

HOW TO
BUILD
YOUR OWN
DIET
IN 30_{MIN}



by Peter Carvell

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HEALTH WARNING

Due to the nutritional nature of the information contained in this publication, it is highly recommended that anybody considering using any of the information in this publication first consult a doctor or physician before embarking on any workout, training or eating plan.

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WELCOME

What you eat on a daily basis is going to account for up to 80% of the results you see, so it's time to stop overlooking this. Good nutrition is a must. If you eat properly, you'll catapult your success, losing fat and increasing your health faster than you ever thought possible.

If you eat poorly however, you'll struggle to see any results and will only continue to feel worse.

If you've failed in the past to stick to any nutrition program due to it being overly complex or time consuming, the great news is that's about to change. Eating healthy does not need to be complicated or boring. This is one of the biggest misconceptions that people have when it comes to nutrition. You do not need to eat boring tasteless foods in order to see results.

Over the next few pages, I will prove that to you. This plan is designed to be easy to follow and very effective, but also sustainable for the long haul. I don't want you to just get into great shape, I want you to stay in great shape.

Let's begin by looking at the main elements that healthy eating entails and once you've learned those, I'll **show you how to put them together at the very end** so that you can form an eating plan that fits in with your lifestyle and that you will enjoy following, day after day, week after week until you see the results you deserve!

Peter Carvell



BUILD YOUR OWN DIET

MASTERING YOUR MACROS

Eating right isn't just about how many calories you take in on a daily basis. Each *type* of calorie you put into your body is going to impact you in different ways, altering the results that you see.

This is why it's critical you understand what the macros are and how many you need of each.

Macros, short for '**macronutrients**' refer to your **proteins, carbohydrates,** and dietary **fats.**

Proteins

Most of you will have heard of these before. Proteins provide the building blocks upon which tissue is made up of. As you get started with your workouts, your protein needs will go up slightly as you'll be constantly tearing muscle tissue down and then rebuilding it back up again.



Carbohydrates

Carbohydrates are the energy providing macronutrient. This is the body's preferred source of fuel and what you will use to power your hard-working muscles during intense physical activity and also with recovery afterwards.

Carbohydrates, if not chosen carefully, can also rapidly lead to weight gain because the wrong types will increase blood sugar levels rapidly, which then causes a release of insulin into your body, an energy storing hormone. If you aren't physically active and are experiencing high blood sugar, your chances of fat gain are significant. By keeping insulin levels stable on the other hand, you keep your body in fat burning mode all day long.

This macronutrient can be further divided into complex **carbohydrates, fibrous carbohydrates, and simple carbohydrates.**

- **Complex carbohydrates** are the energy dense carbohydrates that will supply you with more fuel for physical activity. You'll be eating these around your workout sessions.
- **Fibrous carbohydrates** are the low-calorie, high fiber carbohydrates found in vegetables. These will be included in most meals as they are nutrition dense yet

won't impact your daily calorie level by much.

- Finally, **simple carbohydrates** are your sweet tasting foods – candy, ice cream, and other sugary items and should be avoided if your goal is health or fat loss.

Fats

Finally, dietary fats also provide a source of longer-term energy and are also important for keeping your hormonal profile at optimal levels. For example, men who consume a diet too low in fat will see their testosterone dropping, and with that, their strength level declining as well.

Likewise, women who don't eat enough dietary fat may notice their hormones shifting as well, presenting problems with their menstrual cycle or libido levels.



All three macronutrients then are critical for success and you will notice you are taking in foods from all three categories with each meal that you eat on this program.

So which sources are best for success?

To promote a leaner, fit body, you **need nutrient dense foods** that provide not only the key macronutrients just mentioned, but also provide you with plenty of **micronutrients**, which are the **vitamins and minerals** that your body needs for optimal function.

Here are the top sources for each macronutrient category.

Lean Protein Sources

- Lean red meats
- Fish/salmon
- Chicken
- Eggs
- Protein powders
- Cottage cheese

Fibrous Carbohydrates

- Mixed vegetables
- Spinach
- Berries (all varieties)
- Tomatoes

- Broccoli
- Cabbage
- Cauliflower

Complex Carbohydrates

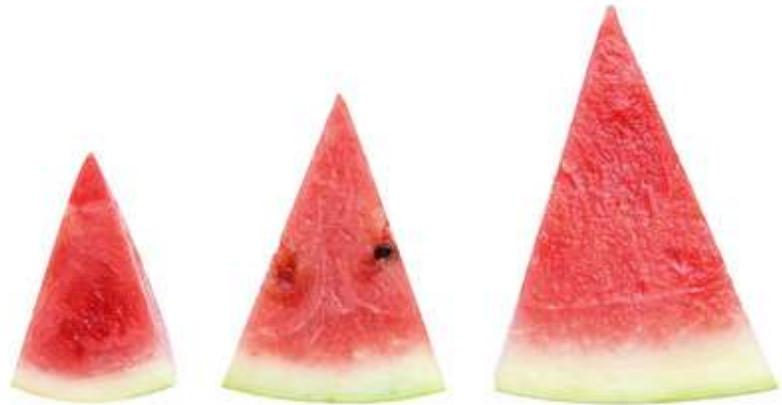
- Sweet potatoes
- Yams
- Beans
- Oats
- Quinoa
- Brown rice
- Wild rice

Healthy Fats

- Avocado
- Olive oil
- Raw nuts
- Seeds (flaxseeds, pumpkin seeds, sunflower seeds)
- Fish oils (krill oil, salmon oil, etc.)
- Coconut oil

PORTION SIZE

Now that you know *what* foods to eat, you need to ensure you eat the right amount of them. The portion size you use will dictate whether or not you lose body fat as it determines your calorie intake. Remember, to lose body fat, you need to consume fewer calories than you burn off over the course of the day. Perfecting your portion sizes will allow you to do this.



