

# **BODLINES NATURAL GYM**

## **WEIGHT-LOSS DIET RULES**

### **Rule 1: Don't Drop Carbs To Zero.**

People often make the mistake of avoiding all carbohydrates. This can result in some quick weight loss (mostly water weight) but a lack of carbohydrates can also slow your metabolism.

So don't eliminate carbohydrates completely. Instead,

### **Rule 2: Focus On "Nature-Made" Carbs.**

When trying to burn off body fat, steer clear of "man-made" carbs like cakes, biscuits and white bread products. { BIG TIME }

Instead, focus on "nature-made" carbs like fruits, vegetables, potatoes and whole grain products.

These items naturally contain more fiber which will help you feel full. Fiber also helps to lessen the insulin spike and fat storing effects that occur when consuming "man-made" carbohydrates.

### **Rule 3: Keep Protein High.**

Protein is "muscle-sparing" which means that your body will use any available protein for cellular repairs before breaking down muscle tissue.

### **Rule 4: Don't Avoid Dietary Fat!**

It sounds weird, but you want to burn fat you have got to eat (some) fat.

I recommend you try and focus on healthy fats like fish oil, extra virgin olive oil or fats found naturally in nuts

- Eat at least six meals daily.
- Make each meal count. If you eat anything, consider it a meal.
- Eliminate any and all refined sugars and sweets.
- Reduce caffeine intake and increase water intake . Limit alcohol intake
- All heavy starches to be consumed by 1 pm or 3rd meal of the day. For example: bread, pasta and rice.
- 1 serving of protein should be consumed with every meal. For example: (4-6 ounce piece is considered 1 serving).
- Limit dairy intake to 1st or 2nd meal.
- All fruits should be consumed before 1pm. No fruit juice!
- Multi-vitamin every day.
- Maximum amount of time between meals: 3 hours.
- Protein always first choice then carbohydrates to be added.
- Limit sugary condiments such as salad dressings.
- Meal replacement bars and shakes to be used if sugar free.

