

PART 1 – ONLINE NUTRITION COURSE

If you are really going to finally take control of your health, and the amount of muscle you have and the amount of fat that you have on your body, then you must understand this concept. Remember, the more muscle you have, the higher your RMR...resting metabolic rate...and the leaner and easier it is to stay at your ideal bodyweight...and the concept we are talking about is your **metabolism**.

The exciting thing is that ...YOU CAN CONTROL YOUR METABOLISM

Let's use this simple definition of metabolism. Metabolism means *the speed which your body burns through food*. Simple enough, right? Then to speed up your metabolism (which will allow you to burn more calories), it is important that you fuel your body with food frequently throughout the day. I am going to say it again: Eating frequently throughout the day will speed up your metabolism.

Understanding this and believing this are vital.

You are going to eat at least 5 meals a day. If you want to lose weight, you are going to eat 5 meals a day. It might not completely make sense to you yet, but as you begin to understand metabolism, and as you begin getting the results that you want, your comfort level with eating this many meals will increase.

We will go into this in more detail in the upcoming days, but for now, understand that you need to eat supportively and every 3 to 3 and a half hours.

For now I'm just going to tell you that supportive eating means making sure that each meal consists of a lean protein, a starchy carbohydrate and a fibrous carbohydrate.

Here is a short list of proteins, starchy carbs and fibrous carbs to get you started:

Lean Protein: tuna in water, egg whites, turkey, whey protein powder, chicken breast, fat free dairy, tofu

Starchy Carbohydrates: yams, brown rice, whole grains, oatmeal

Fibrous Carbohydrates: broccoli, cauliflower, onion, celery, peppers, cucumber, green beans.

So as you can see, the good news is that you are not going to have to go on a restrictive calorie diet in order to lose weight. Nor will you have to eliminate carbohydrates, or eat fat free. This is all bad information that you have been given. Bad, bad, bad. Erase it from your mind.

In the remaining lessons, you will learn exactly the truth about nutrition and weight loss, once and for all.

PART 2

OK, to summarize from day 1 about supportive nutrition...put simply, every 3 to 3 and a half hours, put into your body a lean protein, a starchy carbohydrate, and a fibrous carbohydrate. Simple enough, right?

Well let me give you a little bit more information for you, which will explain the concept of supportive eating better.

Nutrients are compounds your body needs to sustain life, right? And foods are made up of nutrients. There are **six nutrients** your body needs:

proteins, carbs, fats, vitamins, minerals and water.

And your body needs all of them. Not 4 of them. Not 5 of them, but all 6.

Fat is often misunderstood, so we'll start here.

But I like to keep things simple if that's Ok with you...

Fats are not created equal.

There are good fats and bad ones.

Fat *DOES* play a role in nutrition and optimal health. Fat acts as insulation in the body so you can maintain internal heat. Fat is important for brain activity. Fats are also a primary source of energy. Fats also allow proteins to be used to build and repair cells. In fact, the right types of fats are necessary for optimum fat loss.

So do you see that some fat in your body is necessary and good?

The key is you want to take in enough fat to meet biological needs,

without taking in more than necessary.

Now - fatty acids are key components of fats and fats can be divided into two groups: non-essential fatty acids and essential fatty-acids.

The **essential fatty acids** are divided into 2 groups that you have probably heard of - omega 3s and omega 6s.
You need these fats in your diet.

Saturated fats - the ones found in red meats, butter and most fatty foods, are solid at room temperature. They offer very little biological value and are often stored in your body. Therefore you want to **minimize your intake of saturated fats**.

As I mentioned at our Nutrition Seminar...as a rule of thumb, consume less than 10% of total fat calories from saturated fats. You can read this on the food label provided on back of the food package.

Completely avoid **hydrogenated fats** and **trans fats**. ***They will damage your body and can screw up your metabolism.*** Usually trans fats are found in products that have a lot of shelf life like crackers, spreads, baked goods, etc.

Remember how I taught you to focus on eating foods that were around when our grandparents were around, whole foods that come from the earth, and eat less foods that come in boxes and wrappers.

Click here for the top 10 Foods Containing Trans Fats:
<http://www.webmd.com/diet/features/top-10-foods-with-trans-fats>

So where do you find those **Omega 3s** and **Omega 6s**?

Foods which contain these types of fats include:

- *Unprocessed green vegetables*
- *Many seeds, nuts and oils (pure virgin olive oil, canola and fish oil)*
- *Fish (salmon)*
- *Poultry*

**Eggs (omega-3 eggs)*

**Lean meats*

**Avocados*

As you can see, the sources that you will be getting most of your fat are also considered **lean proteins**.

So one of the tricks to help you release and burn fat is to avoid adding fats to food (such as butter), and do not eat foods that get most of their calories from fat, **like high fat cheeses**, and **deep fried foods**. Do include foods that contain omega 3s and omega 6s.

You can also purchase fish oil capsules from the vitamin store and usually they have an odorless fish oil capsule.

