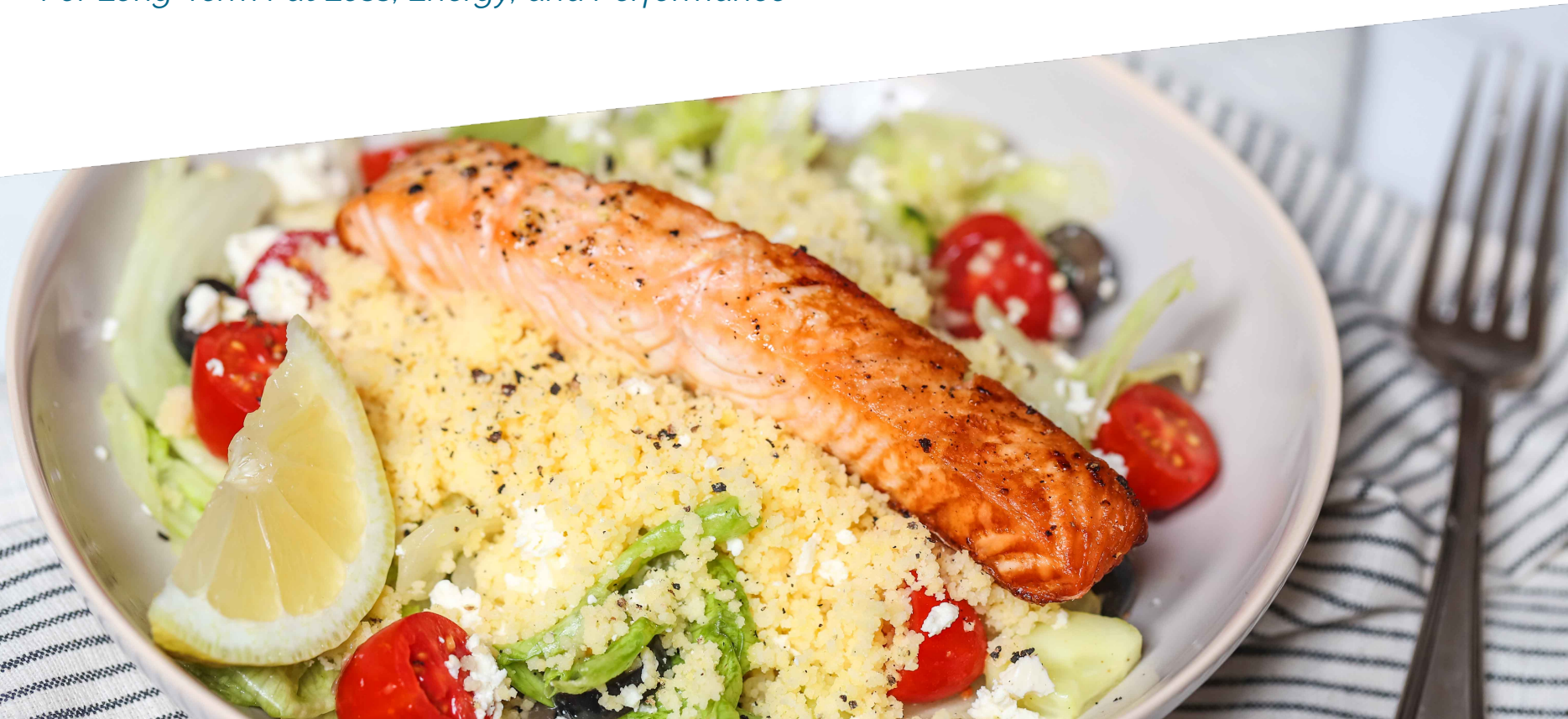# THE EDGE
FLEXIBLE NUTRITION PROTOCOL

PHASE 3 - AUTOMATING YOUR NUTRITION

For Long-Term Fat Loss, Energy, and Performance

- In the first two phases, you've been building your nutrition knowledge and understanding.

🎯 PHASE 3 - THE RULES OF AUTOMATION

- In this final phase we want to build on that experience and tie it all together, so that you finish the program with a simple, flexible nutrition strategy that allows you to keep making progress without needing to track your meals - unless you want to!

- To do this, we need to establish a set of basic rules that will allow you to eat intuitively and still keep of top of your nutrition.

  To give you a starting point - here are the basic rules that I follow...