Males and females will require different portion sizes thanks to their differing metabolic rates and amount of lean muscle mass.

Many books, trainers and system make determining your portion size overly complicated.

They want you to count calories as that is the “only way” to know exactly how much you are eating. Unfortunately counting calories is not at all as accurate as most people believe it is.

In fact, research has shown that depending on which formula was used to calculate the macros of any foods, how it's cook, how you personally digest and metabolize it and the quality of the food, the exact amount of calories you actually get in from any specific foods can be off by about 25% to 50%.

So I am going to simply this for you really quickly because the truth is that no matter what portion control method you use, it's only a starting point and you need to track and adjust your calories each week depending on your results so you might as well start with a method that is much simpler and easier to fit into your daily lifestyle.

So the great news is that you don't need to carry around a food scale to be accurate with your portion sizing. Instead, you can use what's called the '**Hand, Palm, and Fist**' method.

All you need is your own hand.

Here is how it works:

Your **palm** determines your **protein** portions.

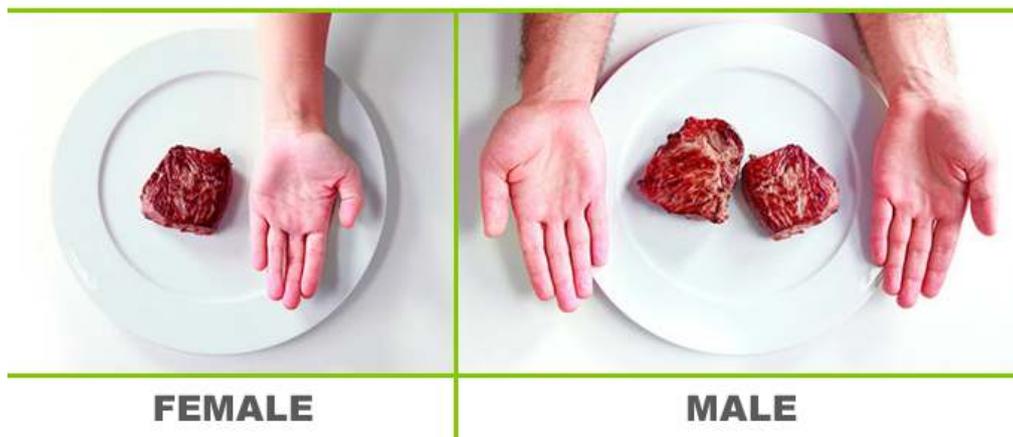
Your fist determines your **veggie** portions.

Your **cupped hand** determines your **carb** portions.
Your **thumb** determines your **fat** portions.

Here's how each macronutrient stacks up for male and females per serving.

Protein

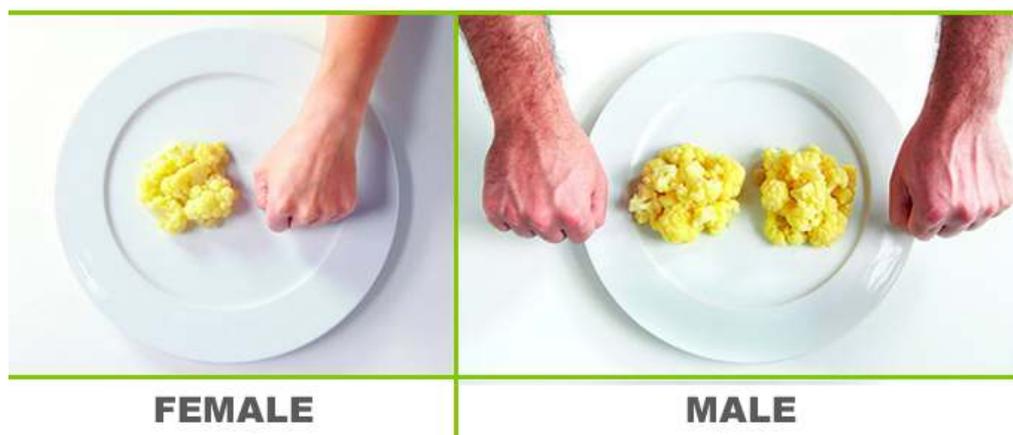
- Male x 2 Palms
- Female x 1 Palm



Fibrous Carbs (Vegetables)

When it comes to fibrous carbohydrates, because these are so low in total calorie content, you don't need to worry about how much you eat all that much. If you go slightly over because you're extra hungry one day, don't sweat it.

