



# Eating

for effective

# Fat Loss



# How to Eat to Lose Fat

*Hey, beautiful!*

You are here because while you have been working out super hard, there's still an annoying layer of fat that is covering all your hard work. The unfortunate fact is that the culprit that is surely standing in your way is food. And I'm pretty sure that you know this and that at some point in your life you've tried one diet or another only to find yourself back at the drive-thru line or devouring an entire tub of ice cream and then feeling guilty about it.

Trust me, I've been there. And I've been in denial about my eating habits for a long time.

Working out is only a part of the equation to getting where you want to go. While you can put in 1 or maybe 2 hours of exercise in your day, you still have 22 hours left in which to ruin all that hard work. That is the reason why nutrition is so important!

Alongside knowing what to eat is knowing HOW to eat – specifically for your lifestyle.

This is what I like to call the **Nutrition for Fat Loss Formula**.

Why the emphasis on fat loss and not weight loss?

Because this formula is targeted at individuals who are looking to decrease their body fat in order to lean out their bodies.

The formula is about reducing the amount of fat that your body carries to ultimately reveal the lean body that you have hiding under it. Whether this leads to weight loss is not the focus. Fat loss strategies have often been noted to lead to muscle gain which can sometimes actually increase the number on the scale while your clothes actually start fitting much more loosely. This change is dependent on figuring out which eating regimen is best for you to follow for long-term lean body maintenance.

**THIS IS NOT A DIET!** This is about figuring out what combination of eating principles will fit into your lifestyle while still helping you enjoy the foods you love in a way that doesn't hamper your results. This is not a quick and easy method. It will involve some trial and error, but remember that nothing worth having is ever easy.

I've figured out my formula. **Are you ready to work out yours?**

Love,

DesRay

**CAUTION:** Before trying out a nutritional regimen that can drastically change your current eating plan, you should consult your physician or health care professional, especially if you have recently been ill or have special dietary or medical requirements, or if you are pregnant or breast feeding, are a child, or are elderly. You should not rely on the information in this nutrition guide as an alternative to professional medical advice from your doctor or healthcare provider.



# You get out what you put in

## ***Effective fat loss involves explicitly understanding what goes into your body!***

Before you can even begin to figure out the Nutrition Formula that works for you, you have to make sure that you are eating the correct foods and more importantly, the correct amount of each.

This means counting calories.

While it may be time-consuming involve more planning than most people would like to put into every meal, noting the amount of calories you take in daily is the first step to losing fat. You have to consume less calories than you burn in order to lose fat and there's no way to know how much that is unless you actually put pen to paper (or finger to app) and record how much you eat a day. One amazing app for this is [My Fitness Pal](#).

Most people find that you only need to record your meals consistently for about 2 weeks before you start getting an instinctive idea of what you need to be consuming on an average day. Another great advantage of the app is that it takes your weight and goals into consideration when setting your daily caloric goals and also sets healthy micro- and macronutrient goals for you to adhere to every day.

## **Micro- and Macronutrients**

Alongside knowing what you eat is knowing how what your body needs to function efficiently while still losing fat healthily. The quality of the food that you put into your body has a huge impact!

After all,

**Your body is only as amazing as the material it has to work with.**

Your body breaks down the foods you eat into chemical compounds that it then uses to function. These are known as micronutrients and macronutrients.

**Micronutrients** are the *vitamins, minerals, trace elements, phytochemicals, and antioxidants* that are essential for good health. The human body needs them in small amounts so that it can function properly. This does not decrease their importance since their deficiency can lead to many critical health problems. In fact, most of the diseases and conditions that people face today are due to a deficiency of micronutrients.

**Macronutrients**, on the other hand, are the structural and energy-giving caloric components of our foods that most of us are familiar with.

These consist of:

- **carbohydrates**, the main energy source for our bodies,
- **fats**, substances that your body stores for future use, and
- **proteins**, the building blocks of life.



# Know your macros

From the above, it is clear to see that your body needs all three of these macronutrients to function. However, there is a ratio that works best for fat loss.

This ratio is

## 40:40:20

40% **Carbohydrates**: 40% **Protein**: 20% **Fats**

This is the ratio of your calories that you need to consume daily in order to lose fat. When using My Fitness Pal, this ratio can be easily adjusted in the goals tab so that you are notified when you hit your limit.

This does not mean you can eat anything you want though. At least, not really...  
Remember: Not all calories are created equally!

