

PROJECT 56

NUTRITION GUIDELINES

JEDPT

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Foreword

There are many diet and nutrition plans out there that can help to facilitate 2 of the most common reasons why people do them in the first place; *to lose weight, or to gain weight.*

When it comes to weight loss, most people want to lose fat it and keep it off. In theory that sounds simple, but in a practical sense it isn't always so.

To have any sustained success with your diet and nutrition plan, it needs to be something you can do consistently and doesn't control other aspects of your life.

If you follow a diet and nutrition plan that is full of restrictions with little room for error, it's highly likely you will not be able to adhere to it.

The goal of Project56 is not only to teach you new ways of training more effectively and efficiently, but to educate you how to approach your diet and nutrition plan so that you have the control and power to achieve your health and fitness goals in the short-term and long-term.

Even though Project56 is only an 8-week commitment, you will have the tools to make your diet and nutrition plan work for you and keep making positive changes to your health and fitness long after Project56 finishes.

Remember, it's a marathon, not a sprint.

Jed

What Your Diet Can Do For You

Arguably, the most common reason that people follow a diet is to help them look better naked. There are plenty of benefits to weight loss that often get forgotten when we pursue our aesthetic goals. Weight loss can;

- Increase longevity
- Decrease risk of cardiovascular diseases
- Decrease risk of diabetes
- Improve energy, sleep and recovery
- Improve general quality of life

Following a diet* for aesthetic reasons is fine, but it's important to not get caught up in emotion.

So not only can your diet help with all of the above, but if you can successfully implement a diet plan that helps your performance in the gym too, you are onto a winner.

So although many will view a diet simply as something that causes weight loss, it can be so much more purposeful than that which is why you will learn all of the ins and outs of dieting in this eBook.

*For the purpose of this eBook, I will refer to nutrition plans as 'diet'.

Why Diets Are Failing Miserably

Firstly, the term 'diet' can bring up some negative feelings. A lot of people associate 'diet' with;

- Restrictions
- Eating very little food
- Not eating things they enjoy

Although there are several definitions of the word, I want you to understand that diet is simply an eating plan you follow. In fact, and rightly so, some will argue that you don't need to follow a diet. That is why in this eBook you will not be told to follow something specific.

Unfortunately, a lot of diets fail people because of the aforementioned reasons. Too many restrictions leads not only to a diet you cannot sustain, but also potential ramifications later down the line (poor and distorted behaviours around food).

A diet should never be about following a list of things you cannot have. It should never be about having "low this" and "low that". Food is fuel, and if applied correctly, can be life-changing not only for you but the close people around you.

So the chances are, if you or someone you know achieved very little success with a diet, it was because it told you more about the things you can't have rather than educating you on the things you can have.

Why Diets Are Failing Miserably

If you did a Google search on 'diet', you would be inundated with all these different titles. *Keto Diet. Atkins Diet. South Beach Diet. Intermittent Fasting. Paleo Diet.*

You will also be influenced by the people you follow on social media, and by people in your close circles. That celebrity you follow on Instagram who lost 5kgs by skipping breakfast. That work colleague who went Keto and won't stop on about it.

With all these options, it can lead to so much confusion and frustration. Where do you start?

