

CHAPTER 3

The Answer: Diet

The Answer's diet program focuses on basic nutrition (first) and on carb-cycling (second) – meaning there are no complex formulas, no calorie-counting, no food weighing. This basic diet is simple to plan and prepare (especially if done as suggested, as part of the Weekly Visual) – but again, do not confuse **simple** with **easy**. Sticking to a basic diet can be hard work, maybe even harder than completing the training that goes with The Answer. Your training time with The Answer won't be over six hours total in any week (many times much less), but with diet you must be consistent 24 hours a day, 7 days a week to see the best results. We make this consistency trackable in The Answer with checklists.

Through the use of lists (Suggested Weekly Diet, Superfoods Shopping List) and checklists (Weekly Diet Checklists) you can track your dietary discipline and consistency quickly and easily. Use each week's Suggested Diet and Superfoods list to do your weekly shopping and meal prep, and then simply check off your suggested meals each day. The key to the effectiveness of the Diet Checklist is not only to monitor your meal frequency each day, but to check off only the meals which follow that week's suggested diet. This will keep your diet on-track by documenting what foods you are generally eating and how often you are eating correctly. You can also use the Diet Checklist to list specific times of meals for further detail.

If you are an **in-season athlete**, there is space provided under T (training) to check off a training/recovery drink or meal each day. We will get into the specifics of this in the Dietary Guidelines, but for now know that you will only be using this part of the checklist if in-season. There is also a "cheat" section for each day. No need to be specific here – just write down the number of times you had a food not on your diet for the given day. So if you had two candy bars for meal 3 on Monday, meal 3 would have no checkmark (candy bars do not follow our diet), and "cheat" for Monday would be a "2" if this was the only cheating you did on Monday. Obviously, we want to keep cheating to a minimum – "cheat meals" are not built into this diet, but listed so that you can see and fix any dietary no-no's. This simplifies matters to basic numbers so that you get an accurate percentage of adherence for the week (remember – we are looking for 90%) and so that you can begin to get a clearer picture of what you are or are not doing correctly to get the fat-loss and recompositioning effect we are looking for.

The Diet Checklists

A basic Diet Checklist follows so that you have an idea of what you will be checking off each day. And it **is** important that you check off your day's meals **each** day. This can be done following each meal or simply at the end of each day, just be sure to do it each and every day! Memory is not our friend in following a diet. Read on to learn the Diet Guidelines and how to incorporate all of this seamlessly into each week.

Weekly Diet Checklist

<u>Meal</u>	<u>Day</u>						
	M	T	W	R	F	Sat	Sun
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
T*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

And a completed Weekly Diet Checklist could look something like this:

Weekly Diet Checklist

<u>Meal</u>	<u>Day</u>						
	M	T	W	R	F	Sat	Sun
1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
T*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cheat	<input type="checkbox"/>	2	<input type="checkbox"/>	1	1	<input type="checkbox"/>	<input type="checkbox"/>

- Tues – ate 2 candy bars at meeting
- Thurs – skipped final meal (tired...)
- Fri – ate a donut at work

Notice that in the above example, our imaginary dieter is still within 90% compliance, having only miss-stepped for three meals during the week. There is space enough at the bottom of your Weekly Diet Checklist to note, as our imaginary dieter did, what and where the diet mistakes occurred so that we can recognize any patterns that might arise. If your office gets donuts every Friday, or if Tuesday is a particularly busy day for you, you can recognize this and correct for it in your diet planning. Having foods that are on your diet around at opportune times will increase the likelihood of you following your diet when faced with temptation. Note as you wish, and ALWAYS check off your daily meals - each and every day of the week!

Diet Guidelines

The Answer's diet is divided into three distinct phases: Phase One – A basic diet for 4 weeks, Phase Two – A carb-rotation diet for 8 weeks, and Phase Three – A return to a basic diet for the last 4 weeks. With this plan we will build healthy habits the first 4 weeks, really work to lose fat and re-shape your body for the next 8 weeks, and return to a diet with healthy habits for the remaining 4 weeks that will transition smoothly (habits intact!) into your every-day life. The only major difference in the phases is the carb-rotation aspect in Phase Two. Here you will be restricting carbs during the week and then eating lots of (specific) carbs on part of the weekend (this can be fun!). You will be basing your grocery list off of the Superfoods Shopping List each week, and the closer you can stick to these foods, the better. The Answer is not about counting calories, or even understanding what a calorie is, but about following the lists and checklists to build good habits and see great results. You will not earn a PhD in nutrition following The Answer – but you will see the phenomenal fat-loss and body recomposition results you are after if you stick to the plan!

