



# Ultimate Health: Fat Adaption

## WEEK ONE: STOP EATING BAD FOODS.

Week one will focus on removing bad foods from your everyday diet. This is the biggest change to be made as the three primary culprits of grains, sugars and processed oils have become a standard part of the standard western diet.

By removing grains and processed sugars you will be making a significant step in reducing the volume and frequency of carbohydrates, giving your body the opportunity to use fat for fuel. In future weeks you will get a firmer grasp on carbohydrate and protein ratios, but for this week I recommend you achieve satiety by consuming some starchy vegetables like sweet potatoes, pumpkin, carrots etc. I also recommend adding some healthy fats like avocado, olive oil, butter, nuts and seeds.

It is important to recognise that grain based foods typically contain sodium for taste. By removing junk foods and breads from the menu you may experience night cramps unless you increase the sodium elsewhere in your diet. It is a good idea to include some electrolyte drinks during the first couple of weeks to avoid this. Later in the program I will advise ways of ensuring sodium and other electrolytes are included in daily intake.

The key to success in week 1 is to focus on real food, whole food that is a plant, an animal, or a part thereof. Foods that are altered by industrial processing, where components are separated and refined should be avoided.

For the first 21 days it is important to be strict and avoid all grains, processed sugars and hydrogenated oils. A zero tolerance, no excuses attitude will break the habits and make it easier. Remember we do loosen up the rules after week 3.

During this week you will do some preparation for week two when you will have a great focus on food group ratios so make sure to get through the check list at the end of this edition.



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## SATURATED FAT IS NOT THE ENEMY

The conventional wisdom about heart disease is only validated when you eat lots of sugar and refined carbohydrates. Cholesterol is one of the body's most vital molecules. Saturated fat is our preferred fuel. The true heart disease risk factors, oxidation and inflammation, are driven strongly by polyunsaturated fats, simple sugars, excess in insulin production, and stress.

Limiting processed carbohydrates and eating more high quality fats and whole foods (including saturated animal fat) can promote health, weight management, and heart health.

The modern low-fat diet has artificially created a sugar and carbohydrate based metabolism that you have been stuck in, and suffering from for your entire life. Moving to a real food way of eating shifts you into the fat based, all day energy metabolism that has supported human survival for two million years.

There are some interesting studies that have been completed for you to research. one example is:

[Eating saturated fat does not cause heart disease.](#)

*“Eating cholesterol and saturated fat will contribute to heart disease if and only if you bathe them in a massive consistent overdose of insulin and sugar”*

### BAD FOOD: GRAINS

Grains are totally unnecessary. The centrepiece of the standard western diet offers little nutritional value, promotes fat storage by raising insulin, and contains anti-nutrients that promote inflammation. Grains compromise digestion and often interfere with immune function. There is no good reason to make grains a part of your diet unless you want a cheap source of calories that easily converts to sugar. For most, grains take up space on the plate that is better used for nutrient dense vegetables.

### BAD FOOD: HYDRONATED OILS

Hydronated trans-fats are found in heavily processed snacks and frozen foods, fast food deep fried menu items, chips, crackers, cookies, margarine and bottled vegetable oils (canola, sunflower, etc). These promote oxidation and inflammation, setting the stage for auto-immune, cancer and heart disease.

### BAD FOOD: PROCESSED SUGAR

You are a “sugar burner” if you are trapped in a carbohydrate dependency. If you are like most people, this high intake of carbs over time has elevated your insulin levels throughout the day and resulted in excess calories (from all foods, not just carbs) being stored as body fat. Over the years, chronically high levels of glucose and insulin in your blood have altered your fat cells so that you can't easily burn this plentiful source of stored energy. If your body is accustomed to burning carbs as fuel instead of stored fat, your brain will crave your usual fuel source (carbs) more often. This leads to a vicious cycle of insidious weight gain over a life time, even if you exercise frequently.

The total amount of glucose dissolved in the bloodstream of a healthy non-diabetic adult is equivalent to only one teaspoonful (5g). Much more than that is toxic and much less than that and you pass out. Not a big range for a so-called “preferred” fuel! During normal low-intensity activity (i.e. rest or walking) your body only needs about 5 grams of glucose an hour, less if you are adapted to burn fat or ketones.

Unless you are an active growing youth, an extreme training athlete, or a physical labourer depleting muscle glycogen stores daily, you probably don't ever need to consume more than 150 grams, on average, of dietary carbs per day. Once you become fat adapted you can probably thrive on much less. Many adapted endurance athletes do very well on as few as 50 to 100 grams a day, even when engaged in an ambitious schedule of training workouts.