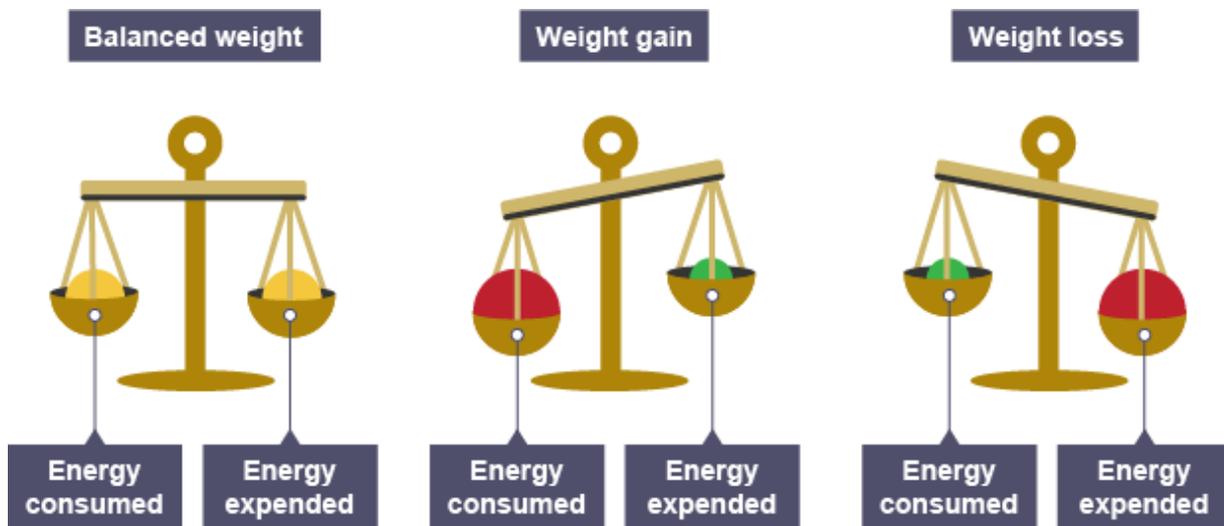
I will bang this drum a lot, and I won't apologise for it but if you cannot see yourself sticking to a diet in the long-term, you won't stick to it. If you don't enjoy the foods you eat, you won't stick to it.

This is why you simply cannot associate yourself with a diet just because someone else had success on it.

The reality with most diets is people can see short-term success with them as they find it tolerable to stick to for a few weeks. But the statistics for long-term success when it comes to dieting isn't great, and many people regain the weight they initially lost.

So please, don't view dieting as something that has to be restrictive. It's food. Food you eat to survive, and if applied correctly, can help you feel and function better forever.

Energy Balance



The above image is incredibly important when it comes to you understand your weight.

Forget what some diets claim. Forget what you've been told by a friend. Forget what you read in a magazine.

If you **sustain your weight** regularly, it is because you are finding a way to balance your energy consumed v energy expended.

If you **gain weight**, is it because you consume more energy than you expend.

If you **lose weight**, it is because you expend more energy than you consume.

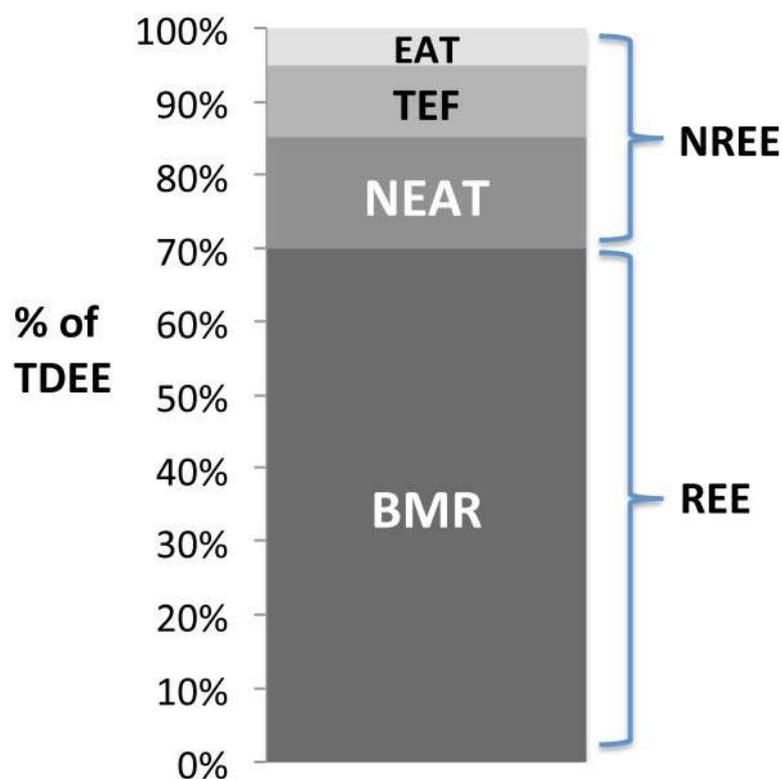
So before we delve into the complexities of energy balance, we first must understand what the key components of it are.

Energy Balance

Energy IN comes from 2 main areas;

The energy from 1. *consumed food*, and 2. *consumed drink*.

Energy OUT, is a lot more complex, but the image below will not only help you understand **Energy OUT**, but also how it effects your efforts with fat loss.



