

Regeneration DIET 2.0

REGENERATE
Your Body,
REJUVENATE
Your Mind,
RECLAIM
Your Life



SHAUN MCGILL
INCLUDES TOP 20 NUTRITION TIPS

Legal Disclaimer

As a health and fitness professional with over 10 years' experience in coaching people to great results I believe 100% in what I'm sharing within these pages. I know that if you apply the principles that I'm sharing, you will get amazing results.

I know it sounds silly but there are people who will claim that eating healthy and only eating natural foods which god intended us to eat, will in some way have harmed them, caused mental anguish or removed the fundamental human right to freedom of choice. Worse still, some people will even get a lawyer to press a case just so they can get some money. Therefore, please read the following statement BEFORE you read the rest of this e-book or follow any of the advice given.

The purpose of this plan is to help healthy people reach their fitness goals by educating them in proper nutrition and exercise guidelines. No health claims or exact results are made for this plan. The information is not intended as a substitute for any exercise routine, treatment or dietary regimen that may have been prescribed by your doctor. The advice in this nutrition and exercise plan will not help cure, heal, or correct any illness, metabolic disorder, or medical condition.

The author is not responsible in any manner whatsoever for any injury or health condition that may occur through following the guidelines and opinions expressed herein. The nutrition and exercise information expressed within this plan is for informational purposes only and may not be appropriate for all individuals. If you have a pre-existing medical condition or any special dietary requirements you must seek advice from your doctor. The information represents the author's opinions and following the information is done so at your own risk. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness consultant, nutrition consultant and a metabolic typing advisor.

Please discuss all exercise and nutritional changes with your doctor or a registered dietician. If your doctor recommends that you don't use the information in this book, then please follow your doctor's orders. If you choose not to obtain the consent of your doctor and/or work with your doctor throughout the duration of your time using the recommendations in the plan, you are agreeing to accept full responsibility for your actions. The author advises readers to take full responsibility for their safety and know their limits.

The author of this book disclaims all responsibility in the unlikely event that any adverse effects should arise from the use or application of the information contained in this plan.

By using the information contained herein, you recognise that despite all precautions on the part of Shaun McGill and Shaun McGill Personal Training, there are risks of injury or illness which can occur because of your use of the information in this book and you expressly assume such risks and waive, relinquish and release any claim which you may have against Shaun McGill and Shaun McGill Personal Training, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the exercise and nutritional guidelines in this plan.

About Me

Hi, my name is Shaun McGill and I am a certified personal trainer from Newcastle Upon Tyne in the UK.

I really appreciate you choosing me to be your guide when it comes to losing weight, transforming your body and improving your health.

There are thousands of personal trainers, nutritionists and health professionals out there so it gives me great pleasure knowing you chose me to help you.

If you follow my advice I know it will help you achieve your health and fitness goals.

So why should you listen to me when it comes to your health and transforming your body?

Well first off I have struggled with my weight myself so I have experienced what it takes to lose weight and be healthy. There are some trainers out there who have very good genetics and have 6 packs whilst still eating poor diets. I am not saying these people are bad trainers and can't help you, but a lot of them have never experienced what it is like to be overweight and how hard it can be to lose weight. I have first-hand experience in losing weight which helps me to understand exactly what you are going through.

Now just because I have experienced weight loss myself doesn't necessarily mean you should listen to me. After all thousands of people have lost weight, but it doesn't mean you should listen to them. However, I have spent over £25,000 on courses and qualifications in the 10 years I have been a personal trainer so I am also very qualified when it comes to health and fitness.

I have also worked as a personal trainer on TV and I have worked with footballers wives, actresses and athletes which I hope demonstrates my experience in working with people who demand a high quality results based service. I am not saying this to brag or to massage my ego, I am telling you because I want you to trust the information I give you. I really believe that in order to follow the advice someone gives you, you must respect and trust the person. I hope by sharing how much I have spent on gaining knowledge and the type of clients I have worked with will help you to respect and trust me so you follow the information I provide. I know the information I provide works, so I hope I have gained your trust and respect so you follow it.

Just a quick reminder before you get into reading the information in this E-book. It is very important for you to know the information I provide is for education purposes only. It is not medical advice and is not intended to replace the advice of health-care professionals. Please consult your doctor before beginning or making changes to your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications. If you have a pre-existing medical condition or any special dietary requirements you must seek advice from your doctor.

Good luck on your journey and thank you very much for letting me be your guide.

Get fit, get healthy, get happy

Your Coach For Life

Shaun McGill



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Welcome

Welcome to the Regeneration Diet 2.0, the diet that helps you to regenerate your body, rejuvenate your mind and reclaim your life.

If you have downloaded this free E-book then I am sure you are sick and tired of fad diets which are impossible to follow or lead to you gaining the weight straight back as soon as you stop. The good news is after following the Regeneration Diet 2.0 you will never need to follow another fad diet again. The Regeneration Diet 2.0 teaches you how to eat healthy long term so your results last and you lead a long healthy life.

Although the Regeneration Diet 2.0 was designed with building health in mind, it is excellent at helping you lose weight simply and easily. This is because weight loss is a by-product of health. The faster you get healthy, the faster you lose weight.

Unlike the Regeneration Diet 2.0, most diets out there are restriction diets where you restrict the amount of calories you eat. Now here is a shocking statistic I bet you didn't know. Studies have shown that 95% of people who follow these restriction diets gain the weight back and 66% actually end up fatter than when they began. Basically unless you are in the minority you are better off never going on a diet in the first place.

When I found out these statistics I wanted to create a diet that not only worked, but also meant you kept the weight off. What's the point in putting in the hard work and effort following a diet if you're just going to gain the weight back and maybe more once you finish?

I realised that where all the other diets were going wrong is that they didn't address the deep underlying issue which causes weight gain... POOR HEALTH. You never see a healthy overweight person do you?

This is when it hit me. If you get people healthy fast then they will lose weight fast.

So rather than trying to trick your body into losing weight through calorie restriction and starving yourself, the Regeneration Diet 2.0 builds health which leads to weight loss. It's basically a two in one diet. You build long term health and you lose weight.

Don't get me wrong you will lose weight fast following this plan and if you stick to it fully you will reach your goal over time. However, please remember that this plan is designed to build health and regenerate your body first and foremost, weight loss comes as a by-product. If you are specifically wanting to transform your body please email shaun@newcastlepersonaltraining.com and I will send you information on my specific transformation programmes

I wish you all the best on your journey to improved health and reaching your ideal weight.

Building Health

The Regeneration Diet 2.0 is designed to build health. The quicker you build health through giving your body the nutrients it needs and avoiding unhealthy foods, the faster you will lose weight.

Most health problems and weight gain are caused due to either nutritional deficiency and/or toxic overload. This is through not eating enough of the good foods and instead eating too much junk food. By cutting out all the junk food and eating lots of good foods it will help you lose weight a lot faster and easier than a calorie restriction diet.

Your body doesn't like being overweight, so the sooner you can feed your body enough nutrients in order to function optimally, the quicker you will begin to burn fat. By cutting out all the junk food, means you burn fat even faster.

Cellular Health



Eat Good Food	Remove Junk
Fresh Water	Processed Food
Fresh Vegetables	Sugar and Sweeteners
Fresh Fruit	Confectionary and Cereals
Fresh Meat	Pop and Sugary Drinks
Fresh Poultry	Fast Food and Takeaways
Fresh Seafood	Pastries, Cakes, Pies
Nuts And Seeds	Fried Food
Legumes	Margarine
Rice And Grains	Hydrogenated Oils
Good Fat	Microwavable Meals
Herbs And Spices	Alcohol

Top 21 Nutrition Tips To Regenerate Your Body, Rejuvenate Your Mind and Reclaim Your Life

Before we get into the actual diet plan there are some important tips you must know if you want to look, feel and perform at your very best.

Learning these tips will help you stick to the diet plan as they help explain why the diet plan is as effective as it is. It's all good being told to do something but from my experience you are far more likely to follow a plan if you know the reason why you are following it and the benefits you will get. I have found that people who don't take the time to read through these tips are less likely to stick to the diet plan. If you want to see amazing results, which I know you do, otherwise you wouldn't be reading this plan, then please take the time to read through this section.

For every tip you don't read and for every piece of advice you don't follow in this plan it will have a negative impact on your end results. You must get into the habit of doing EVERYTHING that is necessary in order to see the life changing results you want and that starts right now by reading everything in this nutrition plan including this tips section.

Tip 1 -Mind Set

You can have all the knowledge in the world regarding nutrition but this doesn't guarantee you eat healthy. What does guarantee you eat healthy is a good mindset. A little knowledge goes a long way with a positive mindset.

To help you get into a positive mindset I want you to write down your goal weight, 5 negatives about being overweight and 5 benefits of being fit and healthy at your ideal weight.

Your goal weight should be the weight you would be in an ideal world where you are at your fittest and healthiest and you look your very best. The negatives should be things you don't want to suffer from anymore due to being overweight and the positives should be good things you will experience from being fit, healthy and looking your best. The negatives should scare you to take action and the positives should inspire you to take action. Once you have written them down you should keep the piece of paper somewhere safe and read it daily.

Having a goal and reminding yourself regularly of how bad it is being overweight and why you want to lose weight creates action and keeps your motivation high. The more you think about being fit and healthy and why you want to be fit and healthy, the more likely you are to be fit and healthy.

There will be times your motivation drops but reminding yourself why you want to lose weight, be fit and healthy will instantly increase your motivation.

Doing this one thing is the single most important thing you can do to ensure your mind is working for you rather than against you.

The next important step regarding your mindset is to realise that being fit and healthy is for life not just for a short term quick fix diet.

If you are thinking I will eat healthy for a few weeks, lose some weight and then go back to my old eating then honestly you may as well not bother. In fact you will very likely end up regaining the weight you lost plus more by doing this.

Now, I am not saying you must eat 100% healthy for life and never eat a takeaway or chocolate again, but you must eat healthy the majority of time in order to stay fit and healthy and stay at your ideal weight. The positive changes you make should be a lifestyle change rather than a short term quick fix.

Later on in the e-book I will talk about the 90/10 rule which you should follow for life. The 90/10 rule will mean you still get to enjoy the odd takeaway and bar of chocolate now and again whilst staying fit and healthy and maintaining your ideal weight. However, for the first 30 days I want you to follow the Regeneration Diet 2.0 100%. This will help you to see fast results but it will also help you to experience what optimal health feels like.

Don't get me wrong the Regeneration Diet 2.0 should be used as a long term lifestyle change, but committing to sticking to it 100% for 30 days sounds less scary and way more manageable than sticking to it for life.

Once you have completed 30 days and experienced the amazing benefits, you will want to maintain these benefits long term. This is when the 90/10 rule comes in so you can maintain the benefits long term and still enjoy the occasional treat.

So, get into the mindset that being fit and healthy is for life but also get into the mindset that you are going to follow the Regeneration Diet 2.0 100% for 30 days.

Once you are committed to sticking to the plan 100% for 30 days and come to realise that eating healthy is a lifestyle and not a short term diet then you are in the best possible mindset to see amazing lasting results.

Tip 2 – Preparation Is Key

Most people eat unhealthy because they are not prepared. Most people don't plan their meals in advance, they don't plan their shopping list, they don't plan to have healthy snacks with them or they don't have enough time to cook 1-6 healthy meals per day. In order to eat healthy, preparation is the key.

One day every week you should create a 7 day meal plan for the following week. From this you can prepare your shopping list (you may have to go shopping twice per week to ensure food is fresh).

As you will have all the food you need and you have planned every meal, then there is no excuse for not eating healthy.

If you know you aren't going to be in the house then take food with you in containers or plan to eat out at places you can make good choices.

You can also cook your meals in batches. On a Sunday or any day that's good for you, you can cook a large batch of meals and store them in containers in the fridge and freezer for the whole week. Alternatively you could just make a couple of meals in advance. For example when you're making breakfast you can make yourself your lunch to take to work. Or on an evening when making your evening meal you can make your breakfast and lunch for the next day.

Some people find it easier to cook in large batches for the week, some prefer to make the food for the next day when making their evening meal, some people like to eat out when at work and find healthy options and some people even prefer to use healthy meal delivery companies.

The key is to find which way suits you best or which way suits you for that week. Some weeks may be best to batch cook, sometimes you might have to plan ahead where you can eat out healthy and some weeks you may be busy so using a meal delivery company is best.

Whichever way you opt for the important thing is you are prepared. Being prepared will ensure you aren't tempted to eat unhealthy. It is when you aren't prepared and you don't have healthy food with you that you become tempted by unhealthy choices because it is convenient at that moment in time.

