

NO NONSENSE FAT LOSS



A Practical Guide to Simplifying
Your Fitness for the Real World
CHEAT SHEET EDITION

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Part 1: Nutrition Made Simple

- All diets work because they **cut back on calories (quantity)** and somewhat help **improve food choices (quality)**.
- The problem is that most diets are too restrictive and rigid, and therefore, unsustainable. **Creating a diet that is personal to you and that serves you** is the one you can succeed with.
- **The only 3 foods you should never eat:**
 1. Foods you dislike.
 2. Foods you're allergic or sensitive to.
 3. Foods that don't align with your beliefs.

The Simple Science of Nutrition (Hierarchy of Importance)

1. Your **calorie** intake.
2. The **quality** of your diet (good balance of protein, fats, and carbs).
3. Your **micronutrient** intake: vitamins, minerals, etc.
4. The **timing and frequency** of your meals
5. **Supplements** that help cover your deficiencies



- To lose fat, go on a **caloric deficit** = consume less calories than you burn.
- To gain weight, go on a **caloric surplus** = consume more calories than you burn.

6 S.I.M.P.L.E Guidelines to Follow

1. **S**chedule your meals
2. **I**nclude your favorite treats
3. **M**ostly minimally-processed foods
4. **P**rotein-focused
5. **L**ive your life
6. **E**at only when hungry

Part 2: How to Put Your Diet On Autopilot

Step 1: Create Your Eating Schedule (When To Eat)

- **Your eating schedule will be completely up to you**, and will be dependent on two things:

1. Your current lifestyle
2. Your meal size preference

- **Have a busy lifestyle?** Eat less frequently (2-4 meals a day). For 2 meals, simply skip breakfast.

- **If your schedule is flexible** and meal frequency isn't a problem, aim for 3 or 4 meals. And if you really enjoy smaller, more frequent feeding, then eat more often.

- **Stick to the same eating frequency on a regular basis.**

Step 2: Personalize Your Meals (WHAT to Eat)

- Know your calorie and protein targets

[\(click here to use the VBF calorie calculator\).](#)

- Aim to hit $\pm 10\%$ of your daily calorie or macro numbers.

No need to strive for perfection.

- Forget about labeling food as “good” or “bad”, or “healthy” or “unhealthy”. You’ll label of each food with their (main) macronutrient component.

- chicken breast = protein
- olive oil = fat
- potatoes = carbs

- Macro Combo #1: **Protein + Carb Meals** (P+C)

- Fats are kept minimal
- You’ll have most of these meals on TRAINING days

- Macro Combo #2: **Protein + Fat Meals** (P+F)

- Carbs are kept minimal
- You’ll have most of these meals on NON-TRAINING days

- Macro Combo #3: **Protein + Fat Meals** (P+F+C)

- These are your “all other” meals that you’ll have on both training and non-training days.
- Examples include ice cream, pizza, steak with a side of mashed potatoes, etc.

- **Don't stress too much about the carb and fat numbers.** But here's a good rule of thumb to keep in mind: eat more carbs on your workout days (especially pre and post-workout), and less on non-workout days.

- **Carb lover?** Eat more carbs and less fat. If you prefer foods high in fats like nuts, eggs, etc., then simply eat less carbs.

- **Have veggies as much as possible.**

Step #3: Apply The 80/20 Rule To Everything (HOW To Eat)

- **Know ahead of time when you'll have your favorite foods/treats.** Or have them only when you're really craving them.

- **Everything in moderation — including moderation.**
Enjoy your foods guilt-free.

Part 3: Nutritional Strategies for the Real World

On Pre/post-workout Nutrition...

- **If you work out early in the morning** in a fasted state:
 - Take 10g+ BCAAs (either from a supplement or one serving of protein powder) 15-20 min. before your workout to help preserve muscle.
- **If you work out in the afternoon or night:**
 - Eat 1-3 hours before a workout (protein + carbs combo)
 - About 20-50g of carbs (from fruit, rice, oats, etc.)
 - About 20-50g of protein (from protein powder, meat, eggs, etc.)
- **For post-workout:**
 - Eat within 1-1.5 of finishing a workout (preferably protein + carbs)
 - About 40-100g of carbs, depending on your total numbers for the day
 - About 30-50g of protein, depending on your total numbers for the day
- The **post-workout meal should be relatively bigger** than your pre-workout meal.

- **If you're short on time for either pre- or post- workout meals**, a good P+C go-to meal is a banana (or two) with a protein drink.



How To Simplify Food Tracking

- **Track your foods the day before**, or track as you go.
- **Don't try and hit your numbers perfectly.** Stay within 10% of your calories (i.e. if your caloric target is 2,200 calories, then you're "allowed" to go over or under by 220 calories), and +/- 10g of your protein.
- **Track 3-4 days out of the week, not every day.** The goal is to be more mindful about what and how much you're eating.
- **Don't track fibrous veggies.** This is what we call "free foods" that contain very minimal calories.

How To Minimize The Damage When Drinking Alcohol

- **Good choices of alcohol**, calorie-wise, that are better than others: dry wine, vodka, tequila, rum, scotch, and whiskey.
- **Drink the above alcohol straight or with zero-calorie mixers like diet soda.**
- **Limit your alcohol consumption to one or two nights a week** because let's be honest, the more you drink, the more empty calories you're consuming. This won't help with your progress.
- **Minimize your calories during the day** by filling up on lean protein and veggies that will keep you full for hours.
- **At the time of the event (which usually happens in the afternoon and/or night time), don't track anything.** Enjoy the laughter and the time you're spending with the people you care about. Nobody should be on their phones tracking food & alcohol on MyFitnessPal during Thanksgiving dinner.

