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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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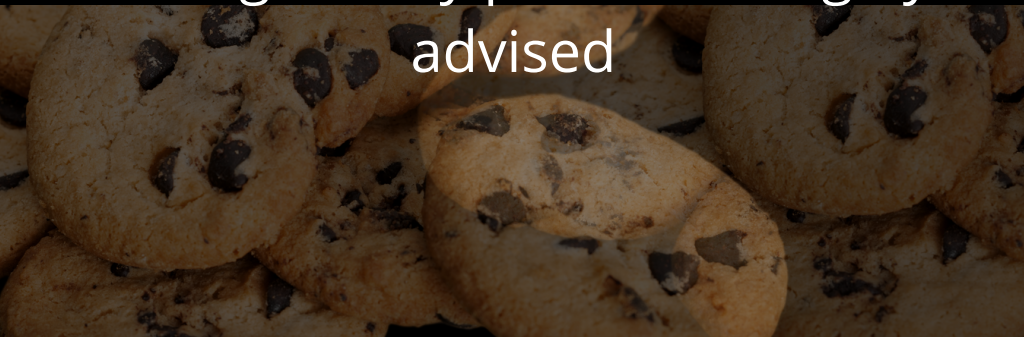


You get for what you work for, not for
what you wish for!!

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 with the URL omnicalculator.com. The page features a blue header with the 'omni' CALCULATOR logo. On the right, there are links for 'We're hiring!', 'Embed', and 'Share via' with social media icons. The main content area is titled 'Harris-Benedict Calculator (Total Daily Energy Expenditure)' by Mateusz Mucha and Aleksandra Zajac, MD, last updated on Oct 10, 2020. A table of contents lists links for '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, a sidebar contains input fields for Weight (kg), Height (157 cm), Age (41 years), Sex (Female), BMR (kcal/day), and Total energy expenditure (kcal/day). A note at the bottom of the sidebar explains the 'Advanced mode' button.

Weight

Height

Age

Sex

BMR / day

Total energy expenditure / 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.

Harris-Benedict Calculator (Total Daily Energy Expenditure)

By Mateusz Mucha and Aleksandra Zajac, MD
Last updated: Oct 10, 2020

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](#)

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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The screenshot shows a web-based BMR calculator. At the top, there are input fields for 'BMR' and 'Total energy expenditure', both with units of 'kcal / day'. Below these, a text box explains: '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.' A button labeled 'Advanced mode' is visible. A pink circle highlights a section titled 'Check out 24 similar dietary calculators'. Inside this section, there are three cards: 'Basal energy expenditure' with a right arrow, 'BMR - Katch-McArdle equation' with a right arrow, and 'BMR - Mifflin St Jeor equation' with a right arrow. Below these is a blue button that says '... 21 more' with a right arrow. To the right of the calculator interface, there is a 'Table of contents' section 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 equation?'. Below this is a paragraph of text: '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.' At the bottom of the screenshot, there is an advertisement for 'ONLINE FUN FOR MOVIE LOVERS!' featuring a bowl of popcorn.

BMR [kcal](#) / day

Total energy expenditure [kcal](#) / 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?](#)
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- [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.**

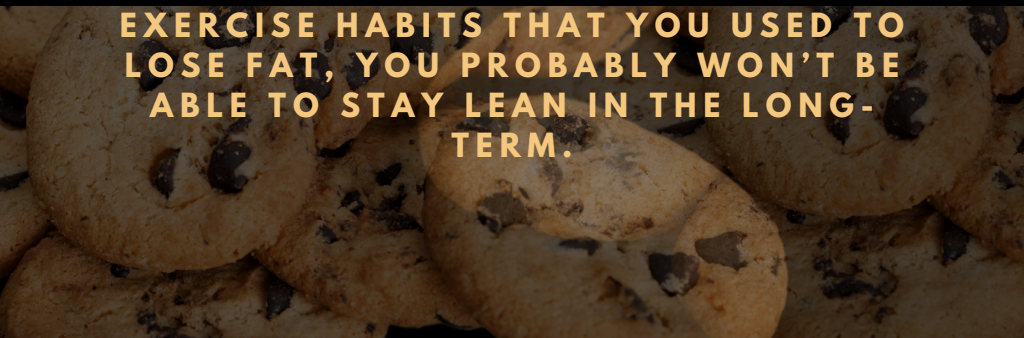
**2. AFTER YOU'VE SET UP A DIET YOU
DON'T LIKE, YOU BECOME EVEN MORE
FOCUSED ON THE SHORT-TERM
BECAUSE THAT'S THE ONLY WAY YOU
CAN MAKE YOUR DIET BEARABLE.**

