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Personal Training

## **Your Diet made simple**

Sometimes it's good to go back to basics and progress from there. Below is a diet plan which will work very well for most people, which can then be tweaked for individual needs.

If you are looking to reduce body fat, nourish the body and balance hormone levels, this is a great place to start.

This has been created as an easy to follow, effective plan for those that want to take the guesswork out of their diet, but ensure they are on the right track.

It is also designed for someone whose goal is reducing their body fat whilst improving their health.

If you are closer to your target body composition consider taking a cheat day once a week, if you are quite a way off, then take one cheat meal. However, this is personal, and it's important to consider what is the best plan that you can commit to over time.

So here is my very simple blueprint;

### **Breakfast - High Protein, No/Low carb (Aka Atkins)**

Why?

We want to keep insulin low first thing rather than send it through the roof by consuming sugar and glucose rich carbohydrates. This will allow us to stabilise blood sugar levels which is crucial for fat loss, and particularly important if you are looking to drop fat from your waist and hips.

Eating meat at breakfast will allow blood sugar to rise both slowly and steadily, releasing energy slowly over time. This is a lot more beneficial than a sugar hit, leaving us craving for a latte and a muffin by eleven!

If you are looking to drop body fat and sustain good energy levels, I can't stress how effective and important a high protein breakfast can be. Actually I can, VERY EFFECTIVE!

## **Lunch - High Protein, A lot of vegetables and some fruit containing antioxidants. No starchy carbs. (Aka Paleo)**

Why?

Lunch should be your time to really nourish the body. A good diet should improve/maintain good health, and smart protein sources, lots of veggies plus some fruit will ensure both essential nutrients and micronutrients. Try to consume a variety of veg, and also try to eat raw vegetables too.

This will give you an energy boost and should fulfil your body's needs throughout the afternoon. Also, good protein sources and veggies are very hard to overeat, so portion sizes are less important. Fruit can be fattening, but has great health benefits, so just be sure not to overeat. I suggest a big, healthy, tasty lunch that you can't wait to get your hands on!

## **Dinner - Protein plus Veg and starchy Carbs (AKA Japanese diet)**

Why?

Dinner can include carbs (for most people) as this is when insulin is at it's least sensitive. This means your dinner will be mostly be used as energy rather than stored in the fat cells, which is a very good thing. Generally, the more carbohydrates you eat, the more insulin you secrete to help transport the energy to one place or another, and we would much rather it is prepared as fuel, than turned into fat reserves.

Dinner is the safest time to eat carbohydrates, as it will have far less effect on your blood sugar and insulin levels than earlier in the day.

It's very important to aim for low GI foods, such as sweet potatoes and brown rice. GI stands for glycemic index, which gives an idea of how much insulin is secreted in response to a food. Eg. Ice cream and White bread are high GI, Broccoli and sweet potatoes are a lot lower. Generally the lower GI your diet as a whole, the better.

Enjoy, and please don't hesitate in contacting me if you need further guidance!

Thanks,

Will

For further reading I suggest;

<http://jonnybowdenblog.com/build-muscle-burn-fat-protein/>

[http://www.charlespoliquin.com/ArticlesMultimedia/Articles/Article/270/  
The\\_Meat\\_and\\_Nut\\_Breakfast.aspx](http://www.charlespoliquin.com/ArticlesMultimedia/Articles/Article/270/The_Meat_and_Nut_Breakfast.aspx)

<http://www.glycemicindex.com/>