



FreeleticsTraining.com

PRESENTS:

# NUTRITION GUIDE FOR HIGH INTERVAL TRAINING

HOW TO MAXIMIZE YOUR HIIT WORKOUTS &  
TRANSFORM YOUR BODY WITH A  
LOW-CARB LIFESTYLE!

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Please consult your physician or other healthcare professional before beginning or changing any fitness program to make sure that it is appropriate for your needs; especially if you have a history of any of the following:

- High blood pressure (you or your family)
- Heart disease (you or your family)
- Chest pain when exercising
- Chest pain in the past month when not engaged in physical activity
- Smoking
- Have high cholesterol
- Obesity
- Currently pregnant
- Bone or joint problem that could be made worse by a change in physical activity

If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Stop exercising immediately if you experience faintness, dizziness, pain or shortness of breath at any time. Do not disregard, avoid or

delay obtaining medical or health related advice from your health-care professional because of something you may have read in this ebook.

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**1**

# **INTRODUCTION**

**CONGRATULATIONS**, you have just agreed to bringing sexy back!! [FreeleticsTraining.com](http://FreeleticsTraining.com) is here to help you **DOMINATE** Freeletics and give you extra tools that will help transform your body to the best it has ever looked and felt.

## First and Foremost

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Freeletics workouts are not easy. Burning fat is.

Please understand that they are meant to push you and take you to a new level of fitness. That means the first 2 or 3 weeks may not be easy, but if you stick with it, you will get through out like thousands of others.

However, the workouts are not meant to destroy you – quite the opposite. They are meant to build your cardiovascular stamina and build lean muscle.

There is a lot of emphasis on the workouts and how to finish Aphrodite or Metis, but in reality, if you manage your diet correctly, you could lose a massive amount of FAT without lifting a finger!

This guide is meant to open your eyes and give you a better idea on how to use your body's existing fat as energy.

If you don't read beyond this point, just know that the results you see on YouTube didn't come from only doing the workouts and eating whatever, everyone who has succeeded has followed some kind of **food plan**.

Think of your nutrition as your **real training**. Why?

The majority of people **quit training programs** within the first 20 days! They get discouraged and blame the workout, saying “it doesn’t work for me.” We say BS!

If you could burn stored body-fat AND workout, your results will be so good, you won’t want to quit! Momentum is everything and food can be your rocket fuel - literally!



**2**

**WHY THIS GUIDE  
WAS CREATED**

Many people go through these yo-yo routines where they workout, they lose weight then they gain it again, then they quit because they don't feel like "restarting."

Let's say they finished a BeachBody™ workout program like Insanity or something like it - although they are successful, most users tend to gain weight soon after because the routines they followed are only for 25 minutes or 90 days!

These workouts do ALL THE WORK! However, results don't last for 90% of people. Why? The average users just wants to complete a 90 day program. Once they do, they can check it off the list and think they're done!

Freeletics has over 700 workout combinations that will turn you into a fat burning machine year-round! Our guide is meant to help you stay in fat burning mode as long as you want.

We should all be attacking diet and nutrition just like we attack any workout or program and to be fair, most are workout programs are just that - workout programs.



## How to Use This Guide

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Our goal is to get you to understand how fat gets made and used in the body. By the end you will know how to hack your metabolism so it only burns stored fat for energy.

You will learn HOW to turn your body into a fat-burning machine. Yes, there may be some sections that may bore you - and that's OK!

We don't want to bore you and have made this guide super simple to *digest*. We have **"TL:DR"** section at the end of each chapter in case you don't read and just skim read.

Thank you for taking the time read this, we hope you learn something!

**3**

**HIGH INTENSITY  
INTERVAL  
TRAINING 101**

Freeletics uses a combination of full-body movements and sprints to create high intensity interval workouts that will test anyone's fitness levels.

High intensity interval training, HIIT for short, is a style of workout where you alternate between periods of **very intense activity** with active rest periods at a much lower intensity.

HIIT intervals are short. You have less than a minute or so of extremely intensive movements – say a push up, a burpee, or a jumping jack.

Freeletics' high intensity training routines will trigger your body to burn fat all day long. One HIIT workout can have your body burning fat all day long.



## Typical HIIT Workout:

- **Dynamic Warm-Up:** 10-15 minutes
- **Short burst movements at max effort with minimal rest:** 15-25 minutes
- **Active rest between sets**  
*Example:* 1 minute intervals doing 15 seconds max, 45 rest – repeat X times
- **Typically repeat a set** 3-5 times
- **Cool-down & static stretching**

## The Freeletics Difference

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**Rest:** Freeletics workouts don't include much rest, it's notorious for how much demand it puts on the body. However, taking breaks is OK! You should rest as your body needs it, but the goal is to not take breaks and still maintain max effort.

**Rep Count Vs Timed Effort:** Instead of doing a workout for a set amount of time, you get a set amount of reps to complete – as fast as you can do them. So, instead of 1 minute max push-ups, it will say 40 push-ups, but you must do them as fast as possible.

## Freeletics Workouts:

- **Dynamic Warm-Up:** 10 min
- **Routines are not timed:** but measured by how fast you can complete a set number of reps
  - 25 burpees all out and timed vs 2 minutes of burpees all out
- **Minimal rest**

- Workouts have rest built into them, however, not all do
- **Static stretches to finish**



## HIIT v Cardio

Freeletics workouts will last anywhere from a few minutes up to 40+ minutes. Ideally, you will move from one set to another - your fitness level will determine when you finish.

