

#PERFORMSMART

FAT LOSS E-BOOK

PHD ®
PERFORMANCE NUTRITION

NUTRITION FOR FAT LOSS

The principle of fat loss is a calorie deficit. Without a calorie deficit fat loss will not occur. There are no exceptions. Simple.

ENERGY IN = ENERGY OUT



Food and Drink



Physiological Functions
Physical Activity

WHAT IS A CALORIE DEFICIT?

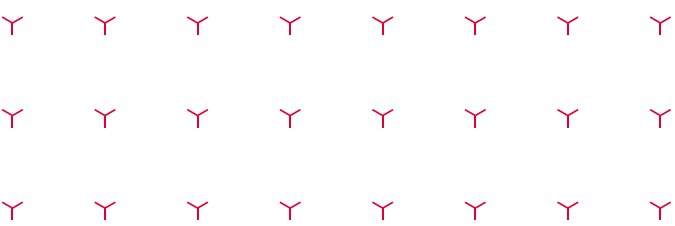
When an individual consumes the same amount of calories as they expend throughout the day, they are said to be in energy balance (Energy in = Energy out). At this point, this individual will neither lose nor gain weight. A positive energy balance is when calories consumed are greater than energy expended, leading to an increase in body weight. Conversely, a negative energy balance, known as a calorie deficit, is when calories consumed are less than energy expended leading to a reduction in body weight.



CREATING A CALORIE DEFICIT

There are 3 ways to create a calorie deficit:

- 1** Decrease energy intake by reducing the number of calories consumed through food and drinks.
- 2** Increase energy expenditure by increasing daily activity and/or exercise e.g. walk instead of driving to work or adding in an extra workout to your weekly routine.
- 3** A combination of both i.e. a reduction in caloric intake and an increase in energy expenditure. This is most likely to be the best option for the majority of people, because exercise tends not to burn as many calories as expected or necessary for sustained fat loss. Also, increased activity can have a detrimental impact on hunger levels for some people which can make sticking to a calorie controlled diet difficult.



METHODS TO ACHIEVE A CALORIE DEFICIT

- Utilising a low-calorie diet to reduce the total daily calories consumed. This can be done by reducing or limiting intake of food and drinks such as confectionary, high calorie sauces, takeaways, sugary drinks and alcohol
- Portion control
- Reducing carbohydrates
- Reducing fats
- Restrictive dieting by removing food groups such as gluten, dairy and grains
- Fasting or windowed eating which reduces the time in which you can eat in a day
- Using low calorie meal replacement shakes e.g. PhD Diet Whey Lean MRP Shake

POPULAR DIETS FOR FAT LOSS

There are also a huge number of popular diets that claim to help you achieve your fat loss goals, some of which are listed below:

- The Ketogenic Diet
- The Alkaline Diet
- The Paleolithic Diet
- Intermittent Fasting
- Calorie Periodisation
- The South Beach Diet
- Slimming World
- Clean Eating
- If It Fits Your Macros (IIFYM)

All of these diets can be extremely successful in achieving weight loss because the underlying premise of each one is that they all aid in supporting a reduction in total daily calories, aka helping to put you in a caloric deficit, which as we now know is critical for weight loss to occur.



Despite what you read on the internet or on social media, there is no superior method or diet; each has their pros and cons. Ultimately, the method you choose should be based on many factors, such as your lifestyle, whether you prefer a tracking or non-tracking approach, how structured you want your method to be, what your dieting history is like, how much spare time you have, what your relationship with food is like, your knowledge of nutritional information, how intuitive you are to hunger cues, and if you prefer working with numbers. Ultimately the method you use should be the one that is most suitable to you and thus the one in which you are most likely to adhere to. Without adherence to a calorie deficit, fat loss will simply not occur. Adherence to a calorie deficit therefore is the single most important factor to facilitate fat loss. Also, bear in mind that an effective dietary approach for one individual may not be effective for another so choose one that is right for you.

Finally, don't be afraid of switching your approach. Often individuals find that one approach works well at the start of their weight loss journey but then poor habits may

start to occur – weight loss starts to plateau, at which point it is time to think about changing your method.

