



LM Fitness

LM FITNESS DIET GUIDE



WHAT'S THE RIGHT
DIET FOR YOU?



MAKE
THE
CHANGE



Fat Loss
PIC·COLLAGE

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Introduction

Welcome to the LM Fitness Diet Guide. This guide contains 7 different fat loss diets all effective in their own right.

Structure and discipline will always be the basis of any successful diet. A diet can only be effective if it's stuck to. The most basic but important factor when losing body fat is eating in a calorie deficit.

Sometimes however dieting can be a trial and error scenario. As a trainer writing a diet we are simply making educated guesses based on all the information we have. Age, gender, activity level, body composition, lifestyle and much more; all these factors have to be taken into account.

Pages 1-7 will allow you to make an informed decision of what will work best for you. Remember no one size fits all. You have to find something that's suitable for your goals and your lifestyle.

On the flip side, if you wish to put on size, strength & muscle you should focus on eating in a calorie surplus. See page 9 for reverse engineering your diet.



Pyramid Diet

Intro: You start with higher calories (bottom of the pyramid) and decrease your calories as you get closer to your event (top of the pyramid).

Example: 10 week holiday goal:

- Weeks 1 & 2: 2000kcal
- Weeks 3 & 4: 1900kcal
- Weeks 5 & 6: 1800kcal
- Weeks 7 & 8: 1700kcal
- Weeks 9 & 10: 1600kcal

Who is it good for: *Beginners, Intermediates & Advanced.* This diet caters for all levels. It's effective and not too complicated to follow. Adjustments to your calories can be made when and where you feel they are needed. If you feel the need to drop calories weekly you can or you may prefer fortnightly/longer depending on the result you are getting.

Benefits: It's a pretty straightforward way of dieting it just requires the discipline to stick to your numbers. It allows your body time to adjust slowly rather than dipping your calories down. A fast drop can be a big shock to your system which, yes can be good for fat loss, but it can also cause you to feel lethargic, low on energy and spike your hunger levels through the roof. This system allows a sensible but gradual drop.

Down Falls: If your calories are too low for a period of time it is possible for your metabolism to slow down. Basically your body can learn to survive on fewer calories, meaning even on low calories you don't lose any more weight. It's important not to stay at the top of the pyramid (low calories) for too long.



Calorie Cycling

Intro: Calorie cycling or calorie shifting, is a dieting style that allows you to alternate between low-calorie and higher-calorie periods. It's a way of structuring your weekly or monthly food intake.

Example: 7 Day Breakdown

- Monday: 2000kcal
- Tuesday: 1500kcal
- Wednesday: 2000kcal
- Thursday: 1500kcal
- Friday: 2000kcal
- Saturday: 1500kcal
- Sunday: Sensible calories + cheat meal

Who is it good for: *Beginner, Intermediates & Advanced.* This diet requires a little more attention to detail as your intake should change on a daily/weekly basis. I personally feel calorie cycling is a great fat loss tool especially when you have hit a weight loss plateau. It can be used by beginners, however, it requires daily calorie discipline. Most beginners should lose weight initially by just generally eating better.

Benefits: Calorie Cycling is argued to be a superior way of dieting for fat loss and can help by reducing negative hormonal adaptations that normal dieting can sometimes cause (metabolism slowing down). Research suggests the benefits of calorie cycling include greater weight loss, improved ability to stick to a diet, less hunger and a reduction in the negative hormonal and metabolic adaptations of a normal weight loss diet

Down Falls: Low days can be quite challenging as your body can get used to higher amounts of calories. It can leave you feeling lethargic, low on energy and spike your hunger levels through the roof



Carb Cycling

Intro: Carb cycling is basically the same as calorie cycling however you manipulate your carb calories from day to day as oppose to just overall calories.

Example: 7 Day Breakdown

- Monday: 200g Carbs
- Tuesday: 100g Carbs
- Wednesday: 200g Carbs
- Thursday: 100g Carbs
- Friday: 200g Carbs
- Saturday: 100g Carbs
- Sunday: Sensible Carbs + cheat meal

Who is it good for: *Advanced*. This diet requires a lot more attention to detail as your carb intake should change on a daily basis. This diet suits an individual who counts macros and is willing to be more selective when it comes to food choice.