- Male x 2 Fists
- Female x 1 Fist



Dietary Fat

Being accurate with your serving size for fats is critical. Fats contain over twice as many calories per gram as carbs and protein do (9 calories for fats, 4 for protein and carbs), so they add up quickly. Misjudging your serving size on fats will quickly lead to you over consuming calories, leading to weight gain.

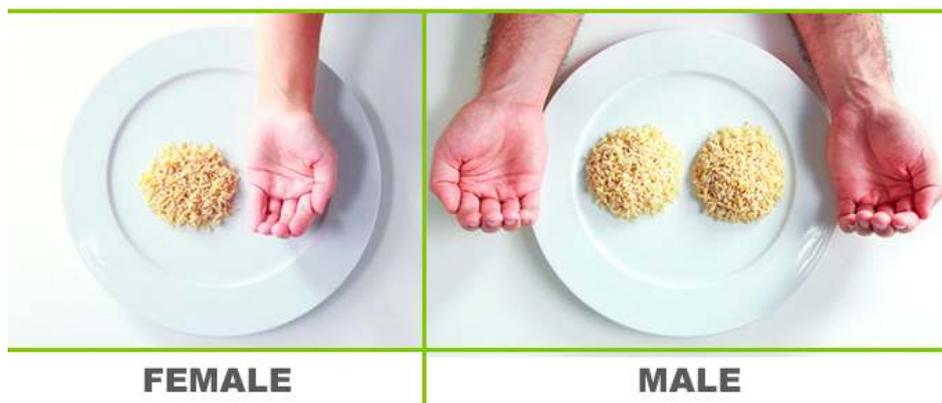
- Male x 2 Thumbs
- Female x 1 Thumb



Complex Carbs

You don't want to cut your carbohydrate intake back too far however or you won't be able to sustain the intensity level necessary to complete your workout sessions. Despite what you may have read about very low carb diets being optimal for fat loss, they aren't optimal if your goal is to burn fat *while sustaining optimal performance*. You need to keep some carbs in your diet to exercise well.

- Male x 2 Cupped Hands
- Female x 1 Cupped Hand



MEAL FREQUENCY

The next step to mastering your diet is figuring out meal frequency, which refers to **how many and how often you are eating your meals throughout the day.**

Why does this matter? While research has busted the myth that eating more frequently boosts your metabolism to help you burn fat faster, one thing that we do know is that eating more frequently does tend to help control hunger and blood glucose levels. If you're someone who struggles with hunger throughout the day, a more frequent set-up is likely ideal for you.



On the other hand, other people find that they prefer eating less often throughout the day and might even follow a Intermittent Fasting type model, which is fine too.

It's all about doing what works best for you. If you enjoy the plan, you're more likely to stick with it and that is the real secret to success.

For this plan, we are designing the program to have **four meals per day.** I find this works very well as its frequent enough to control hunger, but not so frequent that you feel like you're cooking all day long.

Four meals also works well in terms of managing the amount of food you are to consume each day.

If you do want to eat more or fewer meals, you'll need to *divide the amount of food with these four meals up into the number of meals you will be eating.* So if you were eating six meals a day, your meal size would decrease, while if you were going to eat three meals per day, your meal size would increase.

This ensures you are still taking in the optimal amount of food overall for fat burning however as mentioned before you will still want to track your progress and make adjustments accordingly.

MEAL TIMING

The last key element you need to factor in when building your diet is meal timing, which refers to **when you are eating your meals** over the course of the day.

Does it really matter?

At the end of the day, when it comes to overall weight loss, the answer is mostly no. The primary determinant of whether or not you see the scale go down is whether you are in the calorie deficit you need to be.



This said, *when* you eat will influence the type of hormones you produce in your body, which can have a slight impact on the rate of fat burning taking place and on whether you are losing fat or lean muscle mass.

So while it does matter, it's not something that you want to get too obsessive about. If you can optimize your meal timing, great, if not, don't be paralyzed in fear that you won't see success. As long as your calorie intake lines up properly, you'll still get results.

For those who want to go that extra mile and optimize their meal timing, how should you do it?

First and foremost, you need to optimize your pre and post workout meals. If there is one time of the day where it will make a difference in your results, this would be it.

Not only will it help you with energy but also with recovery.

Pre workout, you want to focus on avoiding too many complex carbs and instead focus on lean protein and healthy fats. Why? If you eat a huge dose of complex or simple carbs prior to your workout, you'll be providing your body with all the energy it needs.

Therefore, it won't have much reason to turn to body stores as fuel. By keeping this meal lower carb then, you maximize fat burning. And, by getting in enough protein, you protect your lean muscle mass and if you combine this with a healthy fat you will also provide you body with extra energy. Strive to eat this meal 60-90 minutes prior to hitting the gym.

Post workout, the strategy is different. I recommend waiting about 45 minutes after you exercise to start eating. This will help you maximize the extra fat burning that takes place

after exercise has been performed, improving total fat loss. After this period focus on a higher carb meal with complex carbs. This will provide the carbohydrates necessary for rapid muscle glycogen replenishment and recover.