HEALTH AND FAT LOSS

The good news is that any diet that puts you in a caloric deficit will result in fat loss. However, this also means that this is the case regardless of what your diet consists of, meaning that if all your calories come from a diet made up solely of doughnuts, but you are still in a deficit, then you will still lose weight. In which case, there can be a tendency to overlook the importance of food quality. Although there are many benefits to health as a result of weight loss, having a good body composition does not necessarily indicate good health. Therefore, despite the fact that calories are the priority for fat loss, consideration should always be made to opt for nutritious, wholesome foods when possible in order to prevent any deficiencies. Additionally, it is important to ensure there is sufficient intake of all macronutrients as well as a wide variety of healthful foods such as fruit and vegetables to create a balanced diet that supports optimal health.

TOP TIPS TO HELP YOU STICK TO A CALORIE DEFICIT

So now you know the science behind weight loss, the rest is easy, right? Not necessarily. Dieting, for the majority of people, is hard because you will be hungry and managing that hunger can be uncomfortable and frustrating. Below are some tips to help you minimise your hunger levels to help you adhere to a calorie deficit.

PROTEIN

After calories, protein is the next key consideration for those eating in a calorie deficit in order to help maintain muscle mass, support recovery from exercise and due to its satiating effects. Protein requirements differ from person to person, however, generally speaking individuals should be aiming to consume between 1.2-1.7g of protein per kilogram of bodyweight per day, ideally splitting the intake throughout the course of a day. Check out the below smart swap to help increase your protein intake.

SMART SWAP

Swap your tablespoon of honey for a scoop of protein in your porridge, making your meal higher in protein and lower in carbohydrates. This will help to keep you fuller for longer and also supports muscle retention.

SWAP



+



FOR



+



“TRY TO HAVE A PROTEIN SHAKE BEFORE YOU GO OUT SO YOU AREN'T RAVENOUS AND TEMPTED TO DEVOUR THE ENTIRE BREAD BASKET!”



INCREASE THE VOLUME OF YOUR FOOD

You can do this easily by adding foods with a low-calorie density. Green leafy vegetables like courgettes, cucumber and lettuce are a perfect addition to bulk out your low-calorie meals and these will also contribute to your micronutrient and fibre intake. You could also try making your own homemade soup with lots of vegetables and water, or an egg white omelette packed full of veggies to help fill you up without the unwanted excessive calories.

TREAT MEALS

Treat meals, often referred to as 'cheat meals', can sometimes be a good tool to use within a calorie controlled diet to help keep motivation high. However, they can also be a recipe for failure if they aren't carefully considered and can undermine all of the hard work you put in on the other days of the week. Try and limit the treat meal to one meal as opposed to an entire day, as this is less likely to put you in a calorie surplus. Also, try to have your treat meal on your most active day of the week.













BE SELECTIVE

When going to restaurants, pick those which display the calories on the menu, for example Nando's, or Prezzo so you can be mindful of the calories you consume. If calories are not listed on the menu, opt for a piece of protein with an accompanying carb or fat. Also, try to have a protein shake before you go out so you aren't ravenous and tempted to devour the entire bread basket!



BE MINDFUL OF YOUR CALORIES

You will quickly notice that there are numerous smart swaps you can make that will help to reduce your calorie intake. Below are just a few:

| | |
|--|---|
| <p>LARGE WHITE WINE</p>  <p>228 kcal</p> | <p>GIN & SLIMLINE TONIC</p>  <p>78 kcal</p> |
| <p>SLICED BREAD</p>  <p>176 kcal</p> | <p>SANDWICH THIN</p>  <p>100 kcal</p> |
| <p>RED MEAT</p>  <p>165 kcal</p> | <p>LEAN MEAT</p>  <p>115 kcal</p> |
| <p>MAYONNAISE</p>  <p>100 kcal</p> | <p>QUARK</p>  <p>20 kcal</p> |
| <p>POTATOES</p>  <p>172 kcal</p> | <p>ROOT VEG</p>  <p>80 kcal</p> |
| <p>CHOCOLATE BAR</p>  <p>245 kcal</p> | <p>DIET WHEY BAR</p>  <p>199 kcal</p> |

TRAINING FOR FAT LOSS

When it comes to training for fat loss, it's easy to assume more = more.

This is a really common assumption to make amongst gym goers. They do more reps, more cardio and more volume in general which ultimately leads to more and more stress placed upon the body.