  ✔️ **High protein base**

  ✔️ **Add healthy fats or carbs based on my day**

  ✔️ **If carbs are high, I keep fats low**

  ✔️ **If fats are high, I go lower on carbs**

  ✔️ **If I want to lose weight - I eat less than normal**

  ✔️ **If I want to gain weight - I eat more than normal**

- **I find that if I follow these rules - and eat mainly good quality whole foods - the calories take care of themselves.**

- In fact, now that you have first hand experience of how your body responds to different macros, many of you reading this will also find that simply following these rules will be enough to keep you progressing.

- However, as always, we want to make sure that *YOUR* rules are going to work for *YOUR* lifestyle, physiology, preferences & needs.

- So, during this final phase think about what other rules that you might need to add to your own personalised list of Nutrition Rules, to make sure it works for you.

- Examples might include: Stop eating when 80% full - No alcohol on a school night - sticking to your meal plan - not buying certain things *etc*...

- In line with this - I want to introduce you to one more piece of the puzzle, which will reinforce much of what you've already been doing - and help you to automate the process - NUTRIENT TIMING

⏰ NUTRIENT TIMING

FUELLING FAT-LOSS, PERFORMANCE & RECOVERY THROUGHOUT THE DAY

- As I'm sure you are now aware, fat loss is essentially about using up more calories than you consume...

- BUT - In order to successfully do that long-term, you need to fuel yourself properly to ensure that you are optimising both performance and recovery.

- By aligning your diet with your body's natural rhythms and exercise schedule, you can optimize metabolic health, energy levels, and overall well-being.

PHASE 3 - AUTOMATING YOUR NUTRITION

- This is especially important for those guys who are sensitive to carbs. Let me explain…

- Your body follows a natural daily cycle called the diurnal rhythm - which involves shifting between active and passive states - accompanied by changes in hormone levels, metabolism, and nervous system activity.

🏋️ ACTIVE STATE

- From the morning & throughout much of the day you are naturally alert and active. This is driven by stress hormones like CORTISOL, ADRENALINE & NORADRENALINE.

- In this state - your body is primarily CATABOLIC - it breaks down energy stores (eg. Fat) ready for physical & mental action.

- BUT… stress hormones also INCREASE PROTEIN BREAKDOWN!

- SO… during weight loss, a high PROTEIN INTAKE IS CRUCIAL to reduce muscle protein breakdown and stimulate protein synthesis.

- Protein consumption also boosts DOPAMINE production, which enhances mood, focus, movement, and the sense of reward.

  🥇 **SO - BEST FUEL = Protein & Fats**

  - Supports LEAN tissue
  - Promotes satiety & dopamine release
  - Keeps insulin low = promotes fat oxidation

🧘 RELAXED STATE

- In the PASSIVE state you are naturally more relaxed.

- This happens at 3 main times of the day…

  - **AFTER EXERCISE** - you relax due to increased SEROTONIN
  - **AFTER EATING** (especially Protein & Carbs) - due to increased INSULIN
  - **IN THE EVENING** - as the light changes and you produce MELATONIN.

- In this state your body is primarily ANABOLIC - resting & digesting, building & repairing, and storing energy.

- Insulin is particularly important for helping your muscles absorb carbs & protein in order to replenish glycogen stores & build muscle protein.

  🥇 **BEST FUEL POST-EXERCISE = Protein & Carbs**

  - Stimulates GLYCOGEN STORAGE
  - Supports RECOVERY & MUSCLE growth
  - Boosts SEROTONIN = better mood & deeper sleep

- HOWEVER… insulin also increases FAT storage.

- So overeating carbs when the body doesn't need it is one of the main reasons people get fat.

SO… CARBS ARE GREAT WHEN YOUR BODY IS READY TO USE THEM - AFTER EXERCISE

BUT DON'T OVEREAT THEM - ESPECIALLY AT THE WRONG TIMES!!

PHASE 3 - AUTOMATING YOUR NUTRITION

TO SUMMARISE

"Eating to support your physiology is a game-changer. Protein and fats keep you focused and resilient. Carbs help you relax and recover - but don't overeat them at the wrong times. Align what you eat with what your body is doing — and you'll look, feel, and perform better than ever."

State	Time of Day	Best Fuels	Why It Matters
Active	Morning → Afternoon	Protein + Fats	Mental focus, satiety, dopamine, fat oxidation
Relaxed	Post-Workout, Evenings, