

World Class Diet Plan

ANYONE Can Follow!

How to lose fat and look better without starving yourself.

By Jayson Patino

This guide is meant to be a crash course for anyone wanting to lose fat and get fit without starving themselves in the process. I've tried to simplify the dieting process so everyone can understand it and achieve their goals. This will give you the tools necessary to make the right choices and live a healthier life. Being fit should be a lifestyle that you embrace not just a phase you go through. Although working out consistently is an important part of getting fit, **what you eat will make the biggest difference in how you look.** There are so many different diet plans out there I wanted to break down the basics of how foods effect your body so you can choose what works best for you. Do your research and read this article several times to ensure you get all the key points (they are listed at the end for your review). Honestly, if you can't read a few pages on weight loss you probably aren't motivated enough to actually follow through with the program.

“What you eat will make the biggest difference in how you look.”

I have been dieting for combat sports competitions for 20 years. In that time, I learned the hard way what not to do when you want to lose weight. The main objective should be to lose fat, not muscle and still have high energy throughout the day and during your workouts. This guide is designed for ANYONE to use, not just competitors. **Making yourself feel miserable and lethargic while losing weight is NOT sustainable long term.**

“Self-discipline and consistency will directly affect your level of success.”

Sticking to a diet long term can be more difficult than you think if you're not informed and don't plan your meals properly. As with any diet or fitness program, **self-discipline and consistency will directly affect your level of success.** If you are trying to make weight for a competition or have weight related health problems (high cholesterol, obesity, high blood pressure, etc.) your level of dedication should be much higher than the average person (**Competition Dieting** as opposed to **Average Dieting**). Use this plan as a guide and decide early on how dedicated you want to be. **Set short term and long term fitness and weight loss goals and monitor your progress regularly** (see my Weight Loss Goal Setting tips at the end of this guide for help setting your own goals). Eliminate any stress or distractions that may deter you from following through with your goals.

“Set weight loss goals and monitor your progress regularly.”

Dieting too hard and/or working out every day may cause you to burn out. This type of strict *Competition Diet* can be necessary for a competitor during their 8-12 week training camp to get down in weight but is probably not sustainable long term. For the average person dieting who wants to see more results, you can move from *Average Dieting* to *Competition Dieting* for a couple months. After hopefully seeing more weight loss results you can then move back to *Average Dieting* long term. The general concept of this diet does not change when considering *Competition* as opposed to *Average Dieting*. You eat the same foods and avoid the same foods. The only difference is the number of meals you eat a day (*Average Diet* can be 3 meals plus a snack, *Competition Diet* can be 5 meals plus a snack) and how often you cheat and sneak in a pizza or dessert. You may find what works best for you is somewhere in the middle of the two levels of strictness. Find a balance in your life where you eat good, healthy foods that you enjoy and a workout regimen that works with your schedule.

Eating the right foods at the right times will give you high energy during your workouts while continuously burning fat. Many people mistakenly think skipping meals and eating less food is the best way to lose weight. In reality, not only is this unhealthy, but **when you skip a meal your metabolism slows down**. Your body does not know when the next meal is coming so it tries to hold on to whatever calories (fat) it can. A slower metabolism means your body does not burn calories and fat as quickly as a fast metabolism. You also deprive yourself of much needed vitamins and minerals and hence feel tired all the time. This method of losing weight usually works initially but after a while you stop seeing results. Once you stop seeing results and are feeling lethargic all the time you are likely to quit your diet.

On the other hand, **when you eat several small meals throughout the day your metabolism significantly speeds up**. You're never hungry and your body is continuously burning calories because the next meal is right around the corner. The fuel you are ingesting gives you much more energy and allows you to workout harder and longer. These higher intensity workouts also help your body burn more calories. This is the correct way to get the most out of your dieting efforts.

“When you eat several small meals throughout the day your metabolism significantly speeds up.”

Understanding how your metabolism works and what foods increase the rate at which it burns calories will help the longevity and success of your diet. **What your body looks like right now is about 20% because of workouts (or lack thereof) and 80% because of what you eat.** Have control over what and when you eat and you will look and feel much better.

The key is to eat several small meals throughout the day, each with a small portion of **lean protein** (usually 4-6 ounces or the size of your palm [this can vary depending on your

weight]). Eating **lean protein will fuel muscle growth and repair muscles** after a tough workout. It also increases your metabolism because proteins are one of the hardest foods for your body to digest. Your body literally has to work harder (and hence burn more calories) to digest proteins. Examples of lean proteins are boneless skinless chicken breast, lean steak, turkey, egg whites, fish, etc. Steamed shellfish such as shrimp, crab, lobster, oysters, clams and mussels are good alternatives (as long as you're not allergic). Eat these more sparingly.

“The faster your metabolism is working, the more calories (and fat) your body is burning.”