Energy OUT, is commonly known as your **TDEE (Total Daily Energy Expenditure)**.

TDEE is broken down into;

1. Basal Metabolic Rate
2. Non Exercise Activity Thermogenesis (NEAT)
3. Thermic Effect of Food (TEF).
4. Exercise Activity Thermogenesis (EAT)

Energy Balance

1. Basal Metabolic Rate

Your BMR accounts for approximately 60% of your TDEE. It is the amount of energy your body requires to run basic processes and is the largest contributor to your TDEE.

2. Non Activity Exercise Thermogenesis

Your NEAT is energy you expend by doing daily movements such as walking, fidgeting, working, cooking, cleaning etc. It is the most adaptive component of metabolism. If you reduce your calorie intake significantly, expect your NEAT levels to go down as you try to conserve energy.

3. Thermic Effect of Food

Your TEF is energy used in digesting, absorbing and metabolising food you consume. Protein and fiber, for example, require greater amounts of energy to break down.

4. Exercise Activity Thermogenesis

Your EAT is energy used in exercising and how much you expend is dependant on the duration and intensity of exercise.

$$\text{TDEE} = \text{BMR} + \text{NEAT} + \text{TFE} + \text{EAT}$$

So even though this equation sounds simple, it's important to understand that your TDEE will vary on a daily basis because of your activity levels and food consumed.

It's worth noting that it shows the importance of not relying on exercise as the only contributor to **Energy OUT**. This is why you don't have to spend hours in the gym if you are being diligent with other components like NEAT.

Calorie Deficit

To use a more modernly-accepted term to explain **Energy OUT**, we will now use the term **Calorie Deficit**.

If your goal is to lose fat, you have to be in a **Calorie Deficit**.

Taking fat burner supplements, eating 'magic fat burning foods' or any other crazy method for fat loss are all completely redundant unless you are in a **Calorie Deficit**.

Take a look at the image below.

How Named Diets Work for Weight Loss		
Diet Name	Short Description	How it Works
Low Carb	Eat fewer carbs and more foods rich in protein and fats	By creating a caloric deficit
Ketogenic	Eat almost no carbs, some protein and mostly fats	By creating a caloric deficit
Low Fat	Avoid foods high in fats and eat mostly protein and carbs	By creating a caloric deficit
Intermittent Fasting	Restrict your eating period to only a few hours every day	By creating a caloric deficit
Weight Watchers	Points based system to help with portion control	By creating a caloric deficit
Paleo	Eat only minimally-processed "paleolithic" foods	By creating a caloric deficit

Every single diet that has led to someone losing fat is because they initiated a Calorie Deficit.

Not because of what magic method the diet has itself.

Some diets can lead to weight loss due to components of the diet meaning you lose fluids and therefore water weight (e.g Low-Carb diets) but they still have to work on the premise of creating a Calorie Deficit to lose fat.

Calorie Deficit

*To help you understand a **Calorie Deficit** working in a real-life situation, let's talk about this scenario that often happens at the beginning of the year.*

You may know someone who decides to embark on a fitness journey in the first week of January. They have just spent a good few weeks over the Christmas period consuming lots of food and drink, partying with friends and family. They put on a few extra kgs, and then they decide to commit to their health and fitness at the beginning of the year.

They decide to exercise lots (having previously not done so for a long time) and they decide that they have to eliminate some foods from their diet and therefore decide not to eat bread, rice and pasta*.

***we will discuss why you don't have to eliminate Carbs later**

8-10 weeks later, and having been consistent with exercising and removing certain foods (and potentially alcohol too) they lose a lot of weight. They initiated a Calorie Deficit. Now look at their situation. Was it because they removed certain Carbs from their diet that they lost the weight? Technically, it helped. But they were exercising more than ever before, and making conscious decisions to bring their calorie intake down which led to a Calorie Deficit.

But as mentioned previously, creating long-term results (and keeping the weight off) means you have to find an exercise and diet that you can stick to all year round, and not just for the first 8 weeks of the year.

So don't be fooled by people who lose weight really quickly. It's the ones who lose the weight, and keep it off, who are successful with fat loss.

Calorie Surplus

Calorie Surplus is what is required for you to *gain weight*. You simply have to eat more than your Maintenance Calories (to maintain your weight) in order to gain weight.