If you take the time to prepare then eating healthy really is simple and easy.

Tip 3 - Be Mindful And Listen To Your Body

It is very important for long term weight loss and good health that you are mindful and listen to your body.

You need to be mindful of what you eat, when you eat, how much you eat, how often you eat, why you want to eat, the quality of the food you eat and nourishing your body with lots of vitamins and minerals and at the same time you must listen to your body in terms of hunger, energy and cravings.

Being mindful and listening to your body is a lot easier than counting calories and from my experience more effective as a long term solution.

Your body is a lot more complicated than a simple mathematical equation which is why calorie counting doesn't always work.

It's impossible to find the exact number of calories you need, the mathematical equation for losing weight via cutting calories is flawed, the method to find the amount of calories in food is flawed and fat storage can be controlled by your hormones which means you can store fat no matter how little calories you eat. I'm sure you will have seen people who eat very little and are fat and people who eat loads and are thin. Also you might have come across people who all of a sudden gain a few stone in a matter of weeks because they have issues with their thyroid. These are all examples of how your hormones affect weight gain and weight loss rather than calories.

Another problem with calorie restriction is that it can slow down weight loss through slowing down your metabolism. If you cut calories too much and eat too little for extended periods of time, then your body can think it's starving and instead of burning fat it holds onto your fat and can lead to gaining fat long term.

Instead of trying to lose weight through calorie counting you should focus on losing weight through building health, balancing your hormones and listening to your body so you lose weight simply, easily and naturally.

To build health you need to be mindful of eating good quality foods containing lots of vitamins and minerals to nourish your body. You also must be mindful of how much you eat, how often you eat and why you eat. Even if you are eating healthy foods, if you eat too much food too often you will gain weight and if you eat too little for extended periods you may slow down your metabolism. Being mindful of portion sizes and how often you eat is essential for weight loss.

Another important thing to be mindful of is why you eat. Are you eating because you are hungry and you are giving your body energy and nutrients, or are you eating because you

are bored or for emotional reasons? You are far more likely to lose weight and be healthy if you eat if you are hungry and you are eating to give your body energy and nutrients than if you eat through boredom and emotional reasons.

Eating through boredom, stress and unhappiness is very common which is why you need to be mindful of why you are eating. When eating for these reasons, you often crave sugary foods and junk foods for a reward as these foods release more dopamine, which is the pleasure and reward chemical. Eating these foods makes you feel good for a couple of minutes but this is quickly replaced with guilt. If you find you want to eat through boredom, stress, being unhappy or any other emotional reason then you can tell yourself that eating sugary foods or junk foods doesn't make things better and instead of eating junk food you can find other ways to deal with the problem.

As well as being mindful you need to balance your hormones through listening to your body and tuning into the feelings of hunger, energy, cravings and fullness.

Your body knows what amount of food is right for you at any given time and always lets you know, you just need to learn to read the signs. If you become hungry, this means your body needs food. Eat as soon as you can, but make sure it's healthy foods. If you're at work or out, it is a good idea to have healthy food with you so you don't resort to eating junk food. If you don't eat when you are hungry then this will often lead to overeating when you do eventually eat or you will end up eating bad foods due to cravings. Planning ahead and being prepared with healthy foods will make weight loss simpler.

In order to regenerate your body, rejuvenate your mind and lose weight you have to eat the amount of food you need to feel energised and feel good. When you feel energised and feel good this is a sign your hormones are balanced, your body is getting everything it needs and your cells are working optimally. For some this might mean 2 meals per day and others it might be 6 meals. It may mean eating big portions or it may mean eating small portions. Your body knows best. Listen to your body rather than worrying about calories. If you feel good and energised then this is the amount of food your body needs, if you don't then you will either need to eat more food more often or less food less often. Only by listening to your body will you find out how much food and how often you should eat for your body to work optimally.

If you are looking to lose weight it is very important not to overeat. Tuning into your body is a very good tool to ensuring you do not overeat. Your body tells you when you've had enough as you will feel satisfied. Make sure you don't get this feeling mixed up with feeling full or even physically stuffed which some people do. Often people only stop eating once they feel stuffed and bloated, by this point you will have consumed too much food and too many calories. When you get to the feeling of being satisfied then don't be afraid to leave the rest of the food on your plate. It is much better for weight loss and your health to leave food than it is to carry on eating even if you are satisfied from the food. Differentiating between feeling satisfied and stuffed is very important and one of the most important things you can do to help you lose weight. If you spend time and effort to get to know the feeling of feeling satisfied, weight loss will become a simple process, rather than a struggle.

If you listen to your body, nourish your body with healthy food and you balance your hormones through following this diet plan, then you will eat the amount of food your body needs to work optimally so you not only regenerate your body and rejuvenate your mind but you lose weight in the process.

Make sure you always let your body call the shots. It knows best. Your body knows exactly what it wants and when. Give it too much and the extra will likely be stored as fat, give it too little and you will lack in energy and it can slow down your metabolism. In order to regenerate your body, rejuvenate your mind and lose weight you need the optimal amount of food to keep you energised whilst helping you lose weight. Taking time to tune into your body signs is an essential tool that should not be overlooked. Listening to your body puts you in control, so you can control your weight and health.

Tip 4 - Meal Frequency

One of the most debated aspects of losing weight is meal frequency. Should you eat 6 meals per day, 1 meal per day or any amount in between?

This is a very confusing subject as studies have shown benefits to eating every single frequency of meals between 1 and 6 meals per day.

You might have heard that you should eat 6 meals per day as eating speeds up your metabolism and eating regularly prevents food cravings and balances your blood sugar or you may have heard you should only eat 1 or 2 meals per day as it takes 24 hours to fully digest food and eating less works well with digestion and your hormones.

Whatever you have heard about meal frequency is probably the truth and there will be a benefit to eating that amount, however, everyone is different. People digest food differently, people have different lifestyles, people do different amounts of activity and people have different preferences.

Instead of listening to what others eat you should find the frequency which works for you.

You may find eating 6 meals per day is great for you as it stops you craving bad foods, or you might find you don't have the time to eat 6 meals per day. You might then try eating 1 or 2 meals per day, but the cravings are really bad so you find that eating 3 or 4 meals works for you. Some people might find that eating once or twice per day works really well for them as this is what makes them feel good and full of energy and stops them feeling bloated, which happens when they eat more meals.

The simple fact is that you should find the meal frequency which fits in with your lifestyle and allows you to feel good and lose weight at the same time.

Whether you eat 1 meal per day or 6 meals per day or anything in between make sure it works for you. If it isn't working then try something else until you find what works for you.

Once you find the frequency which fits in with your lifestyle and balances your hunger, energy and cravings you will lose weight simply and easily without a struggle.

Taking the time to find what works for you instead of what works for others is the most important thing you can do to ensure your results last and you continue to see results after the first 30 days.

Whether it is 6 meals per day, 1 meal per day or anything in between it doesn't matter, the important thing is to eat the amount of meals that works for you and fits into your lifestyle.

Tip 5 - Eat Fresh Whole Natural Foods

When looking to lose weight and especially for health purposes it is important to eat fresh whole natural foods and stay away from anything that is processed or man-made.

Make sure even if they are natural foods that they don't have any additives or preservatives added to them.

Don't get me wrong you can lose weight just by cutting calories and still eating processed food and even junk food but this is not healthy.

I want you to lose weight and improve your health at the same time.

Through eating a diet consisting of mainly fresh whole natural foods you can increase your energy levels, improve your digestion, improve your skin, look younger, increase your sex drive and reduce the chance of illness and disease.

Losing weight is great but you only ever have one body which is why it is important to look after it through nourishing your body with lots of vitamins and minerals coming from fresh whole natural foods.

Tip 6 - Organic v Non Organic

Where possible you should eat organic foods. It is not essential to good health but studies have shown that there can be up to a 2000% difference between the nutrients in organic foods and non-organic foods. Foods that aren't organic may also have been preserved, coloured, hardened, softened or antibiotic treated, as well as subjected to numerous other ways of preserving food, using one or any number of the over 10,000 manmade chemicals used for such purposes. The chemicals found in foods are what wreak havoc to your hormones inside your body leading to fat storage. These substances have no nutritious effect, however, they are adverse to good health, as they are irritating, toxic and can even be cancer causing.

If you can afford organic food then definitely buy organic food as much as possible, however, I know not everyone can afford organic food all the time so this is a small list of fruit and vegetables which are the most important to buy organic and the ones the least important. The ones the most important to buy organic contain the most pesticide residue and the least important contain the least pesticide residue.

Most important to buy organic	Least important to buy organic
Pineapple	Mushrooms
Pears	Plum
Apples	Kiwi fruit
Grapes	Banana
Strawberries	Raspberries
Peach	Melon
Nectarines	Leek
Apricots	Aubergines
Tomatoes	Onions
Parsnips	Turnip
Cucumber	Asparagus
Carrots	Potatoes
Lettuce	Peppers
Sweet potatoes	Celery
Courgette	Spinach
Kale	Beetroot
Oranges	Avocado
	Broccoli
	Cauliflower

It is also important where possible to buy organic meat, poultry and fish. This is because non organic meats, fish and poultry can be pumped full off hormones and steroids to make them grow faster.

If you can, make sure all your foods are organic but if it's a choice between organic meat and organic fruits and vegetables I would choose organic meat every time.

Tip 7 - Importance Of Protein

Protein is used in every single cell in our body and protein is needed to build and repair tissue, it is an important building block of bones, muscles, cartilage, skin, and blood, it supports neurological function, aids digestion, balances hormones and it is used to make enzymes and other chemicals.

Protein foods are also beneficial for weight loss since they make us feel full for longer and require more work for the body to digest than fast-acting refined carbohydrates. Protein is also essential in maintaining your muscle mass and building lean muscle mass. Without adequate protein, not only will you not build muscle, your body will tear down your existing muscle to fulfil its need for protein. Your metabolism is directly linked to the amount of muscle you have. The more muscle you have, the higher your metabolic rate and the more calories you burn. This makes protein essential in your diet for a lean toned body.

Eating too little protein can result in these symptoms:

- A sluggish metabolism
- Trouble losing weight
- Trouble building muscle mass
- Low energy levels and fatigue
- Poor concentration and trouble learning
- Moodiness and mood swings
- Muscle, bone and joint pain
- Blood sugar changes that can lead to diabetes
- Slow wound healing
- Low immunity

And getting enough protein has numerous health benefits including

- Improves muscle mass and helps maintain your metabolism
- Helps improve your mood
- Improves brain function
- Helps maintain strong and healthy bones
- Promotes heart health
- Slows down ageing

It is essential to eat protein at every meal or snack you have for health purposes and for weight loss.

When you eat carbohydrate alone without protein, you stimulate the release of insulin, which is your storing hormone. If you eat carbohydrates and fat together without protein, then you're just asking for trouble. Without protein your body stores fat and eating the two most calorie dense foods together, carbohydrates and fat will lead to you storing a tremendous amount of calories as fat.

Protein is just as essential for losing fat as it is preventing fat storage. Eating protein stimulates glucagon, which mobilises fat from storage and converts it to energy.

Without an adequate amount of protein in your diet you will struggle to lose weight. You will feel hungry, lose muscle and your metabolism will slow; whereas eating enough protein helps you feel full for longer, helps you maintain muscle and a fast metabolism and it helps you to burn fat.

Protein is found in all foods but the full spectrum of amino acids is mainly found in meat, poultry, fish and eggs. Nuts, legumes and cheese contain protein but not enough to make up the main protein in your meal. Yoghurt, milk, Skyr and quark are also good sources of protein as is vegan protein powder.

Every meal or snack you have should contain either meat, poultry, fish or eggs. If you don't have one of these then you will have to include a mixture of nuts, legumes, cheese, yoghurt, milk, Skyr, quark or vegan protein powder to ensure you receive all the amino acids your body needs.

The recommended amount of protein you should eat for health is 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. This amounts to: 56 grams per day for the average sedentary man and 46 grams per day for the average sedentary woman. If you are more active or want to build muscle then you will want to have more than this and may want to have around 1 to 1.2 grams per kilogram of bodyweight.

For most people if you eat meat, poultry, fish or eggs at each of your meals and snacks you will get enough protein without having to count up how many grams you eat.

If you want to regenerate your body, then protein is a must in every meal you have.

Tip 8 - Good Fat, Bad Fat

For years now, dietary fat has been blamed for the obesity epidemic, which has resulted in people avoiding fat in foods. Fat definitely is not the culprit we have all been programmed to believe. In fact studies have shown that when fat decreased in the typical diet around the 70s and 80s and it was replaced by carbohydrates, obesity increased.