### **FUN FACT:**

The more muscles are engaged and stressed during a workout, the more calories are burned up. Freeletics incorporates multiple full-body movements that will trigger a LOT of muscle fibers at once, for maximum fat burning effectiveness.

## Think of it this way:

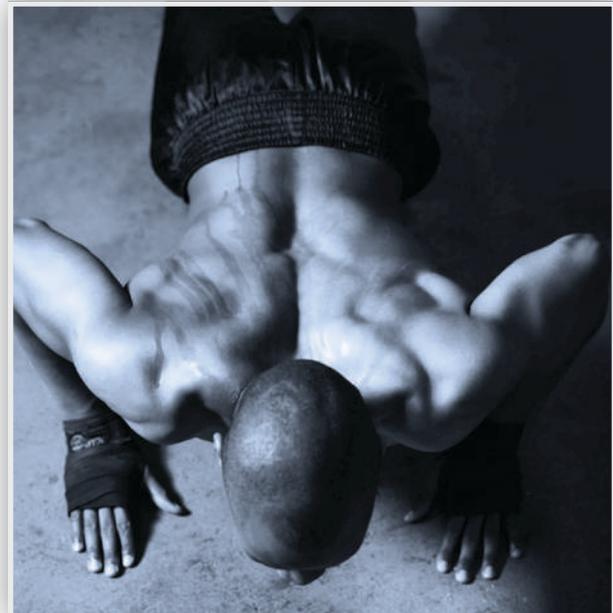
Which uses more energy – getting up to walk across the room to the kitchen to get a glass of water or picking up a glass of water on your desk and drinking it?

**Answer:** The first one.

This concept applies to your HIIT sessions. You want to do movements that will **challenge your body** in order to improve strength and cardio.

## Full body movements that will torch body fat:

- Squats
- Burpees
- Push-ups
- Pull-ups
- Sprints/Runs
- Mountain Climbers
- Jumps



When these moves are pieced together **at max effort**, your blood will be pumping and you'll be gasping for air. Calories will die!

As you adjust to Freeletics your body will resist fatigue more, you will be able to go at max effort longer, and you will be able to do significantly more reps fast.

In other words, you will become super-human-like.

Awesome.

## Calories Burned During a Freeletics Workout

You'll burn a high amount of calories *during* the workout itself. These workouts are intense. You can expect to burn more in 20 minutes of a HIIT routine than 1 hour on the treadmill at moderate intensity.

The actual amount of calories burned is different based on your weight, height, gender, etc... But if you're a calorie *Nazi*, estimate between 400-600 calories average.

Some workouts won't take more than a few minutes; however, you can add advanced skills to increase difficulty across all workouts.

In other words, don't worry; you will definitely burn calories...

## Post Workout Calorie Burn

Here's the real magic of HIIT.

After you have finished a routine, you will **continue to burn calories** for hours - up to 48 hours in fact, due to the high intensity of the workouts.

This occurs because your body is working hard to recover from that intense workout session.

Yes, even when you are sleeping you will be burning fat faster, all because you completed Aphrodite.

You will not get this same calorie burn from other steady-state cardio training workouts, which is why Freeletics has an edge over all other cardio training when it comes to **fat burning results**.

## Extra Credit: Increased Muscle Mass

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HIIT workouts burn fat faster than other routines because the increased demands on the body and intensity naturally will add more lean muscle to your frame.



Muscle tissue is highly metabolically active, meaning the more of it you have, the more total energy (calories) your body requires to function normally.

By adding lean muscle doing Freeletics, you will kick start your total metabolic rate *permanently*. This makes fat loss easier and makes maintaining your new body weight easier going forward.

It's a win-win-win.

Can you see why this form of training is so powerful?

When it comes to HIIT training, Freeletics puts together the best mobile app with 700+ workouts you can customize and create on your own.

Getting the coach and letting Freeletics design a routine based on your goals and fit levels is the best thing you can do from the start. It will take a lot of guessing out of your workouts.

## TL:DR

1. **HIIT** = More muscles are involved every workout
2. **More muscles used at high intensity** = More lean muscle
3. **More lean muscle** = More calories the body burns to fuel itself
4. **HIIT** = Faster fat loss vs cardio training

**4**

**NUTRITION 101:  
EATING YOUR WAY  
TO FAT BURNING  
MODE**

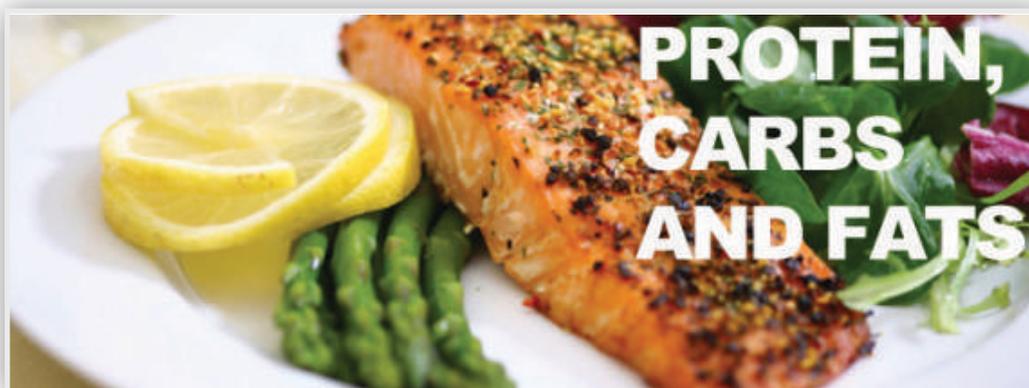
## Standard information everyone should know about nutrition:

1. The body obtains fuel from the food you eat
2. All foods can be categorized into one of three categories called **macronutrients**, or *macros* for short
3. A calorie is a unit of measurement created to measure how much energy is contained in foods. Calories are not bad, just a unit of measure - one we should be aware of but not obsess over
4. Your body needs a certain amount of calories to function properly, this is called your basal metabolic rate, or BMR
5. Gender, height, weight, and muscle mass will determine how many calories you should be eating on average.
6. Media has made fat the devil, it is not - it is your friend.
7. Simple sugars are the devil.

