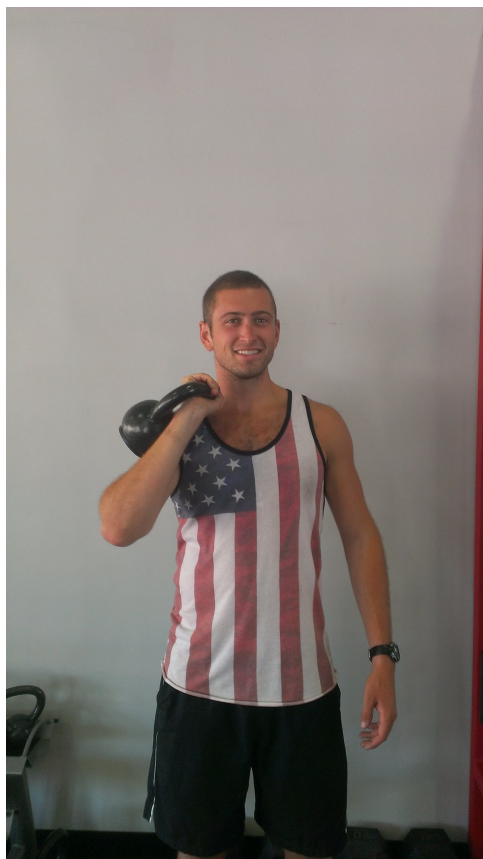


The Fat Loss Food Guide by Trainer Jack Wilson





- **Components**

- **Meal Frequency**

- 4-6 times per day.
 - Keeping your eating frequency higher than 2-3 times per day will prevent intense bouts of hunger and sugar cravings. When your blood sugar gets low if you haven't eaten for a while, you crave sugars and starches to bring your blood sugar up. Keeping your eating frequency higher during the day will prevent overeating and sugar cravings which could derail your goals for fat loss.

- **Proteins**

- **Meats**

- Chicken, turkey, pork, lean beef, lean steak, and even bacon are essential for repairing muscle fibers post-exercise. They also serve in fueling the body for long periods of time, and filling you up so that you aren't persistently hungry throughout the day.

- **Beans**

- High protein and fiber content makes beans ideal for optimum leanness. Your body will digest them slowly, giving you the opportunity to use them for energy. The benefit? They won't be pushed into long term storage on your body as glycogen or fat. You can even have refried beans on this diet!
 - My choices
 - Black
 - Pinto
 - Red beans
 - Kidney Beans
 - Refried beans (I usually go with vegetarian to cut out the lard)

- **Eggs**

- You can start every day with a 1-3 egg breakfast.. In the past, doctors have given eggs a bad wrap for the cholesterol and fat content in the yoke. Thankfully, recent research has shown that the yoke is packed with good fats, good cholesterol, and protein that your body can use for energy and building lean muscle.
 - **Fats**
 - **Healthy Fats**
 - Healthy fats (poly and monounsaturated) are actually key to staying lean, burning stored body fat, and producing energy to work harder in your daily exercise routine. During this program we are going to flip your glucose switch, meaning your body will be conditioned to run primarily off of stored fats. This is a key to sculpting a lean physique.
 - My choices
 - Extra virgin olive oil
 - Coconut oil
 - Avocado
 - Eggs
 - Nut butters
 - Cashews
 - Almonds
 - Walnuts
 - Brazil Nuts
 - Mixed Nuts

Carbohydrates

- **Vegetables**
 - What?! Vegetables are considered carbohydrates? Yes! They are the best kinds of carbohydrates. Vegetables (particularly leafy, deep green ones) contain valuable vitamins, minerals, and nutrients that will be essential for creating the new, lean you. Here are some of highest nutrient value vegetables you can be eating
 - **Vegetable Options** (including but not limited to)
 - Spinach
 - Kale
 - Broccoli
 - Peas
 - Arugula
 - Asparagus
 - Sweet potatoes

- Cauliflower
 - Mustard, turnip, and collard greens
 - Garlic
 - Brussel sprouts
 - Green beans
 - Carrots
 - And anything else you can think of, excluding white potatoes.
- **Fruits:** Fruits are excellent for your body, but they are also packed with natural sugars that can keep you from getting lean if consumed in excess. I choose to eat fruits in the morning mixed with them with a protein shake. This will bring up your blood sugar from being at low after sleeping. It will also get some protein in your system to get your metabolism kick-started for the day. Below are the fruits that I use for protein shakes and snacks.
 - Fruit Options
 - Bananas
 - Strawberries
 - Blueberries
 - Raspberries
 - Blackberries
 - Apples
 - Dried Fruit (in moderation)
- **Meals (4-6):**
 - Breakfast
 - Lunch
 - Dinner
 - *Snack
 - *Pre Workout (an hour and a half to two hours before working out)
 - Post Workout (immediately after exercising)
- **Drinks**
 - Water
 - Coffee
 - Tea
- **The Don'ts**
 - **Sugar and artificial sweeteners.**
 - Substitute these with cinnamon.
 - **Dairy**
 - Dairy can be fatty, sugary, and collect on your body in all the places that you may already be trying to get rid of fat. Dairy not only makes you sluggish, but spikes your insulin (your bodies response to dairy entering your digestive system) to be stored as fat.
 - **Wheat and gluten**
 - So many digestive issues have risen recently with the consumption of wheat. Wheat is a starch which is digested by your body and stored as

glycogen in your muscles and liver. Your body uses that stored glycogen as energy to perform physical activity (i.e. exercise). Though, if you continue to eat carbohydrates when your glycogen stores are filled, your body converts the remaining glycogen to triglycerides (the building blocks of fats) and stored as fat on the body.

- If you feel think you have to eat grains, you may not see progress as quickly, but I would recommend eating grain carbohydrates exclusively at breakfast so that you have the entire day to burn them off. Avoid eating them in the afternoon and near bedtime.
- If you have to eat grains for breakfast, make sure they are whole grains. 100% whole grain bread and oats are great options if you absolutely have to eat grains in your breakfast.

In Closing

ALWAYS check with your physician before making any changes to your eating habits. Keep in mind that I am a personal trainer, not a dietician. This is purely a guide to restructure your eating habits to start you off on your journey to fat loss. Remember that 60% or more of keeping a lean body is what you are eating and when you are eating it.

Below are some great resources that I have used to create this food guide. If you are interested in accelerating your fat loss, give them a shot! (With your physicians consent of course) :)

- **Cyclical Ketogenic Diet**
 - (http://www.bodybuilding.com/fun/cyclical_ketogenic_diet.htm)
- **Slow Carb**
 - <http://gizmodo.com/5709913/4-hour-body-+-the-slow+carb-diet>
- **Whole 30**
 - <http://whole9life.com/book/ISWF-Shopping-List.pdf>

Contact Info

Trainer Jack W.

trainerjackw@gmail.com

Facebook: <https://www.facebook.com/trainerjackw>

Youtube: <http://www.youtube.com/trainerjackw>

Twitter: [@trainerjackw](https://twitter.com/trainerjackw)

Instagram: [@trainerjack](https://www.instagram.com/trainerjack)

Website: <http://trainerjack.com/>