



Ultimate Health: Fat Adaption

THE PROVEN STEPS TO MOVE TO HEALTHY EATING

If you are reading this you will already have an interest in Fat Adaption and getting into the “*Just Eat Real Food*” movement. For a reminder, or if you have randomly found this document, a good summary can be found at:

[Marks Daily Apple](#): Metabolic paradigm shift

Regardless of the reason you are here, whether your “*WHY*” is to get back to a healthy lifestyle or if you are seeking sport performance gains, the process to getting fat adapted is the same. First we prepare for the significant shift to our way of eating, this includes meal planning, meal logistics and developing a real food mindset. This edition will cover these steps in detail.

There are 6 editions in this series which will take you through the week by week process to become fat adapted and then integrate your new way of eating into your lifestyle.

I will be frank and say the first three weeks can be tough and may require a level of will power and discipline. Weeks 4 to 8 are significantly easier as the benefits will begin to kick in and the physiological urge to stray will diminish significantly.

At a high level the weeks will roll by with these steps:

- Week Zero: Preparation;
- Week 1: Stop eating bad foods;
- Week 2: Get the macronutrient balance right;
- Week 3: Let’s try short fasts;
- Week 4: Applying the 80/20 rule;
- Week 5–8: Integrating the way of eating into lifestyle.

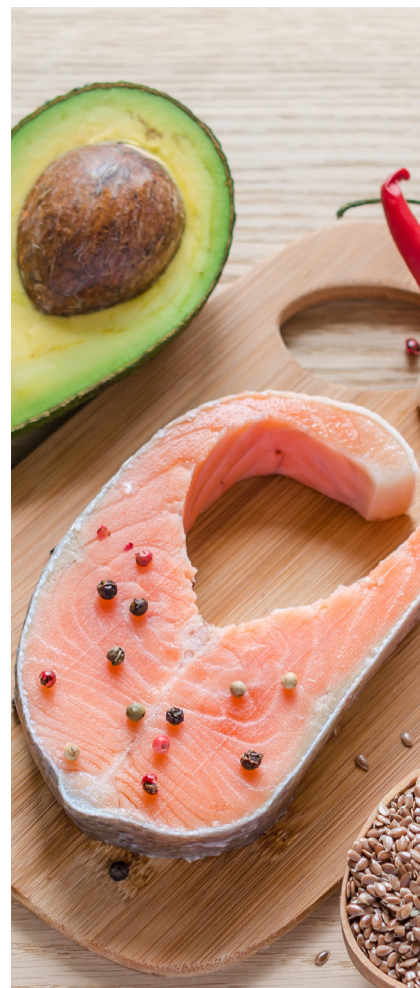
So let’s kick off Week Zero, your preparation week so you are set up for success with a full understanding of what the Fat Adaption Journey will entail.

WEEK ZERO: PREPARATION WEEK

This week we will prepare ourselves for the significant shift that will take us on the journey to healthy eating. This process is about what we eat ensuring we consume appropriate quantities of macro-nutrients, rich sources of minerals and vitamins, and reduce anti-nutrients and toxins.

This shift will possibly require a change to our daily routines, possibly impacting family members. It may attract interest from others, possibly some cynics. Through helping others through this process I have found this preparation phase critical to successfully becoming fat adapted.

Disclaimer: The information contained in this series is not intended to be a substitute for professional medical advice, diagnosis or treatment provided by your general practitioner, therapist, licensed dietician or nutritionist. We are not medical practitioners and are not professing to be in any capacity. We serve as coaches, mentors and guides in helping you reach your health and wellness goals through implementing sustainable lifestyle changes taking from baseline to flourishing. Do not stop medication or disregard professional medical advice based on what you read in these articles. Please discuss any changes to treatment with your medical practitioner.



INSIDE THIS BRIEF

Mindset.....	2
Planning.....	3-4
Logistics.....	5
Organisation & Exercise...	6
Week Zero Checklist.....	7



MINDSET: STAYING STRONG

When we set goals we're not seeking the goal. We are actually seeking the feelings associated with the goal. Keep this in mind that the joy in achieving the number on the scale, the waist measurement or the goal race time will be short lived and the pleasure and confidence the new benchmark gives will stay indefinitely, as long as we want it.

At times you'll feel mentally weak and get urges to stray. Remember after the first 21 days it gets easier, benefits begin to be realised and life gets more interesting and fulfilling than before.

