SMARTER SUCCESS TO FAT LOSS SUSTAINABLE SUGAR BURNER GUIDE

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DISCLAIMER

Please recognize the fact that it is your responsibility to work directly with your physician before, during, and after seeking nutritional/exercise advice. As such, any information provided is not to be followed without the prior approval of your physician. If you choose to use this information without the prior consent of your physician, you are agreeing to accept full responsibility for your decision.

Nutrition Ground Rules

- You will be eating 5x per day; this will be either a meal or snack. One of which will be a "post-workout meal." If you do not exercise that day you will eat 4 meals/ snacks
- You will do a nightly 12 hour fast from 8pm-8am. If this doesn't work with your schedule you may adjust the times as long as it's a 12 hour fast
- You can drink tea, black coffee (with zero-calorie sweetener as long as it's not artificial/fake sweetener), BCAAs or a cocoa drink after 8pm and before 8am (or during your fasting times)
- See serving sizes for starchy carbs and for acceptable foods/options
- You will need to understand how your body responds to food. Everyone has a baseline burner type meaning you may need to adjust carbs up or down to maintain HEC (hunger, energy, cravings) even though you follow the menopause burner type.

SUGAR BURNERS/PCOS/ MENOPAUSAL (PRE & POST) WOMEN

- 2 starchy carbs a day on workout and plyometric/sprint days
- This will be at the 1st meal of the day and post workout
- Aim for 50-75 grams per day of starchy carbs
- You may need to add in an additional starchy carb or reduce by one serving if your HEC isn't in check or if you aren't seeing results

- If you are feeling lethargic or cravings are out of control, bump your starchy carbs up 1x/day
- If the first meal of the day is post workout, then have a starchy carb at meals 1 & 2

- If you have trouble falling asleep, switch your 2nd meal starchy carb to your last meal of the day
- If you have trouble staying asleep, eat all carbs at the first few meals of the day
- Always have a starchy carb post workout
- You will limit your intake of protein bars to 3x/week
- Limit all dairy
- Dairy based protein powders (Whey) are limited to post workout only
  - Whey protein is best if you don't have sensitivities to dairy, but you will need to monitor your results and GI function.
  - If you are not seeing results, move to a pea/rice blend protein powder or simply move to all real food
- You will have 1-2 servings of fruits a day
  - This can be post workout in a smoothie or any other time of the day
  - The fruit should be on the approved fruit list or needs to be counted as a starchy carb
- You will have 4 servings of veggies each day
  - This can be divided into multiple meals or all at one meal, but a minimum of 4/day

MOST IMPORTANTLY:

Fat Bombs are foods that are high starchy carbs as well as fats. Consuming these together will make you gain fat

- Your healthy fat servings should be around 50 grams per day
  - Never pair a healthy fat with a starchy carb
  - On your rest day, or days you don't work out, you may have more healthy fats as you will go lower starchy carbs
- There will be cheat meals on this plan if you choose
  - Your cheat meal day will depend on your schedule
  - I recommend Saturday, as this seems when most people tend to relax and want to go out or enjoy themselves more
- If you don't do a cheat meal, then you need to do a clean carb up meal instead
  - Hormones need to reset and you need an extra serving for the carb cycling to take effect
- Drink at least 3L (1 gallon or 128 oz) of plain water each day; no crystal light, etc. but adding fresh lemon, lime, fruit, or cucumbers to your water is fine

- Label rules for packaged foods
  - Carbohydrates minus fiber minus protein equals total number of carbs
  - This number should be less than 5. However, the lower the better
  - Fat content should be under 10 grams
  - Sodium should be less than 200 mg
- Keep healthy fats with proteins
- Keep starchy carbs with proteins
- Never mix healthy fats with starchy carbs
- Do leisurely activities as much as possible
  - Leisurely walk 30-60 minutes everyday
- Do RBT Weight Training 3x a week
- Take measurements each week on the same day if possible
  - Do this before eating, drinking, shower, working out, etc for most accurate results
- Fiber is important for digestion and fat loss try getting 30-50 grams each day
  - For fiber to work correctly you need to accompany it with water
  - Slowly increase fiber if you aren't consuming enough. Increase by 5 grams a week
  - Two types of fiber are soluble and insoluble. Soluble is found in veggies and insoluble is found in grains. You need a mix of both for proper elimination

