



The 1 page Diet cheat sheet

The bullet point guide to sensible and sustainable eating for fat loss.

1. Putting on Muscle is a proven long term fat loss strategy. It increases insulin sensitivity and increases daily metabolic rate
2. Prioritise Protein - eat protein at each meal and aim for around 2g per kg of bodyweight per day
3. Each meal needs to have veggies / salad for fullness and combined with protein will increase fullness / satiety
4. Have at least 3ml per kg of bodyweight of water each day
5. To start tracking calories set a calorie goal of 10-12 x bodyweight in pounds per day as a simple guide. The key is to track weight weekly and adjust calories accordingly. It is always better to increase energy output than keep cutting calories once at this level !
6. When looking at your plate think in terms of palm sized portions, 1 palm of protein & 2 palms of veggies & 1 palm of natural carbohydrates (potato, rice, sweet potato,) if carbs are needed in that meal
7. Fats aren't the enemy - we need essential fatty acids and some saturated fats for hormone production. Try making sure you are eating some oily fish each week and some natural saturates in small quantities like butter / nuts.
8. Try and make at least 80% of your diets from natural unprocessed single ingredient foods (fish, meat, nuts, veggies, fruit, salads, olive oil, butter etc)
9. Don't fear salt - in small quantities salt is need by the body and good salt has a colour eg pink himalayan so dont try and avoid salt altogether
10. Track foods and liquids each day using an app such as myfitnesspal until you get used to quantities and amount relating to calories, protein etc

The above provide simple structure for eating and hitting bases of macro nutrients and micro nutrients if weight loss is the goal.

These are not intended to treat any form of specific nutritional deficiencies or illness.