Next we'll discuss the **what**, the **how**, and the **when**... so on to our Superfoods!

Superfoods

Each week, after your weekly visual, you should be setting some time aside to do your meal planning, grocery shopping, and meal preparation for the coming week. This is where the Superfoods List comes into play. Use this list as a base for your meals each week and as a foundation for your grocery shopping. Not everything you'll need for meal prep will be on the list provided, so add to this list each week whatever else you'll need to make this diet a success. Use spices and seasonings as you wish (such as cinnamon, oregano, chili powder, pepper, sea salt, curry, Splenda, Spike, Mrs. Dash, etc...), but stay away from sauces, dressings, and condiments as they are usually full of processed calories. List what you will need for each week, and stick to your list! No extra roaming the aisles, just get in and get out – both to avoid temptation and to save time.

Proteins

Lean meat (beef, turkey, chicken)

Fish

Eggs

Cottage Cheese

Yogurt

Proteins provide the building blocks for your muscle. One serving of protein should be included with each meal, every day. One serving, for the sake of simplicity, we will define as the size of your fist or the size of your palm. One serving of protein could be one can of tuna, three scrambled eggs, 1 cup +/- of cottage cheese or yogurt, etc. Stick to lean protein sources (the less fat, the better) and bake, broil, grill, or even microwave meats and fish rather than fry them.

Carbohydrates

Spinach (or other dark green, leafy vegetable)

Apples, oranges

Pineapple (fresh or canned/unsweetened)

Mixed berries

Pumpkin

Oats

Ezekiel bread

Carbohydrates are a fuel source for our bodies, but are not necessary in our diets in order to survive. We **need** proteins and fats, but we do not **need** carbs. To perform at the top of our game, yes – to stay alive, no. Phase One and Phase Three of this diet allow for healthy, unprocessed carbs in your every-day diet. Basically, you'll eat all of the vegetables and fruits you'd like, and can have some bread or whole grain at certain times in Phases One and Three. In Phase Two you will be eating only vegetables and a very limited amount of fruit during the week, and on part of the weekend you will be eating a LOT of (processed!) carbs. The weekend carb-up is the **ONLY** time we want to include simple, processed sugars – like sugar cereals or any highly-processed, boxed, carb-rich food – in any part of our diet. This carb re-fueling will trick your body into burning fat all week. Specific types of foods are listed for the weekend carb-ups in Phase Two. In all phases, though, completely avoid corn syrup and high fructose corn syrup.

Fats

Walnuts

Mixed Nuts

Coconut (unsweetened)

Flax seeds (milled)

Olive oil

Butter (small amounts)

Natural Peanut Butter

Fats, just as proteins, are necessary for our survival. Some healthy fats are listed above, and can be incorporated into your diet however you see fit. We define 1 serving of fat as 1 Tablespoon of butter, peanut butter or milled flax, 1/2 Tablespoon of any oil, or 1/8 cup of nuts or coconut. Coconut can top your fish, and milled flax seeds can be sprinkled on just about anything. Mixed nuts or walnuts can be added to any meal, or can be sprinkled on a salad – as can olive oil. Some saturated fat will be included in your meats (proteins) and this is perfectly fine, but completely avoid hydrogenated or partially hydrogenated oils as they contain trans-fats and are particularly bad when dieting. The one and only time we will really be concerned with fat intake will be in the Phase Two weekend carb-ups... this will be the **only** time fat intake should be really low (as fat slows the absorption of carbs – not what we want during these weekend carb-ups). Please do know, as well, that eating fat will **not** make you fat, but eating too much of **anything** coupled with not training enough will **certainly** make you fat!