## GOOD FOOD: VEGETABLES

Vegetables offer excellent antioxidant, micro-nutrient and anti-inflammatory properties and should be the bulk of your meal portion (high-fat animal products should provide the bulk of your calories). You will need to adjust your mentality to make vegetables the centrepiece of your meals and snacks. Get comfortable with consuming larger quantities than the standard western traditions call for. Be confident that it takes a whole heap of vegetables to even come close to maxing out your carb budget for the day. Experiment with recipes from paleo and LCHF cookbooks to discover creative and flavourful vegetable dominant dishes.

Various colour groups of vegetables offer specific health benefits: reds are believed to help prevent prostate cancer, greens can contribute to anti-aging and vision, yellow and orange can aid immune support and digestion, and so on. It's nice to appreciate all these targeted benefits, but it is best to focus on the big picture of abundant vegetable consumption to promote general health. You will find, as you remove hydrogenated oils and processed grains, they will taste great.

Be wary of slipping into the “fix it” mentality where one bandwagon after another is rolled out on the heels of a headline study about the amazing healing properties of the latest super food or nutraceutical. This reductionist approach is great for big brand marketing, but our nutrient diversity should be counted in 1000's, not targeting singular “silver bullet” supplements.

Here is a quick list of some of the vegetables with the highest antioxidant values: Beetroot, broccoli, brussels sprouts, carrots, cauliflower, eggplant, garlic, kale, onion, red bell peppers, spinach, and yellow squash.

## NUTS & SEEDS

These are excellent sources of protein, fatty acids, enzymes, antioxidants, vitamins and minerals. Their incredible nutrient density allows you to consume fewer calories to satisfy your hunger and energy needs compared to grain based processed snacks. Be careful as some people find that they overdo the nuts and seeds when eating low carb, especially as snacks, and take more calories than they may have guessed. When you ingest significant fat calories from nuts your body won't look to your stored fat as easily for energy.

Enjoy various nuts and seeds as salad toppings or snacks. They are also great added to Greek yogurt for breakfast.

Nut butters offer a delicious way to jazz up your vegetable snack or squares of dark chocolate for dessert. Try to find raw, cold-processed nut butters that are simply ground up and free of added ingredients, except for salt which is fine. Nut butters are a great replacement to gels for fat adapted endurance athletes.

Keep in mind that peanuts are actually legumes, not nuts, and should be minimized or avoided since they are highly allergenic.

## HERBS & SPICES

Herbs and spices are an important element of the real food eating, due to the variety of flavour and nutritional benefits they offer. Herbs are green plants used to add flavour. Spices are used to enhance flavour, add colour, or prevent bacterial growth on food. Herbs and spices support cardiovascular and metabolic health, may prevent modern day diseases, and improve health and cognition. Some of the highest anti-oxidant values of all foods can be found in herbs and spices.

## GOOD GOOD: MEAT, POULTRY & FISH



Meat, poultry, fish and eggs provide the bulk of your dietary calories when following the real food way of eating. These foods are excellent sources of saturated fat and complete protein that support all facets of health, energy, weight control, and peak performance.

For meat and poultry, the best selection would be pasture or grass fed animals raised locally. Minimise or avoid products from Concentrated Animal Feeding Operations (CAFO) raised animals which are typically fed grains and are inferior to those raised in pastures and that eat mostly grass, bugs and other elements.

If you can't budget for grass fed at all times, CAFO meats remain a better choice than processed meat or grains and cereals.

Eggs can be enjoyed in abundance as a centerpiece of a healthy diet. Hopefully by now you can reject the unfounded and highly objectionable conventional wisdom that egg intake should be moderated due to cholesterol concerns. Egg yolk is one of the most nutritious foods on the planet, brimming with anti-oxidant and anti-inflammatory agents, a complete amino acid profile, omega-3 fats, vitamins A, E, K2, B complex, and health cholesterol.

Fish offer excellent nutritional value from complete protein, B-complex vitamins, selenium, vitamin D, vitamin E, zinc, iron, magnesium, phosphorous, antioxidants, and other nutrients. Oily, cold water fish from remote pollution free waters are best. Best choices are wild caught salmon, mackerel anchovies, sardines and herring.