Eating On-the-go

- **Option #1: When eating out...**

Step #1: Look up the nutrition facts and log your food before going out to eat.

Step #2: “Budget” your calories throughout the day and prioritize protein and fibrous veggies.

1. Reduce your calorie intake for the day
2. Eat mainly protein-dense foods + fibrous veggies

Step #3: Enjoy your food (and maybe even drinks), guilt-free.

- Option #2: If there are no nutritional facts available...

Bring on-the-go protein snacks with you. Protein bars and beef jerky are my favorites. They don't take up much space in your luggage, and they're very convenient.

When going out to eat, pick out a meal that's relatively high in protein. As usual, you'll want to eat something that's centered around a protein source. If you're at a Mexican restaurant, you'd get tacos instead of a quesadilla. If you're at an Italian Restaurant, you'd get chicken beef lasagna instead of spaghetti.

For meals that come with a side, ask for veggies.

Restaurants usually give you multiple choices for sides. When in doubt, ask for veggies.

Eat until you're full. Most restaurants serve pretty decent-sized meals. If you find yourself getting full after eating 80% of your plate, then ask for a carry-out box and finish the left-

over food later. You'll save yourself some calories just by doing this.

If you're on vacation, eat whatever you want; just be mindful of what and how you're eating. Just because you're on vacation doesn't mean that you should start bingeing and going on a "see-food" diet.

How To Simplify Meal Prep

- **When grocery shopping, stock up on protein-dominant foods.** Stock up on lean protein, but also on ready-to-eat foods like greek yogurt, cottage cheese, high-quality protein bars, beef jerky, and whey protein powder.
- **Cook big batches so you'll have leftovers for the next day.** You'll have food readily-available without having to stress out about cooking again.
- **Keep your fridge stocked with ready-to-heat food.** There will be days when you'll simply be too lazy or tired to cook. Having some pre-made chicken breast, beef burgers, frozen veggies, etc. can be a time and energy-saver.
- **Don't eat home-cooked meals all the time.** You'll get sick of cooking, and you'll get sick of your own food. Trying to cook every meal is unsustainable and boring.

- **Don't like cooking? Outsource.** There are services nowadays that deliver pre-made meals to your doorstep. These are usually more expensive than the typical meal, but if you have the financial resources, give it a try.

How to Effortlessly Manage Your Domino Foods

- **Get them out of your face.** Out of sight, out of mind.

- **Buy smaller servings.** Many food companies make smaller versions of their products. Buy those instead of the regular size ones.

- **Don't eat directly from the packaging.** Using the same ice cream example, take out a bowl, put a few scoops of ice cream in it, and then put the ice cream tub back in the freezer.

- **Don't have them in your home.** If you find yourself really sucking at portion control, then this might be the best route to take. The goal here is NOT to forbid anything completely, but to keep them out of the house where they're easily accessible.

- If you say "yes" to one thing, **you have to say "no" to another** (example: if you have that extra slice of pizza, that might mean saying "no" to ice cream).

On Supplements

- **A good "starting stack"** for anybody trying to lose fat (men AND women): high quality protein powder, an all-in-one greens supplement, and fish oil/omega 3.

Part 4: Training Made Simple

- **Do something that you enjoy.** Just like with your diet, you want your workouts to fit your preferences. If you enjoy the Powerlifting concept of lifting super- heavy things, get on a Powerlifting program. If you prefer Bodybuilding-style workouts, then do that. If Crossfit intrigues you, then by all means, join a Crossfit gym.

Guidelines to Follow:

- **Progressive overload.** Strive to be better week in and week out. Add more weight to your squats over time. Aim to do 1 more chin- up next month than you do this month. Shave a few seconds off of your 1-mile personal record.

- **Focus on compound movements.** Any variation of the following movements will do wonders for your body:

1. Squats
2. Deadlifts
3. Bench Press
4. Overhead Presses
5. Rows
6. Chin-ups

- **Maintain proper form.** The way you do your exercises can significantly affect their efficiency and effectiveness. More importantly, maintaining proper form with everything that you do ensures that your body stays healthy

- [Work with a professional.](#) The return on your investment will be exponentially greater than the money you put in: you'll save time and money, attain skills faster, and most importantly, keep you accountable.

- **Cardio for fat loss is never necessary.** But it does help if you use it to supplement your training regimen.

- **How to never miss another workout ever again:** put them in your calendar. Literally. Know the exact day and times that you'll be working out.

- **If life gets in the way and you miss a workout,** just do it the next day and shift over the rest of the week's workouts.

Part 5: The Other Important Stuff

Setting Goals Don't Work (and What to Do Instead)

1. **Identify the necessary actions you must take to get to your goal.** Take your goal, and add an achievable action step. Want to lose weight? Instead of setting a goal to “lose 15 pounds in 2 months”, change it to “lose 15 pounds in 2 months *by eliminating soda from my diet and by eating at least x amount of protein every day*”.
2. **Do one thing at a time.** Execute, and don't try to do too many things at once.
3. **Forget about the goal.** The key thing to achieving any goal is to focus on the process, not the end result. By doing this, your goals simply become a byproduct of the habits you've formed.

On Mindset

- **Always have an open mind (just not too open).** Nowadays, there's always something new: a revolutionary pill, a game-changing fitness program, or a fat loss diet that promises to give you your dream body in 12 weeks. Don't let this deter you from what you've learned about the basics. Keep it SIMPLE.

- **Use your willpower wisely.** Master the fundamentals before worrying about the trivial things that don't really matter.
- **Strive for "better".** Not perfection.
- **Do it over and over again.** The #1 rule of fitness is consistency.
- **Do you.** There will always be an infinite number of ways to do things. Your friends, family, and colleagues will all have their opinions on what's right and what's wrong. Focus on what works, and what works for *you*.