

FAT & PROTEIN

HOW TO GET INTO SHAPE WITHOUT COUNTING CALORIES



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K15
TRAINING
RESISTANCE CARDIO IN 15 MINUTES

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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. This programme is either 15 days in total or 15 workouts!

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 fat and protein.

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

Get used to getting good fats into your diet such as:

- Oily fish
- Avocados
- Nuts
- Occasional high-fat dairy like crème fraiche or cream cheese

Clear out your cupboards of any junk and fill them with the foods on your new nutritional plan

COMMON QUESTIONS

3+:1 ratio of fat to protein to get the best results.

To be classed as a fat in this plan a food must contain over 70% of its calories from fat and have extremely low carbohydrate levels.

Example:

- Edam 68% fat, 28% protein
- Emmental 69% fat, 29% protein
- Full fat cream cheese 86% fat, 8% protein

On this plan full fat cream cheese and mascarpone class as fats, all other cheeses fall into the category of protein.

The percentage of fat calories is also why we only allow certain types of nuts.

- Walnuts
- Pine nuts
- Macadamia nuts
- Avocados
- Small to medium Hass Avocado

FATS

ALLOWED

- ✓ **Dairy foods:** Butter, clotted cream, crème fraîche, double cream, full fat cream cheese (Philadelphia, Boursin or Mascarpone), single cream, sour cream, whipping cream (no added sugar)
- ✓ **Fruits, nuts and seeds:** Avocado, COYO coconut-based yogurt (the natural, unsweetened version), macadamia nuts, pine nuts, pumpkin seeds, walnuts
- ✓ **Oils and dressings:** Cider vinegar, Coconut oil, homemade mayonnaise, ghee, nut oils, olive oils

AVOID

- ✗ **All nuts not mentioned above:** Almonds, Brazil nuts, cashews, pistachios, etc
- ✗ **Any seeds not mentioned above:** Like flax, sunflower, sesame, Fresh coconut, low-fat cream cheese, margarine and low-fat spreads, nut butters, vegetable oils

PROTEIN

ALLOWED

- ✓ **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
- ✓ **Eggs:** Ideally organic. Hen, duck or quail.
- ✓ **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 (not breaded)
- ✓ **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
- ✓ **Poultry:** Chicken drumsticks (skin on), chicken thighs, chicken wings, duck. All chicken should be organic.

ALLOWED WITH EXTRA FAT

Cook the following with butter or oil, eat poultry with the skin on; add cream/cream cheese

- ✓ **Beef:** less than 5% fat mince, roasting joints, veal
- ✓ **Dairy:** Casein protein powder, full fat cottage cheese, reduced-fat versions of any cheese including cottage cheese.
- ✓ **Fish:** all white fish like cod, haddock, sole, pollock, tuna canned in brine or spring water
- ✓ **Offal:** liver, kidney heart
- ✓ **Pork:** lean or reduced-fat mince
- ✓ **Poultry and game:** organic chicken breast, partridge, pigeon, rabbit, turkey, venison
- ✓ **Shellfish:** prawns, mussels, crab, crayfish

AVOID

- ✗ Beans and pulses
- ✗ Beef burgers (unless 100% pure beef with no added wheat) 7Breaded fish products, canned fish products with any kind of sauce 7Milk and milk products like ice cream or any non-dairy alternative 7Processed fish products like crabsticks
- ✗ Processed sandwich style meats, sausages, tinned meats.
- ✗ Yogurt of any kind, including full-fat Greek yogurt

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

AVOID

- ✗ All fruits apart from Avocado

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 with butter, tea/coffee with coconut oil, tea/coffee with double cream.

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.

NAUSEA

If you feel nauseous, simply halve your fat intake for 1-2 days then gradually increase it until you're consuming the recommended amounts. Swapping to lighter-tasting fats like avocado can also help until your body gets more used to things.

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 avocado and nuts in place of 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 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 fats, double check and make sure you are following all the measurements perfectly.

SUPER-CHARGE YOUR RESULTS FOR THE LAST 4 DAYS

- Cut down to two meals if you haven't done so already. (The third will come from your own body fat storage)
- Halve the amount of protein in each meal
- Increase the fat to 90g per meal
- Reduce or completely lose the green vegetables completely

ALL THESE STEPS TAKE YOU INTO A DEEPER FAT BURNING ZONE.

THE R-15 DAY PROGRAMME

To be used for a limited period to help restore the body's natural hormonal balance

Five do's and don'ts for your 12-day transformation

- ✓ DO Always eat enough fat! It keeps your insulin steady and helps the body burn even more.
- ✗ If you don't see 'em DON'T eat 'em! If you're serious about results (and we are...), avoid all foods including nuts & cheeses not on this list.
- ✗ DON'T eat if you're not hungry! You may find 2 meals enough. If you're not hungry your body is probably happily working on your own body fat!
- ✓ DO keep it even! If just a little peckish, feel free to eat less but cut back on all foods evenly. This plan works on a specific ratio of fat:protein which means we need to keep that ratio, even if you're only eating a little.
- ✓ DO ask! We're here to help, if in doubt always ask your R15 trainer or consultant..