Vegetables and/or salad should be a major part of every meal (the best are dark vegetables like kale, broccoli, asparagus, spinach, etc.). The benefits of eating vegetables are endless and include being packed with vitamins, minerals, fiber and antioxidants. Eating vegetables regularly has also been shown to reduce the risk of stroke, cancer, heart disease, diabetes and other chronic illnesses. You can eat as much dark leafy vegetables as you'd like because they have about as many calories in them as it takes for your body to digest them! I also love squashes (butternut, yellow, acorn, and spaghetti squash) and beans (there are so many different types that are high in protein and have similar benefits of vegetables).

Carbohydrates (carbs, i.e. starches and sugars) are usually the main culprit to sabotage your diet. To be specific, simple carbohydrates (white bread, sugars, candy, soda, foods made with white flour, etc.) are broken down easily and stored as fat if they are not used as immediate energy. Complex carbs, on the other hand, are broken down slower in the body and have more fiber, vitamins, and minerals. Make sure you **eat complex carbs and NOT simple carbs. Complex carbohydrates give you energy so you only want to eat them before training and not after.** Examples of complex carbs include brown rice, oatmeal, sweet potatoes, quinoa and wheat bread. Google “complex carbohydrates,” “lean proteins,” or “vegetables” to find a long list of other healthy options. Having a good variety in foods, cooking methods and seasonings will help keep things new and exciting while dieting. Healthy food doesn't have to taste bad.

“Complex carbohydrates give you energy so eat them before training and not after.”

It is also important to consume essential “good” fats like fish oil, nuts (preferably pistachios or almonds, NOT peanuts), avocado, coconut oil, and olive oil (Avocado is a great substitute for mayonnaise on sandwiches.). Only use non-fat cooking spray, coconut oil or olive oil to cook. Try to avoid foods high in unhealthy fats (saturated fat and trans fats) like margarine and vegetable oils. Many people mistakenly think that eating fats make you fat. The reality is that these healthy fats are necessary for a balanced diet. **You should avoid simple carbs at all costs.**

“Avoid simple carbs at all costs.”

OTHER FOODS TO AVOID:

While trying to find the right healthy foods to eat you will likely come across several “diet” foods that fit within these healthy guidelines but are loaded with artificial or processed ingredients. The tricky part is deciphering a food’s nutrition facts saying it is “fat free” or “sugar free” but their ingredients are far worse for you than you would imagine. You should avoid processed foods and foods containing high fructose corn syrup. There are so many health problems linked to eating these foods. Processed foods contain artificial ingredients (most often chemicals).

Studies have shown that eating these foods is directly linked to higher body fat and can put you at risk for diabetes, cancer, high cholesterol, heart disease, and other chronic diseases. Losing some weight is not worth the tradeoff of these problems. Some examples include: Processed meat products such as bacon, sausage, pepperoni, ham, salami, hotdogs, lunch meat, etc. Sodas and other drinks high in sugar. Artificial sweeteners, cookies, pastries, cakes, and ice cream. French fries, potato chips, processed cheese, etc. If you’d like more information on what processed foods to avoid a simple google search will provide a long list of unhealthy foods.

PLANNING OUT DAILY MEALS

Planning out your daily meals is essential to following through with the diet plan. If you do not plan out your meals for the next day, you are more likely to randomly eat something unhealthy when you get hungry and food options are limited. The easiest way to prepare for eating several small meals a day is to cook a large amount of lean protein and vegetables ahead of time and portion them out into Tupperware containers. This way your meals will be planned out for the next couple days in advance. Trying to cook or eat out for each individual meal becomes very tedious and expensive.

Timing when to eat your meals is important and should be scheduled around your workouts. Meals eaten before you workout (Pre-workout meal) should have about 4-5 oz of lean protein, 6 oz of vegetables **and 6 oz of complex carbs (carbs for energy)**. Meals eaten after your workout (Post-workout meal) will only have lean protein and vegetables. All meals should be spaced out about 3 hours apart (with a snack or protein shake in-between if you get hungry) to keep your metabolism constantly going. The amount of each food you eat will vary depending on your weight, health, and intensity of your workouts. For instance, if you are eating the portions mentioned above but are constantly feeling tired while working out, you may need to increase the amount of carbohydrates in your pre-workout meal. On the other hand, if you are eating a larger serving of carbohydrates but are not losing as much fat as you’d like, you may need to reduce the amount of carbs you are eating. These are estimations that work for me but may need to be adjusted based on your energy levels and weight. **Listen to your body.**

“Listen to your body.”

One meal of the week should be your “cheat meal.” The concept of a cheat meal has helped me tremendously through the years. I love pizza and ice cream but I know that I cannot eat those foods while Competition Dieting. Instead, I eat healthy every day and look forward to Sunday when I allow myself to eat whatever I want for *one meal*. This meal allows me to get whatever cravings I may have out of the way. Average Dieting can allow for two cheat meals a week. It may just be mental, but it really helps in the longevity of a diet. Going several months without eating

something you really enjoy and crave will most likely result in you breaking down and “cheating” for several days or quitting your diet all together. If you like to drink alcohol, it should be limited to once a week as well. I consider drinking beer a version of cheating so I try to cut it out as much as possible and only treat myself every once in a while.

“One meal of the week should be your cheat meal.”

