
DIET GUIDE FOR BUSY DADS



THE WEEKLY WAKEUP!

A SIMPLE STRATEGY TO REGAIN CONTROL.

Are you a busy dad who wants to increase his body confidence, so he feels proud of what he sees in the mirror and isn't ashamed to bang out the helicopter in front of his wife? If so, then it's time to get rid of the moobs and the oversized gut, so you can see more than your toes when looking down at your feet.

The key to success here lies simply within your food, or at least your choice of food. As much as there isn't a single exercise on this planet that burns fat (exercise just burns calories), there also isn't a type of food that directly makes you fat. Yes, you can argue that pizza, ice cream and munching down on a lump of lard won't exactly turn you into Brad Pitt. But it also won't make you fat if only consumed once a month, you get my point here? The devil is in the dose, just stop eating shit every night, while your wife's watching 'Married at First Sight' and your so bored you'd rather be walking round Primark on a Friday night.

As always here are some simple solutions to this problem, so you can regain control of your diet and become lean stacked and confident without living on chicken, rice and broccoli!

BUSY DAD BLUEPRINT: THE WEEKLY WAKEUP.

1.EAT MORE PROTEIN

This is BY FAR my number one point when it comes to improving your diet. Protein is the macro responsible for repairing cellular damage and so is vital in building muscle. Interesting fact here, the more muscle you have the more calories you burn everyday, meaning its easier to achieve a calorie deficit and reduce your body fat. The only way you can build muscle is by consuming enough protein (and lifting heavy stuff). An easy-to-follow guide when it comes to protein intake is consume 1 gram of protein per lbs of body weight (this is where tracker apps come in handy).

2.CONSUME LESS CARBOHYDRATES

When you consume carbohydrates, they are broken down in your stomach and enter your blood stream as glucose (blood sugars). When there is glucose present within your blood stream your body will NOT utilise alternative fuel sources such as stored body fat for energy production. Carbohydrates also trigger a release of insulin who's job it is to pull this glucose out of the blood stream and into either a muscle cell or a fat cell. If the glucose is being pulled into a muscle cell this is great, your muscle will become packed full of glycogen (stored glucose) and will give your energy for your workouts and help you look jacked when posing in your pants in front of the wife. But if your sedentary during the day (sat at your desk) and there is no requirement for muscle energy, then there is only one place insulin can dump this glucose and that's in a fat cell. So cutting back on the carbs and increasing protein will DEFO trigger a reduction in body fat. An easy guide to control carb intake is to put no more than a fist size of starchy carbs (bread, pasta, rice, potatoes, cereals) on your plate per meal.

3.EAT MORE VEG

This goes without saying but if you're a salad dodger I guarantee you're overweight. Not only that but right now you are reading this because your fed up with feeling fat and unhealthy, this means your current regime is not working for you. If you want your body to work properly you need to fuel it properly and fruits and veg contain A LOT of the micronutrients our bodies need on a daily basis. I promise you, if your squared away on the inside, it will show on the outside. To do this aim to consume a type of veg with each meal you have, even breakfast. I know what your saying, 'but broccoli doesn't go with my bowl of cornflakes' but neither does your new regime of low carb and high protein. So put the bowl of antiwank (check the history of cornflakes) back in the cupboard and make some scrambled eggs and spinach. Or if you're in a rush smash up a protein shake with a banana and add a handful of spinach, winning!

3.MEAL PREP AT THE WEEKEND

There is one distinct difference between the clients that achieve a successful transformation and those who don't. Those who do, get their food for the week squared away at the weekend and so do not have to worry about shopping around for shit when their hungry. By meal preparing at the weekend, you are also staying in complete control of your diet and this will show in the mirror when you check your weekly results. To help me with this as I hate cold food, I meal prep and place the food in a glass container for each day. I then have a plug-in food heater from Amazon which heats the meal in just 20 minutes, its banging I promise you!

4.CHOOSE A FEEDING WINDOW AND STICK TO IT.

This is known as 'intermittent fasting' and is great not only of its simplistic way of controlling your calorie intake, but also with increasing your longevity (if carried out consistently). Your feeding window would be just 8 hours, meaning you will consume all your daily calories within that time frame and spend the remaining 16 hours fasting. Popular times are 10am-6pm, 11am-7pm or 12pm-8pm. To explain how this works I'm going to compare this to going clothes shopping with your wife (yes your back in Primark again). Now let's say you and your wife go shopping at Lakeside (if you're from Essex you know). Now the less time your wife is in the shopping centre the less of your money she is likely to spend. It's the same with intermittent fasting, the less time you spend eating the less calories you consume. I want you to start viewing calories like a currency, the more you eat the more money you are spending. Now no doubt your wife could EASILY spend all your money in less than 30 minutes in shops like House of Frazier, or she could hardly spend anything and spend 30 minutes in Primark. It's the same when it comes to calories, you could follow an intermittent fasting model and still consume a shit tone of calories within your allocated feeding window if you order it all from 'Just Eat'. But if you apply the rules I have highlighted above and combine this with a fixed feeding window then it would be very hard for you to go to far wrong and seeing results in the mirror is just days away.

For me this is the most simple yet effective method for managing your diet as a busy dad, it just requires commitment, consistency and accountability. Follow these key points and I promise you will transform! After all whats the alternative, you carry on eating shit and then struggling to reach your rufus at a urinal.

Stick to these rules and let me know how you get on.

Regards

Coach James

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