



Healthy Eating vs. Eating for Fat Loss *Is there a difference?*

Read this before proceeding to your Carb-Cycling menu below.

Menu on pages 4 - 11

Ask most Americans and they will tell you they eat “pretty healthy.” They will admit to the occasional sweet treat or fast food indulgence, but for the most part, they claim to eat according to the food pyramid or in line with diet experts’ guidelines on healthy eating. Then why are two-thirds of Americans overweight or obese? And why are these exact recommendations not helping us slim down?

It’s because there *is* a difference between eating for fat-loss and so-called “healthy eating.” “Healthy” is a way of eating that enables you to get all important vitamins, minerals and nutrients, like fiber. However, most people assume that if they eat this way, they will lose weight too. That is not always the case – mostly because the ratios of nutrients provided by this diet are not in line with fat loss.

BUT “fat-loss” eating means eating not only adequate amounts of great nutrients, vitamins and minerals, but consuming certain ratios so it will provide fat-loss at the same time. So healthy eating is not necessarily fat-loss eating, but a fat-loss plan should always be a healthy plan.

Take a look at an average “healthy” day of eating; one that many dieticians would say incorporates plenty of healthy fiber, vitamins and minerals:

“Healthy” Daily Meal Plan:

Breakfast: 1 cup high-fiber cereal, 1 cup skim milk, 1 banana, 8 oz orange juice

Lunch: 1/8 lb sliced turkey, 2 slices whole wheat bread, 1 granola bar

Mid-afternoon snack: 1 cup nonfat yogurt w/ berries, ½ cup granola

Dinner: 1 chicken breast, ½ cup whole wheat spaghetti with tomato sauce, 2 oz parmesan cheese

After dinner: Skinny Cow ice cream sandwich

Actually, the above meal plan is probably healthier than what most Americans eat each day! If most ate in a way they consider ideal, it would probably look something like the above. Here are the nutritional facts from the above meal plan:

1650 calories

19 grams fat

316 grams carbohydrates (35 grams fiber)

100 grams protein

Now, contrast the above plan with a fat-loss plan, as derived from typical diets followed by physique competitors whose main goal is to decrease their body fat percentage for competition. Although you may not want to look like a physique competitor, this way of eating sheds huge amounts of fat:

Fat-loss Daily Meal Plan:

Breakfast: ¼ cup oat bran (dry) made with water, 6 egg whites scrambled with 2 cups spinach, mushrooms and onions, ½ cup frozen blue berries, black coffee

Mid-morning: 1 small grapefruit, 20 raw almonds

Lunch: Large greens salad, 1 grilled chicken breast, 1 Tbs. balsamic vinegar, ½ sweet potato, large unsweetened hot green tea

Mid-afternoon: ½ lb ground turkey, 1 cup broccoli, ½ sweet potato

Dinner: 6 oz halibut, 10 asparagus spears, small mixed greens salad

After dinner: Spoonful natural peanut butter

This meal plan requires more frequent eating, and has more vegetables and lean protein sources. Some diet experts might worry about this plan, saying that it is low in fiber or low in nutrients. But they're wrong! Let's look at the nutritional profile:

1600 calories

50 grams fat

115 grams carbohydrates (31 grams fiber)

160 grams protein

Calories are similar but more healthy fats (necessary to balance hormone levels and help fat loss), fewer carbohydrates (lowers blood sugar for optimal fat-burning), BUT similar fiber count, and, most importantly, MORE PROTEIN to feed your hard-working muscles so they can go to work burning fat!

These key differences in the meal plans impact the extent to which the eater will burn fat or not.

Metabolic Differences

The ratio of protein to carbohydrate, as well as absolute carbohydrate intake will have a huge impact on your ability to burn fat and prevent fat storage. The hormone insulin is released in response to either a large absolute amount of carbohydrates consumed or in the event of a small amount of high glycemic index (GI) carbs eaten, like a single donut (a bad word in my house and my grandkids taunt me with it...donut, donut, donut!).

Insulin promotes (a bad thing in this case) the conversion of excess carbs into fat for storage, while also shutting down all fat-burning machinery to boot! It is literally impossible to burn fat when carbohydrate-induced insulin is present.

In the healthy diet plan above, 316 grams of carbs are consumed. Divide that by the 4 meals and that is an average 79 grams of carbs at each sitting; well above what's needed to release a lot of insulin and greatly increase fat storage.

BUT the fat-loss diet contains 115 grams of carbs. When divided by the 5 meals, that leaves 23 grams of carbs per sitting. This amount is not only much more manageable for your metabolism (i.e. a very low insulin response), but will not lead to “spill over” of carbs into fat storing.