Now, people are fast to call out cortisol and say how bad it is for you. Again, not necessarily true. Cortisol is good for us in small doses. When stress is placed upon the body it forces us to adapt and progress. Only when cortisol is produced in excess, due to high levels of stress, it starts to play to our disadvantage. It interrupts with essential insulin regulation which starts a whole chain of events going off in our body that actually inhibits fat loss.

So, first, let's take a look at frequency. Ideally you want to be in the gym between 3-5 times per week. Now, that doesn't mean that if you go twice you won't lose body fat; it's still possible, providing you are in a calorie deficit, however training more will stimulate muscle tissue more frequently and encourage your body to put stored glycogen to good use. It's important to allow at least a couple of rest days to let our bodies recover - don't fall into the trap of feeling guilty that you're not going to the gym. Get the recovery you need, then go again.

The next thing to look at is what style of training we should be doing. Again, another common mistake is that people think cardio is the go-to training modality for fat loss. They end up doing endless hours of running on the treadmill or on the cross trainer and end up running themselves into the ground instead of accelerating their fat loss goals.

Take a step back from excessive cardio and think about a balance of weights and cardio training.

A simple push, pull, legs routine would suffice rounded off with a separate Metcon workout thrown into the mix. This creates a nice 4-session training split allowing 3 days to slot in between to recover. Your week could look like the below;

| | |
|------------------|--------|
| MONDAY | Push |
| TUESDAY | Rest |
| WEDNESDAY | Pull |
| THURSDAY | Rest |
| FRIDAY | Legs |
| SATURDAY | Metcon |
| SUNDAY | Rest |



Placing the lower body (legs) workout and the Metcon session on a Friday and Saturday is also a smart strategy, as these days, generally speaking, are when most people indulge in a cheat meal or treat foods and tend to go over their calorie target. Therefore two big workouts that expend a lot of calories can really utilise the additional calories – win, win!

Now, it's time to look at the workouts. Here's how you could shape the push, pull and leg sessions;



MALE

PUSH WORKOUT

| SUPERSET | EXERCISE | SETS | REPS | REST (SECS) |
|----------|----------------------|------|-------------|-------------|
| A1 | Inc dumbbell press | 3 | 15 | 0 |
| A2 | Prone dumbbell rows | 3 | 12 | 45 |
| B | Flat bench press | 4 | 15,12, 10,8 | 60 |
| C1 | Peck deck | 3 | 12 | 0 |
| C2 | Narrow grip push ups | 3 | 15 | 60 |
| D | Floor press | 4 | 10 | 45 |
| E | Arnold press | 4 | 10 | 45 |
| F | OH tricep extension | 3 | 20 | 45 |

PULL WORKOUT

| SUPERSET | EXERCISE | SETS | REPS | REST (SECS) |
|----------|--------------------------|------|------|-------------|
| A | Lat pull downs | 4 | 10 | 45 |
| B | Low rows | 3 | 20 | 45 |
| C | Deadlifts | 5 | 8 | 45 |
| D1 | Single arm dumbbell rows | 3 | 8 | 0 |
| D2 | Dumbbell pull overs | 3 | 8 | 60 |
| E | Reverse peck deck | 4 | 12 | 45 |
| F | Underarm barbell rows | 4 | 12 | 45 |
| G | Side raises | 3 | 20 | 45 |

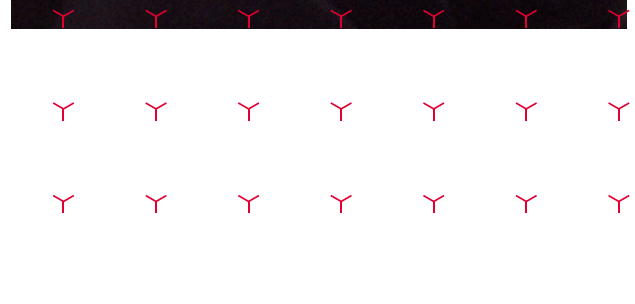
FEMALE

PUSH WORKOUT

| SUPERSET | EXERCISE | SETS | REPS | REST (SECS) |
|----------|---------------------------|------|---------|-------------|
| A | Seated shoulder press | 3 | 10 | 45 |
| B | Unilateral dumbbell press | 4 | 12 | 45 |
| C | Dumbbell tricep kickbacks | 3 | | 45 |
| D | Cable front raises | 15 | | 45 |
| E1 | Cable wood chops | 3 | 10 | 0 |
| E2 | Plank holds | 3 | 45 secs | 60 |
| F | Cable tricep pushdowns | 4 | 12 | 45 |