Just 21 days of dedication, all for you. After three weeks we can move to the 80/20 rule where infrequent straying to "the dark side" is permitted so we can create a sustainable and enjoyable social environment.

This is not a sacrifice or sentence, it soon becomes an open passage that was previously blocked by poor nutrition.

Commit to the 21 days like your life depends on it. Maybe it does!

MINDSET: YOUR WHY

Fact is we don't make significant change in our lives unless there is a significant driver, a solid reason why. If you are reading this as it is the latest diet trend, or you are not sure what you might gain then read [Marks Daily Apple](#), and return if it truly resonates with you.

The first 21 days are tough and most will fail unless they have truly committed to the journey. Whether you are in this to improve body health, increase longevity and vitality, or improve sport performance the journey is the same.

On this journey you hit some challenges. These may be family and friends questioning the value and raising risks; hunger and lethargy in the initial 3 week period; temporary poor performance in training; loss of concentration and motivation. These are all expected and a part of the journey. Having a strong "WHY" will get you to week 4, where it all gets a whole lot easier.

Step 1 of this phase is to establish your "WHY". Journal it, pin it on your fridge or your notice board. Tell your accountability partner to remind you when you weaken! Be committed to the journey!

MINDSET: FAMILY AND FRIENDS

Family and friends certainly influence our decisions and ability to change. Many feel the need to challenge moves away from the norm and non-compliance. This, coupled with the universal fear of being judged, can make change challenging.

If we are moving away from the norm in a direction we believe is a better way we will attract the views of others. This is leadership. Leaders defining a new path in their circle of influence will always attract cynics and challenge. This is how we gain respect through being resolute and finishing what we start.

When I started this journey I was nick named hipster and hippie. I chose not to justify or defend my actions and simply explained it as a self experiment. Once the awesome results became evident many of these commenters jumped on board. Leadership takes commitment and belief.

On the converse, some of your friends and family may support the change from the outset. Use this to your advantage, ask them to support you, especially when weak and tempted. Maybe get their commitment to keep temptations away from you by not flaunting non-compliant foods.

Oh, and evangelising about the new way is only going to push people away. Pushing others to change their way of eating rarely works. Lead by displaying the results, then when asked what you changed to get the results you have license to promote away.

The bottom line is that this is about you and your health, wellness, performance and appearance. The results will impact others in ways you can't imagine. Your presence, vitality, metabolism and energy will ultimately impact others for the positive.

"At the end of the day if you don't invest in yourself, don't expect others to invest in you."



“Do what your 80 year old self will thank you for!”

PLANNING: IDENTIFYING BAD FOOD

The primary objective of this program is to achieve metabolic flexibility, where our bodies use the appropriate fuel for the activity intensity. Although this is primarily achieved by balancing our macro-nutrients, there are some foods that are simply not good for us and hinder achieving the objectives. These should be minimised or eradicated from the diet.

Hydrated oils: Typically sunflower oil, canola oil, margarine. These oils are heavily processed and contain such high levels of free radicals that they are essentially toxic. Stick to healthy cooking oils and fats like butter, ghee, avocado oil. Olive oil is great but not for high heat cooking.

Processed Sugar: These come in many forms like sport drinks, sodas, sweets and lollies, cake, cookies and fruit juice. The only sugar we should consume with any regularity is whole fruit. Artificial sweeteners should also be avoided as they will cause an insulin spike, stopping the burning of fat for energy.

Processed Grains: This includes breads, pasta, rice and cereals. Processed grains are essentially pure energy with little other nutritional value.

Processed foods: In general processed foods should be avoided, especially those altered in form like “low fat”, “no sugar” etc. Such food will almost always compensate for taste by adding sugar, high levels of sodium or artificial sweeteners.

Bottom line is to choose real and whole vegetables, fruit and meat, minimising foods out of a packet or altered by hand or machine.

PLANNING: RECIPE SOURCES

Now you have identified the bad stuff you are probably thinking “what can I eat then, this is impossible!”

Once you have a look in the right places you will find thousands of great tasting and healthy meals. Yes it will take some adjustment and when you get into it you will be surprised at the options and satiety of these meals.

My suggestion is to avoid substitute meals, That is, meals that emulate what you used to eat like gluten free, artificially sweetened etc.