## What are Macros?

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- Proteins
- Carbohydrates
- Dietary fats



## Protein

Proteins are the main building blocks upon which new muscle is formed, old muscle is repaired, and other body tissues, cells, and substances are created.

Bodybuilders go nuts over protein because they breakdown their muscles every single workout and protein helps build them up again. This is a gross simplification, but you get the point.

### **FUN PROTEIN FACT:**

Protein is **rarely** used for energy unless you are in a situation where you are not taking in either carbohydrates or dietary fats. Proteins are just for building and helping cells regenerate, think of it as the worker bees.

## Carbs

They are important for energy, especially for endurance training when they can help the body with quick bursts of fuel. Carbohydrates, are currently the primary source of energy in the modern diet.

Our bodies love using carbs for energy because it's an easy and fast source.

Carbs are what we will be trying to significantly reduce in our diet – they are the culprit in today's obesity epidemic. They are not your grandparents carbs!

When the body breaks down carbs for energy, it converts them into *glucose*, which is sugar. This glucose is what the body looks for when it needs fuel.

Basically, we have all trained our bodies to run on sugar!

If your body is using glucose as its energy source, you can rest assured your body **will not** be using *stored body fat* for energy.

Our goal is to train the body to use FAT as fuel instead of glucose (sugar). If glucose is readily available in your body as a source of energy, your body will not touch its fat reserves.

## **Dietary Fat**

This is where people can get lost and confused. In the 80s and 90s, all fats were made to be evil and the reason why people were so fat. Thus the low-fat trend started and to this day has not died out.

Dietary fats are fats that can be found naturally in foods from plants and animals. These particular fats provide the body with a great source of energy as well as a significant amount of important nutrients that boost brain function, cardiovascular health, bone density and more.

Due to their chemical structure, these fats break down very slowly in the body. Therefore they provide a slow and steady lasting fuel source.

## Macro Breakdown

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For fat burning purposes, we will want to have macros be divided up in a way that restricts carbs, increases dietary fats, and has moderate protein.

Depending on your fat-loss goals, you may want to increase fats, reduce carbs as you wish. A good way to know your ideal breakdown would be to [use a keto calculator](#).

### Daily Macro Intake:

- **30-35%** of your calories from protein
- **50-55%** of your calories from dietary fat
- **15%** of your calories from carbohydrates

## Good Fats vs Bad Fats

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Fats are good but there are fats that have ruined it for the others. (We're looking at you, trans fats.)

Fats are high in calories, which is great for intense training, however most people are very confused about which fats, how much, and the quality of the product that contains fat.



**Saturated fat** comes from animals; beef, chicken, fish, etc...

Saturated fat is a debated fat, many like, some don't. In the end it's all about the SOURCE of the fat.

**Trans fat** is a fat made from a collection of hydrogenated oils. Trans fats are completely processed as they combine a number of other oils to make cheaper products. This is found in a majority of junk foods on shelves.

Yes – this is a gross over-simplification, but the goal is to **avoid trans fats**. By avoiding trans fats at all cost, if you learn nothing else, your body will thank you.

## **Foods Made With Trans Fats:**

- French Fries from fast-food chains
- Fried & battered foods
- Margarine (I can't believe it's not butter)
- Most pancake mixes
- Nondairy creamers (coffee-mate)
- Peanut Butter chocolates
- Most ice-creams
- Standard chocolate bars and candy



## **FUN FAT FACTS:**

Your body can utilize dietary fat as an energy source; however, dietary fat is a far longer lasting energy source, resulting in a very slow release fuel source. This means you can use fat as fuel!

## **Quality vs Mass Production**

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The mass-production of animal products in the modern era has completely changed the quality of the product. What was once a free roaming animal that would run around, and graze, is now kept immobile, fed antibiotics, and given a corn-based diet.

Just look on YouTube for videos on mass-meat production. It's gross, nevermind, don't do it.

On the other hand, the quality of products from organic, humanely raised, properly fed animals is significantly better. Grass-fed beef is shown to contain more nutrients, higher level of brain-loving aminos like omega 3s, and lower amounts of cholesterol.

**Source:** [Organic grass-fed animals vs Corn-Fed](#)

### **Easy ways to update everyday foods:**

- Organic grass-fed butter vs margarine or low-fat butter
- Grass fed beef vs processed, cheap quality meat
- Pasture-raised eggs vs regular egg or egg substitute

Basically, animals that are corn-fed and mass produced are higher in cholesterol causing fats, less omegas, and higher cancer risks.

## Sugar – The Fat Maker

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Keep in mind, many sources of sugar are hidden. For instance, be careful about which condiments and sauces you use, what beverages you're drinking and any dairy products you might be consuming.



Make sure you always read the **nutrition labels** as this is the best way to ensure that you aren't taking in sugar without realizing it. (In a few pages there will be a deeper into reading labels.)

