



## Welcome to "Module 7: Everything You Need To Know About Carbs".

Did you know that there is no such thing as an essential carbohydrate? Of course that's not to say that I do suggest you try to live carb-free! But I'm sure I don't have to tell you that carbohydrate addiction is something that is hard to beat and can affect your body composition as well as your energy quite drastically. There is a balance, and in this module you'll learn what it is. And a whole bunch more of course :)

**MODULE 7 GOALS AND OUTCOMES:** Learn how much carbohydrate you need each day for energy and health, and how to include carbohydrates in your eating whilst still burning fat

**SUGGESTED MODULE 7 EXERCISE:** Complete a zero carb day followed by 2-5 low carbohydrate days, in order to kickstart additional fat loss and carbohydrate sensitivity

**MODULE 7 SUPPLEMENT:** Green Tea - improves carbohydrate metabolism and helps to shift stored body fat

**MODULE 7 BONUS:** A 2-week nutritional 'bootcamp' blueprint to kickstart carb sensitivity and fat loss!

**WHAT ELSE?** Go to the forum (Transformation Tools) and click on the Module 6 thread. Answer the discussion question I've left there for you, or just share any thoughts you have!

### A little more about Module 7

In this three week module I'll be teaching you:

**In Module 7 we will cover questions like how much carbohydrate is too much for fat loss? For health? For energy? And how much is NOT enough, if there is such a thing? When is the best time of day to *really* eat carbs, how**



**much of the stuff should you have, and which ones are the healthiest choices? Also - which ones are good choices for treat meals?! Learn all this and more in Module 7.**

How much carbohydrate is too much for fat loss?  
For health and for energy?  
Is there such a thing as too few carbs?  
What about fibre?  
How to escape carbohydrate/sugar addiction and become a 'fat burner' rather than sugar dependant  
Carbohydrate timing and quantities  
The smartest carb choices  
Treat meal rules  
And I'll be sharing some of my favourite carb-based recipes, some for treat meals and others used more liberally or post workout

I think this module is possibly one of the most anticipated ones that i've prepared, and I look forward to hearing from you as we move through it together!

*Life is Now. Press Play.*

Kat

**PS: Don't forget to add your thoughts on the forum! [Go to 'Transformation Tools' and click on the Module 7 thread.](#)** You can answer the discussion question I've left there for you, ask questions, or leave some feedback. You can even share your own tips on breaking carb addiction or on incorporating carbs into a healthy diet.