



Challenge Equals Change

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Female Metabolic Makeover

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Your New Body Awaits

This process will teach you how to eat to maintain your results when achieved so that you can dial in whenever you need to. Please don't diet forever; make it a way of life. Think of carbs and fats as fuel, consume them as needed. Proteins are the building blocks of your foundation and green veggies are usually "free foods" on any plan. No cheat meals allowed until the plan is performing well.

Your age, frequency, diet and stress levels are very important factors in recovery. Incomplete recovery may present itself as lack of concentration/focus, attention deficits, interrupted sleep, loss of strength, body fat gain, irritability, cravings etc. Keep your mental and physical machinery running with the best fuel possible. If you had a championship horse you wouldn't feed it alcohol, processed foods and overwork him every day right? But if you had to, you would choose your life over the life of your stallion.

The ***BIGGEST CHALLENGE*** that ***ALL*** of my clients and athletes face are the weekends. Another challenge is eating at night when you didn't have sufficient calories during the day. I personally win this battle by drinking up to 2 cups of tea at night. If I'm really hungry I'll use 5 to 10 grams of L - Glutamine peptides to curb my appetite (it's also very good for immune system and recovery) in 6 oz almond/ coconut milk. Here is where as athletes we win it! ***LET'S GET THIS DONE!***

WEIGHT LOSS LAWS

Weight loss law # 1 – *Hydration is essential* for nutrient absorption and all metabolic processes of the body. The body cannot adapt to dehydration.

Weight loss law # 2 – *Carbohydrates (starches) must be earned*. If your body fat is not in the mid to lower healthy ranges for your age avoid them. [see chart here](#)

Weight loss law # 3 – *Strength training is the foundation of ANY positive body composition change*. In order to get lean we need to control insulin, right? Think of muscle mass as insulin receptor sites. The more receptors we have the faster we can remove insulin from the bloodstream. This is the reason why women always say that men can lose weight much faster.

Weight loss law # 4 – *Avoid food that causes inflammation because they elevate cortisol levels*. Such foods are processed meats (hot dogs, cold cuts etc), dairy products, refined sugars (sodas, candy etc) and simple carbohydrates (bread, cakes etc). Also, do not consume food from GMO sources. The best disguised ones are bananas and seedless grapes.

Weight loss law # 5 – *Go to bed and wake up the same time every day*. We don't live in a perfect world but by standardizing your sleep and wake times ensures that the human circadian biological clock is uninterrupted which optimizes neurotransmitter activity. This is evident by sluggishness experienced upon waking later in the day. Sleeping in on the weekends? Don't. Take a power nap. They do not affect your rhythm negatively but do decrease stress levels and improve productivity. Research indicates that a compromised circadian rhythm is linked to metabolic disorders such as obesity and diabetes.

Weight loss law # 6 – *Your dinner must fully digested before you go to bed*. Gas in your car at night will be gas in the morning. Excess food in your stomach at night may be stored as fat in the morning.

Weight loss law # 7 – *Cheats meals are used to spike your metabolism*. You can't spike what you're trying to create. Use them ONLY when consistent, predictable fat loss is achieved.

Weight loss law # 8 – *For even faster fat loss, Absolutely no alcohol*. If you must, reserve your alcohol intake for special events only. It's muscle wasting and insulin spiking. Insulin is referred to as the aging hormone. Control it to get leaner, look younger and live longer.

Please print and place these laws in your workplace, kitchen and as a screen saver on your mobile devices. Adherence to these rules will significantly fast track your results.

BMR and Macro Nutrient calculations

Please note that any BMR (Basal Metabolic Rate) calculation that's based on a mathematical formula is subjected to a margin of error of +/- 10 %. Note that this is just a guide and you can adjust the numbers based on your individual experience. This formula works well for most women. Pay attention to how your body responds. I look forward to helping you lose fat, but most of all leaving you with the knowledge to tweak the program making it more effective for you .

Follow these steps to calculate your BMR and your Macro nutrient ratios.

1. **MULTIPLY** your Body weight *by 10. This is your Basal Metabolic Rate.
Answer = _____
2. **MULTIPLY** your bodyweight x .8. This is your daily **PROTEIN** intake in grams. (to be divided into 4 to 6 servings)
Answer = _____
3. A. If you're UNDER 35, **MULTIPLY** your bodyweight by .5. This is your total daily intake of **COMPLEX CARBOHYDRATES** in grams.
Answer = _____

B. If you're OVER 35 **OR** if you tend to gain fat easily, **MULTIPLY** your bodyweight by .25. This is your total daily intake of **COMPLEX CARBOHYDRATES** in grams.
Answer = _____
4. Next, **ADD** the answers from steps 2 and 3.
Answer = _____
5. **MULTIPLY** your answer from step 4 by 4.
Answer = _____
6. **SUBTRACT** the answer to step 5 from step 1.
Answer = _____
7. **DIVIDE** the answer from step 6 by 9. This is your total daily **FAT** intake in grams.
Answer = _____
8. Daily macronutrient Totals in grams – Proteins = _____ Carbs = _____ Fats = _____

Putting it all together

Based on your daily meal/ snack frequency

- Divide your protein intake equally with one of these servings as whey protein (*20 to 30 grams*) immediately post workout. This is necessary to reduce cortisol levels (*the stress hormone that causes body fat*) which is elevated post exercise.
- Divide your carbohydrate and fat intake into equal servings.
- Divide your fat intake equally but *OMIT* them from your post workout meal/shake.

