



Ultimate Health: Fat Adaption

WEEK TWO: DIAL IN THE MACRO-NUTRIENTS.

Week one has undoubtedly been a significant step towards healthy nutrition, a step which would have taken some self-discipline. Be assured that nailing the removal of bad food is the most beneficial of the real food journey. If you haven't quite nailed it, keep going, have confidence that it becomes easy after the first three weeks.

If the increase of vegetable fibre in the diet has had an adverse effect of your bowels, for example loose and less regular, don't panic. If your vegetable fibre intake has been low for many years then your gut will need to adjust by growing the macrobian necessary to process the new food profile. This can take a couple of weeks. Many give up on the vegetables as they believe their systems are not suited to them. This is however more a symptom of poor nutritional diversity than an individual permanent issue.

In week two we will focus on getting the correct ratio of macro-nutrients, these being protein, carbohydrates and fats. We will also ensure you are consuming a rich profile of micro-nutrients to support a healthy gut, muscular skeletal, hormonal and neurological systems.

For the first 14 days it is important to get a gauge on what the best ratios are for your lifestyle. There will be measuring involved for this period, but rest assured, measuring and weight will not be required after the first three weeks.

Intuition is based on experience, so the next three weeks you will experience some struggles, these are lessons necessary to build that experience required for intuitively choose the right food and quantities in the future. Remember we do loosen up the rules after week 3.

During this week you will do some preparation for week three when you will have a great focus on when to eat, timing of food groups, and moving away from the age old three meals a day models. Make sure to get through the check list at the end of this edition.



INSIDE THIS BRIEF

Benchmark Your Macros.....	2
The Perfect Plate Myth.....	3
Ratios.....	4
Measure Now To Build Intuition..	5
This Weeks Objective.....	7
Week 2 Exercise Plan.....	7
Week 2 Checklist.....	8
Week 2 Sample Food Plan.....	8
Week 3 Preperation.....	9
Resources.....	10

BENCHMARK YOUR MACROS



Everyone is different, differing levels of baseline daily activity, exercise and weight. We also have differing goals such as weight loss, performance and health. We all need a starting point, a benchmark, and from there we adjust with some guideline ranges according to our individual needs. The average meal should reflect the 2:1:2 ratio. Broadly the baseline, as a daily average is:

- 0.8 gram protein per 1kg lean body weight, more for pregnant females and growing teens.
- 50 to 150 grams carbohydrates to suit activity levels,
- Fats and vegetables to satiety.
- 2 cups non starchy vegetables,
- 1 serve of protein the size and thickness of your palm,
- 2 portions of good fats such as half an avocado and 30g butter or a handful of nuts & seeds and 30ml olive oil

The recommendations are based on Primal Nutrition for a healthy lifestyle for the general population, including endurance athletes. Those wanting to build above average muscle or have a need to perform significant muscular tasks daily will need to increase protein intake above the recommended. These recommendations are based on a Primal or LCHF (Low Carb, Healthy Fat) nutrition plan. This is a present day equivalent of the traditional Mediterranean diet. The main aim is to tune in to a sustainable eating plan which satisfies hunger, but lead to weight adjustment over time to a natural, healthy balance. Usually around 15% body fat for men or 22% for woman. This calculator provides a starting point for Protein and Carbohydrate targets recognising that everyone is different and will need refinement later. With recommended protein and carbohydrate intake falling into relatively narrow ranges, it follows that fat becomes the predominant macro-nutrient in the diet and the main variable in obtaining dietary satisfaction. Recommended fat intake is generally not an absolute number (unless specific calculations are performed to lose a certain amount of body fat over a certain time period), but instead should align with obtaining dietary satisfaction at every meal. Although high-fat foods are calorically dense, they have a high satiety factor and do not stimulate an insulin response. By eating what amounts to a high-fat diet in comparison to the Standard Western Diet, one can stabilize appetite and energy levels, and shed excess body fat without having to face the traditional struggles of deprivation and restriction.

Calculate target using calculator at: FitSets.com

“We all need a starting point; a benchmark, and from there we adjust with some guideline ranges according to our individual needs.”



THE PERFECT PLATE MYTH

In recent years the concept of the perfect plate has appeared where it is suggested that each meal should be a recommended ratio of vegetables, protein and carbohydrates. In reality this is not how our bodies are designed and eating in this way has many pitfalls.