**Sugar is not only a problem in fat gain, but can also lead to a number of health problems, including:**

- Increased risk for diabetes
- Heart disease
- Some cancers
- Concentration
- Depending on the sugar source, weaker bones

## **TL:DR**

- All food can be categorized into 3 macros; protein, carbs, and fats
- Saturated fats are good, trans fats are bad
- Restricting carbs reduces our bodies' dependency on sugar as fuel
- Fat can be a great source of fuel for the body, especially stored fat
- The quality of your meat and produce is important for long-term health reasons
- Simple sugars and synthesized sweeteners are very bad for long-term health
- Eat more fat!

**5**

**HOW EATING  
CARBS MADE US  
FAT**

## Introducing: INSULIN

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We've all heard that word, but what does it actually do?

Insulin is a hormone produced by the pancreas that regulates the carbs and fats you just ate. Its job is to make sure the cells in your body get the energy they need from these sources.

However, when there is too much glucose present in the blood – usually from an excess of carbs or sugar – insulin tells the body to store the excess sugar as fat.

Foods high in carbs and sugars will spike your blood sugar, which is what makes many people gain weight.

Keep in mind, carbs are not *bad*. An excess amount of carbs is what will increase the amount of glucose in the blood and thus an increase of sugar in fat cells.

If you are not active and your body does not need as much energy as you consume, it will thus become fat.

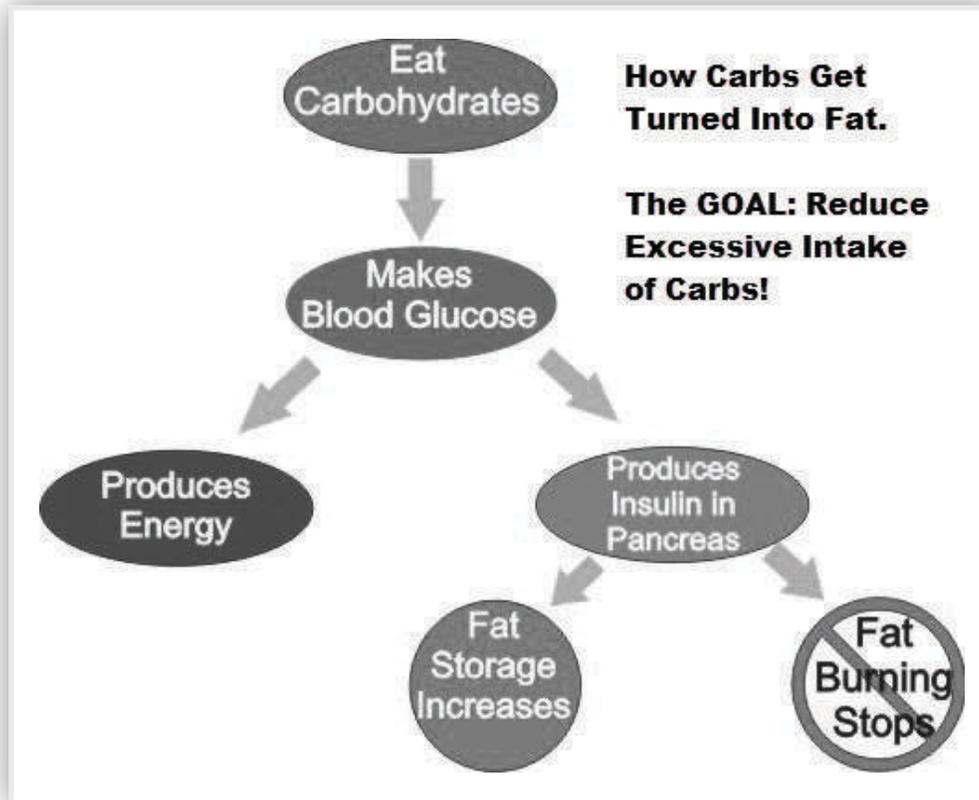
### When there is too much glucose (sugar) present in the blood stream, insulin does 2 things:

- brings down your blood sugar
- tells your body to **store fat**

### Side Effects of Excess Glucose:

- A sudden burst of energy! (yay!)
- Once insulin is released and does its job you experience a 'crash' as your blood sugar level fall back down (boo!)

- A lack of glucose in your blood will be detected and your brain will make you hungry very soon, repeating the cycle (boo!)



## TL:DR

- Carbs are good, but too much carb intake will create weight gain
  - Consuming excess carbs will spike your blood sugar levels
  - Insulin will be released to stabilize your blood sugar
  - Insulin will store excess glucose (sugar) in fat cells
- Spiking your blood sugar will make you have tons of energy
- You will soon crash after your spike
- Your brain will ask for more food since insulin will remove excess sugar and store it in your fat, thus repeating the cycle

**6**

**STOP STORING FAT  
& START BURNING  
IT**

This section is all about how to stop fat from being stored in the body so you can start using your reserves for energy!

Everyone on earth eats food, and that food is made up of 3 primary macros: protein, fats, and carbs. Proteins build stuff, they are not for energy. Fats are important and needed, however do not eat trans fats.



By now you get the idea, right?

Carbs are a fast, easy energy source for the body. Before becoming energy, carbs are first converted into *glucose* (sugar) and put into the blood stream to be delivered to individual cells.

However, when there is an excess of glucose in the bloodstream insulin tells the body to store the excess energy in your fat cells.

This is what the whole guide is about. Excited? You should be.