Well enough about fats.

The next lesson will focus on one our biggest enemies - **sugars! Yes white DEATH!!!**

PART 3- SUGAR:

I am very passionate about this subject. I had 2 Uncles, a couple of cousins, and couple of childhood friends either die or have severe complications because of diabetes. One of my friends got adult on set diabetes and all I remember is the sugar loaded Capri-sun fruit juices and soda pops in his refrigerator stacked up to the top when we were kids. **Sugar is WHITE DEATH!!!!**

Not only health reasons, but **for fat loss sugar MUST be avoided**. Below I will tell you why sugar is your fat loss enemy. This is what we will focus on.

Many people looking to lose weight end up choosing fat free cookies, cakes, and ice cream. This is a mistake because often the number 1 ingredient in these foods is sugar.

Also be aware of all of these "organic" and supposedly healthy products that you see at Whole Foods and other grocery stores. Organic doesn't necessarily mean healthy...many of those products are loaded with sugar.

"Sugar is often the #1 culprit in someone failing to lose the weight they desire."

Sugar actually prohibits fat release. Here is how:

When you put a simple sugar into your body, whether it is a fat free cookie or a soft drink, all of the sugar quickly gets absorbed into the bloodstream. That leads to a state of elevated blood sugar.

In healthy individuals, the pancreas releases the hormone insulin which transports the sugar out of the bloodstream to be stored in the muscles and liver.

The pancreas also manufactures the hormone glucagon. As the pancreas increases production of insulin (from eating simple sugars) it decreases the production of glucagon.

Why is this relevant? Well glucagon releases fat. So when you eat a simple sugar, you cannot produce glucagon and your fat is locked in, unable to be released.

Going back to our simple nutritional guideline of **eating a meal every 3 to 3.5 hours, we can also add that these meals will ideally be free from simple sugars and low in fats.**

So for right now get rid of the sugar in your diet, and watch your fat intake, OK?

The next lesson will go into more detail about carbohydrates other than simple sugars and also talk about the GI chart or Glycemic Index)

PART 4 - Carbohydrates:

There is so much confusion about whether carbohydrates are good or bad, whether we should eat them or cut them out from our diets. We can thank the Atkins Diet and The South Beach Diet for a lot of this confusion.

Well I just told you in the last lesson that sugars are carbohydrates and they can have a negative effect on your fat loss efforts and your goal for optimum health.

Let me just explain to you that carbohydrates should be a vital

part of your diet. Natural carbohydrates, except for simple sugars, are your body's preferred source of fuel. They are also essential for consistent energy production and many foods with carbohydrates contain an abundant supply of vitamins and minerals.

In their natural state, grains are very nutritious. In their natural state, grains are also very thermic. The more thermic a food is the more calories are burned during digestion. So when you eat a natural grain, you burn quite a bit of calories when your body digests that food.

When natural grains are bleached and processed to make breads, pastas and pastries, this isn't so good. The machine does most of the work that your body was going to do. In other words, the thermic effect of the bleached and processed grains is drastically reduced and you will not burn many calories when you digest these foods.

This process also destroys the vitamin and mineral value of the grains.

Refined carbohydrates such as white bread, white rice and most cereals, have very little nutritional value, are easily converted to triglycerides and are stored as fat. These refined carbohydrates should not be included in our supportive eating plan.

So to restate our nutritional guideline:

Eat a lean protein, a starchy carbohydrate and a fibrous carbohydrate every 3 to 3 and a half hours and your meals should be free from simple sugars, free from refined carbohydrates and low in fats.

The next tip will provide you with a list of foods that fall under the categories of lean proteins, starchy carbohydrate and fibrous carbohydrates. These foods should be consumed as part of your supportive eating plan. You received a similar list of foods at my nutrition seminar if you were there.

Hopefully you see it is really very simple when you break it down and apply this knowledge.

Talk to you soon,

PART 5 - PUTTING IT ALL TOGETHER:

Putting It Together

OK, the following is a list of foods that should make up the foundation of your supportive eating plan. This is far from a complete list but it does provide you many examples of the types of foods that you should be eating. Most of these were on the

list I passed out at the nutrition seminar.

Lean Proteins:

Egg whites, chicken breast, turkey breast, tuna, shrimp, lobster, cod, salmon, swordfish, shellfish, sushi, halibut, marlin, cobia, tofu, grouper, mahi-mahi, flank steak, fat-free dairy products

Starchy Carbs:

Potato, tomato, sweet potato, peas, oatmeal, amaranth, cream of rice cereal, brown rice, jasmine rice, couscous, corn tortillas, whole wheat bread

Fibrous Carbs:

Broccoli, cauliflower, carrots, green peppers, yellow peppers, red peppers, mushrooms, cabbage, kale, parsley, scallions, romaine lettuce, okra, zucchini, onions, asparagus, spinach, string beans, cucumbers, celery, brussel sprouts, turnips, alfalfa sprouts, leeks, radishes, kelp, sweet and hot peppers, summer squash

As you see I listed more fibrous carbs because *i want you to focus on these carbs* more than the starchy ones.