In trying to also get in enough vitamins, minerals and other micronutrients, you need to eat as little processed and unhealthy foods as possible. This means limiting take-outs, sugary drinks and other sources of factory-made foods. Your diet should contain at least 80% natural whole foods.

The other 20% is a little leeway because we are all human after all and cravings for the unhealthy stuff do occur.

Here's a list of which foods to eat and which to avoid:

## Carbs

40%

- ✓ Whole-grain bread
- ✓ Brown rice
- ✓ Whole-grain pasta
- ✓ Low-GI fresh fruits
- ✓ Non-starchy vegetables
- ✓ Sweet potato
- ✓ Beans

### AVOID:

- White bread
- White pasta & rice
- Processed foods e.g. cake, sweets, chips
- Sweetened drinks
- High-sugar foods

## Proteins

40%

- ✓ Lean beef
- ✓ Skinless Chicken
- ✓ Egg whites
- ✓ Salmon
- ✓ Tuna in water
- ✓ Shellfish (in moderation)
- ✓ Lentils
- ✓ Tofu
- ✓ Plain Greek yoghurt
- ✓ Protein powders

### AVOID:

- Lamb
- Processed meats (hot dogs)
- Anything deep-fried

## Fats

20%

- ✓ Nuts
- ✓ Olive oil
- ✓ Coconut oil
- ✓ Natural nut butter
- ✓ Avocados

### AVOID:

- Butter/Margarine
- Shortening
- Meat skin and fats
- High-fat cheese
- Double-fat yogurt
- Lard
- Baked goods with saturated fats



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# Know your macros

## Best Fruits:

- ✓ Blueberries
- ✓ Watermelon
- ✓ Raspberries
- ✓ Guavas
- ✓ Lemons
- ✓ Grapefruits
- ✓ Strawberries
- ✓ Black berries

**Avoid:** fruit juice, dried fruits & fruit leather

## Best Vegetables:

- ✓ Bell peppers
- ✓ Broccoli
- ✓ Mushrooms
- ✓ Marrows
- ✓ Spinach
- ✓ Cauliflower
- ✓ Cucumber
- ✓ Celery

**Avoid:** starchy vegetables, vegetables in cheese sauce, boiled vegetables

## Superfoods:

- ✓ Chia seeds
- ✓ Pomegranate juice
- ✓ Green tea / Matcha
- ✓ Goji berries
- ✓ Wheatgrass
- ✓ Quinoa
- ✓ Oatmeal
- ✓ Hemp seeds

# Eating regimens

The information above is very useful on its own. However, effective fat loss can also come from improving the way in which you eat.

The eating regimens discussed below are some of the most popular methods of eating for effective fat loss.

As mentioned before, none of these are diets. These regimens aren't meant to only be followed for a short amount of time to be effective but should rather form part of a healthy lifestyle change.

## IIFYM | Carb-cycling | IF | Scheduled cheat meals

- **IIFYM – If It Fits Your Macros**

### **What it is**

Also known as Flexible Dieting, IIFYM revolves around the concept that you can eat anything you want as long as it fits your prescribed set of macros. That means that the ratio of proteins, carbs and fats can come from anywhere. However, it's still important that you try and still make up your meals from healthy foods from the lists above.

### **How it works**

IIFYM works because you generally don't restrict yourself of any foods. This is much easier to maintain for most people as it doesn't involve too much change from their normal eating habits while still reaching their body goals.

### **Who it'll work for**

People who are great at planning ahead. In order to use IIFYM effectively, you'll have to record at least 90% of the foods you consume. This is necessary in order to ensure that you are staying within your macronutrient goals. This means planning your meals ahead and often swapping and changing items that work for that day and those that don't.

### **Who it won't work for**

Anyone who doesn't enjoy repeating meals frequently. Because of the task of recording most if not all of the foods you consume daily, most Flexible Dieters have calculated meals that they stick to regularly in order to reduce the amount of daily planning they need to do. However, people who don't mind the planning aspect are able to eat anything they want and change it up as often as they want.

[Read this for more information](#)



# Eating regimens

- **Carb-cycling / Calorie-cycling**

## **What it is**

This is a diet plan that involves eating more carbohydrates on certain days of the week and less on other days. These are known as high-carb and low-carb days respectively. The most common system is to have 2 High carb days where you also train the hardest in the gym and 5 low carb days that can consist of your rest and cardio-only days.

