

# LOW FAT

## HOW TO GET INTO SHAPE WITHOUT COUNTING CALORIES



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**K15**  
**TRAINING**  
RESISTANCE CARDIO IN 15 MINUTES

# CONTENTS

PREPARATION PHASE.....	3
COMMON QUESTIONS .....	3
PROTEIN.....	4
VEGETABLES.....	5
FRUITS.....	5
HERBS AND SPICES .....	6
DRESSING, SAUCES AND CONDIMENTS.....	6
DRINKS.....	7
WHAT YOU MAY EXPERIENCE AND WHAT TO DO .....	7
5 DO'S & DON'T'S FOR YOUR FAT BURNING PLAN.....	9
BREAKFAST .....	10
LUNCH.....	11
DINNER .....	12
DESSERT .....	13
TRAINING .....	13
OTHER NOTES .....	13
AVOID! .....	14

## PREPARATION PHASE

Get ready for your dream body. Though the results are fast, consistency is the name of the game. If you can hold your vision and follow the programme, in as little as 4 months you will be absolutely stunned with your results.

No one said it has to be hard, here's some key tips to make it easy:

A few key things to help you prepare for the Low Fat.

**Give yourself 2 – 4 days to prep your body.** As we will be getting your body back into balance, it may be a bit of a shock to the system. These simple steps will make the process much smoother and therefore you'll find it easier to achieve your goal. Lower your blood sugar by avoiding the following foods:

- Starchy carbohydrates: bread, pastry, rice, pasta, potatoes, grains, oats, breakfast cereals etc
- Sugars: table sugar, sweets, cakes, chocolate, alcohol, artificial sweeteners and diet drinks.
- High sugar fruits: like bananas, figs, grapes, mango, melon, papaya, pineapple,
- Dried fruit like: dates, figs, raisins, sultanas

## COMMON QUESTIONS

Protein contain less calories than fat per gram. This plan works best with high amounts of protein which is healthy for the body. This will make a big difference in keeping you fuller for longer.

An easy rule of thumb for best results is "if you don't see it on the plan, don't eat it!" This plan aims to get in healthy low fat food whilst keeping the blood sugars low, this is great for firming up and burning unwanted body fat.

Fruit eaten as a solid contains lots of fibre and is digested slowly. The same fruit made into a juice no longer has the fibre and is digested incredibly fast which will raise your blood sugar levels very high. This is why juicing is not great for burning fat!

## PROTEIN

### ALLOWED

- ✓ White / Lean Fish: Tuna (brine or spring water), Cod, Plaice, Haddock, Shellfish, Crab, White Fish,
- ✓ Dairy: Low-Fat cottage cheese, Low-Fat Yoghurt
- ✓ Eggs: Ideally from Organic Hen, Duck or Quail
- ✓ Meat: lean beef/lamb or lean organic white meat (chicken/turkey – All chicken should be organic.)

### AVOID

- ✗ High Fat Meat / fish / Dairy:
- ✗ **Beef:** Mince (10% fat or above), ribs (no sauce), steak, particularly rib-eye or sirloin.
- ✗ **Cheese:** Any full fat cheese like Brie, Camembert, Gorgonzola, Emmental, Gruyere, Halloumi, Roquefort, Stilton, or blue cheese
- ✗ **Lamb:** All cuts including breast, chops, leg, mince, neck, rack, rump, shanks, shoulder.
- ✗ **Oily fish:** Anchovies, eel, fresh salmon, fresh tuna, herring, kippers, mackerel, pilchards, sardines, smoked salmon, trout, tuna canned in oil, whitebait
- ✗ **Pork:** Including bacon, particularly streaky bacon (ensure that there is no added sugar and ideally free from nitrates), chorizo, (no added sugar and ideally free from nitrates), gammon, pancetta, Parma ham, pork belly, pork chops, pork fillet, ribs, (no sauce), tenderloin
- ✗ Beans and pulses
- ✗ Beef burgers (unless 100% pure beef with no added wheat), Breaded fish products, canned fish products with any kind of sauce, Milk and milk products like ice cream or any non-dairy alternative, Processed fish products like crabsticks
- ✗ Processed sandwich style meats, sausages, tinned meats.