*"Go vegetable heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course. Bobby Flay"*

## GOOD FOOD: FATS AND OILS

It's important to honour the spectrum in this category, since good fats offer tremendous health benefits and bad fats are quite destructive. For eating, the best fats are aforementioned animal products, oily cold water fish, nuts & seeds (and their butters), avocados, avocado oil, olives, extra virgin olive oil and coconut products.

For cooking, saturated fats are more temperature stable than hydronated oils, so you can heat them to high temperatures without risk of oxidation and resulting damage to your cell membranes. Coconut oil is the most saturated of the vegetable oils and is a good choice for cooking. Animal fats such as ghee, butter, lard and tallow are excellent options.

Olive oil is great for dressings, however is temperature unstable and should not be used for high temperature cooking.

## GOOD FOOD: FRUITS

While fruits are excellent sources of fibre, vitamins, minerals, phenols, antioxidants, and other micro-nutrients, some moderation is warranted for a few reasons.

Firstly they are available year round thanks to modern farming, storage and transportation methods.

Secondly, fructose, the predominant carbohydrate form found in fruit, can cause significant metabolic problems when consumed in excess, particularly in conjunction with wildly excessive western diet carbohydrate intake. The most simple and sensible approach is to consume fruit in their natural whole form only in their natural local ripening season.

Avoid fruit juices, especially where the fibre (pulp) has been removed. If you do consume fruit daily, and year round, try and limit to 1/2 to 1 portion a day and consume these close to your higher intensity exercise sessions.



*“The most simple and sensible approach is to consume fruit in their natural form only in their natural ripening season”*

## GOOD FOOD: DAIRY

The best choices are raw, fermented, unsweetened, and high-fat options such as ghee, butter, full cream, aged cheese, cottage cheese, cream cheese, Greek style full fat yogurt and raw whole milk. (Unfortunately raw whole milk is not legal for sale in Australia!)

Eliminate fruit sweetened yogurt, frozen deserts, and any high-carb, low fats dairy offerings. Stay away from 2% and skim milk as these are nutrient devoid sugar bombs. Fermented dairy products like yogurt, kefir, sour cream and cheeses offer exposure to beneficial probiotics, promoting digestive health and decreasing cancer risk. Fermentation also breaks down lactose, reducing the carbohydrate content and preventing digestive problems for sensitive folk.

*“The best choices in dairy are raw, fermented, unsweetened, and high-fat products from pasture-raised/grass-fed animals”*

## MEAL PREPARATION



You've worked hard to choose and bring home the good food, so let's keep the momentum going by creating an efficient kitchen. The basics include; a small pantry for compliant foods, safe space in the refrigerator, cast iron cookware, large stir fry wok, wooden stirring spoons and spatulas, and a robust spice rack. If you want a few extra bells and whistles in your kitchen consider these items: Food dehydrator for drying fruits, vegetables and making jerky/biltong; mini food processor; mandolin (makes super thin veggie slices great for spaghetti substitutes); pressure cooker for fast-cook soups and stews; stick blender for smoothies.

Pantry space should now contain no pasta, rice, grain based flour, cereal, grain based snacks, refined oils, sugary sauces or condiments, instead the staple should look like this:

- Avocado oil for dressings and cooking
- Butter / Ghee for cooking, and bullet proof coffee.
- Coconut products (milk, oil, flour and flakes) frequently used in low carb recipes.
- Cook Books for compliant recipes and inspiration.
- Extra-virgin olive oil for salads and on baked vegetables. Olive oils should only be used for low heat cooking only. Great to boost fat content in salad and vegetable meals.
- Five favourite meals. Having 5 meals you can nail can help reduce the struggle when transitioning, especially when you are time poor or your inspiration is at a low. Have a recipe ready to go and the ingredients a staple part of your pantry. Have a look at these preselected options for consideration:  
[FitSets.com—Essential meals for the fat adapted.](https://www.fitsets.com/essential-meals-for-the-fat-adapted/)
- Fresh foods, strive to eat most of the food you acquire, such as unfrozen vegetables and animal products, in less than a week.
- Frozen ingredients such a bulk purchased meats and bulk prepared meal components.
- Herbs and spices to add taste and a kick to meals.
- Snacks such as berries, dark chocolate (75%+), canned herring, mackerel, sardines, tuna, hard boiled eggs, jerky, nuts and nut butters, olives, snack vegetables.

## THIS WEEK'S OBJECTIVE

In week 1 the primary goal is to remove the bad foods from our diet, these being all grains, processed sugar and hydrogenated oils. For the next 3 weeks we will need a zero tolerance approach to bad food, with the knowledge that we can loosen up to a 80/20 rule in week 4.