Books: Seek out books focused on the ancestral diets like Paleo, Real Food, Low carb high fat (LCHF) and vegetarian diets. You don’t need to adhere to the diet guidelines of the books, but hand pick recipes which appeal to you.

Internet: Searching terms in Pinterest and Google like “Paleo” and “LCHF” will expose thousands of options. Remember to focus your search on your country so the ingredients and measurements are familiar.

Facebook groups: Join aligned face book groups where recipes are shared and reviewed. This is great way of contributing to others and experimenting with combinations. The social aspects keep it interesting.

The key take home point is that there are great foods and recipes which are easy to prepare, very tasty and easy to shop for. It may, however, take a few minutes of internet surfing to crack the code.

Recipe Resources:

[Banting 7 day meal plans](#)

[Keto Reset](#)

[The Fat Adapted Beginner](#)

LOGISTICS: SHOPPING



The change to shopping habits and the organisation required should not be underestimated. With the standard western diet, shopping fortnightly is adequate, however with a focus on real food, shopping twice weekly would be best. Many of these shops will however be pretty quick.

For real food, better seasonal diversity and fresh local produce will be found at local markets, grocers and butchers. Try and choose foods that are in season to increase seasonal diversity.

When shopping at larger supermarkets try keep to the outside of the shop, avoiding the aisles. You will find that in most stores the fresh fruit and vegetables, meats, dairy and eggs will be found in the perimeter, and processed foods in the aisles. A good rule is to enter aisles for specific and necessary items only, no browsing.

Another strategy is to take family members to assist selecting colourful vegetable choices. This increases diversity and gets included by eating higher vegetable content in meals.

The key is to be adventurous, focus on lots of different colours, follow seasonal vegetables and meats. Personally, I get vegetables first then find recipes.

PLANNING: MEAL PLANNING

The secret to meal planning is not about the content, but about the time management around meal preparation. If you identify where you have time to prepare meals, bulk cook. Where you are limited to snacks, you can then design meal components to best suit your lifestyle schedule.

I recommend a 5-step planning process:

Step 1: Identify the key family meals of the week and plan those. What recipe, eating out, what is the hero on the plate?

Step 2: What are my breakfasts? These tend to be individualised but can be challenging if you have always had cereals and toast. I like to alternate cooked and cold breakfasts. (Omelette; Chia pudding; Bacon & eggs; Greek yogurt and seeds)

Step 3: Remaining dinners, keep it simple. Focus on components so you can bulk cook and re-use.

Step 4: Lunches. Re-use dinners and salads. Seek good city food hall choices.

Step 5: Snacks. Not a requirement, but plan to have something available so a vending machine raid can be avoided.

Don't get too detailed, allow for diversity and experimentation inspired by what is available or on offer at the market.

Main meals should follow a 2:1:2 profile:

- 2 cups veg,
- 1 serve protein (palm size);
- 2 serves fats (e.g. half avocado & 30g butter or handful nuts & seeds and 30ml olive oil)
- Carbohydrate to make up daily target

Consume non-starchy vegetables and healthy fats to satiety. If hungry, then increase healthy fats.

An example 7-day meal plan can be found at the end of this book.

BULK MEAL PREPARATION

I frequently get feedback that a real food way of eating is difficult due to the increased meal preparation time. This is true if you take the familiar processed food approach of preparing one meal at a time. We need to think differently, like our grandparents did!

An approach is to scan your meal plan and find opportunities for re-use and common components. Good examples are meats, salads and stir fry ingredients, then when preparing the first meal with these, prepare extra and store for later in the week.

Example 1: For your Sunday roast cook a double portion of meat then slice or shred half for use in salads and sides during the week.

Example 2: When boiling eggs, always do a couple more than needed and pop them back in the fridge. A perfect high fat, protein snack instead of that cookie!

Example 3: Prepare 2 litres of home made yogurt with added pro-biotic every Sunday. Great for breaky, economical and re-usable as condiments and sides.

Example 4: Bone broth. All remaining bones can be kept and slow cooked into a bone broth, superb for elusive minerals not readily available through vegetables.



LOGISTICS: THE BAD FOOD PURGE

Before you restock the fridge and pantry you will need to perform a “bad food” purge. If the entire household is on board then this is an easy process of binning all processed goods, this includes all processed sugars and derivatives; all processed grains including bread, pasta, rice cereals; and all hydrogenated oils. Bin them, make it a celebration so salvaging them later is not an option!