## VEGETABLES

### ALLOWED

- ✗ Alfalfa sprouts, all green lettuce, artichokes, asparagus, aubergine, bamboo shoots, beansprouts, bok choy, broccoli, broccolini, Brussel sprouts, cauliflower, cavolo nero, celery, courgette, cucumber, edamame, fennel, green beans, green chilli peppers, green pepper, jalapenos, kale, leeks, marrow, mushrooms, okra, Padron peppers, peas, rocket, runner beans, samphire, savoy cabbage, seaweed, spinach, spring greens, spring onions, Swiss chard, water-cress, white cabbage.

### AVOID

- ✗ Any vegetables that aren't green or white – and the following that are: root vegetables like celeriac, parsnips, potatoes, radishes, swede. Vegetables that can caramelise, such as onions or shallots.

## FRUITS

### ALLOWED

- ✗ Slightly more sour fruit such as: Blueberries, raspberries, blackcurrants, blackberries, strawberries, Oranges, grapefruits, Kiwis.

### AVOID

- ✗ Avocado's



## HERBS AND SPICES

### ALLOWED

- ✗ Bay leaves, cayenne pepper, chilli flakes, chilli powder, Chinese 5-spice, chives, cinnamon, coriander, cumin, dill, fresh chillies, fresh horseradish, fresh wasabi, garlic, ginger, mint, mustard powder, nutmeg, oregano, paprika, parsley, pepper (of all kinds), rosemary, salt, thyme, turmeric.

### AVOID

- ✗ Any ready-made rub or mixes which may have sugar added.

## DRESSING, SAUCES AND CONDIMENTS

### ALLOWED

- ✗ Dijon mustard, lemon juice, lime juice, Tabasco, vinegars like malt, red wine and white. Cider vinegar is best.

### AVOID

- ✗ Gravy, fish sauce, horseradish sauce, ketchup, mayonnaise, any mustard with added sugar, salad cream, stocks, soy sauce, tartar sauce, vinaigrette.

## DRINKS

### ALLOWED

- ✗ Black coffee/tea, herbal teas, green tea, hot water and coconut oil, sparkling water, still water, tea/coffee

### AVOID

- ✗ Alcohol, bottled water with any form of sugar or sweetener, coconut milk, coconut water, fizzy drinks (including diet versions), flavoured milk drinks, juices (including vegetable juices), milk, milky coffees, nut milks, oat milk, probiotic drinks, rice milks, smoothies, soy milk, squashes and cordials, tea with milk.

## WHAT YOU MAY EXPERIENCE AND WHAT TO DO

### LOW ENERGY AND DIZZINESS.

Your body is switching from being a sugar burner into being a fat burner. Low energy and dizziness can occur during this transition phase.

Adding a little lemon juice to sparkling water or black tea can give a tiny blood-sugar jolt that changes things without spoiling the plan.

### GRUMPINESS, HEADACHES AND IRRITABILITY

These are the side effects of sugar withdrawal and may occur during the first few days. If this does occur, it normally lasts only one or two days. Drink plenty of water to make sure you are hydrated.

## BOWEL CHANGES

Eating a diet very high in fibre causes much of the food you eat to come out as waste. Your waste will immediately reduce when you cut down on carbohydrates, fruit and vegetables. You will go to the bathroom as often as normal, but expect a smaller result.

## CONSTIPATION

Some people do experience constipation, normally due to the increase in calcium in the diet through foods such as cheese, as these can bind their system. If this happens, move towards Kiwi's and reduce cheese or dairy. Or to deal with it directly, either take a magnesium supplement which will help improve calcium absorption (which restore the bowel movements to normal)

## BAD BREATH

As you will be going into a deep fat burning zone, you'll be going into a form of ketosis. This doesn't trigger bad breath for all but it can do for some. If this happens to you, try drinking mint tea or add a drop or two of Japanese peppermint oil to a glass of water or the tip of your tongue.

## FEELING HUNGRY

With this plan you'll be burning your own body fat for fuel and should not feel hungry at all. Chances are, if you are feeling hungry then you simply aren't getting in enough Protein! Double check and make sure you are following all the measurements perfectly. Try getting in more protein in the evening meal. You can do this by having an extra yoghurt for desert with a handful of berries.



## 5 DO'S & DON'T'S FOR YOUR FAT BURNING PLAN

1. DO always eat enough protein, especially at your evening meal. This can be in the form of extra yoghurt for dessert. It will ensure you stay full for longer and helps avoid cravings
2. Avoid all foods not on this list – if in doubt check with your instructor.
3. Avoid all sugar. Do not drink juice or milk
4. DON'T eat if you're not hungry.
5. DO ask. We're here to help, if in doubt always ask your Educogym trainer or consultant.

