

Each meal needs to be 4-8 oz protein with most individuals trending toward 1g/pound body weight. An 155 female needs 75-100 grams protein. Aim for 20g at each meal.

Breakfast	Lunch	Dinner

Keep a list of all food cravings so you can tend to them on Cheat Day.

Identify trigger scenarios or domino foods that make it tempting to veer off track.

Identify strategies for overcoming these road blocks.