PULL WORKOUT

| SUPERSET | EXERCISE | SETS | REPS | REST (SECS) |
|----------|------------------------|------|------|-------------|
| A | Low rows | 3 | 15 | 45 |
| B | Narrow grip pull downs | 4 | 10 | 45 |
| C1 | Face pulls | 3 | 15 | 0 |
| C2 | Cable curls | 3 | 12 | 60 |
| D | Underarm barbell rows | 4 | 12 | 45 |
| E | Good mornings | 5 | 8 | 45 |
| F | Hammer curls | 3 | 12 | 45 |
| G | Side raises | 3 | 20 | 45 |



SO, WHAT HAPPENS IF YOU DON'T START SEEING WEIGHT LOSS?

As we have already learnt, there are three ways you can drive a calorie deficit. You can eat less, move more or do both!

When you are comfortable with your diet and don't want to reduce your calories any further, this is where your Low-Intensity Steady State cardio or LISS comes into play. It's always wise keeping this in the toolbox in case you ever need it. When your progress hits a plateau, you can start to add small amounts of LISS into your routine. It could be as simple as going for a walk with the dog for 30 minutes or going for a swim – be creative.

If you can merge your LISS with your day to day activities and lifestyle, even better! Here's how you could potentially structure your LISS plan over the course of 8 weeks;

| | WEEKS 1-2 | WEEKS 3-4 | WEEKS 5-6 | WEEKS 7-8 |
|----------------|-------------|-------------|-----------------------------|-------------|
| Total duration | 60 mins | 90 mins | 120 mins | 180 mins |
| Option 1 | 2 x 30 mins | 3 x 30 mins | 2 x 60 mins | 3 x 60 mins |
| Option 2 | 3 x 20 mins | 2 x 45 mins | 4 x 30 mins | 4 x 45 mins |
| Option 3 | 1 x 60 mins | 1 x 90 mins | 1 x 60 mins, 2 x 30 mins | 2 x 90 mins |

In addition to increasing your LISS, attention should be made to keep your NEAT (non-exercise-activity-thermogenesis) as high as possible. This means everything we do outside of exercise, like climbing the stairs, fidgeting, vacuuming, standing up, sitting down and general day to day movements.

MALE & FEMALE

LEG WORKOUT

| SUPERSET | EXERCISE | SETS | REPS | REST (SECS) |
|----------|---------------------|------|------------|-------------|
| A1 | Walking lunges | 4 | 20 strides | 0 |
| A2 | Goblet squats | 4 | 8 | 90 |
| B | Barbell squats | 4 | 12 | 60 |
| C | Barbell hip bridges | 4 | 12 | 60 |
| D1 | Leg curls | 3 | 10 | 0 |
| D2 | Dumbbell RDLs | 3 | 8 | 90 |
| E | Leg press | 3 | 12 | 60 |
| F | Adductor machine | 4 | 15 | 45 |

When in a calorie deficit for a sustained period of time, it is common for our NEAT to decrease as our body tries to preserve energy. Therefore, it is important to be aware of this and make a conscious effort to move more and keep calorie expenditure high, in order to help you achieve your fat loss goals.

FAQs

WHAT IS THE OPTIMAL MACRO RATIO FOR FAT LOSS?

There is no magical macronutrient split for fat loss. After calories, protein is the next key consideration due to its satiating effect and it helps to support muscle retention. Fat and carbohydrates can then form the rest of the calorie allowance depending on your preference and individual needs e.g. if you take part in an endurance sport then carbohydrates would be more important than for someone who does not take part in regular exercise.

WHAT TYPE OF TRAINING SHOULD I DO TO LOSE FAT FROM MY BELLY?

Reducing body fat by performing isolated exercises to target a specific area of the body known as spot reduction is a common misconception. Unfortunately, we are unable to choose which area we burn fat from. So, no matter how many crunches you do, if you are not in a caloric deficit, you will not lose fat from your belly or anywhere else. Although, if by exercising your abs you increase energy expenditure over and above energy intake then this will support fat loss from your abdominals, however, no more than any other area of the body. Also no more than what would have occurred if you had exercised any area of the body to the same level of energy expenditure.

