



# Woman Incredible

## WOMAN INCREDIBLE VIP NUTRITION 'BOOTCAMP'

This is a 2-week 'kickstart' fat loss bootcamp, based on increasing carb sensitivity by eating a low carb diet that is high in protein, greens and good fats.

### Basic Nutrition Rules

***If you remember only one thing, make it this!***

"If it doesn't fly in the air, swim in the water, live in a field, or is green, then don't eat it!"

**Of course there are a few exceptions, and we can make it a little more interesting ... here's an overview of what you should eat.**

- Aim to eat between 4 and 6 times each day. Less is okay so long as you feel satisfied and energized.
- Track your eating using a food diary at least 3-4 times per week.
- Over the course of each day you should consume a total of about 150 grams of protein. This works out to the equivalent of 500 grams 'meat', plus one protein shake and one serve of eggs. For example. Less protein makes it harder to burn fat. It needs to be good quality though; i.e. organic or at least free-range. ***This is an average based on a typical 60-70kg woman, so adjust up or down accordingly.***

### Breakfast

Meat and nuts – raw nuts, unless they are almonds or cashews, which should be roasted. You can have up to 30 nuts per day, or the equivalent amount of seeds. Vary between 5 different meat and nuts during week. Have between 6 and 10 nuts for breaky.



Meat should be around 120 grams, or else 2 eggs.

Remember I use 'meat' as a collective term to cover all forms of animal protein. You can include eggs, chicken, turkey, rabbit, lamb, pork (minimize ham, bacon, processed meats), lamb, beef, buffalo, kangaroo, venison, goat, hare, quail, duck, and anything else that fits the criteria of animal protein! I do not mean dairy as part of the 'meat' category.

Protein shakes are a 'back-up' breakfast meat – only if you're seriously running late. It's best to eat solid food first thing. If you have a protein shake, have 25-30 grams.

### **Meal two**

**This is anytime between mid-morning and early lunch.** Eat meat (from the above description) and some green veg or salad. Vegetables can be raw, except for cruciferous (cauli/broccoli/cabbage) vegetables which should always be steamed. ***The best thing here is to have brought some leftover dinner. When you cook, always cook enough for the next day as well and ideally more.*** It's really important not to skip this meal as you will end up not eating enough protein.

### **Meal three, four and five**

So this is lunch, afternoon tea, and dinner. There should be one serve of protein ('meat' or eggs) plus green vegetables and a small amount of good fat such as avocado. 1-2 teaspoons of good fat at each meal is ideal.

If you have nuts, that's your fat, but remember the limits there.



## Questions you may have.

### Other options

- For maximum fat loss, eat no fruit for the first 2 weeks; after that berries are best but only 3-4 times a week and as a small addition to a meal, not instead of
- Basically we are not doing traditional snacking
- You could have a small amount of plain organic yoghurt instead of a full serve of meat and greens in the afternoon though (still with some meat; which could also be a protein shake)
- No alcohol for the first 2 weeks, after that red wine is best just one glass 2-3 nights a week except treat nights.
- No chocolate
- No milk at all, or dairy of any kind
- Black coffee is fine, 2-3 per day max. Add a dash of double cream plus cinnamon for fat loss as you know ☺
- Absolutely no breads, pasta, rice, potatoes, cereals, grains or starchy carbs. Particularly avoid anything with gluten in it. Of course when you have a treat meal you can have this stuff (see further down)
- Absolutely no tuna or swordfish, now or ever – due to mercury content. No tinned fish. Have fish 1-2 times a week maximum, and choose the good fat from this list:  
<http://www.bodyincredible.com/how-to-enjoy-fresh-fish-without-a-hefty-dose-of-mercury/>

### What if you get bored eating this way?

This is designed to kick-start your metabolism and manage insulin resistance, and variety is not its strong point. Remember why you're doing it! As time passes it will get easier. The key is preparation.