Having a constant and consistent supply of carbohydrates will mean we never burn fat for fuel. Carbohydrates should be periodised so that there are periods in our day, week, month where our system needs to burn fat to burn insidious weight gain.

Carbohydrates are prioritised as the first to burn as fuel. When consuming carbs with all meals, other macro-nutrients will generally be stored as fat. A constant and consistent supply of macro-nutrients will stop our system going into autophagy, and essential health function.

Autophagy is a major contributor to cellular metabolism. It provides an essential means of refreshing and re-modelling cells. As such, it is required for normal development, including that of metabolic tissues such as adipose tissue and pancreatic cells. In adults, autophagy promotes metabolic homeostasis and prevents degenerative disease and cancer.

In ancient hunter gatherer times, before fridges, a balanced meal was not possible. If an animal was hunted, it was eaten without a urgent forage for vegetables. If a fruit tree was found, in the summer months, fruit was eaten in abundance, then not available for many months of the year. All the ratio recommendations in the article are averages, you choose if they are daily, weekly or monthly averages!

My personal preference is to have no breakfast, but a fat and protein based brunch. This means that between the prior day supper and brunch (16-17 hours) my system will deplete all carbs, be forced to burn fat, and enter a autophagy state. Surprisingly, once fat adapted, there is no energy dip as my system can effortlessly access fat for fuel. As an endurance athlete I can also do hours of aerobic training in this period without impact on performance. Later meals tend to have less protein and some carbs for recovery.

This approach has the added advantage of allowing you to have a bigger protein or dessert portion from time to time. Yes, no need to limit your self to a 150 gram steak, go for the 350 gram and limit the protein for the next 48 hours! It would also be ok to just have the steak and garnish. Just make the next meal salad or veg only.

Who created the three meals a day rule? Corporate management in the industrial age to suit a working day. In reality we should eat when hungry and when food is available. Most fat adapted fall back to two meals a day as the reduction of carbs prevents “false” hunger caused by insulin and ghrelin, our hunger causing hormones. Reasonable levels of protein and fat give us satiety which lasts for hours! This ensures our fat burning is periodised keeping our systems functioning and clean.

Research Article: [The role of autophagy in cancer prevention](#)

RATIOS: PROTEIN

Proteins are essential nutrients for the human body. They are one of the building blocks of body tissue, and can also serve as a fuel source.

Over consuming protein will see the excess converted to glycogen and ultimately fat.

As a gauge, most need 0.8 gram protein per kg of lean body weight, more for pregnant females and growing teens. Those doing heavy manual work or high volumes of training will need to adjust, potentially up to 1.5g / kg lean body weight.

A common error when removing grains is to increase protein. I recommend focusing on increasing the vegetable content. For me protein is the most consistent element in my meals where carbs, fats and vegetable vary by hunger and exercise levels.



RATIOS: CARBOHYDRATES

The fat adapted, real food way of eating sometimes gets the label of low carb. This label is correct, relative to the western diet, which has become the standard over the last 40 years. It is not lower carb when compared to what healthy homosapiens have been eating for the past 160,000 years.

We only need a teaspoon of glycogen in our system, which can be derived from protein. The truth is, and of the three (Carbs, fats and protein), carbs are the only non-essential macro-nutrient.

For most, 50 grams per day is more than enough, provided our system can burn fat for fuel. For the highly active this may need to be adjusted to around 100 grams per day. Extremely active such as heavy manual labourers or endurance athletes doing 30 hour training weeks the maximum requirement would be 150 grams per day.

Females who have a history of hormonal issues should consider reducing carbohydrates slowly and progressively as a rapid drop can create challenges.

RATIOS: FATS

Fats are the most flexible of the macro-nutrients, however it is important to recognise that fats and oils will be the primary source of calories when carbohydrates are reduced. A key point is that when we reduce carbohydrates we don't necessarily reduce calories, especially if following a moderate to heavy exercise regime. Calories are better maintained through healthy fats as protein is less efficient as a calorie source.

Fat has been given a bad rap for a number of years. The low fat movement has seen an increase in sugar and artificial sweeteners in processed foods to compensate for taste which are proven to be anti-nutrients and should be avoided. Trans fats (found in junk foods) and hydrogenated vegetable oils should also be avoided.

A diverse profile of fats ensures sufficient calories for a healthy and active lifestyle with the need to consume excessive levels of carbohydrates and sugars.