Benefits: Carb Cycling is in my opinion one of the most effective ways of dieting for fat loss. Carbs tend to be the key when it comes to increasing/decreasing bodyweight so this way of dieting helps to restrict overall carb intake and create a cycle which forces your body to burn fats as a fuel source. It's also great for overcoming weight loss plateaus.

Down Falls: It is more restricting and time consuming than normal dieting as you are trying to find foods low in carbs and track differing amounts on a daily basis. Low days can once again be very tough, it can leave you feeling lethargic, low on energy and with high cravings



Keto

Intro: A keto or ketogenic diet is a low carb high fat diet that can help your body burn more fat effectively. Its recommended by many doctors and can be useful for losing excess body fat without hunger, and for reversing type 2 diabetes

Example: 2000kcal per day

- 50-75% Fat calories
- 20-45% Protein calories
- 5% Carbs calories (ideally 25g carbs a day or less)
- Perspective: 1 medium banana = approx. 25g carbs

Who is it good for: *Advanced*. This diet requires a lot of discipline, good knowledge of high fat/protein but low carb foods. The attention to detail is probably the highest out of the 7 diets in this guide.

Benefits: Keto has many benefits some of which are; Aids weight loss whilst leaving you less hungry (supposedly). May help reduce the risk of cancer. Improves heart health and has been known to reduce acne.

Down Falls: It is very restrictive as just about every food product out there contains carbs. This diet requires a lot of planning and preparation. If you like carbs (most people do) its takes a lot of discipline to stick to. It can make you feel sluggish as without carbs you lack energy and unfortunately you can suffer with constipation as you will no doubt have less fibre in your diet.



5:2 Diet

Intro: The 5:2 diet is a popular version of intermittent fasting. The reason behind its name is, 5 days a week are normal eating days, while the other 2 restrict calories (500-800kcal)

Example: 7 Day Breakdown

- Monday: Low Calories (500-800kcal approx.)
- Tuesday: Normal Calories (2000kcal approx.)
- Wednesday: Normal Calories (2000kcal approx.)
- Thursday: Normal Calories (2000kcal approx.)
- Friday: Low Calories (500-800kcal approx.)
- Saturday: Normal Calories (2000kcal approx.)
- Sunday: Normal Calories (2000kcal approx.)

Who is it good for: *Beginner, Intermediate.* The principles behind the 5:2 are very straight forward. Nothing too complicated or overwhelming. I think it's great for the everyday Bruce's and Sheila's, although I feel it's not as suitable for the more advanced trainer/dieter.

Benefits: The diet can play into your hands for 2 main reasons. Firstly it doesn't specify where you must get your calories from. It's open to your own interpretation. As long as you don't consume more than your set calories you should see a drop in weight. Secondly you can also choose which days you wish to have a low calorie day. For example you might choose days of the week when you are busy at work so don't have the time to think about food.

Down Falls: Not all calories are equal. You should always try and get the majority of your calories from good, clean, fresh food sources. Low calorie days can be very challenging, and also the following day cravings tend to be very high making it hard to stick to "normal calories" on those days. It is counterproductive if on a normal day you just replace the calories you missed on a low day. Exercising on low calorie days can be physically and mentally tough. You can feel weak, low on energy and lethargic during your workouts.



Intermittent Fasting

Intro: Intermittent fasting involves limiting eating to set hours of the day. The idea is you spend a large amount of a 24 hour day in a fasted state (16 hours approx.) then break your fast for a set period of time (8 hours approx.) before fasting again.

Example: Fast Day

- **Fast: 8pm (Monday)--- 1pm (Tuesday)**
- **Meal 1: Break fast at 1pm**
- **Meal 2: 4-5pm (optional meal)**
- **Meal 3: Last meal at 8pm**
- **Fast: 8pm (Tuesday)--- 1pm (Wednesday)**

Who is it good for: *Beginners, Intermediates & Advanced.* this diet caters for all levels. The principles are straight forward and the method is practical. Finding the time to eat only 2 or 3 times a day is easier than eating 5 or 6.

Benefits: Works well for someone with a busy schedule that struggles to find time to eat little and often. I personally find it easier to get by on lower calories during the first few hours of the day but harder as the day goes on. Intermittent fasting plays into this well, it can also be good not only for weight loss but its been said to have other health benefits. These include: Possible reduce risk of cancer and type 2 diabetes, it's good for cellular regeneration and can reduce insulin resistance.

