

Y · L I V E · E · L I F E ·
FSM
FUNCTIONAL STRENGTH MOVEMENT
L I F E · P L A Y

The Beginner Guide To Amazing Fat Loss

FSM NUTRITION

The Beginner Guide to Amazing Fat Loss

Cleaning up your diet is possibly the most important factor when it comes to getting results. Counting Calories and watching your Macros is good and highly effective but you don't run before you can walk.

This programme is all about finding the balance and making good wholesome foods the biggest part of what you consume each day. Taking it one day at a time, start by making minor changes each week to tackle your big nutrition issues long term.

Small habits are the Key!

When you have made the decision to improve your health and fitness your diet goes hand in hand with it. Just like a good training program you start small, resulting in long term big changes.

On average, you consume between 4-6 meals/snacks per day. That's a total of 42 meals/snacks per week. The goal is to make the majority of those meals/snacks Positive or in our case GREEN meals.

Explain:

Green = food that has not been processed and grows or lives in nature. From the farm to your plate with little to no processing.

Orange = food that can be processed but depending on *YOU* and how you process certain types of food. Example: You might be lactose intolerant, other people are not. Dairy is ok for those people.

Red = food you know is not good for you. Highly processed, added sugar, and did not grow or live before you put it into your mouth.

A List of types of foods for each category are at the end of this PDF.

Let's make a change:

First thing you need to do is record what you eat normally. This is KEY to starting [The Beginner Guide to Amazing Fat Loss](#).

You need to be honest and record everything you would normally eat for 5 days. This includes drink, takeaways and sneaky bars of chocolate you eat in the car on the way home.

Once you have recorded your first weeks' worth of food then you sit down and take 10 minutes to review it. Mark all positive food with GREEN, all negative foods with RED and the rest is ORANGE. Now count the number of each colour and see where you are. (There is a video to show you what to do.)

Count all GREEN, ORANGE AND REDS. The goal is to reduce your reds by 2-4 and increase the greens by 2-4.

If you record and review your food each week, make these small simple changes you will see big results without the daily task of counting calories or cutting out all your favourite foods.

In the course of 4 weeks you can change your diet without the stress of avoiding the finer things in life.

Week 1 – 42 meals/snacks – Green 15 – Orange 15 – Red 12

Week 2 – 42 meals/snacks – Green 17 – Orange 15 – Red 10

Week 3 – 42 Meals/snacks – Green 19 – Orange 15 – Red 8

Week 4 – 42 Meals/snacks – Green 21 – Orange 15 – Red 6

Can you see the small but very effective pattern? Imagine you did this every week for 3 months. Make the minor change to the reds and oranges each week and you can end up with 35 Greens – 5 Oranges – 2 Reds, your diet is now above 90% “good” and you didn’t starve yourself to get great results.

The Commitment:

For this to work, you need to commit to the plan.

Remember *“The Goal is to keep the Goal the Goal”*

- 1) Record your food each day
- 2) Record all your food no matter what happens each day
- 3) Be honest
- 4) Review your food every Sunday
- 5) Plan your change for the new week.

Commonly asked questions:

- 1) I eat well already. Will this work for me?

Yes! Even if your food is already great, recording what you eat is a great way to look at where you can make more positive changes to your diet.

- 2) I’m not good at keeping a journal / Do I need to keep a journal?

To stay focused on what you are eating the journal is essential. Bring a pocket handbook with you, or use your phone to take notes. Or you can take a picture on your phone or voice record what you eat and then write it down at a later date.

- 3) What about portion sizes?

Don’t worry about portion sizes just yet. The goal is to start cleaning up your food. Portion sizes will come later.

- 4) What if I have a night out?

Nights out are a part of life. If you know there is a night out coming up. Reduce your reds that week and enjoy the night. Again, this is to help you eat better daily. Not stop you from having a social life.

- 5) Do I need a meal plan or recipes?

No! You are making small adjustments each week. Focus on the red (processed) foods.

6) What happens if I have a bad day?

It happens. Chalk it up and move forward. All too often when people have a bad eating day they tend to quit. Remember, if you have a bad day but keep making positive changes, you're still on the right path to long-term sustainable results. Keep the faith and move forward.

Measurements:

Recording your measurements is key to seeing results. The best way to do this is in stages. Before the program begins, get the following measurements:

- Weight (video guide to help)
- Body measurements in CM (video guide to help)
- Pictures: front, back and side (video guide to help)
- Body fat optional

End of week one – Weigh-in

End of week two – Measurements

End of week three – Pictures

Repeat.

This works best as you only weigh in every 3 weeks, measurements every 3 weeks and pictures every 3 weeks. This gives you a focus each week but you are giving your body time to adapt to the program and see the benefits of the program every week.

