



Understanding your own body is very important in long-term diet success.

Once you know your body, and what it needs, all you need to do is maintain that. Have a watch of the video below before taking a look through this guide and your next tasks. So, before we delve any deeper we need to establish a baseline for your own body's nutritional intake.

We will use this assessment to work out a starting point of how your body is wired up to eat. We will try and establish how much **protein**, **carbohydrates** and **fat** your body ideally wants to eat, at every daily meal, for optimal health and performance.

Once you establish this information we can then plug your calorie needs, supplement use, and other fine-tuning elements into the mix for the best results.



How are we going to do this?

Simply listening to your body; is one of the most vital things you will need to do now, and in the future, to get the most out of your health and performance.

To do this we are going to conduct a simple experiment over the course of 3 days.

This experiment will be done at 3 key meal times, for 3 days at breakfast. What we essentially want to do here is play around with 3 different meal setups, and identify which one made you feel the best.

Day One Breakfast: 3-6 **egg*** omelette with 2 portions of **veggies** cooked in **butter**

Day Two Breakfast: 3 **egg*** and **ham** omelette with a bowl of **fruit salad** (banana, apple and grapes for example)

Day Three Breakfast: 2-3 poached **eggs*** on **toast** with a **banana**

*all contain's fat

Day One breakfast is a moderate **protein**, high **fat**, low **carb** meal, Day Two breakfast is a moderate **protein**, moderate **fat**, moderate **carb** meal, and Day Three breakfast is low-moderate **protein**, low **fat**, high **carb**.

Of course, if you don't like the meal suggestion above please feel free to swap them around (use the food tables you have been using over the past few weeks to help). Just make sure you stick to the above split of macronutrients (**protein**, **fats**, and **carbs**)

The idea is that after every mealtime I just want you to assess how you feel, based on these factors:

1. How satiated you feel aka how full up you felt all morning
2. If you felt energetic or lethargic
3. If you had good concentration or not
4. Whether it made you crave any foods 1-2 hours afterwards (I mean strong cravings, we all fancy a biscuit here and there).

What we are looking for is the meal that had the most positive outcome. The meal that made you feel satiated, satisfied, gave you good energy, and allowed good concentration with no cravings is the meal that we need to identify. This is then how we will start to build your diet initially. Why do we do this?

Foods that you eat should make you feel good, happy, and satiated. We need to identify that food combination that generally makes you feel on top of the world, and builds the rest of your diet based on the energy response from this experiment.