

ROXY PT



# FLEXIBLE DIETING

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Why not a meal plan? Some more notes about this:

This is a system that helps you direct your dieting efforts in a way that gives you the results you want, without driving you insane.

The truth is that you'll lose more fat, faster, with less trouble, and keep it off in the long-run, by giving yourself a break.



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The two main reasons dieters fail:

1. Being too absolute and expecting perfection.
2. Focusing only on the short-term.

Flexible dieting is basically the opposite — not being as absolute and focusing on the long-term as well as the short-term.

Letting yourself enjoy your favourite foods in moderation, will help you reach your long-term fat loss goals."



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Flexible dieting, allows you to be:

Be less strict about your diet.

That's the essence of flexible dieting. Instead of forcing yourself to follow a set of rigid, unsustainable rules to lose fat or stay healthy, you take a more relaxed and long-term perspective on your diet.

### THE NON-PLAN PLAN

Please read thoroughly!!

Okay so you've decided to take the first step to achieving your goal.

Great.



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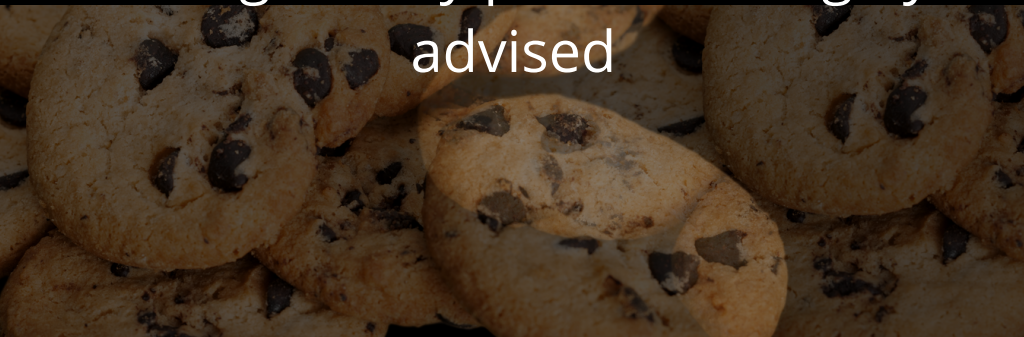


You get for what you work for, not for  
what you wish for!!

Please note, this is not an exhaustive  
list of a healthy diet. This just  
provides you with some of the  
fundamental tools to achieve body  
transformations.

Before we start : Ensure to take -  
before pictures, of your: waist, hips,  
measurements

Taking weekly pictures is highly  
advised



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## CRAVINGS



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**I'D ADVISE TO CARRY YOUR MEALS AROUND WITH YOU, THIS IS TO AVOID CRAVINGS, HUNGER PANGS, MISSING MEALS AND BEING TEMPTED BY NAUGHTY FOOD**

**TRY TO AVOID CIRCUMSTANCES AND PLACES WHERE YOU ARE LIKELY TO GET TEMPTED BY FOODS THAT HAVE POOR NUTRIENT VALUE. FOR EXAMPLE- SUPERMARKETS... ONLY GO THERE WHEN IT IS ABSOLUTELY ESSENTIAL, AND I'D ADVISE GOING THERE JUST AFTER CONSUMING A MEAL.**



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**HOW OFTEN SHOULD I EAT?**

**AS OFTEN AS YOU LIKE.**





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**SO HOW DO I DO THE WHOLE  
FLEXIBLE DIETING?**

**CALCULATE YOUR CALORIES, AND  
MACROS (USE OMNI CALORIE  
CALCULATOR CHECK KATCH  
MCARDLE, HARRIS BENEDICT AND  
MIFFLIN ST JEOR) ADD THEM UP AND  
DECIDE BY 3 AND SUBTRACT 100  
DOWNLOAD MY FITNESS PAL OR A  
GOOD DIETARY ANALYSIS APP  
INPUT EVERY MORSAL OF FOOD AND  
BEVERAGE THAT ENTERS YOUR MOUTH  
INTO THE APP- EVERY BITE, LICK AND  
TASTE**