For great examples on how I put these foods into meals please refer to the Ultimate Meal Plan System I created for you.

PART 6 – NUTRITION COURSE FINAL WRAP UP:

Hey Ladies,

So this is the final part of this post seminar nutrition course and I hope you enjoyed it.

Well by now, you should understand the importance of eating often, eating the right fats and carbohydrates and exactly how to eat supportively. You also know which foods should be included in a supportive eating plan.

Now I know it does take some time and effort to change some old habits. You might even have to block out some time each day and figure out how you're going to get 5 or 6 supportive meals throughout your day. But that is OK to spend some time on this. We are talking about your health. I promise you that with some

time and effort initially, supportive eating will become easy and second nature. Your health is a priority.

In my new book the "**Wellness Code**" which was released last year on Amazon.com and available through Barnes and Noble I wrote about my 30 Day Trial. If this stuff is new to you then start by implementing just one or even few of these things for 30 days and then after you hit that milestone and your new healthy upgrade becomes a habit then take it up a notch. Taking little baby steps each and every day add up and in 1 year amazing progress can take place.

Don't underestimate just 1 degree of change. At 211 degrees Fahrenheit water is boiling but just 1 degree more and at 212 degrees Fahrenheit that water now turns into steam...the same steam that is used in locomotive engines to power huge trains across the world.

I am sure you get the point...don't expect to make all these changes overnight...instead adopt the basics...make it part of your lifestyle and before you know it they will be part of you DNA and you won't have to think about it. Health and fitness is a lifestyle and not something you do for 1 month and then you're done.

In my **Ultimate Meal Plan System** I included some excellent tips and created a great meal plan for you to follow if you choose but I wanted to take it a step further and show you how I create a daily eating regimen by giving you a real life example.

OK, here are some meal options that would fall under the category of supportive:

Breakfast:

In a restaurant: Egg white omelet, cooked in very little oil or better yet, no oil, with peppers, mushrooms, tomatoes, and onions. No cheese please. But do add a side of oatmeal and there is your supportive meal.

At home if you're in a hurry: Oatmeal mixed with protein powder and cinnamon

At home if you have more time: Fat free frozen hash brown potatoes cooked in a non stick pan (with no oil) or light olive oil) then covered with egg whites and broccoli

If you are eating breakfast at 6:00 in the morning, then your next meal would come at 9:00am and your third meal would be at 12:00. (The clock should always be your guide as to when to eat next, and not when you feel hungry or based on your activities. Remember you can take these tips and use them to manipulate your metabolism turning yourself into a ***Fat Burning Inferno 24 hours a day***...how cool is that?) 😊

Here are some examples for your next couple of meals:

Pick up on your way to work (if you didn't prepare):

Turkey breast on Ezekiel whole grain or rye bread with a cup of vegetable soup and a small organic apple

Fast food option: (hopefully not)

Chicken breast (please throw away the white bread and pass on the mayo) with lettuce and tomato, or you could have a chicken breast, salad, and baked potato (skip the butter and sour cream).

Starbucks:

Starbucks has a few excellent options: Oatmeal (no sugar) their egg white wraps are not too bad, and they also have plain almonds and other nuts in small bags.

Make at home and take with you to work:

Chili made with beans, tomatoes, ground turkey meat and onions

Now we would be eating around 3 and 6 to finish the day. Adjust the times according to your schedule.

Prepare on barbecue grill:

Grilled salmon, chicken breasts, squash, mushrooms, peppers

Are you beginning to see how there is lots and lots of

flexibility as to what you can eat? Please just take the time to prepare for the day. If you are on the road the next day know where you can stop or take a meal with you. Obviously, the more you can prepare your meals instead of restaurants the better off you will be.

One quote I always use is...*"abs are made in the kitchen...not the gym"*.

Meaning

eating healthfully and preparing your meals in advance is what is going to give you the waste-line and stomach you abs-olutely love!

For me I have my chef cook up and drop off 14 chicken breasts Fillets, and/or pieces of fish Sunday night, now I have chicken on hand for the whole week. Also will cook 7 sweet potatoes and a pan of brown rice. I never want to be caught stopping and grabbing something I shouldn't eat because I wasn't planning ahead.

Well that is enough about food. You have the knowledge now of how to eat supportively. So now you have my 6 part Nutrition Series and now that you understand the truth about nutrition and weight loss and you have the knowledge to apply them and live a healthy life.

As always, there are no gimmicks, quick fixes or short cuts. There is however, the right information ...this candid information...that will allow you to eat delicious meals, eat often, and allow you to get in your dream shape and have you feeling energetic and amazing.

Please feel free to pass my free Email Nutrition Course on to your family and friends

to help them in their quest for a healthy life.

Enjoy your camp 😊

Dave