ON RISING:

5 Amino Acids

1 Multi Vit & Mineral

BREAKFAST**Supplements:**

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

Choose from one of the following options:

Option 1

2 organic free range eggs/duck eggs and 2-3 slices streaky bacon (no added sugar) with 45g of nuts or cream cheese or as per options below

Option 2

2 duck/organic free range eggs, boiled and mixed with butter or olive oil or poached/fried, etc. With 85g nuts or cream cheese etc as per options below

Option 3

60g Smoked Salmon or mackerel with 85g full fat cream cheese or as per options below

Option 4

60g hard cheese such as Emmental, Gruyere & Parmesan with 85g of walnuts/pine-nuts or as per options below

Option 5

Omelette or scrambled eggs made of 1 full egg and 2 egg yolks.

May add sprinkling of emmental/parmesan cheese.

With omelette add 45-50g melted cream cheese - see options below. With scrambled eggs add small amount double cream and butter.

Option 6

Casein protein powder – 15g (2 dessert spoons/ $\frac{1}{2}$ scoop) with double cream. Stir enough water through to convert into a paste then add 50-90mls of double cream. Best made thick enough to eat, but can be made thinner if preferred.

Ref. Options 1-4: One or a combination of the following:

- Redskin peanuts/pinenuts/walnuts/macadamia nuts
- Pumpkin seeds
- Full Fat Cream cheese: eg Philadelphia/Boursin/Mascarpone
- $\frac{1}{2}$ (large) or 1 (medium) Avocado

Drinks

May drink water, tea or coffee with small amount of double cream if desired. No milk or juices.

MID MORNING:

5 Amino Acids

LUNCH

Small green salad with a combination of any of the following Cos/iceberg lettuce; spinach, rocket, cucumber; celery; parsley; courgettes (zucchini); green peppers;

Optional:

Any herbs, Parmesan Cheese & Olive oil with cider vinegar dressing WITH:

Option 1

90 -120g Smoked salmon/mackeral with 85g of full fat cream cheese or a mix as per options below

Option 2

90 - 120g Oily fish eg wild red salmon/mackerel/sardines or 90-120g Beef/lamb/pork with 85g cream cheese/nuts as per options below

Option 3

Omelette: made of 3 duck or organic free-range eggs, with 85g full fat cream cheese (melted through).

Optional:

add up to 30g of either emmental/mozzarella/parmesan cheese or bacon.

May also add small amount of mushrooms, chives or herbs to flavour.

Option 4

Casein protein powder – 40g (4 dsrt spoons/1½ scoops) with double cream (see breakfast option 6).

Ref. Options 1-3: One or a combination of the following:

- Nuts (only these listed): redskin peanuts/pine-nuts/walnuts/ macadamia nuts
- Pumpkin seeds
- Full fat cream cheese: eg Philadelphia/Boursin/Mascarpone
- ½ (large) or 1 (medium) Avocado

Drinks

May drink water, tea or coffee with small amount of double cream if desired. No milk or juices.

MID AFTERNOON

5 Amino Acids

1 Multi Vit & Mineral

DINNER

Supplements:

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

Option 1

120g-240g Salmon/mackerel/sardines with 50-85g of full fat cream cheese or a mix as per options below.

Option 2

120g-240g Rib-eye or Sirloin Steak/lamb/pork with 85g cream cheese. or a mix as per options below.

Option 3

Omelette: made of up to 3-4 duck or organic free-range eggs, 35-40g of emmental/gruyere or other hard cheese, with 50-85g full fat cream cheese (melted through) or a mix as per options below.

Optional:

add up to 45g of either emmental/mozzarella/parmesan cheese or bacon. May also add small amount of mushrooms, chives or herbs to flavour.

Option 4

Casein protein powder– 60g (6 dsrt spoons/2½ scoops) with double cream (see breakfast option 6).

With any option above add:

Small green salad with a combination of any of the following Cos/iceberg lettuce; spinach, rocket, cucumber; celery; parsley; courgettes (zucchini); green peppers;

Optional: Any herbs, Parmesan Cheese & Olive oil with cider vinegar dressing

or:

60-75g steamed/stir-fried green vegetables eg Spinach; parsley; broccoli, peas, green beans with olive oil, butter or herbs to season

Ref. Options 1-3: One or a combination of the following:

- Nuts (only these listed): redskin peanuts/pine-nuts/walnuts/ macadamia nuts
- Pumpkin seeds
- Full fat cream cheese: eg Philadelphia/Boursin/Mascarpone
- ½ (large) or 1 (medium) Avocado

TRAINING

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

OTHER NOTES

- Walnuts and pinenuts are particularly beneficial for your energy.
- Red-skin peanuts are particularly beneficial for building firm tissue.
- NO Low-fat/lean protein (ie white fish, shell fish, egg whites, organic chicken, cottage cheese, etc.) unless with extra oil/cream

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
- Milk/yoghurt
- 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
- Lean meats eg white fish/chicken/turkey – unless with extra oil
- Cottage Cheese/Greek Feta Cheese – unless with extra oil/cream

BEST OILS

- Macadamia Nut oil
- Olive Oil
- Coconut oil
- Any Nut oil

OTHER SOURCES OF FAT

- Walnuts/ Redskin Peanuts/Pine-nuts/Pumpkin Seeds
- Avocadoes
- Cream Cheese e.g. Philadelphia/Boursin/mascarpone
- Double Cream
- Butter

DRESSINGS AND FLAVOURINGS ALLOWED

- Vinegar & oil dressings
- Herbs/Salt/Pepper/Other Spices

DRINKS ALLOWED

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