**WEIGH YOURSELF WEEKLY, TAKE  
PICTURES AND MEASUREMENTS-  
GIVE IT TWO WEEKS- YOU MAY NEED  
TO TWEAK AND ADJUST YOUR  
MACROS.. MOVING THEM UP OR  
DOWN. MORE ON THIS LATER.  
WHEN ALTERING- DO IT SLOWLY!!  
WHY? TOO FAST AND YOU COULD END  
UP WITH WILL LOSING A LOT OF  
MUSCLE MASS AND DECREASING YOUR  
METABOLIC RATE.;**



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The screenshot shows a web browser window with the URL [omnicalculator.com](http://omnicalculator.com). The page features a blue header with the 'omni' logo and 'CALCULATOR' text. On the right, there are links for 'We're hiring!', 'Embed', and 'Share via' with social media icons for Facebook, Twitter, and LinkedIn. The main content area is titled 'Harris-Benedict Calculator (Total Daily Energy Expenditure)' and is attributed to 'By Mateusz Mucha and Aleksandra Zajac, MD'. It notes the last update was on Oct 10, 2020, and includes a row of five red hearts. Below the title is a 'Table of contents' with four links: 'What is a BMR calculator?', 'How can you calculate your BMR?', 'What is the Harris-Benedict equation?', and 'How to determine the Harris-Benedict...'. On the left side, there is a form with the following fields and values: Weight (kg), Height (157 cm), Age (41 years), Sex (Female), BMR (kcal/day), and Total energy expenditure (kcal/day). A note below the form states: 'Hit Advanced mode button to count your total energy expenditure - that means, how many calories a day you body needs, including your activity throughout the day.'

BMR IS THE AMOUNT OF CALORIES YOU  
BODY NEEDS TO STAY THE SAME WEIGHT  
THIS EXCLUDES MOVEMENT  
SO ANYTHING BELOW THIS NUMBER  
WILL BE A DEFICIT AND WILL RESULT IN  
WEIGHT LOSS

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BMR  $\text{kcal} / \text{day}$

Total energy expenditure  $\text{kcal} / \text{day}$

Hit Advanced mode button to count your total energy expenditure - that means, how many calories a day your body needs, including your activity throughout the day.

Advanced mode

Check out 24 similar dietary calculators 🍌

Basal energy expenditure →

BMR - Katch-McArdle equation →

BMR - Mifflin St Jeor equation →

... 21 more →

Table of contents:

- [What is a BMR calculator?](#)
- [How can you calculate your BMR?](#)
- [What is the Harris-Benedict equation?](#)
- [How to determine the Harris-Benedict equation?](#)

If you care about your health and [weight](#), this Harris-Benedict calculator (BMR calculator), which runs on the Harris-Benedict equation, is the perfect tool for you! In the following article we will explain to you how this simple tool works and how you can use it to your advantage.

ONLINE FUN

FOR MOVIE LOVERS!

I WOULD CHECK YOUR  
BMR ON ALL 3 , GET AN  
AVERAGE AND  
SUBTRACT 100



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THE 80/20 , 90/10 RULE...OKAY SO YOU'RE GOING TO GIVE FLEXIBLE DIETING A GO. WELL THERE'S A FEW THINGS YOU NEED TO BEAR IN MIND EATING EVERYTHING YOU WANT ISN'T THE BEST IDEA

WHY? BECAUSE EATING FOODS LOW IN MICRONUTRIENT VALUE, HIGH IN TRANS FATS (E.G. PASTIES, PIES, SAUSAGE ROLLS, CHOCOLATE, CAKES) CAN CAUSE LONG TERM HEALTH PROBLEMS SUCH AS CARDIOVASCULAR DISEASE AND MANY OTHER NON-COMMUNICABLE DISEASES.

BE SENSIBLE

OPT FOR THE 80/20 OR 90/10 RULE TRY TO EAT MAINLY UNPROCESSED FOODS 80% OR 90% OF THE TIME AND THEN THE REST OF THE TIME .. TREAT YOURSELF.

