



## Guide to Losing Fat

HASfit's healthy meal was made for you. You need an easy to use system to eat healthy and get lean, but not feel starved all day. We designed this system to be easy for you to integrate into your daily routine and keep it there.

This is NOT A DIET. Diets are often temporary, unhealthy solutions. The goal of this meal plan is to provide you with the knowledge needed make healthy eating apart of your lifestyle. By managing your sugar levels, we keep you in the fat burning zone all day. You'll be eating frequent meals and shopping around the outside of the grocery store buying fresh, whole, and unprocessed foods.

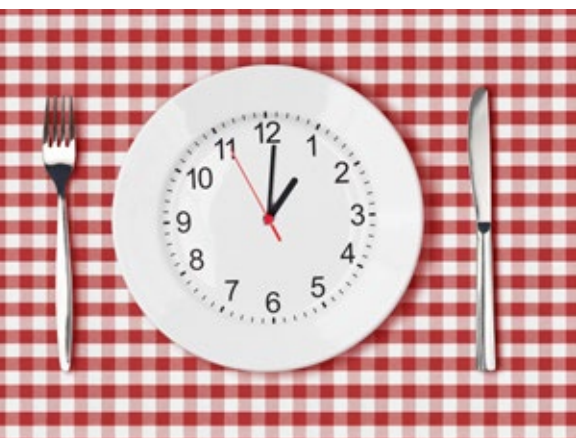
Believe it or not

## You have to eat to lose fat!

You may be asking yourself, how can I lose weight if I'm eating 5 times per day? Losing weight is all about managing your sugar levels and keeping your metabolism in a fat burning state. If your sugar (or insulin) levels are too high, then your body is storing the extra sugar as fat.

If you haven't eaten in hours, then your sugar levels are low and your body is in starvation or famine mode. A famine is a wide-spread scarcity of food and your body has learned to conserve energy in times of famine. In this mode, your body isn't burning fat because it doesn't know when your next meal is coming.

*Losing weight is all about managing your sugar levels and keeping your metabolism in a fat burning state.*

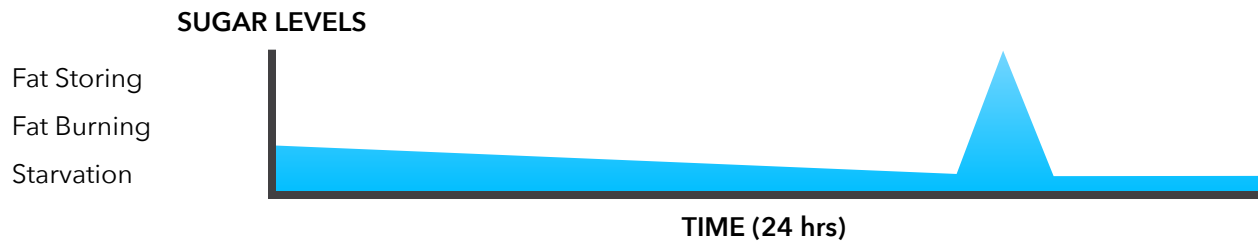


Our goal is to keep your sugar levels constant throughout the day. By eating every 2-4 hours and eating foods with low glycemic levels (foods that don't spike your sugar levels), we are able to keep your metabolism in a fat burning state. If you are used to eating only 1 or 2 meals per day, then this is going to be a major adjustment for your body. It may be difficult to eat frequently over the first week as your body adjusts.

After the first week you will notice your body will feel more energized, your mind will feel sharper, and you will be losing fat. Check out the graph on the following page that demonstrates how eating frequently will result in consistent sugar levels and more time spent in the fat burning zone.

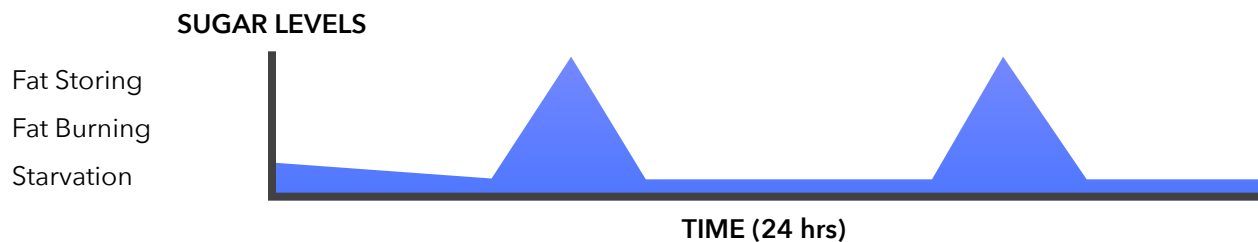
# Sumo Wrestler Diet

Sumo wrestlers only eat once per day! They starve themselves all day, staying in famine mode, and then they eat one huge meal to spike their sugar levels. They spend 0 time in the fat burning zone.