A typical day should begin with drinking a glass of water and eating breakfast (usually an egg white omelet with greens) as soon as you wake up to kick start your metabolism. If you are working out within an hour or two of breakfast, include complex carbohydrates. If you’re not working out until later, plan your pre-workout meal later on to include protein, veggies and complex carbs one to two hours before your workout. Immediately after working out drink a low carb protein shake and one hour later, eat your post workout meal (which will have lean protein and greens, not carbs). Do not eat carbohydrates for the rest of the day.

Make sure to drink a lot of water and eliminate drinks high in sugar like juices and Gatorade. Staying hydrated is an important part of performing at your full potential in training. Make it a habit to try to drink twice the amount of water as the water weight you sweat off in training. Low carb protein shakes are a good post-workout supplement to help your muscles recover from tough workouts. Don’t get in the habit of taking Ibuprofen every time you’re sore from working out. That is very bad for your liver and can be avoided by drinking a protein shake high in branch chain amino acids (BCAA) right after your workout. Protein shakes are also good at night if you’re still hungry or if you get a craving for something sweet.

“Drink a lot of water & eliminate drinks high in sugar.”

In addition to dieting, plan out your weekly workout schedule detailing what days you train, lift weights, run, do sprints and rest. Set a realistic goal of working out 2 to 4 days a week for Average Dieting or 4 to 6 days a week for Competition Dieting. You will obviously see faster results the more you workout but with some people’s schedules, working out six days a week may not be feasible. Don’t worry about what anyone else is doing. Set your schedule and don’t let anything deter you from following through with it.

“Plan out your weekly workout schedule detailing what days you train, lift weights, run, and rest.”

This is a lot of information to ingest (pun intended) so don’t worry if you initially feel overwhelmed. Modify this diet as needed to help you. Use it as a guide and not a restriction. The first step is set your goals. Write them down and tell other people. This will help hold you accountable as opposed to keeping your goals to yourself. With goals set, you can slowly start to incorporate these dieting concepts into your daily life. The concepts are simple: Lean protein and veggies with every meal. Eat complex carbs only before working out. Cut out simple carbs and sugars. Stick to your workout regimen. Stay positive, rest, and eliminate stress. Lao Tzo said, “The journey of a thousand miles begins with one step.” Make the choice to take that first step today.

“The journey of a thousand miles begins with one step.”

- Lao Tzo

Here is an example of the meals I eat on any given day during *Competition Diet*:

Competition Daily Diet:

8:00am Wake up, eat 3-4 egg white omelet with spinach and tomato. ½ cup of oatmeal.

11:00am Pre-Workout Meal

4 oz chicken breast, asparagus, 6 oz sweet potato

12:30 -2:00 Live training Session

2:00pm Post Workout Protein shake

3:00pm Post Workout Meal

4 oz white fish, broccoli and asparagus

5:00pm Snack

3 oz chicken breast, 2 tablespoons almond butter

8:00pm Dinner

4 oz lean steak, salad with fat free dressing

Here is an example what I eat during my *Average Diet* when I'm not training for a competition:

Average Daily Diet:

8:00am Wake up, eat 4 egg white omelet with spinach and tomato, banana

12:00 Lunch

6 oz chicken breast, butternut squash, 1 cup of brown rice

4:00pm Snack

3 hard boiled egg whites, handful of pistachios

7:00pm – 8:00pm: Workout

8:30pm Dinner

4 oz white fish, broccoli and asparagus

KEY POINTS TO A SUCCESSFUL DIET

- 1. Set your short term and long term goals.**
- 2. Cut out sugars and simple carbohydrates from food & drinks.**
- 3. Eat lean protein and vegetables EVERY meal.**
- 4. ONLY eat complex carbohydrates BEFORE workouts.**
- 5. Plan out your meals for the day and eat smaller portions to keep your metabolism moving.**

WEIGHT LOSS GOAL SETTING

Set realistic short and long term weight loss goals.

Example:

A person who weighs 200 lbs at 35% body fat on 1/1/2019

GOAL: Lose 35 pounds. Final weight of 165 lbs at 10% body fat (est.)

1. Short term goal- *lose 5 pounds in 1 month.* (Weigh 195 lbs by 2/1/2019)
2. Short term goal- *lose 10 pounds over the next 2 months.* (Weigh 185 lbs by 4/1/2019)
3. Short term goal- *lose 10 more pounds over the next 3 months.* (Weigh 175 lbs by 7/1/2019)
4. Long term goal- *lose another 10 pounds over the next 5 months. (Goal Weight 165 lbs at 9% body fat by 12/1/2019)*
5. Long term goal- *Stay under 175 lbs for the next year.* (12/1/2020)

If you don't hit your goal, don't stress. Analyze what may have gone wrong and where you could improve. Adjust your diet, workout schedule and goals accordingly. It's okay to push back the dates for your goals or lower the weight loss amounts. Sometimes it helps to set your goals around your body fat percentage or BMI (Body Mass Index). Since you could be gaining muscle from lifting weights you may not see the weight loss you expected but you could be looking much better. Remember to stay positive and stick to your goals. This is a marathon, not a sprint.