

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST Post Training Meal OR Non Training Meal if you didn't train	BREAKFAST Intermittent fast or if you really cant manage it go for the berry smoothie from the detox	BREAKFAST Post Training Meal / Non Training Meal	BREAKFAST The 3 egg surprise (detox book)	BREAKFAST Post Training Meal / Non Training Meal	BREAKFAST Any smoothie. Cooked meats/fish with a spice on it.	BREAKFAST Free choice from the first 3 weeks.
GREEN DRINK OR SNACK	GREEN DRINK OR SNACK	GREEN DRINK OR SNACK	GREEN DRINK OR SNACK	GREEN DRINK OR SNACK	GREEN DRINK OR SNACK	GREEN DRINK OR SNACK
LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb	LUNCH 3 vegetables – ideally 2 raw. Protein source Fat source Good Carb
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DINNER Any evening meal that you have enjoyed so far	DINNER Post Training Meal / Non Training Meal	DINNER Anything you like from the 7 days of fat loss meal planner	DINNER Post Training Meal / Non Training Meal	DINNER Any evening meal that you have enjoyed so far	DINNER Anything you like from the 7 days of fat loss meal planner	DINNER FREE CHOICE- yep today is a free choice...if you want roast potatoes and gravy (you can get wheat free gravy), then today is the day!!!

Note. If your goal is to burn optimal amounts of fat, please do not eat within 2 hours before training. If you eat carbohydrates in this window you switch off the fat burning pathway.

This is where the nutrition gets smart.....still very simple but a few tweaks will make HUGE differences!

Post Training Meal Ideas:

Option 1 : Banana Omelette (from the 30 days of fat loss cookbook). Ideal cooked the night before and eaten at work if you are in a rush.

Option 2: 2-4 eggs scrambled with a bed of spinach

Option 3: banana plus a palm sized portion of meats for the ladies and 2 palms for men in the house plus a bed of greens

Option 4: almond milk, banana, almond/cashew butter (tablespoon), spinach and berries in a smoothie.

Non Training Meal (for the times when you haven't trained)- as per the lunches below or any of the evening meals you have had so far.

Lunches:

These apply to the whole day but this will help you:

Raw Veggies - peppers, celery, cucumber, carrot, avocado and tomatoes (technically fruits). There are many more I am sure but there are a few that will get you going on the raw veggies.

Protein sources- beef, turkey, fish, chicken, game, rabbit, pork (but please know where this was sourced and go for leaner cuts)

Fat Sources- avocado, flaxseed oil (great for salads), brazil nuts, almonds, pumpkin seeds, sunflower seeds

Good Carbs - - oats, quinoa, buckwheat, bulgur wheat, brown rice, wild rice, sweet potato

Greens drink- same format as last week

Fruit choice – berries, cherries, banana and melon (after training), apple with a nut butter on it.

Nuts/seeds choice- Ideal snack choice - same format as last week

Intermittent fast- In simple terms this means eat your evening meal and then just drink your herbal teas, water and take your supplements as prescribed until midday the next day. Then eat as normal there after. I had a question from a lady called Lucy about this on the last programme, my answer to her question is below.

The GREEN DRINK OR SNACK – these are optional.

IM FASTING (NOT the 5:2)!!!

I actually came across the concept of intermittent fasting through my work with one of the world's leading body transformation coaches Dax Moy. I was a little bit skeptical at first, as up until then, I had always been told that the "5 small meals a day" approach was the only way to speed up the metabolism in the quest for that lean body. Since then I have gone on to study nutrition extensively and this led me to finding a better way.

I have since found that intermittent fasting has helped me and my clients to reduce the stubborn bits of body fat that have been difficult to remove up until now.

Like you, I like eating food and to enhance body fat loss, I don't want to be restricting total calorie intake over prolonged periods, that is not good for metabolic rate.

Also, the thought of increasing my cardiovascular conditioning or reducing my carbohydrate consumption any further really doesn't appeal to me as this would be a lot of work (and I love resistance training) and only be a very short term fix.

I am sure you will have heard the concept of performing cardiovascular training first thing in the morning on an empty stomach, as this leans towards accelerated fat burning more than any other part of the day.

I have been asking you all to do this already on this programme and was only talking to Sally about doing this before her LIVE sessions with me.

This is where intermittent fasting really starts to spark things up!

There are infinite viewpoints about what is "best" and, in this case, the optimal length of time to fast for. I have found that most manageable time being from an evening meal to the next lunchtime. But everyone is different.

Now I love my science and I love to understand the Why's behind things and you did ask why right?!

So, why is Intermittent Fasting (IF) going to help accelerate your fat loss better than the low carbohydrate or traditional 5 meals per day, that may have got you a great body initially but then things started to slow down?