So, the Superfoods Shopping List will look like this:

Superfoods Shopping List

Proteins

Lean meat (beef, turkey, chicken)
Fish
Eggs
Cottage Cheese
Yogurt

Carbohydrates

Spinach (or other dark green, leafy vegetable)
Apples, oranges
Pineapple (fresh or canned/unsweetened)
Mixed berries
Pumpkin
Oats
Ezekiel bread

Fats

Walnuts
Mixed Nuts
Coconut (unsweetened)
Flax seeds (milled)
Olive oil
Butter (small amounts)
Natural Peanut Butter

Sample file

There is space provided on each week's list to make notes or additions so that you will have what you need to prepare your week's worth of meals. Combining these foods into meals for each day is the trick. There are many, many recipe books that can help you out with this (this is not a recipe book, but a diet and exercise plan), but from just a glance at the above list of foods, here are some easy suggestions:

- Spinach, egg and tomato omelets
- Cottage cheese with berries and walnuts
- Spinach salad (with milled flax seeds and olive oil) with steak
- 1 cup yogurt, 1 apple and a handful of mixed nuts
- 3 scrambled eggs, 1 piece toast, 1 orange
- Tuna salad (tuna, yogurt, diced apple, walnuts) on Ezekiel bread
- Hawaiian Surprise (1/2 cup cottage cheese, 1/2 cup yogurt, walnuts, milled flax, pineapple, coconut)

...And the list goes on and on. It's important that you not only buy these foods to have on hand, but that you also find ways to eat them!

So... What to drink? If you noticed, there are no beverages on the above lists. This is because while following The Answer you should be drinking only zero-calorie beverages. Water is an obvious choice, and green tea would be an equally good pick. But really, you simply want to avoid any calorie-containing drinks – so coffee, tea, crystal light, diet soda, etc. will all fit the bill. As long as there are no calories in your drinks, there are no restrictions while following The Answer. If you must have a drink with alcohol (out with family, friends, etc), keep it to something simple like rum and diet or vodka and tonic – again, minimizing calories as much as possible. And no juice! If you want to get in your daily fruits and/or veggies, eat them. We want to stick as close to no calories in our drinks as possible (remember the 90% rule!). Better to drink water, tea, coffee, or even diet soda and be able to accomplish our main goal: fat-loss and body recomposition!

While discussing **what** exactly you'll be eating, supplements deserve a mention. No supplements are required, at all, for The Answer to work wonders. However, several supplements will make this diet easier to follow and perhaps more effective. First of all, a basic multi- vitamin/ mineral could be added to be sure you are covering all of your nutritional bases. Secondly, the addition of a slow-digesting protein powder (like casein – a milk protein, or a protein powder with added fiber) will make consuming a full serving of protein at each meal much, much easier. We recommend a slow-digesting protein as it absorbs slowly and tends to make you feel full longer than “fast-acting” protein powders. Chocolate and Vanilla can be equally versatile and mixed with or added to many of the Superfoods on our list (cottage cheese, yogurt, oats, pumpkin, etc). Lastly, a fish-oil supplement with at least 1/3 of total milligrams (mgs) coming from EPA and DHA should be considered. Just look at the label info to figure the numbers out; the ratios of EPA/DHA vary widely among brands. Krill oil is another solid choice (as a fish oil supplement) with no risk of contamination from heavy metals. A fish-oil capsule or two with meals is an easy way to add

healthy fats to your diet that can actually help burn body fat and at the same time reduce chronic inflammation (this is a good thing). These three supplements – a Multi, a slow-digesting protein powder, and high EPA/DHA fish oil caps or krill oil caps – can help cover all of your nutritional bases, and, more importantly for you, make this program both easier to follow **and** more effective. We would like to stress again that 99% of your results will come from sticking to and following The Answer – no supplement or “magic pill” will ever make up for lack of effort and consistency with regard to your diet or training!

Meal Portions

Now that **what** you will be eating has been covered, how much and how often you should be eating deserve some attention. How much you should be eating will vary a little bit by which Phase of the diet you are in. Here’s the breakdown:

Phase One and Phase Three

Proteins: 1 serving at each meal, serving size being equal to the size of your own palm or fist, or 25-40 grams of protein per meal

Carbs: Colorful vegetables as you wish, up to 4 servings of fruit per day, up to 2 servings of grain-based carbs (oats, Ezekiel bread, etc) per day **in the a.m. and/or post-training**. Again – grain-based carbs for breakfast or post-training **only**.

Fats: 4 to 6 small servings per day, avoid fat post-training, fish oil caps as you wish. 1 serving of fat is 1 Tablespoon of butter, peanut butter or milled flax, 1/2 Tablespoon of any oil, or 1/8 cup of nuts or coconut.

Phase Two

Proteins: 1 serving at each meal, serving size being equal to the size of your own palm or fist, or 25-40 grams of protein per meal

Carbs: Phase Two dieting will focus on carb-rotation, which will go as follows:

Few Carbs – Sunday 9pm through Saturday 9am

Colorful veggies as you wish, 1 a.m. serving of fruit each day, no grains.