FOODS TO AVOID DUE TO HORMONE DISRUPTION

- Trans fats
- Alcohol
- Simple Sugars
- Processed Food
- Additives like dyes, artificial flavors, etc
- Dairy Products
- Simple Carbohydrates (doughnuts, muffins, fries, etc)
- Caffeine
- Non Organic Soy

- To maintain results
  - You can have 2 cheat meals a week
  - Lift 3-4 times a week
  - Increasing weight as needed
- If you notice your pants starting to be tight then move back to 1 cheat meal a week
  - You can also do 2 mini cheat meals instead of 1 big cheat meal
  - Monitor HEC and make sure it's in check

Metabolic Extras

Always check with your medical provider before starting or stopping any medication or supplement

Supplements

- ✓ Omega 3 Fish Oil
  - ✓ 1,000 mg daily
  - ✓ Helps reduce inflammation
- ✓ Magnesium
  - ✓ 400-600 mg daily
  - ✓ Helps reduce stress, improve sleep and hormonal balance
- ✓ Evening Primrose
  - ✓ 1,500 mg daily
  - ✓ Helps with hormone balancing
- ✓ Black Cohosh
  - ✓ 20 mg 2 x daily
  - ✓ Phytoestrogen Activity
- ✓ Vitamin E
  - ✓ 800-1,200 IU daily
  - ✓ Antioxidant
  - ✓ Decreases free radical damage
  - ✓ Important in estrogen production
- ✓ Chasteberry (Vitex)
  - ✓ 400 mg daily
  - ✓ Phytoestrogen activity
  - ✓ Improves hormonal relationships
- ✓ L-Glutamine
  - ✓ 5 g daily
  - ✓ Helps with cravings, digestion & muscle growth
- ✓ BCAAs
  - ✓ Helps with cravings, energy & muscle recovery

Foods to Include

- ✓ Wild caught fish
  - ✓ Omega-3 fats help reduce inflammation
- ✓ Fiber
  - ✓ Vegetables, raspberries, apples, split peas, lentils, black beans
- ✓ Protein
  - ✓ Organic poultry, eggs, beans, nuts, seeds, quinoa
- ✓ Organic Soy
  - ✓ Tofu, edamame, miso, tempeh
- ✓ Flaxseeds
  - ✓ freshly ground flax seeds provide fiber and phytoestrogen benefits

Acceptable Food Options

If it's not on this list, then it needs to be saved for your cheat meal
If you are doing the clean carb up, you need to stick to this list only!

Proteins

(stated as portions)

- ✓ 6 oz chicken breast
- ✓ 6 oz turkey breast
- ✓ 1.5 cups (cooked) lean ground turkey breast (99%)
- ✓ 1.5 cups (cooked) lean ground chicken breast
- ✓ 6 oz white fish
- ✓ 6 oz salmon
- ✓ 6 oz shrimp
- ✓ 6 egg whites
- ✓ 5 egg whites and 1 whole egg (count as a fat serving)
- ✓ 2 slices canadian bacon
- ✓ 1-2 scoops whey/pea/ rice protein powder (carbs should be less than 6g per serving, the lower the better. Protein should be 20g or more per serving)
- ✓ Processed meat up to 2x/week: (counts as a fat serving)
- ✓ turkey sausage (3 links count as fat serving)
- ✓ bacon - 4 pieces (make sure it's not flavored)
- ✓ Red meat up to 3x/week:
- ✓ 6 oz bison or grass-fed (if possible) beef
- ✓ 6 oz wild game
- ✓ 6 oz steak

Starches

(stated as portions)

- ✓ 1/3 cup white rice cooked
- ✓ 1/2 cup brown rice cooked
- ✓ 1/3 cup oat bran (measured before cooking)
- ✓ 1/2 cup oatmeal (measured before cooking)
- ✓ 1/3 cup quinoa
- ✓ 2 plain rice cakes
- ✓ 6 oz sweet potato
- ✓ 8 oz pumpkin
- ✓ 1 cup starchy veggies: squash, zucchini, eggplant, peas, cauliflower
- ✓ 1/2 cup beans
- ✓ 1 cup lima beans
- ✓ 1/2 cup lentils