## **How it works**

Low-carb days encourage fat loss because they force the body to burn stored fat for fuel while the high-carb days help to replenish energy stores in the body and can also be used to satisfy some cravings. Carb cycling is known to speed up and intensify fat loss while preserving and even building lean muscle mass. This keeps the metabolism running efficiently and helps with maintaining fat loss more easily over a long period.

## **Who it'll work for**

This is a great system for carb-lovers. Low-carb diets are known to be very helpful for fat loss. However, these type of diets can't be maintained over the long term for people who enjoy eating foods that are full of carbs. However, by scheduling days where you can enjoy the carbs you love while still keeping to a somewhat low-carb diet, you can still reap the benefits of a carb-deficit diet.

## **Who it won't work for**

People who struggle to stick to their plans. In order to cycle your carbs efficiently for fat loss, you have to plan your high-carb and low-carb days to coincide with your gym routine. This leaves very little room for last minute changes. Plans with friends and family need to fall in with your eating plan and you also need to keep your gym routine closely aligned with how you eat because any abrupt changes could result in tough sessions such as leg day falling on a low-carb day where you could potentially not have enough energy to work out well.

[Read this for more information](#)

- **IF – Intermittent Fasting**

## **What it is**

Intermittent fasting is a way of scheduling your meals. The focus is not on what you eat but rather when you eat. It involves deliberately restricting food for a few hours (fasting period) and then breaking the fast and consuming food for the rest of the day (eating period). The most common IF pattern is fasting for 16 hours and then eating for 8 consecutive hours.



# Eating regimens

## **How it works**

Fasting allows the body some time to burn off excess body fat. During the fast, the body is forced to use stored fat for energy. This helps initiate fat loss over the long term.

## **Who it'll work for**

People who prefer eating big meals. Because the eating period tends to be short, most people will only eat 2 big meals throughout the day and maybe a snack or two. Most people who fast remove breakfast and this makes morning easier. Some have even said that the lack of food in the morning somehow makes them more productive. While there's no scientific evidence for this, having to only plan 2 meals out of 3 can be a great time-saver. This makes IF easier to follow than the first two methods above as it involves significantly less planning.

## **Who it won't work for**

People who are constantly snacking or can't stand feeling hungry. During the fasting period, the body continually sends signals to the brain that it's hungry. The hardest part about IF is ignoring those signals especially when people around you are eating and you are still in your fasting period. Because of this, IF also involves a lot of self-control. It is definitely not for anyone who is always snacking.

[Read this for more information](#)

- **Scheduled cheat meals**

## **What it is**

Scheduling a weekly cheat meal is a choice to fit in a no-holds barred meal into your week where you can eat anything you want. And I do mean anything at all. This can be a very dangerous plan but when used properly and in conjunction with the regimens stated above, it can actually help you follow them much easier.

## **How it works**

For most people, giving in to cravings is what hampers them from following through with a diet. By scheduling a weekly meal that can consist of whatever you love the most, you can have something to look forward to as a reward for your healthy eating throughout the whole week. This rewards system has been known to work for a lot of people and has kept them motivated to follow through their diet. The body can also use a cheat meal as a reset so that it doesn't get used to the regimen you are using and hit a plateau where you no longer see any change.

## **Who it'll work for**

Anyone who often finds themselves craving certain foods when on a healthy diet and can also benefit from a reward-based eating system.



# Eating regimens

## **Who it won't work for**

Some people live on the extremes. They either eat healthy or unhealthy. There's no middle ground. For those people, eating healthy all week can be hindered by adding in one cheat meal that often evolves into a cheat day and soon it's just an entire weekend binge.

[Read these cheat meal strategies](#)

The methods above are all effective in assisting with fat loss, especially when you've hit a plateau. As you may have noticed, they involve some form of forethought and planning.

It's very important to be honest with yourself when choosing which method will work for you. Sometimes it's also a bit of trial and error. A combination of carb-cycling and IIFYM may work more efficiently for you or maybe all you need is to start intermittent fasting.

None of these methods are simply easy to follow from the beginning and some need a few tries to get a hang of. The question is: how much are you willing to work for the body you want? It's after all not about having time, but rather having the time to work on yourself with the adequate amount of attention you'll require in order to become successful.

## **Key steps to follow before you try out a new regimen:**

- **Take note of where you start**

This involves taking pictures of your body at the beginning, recording your current body fat percentage ([use this online calculator](#)) and writing down the reason you are trying out something new. These methods will help you keep track of how much, if any, progress you are making and also keep you motivated on those low days.