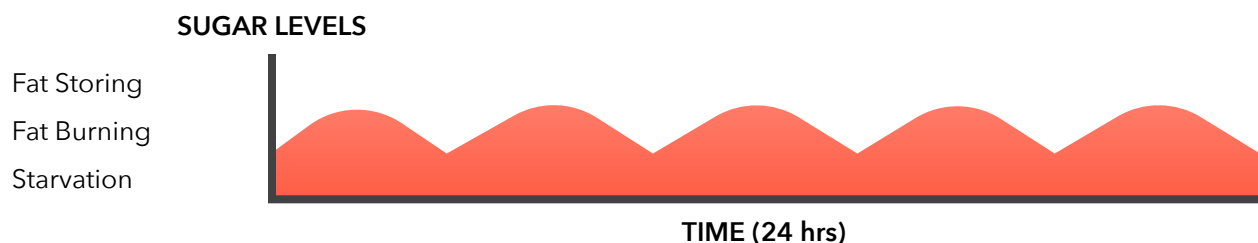
# Average Overweight Person

Only eating two or three times per day means only spending half of your time in the fat burning zone, at best. If you want to lose weight, you will need to spend much more time in the fat burning zone.



# Burn Fat ALL Day!

Frequent eating of smaller meals keeps your insulin levels more constant throughout the day. Consuming protein and low glycemic carbs also helps keep your sugar levels under control. This combines to keep you in the fat burning zone all day long!



# Meal Plan Directions

There are six meals outlined per day. You are required to eat all 3 main meals (breakfast, lunch, and dinner) and any 2 of the 3 snacks. Each meal outlines several example food choices, but you can eat outside of the choices as long as you eat the correct amount of protein and carbs.

It does not require calorie or fat counting, but does require you monitor your protein and carbs. Total grams of protein and carbs are counted for each meal. Choose as many food options as necessary to equal the allotted grams. Green vegetables count as 0 carbs. Your proteins and carbs choices all count towards the total number.

*Meal Example: 6 oz turkey (30g protein / 0 carbs) + 1 slice wheat bread (5g protein / 20g carbs) + 1 apple (0g protein / 17g carbs) = 37g carbs / 35g protein*

<b>MEAL 1: Breakfast</b>	<b>Protein 15-25 grams</b> - Example: Eggs, lean meats, protein powder or bar, milk, cheese, or soy) <b>Carbohydrates 40-50 grams</b> - Example: Oats, wheat bread, or fruit
<b>MEAL 2: Snack</b>	<b>Protein 15-30 grams</b> - Example: Protein powder or bar, tuna, chicken, yogurt, nuts, cheese, cottage cheese, pork, turkey, deli meats, beans, or legumes. <b>Carbohydrates &lt;10 grams</b> - Only the carbs that come with your protein choice, no additional carb choice. Try to keep them under 10 g.
<b>MEAL 3: Lunch</b>	<b>Protein 30-40 grams</b> - Example: Tuna, chicken, cottage cheese, pork, turkey, fish, deli meats, lean red meats, beans, legumes, or cheese <b>Carbohydrates 30-40 grams</b> - Example: Fibrous/green vegetables, wheat bread, brown rice, mixed vegetables
<b>MEAL 4: Snack</b>	<b>Protein 15-30 grams</b> - Example: Protein powder or bar, tuna, chicken, yogurt, nuts, cheese, cottage cheese, pork, turkey, deli meats, beans, or legumes <b>Carbohydrates &lt;10 grams</b> - Only the carbs that come with your protein choice, no additional carb choice. Try to keep them under 10 g.
<b>MEAL 5: Dinner</b>	<b>Protein 30-50 grams</b> - Example: Tuna, chicken, cottage cheese, pork, turkey, deli meats, fish, lean red meats, soy, veggie burgers, beans, legumes, or cheese <b>Carbohydrates 20 grams on non-workout days, 40-50 on workout days</b> - Example: Fibrous/green vegetables, sweet potatoes, squash, mixed veggies
<b>MEAL 6: Snack</b>	<b>Protein 15-30 grams</b> - Example: Protein powder or bar, tuna, chicken, yogurt, nuts, cheese, cottage cheese, pork, turkey, beans, or legumes <b>Carbohydrates &lt;10 grams</b> - Only the carbs that come with your protein choice, no additional carb choice. Try to keep them under 10 g.



# Keys to success

1. *Print the Meal Plan page and put it on your refrigerator.*
2. *Read the entire plan and refer back to it often.*
3. *Plan your meals ahead of time.*
4. *Protein at every meal!*

If you are on-the-go, make your meals ahead of time and bring them with you. Buy easy snacks like nuts and protein bars that you can take with you wherever you go. Not having time cannot be an excuse if you are to be successful. How dedicated are you?



# Avoid the following:

## White starches: white bread, white rice, white pasta, white potatoes, corn, and sugar

Starches act just like pure sugar when entering the blood stream. You might as well have a 2 liter of soda. Starches spike insulin levels causing the production of fat gain. After the spike, insulin levels plummet, lowering one's metabolic rate as the body is put into a state of starvation.

