



# EQUILIBRIUM

*Health. Nutrition. Fitness.*

Here is our FREE guide to a BALANCED life.

*We feel that the most difficult thing today is to figure out what and whom you can trust when it comes to advice about weight loss, exercising and healthy diets. That is why I have decided to share my personal philosophy with you – free of charge.*

Here are the 5 Basic nutrition principles, as I see them...

We have all heard about one too many diets and strategies, super foods and foods that make you 'fat' - low fat, keto, IF, Orange diet, Detox diets, Blood group diets, and so many more... The truth is – all these diets (along with everyone who has ever lost fat EVER) have one thing in common and this is my #1 principle.

1

## Be in a caloric deficit for fat loss / a caloric surplus for muscle gain.

Everyone who has ever lost fat, was in a caloric deficit. This means they ate less calories than they spent. ALL DIETS - including all of the above mentioned, and every single new fad, but also every health, well planned and sustainable weight loss diet – ARE BASED ON GETTING YOU INTO CALORIC DEFICIT! This is the **SINGLE MOST IMPORTANT** thing you need to know for weight management.

### WHY IS IT SO HARD THEN?

Let's presume that people who start any kind of diet, need one. They are, to some extent, overweight. Generally, they are so, because they do not have sufficient knowledge about nutrition, to be able to manage their weight loss on their own.

So basically, what happens with most people when they start dieting is that they go straight from their regular diet, (which often contains sugary drinks, sweets, fast foods ect.) to cutting at least one MAJOR FOOD GROUP (usually Carbohydrates), or eating only toast and oranges, or only protein – and what happens?

THEY ENTER A CALORIC DEFICIT, and, of course, they lose weight.

BUT READ CAREFULLY – they lose weight – not fat!!!

And then, it all comes back. Could it have been easier? Less restrictive and more sustainable?

### YES!!!

The trick is to simply reduce calories.

**What would be the difference you ask? Isn't that what they did?**

NO, that is not what they did.

If done correctly, cutting calories induces **FAT LOSS ONLY, while the muscles remain intact**. There is no danger to your health, immune system, or metabolism, and it **doesn't all come back once they resume their normal eating habits**.

The remaining principles are more detailed ways to structure a balanced diet while reaching your goal.

**LOOSE WEIGHT WITHOUT ACTUALLY 'DIETING'.**

## 2

### **Eat enough protein.**

Proteins are the building blocks of our muscles, but more importantly, the building blocks of every cell in our entire body.

Without protein - we would die.

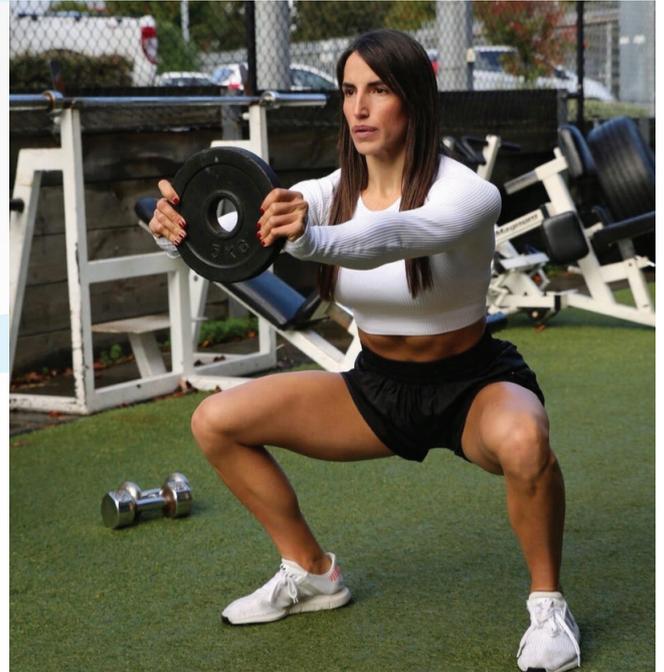
Without sufficient protein - we age faster, our metabolism is slower, we have less muscle mass and overall - we are weaker.

More protein – more calories you can allow yourself to eat.

**Research consistently shows that a diet with high enough protein levels, is always preferred to other types of diets.** For the majority of people, this translates into - **EAT MORE PROTEIN THEN YOU ARE EATING NOW.**

If you are not wary of your protein intake, for 99% of people this will mean they are not eating enough of it. For an average male that weighs 85kg, protein intake should be around 150g – 180g per day. If you would be eating chicken breast - this would translate into approx. 600g. Most of you will agree that you are not doing this.

A 60kg female should have (differs based on activity level, muscle ect.) around 120-140g. This is 500g of chicken breast. Most are not doing this. So, in order to optimise your health, metabolism, muscle and longevity – base your diet on protein and make the remainder of calories from other macro nutrients.



## 3

### **Eat with respect to your expenditure**

Calculating exact calories might become a bit complicated; but as a general rule; **if with whatever you are eating at the moment – you are not losing or gaining weight – these are your maintenance calories.** Take some out (15-20%) for weight loss or add the same for muscle gain. Pay attention to what happens.

If you train or expend more calories on some days / periods more than others, you can allow to eat more at those times. For instance, you go hiking on a weekend, you do 20+k you can allow for extra calories. If you do 2 sessions instead of 1, you can allow for extra. But also, if you skip training for one week - eat less!

The most common example for this are athletes, or very active recreational trainees, that stack on a lot of weight when they get injured. Did they lose muscle? No, but their expenditure plummeted abruptly, while they continued to eat the amounts of food they are used to.

**So - be cautious of how active you are, and increase / decrease your intake respectfully.**

## 4

### **FOLLOW The 80 – 20 RULE**

Empirical data shows us that the best diets are one we can adhere to.

Therefore, the best diet for each person is going to look different.

However, we can reach a consensus that a diet will be 'healthy' enough and 'feasible' enough if 70-80% of the diet is made up of good wholefood choices and the remaining 20-30% from whatever you want.

Practically, you will have a couple of meals per week to enjoy whatever you like guilt free, knowing that most of the time you are eating great, nutritious food from good nutritive sources.

This is why you need to learn the right mindset around food and develop a good relationship with it. **There is no need to be scared of food.**

**No food is good or bad**, there is only food that fits you, or that doesn't fit you. With my plans, I can even work in a donut for you from time to time :).

With a good omelette for breakfast and a steak and veggies for lunch, you can have a treat and still hit your caloric and macro nutrient targets.

Now, for different people different treats and timings work better, and for some it will not be an option, and this is something I teach in my programs and seminars - but the basic 80-20 rule is as above.

## 5

### **Stop obsessing over food**

You just have to have the right mindset about food.

This is the reason why I have transitioned from making strict meal plans to adopting a more flexible and ongoing coaching program. If you still dread eating an apple or are thinking all day if can you have that ice cream or not, you have a major problem that will most definitely hinder your progress.

#### **Mindset is huge when it comes to dieting.**

In my experience, the easiest way to overcome this is to learn from someone who understands how your body works physiologically, and apply it on your diet until you see results.

Once you have had that apple or two, enjoyed that burger, or any other treat your heart desired, and it didn't change a thing - you will start to truly understand that **no food is your enemy**, in weight loss terms, and that a good diet is a balanced diet.

*Try this free advice and see if it helps.*

If you get stuck, or just cannot stay motivated on your own, my personalized and flexible nutrition and exercise programs are available to you.