Planning Your Week:

To stay focused and get through the week, you need to plan and prep food in advance. You can eat as you go but that can lead to snacking and getting caught out during the day.

What is the hardest meal for you to get right?

Let's say it's lunch and you find that you tend to eat more red type food here. Then make lunch your priority and plan for lunch each day. Don't worry about the rest.

Maybe it is late night snacking? Then plan your snack before you go to bed or go to bed early to avoid the cravings.

Remember you are making 2-4 changes per week here. Focusing on one time of the day each week and go for that. If you try to change too much like most diets recommend, you will feel stressed and eventually blowout.

Look at it like this. One time during that day you must make a positive food choice (easy, right?!) Or try to change everything and leave yourself open to stressing over food all day. This will only result in a negative feeling toward food and a BLOWOUT is inevitable.

Remember:

The first four weeks are about small changes. Getting used to recording your food daily. Planning your positive change each day.

Q&A: ASK THE QUESTIONS

Each week an FSM coach will be live on the private Facebook group to answer all your questions for the week. Every Wednesday we will post on the Facebook page asking for your questions. These will be answered on Thursday. If you can tune in for this you can ask questions live. If you are unable to watch you can always catch up when you can.

YOU ARE RESPONSIBLE FOR YOUR ACTIONS

Nobody else is in control of what you put into your body. You are the only person that makes that decision. If you choose to eat bad that is on you and nobody else, you need to own it. This can take will power, It can be hard but in the end, your results are yours.

OBJECTIVE HANDLING

I'm eating well, but:

Possibly the most common word in anyone's diet: BUT..... I'm eating really well but..... Once you say that, we know you are not following the plan and finding excuses to justify what you eat or drink. Like we acknowledge our success you must hold yourself accountable for your negative food choices and understand that the results will be slower to achieve. If you have planned the meal or drinks in advance then make the appropriate changes before the day so you don't feel bad after the fact.

Acknowledge your successes – big or small:

Regardless of the size of the result, it is still a result and putting you on track for the big goal. Acknowledge your success. Tell the group, record it in your diary, give yourself a high five. No matter how big or small, make sure you celebrate that you are progressing.

Exercise is part of your daily life:

Staying active is also key to more energy, less stress and looking & feeling good. Make sure you are doing something. Be it in the gym or outside. If you want bang for your buck here, strength training is key.

Say your goals each day:

Simple but highly effective. Each morning tell yourself out loud why you are doing the challenge. Keep it small and simple. Put it on the mirror in the bathroom and say it before you brush your teeth each day and night.

"I want to eat better for a healthy life"

"I want to feel better about my body"

"I want to drop fat and look good naked"

Something simple that will remind you of the reason you decided to make a change.

Tell the people closest to you:

Very important point here. Tell your family and friends that you are starting a challenge for 4 weeks. You need their support in keeping to this plan. You will have hard days on this program and this is where you will want the people close to you being supportive. Building a support network on the program is key to your success.

Cracking the code.....

Stick to the plan. Don't try to crack the code and find a way around eating food that is negative for your body. Follow the plan and the results will come.

SAMPLE FOOD DAIRY

Food diary plan. How to record:

Before you kick off the program. You need a food diary, journal or you can use your phone. Add the following headings into your journal:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Snack:

Late night:

Daily Review: _____

Record how the day went. Did you make one positive change?

SHOPPING LIST

Vegetables	Fruits	Meat/Fish/Eggs/Dairy
Asparagus	Avocado	0% fat Greek
Aubergine	Apples	yoghurt
Bean sprouts	Bananas	Bacon
Beetroot	Blood oranges	medallions
Broccoli	Blueberries	Chicken
Brussel	Cherries	breasts
Sprouts	Clementines	Cottage
Butternut	Cranberries	cheese
Squash	Gooseberries	High quality
Cabbage	Kiwis	ham
Carrots	Lemons	Lean beef
Cauliflower	Melons	steak
Celery	Oranges	Lean minced
Courgettes	Passion fruit	beef
Cucumber	Peaches	Mackerel
Kale	Pineapple	fillets
Lettuce	Plums	Natural
Leeks	Pomegranate	yoghurt
Mash Direct®	Redcurrants	Smoked
Mangetout	Rhubarb	Salmon
Mushrooms	Strawberries	Turkey fillets
Parsnips	Satsumas	Turkey mince
Peas	Tangerines	Turkey rashers
Peppers		Turkey
Rocket		sausages
Spinach		Tuna in brine
Spring Onions		Whey protein
Sweet		White fish
potatoes		Wild salmon
Tomatoes		fillets
Turnips		Whey protein
White		Duck eggs
potatoes		Free-range
		omega 3 eggs

#fuelthebestyou

#liveliftplay