

# THE EDGE

## NUTRITION PROTOCOL

### **PHASE 2 - ACCELERATE**

FINE TUNING CALORIES & MACROS





## PHASE 2 - ACCELERATE

### 🎯 PHASE 2 OBJECTIVES...

- In this phase you're going to be tracking your food & drink to get a more accurate assessment of...

#### 1. Total Calories

#### 2. Breakdown of Macronutrients - Protein, Fats & Carbs

- Then, we're going to use that information to fine-tune your diet

### 👊 KNOWLEDGE IS POWER

- OK - you may be thinking 'oh no not another calorie counting program!' - but don't worry, this isn't something that you have to do forever.
- It's just a tool that we need to use for a few weeks - to help you to learn more about the foods that you you're eating and help you to fine tune your diet.
- By tracking your food accurately you will get a clear & honest view of how much you're eating and what macronutrients you're eating, helping you to make further adjustments where necessary.
- This is the best way to reach that point where you're fully in control of your diet and are able to eat intuitively without needing to track your food unless you want to.

### 👍 OTHER BENEFITS OF USING MFP

- Most guys find that using MFP has other benefits as well such as...
  - It keeps you accountable - you're not going to lie to the app are you?
  - It quickly leads to a better understanding of food - especially the foods that you eat regularly.
  - It helps you identify problem foods (the ones that add loads of calories to a meal - even if they are healthy)
  - It serves as a reminder how much a few beers & nuts can hinder your progress.

### WHAT HAPPENS NEXT?

- I'll be explaining what to do in our next coaching call, but basically...
- You should have already set up your MFP account - following the instructions in the PREPARING FOR PHASE 2 document.
- In the **1st WEEK OF PHASE 2** (week 4 of the program) - you're going to use MFP to track PROTEIN as accurately as possible.
- If you're not sure which foods are protein sources, refer to the table of protein sources in the PHASE 1 pdf document.
- Alternatively, just enter it into MFP and it will tell you how much protein it contains relative to fat & carbs. This is all part of the learning process.



## PHASE 2 - ACCELERATE

### THE REST OF PHASE 2

- For the rest of Phase 2 you're going to use MFP to track everything you eat & drink.
- Ideally, you will track on every day of the week. This way, we can compare what you eat & drink on different days (e.g. weekdays v weekends) -which is really important for a lot of guys to see.
- But - if you're really struggling, then please just make sure that you track a minimum of 3 days, so we have something to work with.

### HOW WILL WE USE THE TRACKING INFO.?

- For weight loss & body composition, the most important factors are how many calories you eat and how much protein.
- So, we will be setting you target ranges for
  - **TOTAL CALORIES**
  - **GRAMS OF PROTEIN**
- Once we've set the protein intake, the rest of the calories come from fats & carbs.
- The specific ratio of these is not so important (unless you have a medical issue, or want to eat a certain way) - so you have a bit of flexibility. We will discuss this in your coaching call.
- As we progress we can keep adjusting your targets depending on how your body is responding.

### MY TOP TIPS FOR USING MYFITNESSPAL

- I'm not going to lie - when you first start tracking your food intake some aspects of it can take a bit of figuring out.
- BUT... Once you do figure it out - logging your foods actually becomes really easy - partly because you know what you're doing - and partly because MFP remembers what you entered in the past, making it easy to log that same thing again.
- In fact, many guys keep on logging their food long-term as they find it really helps to keep themselves accountable and stay on track.
- With that in mind, I just want to give you my top tips for using MFP so that you can get the most out of it.

#### 👉 1. EAT SIMILAR MEALS MOST OF THE TIME

- In my experience, most guys that find it easy to stay lean tend to eat similar meals most of the time. They have their favourite foods that work for them, and stick to them.
- There's also [comprehensive research](#) showing that food variety is a robust driver of overeating.
- So, there's certainly nothing wrong with having a small number of meals that work for you and cover your nutritional requirements.
- Also - like I just mentioned, when you log a food in MFP it remembers exactly what you logged including the brand and the amount. So, having a list of "go-to" meals that you eat regularly makes the whole process silky smooth.



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### 👉 2. DON'T USE SO MANY INGREDIENTS

- In a similar way, using loads of ingredients is an easy way to make things really complicated. It may lead to overeating and is gonna be a real pain in the ass when it comes to tracking.
- Try making simple meals with whole ingredients, and if you do add half a pinch of salt - don't worry about logging it. If it doesn't affect your macronutrients or calories then we're not interested (for this program anyway)

### 👉 3. EAT MORE WHOLE FOODS

- The bar code scanner in MFP makes it easy to track foods that you buy in a tin or a jar. However, you should also be aware that these are not always as accurate as you might hope, and can legally be +/- 20% different from the true value.
- By eating more foods that don't come with a bar code you will be more accurate with your tracking, you'll learn more about the food you're eating, and you'll get to eat more whole foods like meat & veggies.

### 👉 4. DON'T EAT OUT TOO OFTEN

- Yes I know - eating out is one of the joys of life - so I'm not going to ask you to ditch it as that wouldn't be sustainable or enjoyable.
- However, if we are aware of the issues with eating out, then we can start to plan around them. So - what are the issues?
- Firstly, did you ever wonder why that restaurant mash tastes so damn good? It's the large dollops of butter & sour cream that they use to make it. As a result, restaurant food may contain more than twice the calories of their home cooked equivalent!

- Second, you have less control over portion sizes. In many restaurants the protein source is smaller - and the plate is often filled with the cheaper carbohydrate sources like rice or fries.
- Thirdly, it's difficult to track your meals accurately. If you don't know the ingredients - you can't track it properly!

#### • So what to do?

- Where possible, replace those unnecessary restaurant meals with a home made meal. *e.g. Taking a meal with you on a long journey instead of grabbing lunch in a service station.*
- Enjoy eating out up to twice a week - trying to eat reasonably balanced meals but being fairly flexible.
- If you need to eat out more than that, be more strict with your portion sizes & drinks. Try to track your meals - maybe chose restaurants with a MFP barcode on the menu.

### 👉 5. PLAN YOUR MEALS THE NIGHT BEFORE

- Planning ahead always helps.
- Many guys find that planning their meals the night before really helps them to be organised, waste less time, and stay on track.
- This is really easy to do once you have your "go-to" meals sorted, ingredients at home, and already stored in MFP.