And for this very reason, fruit is kept to a minimum in the fat-loss plan since it contains the natural sugar fructose, and can quickly increase carb totals and fat storage. However, adding a small amount of low glycemic carbohydrates from fruit (such as from berries) will give you essential vitamins, minerals and fiber, without affecting your body’s ability to burn fat. Vitamins and minerals should primarily come from more vegetables to keep insulin levels in check.

Remember, the amount of protein you consume each day is crucial in your quest to burn fat. Protein, above all other nutrients, burns the most calories while it is being digested and also helps lower the insulin response if eaten along with carbohydrates. Protein also helps maintain your lean muscle mass – and your lean muscle is the #1 determining factor of your metabolic rate!

Healthy vs. Fat-Loss Diet

There is a HUGE difference between a healthy diet and a fat-loss diet. To successfully lose fat *and* optimize your immune system and your overall health, you must keep the starchy carbs in check, focusing on lean proteins and green, leafy veggies first and eat more frequently throughout the day.



CARBS ... AND CARB CYCLING FOR FAT LOSS!

6 DAYS + 1 FREE DAY (but don't skip a meal)

Carbohydrates are used as energy by the body; they fuel our workouts, as well as providing enough fuel to be used throughout the course of the day. Eating healthy carbs also replenishes our glucose and glycogen stores to prevent fatigue.

Cycling Carbs

Carb cycling allows you to still eat carbs from clean sources, without adding body fat, and cycling helps your body use fat for burning as fuel, as opposed to burning carbs and muscle tissue for fuel.

What we do when we cycle carbs is to have three low carb days, followed by one higher carb day, to aid recovery and to replenish glycogen. This gives us just the right amount of carbs to be used as fuel without becoming an excessive amount. Always use carbs from clean foods not junk foods of course. **Simple rule:** if in doubt, choose carbohydrate foods that are unprocessed or minimally processed.

Complex Carbs!!

These are the best sources of clean starchy carbs to use when dieting in general, and when cycling carbs. Other nonstarchy vegetable carbs are free foods, no limit (spinach, bell peppers, cucumbers, broccoli, and asparagus).

Good Sources of Carbohydrate

Vegetables (all kinds)

Fruit (limit quantity if trying to lose fat - berries, grapefruit, apples are safest choices)

Oats and oatmeal

Brown Rice

Yams

Lentils

Sprouted Grain Breads and wraps

Potatoes

Carbohydrates to Avoid or Limit

White Pasta

White Rice

White Bread

Instant Oatmeal

Fruit Juices

Bagels

Donuts

Muffins

Sweets and Candies

Processed Breakfast Cereals

Week 1 DAY 1: Carb Down

Carbs: 1 starchy carb at breakfast *or* lunch

20g - 25g protein powder mixed in water before workout. Drink before, during and after workout.

Meal 1: Protein Oatmeal *recipe below

Meal 2: 1 cup cottage cheese or Greek yogurt with ¼ cup of blueberries -- or whey protein shake with blueberries. For whey protein shake, add 20-25g whey powder to 10–12 oz. water. Add ice for desired thickness & blend.

Meal 3: 3–6 oz. grilled chicken on dark green salad with red bell pepper slices, dressed with following dressing (half for chicken marinade, ½ for salad): 2 Tbs extra-virgin olive, 2 Tbs of Balsamic, and your favorite seasoning. *I blend oil/vinegar with a few dashes of curry, turmeric and ground peppercorn. Use ½ of this dressing to cook chicken. Then add heaping tsp of Greek yogurt to other half, blend and use as salad dressing.

Meal 4: Chocolate raspberry shake: 20–25g chocolate protein powder added to 10–12 oz. premade raspberry Crystal Light drink. We are carbing down so do not use fruit.

Meal 5: 6 oz. broiled halibut or other fish (avoid “farm-raised” fish); 1 cup broccoli or asparagus; dark green salad with dressing above.

Meal 6: ½ cup of Greek yogurt mixed with 10 grams of protein (1 scoop of Propower). Add Stevia to sweeten, if desired. Top with 1 Tbs of Light Cool Whip.

Notes: If a.m. camper, 15-20-20 minute power-walk or jog after dinner. If p.m. camper, 15-20 minute power-walk or jog before you leave for the day.

Protein Oatmeal

1 serving quick or old-fashioned oats

5 egg whites, or equivalent in liquid eggs (“100% egg whites”)

1 packet Stevia with cinnamon to taste, or low-sugar jam.

Prepare oats according to package directions; however, add egg whites to water prior to adding oats. Add oats, cook until done. Add Stevia, or stir in low-sugar jam or cinnamon.

Makes 1 serving

Protein: 20 grams Carbs: 25 grams

Week 1 DAY 2: Carb Down

Carbs: 1 starchy carb at breakfast *or* lunch

20g – 25g protein powder mixed in water before workout.
Drink before, during and after workout.

Meal 1: 1 whole egg and 3 whites scrambled with sprinkle of cheese on top.