REMEMBER THAT OLD SAYING 'EVERYTHING IN MODERATION'? WHY? BECAUSE YOU'D GO ABSOLUTELY MENTAL IF YOU DIDN'T HAVE SOMETHING NAUGHTY FROM TIME TO TIME



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**FURTHER INFORMATION  
YOU SHOULD EAT FOODS THAT YOU  
ENJOY. YOU SHOULD ENJOY BOTH  
“HEALTHY” AND “UNHEALTHY”  
FOODS.**

**IF YOU’RE TRYING TO LOSE FAT, YOU  
NEED TO EAT FEWER CALORIES. IF  
YOU’RE TRYING TO GAIN WEIGHT,  
YOU NEED TO EAT MORE CALORIES. IF  
YOU’RE TRAINING HARD, YOU MIGHT  
WANT TO EAT MORE CARBOHYDRATE  
AND/OR PROTEIN.**

**MOST POPULAR DIETS TELL YOU TO  
AVOID CERTAIN FOODS OR FOODS  
GROUPS, REGARDLESS OF YOUR  
GOALS. FLEXIBLE DIETING IS THE  
OPPOSITE. YOU GET TO DECIDE WHAT  
YOU DO AND DON’T EAT TO REACH  
YOUR GOALS.**

**2. LET YOURSELF ENJOY YOUR  
FAVOURITE FOODS WITHOUT FEELING  
GUILTY OR DEPRIVED.**

**UNLESS YOU HAVE A SPECIFIC  
MEDICAL CONDITION LIKE CELIAC  
DISEASE, THERE IS NO REASON YOU  
NEED TO AVOID ANY FOOD FOREVER.  
THERE’S ALSO NO REASON YOU NEED  
TO EAT THE EXACT SAME DIET EVERY  
SINGLE DAY FOR THE REST OF YOUR  
LIFE.**





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**YOU SHOULD LET YOURSELF ENJOY YOUR FAVORITE FOODS THROUGHOUT YOUR DIET. WHEN YOU DO, YOU SHOULDN'T HAVE TO FEEL GUILTY. THEY ELIMINATE ALL DESSERTS, SUGAR, ADDED FAT, OR CERTAIN FOOD GROUPS. THERE'S NOTHING WRONG WITH THIS APPROACH AS LONG AS YOU LET YOURSELF ENJOY THESE FOODS LATER, IN MODERATION, WHEN YOU'VE REACHED YOUR GOAL.5'**

**MOST PEOPLE DON'T. THEY DEPRIVE THEMSELVES OF THEIR FAVOURITE FOODS AND END UP MISERABLE OR, MORE LIKELY, BINGEING ON THEM LATER. THIS ALSO USUALLY HAPPENS BEFORE THEY'VE GOTTEN AS LEAN AS THEY WANT TO BE, WHICH MAKES THEM EVEN MORE DEPRESSED. WITH FLEXIBLE DIETING, YOU LET YOURSELF ENJOY YOUR FAVORITE FOODS, WHETHER IT'S CAKE, BROWNIES, BAGELS, ICE CREAM, CEREAL, PIZZA, PASTA, FRENCH FRIES, OR STEAK THROUGHOUT YOUR DIET. YOU DON'T DAMN UP YOUR CRAVINGS AND LET THEM BREAK THROUGH LATER ON WHEN YOU CAN'T CONTROL THEM.**



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**IN MOST CASES, IT'S BEST THAT YOUR FAT LOSS DIET BE ESSENTIALLY THE SAME AS YOUR REGULAR DIET.**

**WHETHER ACCIDENTALLY OR INTENTIONALLY, YOU'RE GOING TO EAT MORE CALORIES THAN YOU MEAN TO, OR YOU'RE GOING TO EAT A FOOD THAT ISN'T "ON" YOUR DIET.**

**IT'S GOING TO HAPPEN. THE ONLY THING THAT SEPARATES SUCCESSFUL DIETERS FROM UNSUCCESSFUL ONES IS HOW THEY REACT.**

**IF YOU'VE BEEN DEPRIVING YOURSELF OF YOUR FAVORITE FOODS AND FORCING YOURSELF TO STICK TO A DIET YOU DON'T ENJOY, YOU WON'T REACT WELL. YOU'LL EITHER HATE YOURSELF FOR FAILING TO STICK TO YOUR DIET, OR BINGE, AND THEN HATE YOURSELF EVEN MORE.**



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**OBSESSING OVER YOUR CALORIE INTAKE CAN SOMETIMES BE AS DESTRUCTIVE AS OBSESSING OVER YOUR FOOD CHOICES.**