The other two times of the day when meal timing can influence results is right before bed and first thing in the morning.

Next you can try to **avoid eating within the two to three-hour window prior to going to bed**. If you do, your body will be up digesting food for the next few hours, making it hard to fall asleep while also reducing your quality of sleep. Furthermore, having excess fuel at this time that will generate excessive free radicals that will damage your tissues, accelerate aging, and contribute to chronic disease.

Finally, if you can, you can try **skipping breakfast**. While there's no harm in eating breakfast and in fact research have shown that when you try to develop the habit of eating healthy, eating breakfast can be a good thing. However, by skipping it you can help push the barrier on fat burning, giving you a slight edge.

To this note, you may also want to consider **intermittent fasting**, which has you forgoing food for 16 hours of the day, allowing an 'eating window' of about 8 hours.

This might look like a long time without food but if you stop eating 3 hours before you go to bed and then simply skip breakfast and only start eating at lunch time you will pretty much have achieved this goal.

Intermittent fasting may help to increase insulin sensitivity, according to a study published in the Journal of Applied Physiology, which can then improve your ability to use dietary carbohydrates as a fuel source, rather than storing them as excess body fat.

So in short, don't worry or get too obsessed with meal timing. If however you can incorporate some of the techniques above it might help you recover faster, push harder and increase your overall health.

FOOD ELIMINATION

To dramatically transform your body, it isn't enough to simply *add* healthy foods into your meal plan. You also need to *eliminate* problem offenders that are currently causing your waistline to expand at an alarming rate. Often, simply by eliminating the problem foods *before even perfecting the rest of your diet*, you will see weight loss taking place.

We as a society consume far too many unhealthy processed foods that are not only tilting obesity scales upwards, but also putting our health in jeopardy.

By ridding your diet of these foods, you can see significant results. Combine this while adding the healthy foods previously mentioned and you have a winning strategy for permanent, health weight loss.

Let's look at some of the biggest problem offenders you need to know. Keep in mind this list is not exclusive, so use your best judgment when assessing all the many foods you currently eat in your diet plan.

Sugar

Of all the offenders, sugar is the biggest. Consumption of the sweet stuff has gone through the roof, with obesity rates trailing closely behind.

On average, Americans consume approximately *130 pounds of sugar* each and every year. While the American Heart Association recommends that you limit yourself to no more than 9.5 teaspoons of sugar per day, most people are consuming 22 teaspoons per day.

What's worse is that most kids are consuming *32 teaspoons*, putting them even higher than adults despite their lower calorie intake. All of this means one thing: *obesity rates are only set to get worse*.

We on average are eating about 500 added calories from sugar alone in our diet, which, if removed, would immediately yield a one-pound weight loss per week. So as you can see, by simply removing this offender, you stand to see great results.

Sugar is closely linked to numerous health conditions including hypertension, high blood pressure, hypoglycemia, chronic inflammation, depression, headaches, fatigue, and diabetes.



When you consume sugar, your blood glucose level will spike rapidly and this is followed with an increase in insulin. The insulin then begins to remove the excess glucose from the blood, moving it to storage in the muscle, or more often, fat cells.

This leads to a blood glucose drop, which then triggers the consumption of even more sugar. Together, this chain of events sets up a cascade of ever-growing sugar consumption that's hard to break free from.

We aren't just talking about added sugar either. Remember sugar is found in *hundreds* of products in your local supermarket. Start reading ingredient panels to sleuth out sugar. Whenever possible, use Stevia in replacement of sugar or purchase items that use it in place of sugar.

Most Commonly Found In:

- Soda
- Fruit juice
- Energy drinks
- Energy bars
- Cereals
- Condiments
- Sauces
- Processed meats
- Frozen foods
- And more

Sweeteners

You might think that to avoid sugar, you'll opt for the 'sugar free' products now available that contain other forms of sweeteners. It's time to rethink that. While artificial sweeteners don't contain any calories, they are not natural for your body.

Aspartame, Splenda, or Acesulfame potassium are all chemically derived and have been linked to unwanted side effects such as headaches and digestive troubles.

What's more is that the sweet taste of these additives may promote cravings for sweet tasting foods more often, making it harder to stick with your healthy diet plan.

Those little packets of sweetener aren't the only culprits here. You can now find these artificial sweeteners in a wide assortment of foods that line your supermarket. Again, start reading labels to uncover them.

It really isn't the healthy alternative you might think it to be. What's worse is the fact that these sweeteners may convince you to think the food item is 'diet friendly' when really, even without sugar, it's still not a wise choice to consume.

Most Commonly Found In:

- Yogurts
- Diet sodas
- Diet beverages/energy drinks
- Gum
- Candy
- Condiments

Processed/White Foods

Along with the rise of sugar consumption, we've also seen a dramatic rise in processed food consumption as well. This is what is, in part, driving the sky-high sugar consumption.

People today tend to eat more processed foods than they eat natural foods, moving further away from optimal nutrition. If we start eliminating all these processed foods, we begin eating a diet provided by Mother Nature, which offers foods rich in valuable vitamins, minerals, and antioxidants. This means foods like lean meats, fresh fruits and vegetables, unprocessed grains, as well as natural fats like plain nuts, seeds, and healthy oils like the ones we noted above.