Meal 2: Orange Julius Protein Shake: 20–25 g protein powder added to 10–12 oz. premade orange Crystal Light drink (or tangerine or orange-pineapple, etc.)

Meal 3: 4 oz. Spicy Cajun Chicken *recipe below
½ cup of brown or basmati rice

Meal 4: Chocolate or Vanilla shake: 20–25g chocolate/vanilla protein powder added to 8 oz. water. Add ice to desired thickness.

Meal 5: 6 oz. turkey burgers; 1 cup broccoli; salad with 2 Tbs extra-virgin olive, 2 Tbs of Balsamic, and your favorite seasoning. Blend.

Meal 6: ½ cup of Greek yogurt mixed with 10 grams of protein (1 scoop of Propower). Add Stevia to sweeten, if desired. Top with 1 Tbs of Light Cool Whip.

Notes: If a.m. camper, 15-20 minute power-walk or jog after dinner. If p.m. camper, 15-20 minute power-walk or jog before you leave for the day.

Spicy Cajun Chicken

4 (four) 4-6 oz chicken breasts
¼ teaspoon sea salt
1 small can chicken broth
2 teaspoons curry powder
2 teaspoons crushed dried oregano
2 cloves garlic, crushed
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce
¼ teaspoon hot pepper sauce

Preheat oven to 375°. Arrange chicken breasts in a single layer in shallow baking dish; season with salt and set aside. Whisk together the rest of the ingredients until well combined. Pour over the chicken and bake, uncovered, turning once, until thoroughly cooked, about 25 minutes.

Makes 4 servings

Nutritional Value: Protein: 25 grams Carbs: 5 grams

Week 1 DAY 3: Carb Up

Carbs: Last two meals predominantly starchy carbs, including sweets and alcohol - don't overdo it!

20g - 25g protein powder mixed in water before workout. Drink before, during and after workout.

Meal 1: 1 whole egg and 3 whites scrambled on sprouted grain bread (Ezekiel) or 100% whole grain bread.

Meal 2: Chocolate raspberry shake: 20–25g chocolate protein powder added to 10–12 oz. pre-made raspberry Crystal Light drink

Meal 3: 3–4 oz. turkey breast with 1 slice cheese on 2 slices Ezekiel bread; 1 cup of fresh fruit – any.

Meal 4: Baked chips and salsa mixed with cottage cheese to taste. Don't stuff!

Meal 5: Healthy style pizza with small salad and 2 Tbs of dressing OR 1 cup of brown rice with 4 oz. of lean protein and stir-fry vegetables and 2-3 Tbs of your favorite low-fat dressing (sesame, ginger, etc.)

Meal 6: Skip. Lemonade made with water and fresh squeezed lemons – stevia to sweeten.

Notes: If a.m. camper, 15-20 minute power-walk or jog after dinner. If p.m. camper, 15-20 minute power-walk or jog before you leave for the day.

Week 1 DAY 4: Carb Down

Carbs: 1 starchy carb at breakfast or lunch

20g - 25g protein powder mixed in water before workout. Drink before, during and after workout.

Meal 1: Rolled egg white omelet with mushrooms *see below

Meal 2: Chocolate raspberry shake: 20–25g chocolate protein powder added to 10–12 oz. pre-made raspberry Crystal Light drink

Meal 3: 3–4 oz. turkey breast with 1 slice cheese on 1 slice Ezekiel bread; 1 cup of fresh fruit from “green” glycemic index.

Meal 4: 1 cup of cottage cheese or Greek yogurt with ¼ cup of “green” glycemic index fruits such as: grapes, chopped apple or berries. Sweeten plain Greek yogurt with Stevia, if desired. (Stevia can be found at Trader Joes or Henry’s)

Meal 5: Grilled seafood or chicken with veggie kabobs. Green salad with 2 Tbs extra-virgin olive, 2 Tbs of Balsamic, and your favorite seasoning. Blend. (May mix protein and veggies into salad).

Meal 6: Skip. Lemonade made w/fresh lemons, water and stevia to taste.

Notes: If a.m. camper, 15-20 minute power-walk or jog after dinner. If p.m. camper, 15-20 minute power-walk or jog before you leave for the day.

Rolled Egg White Omelet with Mushrooms

1 Tbs coconut oil (Trader’s) or butter, melted

2 teaspoons minced shallot or onion

Pinch of fresh thyme

1/4 cup sliced mushrooms, any kind

Sea salt and pepper to taste

5 large egg whites or egg replacement equivalent

Preheat broiler. Heat 1 coconut oil or butter in a medium, ovenproof skillet. Add the onion and thyme, and cook over medium heat, stirring constantly about 30 seconds. Add the mushrooms, season with sea salt and pepper, and cook over medium-high heat until mushrooms are tender and lightly browned, about 5 minutes. Whisk eggs until frothy. Season with salt and pepper. Pour the beaten egg whites into the skillet with mushrooms and cook over medium heat, drawing in edges of the omelet with a spatula as they set and tilting the pan to allow the uncooked whites to run underneath, about 40 – 60 seconds. Run the spatula around the edge of the omelet to release it. Fold one third of the omelet onto itself, and then roll it out onto a plate so it is oval in shape. Serve at once.