WILL MY BODY GO INTO STARVATION MODE IF I RESTRICT CALORIC INTAKE DRAMATICALLY OR FOR A PROLONGED PERIOD OF TIME, MEANING I WON'T BE ABLE TO LOSE ANY MORE WEIGHT?

No, metabolic damage or starvation mode does not exist, however metabolic adaptation does exist which is a normal physiological response to a prolonged energy deficit that is not damaging. However, it should be considered in terms of progression in order to reach weight loss goals i.e. the decrease in energy expenditure due to an increase in hunger, reduction in NEAT (movement) as a way of conserving energy and reduced BMR due to lower bodyweight.

IS SKIPPING BREAKFAST DETRIMENTAL TO MY WEIGHT LOSS GOALS?

The Bath Breakfast Study showed eating breakfast has no association with body composition. Those who skipped breakfast either moved less in the morning or compensated by eating more calories in the day. Habitual breakfast eaters may find they eat more during the course of the day as a result of skipping breakfast, whilst others may find that removing breakfast may be a simple way to reduce calories from daily intake. Therefore, the answer to whether breakfast is the most important meal of the day in relation to weight loss is based on your personal preference. Breakfast will only inhibit weight loss if it increases daily calories over and above energy expenditure.

I AM IN A CALORIC DEFICIT BUT I'M NOT DROPPING BODY FAT.

If you aren't losing body fat, then you are not in a calorie deficit. The reason for this could be because you are eating more calories than you think you are, perhaps through sauces, oils or liquid calories. Or potentially your calorie targets are incorrect. Or you are expending less energy than you think. Either way, the answer is always that you are not in a deficit or perhaps you are but you are expecting overnight changes, in which case be patient, the results will come.

“ADHERENCE TO A CALORIE DEFICIT IS THE MOST IMPORTANT FACTOR TO ACHIEVE YOUR WEIGHT LOSS GOALS, SO TRY MAKE IT AS EASY AS POSSIBLE FOR YOURSELF BY CONSUMING MORE NATURAL, MINIMALLY PROCESSED FOODS THAT ARE MORE SATIATING THAN ULTRA-PROCESSED FOODS”

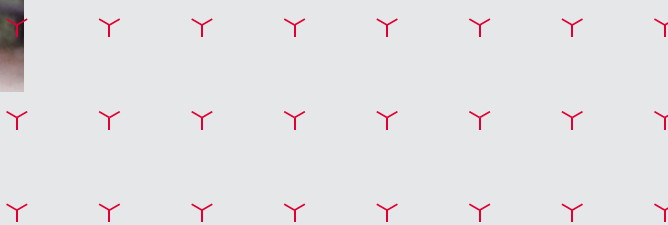


WHICH IS BEST FOR FAT LOSS, HITT OR LISS?

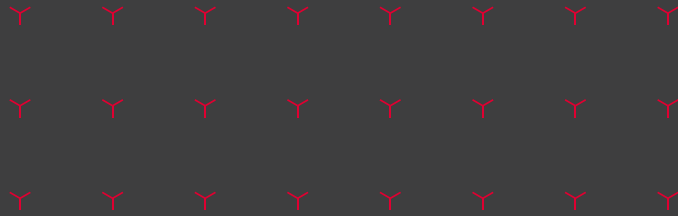
There is no right or wrong answer. Both are tools to help increase energy expenditure. Both will therefore help support your fat loss goals. Whether you opt for HITT or LISS will depend on three factors; time, recovery and personal preference. LISS takes longer to perform with little or no recovery time. HITT is more taxing on the body so more recovery is required, however can be performed in a small window of time. A combination of both is always preferable if your schedule allows, however, preference should always be made to whichever works best for you and fits in with your lifestyle, remembering that NEAT is also imperative to keep as high as possible.

DO I NEED TO EAT A LOW CARB DIET TO LOSE BODY FAT?

Research shows you will lose fat mass by being in a caloric deficit, regardless if the calories consumed come from fats, carbohydrates or doughnuts! However, adherence to a calorie deficit is the most important factor to achieve your weight loss goals, so try make it as easy as possible for yourself by consuming more natural, minimally processed foods that are more satiating than ultra-processed foods.



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