Of course there are bad fats which no one should eat, such as trans fats, processed fats and hydrogenated fats. However, there are essential fats that we should all eat (essential fatty acids). The types of fat we should eat should be from natural sources, such as meat, fish, eggs, nuts, cheese and natural oils (such as olive oil and coconut oil). Any fats that are man-made or that have been altered in anyway and don't come from their natural source should be avoided.

Good dietary fat is actually essential if you are looking to lose weight. Unlike carbohydrates fat doesn't trigger the release of insulin, your fat storing hormone. In fact, fat actually helps slow down the conversion of carbohydrates into blood sugar, as long as it is also combined with protein. Doing so actually decreases the likelihood of your body storing food as fat. Fat also speeds up fat loss, as without good fat in your diet your leptin levels decrease. Leptin is the hormone responsible for controlling your metabolism, energy expenditure and appetite. The lower your levels of leptin the slower your metabolism and the less energy you will expend, meaning fat loss slows down. Also the less leptin levels you have the hungrier you will be, meaning without eating good fat in your diet you will be more likely to overeat. This means that restricting good fats in your diet will slow down fat loss, so it is essential you eat good fats in your diet.

Good fat sources are meat, fish, whole eggs, nuts, natural nut butter, seeds, cheese, greek yoghurt, milk, cream, avocado, olives, coconut, butter, ghee and natural oils such as olive and coconut oil.

Even though good fat is essential it is very important not to overeat foods containing good fat. There are 9 calories per gram of fat compared to 4 calories per gram of carbohydrate and protein so it is very easy to eat too many calories when eating good fats. You should be looking at around 20-30% of your diet being good fat but as there is over double the calories per every gram this means you should keep the portion sizes of good fat relatively small. When eating good fat, this is where you need to be mindful. You need to make sure you are getting good fats into your diet at every meal whilst at the same time being mindful of your portion size. For example when eating cheese a small piece of cheese around the size of your thumb is enough rather than eating half a block of cheese, when cooking with butter one tea spoon is enough rather than two or three large table spoons and when cooking with oil a small amount is enough rather than using loads. If you are mindful of your portion size then you will be getting enough good fats into your diet to promote good health and weight loss whilst at the same time not overeating in terms of calories. Eating fat can be moreish so just be careful and mindful not to go back for more.

There is one type of good fat in particular which is extremely important and you may want to supplement with if you aren't getting enough in your diet. This is omega-3 Fatty Acid.

To name just a few of the fat burning and health benefits these "wonder" fats possess, omega-3 fatty acids have been shown to decrease the risk for developing heart disease and cancer, decrease blood pressure, improve liver and kidney function, reduce joint pain, improve vision, improve diabetic conditions, decrease occurrences and intensities of migraine headaches, increase circulating levels of leptin, reduce stress, reduce depression and increase metabolic rate.

Omega-3 fatty acid can be found in wild salmon, mackerel, sardines, anchovies, herring, oysters, mussels, squid, flaxseed, chia seed, walnuts, spinach and soybeans.

If you aren't eating these foods regularly which most people don't then you may need to look into supplementing with omega-3 fatty acid.

In particular there are two omega 3 fatty acids that are essential to the body which are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These essential fatty acids cannot be produced by the body so they need to be ingested either through diet or through direct supplementation.

If you decide to supplement with omega-3 fatty acid then go for Omega-3 alone. Don't get omega-3 with omega-6 or omega-9 as you likely get enough of these anyway. Just go for omega-3 on its own. The recommended dosage of essential fatty acids EPA and DHA to receive the benefits is 1000mg. This means you may have to take more than the recommended daily dosage on the packaging if you are to take in 1000mg. You can take more but you must not take more than 3000mg.

Tip 9 - The Truth About Carbs

Carbs are not evil. They are essential as part of a balanced diet and they are the body's main source of energy, providing about 4 calories per gram.

There are 3 types of carbohydrates. Sugar, starch and fibre.

Essentially, they are the same as they are broken down into glucose in the body before being absorbed into the bloodstream. From there, the glucose enters the body's cells with the help of insulin. Glucose is used by your body for energy, fuelling all of your activities, whether going for a run or simply breathing. Unused glucose can be converted to glycogen found in the liver and muscles. If more glucose is consumed than can be stored as glycogen, it is then converted to fat, for long-term storage of energy.

The main difference between the 3 types of carbohydrates is how they are digested.

Simple sugars which includes glucose and fructose are broken down very rapidly in the body, next is starch and the slowest to be broken down is fibre.

Simple sugar can be useful for a quick burst of energy before sport for example but in general you want to stay away from simple sugars and stick to starch and fibre as they are broken down slower and give a gradual release of energy.

The majority of your carbohydrate intake should come from high fibre low starch foods as these will fill you up the longest, give you a gradual release of energy, they contain less calories and you are less likely to overeat on them.

The amount of high starch low fibre foods you eat should depend on the amount of activity you do along with your own individual body. People who lead more active lifestyles need more high starch carb foods for energy as do those who naturally do better on higher carb foods whereas those who are relatively inactive and those who do better on higher protein foods need to eat less high starch foods.

The amount of high starch carbs you have is down to the individual and what works for one may not work for the other. This is why you need to be mindful and listen to your body so you can adjust the amount of high starch carbs you eat to your own individual needs. You want to eat enough to give you energy, but not too much where you don't use up the glucose and you store it as fat.

In general though most people eat too many simple sugars and high starch foods which is why carbs tend to get a bad name. But if you focus on eating mainly high fibre low starch carbohydrates and top it up with a little higher starch carbohydrates you can't go too far wrong.

To help you distinguish between low starch and high starch carbohydrates I have put them in sections in the allowable food list in the allowable food section of this e-book. You have a list

of low starch vegetables which most of your carbohydrate intake should come from, low starch fruit which are also good to have and then high starch vegetables and high starch fruit. Then you have rice and grains, legumes, nuts, seeds, milk and yoghurt which for the purpose of this plan will be classed as high starch, so should be limited.

To summarise, carbs are not evil. Carbs are essential for a healthy diet. Eat too little and you will lack energy, eat too much and you will store fat. You should avoid simple sugars and mainly eat low starch carbohydrates with the amount of high starch carbohydrates you eat varying person to person depending on your individual body and the amount of activity you do.

Carbohydrates should definitely be part of your diet but you must be mindful of the type of carbohydrates you eat and the amount you eat.

Tip 10 -Water And Other Beverages

The average human body is 60-70% water, so without drinking adequate amounts of pure water your body won't function properly, in turn affecting weight loss.

Water is essential in removing toxic waste from your body. When you are dehydrated toxins aren't flushed out and build up. The liver then tries to help out to flush out these toxins, which means your liver can't do its own jobs properly, including burning stored fat for energy. This is the least of your concerns if you don't drink enough water. 3% dehydration can decrease strength by 10%. 4-5% total weight loss from water can decrease aerobic and muscular endurance by 20 to 30% and if more than 10-12% of your body weight is lost from water, you can die. This is a bit extreme but it shows the importance of water.

When trying to lose weight, it is essential to drink lots of water. This doesn't mean drinking tea, coffee, fizzy drinks, sports drinks, juice, milk, alcohol and other beverages, it means drinking pure water. Drinking anything but pure water adds extra calories to your diet and a lot of other drinks also contain chemicals harmful to your health.

Ideally you would drink purified water through either filtration, distillation or the best and most advanced method, reverse osmosis, however, tap water is fine if you can't purify your water. You can also drink bottled water as well. Spring water and well water is great and if you go for brands such as Volvic make sure you only buy the natural water and not the flavoured water as these contain flavourings and other chemicals which are harmful to your body.

When trying to lose weight I would recommend drinking 2-3 litres of pure water every day. If you do a lot of exercise then you may need to drink more.

A lot of people find that they go to the toilet a lot when drinking this much water. This is normal and after a while your body will get used to drinking more water and you will go to the toilet less. You can also add a pinch of organic sea salt preferably organic Celtic sea salt to your water which helps your body absorb the water better so you go to the toilet less often. It is very important that you don't add normal table salt. This is a different substance which is bad for your health so stay away from this and only use the organic sea salt.

As well as pure water, herbal teas and green tea are great to have as is adding a slice of lemon or lime to your water for taste. These can be included in your daily pure water intake.

You can have other beverages but these should be avoided for the first 30 days and then you should be mindful of how much you have as they contain extra calories which can soon add up.

Coffee can be drunk once and tea twice per day. Ideally you would have these before 11am. Milk, almond milk and other types of nut milk should be limited to one 250ml glass per day as can organic cacao. I will explain juicing in a later section but all other beverages not mentioned should be included in the things you can have 10% of the time.

Tip 11 - Healthy Foods To Limit For Weight Loss

When looking to lose weight, it is important to avoid junk food and limit the amount of high starch carbohydrates you eat. However, it is also important to limit the intake of other healthy foods. This is because although they are healthy, they can contain a lot of calories, carbohydrate, fat or a combination of all.

The amount of each of these foods you can eat and still lose weight varies person to person so I won't give any "set-in stone" guidelines for all these foods. For some though I will give a guideline on how much you can have and then if you have more it should be classed as part of the foods you can eat only 10% of the time (please see the 90/10 rule).

The important thing when eating these foods is that you are mindful of how much and how often you eat these foods. If you find weight loss stops or you start gaining a little weight you might need to reduce these foods even further or cut them out completely.

Don't get me wrong these foods are healthy, just it can be easy to over eat them or they can contain a high amount of calories making easy to eat too many calories than you need.

Food	Guideline
Nuts	Class as high starch food. More than a small handful is then in 10%.
Milk	250ml glass per day. Anymore then in 10%.
Cheese	Class in the fats and oils. Small portion only
Coffee	1 coffee per day before 11am. Anymore then in 10%.
Tea	2 cups of tea per day before 11am. Anymore then in 10%.
Yoghurt (natural unflavoured Only)	Class as high starch food. Max portion 150g. Anymore then in 10%.
Skyr	Class as protein
Quark (includes Arla 20g protein tubs)	Class as protein and fat.
Kefir	Class as protein and fat.
Nut butter	Class as high starch food. 1 tea spoon per day.
Almond milk and other nut milks	250ml glass per day. Anymore then in 10%.
Flour	Try use almond flour or coconut flour
Tinned tomatoes and tomato puree	Only have occasionally when cooking
Butter	Class in the fats and oils. Small portion only
Cream	Class in the fats and oils. Small portion only
Honey	Class in high starch. Small portion only
Cacao powder	Class in high starch. Small portion only
Dark chocolate above 70%	Class in high starch. Any more than 2 squares then move to food you can have 10% of the time.
Baking powder	
Organic stock	

When adding these foods to your diet it really is important to be mindful. Let's say you had a handful of nuts, 1 coffee, yogurt with honey, cheese, a glass of milk, tea spoon of peanut butter and you cooked using butter, flour and baking powder you could very easily be adding an extra 1000 calories to your diet. This is on top of the main meals you eat. It really is so easy to eat too many calories with these foods so I suggest when having these foods, you stick to just 1 or 2 per day to ensure the calories don't add up fast.

These foods are healthy and great as part of a balanced diet but they aren't necessarily good for weight loss as they very quickly add up in terms of calories which is why you must be mindful. Cutting them out really could be the difference between losing weight and gaining weight.

Yes, include these foods but be very careful how much you have and how often.

Tip 12 - Foods To Avoid In Order To Allow Your Body To Regenerate

When it comes to food, there are some foods that are good for some of us, but bad for others, however, there are foods that are bad for everyone. This is because they have little to no nutritional value and only contain high amounts of processed fat and calories, or they have been manufactured using any number of the 10,000 man-made chemicals used for these purposes, which are harmful to our body.

The foods below are the foods you should avoid at all costs if you want to lose weight and be healthy:

- Sugar and sweeteners
- Processed foods
- Chocolate, sweets, crisps, biscuits and cookies
- Pop, fruit drinks and other sugar sweetened drinks
- Fast food such as McDonalds and Burger King
- Takeaways such as Chinese, pizza, Indians and fish and chips
- Processed meat
- Ice cream
- Fried foods
- Margarine and hydrogenated cooking oils
- Pastries, cakes and pies
- Breakfast cereals
- Microwavable meals including low fat meals
- Alcohol

Don't get me wrong it will be hard to avoid these foods for life which is why after the first 30 days of completely avoiding them you can have them but only in the foods and drinks you have 10% of the time (see the 90/10 rule).

Tip 13 - Veggies Which Help Fight Against Stomach Fat

All vegetables are great for you and you should eat a wide variety of vegetables but I bet you didn't know that there is a specific type of vegetable that contains very unique phytochemicals that actually helps to stimulate the burning of stubborn abdominal fat.