There are several reasons why someone may need to do this, and one of the most common reasons to be in a Calorie Surplus is to build muscle.

The more experienced someone with exercising in a gym is, the harder it is for them to build muscle. That is why you may often hear of some people building muscle reasonably fast if they are new to the weights room.

You can build muscle even in a Calorie Deficit, but that is quite rare and more often than not you have to be in a Calorie Surplus to do so. Why? Because building muscles requires energy from food (and in particular Protein) to help build and repair muscular damage from weight training.

So don't stress about thinking you cannot build muscle and lose fat the same time, because you can. Sometimes it's just easier on focusing on one or the other during different phases.

When losing weight and fat, it is really important to do your best not to lose too much muscle mass and this is why it is vital to focus on getting stronger in the gym to offset any potential loss of muscle mass due to a calorie deficit.

Calories and Macronutrients

Calories are energy, and refer to the energy that you extract from the food you consume. To be technical and precise, calories are a unit of measurement of heat. One calorie is the amount of energy it takes to heat up one gram of water by one degree celsius.

Even though calories are measurable, it is important to understand that there will be differences in individuals when it comes to factors like tracking calories consumed (due to the energy of the food item itself differing from product-to-product) and individual differences in how we use and store that energy.

What constitutes your **Calories** (energy) are broken down into **Macronutrients**, often shortened to **Macros**. Macros consist of;

- Protein (1g of Protein = 4 Calories)
- Carbohydrates (1g of Carbs = 4 Calories)
- Fats (1g of Fat = 9 Calories)
- Alcohol (1g of Alcohol = 7 Calories)

Now even though you've now learnt that *Energy Balance* is what dictates *fat loss*, the foods that you eat (and your Macros which make them up) do play a big role too and we will delve into why.

Protein:

Protein is composed of amino acids, the building blocks of muscle. Protein is great for satiation levels, leaving you feeling full for longer. Not only is it vital for building muscle, but adequate amounts of it can preserve muscle loss during fat loss phases.

Calories and Macronutrients

Carbohydrates:

Carbs are your body's preferred energy source and are broken into Complex and Simple. Complex Carbs can give you a sustained energy source, whilst Simple Carbs are more instantaneous. They not only help provide energy for workouts, but help the recovery process too.

Fats:

Fats, aka Lipids, come in various forms such as essential fatty acids and efficient forms of energy storage (containing 9 cal per gram). They're beneficial for brain function and vision amongst other things.

Alcohol:

Often disregarded because it comes in liquid form, Alcohol is a Macro and at 7 cal per gram, plays a big role in modern society when it comes to changing our body composition.

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When determining your calorie intake, it is important to find a balance of the Macros that will be best suited to your own individual needs. Protein is vitally important for any individual, but now you have learnt how important it is to those who partake in regular strength training and therefore it is the one Macro that we put even more importance on than others.

Tracking Your Calories

I want to make this clear that I do not expect you to count calories. However, having a better insight to how many calories you eat compared to how much you expend will help you in your health and fitness efforts a lot better than just guessing.

For the purpose of Project56, we will educate you on the best ways to track your calories without it consuming your life.

Before we get into some guidelines of calorie tracking, I would recommend doing this before you go blindly calculating what calories you should be eating on a calorie calculator;

Try tracking your calories for 1 week on MyFitnessPal. DON'T take any notice of what they recommend your calories should be, nor your macros. Simply just track a week of food and alcohol intake that resembles an average week of your life. You will make some entry mistakes, and might have some confusions, but simply try to track your food and alcohol each day until you have a weeks' worth of data. You can then use this information to make more informative choices about the direction of your future calorie intake and macros. Once you have done this, you can then use some of the calculators I recommend (later in this chapter) along with my guidelines and recommendations to construct your own calorie intake and macros.

It is worth noting at this point that the reason you can lose fat without tracking calories is because you can easily implement some changes to your dietary habits that would equate to a calorie deficit being established without the need to track the calories themselves.

Tracking Your Calories

For example, imagine you began an exercise routine that was far more frequent and intense than you previously had and started increasing your NEAT levels more so than before. Let's say your calorie intake was still the same as it was before too. Just the introduction of more exercise and higher NEAT levels could help initiate fat loss without you having to eat fewer calories or even track them.