This week you will need to honour hunger. The idea is not to starve. By dropping all grains and processed sugars you will already be significantly reducing carbohydrate, however if you have been consuming these consistently for many years you will have reduced your ability to process fat as fuel. For this week you may want to consider keeping a reasonable amount of carb intake by consuming whole fruit and tuber vegetables like sweet potato and yellow squash. Ensure you do consume healthy fats by adding olive oil, avocado oil, avocados, nut & seeds, full fat dairy to meals.

Don't be concerned about how much you need to eat to quell your hunger, the priority is to break the bad food habits, not loose weight, yet.

Keep snacks available and be resolute. It isn't that hard 95% of the time, you just need to ride out those few moments in the day when it gets tough, but they will pass!

Ensure you drink enough water, but don't over do it! I recommend adding a pinch of pink salt and a dash of lime/lemon to ensure you get sufficient sodium.

I also recommend a magnesium supplement for the first month while your body adjusts to the new way of eating.

You will get lethargic, this is expected, but this will pass once we get past week 3 to 4, after which you will begin to enjoy consistent energy throughout the day.

Keep this article with you and re-read it when you're feeling weak! Stay strong, there are huge life changing benefits just 21 days away!

Keep exercise at a low intensity for this week. If you feel the necessity for some higher intensity, keep it short.

Next week we will implement some rules for carb and protein volumes, but for now let's crack the bad food issue.



## WEEK ONE CHECKLIST

### Honour hunger

- Eat vegetables and healthy fats to satiety
- If necessary consume healthy whole carbs like fruit and tuber vegetables
- Snack as necessary to keep away from bad foods
- Ensure you drink sufficient water and electrolytes

### Do not consume bad foods

- No grains including breads, pasta, pasties, rice, cereals, pizza bases.
- No hydronated oils including margarine, canola & sunflower cooking oils.
- Non-processed sugar including soda drinks, sugary deserts, cookies & cakes.

### Week two preparation

- [Calculate](#) your macro-nutrient targets for week 2
- Evaluate your learnings and struggles from week one and share with peers, coach and Forums
- Prepare week 2 bulk meals (Sunday)

| 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 Veggie                                  | 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.                   |



## WEEK TWO PREPARATION

Week 2 will be about dialling in your macro-nutrients, specifically your carbohydrates and protein. To determine your suggested Carbohydrate and protein intake, use this calculator at [FitSets.com](http://FitSets.com)

In the next edition we will discuss how to estimate carbohydrate and protein for different food types. To get ahead I also suggest critically evaluate your successes and struggles in week 1 including time management, cravings and social interactions. Ensure you celebrate the successes and implement strategies to manage the struggles in week 2. You will need to perform some meal planning for week 2.

In the appendix you will find sample meal plans for week 1 and week 2 to assist. I also suggest the pro-active step of doing some bulk meal prep on Sunday to ease time pressures in week 2.

## RESOURCES

There are some awesome resources of information and meal options out there.

Visit your local library and book store, you will be amazed just how much “real food” information is out there.

Here are some of my favourites:

- [www.marksdailyapple.com/](http://www.marksdailyapple.com/)
- [www.primalpalate.com/](http://www.primalpalate.com/)
- [www.robbwolf.com/](http://www.robbwolf.com/)



**FitSets.com**

North Lakes, Queensland  
Australia

**Phone:** +61 488 028221

**Email:** paul.skelton@fitsets.com

| Week 2 Sample Meal Plan | Breakfast   | Lunch                                     | Dinner  |
|-------------------------|---|---|---|
| Monday                  | Chia Pudding  | Wide Spectrum Salad with Protein          | 2:1:2 meal + Carbs to daily target                                  |
| Tuesday                 | Eggs, Bacon, Vegetables                             | Wide Spectrum Salad                       | Un-Sandwich (Ham, pickles, fetta, Dijon dip, Olives, Fermented veg) |
| Wednesday               | Greek Yogurt + Seeds                                | Nuts and Quality Cheese                   | 2:1:2 meal + Carbs to daily target (ground Beef or Chicken)         |
| Thursday                | Fast until 11am                                     | Early Lunch Salad, low carb (not no carb) | Stuffed Veg (Tomato or Capsicum) some starchy veg.                  |
| Friday                  | Haddock and Vegetables                              | Club wrap, Turkey, Salad, Pickles         | Vegetables Casserole, starchy Veg to carb target.                   |
| Saturday                | Greek Yogurt & Seeds                                | 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.                   |