There are chemical substances such as pesticides, herbicides and petrochemicals that we are exposed to in our environment, food supply, water supply, and even from cleaning and skincare products that have an estrogenic effect. Excess exposure to these chemicals can cause hormone balance disruptions in both men and women and wreak havoc in our body. The specific type of chemicals that you need to know about is called "xenoestrogens". These chemicals actually stimulate both men and women's bodies to want to store more stomach fat and in men they also lead to growing man boobs (moobs) and in women they also lead to gaining weight on your hips.

Even if you choose organic foods, try to use all natural skincare products and try to avoid pollution as much as possible, it's virtually impossible to entirely avoid your exposure to these types of belly fat stimulating xenoestrogens on a daily basis. So that's where this unique type of vegetable comes in to help fight against the effects of the xenoestrogens.

The types of vegetables which help to burn abdominal fat are called cruciferous vegetables. This group of vegetables include broccoli, cauliflower, cabbage, kale, water cress, bok choy, turnip, collard greens, swede, kohlrabi and brussel sprouts. This class of vegetables contain phytochemicals such as I3C (indole-3-carbinol) that actually help to deactivate the effects of xenoestrogens in the body, and therefore, help to fight against belly fat.

When eating these vegetables, try to include some good fats such as fat from meat and fish, extra virgin olive oil, coconut oil, cheese or avocados, because the good fats aid in the absorption of the nutrients from the cruciferous vegetables.

Eating these vegetables is only a small detail to change to your diet, however, it might just be the little bit extra help you need in order to burn stubborn belly fat.

Eating only these vegetables for every single meal will not make you thin as it can lead to vitamin and mineral imbalances. These vegetables help speed up fat loss if eating regularly as part of a healthy varied diet. However, they will not help you to lose fat on their own or if you only eat these vegetables and no other vegetables. Make sure you add a mixture of these vegetables to at least 5 of your meals per week.

Tip 14 - Herbs And Spices

All herbs and spices have benefits for your health and I highly recommend using a large variety of herbs and spices in your diet, however, most people reading this plan are looking to lose weight which is why I will go through the best herbs and spices for weight loss.

The following fresh and organic herbs, spices and seasonings all help speed up fat loss, either directly through increasing your metabolism, or indirectly through having other benefits and in turn helping you to lose weight.

Fresh garlic or pickled garlic helps with fat loss as it regulates your blood sugar. This means garlic helps keep your blood sugar levels stable. Keeping your blood sugar stable helps to speed up fat loss through keeping your insulin level low. When blood sugar levels are stable, you are able to burn fat, whereas, when blood sugar levels fluctuate, it increases your insulin level, which increases fat storage in your body.

Garlic also helps to speed up your metabolism. This is done through increasing your body's core temperature through thermogenesis, which means your body burns more calories as your core temperature is hotter. There are many other benefits to using garlic, including garlic is a natural antibiotic, garlic helps lower blood pressure and garlic helps lower cholesterol.

Fresh ginger has many benefits including helping with weight loss, as it has been shown to temporarily increase your metabolism by nearly 20%. Again this is through increasing thermogenesis in your body, allowing your body to burn more calories. Ginger is also excellent at improving your circulation to help detoxify your body as it expands your blood vessels. Doing so enables more blood to be moved around your body, enabling your body to receive more nutrients, as well as enabling your body to detoxify more waste products. Ginger has also been found to reduce pain and inflammation, lower cholesterol, relieve gas and bloating and has cancer preventing properties.

Another great spice which aids in fat loss is **cinnamon**. Although cinnamon does not directly increase fat burning (such as by increasing metabolic rate, etc.,) it can actually help you to burn off abdominal fat and get leaner through an indirect link. Although cinnamon has dozens of health benefits, the main benefit that will help you to get leaner is through its strong effect on controlling blood sugar levels in your body. Cinnamon helps your body to metabolise sugar about 20 times faster and lower your body's blood-sugar levels, which will help you burn abdominal fat faster. This is because when keeping blood sugar lower this simultaneously allows your body to produce less insulin, which is your fat storing hormone. As your insulin levels are lower then you are able to burn fat faster. As cinnamon controls your blood sugar and keeps it stable, it will also control your appetite and help prevent cravings, which will make fat loss easier. All it takes is about 1/4 of a teaspoon added to your meal or snack in order to get these fat loss benefits.

Cayenne pepper is another a great spice and can increase your metabolism by up to 25% for several hours after ingestion through thermogenesis, which is where you burn more calories due to your core temperature being increased.

Other herbs and spices great for your health and weight loss include turmeric, cumin, black pepper, cardamom, parsley and peppermint.

None of these herbs, spices and seasonings are going to burn fat on their own without eating a healthy diet. If anyone says they will they are lying to you and exaggerating their effects. However, they can help speed up fat loss through making your body work more effectively. **Garlic, ginger, cinnamon** and **cayenne pepper** are all tremendous aids in helping your body work more efficiently as are turmeric, cumin, black pepper, cardamom, parsley and peppermint and they will all lead to better health and faster fat loss as part of a healthy diet. They are not miracle workers and will not help you to actually burn fat, they are just aids to make fat loss quicker and simpler through making your body work more efficiently.

Tip 15 - Vary The Foods You Eat

Varying the foods you eat is essential if you want to regenerate your body, rejuvenate your mind, lose weight and reclaim your life. People tend to eat the same foods day in day out without ever really thinking about what they are eating. Most people have about 10 meals or even less that they cycle through over and over again. This means people tend to stick with eating the same meat, the same poultry, the same fish, the same 2-3 fruits and the same 3-4 vegetables over and over again.

Even if you are eating good foods, eating the same foods all the time can cause problems including slowing down or even preventing fat loss. Despite the fact what you are eating is healthy, eating the same foods over and over again can lead to food intolerances and sensitivities, vitamin and mineral imbalances and hormone fluctuations. This is the last thing you want as your body must be in balance in order to regenerate itself and burn fat.

The solution to this problem is very simple. All you have to do is rotate the foods you eat. This will ensure your body receives all the nutrients, vitamins and minerals it needs as well as prevent hormone fluctuations and food sensitivities. Once your body is getting all the nutrients it needs, rather than some, then your cells will begin to regenerate and you will start to reclaim your life.

A good way to vary your protein sources is to choose 3-4 sources of meat (beef, lamb, rabbit and venison), 2-3 sources of poultry (chicken, turkey and duck) and 3-4 sources of fish (salmon, sea bass, cod and sardines) and keep rotating through them.

In order to vary your fruits and vegetables you can set out to eat all the fruits and vegetables on the allowable food list every 30 days or at the very least widen your choices to rotate between at least 10 different fruits and 14 different vegetables. The more different fruits and vegetables you eat, the better as they all contain different vitamins and minerals which will mean it is more likely your vitamin and mineral level will become balanced. Remember to definitely include broccoli, cauliflower, cabbage, kale, water cress, bok choy, turnip, collard greens, swede, kohlrabi and Brussels sprouts to at least 5 meals per week as they fight off the negative effects of too much xenoestrogens such as belly fat, moobs in men and weight gain on thighs and hips in women.

You should also make sure you eat sulphurous foods regularly and especially during the first few weeks (I would recommend you eat them daily during first two weeks) because these foods will speed up your body's detoxification process. Eating sulphurous foods will help detoxify the harmful chemicals that are currently in your body quicker which will result in faster fat loss. Sulphurous foods include foods such as garlic, onions, asparagus, shallots, leek, red peppers, broccoli, cauliflower, cabbage, kale and brussel sprouts.

I do understand it may take a bit more effort to shop more often for the different foods and to learn to cook the different foods, however, the more varied your diet the better the results you will achieve. Those of you who vary your diet the most will be the ones who start to feel better quicker, regenerate their body, rejuvenate their mind and lose the most weight. If you

get lazy and get stuck in a rut of eating the same foods then your results will not be as impressive and you will eventually reach a plateau. If you keep varying your foods then you will keep losing weight until you reach your ideal weight.

Tip 16 – Cook And Prepare Foods Properly

In order to achieve the best results possible it is essential to not only eat the correct foods but also to prepare and cook them correctly. This is to ensure the foods you eat don't lose any of their vitamins, minerals, nutrients and enzymes during the cooking process.

There are many different ways to cook food, however, some ways are better than others in order to preserve vitamins, minerals, nutrients and enzymes.

In general you should cook foods at as a low a temperature and for as little time as possible. The higher the temperature you cook the more it destroys vitamins, minerals and enzymes. Enzyme activity diminishes after 116 degrees and enzymes are totally destroyed at 220 degrees. For this reason, it is always preferable to cook food at as low a temperature as possible.

The best way to cook vegetables is to steam them followed by microwaving. These two methods keep more of the vitamins and minerals. You might be thinking isn't microwaving bad. Actually, microwaving itself is fine, it is microwavable meals and microwaving plastic containers which is bad for you. Just remember even though these are the healthiest way still make sure you cook them for as little time as possible as the longer you cook them the more they lose their vitamins and minerals.

The worst way to cook vegetables is actually boiling them as a lot of the vitamins and minerals are lost into the water. If you fry vegetables then fry them on a low heat and for as short a time as possible. You should aim to keep the vegetables crunchy rather than soft and soggy.

When cooking meat, poultry and fish cook them on a low heat. Meat and poultry can be fried or cooked in the oven, grill or slow cooker and fish can be boiled and steamed. When cooking steak you should be looking to cook it rare or medium to rare as a lot of the enzymes are contained within the blood.

With eggs the best way is to poach, followed by boiling. Frying and scrambling is fine but be careful not to overcook them. Be careful with what you cook them in or add into the scrambled eggs as it will add extra calories. A low temperature and for as short a time as possible is best.

You could be doing everything right in terms of the food you are eating, however, if you cook your foods at too high a temperature or use the wrong method you may not be getting all the benefits from the vitamins, minerals, nutrients and enzymes in the foods. It is the vitamins, minerals and nutrients which are going to help you to regenerate your body and rejuvenate your mind.

Tip 17 - Protein Shakes, Bars And Meal Replacements

Vegan protein powder can be added to smoothies, Nutribullets, yoghurt and oats, however, protein shakes, protein bars and meal replacements should only be used as a last resort if you really can't get your hands on fresh whole natural food.

To be honest though, there is no need really for these at all as it is easy enough to go in a shop and get an apple and some nuts. Fresh whole natural food is always the best option and if you prepare your meals in advance or prepare where you can eat out or buy healthy food to eat on the go you should never be in a situation to have to have a protein shake, bar or meal replacement.

If I had to choose one to have it would be a protein shake. Make sure you choose high protein and low carb protein shakes. Protein bars are glorified chocolate bars packed full of chemicals and are higher in carbs than you think and meal replacements tend to be packed full of carbohydrates as well.

Regarding having them after exercise, unless you are a bodybuilder you don't need to have them as you will be getting everything you need from eating a balanced diet of fresh whole natural foods.

Yes they are fine to have occasionally and are fine to have if you can't eat fresh natural food but in general stay away from them as fresh whole natural food is always best and if you prepare properly you will never be in a situation to need them.

Protein powder can be useful though when added to smoothies, Nutribullets, yoghurt and oats to increase the protein content to make those foods better for your hormones. For this I recommend vegan protein and in particular the Sunwarrior brand. Sunwarrior is natural and doesn't contain any artificial preservatives or flavourings making it healthy. Also vegan protein is digested better than whey protein. Whey protein tends to be poorly digested by a lot of people which can lead to bloating, food intolerance and weight gain.

If possible for the first 30 days don't use protein powder and just stick to the natural foods but after the first 30 days you can add Sunwarrior protein to smoothies, Nutribullets, yoghurt and oats to increase the protein content to make those foods better for weight loss. I personally use Sunwarrior warrior blend which comes in natural, vanilla and chocolate flavours but there are a few other types of Sunwarrior protein you can buy as well.

Tip 18 - Juicing, Smoothies And Nutribullet

Juicing, smoothies and using a Nutribullet are all great to use as part of a healthy diet and can help make your life easier when sticking to a healthy diet.

However, there is a right way and a wrong way to use them.

First off juicing. Juicing is excellent to get tons of vitamins and minerals into your body without taking in many calories. Juicing diets are not great to do as you don't get any fibre and protein into your diet. Basically they are just glorified starvation diets. However, juicing can be very beneficial as part of a healthy diet.