## More than one serving of fruit per day

Fruit is to be consumed at breakfast or lunch only. The best fruit choices include apples, honeydew, and berries. The worst fruit choices include bananas, oranges, and tropical fruit

## Beverages with calories

No soda. No juices. Only unsweetened tea.

## Carb + Fat Meals

Meals should be based around Protein + Carbs, or Protein + Fat. The worst meals combine Carbs + Fat, e.g. ice cream, pizza, alfredo pasta. Protein must be present in each meal.

## Sugary snacks or chocolate



# This is You vs. You!

As with all things in life, your level of success depends solely on your level of commitment.

**If you only give 10% percent commitment, then you will only get 10% results. If you are disciplined, then you will undoubtedly be extremely successful.**



You now have the tools and the knowledge, but do you have the willpower and mental strength to achieve your goals? Consider this a test, a personal challenge. You vs. You. There is no such thing as an overnight transformation, but consider how long it took you to get to where you're at now. The gratification you will feel after accomplishing this goal will far surpass any pleasure received from a late night ice cream binge. When you reach the end of this journey, you'll be a stronger person for it.

# Carb & Protein Guide

Nutrition Facts labels on packaged foods tell you how many carbs are in a particular food. But many healthy, fresh foods don't come with labels, such as fresh vegetables or fruits. Or you may be eating out and not able to look at the package. Use this reference guide to learn the serving sizes of carbohydrate-containing foods that you eat often.

## Carbs

*Remember: 1 serving of these foods = about 15 grams of carbohydrate*



### Grains (starches)

Bagel	1/4 (1 oz)
Bread (white, whole-wheat, pumpernickel, rye)	1 slice (1 oz)
Crackers (white flour)	6 crackers
Graham Crackers (2.5 inch sq)	3 crackers
Muffin (small)	1/5 muffin (1 oz)
Oats (cooked)	1/2 cup
Wheat Pasta	1/3 cup
Pita Bread (6 inch)	1/2 pita
Popcorn (low-fat)	3 cups
Pretzels	3/4 oz
Rice (white or brown)	1/3 cup
Tortilla (6 inch, corn or flour)	1 tortilla
Tortilla Chips	9-13 chips (3/4 oz)



### Starchy Vegetables & Beans

Beans (garbanzo, pinto, kidney, white) and peas	1/2 cup
Baked Beans	1/3 cup
Corn	1/2 cup
Lentils	1/2 cup
Peas (green)	1/2 cup
Potato (baked, boiled, or mashed)	1/2 cup or 1 medium (3oz)
Winter Squash	1 cup



## Carbs (continued)



### Fruits

Apple (small, unpeeled)	1 apple (4oz)
Applesauce (unsweetened)	1/2 cup
Apple Juice	1/2 cup
Banana (small)	1 banana (4oz)
Blueberries or Blackberries	3/4 cup
Cantaloupe (small)	1/3 melon (11oz)
Fruit Cocktail	1/2 cup
Grapes (small)	17 (3oz)
Orange (small)	1 orange (6 1/2 oz)
Orange Juice	1/2 cup
Peach	1 medium (6oz)
Peaches (canned in syrup or juice)	1/2 cup
Pear (large)	1/2 (4oz)
Pineapple (canned)	1/2 cup
Raisins	2 tbsp
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries



### Dairy Products

Ice Cream	1/2 cup
Milk (skim, 1%, 2%, whole)	1 cup
Pudding (fat-free or whole)	1/2 cup
Soy Milk (fat-free or whole)	1 cup
Yogurt (fat-free, plain, or fruit-flavored)	6 oz
Yogurt (frozen, fat-free)	1/3 cup

## Protein



### Meats

Lean Red Meats (6oz)	40g
Turkey (6oz)	8g
Chicken (6oz)	30g
Fish (6oz)	22g
Deli Meat (4 slices)	10g
Tuna (1 serving)	15g
Egg (1 egg)	6g



### Dairy Products

Milk (1 glass)	8g
Yogurt (1 serving)	6g
Cheese (1 slice)	6g



### Nuts

Mixed Nuts (4 handfuls or 1/2 cup)	15g
Roasted Peanuts (1/2 cup)	17g
Peanut Butter (2tbsp)	6g
Cashews (1oz)	5g
Walnuts (2oz)	5g
Pistachios (2oz)	6g
Almonds (1oz)	6g

## Protein (continued)



### Seeds

Sunflower Seeds (1/4 cup)	6g
Pumpkin Seeds (1/4 cup)	3g
Flax Seeds (1/4 cup)	1g
Quinoa (1/2 cup)	7g
Sesame Seeds (1 oz)	6.5g
Hemp Seeds (1/4 cup)	12g



### Beans & Legumes

Lentils (1/2 cup)	10g
Chickpeas, Garbanzo Beans (1/2 cup)	8g
Pinta, Kidney, Lima, Navy Beans (1/2 cup)	8g
Soy (1/2 cup)	15g
Split Pea (1/2 cup)	8g
Hummus (1/2 cup)	10g