When foods are processed, they are stripped of their nutrients and what you're left with is an empty source of highly concentrated calories.

If you eliminate processed or white foods from your diet, you'll also go a long way towards eliminating some of the other problem offenders we'll be discussing next.

Most Commonly Found In:

- White breads/baked goods
- Snack foods
- Processed meats
- Pasta
- Cold cereals
- Candy
- Condiments/sauces
- Frozen foods

Trans Fats

Next on our 'hit list' to remove from your diet are trans fats. Trans fats are a type of manufactured fat that occurs when another hydrogen atom is added to an unsaturated fat, which in turn makes the fat have a longer shelf life and lowers the need to refrigerate foods that its used in.

For a food manufacturer, this is a very good thing but as a consumer looking out for their health, it's an unfortunate thing.

Trans fats have been strongly linked to the development of coronary heart disease, which is one of the leading causes of death. Additionally, they will increase bad cholesterol levels while lowering good and put you at a higher risk for type two diabetes as well as stroke. The body has no requirement for trans fats at all therefore the recommendation is to remove them from your diet entirely. In 2013, the U.S. Food And Drug Administration (FDA) stated that partially hydrogenated oils (trans fats) are no longer generally recognized as safe.

Any time you see the term 'partially hydrogenated oil', you know to back away from the food. Start checking labels closely to ensure you aren't including any foods in your diet plan containing this harmful fat.

Most Commonly Found In:

- Doughnuts
- Cakes, pies, biscuits and other baked foods
- Fast foods
- Cookies
- Crackers
- Stick margarine
- Frozen foods

Sodium

Sodium is another offender to remove from your diet plan. While sodium itself is not going to lead to fat gain, the foods it's often found in typically will and in addition to that, high sodium intakes can lead to water retention in the body, which can make you appear less lean.

A high sodium intake is also going to put you at risk for high blood pressure, cardiovascular disease, and stroke, making it all the more reason to eliminate it.

You might think that because you aren't adding salt at the table, you don't have to worry, but that isn't the case. Most of our sodium intake comes from processed foods, which have high amounts of sodium added.

If you are taking steps to eliminate processed foods from your diet plan, you'll be well on track to reducing your sodium consumption as well.

You don't want to eliminate sodium entirely as your body does need some for proper function, but if you eat a balanced healthy diet, you should take in enough from natural food sources without worry. You should aim to take in no more than 2300 mg of sodium per day according to U.S. dietary guidelines.

Most Commonly Found In:

- Pizza
- Canned foods
- Fast foods
- Deli meats/processed meats
- Yeast breads
- Pickles
- Tomato based products

Alcohol

As much as you might enjoy that drink with your friends on the weekend, if you want to get leaner, it's time to rethink alcohol. Alcohol has no nutritional value for the body, but yet does contain calories. At 7 calories per gram, it's higher than both protein or carbohydrates, which come in at 4 calories per gram.

Because alcohol is a toxin for the body, as soon as you consume it, all other processes – including fat burning – will be halted until the alcohol is removed from your system. So consider that next time you are about to take a drink. Are you really ready to stop all fat burning?

Because alcohol does contain calories, it'll instead put you at risk for fat gain. Add to this that often people will mix alcohol with sugar mixers or other high calorie ingredients and you only intensify the problem.

Alcohol will also weaken your resolve to eat healthy and may lead you to eating foods that you shouldn't be such as common bar food items of nachos, salted nuts, or pizza.

Finally, let's not forget the fact that the morning after a night of drinking, hitting the gym is going to be the last thing you feel like doing.

Eliminate these problem offenders from your diet and I promise you will be seeing a dramatic improvement in both how you look and feel almost immediately.

Implementation

Perhaps the biggest mistake I see people making is trying to go from 0 to 100 in one day. If you attempt to cut out all the unhealthy foods you're currently eating at once, it's going to back fire. The adherence for this 'cold turkey' approach is so low it's not worth trying.

A superior approach is to start at the top of the list and cut out one food at a time. Focus on keeping this food out for 2-3 days and once you feel you have mastered that, move on and cut out another food. Within a few weeks you'll then be off all the problematic foods and will feel in total control and free from food cravings.

SUPPLEMENTS

One big mistake you want to avoid in your journey is turning to supplements too early in the game. Spend the first few weeks on the program perfecting your diet plan first. This will be key to success. Supplements should only *supplement* your already sound diet, as their name suggests. They are never designed to replace proper nutrition.



Only once your diet is set up properly should you consider supplements if you feel something is missing. Let me share with you a few of my top recommended supplements for those who feel they do want to take them.

Multi-Vitamin

It can be a challenge to get all your vitamin and mineral needs met when you are on a calorie restricted diet. Especially if you struggle to eat enough vegetables no matter how hard you try, you might consider turning to a multi-vitamin.

This can provide back-up support to protect against nutritional deficiencies.

Protein Powder

One supplement I typically recommend all my clients purchase is a high quality protein powder. It's a fast and easy way to ensure your protein needs get met and is quick, convenient, and can be used mixed in with many foods you are already eating.