Most people use a juicer to juice fruit. If you are to do this, even though the juice is healthy it should be in the things you do only 10% of the time. This is because the juice contains a ton of sugar and spikes your insulin. Eating fruit is better than juicing fruit as you get fibre when eating fruit which fills you up as well as limits the insulin release. When you eat fruit you may have one or two pieces but when you juice fruit you may juice 5 or 6 pieces of fruit or sometimes more which means you are getting a ton of sugar in a small serving. Yes juicing fruit is healthy but it's not great for weight loss so if you are to juice fruit do this in the 10% of things you do.

Juicing vegetables on the other hand is very healthy and is something you can do very often. Vegetables don't contain much sugar so you can juice a ton of vegetables and you only get the benefits of a ton of vitamins and minerals without getting a ton of sugar and calories. Great vegetables to juice include carrots, beetroot, cucumber, tomatoes, peppers, celery and ginger. There are a few fruits which aren't too bad to juice which you can juice alongside the vegetables for taste. These fruits are apples, pears, kiwi fruit, lemon and lime. Other fruit and veg you can juice include broccoli, spinach, kale, and berries however you have to juice a ton of these to get juice so these can work out very expensive.

You can juice vegetables as often as you like. You can have vegetable juice on its own or you can juice vegetables to go with your meat at a meal. Just remember though when you juice, although you get a ton of vitamins and minerals you get rid of the fibre so it won't do too much for your hunger and you might find yourself hungry quite quick after drinking the juice.

If you're like me, you will find it annoying to keep cleaning the juicer which is why if I juice I drink 3 pints in one go. I feel amazing after and it really is the best hangover cure as well. I usually just whack anything in but have stumbled on a great tasting one. Full cucumber, 4-5 carrots, 3-4 beetroot, box of tomatoes, 3 apples, 3 kiwi fruit and 1 lime. That makes roughly 3 pints but you can put in less ingredients if you want to make less. It might not sound nice but it actually tastes delicious, in my opinion anyway. I used to add celery and peppers but

they spoil the taste so stopped putting them in. You can add those if you wish but the recipe above is gorgeous.

Next up is smoothies which are made in some form of blender. Again, these are healthy, but if you just make them with fruit, then only have them in the food you have 10% of the time. If you get a very expensive blender you can add in things like spinach and avocado but the majority of blenders only really work well with fruit. If you would like to have smoothies more often then I would suggest adding in Sunwarrior protein. This increases the protein to prevent spikes in insulin and makes it more filling and more like a meal than having a fruit drink. You can use flavoured protein such as the chocolate or vanilla Sunwarrior protein to give your smoothies taste or if you want it to taste more like the fruit you are blending then go with the natural flavour Sunwarrior protein so it doesn't change the flavour from the fruit.

Last up is the Nutribullet which I personally use all the time. If you don't have one then I would 100% recommend you get one. I use my juicer and smoothie maker occasionally but the Nutribullet I have used very regularly for a few years now and has definitely been worth the investment. Even my clients who hate veg absolutely love the Nutribullet and use it all the time as they can get some veg into their diet without the taste of veg.

The Nutribullet is super convenient to use and much faster to clean than a blender and a juicer. Plus you can add in a mixture of things to create a mini meal. In a Nutribullet you can add in fruit, vegetables, nuts and seeds and nut butters to give you a meal on its own. To make it even more filling and to increase the protein you can add in Sunwarrior protein as well.

If you buy a Nutribullet it comes with a recipe book. There are tons of ideas in there. But basically you add a bit spinach or kale in, followed by fruit of your choice then you can add in nuts, nut butters, seeds or protein if you wish. Fill it up with water, milk or almond milk, blend it for 1 minute and you have your meal. It then literally takes 1 minute to clean. Super simple, super convenient and super healthy.

You can even make yourself delicious treats. This is a healthy chocolate one I love to have. Large handful of spinach, 1 banana, 1 spoonful of almond butter, 1 spoonful of organic cacao powder, 1 serving of chocolate Sunwarrior protein powder and then add either almond milk or milk. Absolutely delicious and great to cure your chocolate cravings the healthy way.

Juicing, smoothies and the Nutribullet can all be great as part of a healthy diet and they can help make life easier when sticking to a healthy diet. They all have their benefits. If you are going to invest in one then definitely go for the Nutribullet. Next up a juicer and finally a smoothie maker but to be honest if you had a Nutribullet and a juicer you probably wouldn't use a smoothie maker anyway.

There are other brands similar to a Nutribullet but they are nowhere near as good. Pay a little extra for the real thing. The little extra is definitely worth it. Regarding the juicer, I have a Phillips one but there are plenty of different brands out there which are all good. I would probably go with the one you find which is the easiest to clean.

Tip 19 - Meal Delivery

If you hate cooking or you don't have time to cook and prepare healthy food then you might decide using a healthy meal delivery company is for you.

Basically, once or twice per week depending on the company you choose, you are delivered your meals and then all you have to do is heat them up. Simple.

A lot of the companies are cheaper than you would think as well and can work out just as cheap as a food shop at a supermarket.

There are loads of companies out there who do it. Just type into google healthy meal delivery and have a look through the first few pages on google. When choosing a company just make sure the food is all fresh and natural and that it complies with the diet plan.

I personally use Simply Nutritious Life which also makes the food for my fitness retreats as well. You can find out more info here <http://www.simplynutritiouslife.co.uk>

There really is no excuse not to follow the plan when you can have all your meals delivered right to your door and all you have to do is heat them up.

Tip 20 – 90/10 Rule

For the first 30 days I want you to stick to the plan 100%. This is so you see fast results but also so you experience what optimal health feels like.

I know you are never going to stick to the plan 100% for the rest of your life, which is why after the first 30 days you can start using the 90/10 rule.

The 90/10 rule is basically 90% of the time you follow the diet 100% and 10% of the time you can do what you want.

This means you can easily fit nights out drinking, meals out and takeaways into your diet without feeling guilty that you have went off track.

To see long term results eating a healthy diet has to be a lifestyle change rather than something you only do for a few weeks each year.

You can maybe be 100% for a few weeks or a few months but at some point you will have a night out, a meal out or eat a chocolate bar. Usually this is when people give up as they went off plan. By allowing you to do what you want 10% of the time means you won't feel guilty as you won't be off plan and you won't give up eating healthy completely.

Let's say on average you eat 3 meals per day and have 1 snack. This would be 28 times you eat each week.

I will round it up so this means each week you can have 3 meals eating whatever you want, within reason of course and the other 25 meals you follow the plan 100%.

By allowing you to have a few meals each week where you can eat anything means you are much more likely to follow the plan 100% the rest of the time.

When I say eat anything I don't mean eat a massive cheat meal. I mean just have a normal portion of something not on the plan. It might be something like pasta or a bacon sandwich or have a desert a couple of times per week. But the 3 meals should just be a normal portion rather than going crazy and eating everything and anything in site.

Some people though like to have a night out drinking each week and some like to have a big takeaway or a big meal out. If this is you then you may have to eat 100% the rest of the time to compensate. You can have a few meals off if they are just small meals but if it's a big night of drinking or your planning on eating a large takeaway or a 3 course meal then you will likely only be able to do this once per week whilst sticking to the plan 100% the rest of the time. Some people though may not be able to get away with this and maintain their weight. Some people may only be able to do this once every two weeks or once every month whilst sticking to the plan 100% the rest of the time. The important thing is to be mindful of what you eat and drink and make the 90/10 rule work for you. If it isn't working then change it so it does.

Instead of having 3 meals per week where you eat what you want or having a night out/meal out each week, some people might want to have an extra coffee, a can of pop or maybe even a biscuit each day. If you do this then all 28 meals might have to be 100% on plan each week in order for you to lose weight or maintain your weight. Some people find a tiny treat each day helps them to stick to healthy eating rather than having 1-3 meals off plan each week. Whichever way you choose it is important it works for you and in general you are following the plan 90% of the time and only 10% of the time you are off plan.

When following the 90/10 rule you must be very careful as it can be very easy to start going off plan more than 10% of the time. This is why you must be mindful of what you eat and drink. If you start gaining weight or start to feel unhealthier then it is probably that you have started going off plan more than 10% of the time. If this happens then pay extra attention to your diet and be extra good and make sure no more than 10% is off plan. You might even have to go back to being 100% for a few weeks to lose the weight you have gained and improve your health again before going back to the 90/10 rule.

The 90/10 rule is not on an exact daily or weekly basis. It is in general. For example if you go on an all-inclusive holiday for two weeks you might want to follow the plan 100% for a month leading up to it so you look your best. Then if you eat and drink what you want all holiday, when you get back home you might have to follow the plan 100% for a month to lose the weight you gained on holiday. Now if on holiday you were sensible and maybe followed the plan 80 percent of the time and went off plan only 20%, then after your holiday you might not have to be as strict and it may just take a week following the plan 100% or a couple of weeks using the 90/10 rule to get back to where you were before you went on holiday. This isn't just for holidays, it is also at Christmas, Easter and your birthday. You have to be mindful that if you go above 10% off plan for an extended period then to compensate you will likely have to follow the plan more than 90% for an extended period of time.

The important thing is that you follow the 90/10 rule. Whether you follow the 90/10 rule daily or you go through periods of being off plan and then being 100%. Over the course of a year you should have followed the plan 90% and only been off plan 10% of the time. The 90/10 rule is the golden rule to being healthy and maintaining your ideal weight. How you make it work is down to you as everyone is different and leads different lifestyles but the important thing is that you do make it work for you and your lifestyle.

Tip 21 - How To Prevent Regaining Weight

95% of people regain weight after going on a diet and 60% end up heavier than before they started. So what is the secret to preventing weight gain?

The secret is making healthy eating a lifestyle and the 90/10 rule.

Instead of going on and off diets, if you eat healthy long term you will maintain your weight.

Most people go back to their old habits as soon as they finish a diet.

If you do the same thing you have always done you will get the same thing you always got.

If you go back to your old habits it's obvious you will regain weight as you are doing what lead to the weight gain in the first place.

The only way to prevent weight gain is to make healthy eating and maintaining your weight part of your lifestyle and the way to do that is following the 90/10 rule.

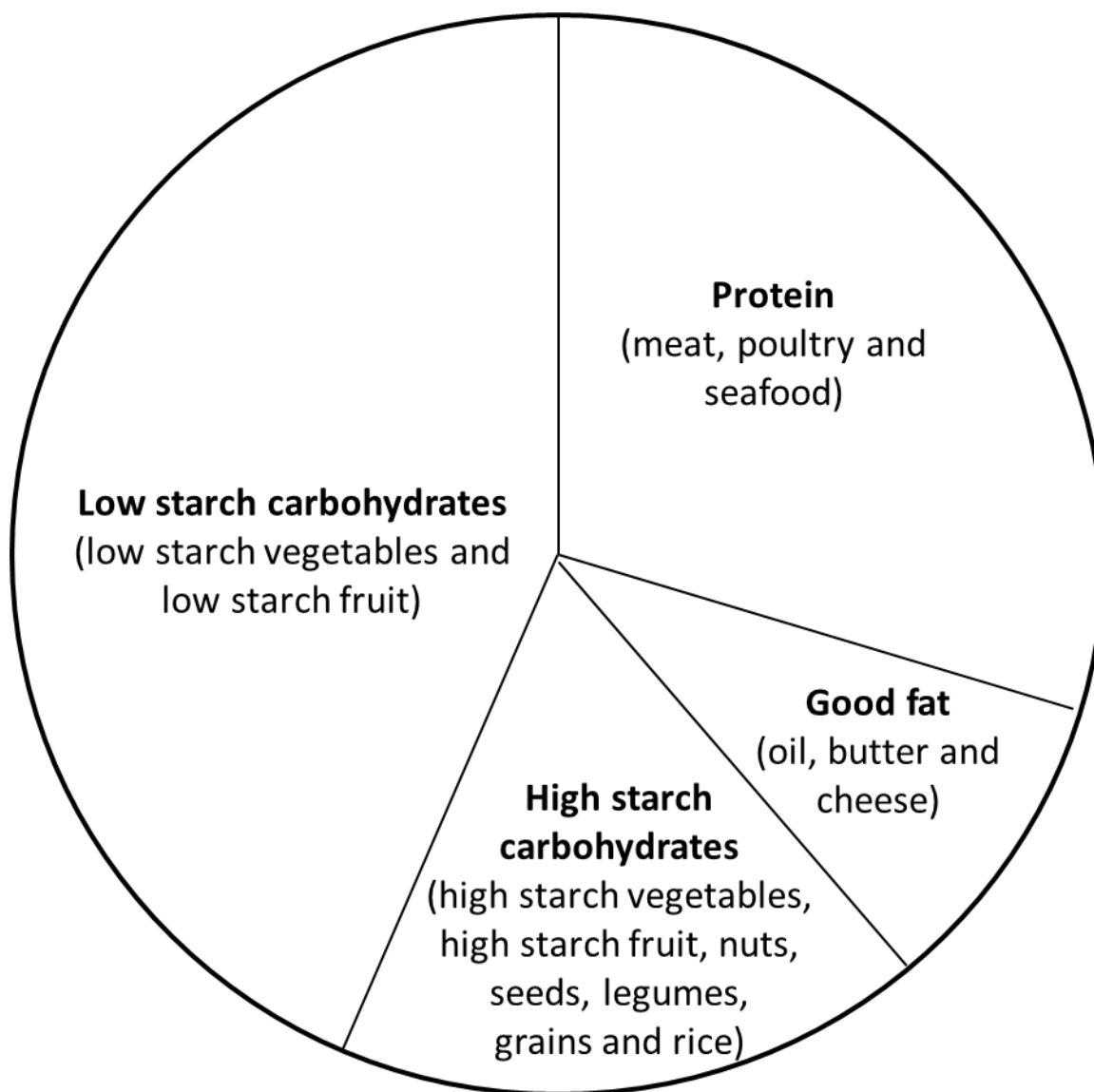
In order to lose weight and improve your health you may need to follow this plan 100%. Some people can lose weight following the 90/10 rule but most will have to be 100%. Once you reach your ideal weight then in order to maintain your weight you should follow the 90/10 rule.

