



NUTRITION METHOD

For Clients

TheBodyConsultants.

KEY PRINCIPLES |

1. **Creating Context** | Our philosophy and overview
2. **What Do You Really Want?** | Crafting your goals
3. **How Committed Are You?** | Commitment breeds results
4. **Previous Barriers** | Where and why have you failed in the past?
5. **Past Successes** | Where have you “won” before?
6. **Creating Action** | Choose your preferred path for success
7. **Resources** | Tools for success
8. **FAQs** | Top tips for transforming your body

CREATING CONTEXT |

- Our key nutrition philosophies guide what we do. In short:
- “The secret to success is eating high quality foods in the right quantities for your goals.”
 - Calories matter most. At the end of the day, calories (both in and out) will determine body size.
 - Focus on primarily whole, unprocessed food. Meat, seafood, nuts and seeds, fruits and vegetables.
 - Play the long game. Consistent, sustainable methods will bring about the biggest and most successful changes. The best laid plans won't work if you don't stick to them.

WHAT DO YOU REALLY WANT |

- “You can’t ride two horses with one arse.” Create **ONE** goal that will have
 - the biggest impact. It has to be meaningful. Ask yourself **WHY** until you
 - get to the emotional drivers that make you want to change.
 - Once you know the goal, you can build the journey.
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HOW COMMITTED ARE YOU? |

1	2	3	4	5	6	7	8	9	10
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- How committed are you to **TRULY** achieving what you want?
- Be **honest** with yourself. It's important we *match your expectations with your commitment levels.*
- Anything less than an **8 out of 10** will not result in long-term change.
- A 1/10 commitment is making no effort to change.
- An example of 10/10 commitment would be weighing and measuring all food, eating no processed food and zero alcohol.
- Where do you sit?

PREVIOUS BARRIERS |

- Ask:
 - Why have you **failed** in the past?
 - What were the **barriers** that stopped you?
 - Why is this time **different**?
- Find ways to *remove focus on failures*.
- Find ways to *remove barriers*, or work around them.
- While it seems obvious to fix the barriers, they're sometimes the hardest to change (like alcohol).

PAST SUCCESSES |

- “Success leaves clues.”
- Ask:
 - Where have you **succeeded** in the past?
 - What do you feel you **currently do well**?
 - Can you **build** on that?
- It’s often easiest to *build on success* rather than trying to *fix a failure*.
- Examples might be “I eat veggies every night already, so I could start adding them to lunch as well!” or “I’m a good cook, so how do I create a great recipe using chicken breasts that I can reheat the next day?”

CREATING ACTION | THE JOURNEY

- With the end goal in mind, break the journey in half, and then half again. These will act as your milestones.



- Adjust the time frames depending on your goal and commitment levels. This is where we can help.

CREATING ACTION | TRACKING

- Calorie and macronutrient (protein, fat, carbohydrate) targets.
- Get lean first before increasing muscle.
- 1kg of fat contains **~7000kcal**
- Macros for fat loss:
 - **Normal:** 500kcal/day deficit (~0.5kg/week fat loss)
 - **Aggressive:** 750-1000kcal/day deficit (0.75-1kg/week fat loss)
 - **Protein:** 2.0-3.0g/kg/day (slightly less for females)
- Macros for muscle gain:
 - ~200-300kcal above maintenance
 - Protein: 2.0g/kg/day (slightly less for females)
 - At best, 1kg muscle gain per month.

CREATING ACTION | FAT LOSS

- We always recommend getting lean first. It's important for health, and it makes muscle gain slightly easier later on.
- The more fat you have to lose, the more aggressive you can be in the early stages.
- We recommend taking a “break” and returning to maintenance calories every 8-10 weeks, just to allow your body to reset and give you some mental respite.
- Fat loss will always slow down the longer you do it for or the leaner you get. The first couple of kilograms is always the easiest. Be patient.

CREATING ACTION | MUSCLE GAIN

- Muscle gain is a slow process.
- In an ideal world:
 - **Months 0-3:** 1-2kg muscle gain per month.
 - **Months 3-12:** 1kg muscle gain per month.
 - **Months 12+:** 0.5kg muscle gain per month.
- Gaining muscle will require you to eat more calories. Yes, you will put on a little bit of fat in the process (which is why we suggest getting lean first).
- 200-300 kcal above maintenance calories is enough to start growing muscle.