**WHEN YOU BREAK THE RIGID AND UNREALISTIC RULES YOU'VE SET FOR YOURSELF, YOU FEEL LIKE THERE'S NO POINT IN TRYING. FIVE OREOS TURNS INTO AN ENTIRE BOX. AN EXTRA SCOOP OF ICE CREAM TURNS INTO THE WHOLE CARTON.**

**ON THE OTHER HAND, A FLEXIBLE DIETER STAYS CALM IN THESE SITUATIONS. FLEXIBLE DIETERS PUT THE MAGNITUDE OF THEIR MISTAKE INTO PERSPECTIVE. THEY REALIZE THAT ONE SCOOP OF ICE CREAM OR AN OREO HAS LITERALLY DELAYED THEIR PROGRESS BY ABOUT 100 CALORIES — THE EQUIVALENT OF MAYBE AN HOUR OR TWO.**

**FLEXIBLE DIETERS DON'T FEEL LIKE THEY'VE FAILED, CHEATED THEMSELVES, OR BROKEN ANY RULES, BECAUSE THEY SET REASONABLE EXPECTATIONS FROM THE BEGINNING. THEY EXPECTED TO OVEREAT ON SOME DAYS AND TO EAT SOME FOODS THAT WEREN'T "ON" THEIR DIETS. IT'S ALL JUST PART OF THE PLAN. IF YOU'RE A RIGID DIETER, YOU THINK R LIFE.**



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**IN THE SHORT-TERM FOR TWO REASONS:**

**1. YOU WANT RESULTS AS FAST AS POSSIBLE, SO YOU SET UP A DIET YOU HATE BECAUSE YOU RATIONALIZE THAT IT WON'T LAST THAT LONG.**

**2. AFTER YOU'VE SET UP A DIET YOU DON'T LIKE, YOU BECOME EVEN MORE FOCUSED ON THE SHORT-TERM BECAUSE THAT'S THE ONLY WAY YOU CAN MAKE YOUR DIET BEARABLE.**

**WHEN YOU DON'T ENJOY YOUR DIET AND SET IMPOSSIBLE STANDARDS, THE ONLY WAY TO HAVE ANY HOPE IS TO FOCUS ON THE SHORT-TERM. YOU ADOPT AN "IT CAN ALL BE OVER SOON" MENTALITY.**

**IN SOME CASES YOU MIGHT REACH YOUR GOAL. HOWEVER, LOSING FAT ISN'T THE HARD PART. IT'S**

**MAINTAINING FAT LOSS THAT'S REALLY HARD. THIS IS WHERE RIGID DIETING ALMOST ALWAYS FAILS.**

**THE BEHAVIOURS THAT HELP YOU LOSE FAT ARE THE SAME ONES THAT WILL HELP YOU STAY LEAN. IF YOU CAN'T MAINTAIN THE DIET AND**

**EXERCISE HABITS THAT YOU USED TO LOSE FAT, YOU PROBABLY WON'T BE ABLE TO STAY LEAN IN THE LONG-TERM.**

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FOR INSTANCE, STUDIES HAVE CONSISTENTLY SHOWN THAT MEAL REPLACEMENTS AND WEIGHT LOSS SHAKES HELP PEOPLE LOSE A LOT OF WEIGHT.<sup>1-5</sup> IT HELPS THEM CONTROL THEIR PORTION SIZES AND CALORIE INTAKE. THE PROBLEM IS THAT THESE PEOPLE NEVER LEARN TO CONTROL CALORIES WITHOUT THE SHAKES AND MEAL REPLACEMENTS. THEY NEVER LEARN HOW TO MAINTAIN WEIGHT LOSS WITH SUSTAINABLE AND ENJOYABLE BEHAVIORS. THAT'S WHY LONGER STUDIES HAVE GENERALLY SHOWN THAT MEAL REPLACEMENT DIETS ARE NOT GREAT AT HELPING PEOPLE MAINTAIN MUCH WEIGHT LOSS.<sup>6</sup>

WITH FLEXIBLE DIETING, YOUR FAT LOSS DIET IS ALMOST IDENTICAL TO YOUR HABITUAL DIET. THERE'S NO ABRUPT TRANSITION FROM YOUR FAT LOSS DIET TO YOUR REGULAR DIET, BECAUSE THE ONLY REAL DIFFERENCE IS YOUR CALORIE AND MACRONUTRIENT INTAKE.