When it comes to tracking calories, here are some absolute **MUSTS** you have to consider;

- Our daily intake may vary considerably. This is why you shouldn't get downbeat about having different intakes each day. You can however use that as a platform to get more consistent daily habits with your intake if it helps you in your pursuit of achieving your goals.
- For the very purpose above, it is vital that you use the whole week to make calculations about your calorie intake. Just because you may have over-consumed your calorie intake for the day, it does not mean you have to write the week off. Daily habits help us perform better weekly and monthly habits, but if you had a 'mishap' one day, just use the remaining days of the week to adjust accordingly for your goals.
- Don't react negatively to tracking your food. I know that is easier said than done, but tracking your food isn't to make you feel guilty. It's to give you an understanding with a view to positively changing your health and fitness.

Tracking Your Calories

To track your calories, I recommend using the [Harris-Benedict Calculator](#).

The Harris Benedict Equation is a formula that uses your BMR and then applies an activity factor to determine your total daily energy expenditure (calories).

If fat loss is your goal, it can be wise to underestimate your activity level and therefore it will reduce your recommended calories. However, if you feel that the calories recommended are too low, you can obviously adjust them slightly (anywhere between 50-200 calories per day) to help you.

Setting Your Macros:

This can be a complex formality, so I am using recommendations from leading researchers along with the latest standards and guidelines from dietary boards across the globe. As I have mentioned, **Protein** will be the first Macro to look after.

Protein Recommendations;

- A minimum of 1.5g protein per kg of body weight. That means if you are 60kg, you would aim for a minimum of 90g protein per day.
- Any amount of protein from 1.5g to 2.75g per kg of bodyweight is a sufficient amount.
- Less than 1.5g protein per kg of body weight is okay, but may be less than optimal if individual is strength training regularly and doesn't want to sacrifice lean muscle mass.

Once you have worked out your protein amount of your daily calories, you then are left with Carbs and Fats (and technically Alcohol)

Tracking Your Calories

First, you would subtract the total calories required for Protein from your daily calorie intake total.

E.g you were recommended 2500 daily calories. You have chose to go with 2g of protein per kg of BW and you weigh 90kg. That means you will have 180g of protein which is 720 calories. You subtract 720 from 2500 which leaves you with 1780 calories left for carbs and fats.

For fat loss purposes, most recent literature and evidence now supports that you can make up the remaining calories from carbs and fats however you please, as long as protein requirements are met and the calorie intake isn't exceeded. That means you can choose your own personal preference to how many carbs and fats you want.

To help you understand, my personal preference is to keep carbohydrates higher than fats and so I opt to go with 2.5g of carbs per kg of bodyweight. This generally leaves me about 65-80g of fats per day and that suits me perfectly. Carbs are more present in my day-to-day choices, and I much prefer them to fats. So your own personal preference now has to come into play, and you can find a way to fill the remaining calories how you choose.

Using the previous example, here's how the calories and macros may look;

Calories: 2500

Protein: 180g

Carbs: 225g

Fats: 98g

Tracking Your Calories

If you are completely new to tracking calories, again, you have to understand and acknowledge that it will be impossible to consistently hit those numbers each day. You simply have to do your best to be as close as you can, and adjust accordingly through the week.

You may also be shocked to see the caloric amounts of some of the foods you enjoy when you start tracking calories. That is not to say you cannot have them in your plan but it's adds to the importance of understanding the caloric amounts of food so you know when to use them wisely in conjunction with your health and fitness goals.

Depending on your personal preferences and food choices, you may find it hard to reach your targets. For instance, it is quite common for Vegetarians and Vegans to reduce their protein targets as it can be harder for them to reach recommended protein guidelines. You may also come to realise that you have to make more of a conscious effort to try and get a sufficient amount of protein in each meal, particularly if your protein target is higher than expected.

The beauty of tracking calories is that it doesn't mean you have to stick to the numbers and targets provided to you, as you can adjust them in accordance with your personal preferences and in line with your goals. However, straying too far from recommendations can potentially lead to less-than-desired results you wanted in the first place.

Tracking Your Calories

Final Recommendations:

If you are going to track your calories, here's a summary of what I recommend to do.