Useful tips to you maximize your results.

- Get a food scale, measuring utensils and varying sizes BPA free Tupperware.
- Water intake will be calculated at 91 -95 oz per day (12 cups).
- Add cinnamon to all your meals or put an 1/8 tbs in your water with every meal.
- If it does not affect your stomach, try adding a tablespoon of apple cider vinegar with and 1/8 tsp of ground cinnamon between meals to help improve insulin sensitivity.
- Eat 'lighter' proteins at night like fish or seafood.
- Try to eat 4 - 6 smaller meals per day. This will significantly speed up your metabolism
- Red meat ONCE every 2 weeks
- Get enough calcium because of high protein intake.

Recommended Foods – Animal Proteins.

Proteins are the foundational macronutrient. They are the cornerstone of **any** positive body composition change you wish to achieve.

NOTE – This list is not by any means conclusive. Protein sources vary by region. Always opt for the leaner cuts from steroid free animals.

- Grass fed steak
- Hormone free chicken, turkey
- Wild Meat (elk, ostrich)
- Wild caught Fish
- Free range eggs
- Egg whites
- Whey protein, Goat whey protein, beef protein.

Recommended Foods - Vegan Protein.

Plant proteins are incomplete proteins which mean they are lower in essential amino acids and may not be the best source branched chain amino acids (BCAA) L- Leucine, L – Isoleucine and L- Valine which are important for building muscle and recovery. Supplementation can bridge this gap.

NOTE – When calculating your protein intake while on a vegan diet please pay attention to your carbohydrate intake.

- Pumpkin seeds, Chia seeds, sesame seeds.
- Tempeh (non-GMO source)
- Seitan
- Lentils
- Chickpeas
- Nut butters (almond, cashew)
- Amaranth, Quinoa.
- Spirulina.
- Almond milk, cashew milk.

Recommended Foods – Fats.

Dietary fats have been vilified but recently they have emerged only second to proteins to help accelerate fat loss to achieve a leaner physique. Fats are protein sparing: adequate protein intake with insufficient fat intake will only lead to the proteins being metabolized for energy thus inhibiting your recovery. Fats also stimulate the release of the hormone CCK which signals satiety.

NOTE – This list of high-quality fat sources is not by any means conclusive.

- Coconut oil, Avocado oil, Olive oil, Flaxseed oil, Mct Oil, Fish oil, pumpkin seed oil
- Raw Nuts – Almonds, Cashews, Macadamia, Walnuts, Pecans, Hazelnuts, Brazil nuts.
- Avocado, Olives, flaxseed.
- Organic cow's butter, Goat's butter.

Recommended Foods – Carbohydrates.

Carbohydrates provide energy. They also spike insulin, some more than others. Insulin is referred to as the hormone of aging and spiking it is definitely counterproductive for fat loss. When planning your diet, your carbohydrate intake should consist of at least 70 % of the of the below listed foods. Eat as much of them and as often as you like.

NOTE – This list is not by any means conclusive. Vegetables vary by region and also by season. Any food that is not listed must be classified as a **non-starchy** vegetable.

- Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Green string Beans
- Broccoli, Cauliflower.
- Brussel Sprouts
- Bok Choy, Cabbage
- Carrots
- Zucchini, cucumbers
- Peppers

- Eggplant
- Edamame

Complex Carbohydrates – Starches

Complex carbohydrates take longer to digest mainly because of two reasons:

1. Complex “carbs” have a chemical structure that consists of three or more sugars.
2. They contain fiber, vitamins and minerals.

The foods listed below will make up 30% of your carbohydrate intake.

- Brown Rice, wild rice.
- Sweet Potatoes.
- Steel cut Oatmeal.
- Quinoa.
- Lentils.
- Bulgur.
- Amaranth
- Ezekiel bread sprouted bread.

Carbohydrates – Fruits.

Fruits must be included in every diet. The type, quantity and when you eat it depends on your goal and your body fat levels. Below is a list of low glycemic fruits you can incorporate with your diet.