- **Read up**

This booklet is only a guide to show you the different methods you could be using to lose fat. Once you see something you like, do more research on it to learn more and read testimonials from people who have done it. Make sure that you do your due diligence to make sure that you choose something that can possibly work for you.

- **Start slowly**

Don't jump into the intermittent fasting, for example, by immediately taking on a 24 hour fast. Take your time implementing small changes to your current lifestyle so that you can start seeing some changes.

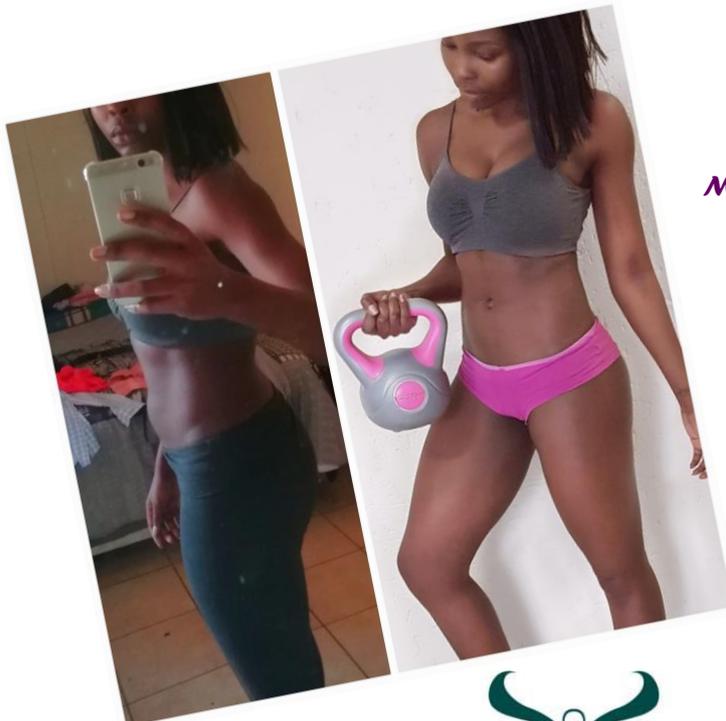
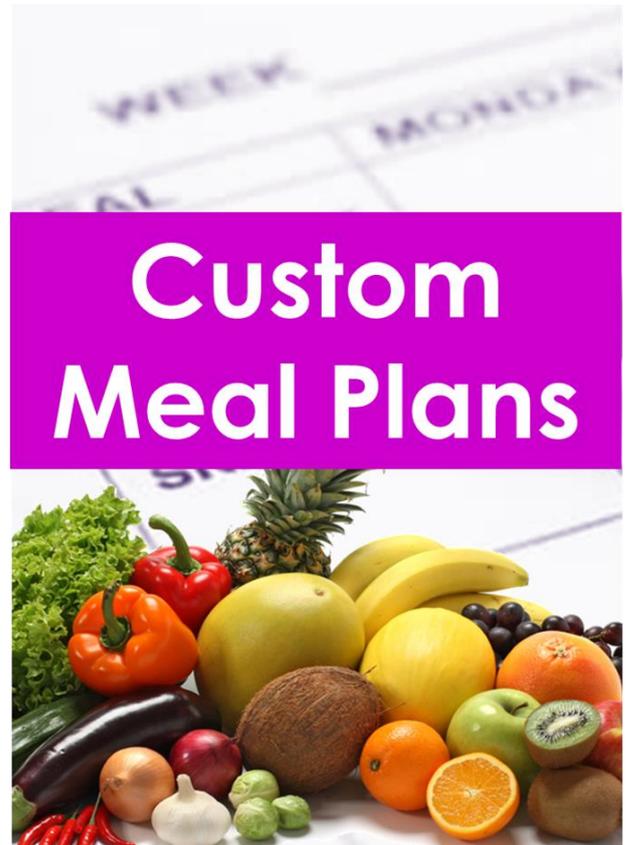
**Remember to be kind to yourself and stay consistent & persistent.**

**The changes will come!**



If you'd like to implement some of these methods but just don't have the time to plan it all out, then you can simply get a Custom Meal Plan that is designed with your lifestyle and budget in mind.

You can also go all in and make sure that you are covering both your nutrition and training in your bid to lose fat by getting your hands on a Full Custom Plan.



***My formula:***

- Carb-cycling
- Intermittent fasting
- Scheduled cheat meals