Makes 1 serving Nutritional Value: Protein: 20 grams Carbs: 5 grams

Week 1 DAY 5: Carb Down

Carbs: 1 starchy carb at breakfast or lunch

20g - 25g protein powder mixed in water before workout. Drink before, during and after workout.

Meal 1: Egg Salad *see below -- on 1 slice Ezekiel bread

Meal 2: 3 oz. turkey breast rolled in lettuce

Meal 3: Tomato stuffed with 3–4 oz. tuna; salad with cucumber, 2 Tbs extra-virgin olive, 2 Tbs of Balsamic, and your favorite seasoning, blended.

Meal 4: Mocha shake: 20–25g chocolate protein powder added to 8 oz. water in a blender; add 1 heaping tsp. decaf or regular instant coffee and ice for desired thickness.

Meal 5: 4 oz. Spicy Cajun Chicken *recipe above

1 cup of broccoli or asparagus and dark green salad with 2 Tbs extra-virgin olive, 2 Tbs of Balsamic, and your favorite seasoning. Blend.

Meal 6: Orange Julius Protein Shake: 20–25 g protein powder added to 10–12 oz. premade orange Crystal Light drink (or tangerine or orange-pineapple, etc.)

Notes: If a.m. camper, 15-20 minute power-walk or jog after dinner. If p.m. camper, 15-20 minute power-walk or jog before you leave for the day.

Egg Salad

This salad can be served rolled in lettuce leaves or scooped into celery stalks.

1 whole egg plus 3 egg whites, hard-boiled and chopped

1 tablespoon light mayonnaise

Diced onion to taste

Diced celery to taste

Combine all ingredients. Best if refrigerated before eating.

Makes 1 serving

Nutritional Value: Protein: 18 grams Carbs: 3 grams

Week 1 DAY 6: Carb Up

Carbs: Carbs: Last two meals predominantly starchy carbs, including sweets and alcohol - don't overdo it!

20g - 25g protein powder mixed in water before workout. Drink before, during and after workout.

Meal 1: Cottage Cheese Protein Pancakes *see below

Meal 2: Cinnamon Roll Smoothie *See below

Meal 3: Taco Salad *See below

Meal 4: Mocha shake: 20–25g chocolate protein powder added to 8 oz. water in a blender; add 1 heaping tsp. decaf or regular instant coffee and ice for desired thickness.

Meal 5: Tacos; make at home or go out (Don't stuff.); 1 lite beer or 1 glass of red wine.

Meal 6: Skip. Lemonade made with water and fresh squeezed lemons – stevia to sweeten.

Notes: If a.m. camper, 15-20 minute power-walk or jog after dinner. If p.m. camper, 15-20 minute power-walk or jog before you leave for the day.

Cottage Cheese Protein Pancakes

4 egg whites

½ cup old-fashioned oatmeal

¼ cup low-fat cottage cheese

1 scoop vanilla or plain protein powder

Dash of cinnamon

Cooking spray

No sugar jam

Greek yogurt

In a medium bowl or blender, combine the egg whites, oatmeal, cottage cheese, protein powder, and cinnamon. Coat a medium skillet with cooking spray. Add batter to pan and cook until set; flip and cook other side. Serve with Greek yogurt and Tbs. of no sugar jam. Makes 1 serving

Nutritional Value: Protein: 30 grams Carbs: 25 grams

Cinnamon Roll Smoothie

20-25 grams vanilla or chocolate protein powder
1 cup 1% milk or Almond Breeze almond milk
¼ teaspoon cinnamon
2 tablespoons Butter Buds (optional)
1 packet Stevia (optional)
¼ cup ice

Combine all ingredients in a blender and blend until well mixed.
Makes 1 serving

Nutritional Value: 20 – 25 grams of protein
Varies depending on what kind of protein powder and milk you use.

Taco Salad

12 ounces lean ground beef or turkey
2 teaspoons taco seasoning mix
4 cups shredded lettuce
4 ounces low-fat cheddar cheese, shredded
4 tablespoons salsa
2 tablespoons Greek yogurt

In a medium skillet over medium heat, brown the meat. Stir in the seasoning mix; set aside. Divide the lettuce onto two plates. Top each with half the meat mixture, sprinkle with low-fat cheese, and top with salsa and yogurt.

Makes 2 servings
Nutritional Value: Protein: 12 grams Carbs: 8 grams