**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.¹⁻⁵ 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.⁶

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

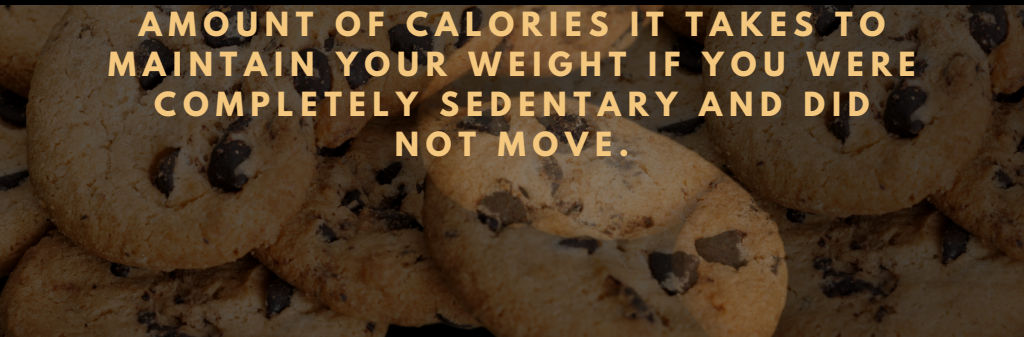
**YOU WILL NOT WANT TO COUNT
MACROS FOREVER.... WHEN YOU
FIGURE APPROXIMATELY WHAT FOODS
YOU CAN EAT. YOU CAN JUST
CONSUME MORE OR LESS CALORIES
DEPENDING ON YOUR GOAL....**

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.**

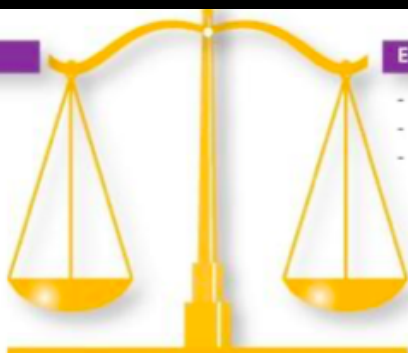
**BMR- BASAL METABOLIC RATE – YOUR
MAINTENANCE CALORIES. THE
AMOUNT OF CALORIES IT TAKES TO
MAINTAIN YOUR WEIGHT IF YOU WERE
COMPLETELY SEDENTARY AND DID
NOT MOVE.**



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Energy in

- Food
Carbohydrates,
lipids, proteins
- Alcohol



Energy out

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

Weight

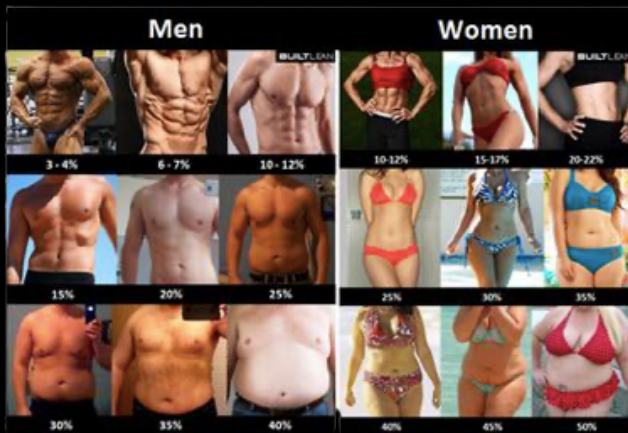


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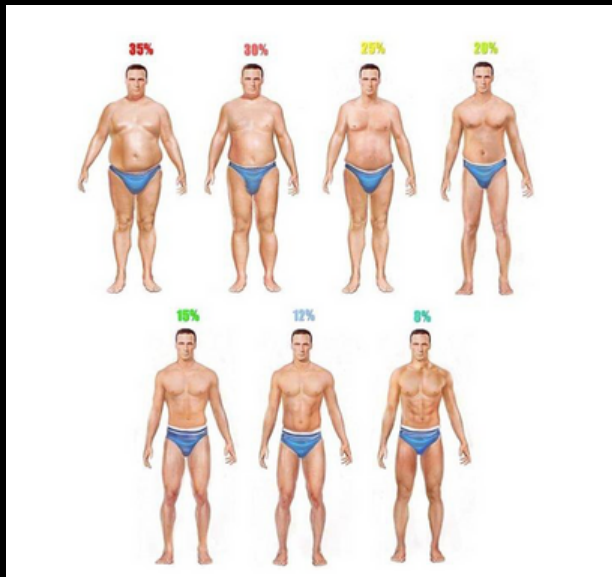
**DEFINITION OF TONED: REDUCED BODY FAT,
INCREASED MUSCLE MASS**

**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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**NEED MORE HELP?
BOOK A FREE 30MINUTE, NO OBLIGATION
CONSULTATION TO FIND OUT ABOUT MY 1-1
SERVICE AND HOW I CAN HELP YOU**

**EMAIL ME ON:
ROXANNESULLIVAN89@ICLOUD.COM**

INSTAGRAM: ROXYPT_

YOUTUBE:

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3V**