## How HIIT Helps Burn Fat

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Intense training such as Freeletics, stops the body from storing glucose and instead it uses it for energy. This happens during and immediately after the routine.

Simple - just do a Freeletics workout and boom - you *temporarily* stop storing fat.

But wait, there's more!

### **FUN FACT:**

Eating dietary fat can delay the process of storing glucose in fat cells.

How? Fats do not trigger your body's insulin response, therefore you don't store anything in your fat cells.

## #BoomScience

### Great, Tasty Fats You Can Add to Your Diet Today

- Avocados
- Eggs (pasture raised)
- Olive Oil
- Nuts - Almonds, Walnuts
- Fish - Tuna, Salmon

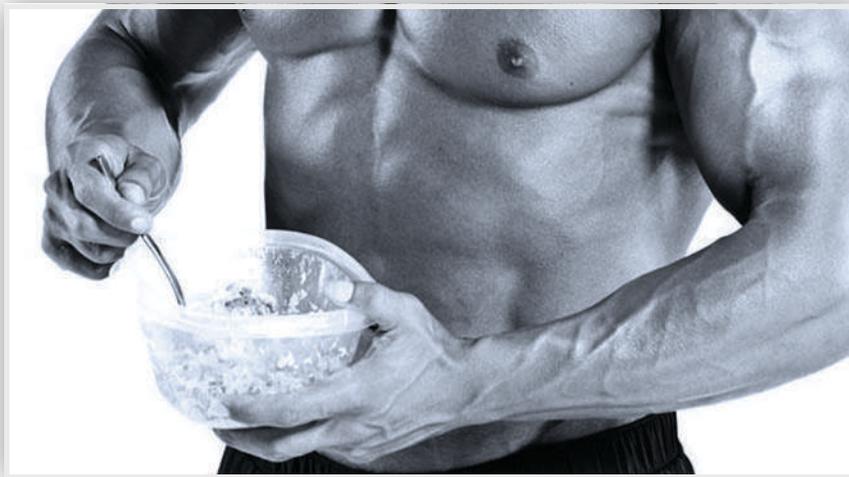


Great, right?!

## Start Burning Off Your Stored Fat!

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By utilizing more dietary fat in your diet and fewer carbs, you can train your body to stay in a fat burning state on a regular basis rather than a fat storing state.



This is extremely powerful as far as results go. So, re-read that statement if you need to. Write it down, post it somewhere you will see every day.

### QUICK TIP:

Reduce carb intake, increase healthy dietary fats!

Alright, let's connect back to Freeletics and HIIT training.

These workouts will significantly increase how much energy your body needs. This spike in energy demand will make the body use it's stored fat.

If this were economics, we'd say it's a simple demand and supply. Limit the supply, you increase the demand.

**#BoomEconomics**

**7**

**CALORIES: WHAT  
YOU SHOULD  
KNOW**

Calories are a very misleading number. They don't represent an actual unit of measurement, like an inch or gram.

Actually, a calorie is a unit of **ENERGY**.

The actual unit that can be measured would be *joules*. Calories are the batteries, joules are the volts.

Marketing companies love to sell us on idea that their products are 0 calories and consumers eat it up, without knowing WHY they need 0 calories.

To keep things simple, let's just assume calories are just a number to track and use as a guide. Our macros will tell us much more about what our body is using as fuel vs a calorie number.

When starting the Freeletics journey - especially if you haven't really worked out in a while - knowing how many calories your body burns a day is extremely useful.

This is called, basal metabolic rate, or BMR.

## **Calculating Your BMR**

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First, you need to know - on average - if you did nothing else, how many calories your body burns in one day. This is called your basal metabolic rate, BMR.

The same reason you will do a fit test with the coach - there needs to be a starting point of measurement, to know what you're working with.

For calculating your BMR many search results suggest [dailyburn's calculator](#) OR [bodybuilding.com's calculator](#).

Once you know your BMR – you can use that to start understanding more about how much your body needs in terms of energy each day.

Is this 100% accurate? – No! It's not about being completely accurate, it's is having something you can measure.

**Measuring is key to success**, especially with losing weight and burning fat.

To lose weight, for the sake of keeping things simple, you want to limit your calorie intake and basically run on a deficit.

## FUN FACT:

HIIT will increase your body's energy demand, thus increasing how much food/calories you can eat without gaining weight, which is awesome.

## #BoomMath

### How to Easily Gauge Your Calorie Intake

Make no mistake about it – you will not be able to eat all the fat and protein you want just because you are keeping carbohydrates out of the picture.

If you provide *more* energy to your body than what it needs to function each day, including the boost you get from the Freeletics, you may still **gain weight**.

First and foremost, you need to make sure you are taking in fewer total calories from your daily food intake than you burn off through your daily activities.

In a situation where there is excess energy, your body has to do something with it and insulin will be called to action and move energy into fat cells.

