



**The Body
Consultants.**

***HOW TO
GET LEAN***

WITHOUT LOSING MUSCLE

WELCOME TO THE TBC

HOW TO LEAN GUIDE

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WHAT IS IT?

A comprehensive guide on how to get lean without losing muscle. Along with some principles that you need to understand (whether you like them or not).

WHY WE MADE IT

We made this guide because there is too much information on the internet and not enough actionable information. This guide give you the steps and the why.

HOW TO USE THIS GUIDE

We highly suggest that everything you do is done without pain or discomfort. We recommend trying to replicate the prescribed guide as closely as possible, but do no try to do things in a rush. Everything takes time and patience.



UNDERSTAND THESE **WEIGHT LOSS PRINCIPLES**

Before embarking on a nutrition journey, whether trying to lose fat or gain muscle, you must understand that a few principles exist (whether you like them or not - it's science).



Calories exist - and the amount you consume will determine whether you decrease, maintain, or increase the size/weight of your body mass.

The key to losing weight/size is to be in a calorie deficit.

- a.l.e. your nutrition intake is lower than your average Total Daily Energy Expenditure (TDEE).
- b.TDEE is a combination of maintenance calories + activity level.

The lower the intake, the faster you'll lose weight.

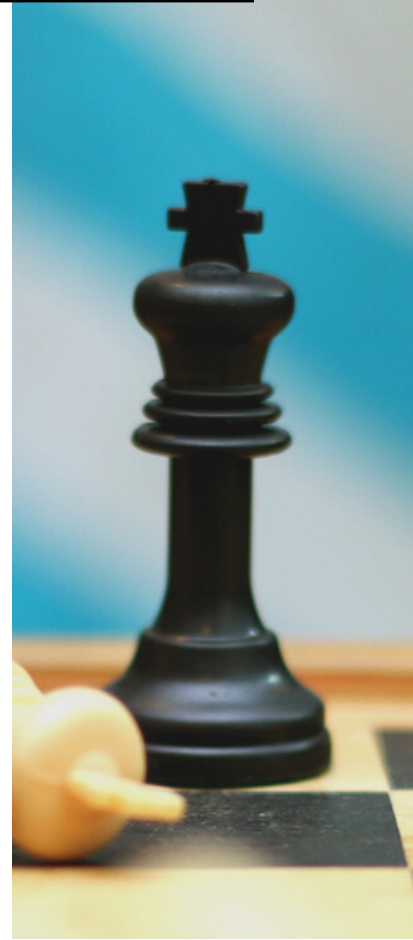
UNDERSTAND THESE **WEIGHT LOSS PRINCIPLES**

CALORIES ARE KING

If you want to drop body fat, you will have to decrease your net caloric equation.

This means decreasing the amount you eat and increasing the amount you move.

Depending on your current size and the amount of fat you'd like to lose, we suggest anywhere from 200-600 calorie deficit each day as a sustainable approach.



Go too quickly and you'll lose muscle mass, resulting in a neverending "skinny fat cycle". Go too slowly and you'll lose motivation and blow out, undoing all of your previous deficit.

You'll have to work on your own goldilocks sweet spot method here.

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Just because you eat less than usual, does not mean you're in a deficit. A deficit is an equation. If you're eating less, but still in your maintaining calories, then unfortunately, you're still not eating "less". (or you're not moving at all)

Re-calculate your TDEE and ensure that you're consuming fewer calories. (weekly average)

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HEALTH AND AESTHETICS ARE NOT SYNONYMOUS

Just because a food is “healthy”, does not make it better or worse for losing fat, and vice versa.

The key to living your best and most aesthetic life is to eat high-quality foods, in the right quantities for your goals.

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GENERAL RULES OF THUMB FOR WEIGHT LOSS

Food is great and being hungry isn't a nice feeling, but we often use food to fill a void in our hearts and minds rather than using it for the purpose of nourishment and sustaining life.

*Please note, this is not a suggestion to starve yourself. We still recommend the below recommendations of calorie deficit.

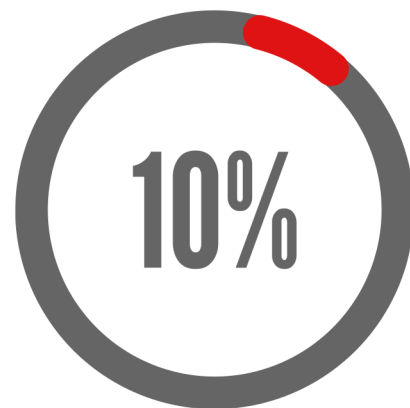
Aim for a calorie deficit of 10-30%

Meaning: find your TDEE and consume 10-30% less calories (weekly average)

10%

Pro = less muscle loss

Con = take longer. It only takes one day of eating more and you'll be back to neutral. (no change)



30%

Pro = rate of fat loss will be faster.
Con = will come with higher muscle loss.

**Find what works for you.
It will likely take some trial and error**



A GENERAL RULE OF THUMB IS THAT

Smaller people should aim for **250-550 cal/day** deficit

Larger people should aim for a **500-1000 cal/day** deficit

**** Note-** The smaller your starting mass, the harder and longer your fat loss journey will be.

This is because the laws of bioenergetics are constant, which change the relative percentages based on your body mass.

E.g. A 100kg person vs a 50kg person, both have a calorie deficit of 1000 cal/day, this might be a 10% deficit for one but a 50% deficit for the other.





HOW TO EAT FOR WEIGHT LOSS

There are no specific foods or ways to eat for fat loss or weight gain.

You can eat the same way as someone else, or what you've eaten before - you'll just need to eat less of it to achieve a calorie deficit.

However, the biggest hurdle for most people is that consuming less food makes them hungry or uncomfortable.

The key to combatting this is to eat foods that are high in protein and fibre.
(low in calories and will keep you full longer and help preserve lean body mass).

(This is the exact opposite for someone on a fat gain journey).

HOW TO EAT FOR WEIGHT LOSS

PRIORITISE PROTEIN

Protein is an essential macronutrient for the growth and repair of muscle tissue. If you lack protein, you won't have a great life.

Whilst there is debate around how much you need, there is conclusive evidence showing that having too little will be detrimental.

As a minimum, we recommend consuming 1.4-2g of protein per kg of lean muscle mass.

Another great reason to prioritise protein is because of its satiation effects.

It makes you feel more full and is harder to over-consume high quantities, compared to other highly processed foods.



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