NOTE – If you are prone to storing body fat and/or not in the athletic body fat ranges limit your fruit intake to 5 grams of fructose (carbohydrates) per day (usually half cup). Use fruits that are high in antioxidants and lower on the glycemic index scale such as:

- Blueberries, raspberries, tart cherries.
- Honey dew melon.
- Apples, pears.
- Apricots.
- Plums, peaches.
- Pomegranate.
- Grapefruit

Supplementation

Supplementation still receives a negative connotation especially amongst women. It's understandable; we fear what we don't know. The truth is the soil quality in which we grow our food deteriorates crop after crop. The air and the waterways are even more polluted than before, and research shows stress levels are up 30% in 30 years. People work longer hours and at the same time are becoming more sedentary, eating what's convenient. Supplementation can bridge this gap.

NOTE – Please consult your physician before beginning a supplement program

Here are five must have 'supps' for women who wish to improve their health and begin to lose bodyfat.

1. **Protein Powder** – Lean muscle building.
2. **Fish oil** - Faster fat loss, fights inflammation, improves brain function.
3. **Multivitamin** – Improves health, natural energy levels.
4. **Iron** – Transporting oxygen, energy production, boost immune system.
5. **Digestive enzymes** – Increase nutrient absorption.

Resources – Nutrition program companion.

Use this cheat sheet for speedy calculations.

This document is designed for speedy macronutrient (protein, carbs, fat) calculations. Most of these foods have more than one macronutrient but are listed in the category of the primary one. When planning your diet firstly, we suggest calculating your fat intake, your carbohydrate intake and then your proteins.

All macronutrients are calculated in grams.

CARBOHYDRATES- non starchy, Low glycemic/ low insulin response	PROTEIN	FATS
Artichoke hearts 1 serving (3 oz) = 7.9g, 45 cal	Free range eggs 1 egg = 6g, 60 cal	Avocado 1 oz = 2.9g, 26 cal
Asparagus	Egg whites	Avocado Oil

5 spear (.5oz) = 3.1g, 17 cal	1 cup (8.6oz) = 26g, 126 cal	1 tsp = 4.5g, 40 cal
Baby corn 1 cup (4.2 oz) = 8g , 40 cal	Grass fed Lean steak (flank, boneless, cooked) 1 oz = 7.9g, 75 cal	Chia Seeds 1 oz = 8.7g, 139 cal
Bamboo shoots 1 cup (4.2 oz) = 2.3g, 14 cal	85 % Lean ground beef (cooked) 1 oz = 7.9g, 73 cal	Coconut 1 cup shredded (2.8oz) 27g, 283 cal
Green string Beans 5 oz = 10.1g, 44 cal	Bison (cooked) 1 oz = 8.5g, 49 cal	Coconut oil 1 tps = 4.5g, 39 cal
Beets 1 oz = 2.8g, 12 cal	Chicken breast, thigh (boneless, skinless, cooked) 1 oz = 6.6g, 28 cal	Olives (pitted) 1 oz = 4g, 50 cal
Broccoli (cooked flowerets) 1 cup chopped (5.5oz) = 11.2g, 55cal	Turkey breast, thigh (boneless, skinless, cooked) 1 oz = 8.6g, 39 cal	Olive oil 1 tbsp = 14g, 120 cal
Brussel Sprouts 1 sprout (.7oz) = 1.5g, 8 cal	Salmon (cooked) 1 oz = 6.8g, 58 cal	Natural Peanut butter 1 tbsp = 8g, 105 cal
Bok Choy 1 cup (6oz) = 3.1g, 20 cal	Flounder (cooked) 1 oz = 6.8g, 33cal	Almond butter 1 tbsp =9.5g
Cabbage 1 cup shredded(5.3oz) =7.2g, 33 cal	Tuna (fresh, cooked) 1 oz = 8.5g, 39 cal	Cashew butter 1 tablespoon = 7.9g
Carrots 1 oz = 2.7g, 12 cal	Tuna (canned, water drained) 1 can (5.8oz) = 42g, 191 cal	Peanuts (roasted salt less) 1 oz = 14g, 166 cal
Cauliflower 1 oz = 1.2g, 7 cal	Shrimp 1 oz = 5.9g, 28 cal	Almonds (whole, unroasted) 1 oz = 14g, 164 cal
Cole Slaw (no dressing) 1 cup = 3g, 13 cal	Greek yogurt (plain, Fage) 6 oz = 18g, 100 cal	Cashews (whole, roasted no salt) 1 oz = 14g
Eggplant 1 cup (3.5oz) = 8.6g, 35 cal	Cottage Cheese (1 %milk fat) 1 cup (not packed, 8oz) =31g, 203 cal	Cashew butter 1 tbsp = 7.9g, 94 cal
Edamame 10 pods (.7oz) = 2.2g, 29 cal		Sesame seeds (roasted) 1 tbsp = 4.3g, 51 cal

Peppers (chopped, red,raw) 1 cup (5.3oz) = 9.4g, 39 cal		Flaxseed oil 1 tablespoon = 14g,
		Butter (grass fed) 1 tbsp = 11.5g, 102 cal

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