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A useful tip is to note in a journal anything that you are especially craving or thinking about, and save it for your treat day. Having said all that, here are some ways to make things more interesting:

- You can use basic sauces (i.e. coconut milk, herbs/spices, satay using a little stevia and some almond butter). Avoid sugar or flour in sauces, and avoid packaged sauces in general
- Adding raw or lightly roasted seeds may add interest to your meals
- Use olive or macadamia nut oil for dressings, with red wine vinegar instead of balsamic
- Freshly squeezed lemon or lime juice helps manage blood sugar and tastes yummy!
- Use up to 1.5 teaspoons of cinnamon throughout the day to manage blood sugar and mobilize stored fat
- Good fats include coconut oil, olive oil, avocado, nuts and seeds, macadamia nut oil, full-fat organic butter or cream (\*these count as fat not dairy in this instance), and fat from meat IF the meat is organic. Fats must ALWAYS be organic; no exceptions.

Here are some other foods you can eat:

- Olives and olive paste
- Artichokes
- Cauliflower (that is a green vegetable!)
- Pickled foods like eggplant, green tomato (pickled stuff is great for lowering blood sugar response!)
- Onion
- Eggplant even if not pickled
- Mushrooms; unless you have ever had fungal issues such as thrush or candida
- NO PEAS (they are a legume), or ALFALFA (same reason)



### **Additional pointers relevant to fat loss**

- No plastic containers. Use Pyrex instead.
- Never allow water to become warm in a plastic bottle. Ideally, purchase a BPA free water bottle.
- Follow your usual VIP exercise program
- Drink 2-3 litres of pure water per day. Start with 2 glasses first thing – like it or not: adding freshly squeezed lemon may help get digestion going first thing.
- Use organic sea salt in small amounts for taste – salt should be pink or grey in colour – find it at a health food store.
- Filter water preferably – a Brita filter from Coles or Big W is fine.

### **The best green vegetables**

You can eat anything that's green, and in season! Cruciferous veggies are great for fat loss (cauliflower, broccoli, cabbage, brussel sprouts – yes, cauliflower counts as green!) Here are some other veggies you might eat:

- Zucchini
- Squash (counts as green)
- Green or yellow beans
- Spinach
- Any sort of lettuce or leaf (organic please as they are sprayed directly)
- Cucumbers
- Kale
- Silverbeet (these two are great options in salads)
- Spring onions
- Any fresh herbs; fresh chilis
- Celery
- Green capsicums
- Olives



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## When to break the rules (and how)

Try not to break the rules (this means make sure you eat ENOUGH as well) until you've done 14 days eating enough. The 15<sup>th</sup> day is a scheduled 'treat day'. This is the day when you get to enjoy all the treats you've been missing and thinking about! It's important to follow some rules on your treat day:

- Start the day with a small protein and good fats breakfast as normal. Do this even if you're planning to go out to breaky; just save that for an hour or more later. Your metabolism will thank you for this pre-emptive good behaviour!
- Eat a small amount of protein with at least 2 more meals throughout your treat day. Try to eat the protein at the start of the meal
- Aside from this, you can eat whatever you like and have been craving. This includes carbohydrates, desserts, alcohol, etc.
- This does not mean binge-eat all day! Eat normal structured meals, and follow the principle that 'once your butt leaves the chair, the meal is over'.

## What Next?

From here on out, it's a matter of maintenance. For the most part, you will revert back to everything we just discussed, however there are some exceptions to make things more interesting:

- You can have most cheeses. Avoid overly processed cheeses though, and choose soft cheeses preferentially. All dairy must be organic.
- You can now have full fat dairy, although it's best to minimize milk. The best choice is full-fat unflavoured yoghurt as a 'mini-meal' or dessert.
- There is still absolutely no breads, pasta, rice, potatoes, cereals, grains or starchy carbs except on treat meals of course.



- Drink up to 7 cups of organic green tea per day, or take Green Tea Capsules. This will boost your metabolism and help block carbohydrate absorption from treat meals.
- **Include a treat meal every 5-7 days, preferably at dinner. This is an important part of your program and should not be skipped!** The best way to structure a treat meal is to have a small portion of meat beforehand, and then eat as you choose – but decide in advance what to have, and remember that once your butt leaves the chair the meal is over. No sneaky trips to 7-Eleven! You can eat whatever you want though.