INSTEAD OF SEEING YOUR DIET AS AN OBSTACLE THAT YOU CAN FORGET ABOUT ONCE YOU'VE GOTTEN LEAN, THINK OF IT AS A LONG-TERM TRANSITION TO HEALTHIER BEHAVIOURS THAT YOU'LL USE TO STAY LEAN FOR THE REST OF YOU



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**HOW MUCH PROTEIN SHOULD I EAT?  
A MINIMUM OF 1G/LKG BODYWEIGHT.  
BUT I'D RECOMMEND ABOUT 2G PER  
KG BODYWEIGHT**

**HOW MUCH CARBS SHOULD I EAT?  
IT DOESN'T REALLY MATTER, IF YOU  
PREFER HIGH FATS AND LOW CARBS  
OR LOW CARBS AND HIGH FATS. ITS  
YOUR PREFERENCE.**

### **FATS**

**TRY TO STICK WITH GOOD SOURCES  
SUCH AS NUTS, NUT BUTTERS, OILS  
AND AVOCADOS.**

### **FIBRE**

**YOU SHOULD ENSURE YOUR INTAKE  
SITS AROUND 30G PER DAY  
A LOW FIBRE INTAKE IS ASSOCIATED  
WITH CONSTIPATION AND SOME GUT  
DISEASES SUCH AS BOWEL CANCER  
A HIGH FIBRE DIET CAN HELP REDUCE  
CHOLESTEROL, REDUCE THE RISK OF  
DIABETES AND CAN HELP PROTECT  
AGAINST OVERWEIGHT  
IF YOUR FIBRE INTAKE IS TOO HIGH,  
THEN THIS CAN CAUSE  
GASTROINTESTINAL ISSUES SUCH AS  
BLOATING AND FLATULENCE.**



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### END NOTE

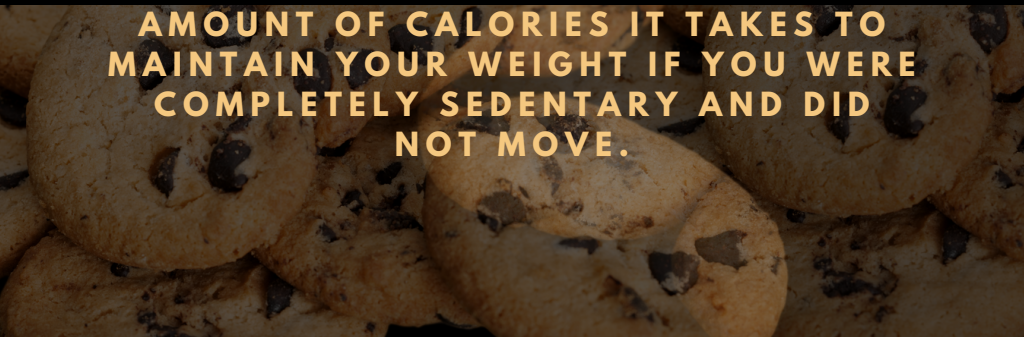
**YOU WILL NOT WANT TO COUNT MACROS FOREVER.... WHEN YOU FIGURE APPROXIMATELY WHAT FOODS YOU CAN EAT. YOU CAN JUST CONSUME MORE OR LESS CALORIES DEPENDING ON YOUR GOAL...**

**THE BOTTOM LINE...**

**MUSCLE GAIN/WEIGHT GAIN- BE IN A CALORIE SURPLUS- (EAT MORE CALORIES)**

**FOR MUSCLE GAIN YOU WANT TO ENSURE YOU CONSUME MORE CARBOHYDRATES FOR MORE ENERGY, AND TRY TO CYCLE THESE MAINLY AROUND WEIGHT TRAINING AS TO ENSURE YOUR BODY IS USING CARBOHYDRATES AS FUEL REMEMBER CARBOHYDRATES NOT USED FOR FUEL WILL BE STORED AS BODYFAT, BUT THE SAME GOES FOR EATING TOO MUCH FAT OR PROTEIN. EXCESS CALORIES WILL BE STORED AS BODYFAT.**