Healthy Fats

(1x/day on weight training days, check page 3 for serving sizes on other training days)

- ✓ 2 TB nut butter or peanut butter
- ✓ 1/4 cup nuts (unsalted is best)
- ✓ 2 TB olive oil
- ✓ 2 TB coconut oil
- ✓ 1/2 avocado
- ✓ 1/2 cup olives

Fibrous Veggies

Serving sizes are as much as you want

- ✓ Broccoli
- ✓ Onions
- ✓ Asparagus
- ✓ Collard Greens
- ✓ Spinach
- ✓ Brussels Sprouts
- ✓ Celery
- ✓ Mushrooms
- ✓ Snow Peas
- ✓ Green Beans
- ✓ Kale
- ✓ Peppers
- ✓ Mixed Greens
- ✓ Mustard Greens
- ✓ Cucumbers
- ✓ Lettuce
- ✓ Chives
- ✓ Snap Beans
- ✓ Tomatoes

Fruits

Serving size is up to 2 servings a day

- ✓ 1 medium apple
- ✓ 1 cup berries
- ✓ 1 cup cherries
- ✓ 1 pear
- ✓ 1 grapefruit
- ✓ 1 orange

(post workout only)

- ✓ lemons (unlimited)
- ✓ limes (unlimited)

Spices/marinades/condiments

- ✓ Low sodium salsa (<200mg) – 3 TB
- ✓ Balsamic/red wine/apple cider vinegar – 2 TB
- ✓ Dressing with 5 grams or less sugar and not dairy based - 2 TB
- ✓ Coconut Amino Acids – 3 TB
- ✓ Mustard (low sodium is ideal) – 3 TB
- ✓ Dijon Mustard – 3 TB
- ✓ Worcestershire Sauce – 3 TB
- ✓ Ketchup/mayonnaise/ BBQ sauce, etc. – 2 TB daily
- ✓ You can use any/all herbs and salt-free/sugar-free spices or rubs or hot sauces (I like the Mrs. Dash varieties)

Miscellaneous

- ✓ Unsweetened almond milk: 8-10 oz
- ✓ Shirataki Noodles limit 2x/week: 1 whole bag
- ✓ Unsweetened cocoa powder (used in cocoa drink) up to 4 TB daily
- ✓ Zero-calorie sweeteners erythritol, xylitol, stevia; use as needed (watch for GI upset)
- ✓ No artificial sweeteners like sweet 'n low, splenda, etc.
- ✓ Quest or protein bars limit 3x/week
- ✓ Limit sugar free gum chewing to 6 pieces per day

Dairy

Pick any of the following up to 3x/ week (PCOS/Menopausal Women/ Sugar Burners see note about dairy on page 4)

- ✓ 6 oz greek yogurt
- ✓ 1-2 TB cheese
- ✓ 1/2 cup cottage cheese

Supplements

Supplements are completely optional. However, supplements can definitely give you an edge if you don't eat a varied of foods or have a hormone imbalance. If you are interested, here are the guidelines about ordering and my top 4 supplements I recommend.
I recommend PURE or Designs for Health brands as they are pharmaceutical grade and of the upmost quality. Pure you may order directly from the website and Designs for Health I have to order for you, but will be directly delivered to your residents.

PROBIOTICS

1 pill on an empty stomach in the morning with lemon water. If you have GI issues I recommend 50 billion if not then 25 billion

FISH OIL

1,000 mg with first meal of the day—only an issue for people on blood thinners or taking aspirin

MAGNESIUM

500 mg before bed to help with sleep and normal bowel function

BRANCHED-CHAIN AMINO ACIDS (BCAAS)

5 grams pre or post-workout and 5 grams before bed. DO NOT get an unsweetened version of this, as it is not palatable! I use two different brands depending on my goal. If looking to lose weight and balance hormones, then try Momsanity. If looking to build muscle, lose fat, and balance hormones, choose MRM Watermelon (which has some L-glutamine in it).

Comments

If you have any questions, come back to these rules. Don't overcomplicate this. This is a sustainable plan and can be used to lose fat and balance hormones or just maintain what you have lost. I am here to always support you so don't be afraid to reach out to me if you need assistance!

THE JOURNEY IS YOURS!

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