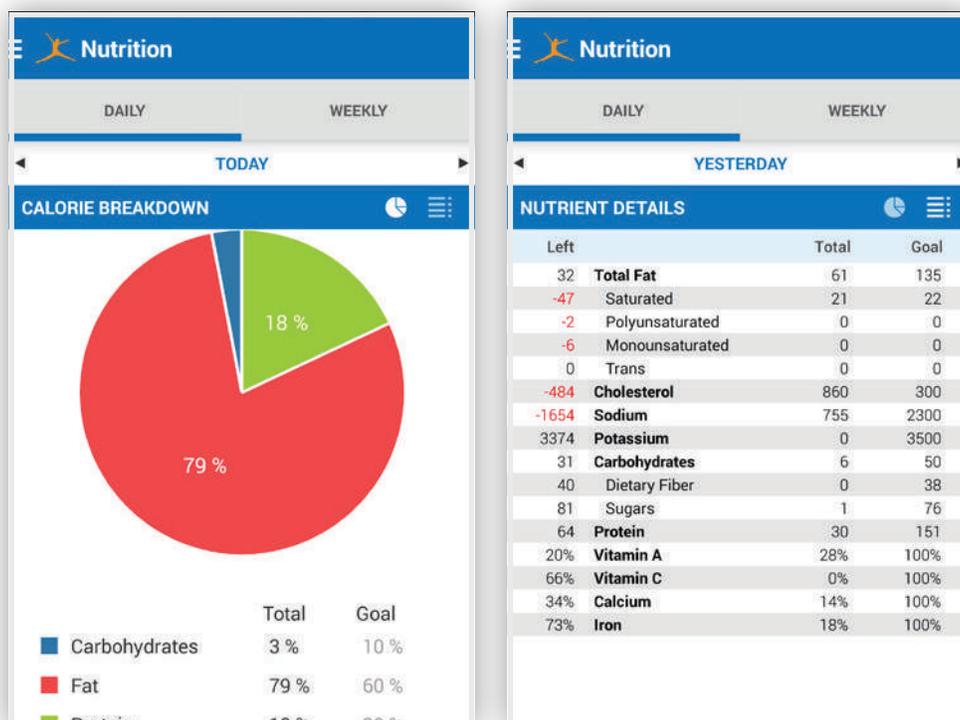
We recommend using a tool like [myfitnesspal](#)

## Why this app is awesome

You plug in your food – or scan the barcode, and it will tell you exactly how much protein, carbs, and fats you are eating.

For better, personalized results – create a profile and include your weight, height, age.

You will see your progress and get estimated weight-loss numbers! It's a great way to keep track of your progress and food in one app.



8

**READ THE LABEL**

Shopping for food is where you will make or break your transformation.

By now we know that carbs are bad for you when they are consumed in excess. We also know that we need protein and fats. The trick is making sure we are aware of what our food is made of, before buying it.

The trick to shopping for food is reading the label.

## **What to look for on the label:**

- How many carbs/ sugars does this product have?
- How much is in each serving?
- How much fiber?
- Proteins



## Carbs and Sugars

Carbs, as we've said, are to be minimized – however, they are not to be removed 100%. What you want to do is avoid products that have a significantly high amount of carbs, and sugar.

Nutrition Facts	
Serving Size 1 bottle (20oz)	
Amount Per Serving	
Calories 240	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
<b>Total Carbohydrate 65g</b>	<b>22%</b>
Dietary Fiber 0g	0%
<b>Sugars 65g</b>	
Other Carbohydrate 0g	
Protein 0g	
Vitamin A 0%	● Vitamin C 0%
Calcium 0%	● Iron 0%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### FOOD FOR THOUGHT:

People always ask: Is diet coke ok, since it has no sugar or carbs?

I guess - but to be an athlete, you should fuel your body like one. Diet coke will fulfill your need for some sweetness, however, it does nothing to help hydrate your body or keep you in fat-burning mode.

Vegetables are perfect for carbs, thus making them the best possible carb that can be added to all meals. Pair the veggies with lean proteins like chicken, fish, lean steak, seafood, eggs, and egg whites.

## Fiber

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Fiber is a gift from the Gods.

### **FUN FIBER FACT:**

Fiber is also a carb, but not counted as one. Why?  
Because it acts completely different from a carb.

**How:** It doesn't spike your blood sugar and actually helps control it!

When looking at carbs on a package, reduce the number of fiber to get your net carbs.

### **Quick Tip When Shopping**

You can subtract the fiber from carbs and get a "net carb" number. This is a great trick to get higher-carb foods, but not!

**EXAMPLE:** A product has 10 grams of carbs per serving and 4 grams of fiber.

10g of carbs & 4g of fiber = 6 net carbs.

## Protein

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This is what confuses people the MOST!

As most fats provide little or no fiber at all, you will need to include *some* carbohydrates in your meal plan, however they should be the ones that digest as slowly as possible.

## Fats

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When reading the 'Total Fat' section, we want to see total grams and make sure there are 0 trans fats.

## Servings

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Each product will tell you how much they have, per serving. This is very tricky because not all products will tell you the total, instead only what's in a serving.

This is where people get lost. If you view a one liter (600 mL) of regular coke and turn it around, the label shows this: (insert image)

However, if you notice, there are more servings in this bottle. You then have to multiply whatever numbers you see on the label, by the amount of servings you actually eat!

If you see a product only has 4 grams of carbs per serving, and you eat 4 serving's worth - you just ate 16 carbs!

**Nutrition Facts**  
Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

Amount Per Serving  
**Calories 50**

	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Potassium	†
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Sugars 13g	
<b>Protein 0g</b>	
Vitamin A	10%
Vitamin B3	40%
Vitamin B12	40%
Vitamin C	100%
Vitamin B6	40%
Vitamin B5	40%
Magnesium	†

† Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, calcium and iron.  
\*Percent Daily Values are based on a 2,000 calorie diet.

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**Servings Per Container!**  
- Multiply this number to get total calories, fat, carbs, etc..