If new to tracking calories:

Step 1. Follow the guidelines on Page 15 first

Step 2. Work out your calorie guidelines via Harris-Benedict Formula

Step 3. Begin to track your calories and adjust them where necessary if required

Step 4. Aim to make sure that your overall caloric intake is equal to your recommended total (regardless if you stuff up the macros)

Step 5. Put an order of importance on reaching your protein targets before worrying about carbs and fats

Step 6. You've got all week, CHILL! So if you over-consume or under-consume your calories one day, just make adjustments to your totals in the remaining days of the week. So if you go over-consume your calories by 1000 one day, take that 1000 calories off from the remaining days. If you happen to do that on a Sunday, just reduce it from the following week. So you can work out your weekly calorie total (your daily calorie total x 7) and aim to divide that across the week as best as you can.

Step 7. After 4 weeks, using your own feedback and judging other measurements (photo evidence, how you feel in clothes, body fat percentage), adjust your calories and macros to continue in your efforts of your own personal goals.

If you are more advanced with tracking calories, you can still follow most of the above guidelines but won't have to worry about some of the steps as much as a newbie.

Supplements

There are a lot of useless supplements out there so let's keep this short and simple.

Firstly, no supplement can burn fat. So don't buy fat burners. Protein powders are generally blends of different Whey Protein. A blend of WPI and WPC is fine, although WPI has a higher protein content. Weight gainers are a useful too if you struggle to eat calories in your day. Pre-workouts are just Caffeine and often Beta Alanine (which gives you the tingles). It can help you train better as you have more energy, but it's not essential. Remember, supplementation is just that; a supplement. It should be way down on the order of important hierarchy.

My Personal Recommendations:

1) Creatine

The most researched and scientifically backed supplement out there for helping with strength and muscle growth. Fine for both men and women. I prefer to have it in capsule form so I don't have to mix powder into my water.

2) Whey Protein (WPI/WPC blend)

It is more optimal to aim for protein from food you consume, but Whey Protein is a great back-up tool to help you get more protein in your diet if needed. I prefer to use it post-workout (when it will get utilised most efficiently) or mixing it in with greek yoghurt at breakfast/dessert to enhance the flavour and protein content.

3) Miscellaneous

This is all about your own personal needs. You may have slight deficiencies that require supplementation. Personally, I use Zinc and Magnesium for my own requirements.

Final Word

At this point, hopefully you have learnt considerable amounts about exactly what dictates weight loss and weight gain.

I know some of you may think you need to follow a random meal plan, but you don't. Once you have the education and insight to make adjustments to your own diet (or pay a professional to do an exceptional job and do it for you) you will set yourself up for greater success down the line.

So what do you do now?

When entering Project56, you had goals that you wanted to achieve.

Getting consistent with your gym routine is important and I'm sure would be closely associated with many of your goals. Your nutrition will be the same. Whilst the gym is something you have to commit to several times a week, your nutrition is something that is always present in your day. Every day.

When starting an 8-week program, I am sure there are habits and behaviours you'd like to eliminate immediately. Whilst I am not saying you should eliminate all habits you believe are bad, the reality is that before even reading this eBook, you know there are things you can improve on.

This is why I challenge you to take a birds eye view of your health and fitness as it currently stands and identify the areas that you wish to improve.

Final Word

With your nutrition, look at the habits that may be counterproductive to achieving your goals.

A big eye opener for many when they track their calorie intake is they are shown just how much calories they are consuming and therefore not losing any weight.

So every time you;

- Have that extra glass of wine on a week night
- Buy a snack from the shop every day
- Eat dessert every night
- Don't prepare yourself meals and get takeaway instead

Ask yourself, is this going to bring me closer to my goals?

Remember, you are trying to establish new habits and behaviours around your health and fitness that will lead to sustained results and something that doesn't completely disturb your lifestyle.

So you may have to break down some old habits and behaviours of which you have had for years. But if you aren't prepared to at least commit to changing some of them, then your time spent in the gym can become redundant.

Establishing new habits and behaviours is far easier when you actively try to replace them when you would partake in an old habit.

Final Word

Examples:

1. Instead of reaching for a few chocolates or even a bowl of ice cream every night after dinner, have a small bowl of low-calorie Greek Yoghurt mixed with flavoured protein powder. Why? It'll still taste great, and will amount to fewer calories consumed.
2. Increase your vegetable serving sizes when you prepare your meals. Why? If you're someone who wants to snack regularly, you're more than likely not feeling full from your usual meals.