It isn't rocket science to prevent regaining weight. Just don't do the things that lead to weight gain in the first place. Instead commit to healthy eating as a lifestyle and follow this plan 90% of the time and the other 10% do what you want.

Regeneration Diet 2.0

To get the best results from following the Regeneration Diet 2.0 it is very important to read and follow the tips above. The most important tips to remember are to eat fresh whole natural foods, eat protein at every meal, eat lots of low starch vegetables, drink 2-3 litres of water per day, be mindful and listen to your body and eat the amount of meals which works best for you.

You should also stick as closely as possible to eating food in these proportions on your plate.



Your lunch and evening meal should definitely look like this but where possible your breakfast and snacks should as well. Some people struggle to eat vegetables and meat for breakfast. If this is you then try your best to make your breakfast high in protein, contain good fat and be as low as possible in high starch carbs. Your snacks should be in the above proportions as well but I know this isn't always possible so again they should be high in protein, contain good fat and be as low as possible in high starch carbs.

If you struggle to eat in these proportions at every meal and snack don't worry. Just do the best you can, the main thing is that your diet consists of fresh whole natural foods. Eating in the above proportions will help to balance your hormones, fill you up longer and help prevent cravings but it is not essential for weight loss and for your health. The most important thing is eating fresh whole natural foods. I would rather you stuck to eating fresh whole natural foods in any proportions than feel guilty you can't eat in the above proportions and give up.

When following this diet it is important to remember every single person is unique, so just like different meal frequencies work for different people so will different proportions of proteins, fats and carbs you eat at each meal. Most people will do well eating in the proportions in the plate above, however, some will do better eating different proportions. If the above proportions doesn't work for you then make changes. If you find you are still hungry, crave foods and have little energy after meals then you can change the proportions until you find what works for you. But at the start, to keep things simple, start with sticking as closely as possible to the proportions in the plate above. When you first start out on the diet your body will be detoxifying so you will probably have cravings and lack energy anyway until your body has finished detoxifying, but if this continues after the first 30 days then this is when you can start to change the proportions of protein, carbs and fat you eat at each meal to find out what works best for you.

I would recommend increasing the amount of protein first, then low starch vegetables and then the good fat you eat and if this doesn't work then go the other way and increase the amount of high starch carbohydrates you eat. Make sure you do this gradually though and increase the high starch carbohydrates by a tiny amount at a time.

It is also important to note that at different times of day you might need different proportions so take this into consideration when testing what proportions work best for you. You will also need to take into consideration exercise as well and adjust your proportions accordingly. There is no right or wrong proportion, it is what works best for you. Everyone is different so listen to your body and adjust your diet accordingly. Your body will always tell you if it's a good meal by feeling good and energised and if it's a bad meal you will likely feel bloated and lack in energy as well as crave sugary foods and want more food.

Even if you do find what works for you, overtime your body might change and you might need to try again to find what works best for you to help you maintain your ideal weight and control your hunger, energy and cravings.

Listening to your body and adapting should be something you do for the rest of your life as your body will change throughout your life and so will the amount of meals and the proportions of food you need in order to look, feel and perform your very best.

Allowable Foods

Remember all foods must be fresh, whole, natural and organic and must not contain any other ingredients.

Protein

Meat, fish and poultry should be first choice of protein. The other foods can be used for breakfast and snacks as an alternative or part of a healthy desert after your main meal.

Meat	Poultry	Seafood
<ul style="list-style-type: none"> • Beef • Bison • Lamb • Pork • Rabbit • Venison • Wild game <p>Essential the below foods come from organic sources otherwise they will be very toxic</p> <ul style="list-style-type: none"> • Heart • Kidney • Liver 	<ul style="list-style-type: none"> • All eggs • Chicken • Duck • Game birds • Goose • Pheasant • Quail • Turkey 	<ul style="list-style-type: none"> • Cat fish • Cod • Crab • Crayfish • Flounder • Haddock • Halibut • Herring • Lobster • Mackerel • Mussel • Oyster • Salmon • Sardines • Scallop • Sea bass • Shrimp (prawns) • Squid • Shark • Swordfish • Turbot • Tuna • Trout • Whitefish

Other foods included as protein.

Vegan Protein Powder – Preferably Sunwarrior Warrior Blend	Skyr – Ideally natural flavour but you can include flavoured occasionally	Lean Quark – Includes Arla 20g protein
Hemp protein, pea protein and brown rice protein are ok as an alternative to vegan protein	Whey protein – if used should only be used after a workout. Vegan, hemp, pea and brown rice are better as part of meals	

Low Starch Carbohydrates

Low starch vegetables should make up the main portion of your carbohydrates. Low starch fruit is the next best option.

Low Starch Vegetables	Low Starch Fruit
<ul style="list-style-type: none"> • Asparagus • Avocado • Beetroot • Bok choy • Broccoli • Brussels sprouts • Bamboo shoots • Cabbage • Cauliflower • Celery • Chard • Chili pepper • Collard greens • Corn • Cucumber • Dill • Eggplant • Fennel • Garlic • Ginger root • Ginseng • Green bean • Jalapeno • Kale • Kohlrabi • Lettuce • Mushroom • Mustard collard • Okra • Onion • Parsley • All peppers • Radish • Rocket • Shallot • Spinach • Tomato • Watercress 	<ul style="list-style-type: none"> • Apple • Blackberry • Blueberry • Boysenberry • Cherry • Gooseberry • Grapefruit • Lemon • Lime • Loganberry • Miracle fruit • Pear • Raspberry • Strawberry

High Starch Carbohydrates

The high starch food you eat can come from any of the below foods. Just remember this is the most important food group not to overeat. You must be mindful of the amount of high starch carbohydrates you eat. Please see the food plate in the Regeneration 2.0 section for a rough guide on how much to have and please read Tip 9 – The Truth About Carbs for more info on carbs.

High starch vegetables	High Starch Fruit
<ul style="list-style-type: none"> • Artichoke • Aubergine • Carrot • Courgette • Leek • Olives • Parsnip • Peas • Potato • Pumpkin • Squash • Swede • Sweet Potato • Turnip • Zucchini 	<ul style="list-style-type: none"> • Apricot • Banana • Cantaloupe • Cherimoya • Coconut • Cranberry • Currant • Elderberry • Fig • Goji berry • Grape • Guava • Juniper berry • Kiwi fruit • Kumquat • Lychee • Mango • Melon • Nectarine • Orange • Papaya • Passion fruit • Peach • Pineapple • Plum • Pomegranate • Raisin • Red-current • Rhubarb • Satsuma • Star fruit • Tangerine

Legumes (High Starch)	Nuts/Seeds (High Starch)	Grains/Rice (High Starch)
Adzuki beans	Acorn	Amaranth
Black beans	Almond	Barley
Black eyed peas	Beech nut	Basmati rice
Butter beans	Brazil nut	Brown rice
Cannellini beans	Candlenut	Buckwheat
Chickpeas	Cashew nut	Chinese black rice
Cranberry beans	Chestnut	Colusari red rice
Fava beans	Chia seeds	Cornmeal
Great north beans	Cumin seeds	Himalayan red rice
Kidney beans	Flaxseed	Kamut
Lentils	Hazelnut	Millet
Lima beans	Hemp seed	Oats
Lupin beans	Hickory	Purple Thai rice
Mung beans	Macadamia	Quinoa
Navy beans	Mustard seeds	Rye
Pea beans	Peanuts	Spelt
Pigeon peas	Pecans	Sweet corn
Pink beans	Pine nut	Wehani rice
Pinto beans	Pistachio	White rice
Red beans	Poppy seeds	Wild rice
Soy beans	Pumpkin seeds	
Split peas	Sesame seeds	
Tempeh	Sunflower seeds	
White beans	Walnut	
Winged beans	Wheat germ	
Yardlong beans		
Yellow beans	(All nut butters and included in this section)	

For the purpose of this diet plan the below foods are also classed as high starch carbohydrates. Make sure you read tip 11 - Healthy Foods To Limit For Weight Loss for guidelines on these foods.

Milk	Yoghurt	Almond milk and other nut milks	Honey
Flour including coconut and almond	Cacao	Dark chocolate above 70%	

Good Fat

Good fat is essential for a healthy diet but just remember there are 9 calories per gram of fat compared to 4 calories per gram of carbohydrate and protein, so even small portions can be very calorific. Make sure you are mindful of the amount of good fat you have at each meal.

Oils and fats		Cheese and cream
Oil/Fat	Uses	
Almond oil	Salad dressings, sauces, sautéing,	Ambert
Butter	Baking and frying	Applewood
Canola oil	Baking, sautéing, sauces, salad dressings.	Blue cheese
Extra virgin coconut oil	Baking, frying,	Brie
Coconut butter	Baking, frying,	Buffalo cheese
Flaxseed oil	Can be used for salad dressings.	Caerphilly
Fish oil	Nutritional supplement only	Camembert
Extra virgin olive oil	Salad dressings, marinades, sautéing.	Cheddar
Palm kernel oil	Baking and frying.	Cheshire
The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it from the internet.		Cottage cheese
		Cream
		Curd
		Edam
		Feta
		Goats Cheese
		Gloucester
		Halloumi
		Monterey Jack
		Mozzarella
Parmesan		
Quark		
Red Leicester		
Ricotta cheese		
Stilton		
Swiss Cheese		
Wensleydale		
Worcester		

The above foods are mainly fat, however, the following foods also contain a good amount of fat so make sure you take this into account when selecting the amount of fat you have at each meal.

Meat	Poultry including eggs	Fish	Nuts	Seeds
Milk	Avocado	Cacao	Dark chocolate above 70%	Full fat yoghurt

Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, remember to add garlic, ginger, cinnamon, cayenne pepper, turmeric, cumin, black pepper, cardamom, parsley and peppermint to your diet as they all help with fat loss.

Herbs	Spices
Aniseed	Black pepper
Basil	Cardamom
Bay leaf	Cayenne pepper
Caraway	Chilli
Chervil	Cilantro
Chives	Cinnamon
Cilantro	Clove
Dill weed	Coriander
Fennel seed	Cumin
Fenugreek	Elderflower
Garlic	Ginger
Lavender	Licorice
Lemon grass	Mace
Marjoram	Mustard seed
Mint	Nutmeg
Oregano	Paprika
Parsley	Saffron
Peppermint	Turmeric
Rosemary	Vanilla
Sage	Wasabi
Spearmint	
Tarragon	
Thyme	

Expected Reactions To Following The Regeneration Diet 2.0 Plan

Don't worry if you feel any negatives affects when you first start following the Regeneration Diet 2.0. This is a good sign as it means your body is detoxifying itself of the harmful chemicals that have been stored in your body through years of poor nutrition. The negative effects are a sign the diet is working and your body is detoxing and the good thing is, the worst of it will be over in in a few days. By the end of the first week the negative effects will have gone and you will start to see massive improvements in your health.