You can look at either getting a WHEY Protein powder or a Plant Based Protein powder.

The most popular whey protein powders are Concentrate and Isolate. Although Isolate has always been believed to naturally be the better option due to the fact that it has a high level of protein per gram of powder the fact is that new processing methods has made both form of whey protein good options depending on your goals and on the quality of product.

For example, a low quality isolate can be inferior to a high quality concentrate.

When it comes to plant based protein powder you can look at anything from rice protein, pea protein and even hemp seed protein.

I am currently using a vegetarian protein powder with a mix of rice, hemp seed and pea

protein.

So if you feel you need some extra protein in your diet then simply go with what works for you and buy the highest quality you can afford.

BCAA

If you plan on exercising first thing in the morning on an empty stomach, then I would also recommend considering a branched chain amino acid (BCAA) product. These particular amino acids will provide fuel for your working muscle tissues and can help protect against lean muscle mass loss.

If you train at any other time of the day or you are already taking a protein powder before or after your workouts you do not need any extra BCAA's.

EFA

I also typically recommend that you consider purchasing a good quality EFA product to help get your daily intake of omega fatty acids in. This could be fish oil or krill oil, depending on your personal preference.

If you don't eat salmon or other fatty fish varieties often, consider it a must.

Probiotic

One often overlooked supplement I believe can help your journey is a probiotic. This will help keep your gut healthy, ensuring you have plenty of good bacteria in your system. This will keep your immune system strong while also helping ensure that you don't suffer from problems such as gas and bloating after your meals.

Greens Supplement

If you are struggling to get in an adequate intake of vegetables each day, a greens product might be something to consider as well. This will help you get in those important antioxidants, making sure that you are operating at your very best.

Keep in mind that taking a greens supplement does not mean you shouldn't try and consume vegetables however. Still focus on adding them into your diet plan.

Additionally, I'd strongly recommend you try and make the Dr. Juice Green Juice (found in the recipe section) before you buy a supplement. Remember, FRESH is always best.

Fat Burner

Personally I believe fat burners are a complete waste of your money. They are often simply

over prices stimulants and if the information that the companies provide as far as how much they can help you the extra results you could possible get is so small (most of the time no more then an extra 50 calories per day) that it simply isn't worth it.

But for those who want to make sure that when selecting a fat burner you try and find one that is made of natural, high quality ingredients like vitamin B12, beta-alanine, and betaine rather than a bunch of stimulatory ingredients.

The problem with stimulants is that they make it difficult to really see how your body feels during a workout.

For instance, without the stimulants you can't recognize if you are feeling very tired, which may indicate you aren't getting in enough quality fuel through your food intake. With stimulants however, this can mask the fatigue, making it hard to see that changes need to be made in your diet.

Plus, if you load yourself up with stimulants, you may get that temporary high, however this will be followed by a very significant crash later on.

Apart from the above-mentioned supplements, if you are eating right, there's no need for additional products.

HIGH CARB AND LOW CARB MEALS

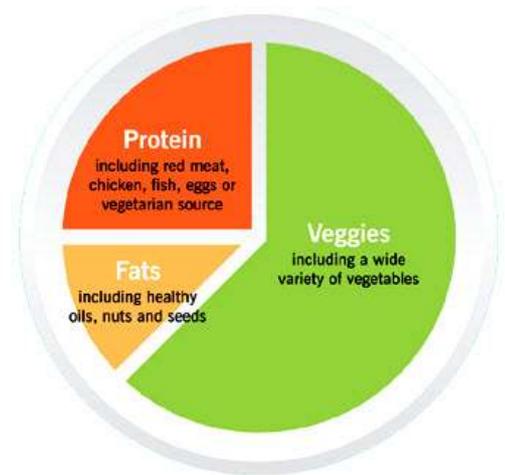
Each days meal plans will consist and be built out of low carb meals and high carb meals. But what exactly is a low carb and high carb meal?

Low Carb Meal

A low carb meal simply means that the meal will be low in complex or starchy carbohydrates.

A low carb meal will consist out of:

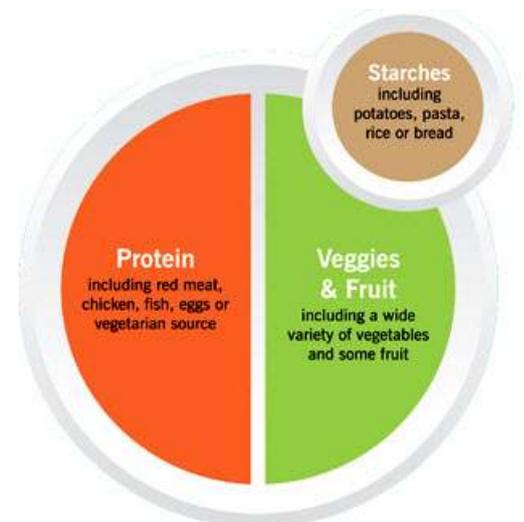
- 1 x Portion of **Protein** (Eggs, Lean Meats, Fish Etc)
- 1 x Portion of **Veggies** (Mix Veggies works well)
- 1 x Portion of **Healthy Fats** (Avocados, Olive Oil, Raw Nuts etc)



High Carb Meal

A high carb meal will include complex or starchy carbs and will look like this:

- 1 x Portion of **Protein** (Eggs, Lean Meats, Fish Etc)
- 1 x Portion of **Veggies** (Mix Veggies works well)
- 1 x Portion **Complex Carbs** (Yams, Sweet Potato, Oats)



PUTTING IT ALL TOGETHER

Now that we've looked at each component that makes up an effective fat loss eating plan let's look at how you will combine that to build your own diet.