There are many more examples like above, so try to identify exactly what you can do to form new habits and behaviours around existing habits and behaviours that will contribute greatly to improving your health and fitness and in turn your results.

More Tips To Help You Approach Your Nutrition

You may well have learnt that you need to be consuming more protein particularly if partaking in a new fitness regime. You may also have realised that your Marmite/Vegemite on toast for breakfast isn't perhaps the best choice you can make on a daily basis to get you closer to your goals.

So the likelihood is that you do eat a lot of the same foods on a daily basis. You should try and identify if they truly suit your needs going forward. If not, what changes can you make? Have you tried preparing a different breakfast over your usual easy option? Will you commit to finding a healthier alternative lunch option to the place you currently go to? Will you commit to eating more variety of vegetables and salads at dinner rather than loading up on more calorific options like fries, rice etc?

Final Word

Partaking in Project56 also gives you the opportunity to look at potential 'swaps' you can make. With you now understanding the important of calories, you will appreciate how making subtle swaps in your daily food choices could make a huge difference.

An example is the meat which we consume (although this isn't just limited to meat). Take a look at this comparison of Turkey Mince;

Turkey Mince Comparison

@aidan_the_dietitian



Regular
Per 100g
226kcal
22g protein
15.4g fat

<2% fat
Per 100g
115kcal
23.4g protein
1.8g fat

ideal
Nutrition

Just by choosing the leaner turkey mince will save you over 100 calories per 100g serve. Imagine the power of making choices like this on a daily basis and what effect that will have in the long term.

Even if you don't track your calories consumed, you can read nutritional labels on food products and give yourself a better understanding of how to reduce your energy intake (if fat loss is the goal). Be careful though, as some food advertising is clever and can catch you out. Protein bars labelled as 'high protein' are often higher in both fats and carbs. This is why it is important to check the label, and not the advertising on the front.

Final Word

You learned about the importance of macros when it comes to your calories, so it is worth mentioning the importance too of **Micronutrients**. They are one of the major groups of nutrients your body needs. They include vitamins and minerals.

Vitamins are necessary for energy production, immune function, blood clotting and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance and several other processes.

A simple way to think about getting more Micronutrients in your body is getting lots of 'colour' from fruits and vegetables in your diet. And remember, if fat loss is the goal, loading up your plate with more vegetables is not only a great way of meeting your Micronutrient needs and leaving you feel full, it's helping keep your calories down too. *Seriously*, go to town on your vegetables, just try not to fry or roast them in lots of oil.

While I don't want to discourage you from what you believe is eating healthy, it is crucial you understand the following sentiments. Just because you deem yourself to be eating 'healthy', it does not give you the right to lose weight. I often hear, **"But Jed, I am eating really healthy"**. Guess what? *Healthy foods have calories*. And if you consume too much calories relative to those you burn off, you aren't losing any weight. Period. To emphasise this point, we all know that an acai bowl has far more nutrients than a McMuffin from McDonalds. But guess what has less calories? The McMuffin. Your energy intake does not care about your feelings of eating healthy. In the realms of weight loss, you have to get the energy balance equation working in your favour. And if you can do that by 'eating healthy' on the way, you're doing well.

What NOT To Do Next

As I have mentioned on several occasions, Project56 is about helping you train more effectively and efficiently and helping you understand your own nutrition and diet to lead to long-term results.

So here's few things what NOT to do next:

1. Don't go down the overly-restrictive route. You don't need to stop eating all of your favourite foods. You just need to find a way to include them in your diet without being counterproductive to your goals. If you restrict the foods you enjoy too much, the chances are you will over-consume them when you decide you can't resist them any longer.
2. If fat loss is your goal, then yes, it is important to be in a calorie deficit. But understand that if you create a large calorie deficit immediately, then you are likely to set yourself up for failure. Why? Because if you reduce your calories significantly;
 - You will almost certainly try to conserve energy. This will greatly effect your NEAT. If your NEAT levels go down, that effects a large component of your TDEE.
 - You will most likely train a lot less effectively as you do not have the energy reserves to put in a good session at the gym.
 - You will become a lot more lethargic and your attitude towards improving your health and fitness may suffer greatly.