**Example:**  
- 2.5 \* 50 calories = 150 calories  
- 13 grams of carbs \* 2.5 = 32.5 grams!!

**Pro Tip:**  
Myfitnesspal helps you figure this out with a barcode scanner.

**PSA:** Be aware of the servings!!

## EXAMPLE:

Current Label

**Nutrition Facts**  
Serving Size 8 fl oz (240 mL)  
Servings Per Container about 2.5

Amount Per Serving  
**Calories 110**

	% Daily Value*
Total Fat 0g	0%
Sodium 70mg	3%
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Sugars 30g	
<b>Protein 0g</b>	

\*Percent Daily Values are based on a 2,000 calorie diet

Proposed Label

**Nutrition Facts**  
Serving Size 1 bottle (600 mL)  
Servings Per Container 1

Amount Per Serving  
**Calories 275**

	% Daily Value*
Total Fat 0g	0%
Sodium 175mg	7%
<b>Total Carbohydrate 78g</b>	<b>26%</b>
Sugars 75g	
<b>Protein 0g</b>	

\*Percent Daily Values are based on a 2,000 calorie diet

Image from [foodpolitics.com](http://foodpolitics.com)

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**LOW-CARB DAILY  
MEAL PLAN**

You will want to eat about 4 to 6 times a day, however, if you decide to significantly increase your fats, you may not want to eat that much and ensure that each meal will have enough calories.

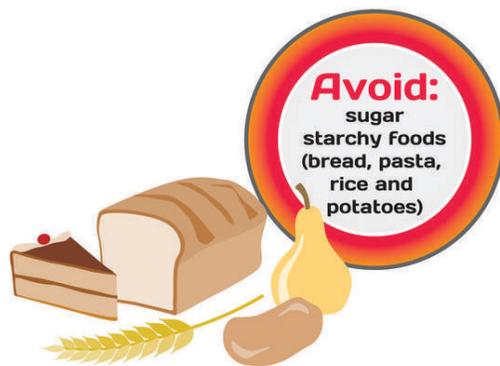
Since fat burns slower and is calorie-dense, a high-fat, high-protein meal will keep the body full much longer than carbs will. This can reduce hunger.

The exact amount of times you eat is really up to you. If you're hungry after eating a high fat meal, you may not be calculating correctly.

There is one exception to this diet set-up.

# LCHF DIET

Low Carb High Fat



## 7 Day Meal Plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Hard Boiled Eggs	Scrambled Eggs with Heavy Cream	Hard Boiled Eggs	Scrambled Eggs with Heavy Cream	Hard Boiled Eggs	Scrambled Eggs with Heavy Cream	Scrambled Eggs
Bacon Strips	Cottage Bacon	Bacon Strips	Cottage Bacon	Bacon Strips	Cottage Bacon	Guacamole
Avocados		Avocados		Avocados	Avocados	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Beef Stew with Sour Cream	Meat Balls and Sautéed Spinach	Avocado Deli Meat Platter	Steak and Goat Cheese Salad	Turkey Breast and Hummus Lettuce Wrap	Tuna & Guacamole Mixed	Salami Slices & Cottage Cheese
		Olives				
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Cottage Cheese	Salami Slices	Cottage Cheese	Slice of Parmesan	Cottage Cheese	Cheese Stick	Havarti Cheese
Celery Stalk	Cheese Stick	Celery Stalk	Bacon	Celery Stalk	Bacon Slice	Cucumber Slices
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roast Chicken	Steak	Roast Chicken	Roast Chicken	Roast Chicken	Ground Beef Tacos with Romain Shell	Shrimp with Garlic Butter Sauce Steamed Broccoli
Garlic Broccoli	Mashed Cauliflower	Garlic Broccoli	Garlic Broccoli	Garlic Broccoli	Quacamole	

### [Click to See Total Grocery List](#)

All your meals should consist of a protein, veggies, and fat. Lean meats are preferred over others, and keep processed meats to a minimum.

Eggs are the secret weapon for breakfast and ground meat takes almost no time to cook. Add your favorite fat on top (avocado is usually the best, olive oil too) and add a nice side of green veggies.

Meal plans are not hard to come up with, the goal is to know and understand the basics. Using MyFitnessPal will help you learn what you're eating more than any meal plan you get on the internet.

The Low-Carb diet can also be referred to as the Ketogenic diet and it's a spin on the Paleo. However, the rules are simple: no sugar, no grain, more fat!

Have fun with exploring more about fats and recipes!

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**WATER AND  
HYDRATION**



Water is important, it's the most overlooked and underrated part of helping turn your body into a fat burning machine.

Most people are walking around dehydrated for one reason or another.

We all know water is important, but, how exactly does it help? Well, we aren't scientists; however, there are some known facts about water:

Your body is made up of water, around 80-85%! Not diet coke, not red bull, but water. All the cells in your body need water just like you do. Waiting until you're thirsty means you have been dehydrated for sometime and your brain just noticed it.

It's imperative that you make sure you are adequately hydrated before each workout session. Not a cup before you work out, we mean a full liter or so an hour before.

The slightest amount of dehydration can lead to poor performance and can cause you to feel dizzy. Freeletics will have your blood pounding and if you don't have enough oxygen in your system, or your blood has too much crap slowing it down - you will do more harm than good!

So, how much water are we talking?

Considering Freeletics will definitely pump your whole body, you will want to average 2-3 liters of water a day, maybe a full gallon (4 liters) for at least 14 straight days.

Yep, that's a lot - at first.

Water is another gift from the gods and it's going to do wonders for your metabolism, your digestion, brain function, your recovery time, and more.

Since water carries oxygen throughout your body, the more you can add water to your daily routine, the more your body will be ready for intense workouts.