You see what is vital to IF is how the hormones within the body react to the fasted state.

Brad Pilon (Eat Stop Eat) explains this beautifully. So I will endeavor to summarise his detailed explanation.

1 Insulin & Glucagon

Insulin is a hormone that is released whenever we eat. Its major role is to signal the storage of the energy from our food in the form of glycogen or fat. This is booming when we eat sugary foods! Stay away from them unless you have just finished exercise.

Nutritional ketosis is another topic.....

On top of this, when insulin levels are elevated, your body is unable to release fat from the cells to use as energy. In other words, when insulin is elevated, you can store fat and you CAN'T burn fat.

So if you are looking to rev up your fat burning potential from your session then perhaps consider reducing your sugar content pre-training. I personally found this hard to start with...but once you get your body used to using proteins and fats for this kind of short interval type training, you are on to a winner.

It almost goes without saying that whilst your body is in a fasted state, insulin levels are extremely low, and your body is in a better place to release body fat for energy.

The body loves things that work in pairs whether it be muscles, hormones or limbs!

The “opposite” hormone to insulin is glucagon. As I mentioned, insulin is fat storing, so we need a fat burning hormone. This is glucagon!

2. Fight Or Flight!

Adrenaline and Nor-adrenaline are often referred to as the “fight or flight hormones” and are part of the sympathetic nervous system.

When released they allow your body to use energy from stored glucose and fat more efficiently.

Fasting triggers both these hormones.

When the body has plenty of food within it, the para-sympathetic nervous system kicks in! This controls functions that do not require immediate action, and is slower and has a “sleep inducing” effect.

You know when you have had a ridiculously big meal (Christmas), this system kicks in!

3. Human Growth Hormone (HGH)

Now, you may have seen an article I wrote on the importance of sleep on the levels of this hormone and how it affects that storage of fat if it is low.

8 hours sleep is critical to fat loss and getting to sleep by 10 pm helps elevate HGH production.

Some people, athletes and the rich and famous actually pay stupid amounts of money for HGH injections to help with looking younger and staying lean into older age.

But they are ignoring something they can get for free!

Like you and I, they too can experience HGH level increases of up to 6 times while in a fasted state. Fasting triggers a “growth hormone response”, which prevents muscle loss during the fast.

There is also a protein that your body only creates whilst in a fasted state, which is known as UCP3 protein, which is highly powerful in the oxidation (BURNING) of fat.

Because of this your metabolism increases, mainly down to the fact that muscle is largely responsible for metabolism.

That is why it is crucial to use resistance training for fat loss, remember this can be bodyweight, dumbbells, free weights, kettle bells or medicine balls, just like we have been during your programme thus far.

It is only after 36 hours of fasting that the metabolism will start to drop off and I am only asking you to fast for 16-20 hours max!

There is no need to restrict calorific intake for the rest of the day.....that's why I like it, you can still consume the same types, quantities etc of food....but just after giving your nervous and digestive system a break.

On top of this increase in metabolic rate, HgH also enables the process of releasing fat stores for energy. All said and done it seems that HgH, not glucagon (opposite to insulin the fat storage hormone), is the dominant hormone during a fasted state.

As I am kind of famous for saying now.....many times; if it was a simple as reduced calories and increased movement everyone would lose fat regardless of what quality of nutrition they put in their mouths, amount of sleep, hydration levels, stress levels or recovery they had.

Although eating less quantity/volume is very important to losing body fat, it's not always necessarily about eating less more often. The 5 meals per day approach may reduce calories for some but, but insulin may be higher due to increased food intake, the parasympathetic nervous system is therefore more dominant, and HgH is lowered.

Therefore, for the best part of a 24-hour period your body actually favours fat storage, not fat burning.

ADVANTAGES OF INTERMITTENT FASTING

Intermittent fasting comes with a heap of benefits.

The first one that springs to mind for me is that on your fasting day you don't have to think about what you are going to eat in the morning or for morning snacks as you won't be eating until after 12 pm that day

But far more importantly than this are the real life health benefits that come with the Intermittent Fasting (IF) Formula. Here are some of the health benefits that you can expect with IF:

1 Reduced blood glucose and insulin levels

(This is very likely to reduce diabetic or pre-diabetics control blood sugar levels and side effect associated with elevated levels)

2 Increased fatty acid oxidation. (Your ability to use fat as a fuel)

3 Maintenance of lean mass (the muscle is your fat burning furnace so we do not want to lose this!)

4 Reduced inflammation. This is a crucial part of any training programme as increased inflammation will lead to increased cortisol!

5 Increased cellular stress resistance (of the heart and brain)

Hope this helps....you asked a very good question and you have clearly been getting on with the programme really well up to date.

Now I need to give my fingers a rest..... Speak soon and keep up the good work!

Matt :)