So it is important that when trying to lose fat, and install a calorie deficit, to do it slowly. You can always adjust your efforts if you know that nothing is changing, or you can reduce your deficit if you are losing weight too quickly.

THE Final Word

Firstly, I always privileged when you put your trust in me to help you with your health and fitness.

So I do truly want to help you get the best out of Project56 and will keep you accountable as best as I can so you can achieve what you set out to do. I am fully committed to doing so.

I will say this though; YOU need to commit to this too. You joined for a reason and I want you to focus on that as often as you can.

Going to the gym 2-3x a week and following a new program might feel exciting, but you have to consciously work hard not only in the gym but outside of it too.

Remember, I want you to make mistakes as it shows your human. But I don't want you to use that as a reason to stop trying to work towards your goals.

You have access to me throughout Project56. Use that access to your advantage.

This is your chance to develop some unbreakable habits and routines that positively change your health and fitness so get stuck in. Give it your best.

Jed

Frequently Asked Questions

What Should I Eat Around Training?

This depends on personal preference but aim to ensure you have sufficient energy in your system to help you train more optimally. Utilising carbohydrates around your training is a great way of fueling your session.

Can I Eat Fruit?

Of course you can. It gets a bad rap because of the sugar content, and there's no doubt that consuming lots of it can ensure you eat over your caloric needs. But yes, you can eat it.

The Scale Says I Haven't Lost Any Weight

The scales never tell the full story. Use photos and your clothing (how they fit) as more accurate readings about what is happening with your body. If you do use the scales, make sure you weigh yourself with the same conditions each time (time, what you've eaten before hand etc) and aim to only do it 1x per week.

My Body Is In Starvation Mode And I'm Not Losing Weight

Sorry, no it's not. You can't physically not lose weight if you were starving consistently.

Should I Eat For My Body Type?

No. Eating for your Somatotype is nonsensical. Every body type still needs a calorie deficit for fat loss, and a calorie surplus for weight gain.

FAQs Continued

Can I Do Intermittent Fasting?

If you like skipping breakfast, sure. It's your personal choice. Just remember, if you're doing it for fat loss, it comes down to being in a calorie deficit and reducing 1 meal from your day can help with that. It can also lead to you over-consuming calories later in the day and therefore not putting you in a deficit.

Should I Track The Calories From Vegetables?

If you choose to track calories, yes. They're not invisible calories, they still count. For this reason, if you count calories, count everything.

I'm Following The Calorie Guidelines From The Calculator But I'm Still Not Losing Weight?

Firstly, be patient. How long has it been since you started tracking? Give it a few weeks first before making any rash judgement. It could also be other factors such as a slight gain of weight from lean muscle mass, or (to those it applies to) it could be that time of the month. You may also be not tracking every thing you eat. Seriously, that happens a LOT. Remember to track little things like the oil and butters you cook with.

Can I Eat Carbs At Night?

Yes. You can eat carbs at any time and eating carbs before you go to bed doesn't just mean it will store as fat as you are going to sleep. When you sleep, you burn a lot of calories still. In many cases, eating carbs at night can help quality of sleep.

FAQs Continued

Should I Track My Food Raw?

Track your food however you can as long as you do it consistently. Tracking your food in a raw state can improve accuracy, but it isn't always possible to do so. If you can't track perfectly, just aim to be as close as you can to what you have actually eaten. MyFitnessPal has many options on their app to help you find a suitable entry.

Should I Eat Smaller Meals?

Not necessarily. Again, it all depends on personal preference and what can help keep you in the guidelines relative to your goals. Eating more smaller meals doesn't help your metabolism more so than eating larger meals less frequently. A lot of people end up snacking more (and consuming more calories) if they eat smaller meals as they never feel full.

Can I Have A Shake As A Meal?

Yes. Sometimes when you are on the run, a shake is a great option to get you a good serving of protein and calories. It might not fill you up, but it's better than grabbing something less 'healthy'.

Can I Still Drink Alcohol?

100% yes. Let's not beat around the bush; drinking alcohol can affect recovery and ultimately your training schedule but you can find ways to fit it in to your lifestyle. Plan accordingly around it if you are going to drink e.g don't eat everything in site just because you've had a drink, and don't eat shit all day the next day because you're hungover.