You start with **3 options** depending on how you will be using your eating plan. Once we have looked at each one of the 3 options we will look further at how to then customize the meal plan and how to make adjustments, week after week, depending on the results you get.



Let's look at the 3 options that we will start with.

- **Option 1** - You will be using this eating plan together with the **Body Weight Evolution** Workout program to help you get the best results in the shortest possible time.
- **Option 2** - You will be using this eating plan with your own exercise program.
- **Option 3** - You will not be using any exercise program at this stage.

Let's start at option 1.

Option 1

If you are using this program together with the **Body Weight Evolution** program then you will follow a very specific structure over a 7 day period that will work in synergy with the workouts.

Meal Plan 1 / Fat Loss - Day 1 to 5

Meal Plan 2 / Re-Feed / Cheat Day - Day 6

Meal Plan 3 / Recovery/Off Day – Day 7

Let's look at what you will be doing for each one of these 3 different meal plans.

Meal Plan 1 / Fat Loss

The fat loss meal plan is designed to help you drop fat while increasing your health. You will be using this Monday to Friday, and make sure you use it in accordance with the workouts you need to do on these days (Find this in the Daily Program Section)

- Used on day 1 to 5
- 3 x low carb meals
- 1 x high carb meal.
- The high carb meal will be eaten 45 minutes post workout (after your workout).
- The other 3 meals can be spread throughout the day.
- You will drink 4 to 6 glasses of water
- You will eliminate as many of the elimination foods as possible

Meal Plan 2 / Re-Feed / Cheat Day

So not only will this day give you a bit of a physiological break from the previous 5 days but if used correctly and in conjunction with the muscle building workout on day 6 this will actually help you get even better results during this program so do not skip this day.

- Used on day 6
- 3 x High carb meals
- 1 low carb meal
- The high carb meals can be eaten through the day and one of these meals can be a cheat meal. In other words you can eat whatever you want. This meal is best to be eaten as the post workout meal.
- Make the 1 low carb meal your last meal of the day
- You will drink 4 to 6 glasses of water
- You will eliminate as many of the elimination foods as possible apart from your cheat meal.

Meal Plan 3 / Recovery

The recovery meal plan is to be used on your off day. On this day we want to give your body nutrients to help it recover without a lot of calories due to the fact that you won't be doing a workout today.

- Used on day 7
- 4 x low carb meals
- You will drink 4 to 6 glasses of water
- You will eliminate as many of the elimination foods as possible

On day 7 you can also use two other alternatives if you prefer.

Alternative 1 – You can simply do a water fast for this whole day where you actually don't eat anything but just drink water all day.

Alternative 2 – You can drink 4 of my Dr. Juice green juices throughout this day. Find it in the Recipe Book.

Option 2

If you are going to use this eating plan with your own exercise program then follow the steps below to create your personalized meal plan.

Step 1 – Decide on the following two things.

- 1) Decide how many meals you will eat per day and make sure one of these meals is a High Carb Meal.
- 2) Decide when you will workout

Step 2 – Get your diary out and let's build your eating plan.

Workout Days

- 1) Write down when you will be doing your workout in your diary.
- 2) 45 minutes after you have completed your workout, you will be eating your High Carb meal, so slot this into your diary.
- 3) Now spread the other LOW CARB meals throughout the day or as and when you want to eat those.
- 4) Now simply track your results each week and adjust and customize your eating plan accordingly (We will talk more about customization in the next chapter).

Non Workout Days

On these days you don't need as many complex carbs or calories as on workout days so you can simply use low carb meals (don't forget to add lots of veggies and one portion of healthy fats to each meal) and spread them throughout the day or slot them inside the times where you want to eat these meals.

Option 3

If you are not going to be doing any exercise, which is something we do NOT recommend as exercise, even at low intensity, brings a lot of health benefits; you can follow the steps below.

Step 1 – Decide on the following two things.

- 1) Decide how many meals you will eat per day. Every meal will be a low carb meal but you can add a high carb meal every other day or as and when you feel you lack some energy.
- 2) Decide when you will be eating your meals.

Step 2 – Get your diary out and let's build your eating plan.

- 1) The easiest thing to do is to spread the amount of meals you decided to eat throughout the day unless you are following an intermitted fasting protocol where you will then eat your meals within the 8 hours feeding phase.
- 2) Now simply track your results each week and adjust and customize your eating plan accordingly (We will talk more about customization in the next chapter).

CUSTOMIZATION

In this section we will quickly look at adjustments you can make to further customize the meal plan depending on the results you are getting. Remember that this customization process will be something you do every few weeks to make sure your eating plan continues to provide you with the results you are looking for and is adjusted dependent on your current goals.