You will need all the oxygen you can get to do these routines, so please take this advice to heart!

## **QUICK TIP:**

- Aim to drink 8-16 oz. of water in the 2-3 hours prior to the workout
- Post workout, drink another 8-16 oz. to ensure you are fully replenished

One good way to determine if you are hydrating accurately is to look at the color of your urine. If it's anything brighter than a pale yellow then you know you should be taking in more water.

We would recommend pH strips to test your acidity but we're going to keep it simple. Drink your water, stop drinking sugar.

## What about sports drinks?

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After a workout, sports drinks are ok – but look at the sugar content of each and make sure this is not a coke dressed as a sports drink.

A good alternative to Powerade would be water with freshly squeezed lemon and some ginger mixed in. A sports drink after a workout won't hurt you though so figure out what is best.

### TL:DR

- Drink a LOT of water, your body will need it for these workouts
- Avoid sports drinks unless it's after you workout

What about **booze**? Glad you asked! Onto final section of the guide!

**11**

**LET'S BE HONEST  
ABOUT BEER &  
BOOZE**



The last thing that needs to be discussed is alcohol. Most people enjoy relaxing in the evening with a beer or a glass of wine and for our purposes, this may not be a smart idea.

When trying to achieve **optimal fat loss**, you should consider not drinking during the first few weeks - at least!

There are three key reasons for this.

**First**, as soon as that alcohol enters your system, **all fat burning** stops.

Why? Because alcohol is viewed as a *toxin* by your body, it's going to work on oxidizing - burning - it off. That is the priority of the body, to preserve itself.

Only once the alcohol has been burned off, can fat oxidation, or burning, resume.

So each time you take a drink, think of it like taking a break from burning fat. With each drink you take, you'll be out of the 'game' longer.

**Secondly**, remember that alcohol contains calories and depending on what you are drinking may also contain carbs.

If you were to drink a sugary cocktail like a margarita, you'll not only be taking in 7 calories per gram, but you will also add 4 calories per gram of glucose.

Add in the sudden spike to your blood sugar levels and insulin, and you know how that story goes.

Bottom line - no sugary booze.

**Finally**, alcohol lowers your will power.

There's no telling what you'll eat when you're drinking, so it may distract you from your low carb diet entirely. It's important that you sustain **good food control**, and **staying sober** is the best way to do this.

While one drink every couple of weeks isn't going to do much damage, drinking one or more drinks each night will.

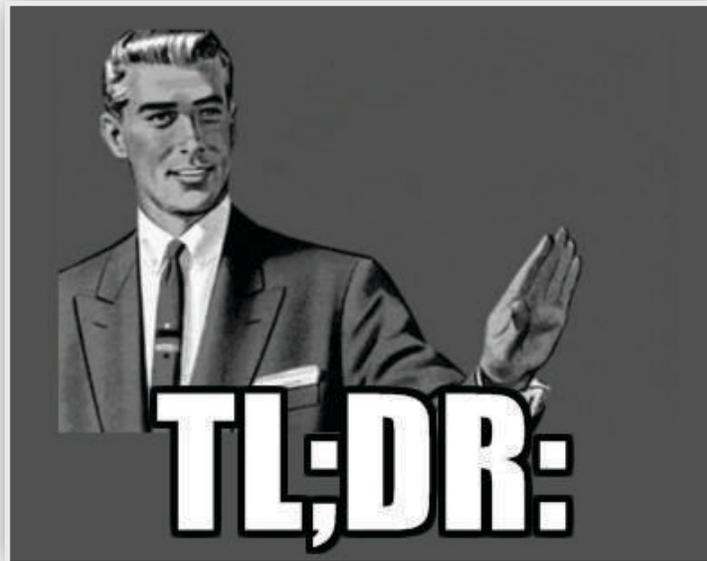
Overall, if you want to be serious about melting off the fat and seeing amazing results, ditch the alcohol. For the time being, it just doesn't need a place in your plan.

## TL:DR

- Booze will negatively affect your performance if you are drinking to get drunk-drunk
- Red wine is fine, but for maximum fat-loss, it's best to keep it to a minimum as best as you can
- Binging only on weekends will set your progress extremely back, try to avoid it

**12**

**TL:DR**



This section is for you folks who like to skim and not read things:

## **How You Store Fat:**

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- Overeat carbs
- Carbs are converted into glucose and spike blood sugar levels.
- Insulin is released.
- Insulin moves glucose into fat storage.
- Reduced glucose in the blood-stream triggers a hungry feeling
- The cycle then begins again.

## **Burn Your Fat Off:**

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- Lower your carb intake while boosting dietary fat to keep blood sugar levels stable, this will lower the release of insulin.
- Allow your body to tap into stored body fat as a fuel source due to lack of glucose present.

- Eat your carbs around workout times to increase performance, boosting your metabolic rate in the process so you use more fat as fuel *all day long*.

## **Core Method for Burning Fat:**

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Avoid spiking the blood sugar! Reducing carbs and glucose as the body's main energy source and training it to use stored body fat.

## **Nutrition Guide Wrap Up**

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- Dietary fat = good
- Saturated fat = OK - try to get it from organic, quality sources
- Trans fat = bad
- There is no place for sugar in a healthy diet plan.
- Drink 2-3 liters of water each day
- Don't drink booze for first few weeks
- Measure your BMR
- Eat 35-45% Protein, 45-55% Fat, 10-15% Carbs
- Track progress using apps like myfitnesspal
- Create a meal plan, stick to it
- Have fun!