Carb-up – Saturday 9am through Sunday 9pm

Time to have some fun! Starting Saturday a.m. begin carbing-up. One serving of simple, processed sugars with each meal on Saturday (a sugar-cereal like Coco Pebbles works well). Sunday eat a variety of carbs of your choice (one serving with each meal), but try to avoid fruits (angel

food cake, rice, pasta, and some breads all work well). Avoid all carb-rich foods with high fat levels (doughnuts, chocolate, etc).

Fats: 4 to 8 servings per day, avoid fat post-training, fish oil caps as you wish.
1 serving of fat is 1 Tablespoon of butter, peanut butter or milled flax, 1/2 Tablespoon of any oil, or 1/8 cup of nuts or coconut.

******During the weekend carb-up, keep fat intake low. Two large handfuls of walnuts on both Saturday and Sunday should suffice (about 1/2 cup each day).

Meal Frequency

For The Answer to work its magic, you'll have to eat small meals fairly often – in part to keep your metabolism revved-up, but also to keep you full and sticking to your diet. The Weekly Diet Checklist has space provided for 5 regular meals and one post-training meal. Think of these meals as you like – meal one being breakfast, meal two being lunch, meal three being an afternoon snack, meal four being dinner, and meal five being an evening snack – or whatever works well for your thinking. Remember, too, that “snacks” need to follow diet guidelines just the same as any other meals. If you are an off-season athlete, you should be eating 5 small meals per day.

If you are an in-season athlete, you need to eat a post-training meal for any hard sport training lasting over one hour. This is the **one** exception to Phase Two dieting – if in-season your post-training meal should contain around 50 grams of carbs. Any type of low-fat carbs can be eaten here, but to realize your fat-loss goals, post-training meals after a hard sport practice should be the only “carb” meal(s) on weekdays... and **ONLY** for in-season athletes! Carb-ups during the weekends in Phase Two should proceed as normal.

As stated at the beginning of the diet info, there is also a “cheat” section for each day. No specifics are needed to fill this out, simply the number of times you ate a food not on your diet on a given day. We are looking for 90% compliance here (as usual), so no need to be perfect. 90% compliance for most is three “cheats” in one week, while 90% compliance for an in-season athlete is four “cheats” in one week. A “cheat” in Phase Two dieting would be any high-carb food (**not** an in-season post-training meal) consumed during a weekday, and any high-fat food consumed during the weekend.

The Weekly Visual should be the starting point for your dieting and training efforts each week. Getting all of your planning, shopping, and actual meal preparation for most of each week done in one day is essential to your success with The Answer. Tupperware, zip-lock bags, Nalgene bottles, and a good lunch box/bag all have their place in a successful fat-loss and body recomposition arsenal. Anything you can do on this one day of planning and preparation to make following The Answer for the rest of your week easier can and should be done. The Weekly Visual – assessing your progress and the planning and preparation that goes hand-in-hand with this, along with the 90% rule applied to diet and training, are the keys to making The Answer work for you.

Diet – The Bare Bones

To simplify, the diet will be as follows:

Phase One

1. Prepare meals ahead of time
2. Eat often
3. Eat one serving of protein at each meal
4. Eat veggies (1st) and fruits (2nd) as you wish
5. Eat grain-based carbs only at breakfast and/or post-training
6. Drink only non-calorie drinks
7. Avoid processed carbs, high-fructose corn syrup, and hydrogenated fats

Phase Two

1. Prepare meals ahead of time
2. Eat often
3. Eat one serving of protein at each meal
4. Eat colorful veggies as you wish, eat one serving of fruit at breakfast
5. Eat **NO** carb-rich foods during the week
6. Eat simple carbs on Saturday, a mix of carbs on Sunday, and very little fat on Saturday or Sunday
7. Avoid high-fructose corn syrup and hydrogenated fats

Phase Three

1. Prepare meals ahead of time
2. Eat often
3. Eat one serving of protein at each meal
4. Eat veggies (1st) and fruits (2nd) as you wish
5. Eat grain-based carbs only at breakfast and/or post-training
6. Drink only non-calorie drinks
7. Avoid processed carbs, high-fructose corn syrup, and hydrogenated fats

These basic guidelines will be on your Suggested Diet each week for the appropriate phase, and suggestions in **bold** should be followed as well as possible for the week.