Down Falls:

If you are looking to stick to stricter macros it's difficult to hit your figures only eating 2 or 3 times a day. it also means you're more likely to consume denser amounts of calories in a shorter space of time. Fighting hunger levels during the early hours of the day can lead to mood swings. It can be a dangerous game saving your calorie intake to later in the day as people give themselves a license to overeat because they think they have banked calories.



1-2-3 Diet Plan (LM Fitness Diet)

Intro: Taking certain principles from each of the above diets I have developed my own solution to getting beach ready! The 1-2-3 plan implements low/zero carb days and a progressive style of dieting as the weeks go on.

Example: *6 week holiday Goal*

- Week 1: 1 Day Zero Carbs (6 days normal calories)
- Week 2: 2 Days Zero Carbs (5 days normal calories)
- Week 3: 3 Days Zero Carbs (4 days normal calories)
- Week 4: 1 Day Zero Carbs (6 days normal calories)
- Week 5: 2 Days Zero Carbs (5 days normal calories)
- Week 6: 3 Days Zero Carbs (4 days normal calories)

Who is it good for: *Beginners, Intermediates & Advanced.* This diet caters for all levels. It is effective and not too complicated to follow. The diet implements ideas from carb & calorie cycling as well as the pyramid style. Each week your overall calories drop as you add an extra day of low/zero carbs. It is an easier way of doing a carb cycle, on the low/zero days you simply replace all of your normal carbs with green vegetables.

Benefits: It is a straightforward way of dieting but requires focus and discipline. Low carbs are very effective for fat loss, however, staying in low carb phases for too long can be detrimental to your body/fat loss goals. The 1-2-3 diet allows your body time to adjust to low/zero carbs over a period of a few weeks. My recommendation is to split your zero carbs days therefore not allowing the body to become acclimatised to surviving off low calories. This also creates a carb/calorie cycle which has been proven to be beneficial for fat loss and overcoming fat loss plateaus.

Down Falls: Low/zero carb days are pretty brutal and require a lot of self-discipline. These days will consist of mainly protein calories in your diet and again on low carb days your energy levels can drastically drop.



Bulking Diets & Reverse Engineering

As previously stated, if your goal is to increase size, muscle & strength then you should be eating in a calorie surplus (unless you're a beginner).

Beginners live by a different set of rules. As a beginner it is possible to eat in a calorie deficit to lose body fat whilst still gaining muscle & strength, unfortunately for the more conditioned trainer this isn't always possible.

Let's take an intermediate to advance trainer who wants to focus on gaining muscle and size. Two things should be implemented: Firstly you should eat in a calorie surplus and secondly you should apply progressive overload to your workouts.

Now as this is a diet guide, we will only be talking about the diet. Reverse engineering is simple, you take one of the diets above, let's say the pyramid diet, and reverse it around. To use the pyramid diet method to bulk simply flip the pyramid upside down. Start with lower calories (not as low as a fat loss diet) and finish with higher calories.

Example: 10 week bulk goal:

- Weeks 1 & 2: 2500kcal
- Weeks 3 & 4: 2600kcal
- Weeks 5 & 6: 2700kcal
- Weeks 7 & 8: 2800kcal
- Weeks 9 & 10: 2900kcal

Most of the 7 diets listed above can be reverse engineered to gain size & strength. For more information on these please get in touch.



Summary

The fundamentals of losing body fat will always be calories in versus calories out. If you want to lose weight you should eat in a calorie deficit, but if you want to increase weight (put on size and muscle) you should eat in a calorie surplus.

That being said, where you get these calories from will always play a key role in your results. Not all calories are equal. Let's take a slice of pizza at 300kcal against a beef steak at 300kcal. Which would you say is going to be better for fat loss and also muscle gain as well....? Of course the beef steak.

As a beginner an effective way to diet would be to look and monitor your overall calorie intake, nothing wrong with this and you will still see a positive result. As an intermediate or advanced trainer you may wish to delve a little deeper. Breaking down your macros and considering where your calories are coming from will allow you to take that one step further and increase your rate of results.

Finally I must repeat, regardless of the diet, structure and discipline will always be the basis of any successful diet. A diet can only be effective if it's stuck to.