If you have household members who will remain on the previous way of eating you will need to be creative by claiming some shelves and fridge space for your “good stuff”. You may also need to create some non-negotiable rules for yourself and household members, particularly for the first 3 weeks to limit temptation.

It would also be advised to ask other household members to keep luxury sweet items in their personal storage spaces for the first week or so. You will eventually lose the will to binge and cheat, but initially “out of sight” reduces temptation dramatically.

LOGISTICS: THE RESTOCK

Restocking the shelves is a time to be creative! You will soon realise how much space was reserved for processed foods that were hardly ever used. You may find there is more space available in the pantry, more space for food prep aids!

The fridge may however be short of space due to the volume of fresh, real food. The refrigerator needs to be organised making sure you can identify aging contents, allow for easy access to snacks when needed, and have space for storing pre-cooked meal components like chicken pieces, ground beef, pre-shredded vegetable mixes, bone broth etc.

A little organisation goes a long way to keeping week day meal preparation quick, easy and flexible. Ensure you have a number of sealable storage containers as bulk meal preparation and re-use of meal components is an important meal preparation strategy which we will cover soon.

YOU ARE READY TO GET FAT ADAPTED!



Organisation

You now have everything in place to begin the Fat Adaption journey. The mind is ready, food and time management in place.

I do recommend doing some food preparation on Sunday, such as bulk vegetable shredding, cooking extra roast chicken, to get ahead.

In week one the focus is to remove the bad food choices on hydronated fats, grains and processed sugar. It is not essential to reduce carbohydrates dramatically in week 1 as it is about breaking the bad food routines. It is ok to keep carbs such as fruit and tuber vegetables on the menu, we will focus on reducing carbs in week 2.

I recommend taking a zero tolerance on the three bad fats, grains and sugar for this week and eat as much healthy fats and unprocessed carbohydrates so that you are not tempted by the bad.

It would also be wise to avoid social functions with opulent foods for this week while you adjust to the change.

“I have found that most people who reach week four find doors opening in their lives they did not know existed. It feels like an 1st class upgrade in lifestyle.”

Exercise

During the first two to three weeks I recommend avoiding any high intensity and long training sessions.

Intensity should be kept at or below aerobic level. That is at a level where you can comfortably recite the alphabet out loud or a heart rate of 180 minus your age.

Exercise sessions should not be longer than what you can cope without the need of sugar based sports nutrition during or immediately after. For most, this will be 90 minutes, but can be less if new to endurance training.

During week three and four we will get back to higher intensity and longer distances, but for now let's focus on nailing the nutritional transformation.

Let's GO!

Over the page is a handy checklist and a sample meal plan to get you started. Good luck, and remember the first three weeks are the key, thereafter it gets real easy!

WEEK ZERO CHECKLIST

Prepare the Mindset

- Identify your “*Why*”
- Prepare your friends and family
- Commit through accountability partner(s)

Planning

- Identify bad food ingredients
- Find compliant recipe sources
- Plan your week 1 meals
- Plan your shopping strategy

Logistics

- Purge your bad ingredients
- Restock
- Prepare bulk meals (Sunday)



FitSets.com

North Lakes, Queensland
Australia

Phone: +61 488 028221

Email: paul.skelton@fitsets.com

Week 1 Sample Meal Plan	Breakfast	Lunch	Dinner
Monday	Eggs, bacon, veggies cooked with butter	Lunch salad, low carb (not no carb)	2:1:2 meal + Carbs to daily target
Tuesday	Chia pudding	Wide spectrum salad	Un-sandwich (Ham, pickles, fetta, dijon dip, olives, fermented veg)
Wednesday	Greek yogurt + seeds & nuts	Fermented vegetables, pickles (kimchee) + quality cheese	2:1:2 meal + Carbs to daily target (ground beef or chicken)
Thursday	Haddock and vegetable	Rich salad with ground beef or chicken	Stuffed veg (tomato or capsicum) some starchy veg.
Friday	Eggs, bacon, veggies	Club wrap, Turkey, salad, pickles, kimchee	Veggie casserole, starchy veg to carb target.
Saturday	Chia Pudding	Omelette with left overs filling	2:1:2 meal + Carbs to daily target
Sunday	Haddock & turmeric scrambled eggs, tomato, mushroom...	Salad, avocado, nuts and seeds, olive oil	Roast (fish, beef, poultry) with carbs to target.