## BREAKFAST

**ON RISING:**

5 Amino Acids

1 Multi Vit & Mineral

**Supplements:**

5g (one teaspoon) of Creatine in water or warm tea/coffee.

Slightly more sour fruit such as: Blueberries, raspberries, blackcurrants, blackberries, strawberries etc. OR Oranges or grapefruits OR Kiwis

**WITH ONE OF THE FOLLOWING OPTIONS**

Option1 Up to 500g natural fat-free yogurt (0% fat)

Option 2 Omelette of two or three egg whites and one yolk

Option 3 60g of tuna (small can) OR prawns OR shellfish OR crab OR cottage cheese

Option 4 Casein protein powder– 12-14g (equal to ½ scoop) blended into a mousse with up to 250mls of skimmed milk or water.

**MID MORNING**

5 Amino Acids

## LUNCH

Large Green salad – Cos lettuce; choice of: cucumber, celery, parsley, raw carrot, peppers courgettes(zucchini), cress; spinach, mushrooms with cider vinegar or other fat- and sugar- free dressing

WITH ONE OF THE FOLLOWING OPTIONS

Option 1: 120g tuna/white fish/prawns

Option 2: 120g lean beef/lamb or lean organic white meat (chicken/turkey)

Option 3: Omelette: made of up to 3 organic free-range eggs, using 3 egg whites and one egg yolk.

Optional: add up to 30g of lean ham and/or mushrooms, chives or herbs to flavour.

Option 4: Proform (casein protein) – 40g (4 dsrt spoons/1½ scoops) blended into a mousse with up to 500mls of skimmed milk or water.

### MID AFTERNOON

5 Amino Acids

1 Multi Vit & Mineral

## DINNER

Take 5g (one teaspoon) Creatine in water (Still or sparkling) or warm tea/coffee.

For best results keep intake of protein foods to approx 480g (Men) / 300g (Women)  
– this may be taken in one serving or over 3 courses as follows:

### Starter

Option 1: Small green salad with 100g of prawns/crab or cottage cheese.

### Main Course

Option 1: 240g-300g tuna//cod/haddock/plaice steamed/grilled or baked with steamed/stir-fried green vegetables eg Spinach; parsley; broccoli, peas, green beans with herbs/spices to season

Option 2: 240g-300g lean beef/lamb or lean *organic* white meat (chicken/turkey)  
With steamed/stir-fried green vegetables eg Spinach; parsley; broccoli, peas, green beans with herbs/spices to season

Option 3: Omelette: made of up to 4 organic free-range eggs, using 4 egg whites and two egg yolks. May add up to 30g of lean ham and/or mushrooms, chives/onions or herbs to flavour.

## DESSERT

- Option 1: Casein protein powder – 12-14g (equal to 1/2 scoop) blended into a mousse with up to 250mls of skimmed milk or water. May add ½ teaspoon of Green & Black's cocoa powder to flavour.
- Option2: Up to 250g natural fat-free yogurt with a small handful of berries/slightly sour fruit to flavour

## TRAINING

- For best results fast for 1½-2hrs after training.

## OTHER NOTES

Recommended supplements per day

- Amino Acids 5 tablets 3 times daily – best between meals
- Creatine one teaspoon - morning & evening in water (10g/day).
- Multi Vit & Mineral 1 tablets 2 times daily with meals

## AVOID!

Anything not on list including:

- All Sugar /Sweeteners/Choc./Sweets incl. Chewing Gum
- Bread/Pastries of any kind
- Potatoes/Pasta/Rice
- Any 'coloured' vegetables i.e. red peppers/carrots/tomatoes etc – Green Only
- Alcohol/All Soft Drinks
- Sauces
- Nuts & cheeses not mentioned on list
- Fatty meats eg oily fish/Fatty Beef, Lamb or Pork.
- Fats: Oils, Cream, Cream cheese, Nuts etc

Dressings and flavourings allowed

- Cider Vinegar & Lemon/Lime dressings
- Herbs/Salt/Pepper/Other Spices

Drinks allowed

- Tea, coffee, herbal tea, still or sparkling water.
- **NO** juice, milk, soft drinks or alcohol