Fats are best acquired from naturally occurring source such as meats, nuts & seeds, oily fish, avocados, butter, olive oil and coconut products.

I guess you are wondering just how much fats to consume? As you become fat adapted, fat will become the primary source of calories. This means you can be flexible to your calorie need which will be guided by your satiety. Once carbohydrates are reduced you will find you can trust your body to tell you have eaten enough.

As a guide you could use an internet calculator to estimate your calorific need then consume sufficient fats to cover the deficit after your carb and protein intake. Personally I find this unnecessary and trust my intuition. This only works if carbs and protein volumes are managed.

MEASURE NOW TO BUILD INTUITION

Diets that require counting, weighing and controls generally fail. These diets are based on sacrifice and will power. Where controls are in place and there is a slip or a binge, it usually becomes a spiral back to old ways. Studies have shown that most people who take part in a control centred diet eventually put on more weight than when they started.

With the real food way of eating, which is the backbone of fat adaption, we are redefining our way of eating. It is permanent, not a temporary measure to lose weight. We do reduce foods that are bad for us and increase our nutritious content. Key the reduction of processed carb with increase hunger hormones, insulin and ghrelin.



Initially you will need to build an appreciation for protein and carbohydrate volume so these can be managed going forward. This does not need to be an exact science. A variance of 10% each way will not have a huge impact. Once you have a feel for the volumes, stop measuring and use your visual judgement.

From time to time I will use MyFitnessPal to estimate how much protein, carbs and fat I am consuming. I will track for a week, make any adjustments according to in-sights, and then go back to using my intuition for what I need.

In the appendix of this edition there is a table of macro-nutrient content in various foods. For those not listed, try looking up nutrition tables on Google, it is pretty good for estimating. (e.g. search for “nutrition chicken breast”)

MINERALS, VITAMINS AND ELECTROLYTES

Nutrition recommendations commonly have a strong or total focus on the macro-nutrients (Carbs, Protein and Fats). It is important to recognise that minerals, vitamins and electrolytes play an important function in keeping us healthy and functioning optimally. Food producers play on this by highlighting singular micro-nutrients in processed food. Pharmaceutical companies also leverage this to market hundreds, if not thousands of supplements.

The best source of vitamins and minerals, which are bio-available are in real foods. The standard western diet has left most people to be in nutrient starvation, easily resolved by making fresh, diverse and colourful vegetables the cornerstone of our way of eating. One of my clients calls it “Vegetarian with benefits”!

Electrolytes support our neurological function. In ancient times we got our electrolytes through “dirt” on food and salts in water and eating organ foods (marrow, liver, kidney etc). Nowadays our organ consumption is low and our water is purified. In the western standard diet sodium is added to grain based food, like pasta and breads, reducing these leaves us exposed to low electrolytes. To compensate we do need to ensure we increase sodium intake. You have three ways to cover this.

- Add a pinch of rock or pink Himalayan salt to any water you drink. This sounds awful, but it is actually more refreshing, especially if you add a dash of lemon juice.
- Add salt to meals a little more freely
- Ensure electrolytes are included in the hydration when exercising. There are many such sport products available like Nuun and Gu Hydration

Cell, hormone, and neurological health is dependant on the availability of thousands of minerals and vitamins. These are easily available through real foods.

TOP 10 FAT ADAPTION MISTAKES

It's actually not that hard.

Getting fat adapted is more about changing habits and behaviours, trusting that it becomes easy once the bad habits are broken.

Habits are best broken by dealing with them fully and with conviction. Weaning off bad habits just prolongs the process and has a higher rate of failure.

“Habits are best broken by dealing with them fully and with conviction”

Here are my top ten error I have experienced myself or through coaching others:

1. Attempting to do this without supplementing electrolytes. (Magnesium and sodium specifically).
2. Trying to hit a fat goal or thinking constant fat intake is necessary for fat adaption.
3. Choosing sausage sizzle over salmon.
4. Overeating. Not being responsible for the quantity of food that goes in your mouth.
5. Using percentages as a goal vs grams for carbs and protein.
6. Not getting a healthy amount of protein (0.8-1.50g/lpm).
7. Following advice blindly without doing your own quality research (follow a proven strategy, not random advice).
8. Focusing too much on making complicated recipes simulating old diet, rather than eating simple manageable single ingredient food.
9. Not dialling back the intensity (first 8 weeks are tough for runners and triathletes. Work closer to Maximum Aerobic Function heart rate of 180-age).
10. Hanging on to sweet food and drinks by choosing artificial sweeteners.