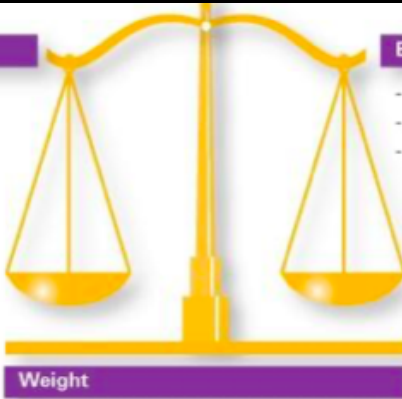
**BMR- BASAL METABOLIC RATE – YOUR MAINTENANCE CALORIES. THE AMOUNT OF CALORIES IT TAKES TO MAINTAIN YOUR WEIGHT IF YOU WERE COMPLETELY SEDENTARY AND DID NOT MOVE.**



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## Energy in

- Food  
Carbohydrates,  
lipids, proteins
- Alcohol



## Energy out

- Basal metabolism (60-75%)
- Thermogenesis (10%)
- Physical activity (15-30%)

Weight

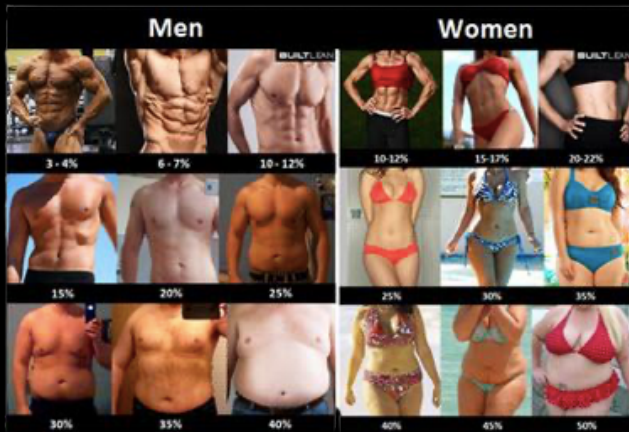


## ROXY PT

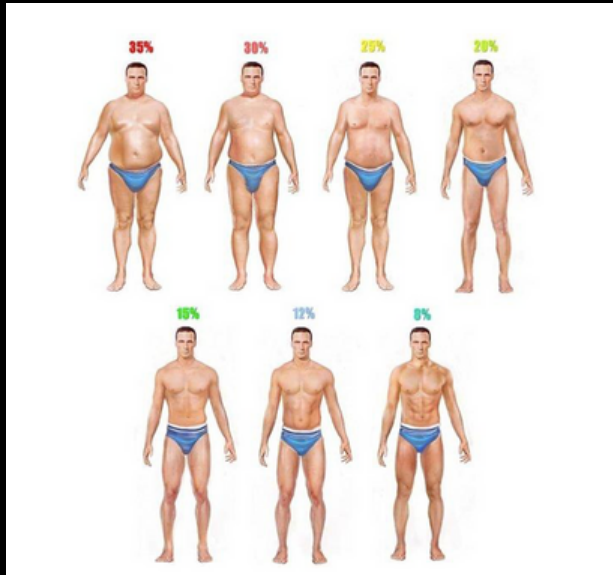
**DEFINITION OF TONED: REDUCED BODY FAT,  
INCREASED MUSCLE MASS**

**TO REDUCE BODYFAT, ADD OR INCREASE  
RESISTANCE (WEIGHT TRAINING),  
PROGRESSIVLY OVERLAD THE MUSCLE**

**USING THE FOLLOWING PICTURE, IS A USEFUL  
TO DETERMINE WHERE YOU ARE AT, AND  
WHERE YOU WOULD LIKE TO BE**



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## COACHING BY ROXY:

-4 LIVE CLASSES PER WEEK

-1-1 TRAINING VIA ZOOM OR IN PERSON

-NUTRITION COACHING: CALORIE COUNTING/MEAL PLAN OR SMART DIETING

-AN APP WHERE YOU CAN TRACK YOUR WEIGHT, -ADD YOUR PHOTOS, ON DEMAND TRAINING

-CLIENT COMMUNITY WITH SUPPORT

LEARN HOW FAT LOSS WORKS AND MORE