Common signs of detoxification and temporary indicators of positive changes in your metabolism:

- Bloodshot eyes
- Bone aches
- Constipation
- Dehydration
- Depression
- Diarrhoea
- Dizziness
- Dry mouth
- Fatigue
- Fever blisters
- Food cravings
- Hives
- Insomnia
- Intestinal gas
- Irritability
- Joint pain
- Loss of appetite
- Lymph gland swelling
- Migrating aches/pains
- Nasal discharge
- Nausea
- Nervousness
- Nightmares
- Rashes
- Shortness of breath
- Skin rash
- Thirst
- Headache
- Weakness

Not everyone will suffer these symptoms so don't be worried that the programme isn't working if you don't suffer any negative effects. If your detoxification organs are working at the correct speed then the toxins won't get jammed in your bloodstream, meaning you won't get any symptoms.

After your body has detoxified itself of the harmful toxins in your body then you will begin to see the benefits of following the programme. I'm sure the main reason for following this

programme for most of you is to lose fat. The good news is you will lose fat rapidly. You will lose a rather large amount of stubborn fat and excess water in a very short period of time. Most people will lose between half a stone and a stone in just the first two weeks and you will lose anything up to a stone and a half in the first month. If you keep following the programme you will gradually keep losing weight until you reach your ideal weight. After the first two to four weeks your fat loss will begin to slow down a little and you will lose on average, 1lb per week. Don't worry when your fat loss does slow down as this is normal.

Whilst weight loss is your main goal, the real goal of the Regeneration Diet 2.0 nutrition programme is to improve your health. Weight loss is only one of many positive side effects of following this nutrition plan. After the stored toxins have left your body and you're no longer adding others, you'll notice not only will you lose fat, but many problems you've been suffering from will either reduce or go away entirely. You will also notice your hair and skin will improve and your energy levels will be much higher. Once your body is getting everything it needs to build good health you'll start to repair and rebuild your cells, organs and systems much more effectively, which will reduce your chances of illness and degenerative disease.

This whole plan is about improving your health, your wellness and your vitality and as long as you follow the plan as I've laid it out for you, you'll achieve all this and much more.

Lifestyle

Your nutrition is essential in regenerating your body, rejuvenating your mind, losing weight and reclaiming your life. However, there are a few lifestyle changes you can make which speeds up the process. In fact if you don't make these lifestyle changes alongside your diet then it can dramatically affect your results. Not sleeping at the correct time and not controlling your stress levels has a massive impact on your health and can even prevent the best exercise and diet programmes from helping you lose weight. If at any point you stop losing weight and hit a plateau with your diet and exercise programme and you're not cheating, then sleep and stress are the first places to look. They have a massive impact on your health and weight loss yet most programmes don't address them.

If you want to see the best results possible from this plan and you want to regenerate your body, rejuvenate your mind, lose weight and reclaim your life, then sleeping at the correct time and reducing your stress is essential.

Get Sufficient Sleep

You might be thinking to yourself, what has sleep got to do with weight loss? Actually, getting enough sleep is very important if you're looking to lose weight. Lack of sleep disrupts your hormones to make you feel hungrier and store more fat. Sleep loss has been shown to affect the secretion of cortisol, which is a hormone that regulates appetite. As a result of not getting sufficient sleep, individuals may continue to feel hungry despite adequate food intake. Lack of sleep also interferes with the body's ability to metabolise carbohydrates, which leads to high levels of blood sugar. High blood sugar promotes the overproduction of insulin, your fat storing hormone, as well as insulin resistance, which is a critical step into the development of diabetes.

It is recommended that you get at least 8 hours of sleep per night and if you're looking to lose weight then you should be in bed by 10pm or at the very latest 11pm, at least 5 nights of the week.

You may not be aware, but your body adjusts itself based on your circadian rhythm and the amount of sunlight outside. Your circadian rhythm is inherited through thousands of years of evolution. Not only do you have a circadian rhythm for when you should eat food, your circadian rhythm also tells you when you should sleep. Your circadian rhythm tells your body to physically recover approximately between the hours of 10pm-2am and to mentally recover approximately between 2am-6am. If you aren't getting to bed until 12am, you are missing out on 2 crucial hours of physical repair. Lack of sleep may be the missing link in your quest to lose weight. Just by going to sleep at the recommended time of 10pm, can help make a huge difference to your health through allowing your body to recover through the appropriate rest it needs.

To ensure you get a good night's sleep, you should sleep in a pitch dark room to increase the release of melatonin. Melatonin is a hormone, which helps regulate your circadian rhythm. Lack of melatonin will lead to lack of good quality sleep, insomnia, wakefulness and other more detailed sleep disturbances. Melatonin is released at night, whilst you sleep, however, its release can be disturbed through prolonged exposure to light, irregular sleeping patterns and sleeping in rooms that have lights on. To ensure melatonin is released and you get a good night sleep, it is important you sleep in a pitch black room with no lights and to go to sleep at a regular time every night. If you don't get a good nights sleep, then this will disturb your physical recovery between 10pm and 2am and your mental recovery between 2am and 6am.

Tips to help you get a good night's sleep

- Do not watch TV before bed. Instead read a book or magazine.
- Take your mind off work or other thoughts that may cause stress and for you to over think.
- Don't do anything mentally or physically stimulating just before you go to bed except for having sex as sex releases hormones which help you to relax.

- Eat slightly more carbs in your evening meal (if your plan allows carbs). When you eat carbs you often feel sleepy. Use this to your advantage by eating more carbs on an evening. As long as they are good carbs and not high sugar carbs like chocolate, you won't gain weight. Eating good carbs is fine and can help you sleep better.

Important note

If you usually go to bed late then it may take up to 10 nights of going to bed early before you actually fall asleep straight away. The first few times you try going to sleep earlier you may struggle to fall asleep. Don't worry, keep going to sleep by 10pm and once you get used to it and start falling asleep you will feel the benefits.

Stress Management

Stress reduction is vital for good health. However, it is also very important if you are looking to lose weight. When we become stressed, cortisol is released into the bloodstream, due to your body's 'fight or flight' response to coping with stressful situations. Cortisol is an important hormone in the body, which is secreted by the adrenal glands and is involved in proper glucose metabolism, regulation of blood pressure, insulin release for blood sugar maintenance, immune function and your inflammatory response. It also helps us deal with stressful situations, through preparing us to either 'fight or flight' through allowing a quick burst of energy for survival reasons, a burst of quick immunity, lowering sensitivity to pain, increasing memory functions and it also helps maintain homeostasis in the body. However, if cortisol is released for an extended period, then it causes negative side effects. Higher and more prolonged levels of cortisol in the bloodstream have been shown to have negative effects on your health, such as:

- Impaired cognitive performance
- Blood sugar imbalances such as hyperglycaemia
- Suppressed thyroid function
- Increased secretion of insulin (your fat storing hormone)
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems, than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes and higher levels of bad cholesterol (LDL) and lower levels of good cholesterol (HDL).

As you can see, there are many negative side effects to your health due to stress, not just increased fat storage in the abdominal area and increased secretion of your fat storing hormone insulin.

The reason stress makes weight loss harder and typically leads to increased body fat, is because cortisol interferes with the way you process foods and it interferes with the regulation of your fat storing hormone insulin. When cortisol increases, so does your insulin level, meaning you store more fat. Cortisol also interferes with the way you process foods, meaning your food isn't metabolised to use as energy and is instead stored as fat. Unfortunately, the fat you store due to increased cortisol levels is around your stomach area.

This happens because abdominal fat has around five times more cortisol receptors than body fat from anywhere else in your body. This means that your abdominal area receives more cortisol than anywhere else in your body, which leads to increased fat storage around your abdomen due to the increased amount of cortisol. What's even worse is that once

cortisol has bound itself to the receptors found on abdominal fat, it restricts the fat from that area from releasing fatty acids to be burned as fuel. In other words, the fat that lands on your stomach is “stubborn”, and doesn’t want to leave. Most fat burning methods even struggle to burn abdominal fat. The best and most effective way to burn body fat from your stomach is to incorporate stress reducing activities into your diet and exercise programme.

In today’s day and age, it is very important to neutralise your stress hormones if you want good health and you want to lose weight. In the past, stresses were followed by intense exercise such as fighting and hunting or fleeing from wild animals. Now we get other kinds of stress such as overworking, lack of sleep, relationship problems and financial stress, however, we don’t neutralise the stress afterwards. It doesn’t matter what kind of stress it is, any kind of stress will have the same effect on the body and produce the same ‘fight or flight’ response and increase cortisol secretion. Unfortunately, we very rarely neutralise our stress through balancing it with either exercise or relaxation. This leads to more and more cortisol being secreted and building up in our blood stream, which increases our chances of poor health and increased body fat.

To keep cortisol levels healthy and under control, you should exercise intensely to produce hormones which offset the effects of cortisol, or you should activate the body’s relaxation response after the fight or flight response occurs. Most of the time, it wouldn’t be a viable option to exercise straight after a stressful situation, however, you can learn to relax your body with various stress management techniques. You can also make lifestyle changes in order to prevent your body from reacting to stress in the first place. The following have been found to be very helpful in maintaining healthy cortisol levels:

- Exercise
- Yoga
- Tai chi
- Sex
- Massage
- Imagery
- EFT (emotional freedom technique)
- Hypnosis
- Listening to Music
- Breathing Exercises
- Meditation
- Balancing work and recreation
- Restricting the cause of stress

It is important you use as many of the above techniques to reduce your stress levels to improve your health and to help you lose weight. Along with the exercise you will be doing in the programme the minimum you should be doing to reduce stress is to spend 10 minutes every day sitting or lying in a quiet place and breathing deeply. Even just 10 minute per day relaxing and breathing deeply will allow your body time to relax and recover from everyday stresses. The more of these stress reducing techniques you can incorporate on a daily and weekly basis the better.

Exercise

Exercise is extremely important for your health.

Exercise:

- Keeps your heart healthy
- Keeps your muscles, bones and joints strong
- Reduces your risk of cancer
- Reduces your chance of diabetes
- Reduces your risk of illness and disease
- Slows down the ageing process
- Increases your life expectancy
- Improves your mental health and wellbeing and makes you feel happy
- Increases your confidence and self esteem
- Improves your memory
- Helps you sleep better
- Increases your libido
- Helps you maintain a healthy weight

Literally there are hundreds of benefits to exercising, not just helping you to tone up and lose weight which is why it is important you exercise regularly.

There are some types of exercise which are better than others for weight loss and maintaining a healthy body such as weight training and high intensity interval training but to be honest any exercise is better than none. The most important thing is you find exercise that you enjoy and you will do regularly. Whether that's weight training, running, cycling, boxing, rock climbing, karate, high intensity interval training, Pilates, Yoga, exercise classes, swimming, dancing or any other form of exercise, the most important thing is that you exercise regularly.

Ideally you would train 5-7 times per week for 45 minutes to an hour but this isn't always possible. As long as you do some form of exercise a minimum of 3 times per week for 30 minutes you will receive benefits.

If I was pushed to choose just one method of exercise everyone should do, I would choose weight training as it has the most benefits. Closely followed would be high intensity interval training. These are the two methods I base my semi-private personal training on as they produce the largest benefits in the shortest amount of time. However, all the different types of exercise have their own benefits which is why the most important thing you can do is find a type of exercise or a few different types of exercise you enjoy, which you will do regularly.

As long as you do some form of exercise a minimum of 3 times per week for 30 minutes you will be helping to keep your body and mind healthy.

Weight Loss Tools - 7 Day Meal Planner

The 7 day meal plan is to be used to plan your meals in advance, which is essential when you are trying to lose weight. If you plan what you are eating, you are more likely to eat healthy than if you just eat on the spur of the moment. By planning out your food, you are less likely to cheat on your diet and you are held accountable for what you eat. Those who plan their diet will be those who will achieve the best results and in the quickest possible time.

Planning a week at a time will help when it comes to food shopping so you know exactly what food you need to buy for that week. I have also included a box at the bottom for exercise which will help when it comes to planning your post workout meal or snack.

It is best to sit down on the same night every week (I would suggest a Thursday), plan your exercise and food on this 7 day plan, make yourself a shopping list and then go and buy the food over the weekend for the upcoming week when you know exactly what you need.

If you don't use this tool, then you will likely cheat on your diet and not achieve the results you want and deserve. All it takes is 10-15 minutes once per week to plan your diet to ensure you eat healthy so you achieve amazing fat loss results.

The 7 day meal plan is an essential tool for weight loss, so make sure you use it and stick to eating the foods you have planned.

Important note

The planner has space for up to a combined 6 meals and snacks per day. You don't have to eat this much food. The amount of meals you eat can be anywhere from 1 to 6 per day and can vary day by day. The important thing is to eat the amount which works for you and fits into your lifestyle.