There are many more, but locking in the above will see you avoid stumbling blocks that surprise. This a short term struggle after which the bad food habits are no longer a sacrifice and health is so much better and constantly improving month on month!

“Most fat adapted, real food enthusiasts save money. They no longer require incessant snacking on expensive snacks and beverages from a cupboard full of high priced supplements”



THIS WEEK'S OBJECTIVE

In week 2 the primary goal is to continue to abstain from the bad foods and focus on eating the appropriate levels of carbohydrate and protein for your lifestyle. To support this you will likely need to increase your intake of non starchy vegetables and healthy fats & oils. Keep in mind you can loosen up to a 80/20 rule in week 4.

You can expect some side effects while your body adapts to burning fats. It is noteworthy that your body will start producing ketones, the energy source from fat, however your body will not yet be fully effective in using these. This will mean you are likely to feel lethargic. As there will be an excess of ketone in your system, due to you not burning them, you may get a odd taste in your mouth and a odd smell, similar to almonds or ammonia. Be assured this will abate in week 4

Continue to 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.

If you get night cramps in your legs or feet I recommend a magnesium supplement while your body adjusts to the new way of eating.

I recommend keeping a food log in MyFitnessPal to track your protein and carbohydrate intake for this and the next week. Thereafter you can log periodically to ensure you are in your desired range. 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 be about refinement. It will likely be the toughest week, but also the week that the lethargy begins to lift and you rediscover your taste buds and what you have been missing whilst on a high carb diet, abundant flavours in seemingly ordinary food!

WEEK 2 EXERCISE PLAN

You will get lethargic, this is expected, for some this can be quite severe if you have been a heavy and consistent carbohydrate consumer for many years. In reality your body will take a couple of week to re-learn how to burn fat. Until fat can be used for fuel you will have little energy so go easy on exercise.

If you do, keep in low intensity. Your priority for the first three weeks is to make this way of eating stick which is more important than any training. After 21 days you can get right back into it!

If you do perform strenuous exercise, you will create a hunger for carbohydrates you may not be able to suppress as fat is not available as fuel yet. If this does occur try resolve with real food options of fruit or starchy vegetables like sweet potato.

Keep this article with you and re-read when feeling weak! Stay strong, there are huge life changing benefits just 21 days away! Avoid high intensity exercise for this week. If you feel the necessity for some higher intensity, keep it short.



WEEK TWO 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 / sodium

Do not consume bad foods

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

Dial in your macronutrients

- Calculate your protein and carbohydrate needs at www.fitsets.com
- Tailor your meals to meet these requirements as an average.
- Log your intake for review in later weeks.

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, Veggies	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 Veggie	Club wrap, Turkey, Salad, Pickles	Veggie 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.

WEEK THREE PREPARATION

Week 3 will be about refining you eating habits and seeing it through. Check your food log dialling in your macro-nutrients, specifically your carbohydrates and protein.

To get ahead I also suggest critically evaluating your successes and struggles so far including time management, cravings and social interactions. Ensure you celebrate the successes and implement strategies to manage the struggles in week 3.

When evaluating your journey so far, categorise your insights as:

- what's not working
- what's working well
- what is puzzling you

Evaluate your learnings and struggles so far and share them with peers, coach and forums.

Prioritise the insights and deal with them head on. Don't be afraid of seeking support from those who have successfully



FitSets.com

North Lakes, Queensland
Australia

Phone: +61 488 028221

Email: paul.skelton@fitsets.com

“You don't need a silver fork to eat good food”

-Paul Prudhomme

Week 3 Sample Meal Plan	Breakfast	Lunch	Dinner
Monday	Fast until 11am	Early 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	Eggs, bacon, veggies	Nuts & quality cheese	2:1:2 meal + Carbs to daily target (ground beef or chicken)
Thursday	Fast until 11am	Rich salad with ground beef or chicken	Stuffed veg (tomato or Capsicum) some starchy veg.
Friday	Greek Yogurt	Club wrap, Turkey, salad, pickles	Veggie casserole, starchy veg to tar-get.
Saturday	Fast until 11am	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.

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.dietdoctor.com/low-carb/20-50-how-much
- thenaturalnutrition-ist.com.au/
- lowcarbdownunder.com.au/