The Base Line

Before we look at the customization option let's just quickly once again determine the baseline of the macros and calories according to the information in the portion size and build your own diet sections.

- So each day you will eat 4 meals.
- 3 Low Carb Meals + 1 High Carb Meal.
- The High Carb Meal will be Post Workout.

Customization

Simply look at the sections below and if you feel any of them sounds like you then make the adjustments below each. **Start by adding the first step in each section.** If that does not work move to step two and so forth. Do not add all the steps at once.

I FEEL TIRED AND LOW ON ENERGY

- 1) Make sure you are eating a lot of veggies and a portion of **healthy fats**.
- 2) Turn one of the low carb meals into a high carb meal. So now you will eat 2 low carb and 2 high carb meals.
- 3) Add an extra meal to increase the total calories per day. Make sure this is an low carb meal. So now you will be eating 5 meals, two high carb and 3 low carb. Eat the high carb meals pre and post workout if possible.

I AM NOT LOSING ANY WEIGHT

- 1) If you are not doing exercise try and add 30 minutes of some form of exercise 3 to 5 times per week.
- 2) Make sure you are cutting out most of the elimination foods.
- 3) Cut your complex carbs in your high carb meal by half.
- 4) Cut one of your low carb meals. So now you will eat 3 meals with one of them being a high carb meal.
- 5) Turn your high carb meal into a low carb meal.
- 6) If at this stage you are not losing weight you might have a metabolic issue and you

first need to work on fixing that as you can't simply continue to cut calories or carbs until you eat nothing and starve yourself. Please contact me if you feel this is the issue so that I can teach you how to fix this.

I AM HAPPY WITH MY RESULTS BUT NOW WANT TO FOCUS ON MAINTAINING THEM AND INCREASING MY HEALTH.

- 1) You can now eat a little more but continue to focus on eating high quality, nutrient dense foods.
- 2) You can turn one of your low carb meals into a high carb meal. So now you will be eating 2 low carb and 2 high carb meals.
- 3) Continue to avoid most of the elimination foods.
- 4) Continue to eat a lot of veggies with each meal.
- 5) Continue to eat healthy fats and protein with each meal.
- 6) Track your progress weekly and adjust if you start to add weight again.

I WANT TO ADD SOME WEIGHT

- 1) Start by adding a high carb meal and eat this pre workout. So now you will have 4 meals, 2 low carb and 2 high carb. The 2 high carb meals will be eaten before and after your workouts.
- 2) Add an extra low carb meal so that you will now eat 5 meals, 3 low carb and 2 high carb.
- 3) Add an post workout smoothie (see recipe book) that you drink straight after your workout and in addition to your meals.
- 4) Turn another of the low carb meals into a high carb meal. So now you will eat 5 meals, 3 high carb and 2 low carb.

FINAL WORD

So there you have it. Simple right?

Don't be fooled by thinking just because this is simple it won't be effective.

My clients have been using the exact steps and guidelines in this book to achieve their physical goals for over 15 years.

This is also the eating plan my guys use on the 6WeekSixPack Challenge and that has been helping people get insane results in just 6 weeks for over 7 years now.

So make no mistake, this works.

Your responsibility is to make sure you always continue to learn. Find out what you like and don't like. Make adjustments. Have fun and experiment.

Remember everything is a lesson. If something you do is not working for you it was not a waste of your time, you simply LEARNED that it did not work for you and then you can move forward with that new knowledge to make better decisions in the future.

Finally, know that food is there to be enjoyed, to nourish our bodies, to provide us with energy and to make sure we give our bodies what it needs so that we can be healthy, in good shape and life to the fullest.

Peter Carvell



HEALTHY EATING CHECKLIST

Follow the steps below to make sure you get all the nutrients in that you need and develop the habits that will help you to lose fat and increase your health with every meal you eat.

Is Everything On Your Plate?

Is there one source of each of the following Macronutrients on your plate?

Protein

- Lean red meat
- Fish (Salmon, Tuna, White Fish)
- Chicken
- Eggs
- Plain Greek yogurt or cottage cheese

Healthy Fats

- Avocados
- Extra virgin olive oil
- Raw, unsalted mixed nuts
- Fish oil (Krill Oil)
- Seeds (Flax seeds)

Veggies

- Leafy Greens (Spinach)
- Tomatoes
- Fibrous / Cruciferous vegetables (broccoli, cauliflower)
- Mixed berries

Carbs (Post Workout Only)

- Quinoa
- Whole oats
- Sweet Potatoes
- Rice

Are You Following These Healthy Eating Habits?

Follow these habits to ensure your eating habits complements your eating plan.

Eat Slowly

- Take your time when you eat and never eat when you are rushed or in a hurry. 15 to 20 minutes per meal is a good time.

Chew Your Food Properly

- By chewing your food properly you will start the braking down process faster and make it easier for your body to absorb all the nutrients out of everything you eat.

Stop When You are 80% Full

- If you follow the first habits your body will have enough time to signal the brain when it starts to feel full. What you need to try and focus on is to stop when you feel around 80% full and not continue to force yourself to complete a meal.