I DON'T WANT TO COUNT **CALORIES** |

- Counting calories isn't essential for success. Here are 5 strategies for reducing calories organically:
 - ***Eliminate snacks.*** Most people don't actually need them.
 - ***Emphasise vegetables.*** They're high in nutrients and fibre, and low in calories.
 - ***Skip breakfast.*** If you aren't hungry in the morning, there's no obligation to eat. Just make sure your next meal is a PLANNED one.
 - ***Clean your teeth after dinner.*** This helps prevent mindless snacking.
 - ***Practice food hygiene.*** Sit down to your meals, chew each mouthful thoroughly and put your knife and fork down between mouthfuls.

DIVING DEEP | FAQ'S

Q. Do calories actually matter?

A. Calories are the single most important determinant of body weight gain or loss.

In order to drop body fat, you must be in a deficit, and vice versa for muscle gain.

It is really important to find an eating pattern that reflects your goals (fat loss or muscle gain), AND that you also find sustainable.

DIVING DEEP | FAQ'S

Q. Does food quality affect weight loss?

A. Strictly speaking, no.

However, for optimal health and function, we want to bias towards higher-nutrient foods. You might find high-quality foods keep you feeling full because of the protein and fibre content, and the fact you're able to eat more of it (because it's low in calories).

DIVING DEEP | FAQ'S

Q. Do I have to count calories to successfully lose weight?

A. No, although tracking can be a simple way of staying honest with your diet (phone apps have gone a long way to making this process as painless as possible).

While you do need to reduce calories to lose weight, you can use a number of other strategies too (we'll get to these strategies soon).

DIVING DEEP | FAQ'S

Q. Is it normal to be hungry during a diet?

A. A little, yes. Your body is adapting to a lower amount of food than it's used to.

To help curb hunger, eat high-quality foods and drink plenty of water. Keeping your protein content high can help hunger. You can even try herbal teas or even chewing gum!

DIVING DEEP | FAQ'S

Q. What are some high-nutrient, low-calorie foods?

A. The two food groups we often recommend emphasising in your diet are vegetables and leaner cuts of meat.

Adding herbs and spices is another way of getting lots of nutrients and adding flavour to your food!

DIVING DEEP | FAQ'S

Q. I hate vegetables.

A. That's not a question (but you're not alone).

If you don't like them, try these PREP tips:

- Find one or two veggies you DO like, and start there.
- Pair your veggies with an acid (lemon, lime, vinegar, a dash of wine).
- Pair your veggies with a sweet item (honey, orange, sauteed onions, berries).
- Use SALT! Salt enhances flavour and increases palatability.
- Change your cooking method. Don't like boiled? Try roasted with a splash of olive oil and herbs.

DIVING DEEP | FAQ'S

Q. Does Intermittent Fasting (IF) work?

A. Like we said before, calories matter most.

However, IF for a predetermined period of time (usually around 16 hours) may help you reduce your calories and make it easier to stick to your diet.

Think of IF as a **tool** to reduce overall calories.

If you do want to try some intermittent fasting, I'd recommend delaying your first meal of the day to midday, and cleaning your teeth by 8pm.

DIVING DEEP | FAQ'S

Q. Are there “bad” foods?

A. Great question, and short answer is no. There are “better” or “lesser” options for your particular goal.

If you stick to your calorie target each day, including some portion-controlled comfort food may actually improve your overall adherence to your diet.

Just be mindful that it can be very easy to overeat comfort foods, and having them in the house may be too much temptation...

DIVING DEEP | FAQ'S

Q. Can I eat *[insert white starchy carb food]*?

A. You'll notice we don't talk a lot about eating foods like rice, pasta, bread and grains.

Yes, you can definitely eat them as part of a healthy diet, BUT you need to be mindful of portions.

Part of the appeal of this food group is they are incredibly easy to eat (especially with high calorie sauces and spreads). So if you can manage portion sizes and they fit into your allotted calories, then you should have no problems including them!

If you can't, then you may be better off avoiding them...

DIVING DEEP | FAQ'S

Q. How do I track my calories accurately?

A. I would recommend weighing and measuring your food, and entering it into MyFitnessPal. Yes it can be time consuming, but it gives you a great understanding of what portions really look like.

I personally cook all my food first, and then weigh and enter it. For almost all foods, there will be a “cooked” option.

Also be sure to factor in any cooking oils, butter and added sauces. These add up quickly!