In Phase One you will develop these habits step-by-step, which will lead to success in the following weeks and phases of the diet. Phase One establishes a healthy base-line diet, Phase Two moves on to stricter dieting, and Phase Three moves back to a healthy base-line diet. Transitioning from Phase Three into your every-day diet should be easy... Phase One and Phase Three of The Answer are simply that – a healthy base-line diet that you can and should use to build and maintain your new physique!

Example Daily Diets

The following examples of daily diets in the different phases of The Answer are just that – **examples**. Construct your diet to fit your tastes and to follow the Suggested Weekly Diet while using the Superfoods Shopping List and you will find success. Use protein powder as a supplement if you have trouble getting in a full serving of protein with each meal, and adjust your plans as needed to stay at 90% compliance for that week's Suggested Weekly Diet. Make this work for **you!**

Phase One and Phase Three

A healthy, base-line diet might look something like the following:

Meal 1

Oats Plus – 1 cup oats, 1/2 cup mixed berries, 2 scoops vanilla protein powder,
1/8 cup walnuts, 1/2 cup skim milk
1 cup black coffee

Meal 2

Omelet – 4 eggs, 1/2 cup spinach, 1/8 cup mushrooms, 1 tbsp. milled flax,
seasoning to taste
1 cup yogurt
1 glass green tea
1 multi and 2 fish oil caps

Meal 3

Protein Shake – 2 scoops chocolate protein powder, 1 tbsp. peanut butter, 1 banana,
2 cups ice water, Splenda to taste

Meal 4

Mixed Salad – 2 cups + mixed dark greens and veggies, 1/2 cup mixed tropical fruit-
drained, 1/8 cup almonds, 1 tbsp. vinegar & oil
1 filet grilled salmon with pepper, salt and lemon to taste
1 glass diet cola
2 fish oil caps

Meal 5

1 cup cottage cheese
1/2 cup drained pineapple
1/8 cup walnuts
1 glass Crystal Light
2 fish oil caps

Phase Two – Low-carb

A Phase Two, low-carb (Monday – Friday) meal could look something like:

Meal 1

Pumpkin Surprise – 1 cup canned plain pumpkin, 2 scoops vanilla protein powder,
1/4 cup walnuts, 1 tbsp. cinnamon, 1 tbsp. nutmeg, splenda to
taste
2 cups black coffee

Meal 2

Omelet – 5 eggs, 1/2 cup spinach, 1/2 large tomato, 1 tbsp. butter,
seasoning to taste
1 cup low-carb yogurt
1 glass green tea
1 multi and 2 fish oil caps

Meal 3

1 can drained tuna, add lemon to taste
large mixed greens salad
2 tbsp. vinegar & oil
2 dill pickles

Meal 4

Grilled sirloin steak (hand-sized)
Mixed Salad – 2 cups + mixed dark greens and veggies, 1/8 cup almonds,
1 tbsp. vinegar & oil
1 glass diet cola
2 fish oil caps

Meal 5

Curds Plus - 1 cup cottage cheese, 1/2 cup low-carb yogurt, 1 tbsp. peanut
butter, splenda to taste – mixed in large bowl
1 glass Crystal Light
2 fish oil caps

Phase Two – High-carb

A Phase Two, high-carb (Saturday or Sunday) meal could look something like:

Meal 1

3 scrambled eggs
1 large bowl coco-pebbles (2 cups cereal, milk as needed)
1 cup black coffee

Meal 2

1/2 cup cottage cheese + 1 scoop vanilla protein powder
1 large bowl coco-pebbles (2 cups cereal, milk as needed)
1 glass green tea
1 multi and 1 fish oil cap

Meal 3

1 grilled turkey sandwich (2 slices Ezekiel bread, 4 oz turkey or similar lunch meat, mustard, spinach)
1 large piece angel food cake
2 carrots
1 glass water

Meal 4

Large Hamburger (8 oz. ground sirloin, bun, lettuce, tomato, pickles, organic ketchup)
Mixed Salad – 2 cups + mixed dark greens and veggies, 1/8 cup almonds, 1 tbsp. vinegar & oil
1 large glass chocolate milk (2 cups skim milk + 4 tbsp. chocolate milk powder)
or
1 large piece angel food cake
1 fish oil cap

Meal 5

Stir-fry – 1 serving grilled chicken
1 cup steamed rice
mixed veggies
1 glass water
1 fish oil cap