7 Day Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Snack	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Lunch	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Snack	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Dinner	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Snack	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Type of exercise planned	Time:	Time:	Time:	Time:	Time:	Time:	Time:

Sample 7 Day Meal Plan For The First 30 Days

This sample 7 day meal plan is to give you an idea of the variety of foods you should be eating whilst following the Regeneration Diet 2.0 during the first 30 days; it is not the meal plan you must eat. This sample meal plan is kept very simple; however, you can make more complicated meals. Just remember to stick to the allowable foods only.

Day 1

Breakfast (7am till 8am)
Salmon with poached egg and asparagus
Snack 1 (10am till 11am)
Small portion of turkey, almonds and an apple
Lunch (1pm till 2pm)
Sea bass cooked in lemon with lentils, spinach, butternut squash, and shallots
Snack 2 (4pm till 5pm)
Chicken with broccoli, Brussels sprouts and wild rice
Dinner (7pm till 8pm)
Beef with sprinkle of cayenne pepper, with turnip, cauliflower, carrots and brown rice

Day 2

Breakfast (7am till 8am)
Turkey, mushroom and onion omelette
Snack 1 (10am till 11am)
Hard boiled egg, pepper sticks, asparagus and a handful of strawberries
Lunch (1pm till 2pm)
Sardines with beetroot, chickpeas, lemon and parsley and grapefruit
Snack 2 (4pm till 5pm)
Tuna with an apple
Dinner (7pm till 8pm)
Beef steak with kidney beans, cabbage, sweet potatoes, butternut squash with cinnamon

Day 3

Breakfast (7am till 8am)
Chicken omelette and blueberries
Snack 1 (10am till 11am)
Chicken leg , pistachio nuts, pepper sticks and handful of grapes
Lunch (1pm till 2pm)
Prawns cooked in garlic with asparagus and broccoli
Snack 2 (4pm till 5pm)
Nutribullet with spinach, apple, kiwifruit, strawberries, sunflower seeds and water
Dinner (7pm till 8pm)
Home made vegetable and pork broth with lentils and ginger

Day 4

Breakfast (7am till 8am)
Oats made with water and two eggs with blueberries
Snack 1 (10am till 11am)
Hard boiled egg with lettuce, olives and ½ avocado
Lunch (1pm till 2pm)
Tuna with lettuce, beetroot, spring onions and watercress followed by handful of strawberries
Snack 2 (4pm till 5pm)
Quinoa with a banana
Dinner (7pm till 8pm)
Lamb with basil, chickpeas, tomatoes, spinach and aubergine

Day 5

Breakfast (7am till 8am)
Prawns and pink grapefruit with wild rocket, dill, olives and avocado
Snack 1 (10am till 11am)
Small portion of crab, Brazil nuts and an orange
Lunch (1pm till 2pm)
Beef steak with turnip, brussel sprouts, and cauliflower
Snack 2 (4pm till 5pm)
Chicken with lettuce, tomatoes and wild rice
Dinner (7pm till 8pm)
Duck cooked in orange with red cabbage, carrots, asparagus and basmati rice

Day 6

Breakfast (7am till 8am)
Oats made with water and two eggs with blackberries
Snack 1 (10am till 11am)
Small portion of beef strips, almonds and a peach
Lunch (1pm till 2pm)
Cod with carrots, spinach, cauliflower and kidney beans
Snack 2 (4pm till 5pm)
Mackerel with celery, cucumber and peppers followed by rhubarb
Dinner (7pm till 8pm)
Halibut cooked in lemon with lentils, red beans and courgette followed by strawberries

Day 7

Breakfast (7am till 8am)
Salmon with asparagus, spinach, mushroom and tomatoes
Snack 1 (10am till 11am)
Nutribullet made with kale, banana, blueberries, flaxseed, almond butter and water
Lunch (1pm till 2pm)
Home made chicken, lentils and vegetable broth
Snack 2 (4pm till 5pm)
Hard boiled egg and handful of almonds
Dinner (7pm till 8pm)
Liver with kidney beans, shallots, red peppers, potatoes cooked in garlic followed by melon

Sample 7 Day Meal Plan After The First 30 Days

This sample 7 day meal plan is to give you an idea of the variety of foods you should be eating whilst following the Regeneration Diet 2.0 after the first 30 days; it is not the meal plan you must eat. This sample meal plan is kept very simple; however, you can make more complicated meals. Just remember to stick to the allowable foods 90% of the time and 10% you can eat anything you want.

Day 1

Breakfast (7am till 8am)
Salmon with scrambled egg and a pear with a coffee
Snack 1 (10am till 11am)
Apple with a small piece of cheese
Lunch (1pm till 2pm)
Sea bass cooked in lemon with lentils, spinach, butternut squash, and shallots
Snack 2 (4pm till 5pm)
Peanut butter and carrot sticks
Dinner (7pm till 8pm)
Homemade burgers with tomatoes and avocado in bun

Day 2

Breakfast (7am till 8am)
Turkey, mushroom and onion omelette with a coffee
Snack 1 (10am till 11am)
Arla 20g protein
Lunch (1pm till 2pm)
Cod with beetroot, chickpeas, lemon and parsley and grapefruit
Snack 2 (4pm till 5pm)
Yoghurt with honey, banana and flaxseed
Dinner (7pm till 8pm)
Beef steak with kidney beans, cabbage, sweet potatoes, butternut squash with cinnamon

Day 3

Breakfast (7am till 8am)
Nutribullet with kale, banana, almond butter, cacao, chocolate Sunwarrior protein and milk
Snack 1 (10am till 11am)
Coffee and an apple
Lunch (1pm till 2pm)
Prawns cooked in garlic with asparagus and broccoli and grapes
Snack 2 (4pm till 5pm)
Cashew nuts with cheese
Dinner (7pm till 8pm)
Home made vegetable and pork broth with lentils and ginger and two squares of 70% dark chocolate

Day 4

Breakfast (7am till 8am)
Overnight oats made with almond milk, chia seeds, sunwarrior protein and blueberries
Snack 1 (10am till 11am)
Hard boiled egg with olives and ½ avocado with a coffee
Lunch (1pm till 2pm)
Tuna with lettuce, beetroot, spring onions and watercress followed by handful of strawberries
Snack 2 (4pm till 5pm)
Skyr with a banana
Dinner (7pm till 8pm)
Homemade chilli con carne with white rice

Day 5

Breakfast (7am till 8am)
Nutribullet with spinach, ½ avocado, banana, sunwarrior protein and almond milk
Snack 1 (10am till 11am)
Arla 20g protein and a coffee
Lunch (1pm till 2pm)
Beef steak with turnip, brussel sprouts, and cauliflower
Snack 2 (4pm till 5pm)
Yoghurt with honey and blueberries
Dinner (7pm till 8pm)
Home made curry with basmati rice

Day 6

Breakfast (7am till 8am)
Banana omelette with a coffee
Snack 1 (10am till 11am)
Skyr with blueberries
Lunch (1pm till 2pm)
Cod with carrots, spinach, cauliflower and pineapple and mango
Snack 2
No snack
Dinner (7pm till 8pm)
Meal out but making sensible choices

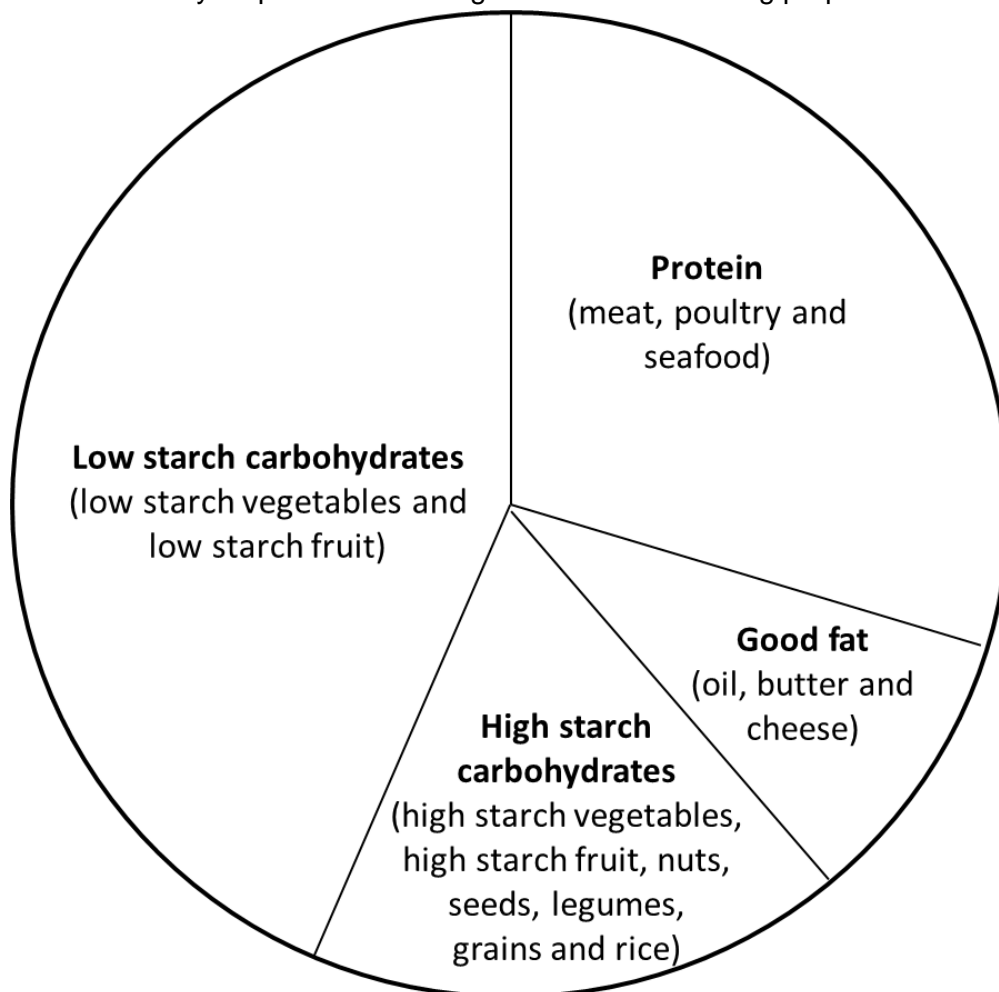
Day 7

Breakfast (10am till 11am)
Bacon, sausage, eggs, fried tomato, garlic mushrooms, 1 slice of toast and a coffee
Snack 1
No snack
Lunch (2pm till 4pm)
Sunday dinner
Snack 2
No snack
Dinner (7pm till 8pm)
Prawn stir fry and two squares of 70% dark chocolate

Regeneration Diet 2.0 Summary

This E-book is quite a long read so I thought I would do a little recap of the most important points to remember when following this plan

- Eat fresh whole natural foods.
- For at least the first 30 days, only eat the foods on the allowable food list.
- After the first 30 days, 90% of the time eat the foods on the allowable food list. 10% of the time eat and drink what you want.
- Stick as closely as possible to eating meals in the following proportions.



- Eat the amount of meals that fits in with your lifestyle and works for you.
- Vary the foods you eat.
- Drink 2-3 litres of water per day.
- Be mindful and listen to your body and don't be afraid to make changes accordingly.
- Preparation is key. Always prepare in advance.
- Exercise regularly, sleep for 8 hours a night and reduce stress.
- Write down your goal weight and why you want to achieve your goal and read it daily.
- Remember the quicker you get healthy the quicker you will get to your ideal weight.
- Once you reach your goal follow the 90/10 rule to maintain your results.
- You must be mindful and continue putting in effort in order to maintain your results.

Final Words

Although the Regeneration Diet 2.0 is designed to build long term health whilst helping people reach their ideal weight, most people will be following it in order to lose weight rapidly as the Regeneration Diet 2.0 is known for producing great weight loss results.

When it comes to fat loss and achieving the body you want, it is due to 80% nutrition and 20% exercise. This means if you exercise but don't put the information in this plan into practice, then you will only achieve a fraction of the results you could have achieved had you put all the information in this plan into practice. Some people may still achieve great results not eating healthy, but most of you will need to combine both nutrition and exercise in order to achieve the body you want.

I want working with me to be a life changing experience for you, so please put all the information into practice so I can help you to achieve the best results possible. I want to help you to lose fat, change your body shape, improve your confidence, increase your self-esteem and teach you the tools to live a long and healthy life at your ideal weight.

The only way I can help you to achieve all this and make working with me a life changing experience, is if you work put the information from this plan into practice.

Imagine how you will feel having achieved the body you want and having the confidence to achieve anything you want in life. This will become a reality if you put the effort in and use all the information I provide.

Good luck on your journey and thank you very much for letting me be your guide.

Get fit, get healthy, get happy

Your Coach For Life

Shaun McGill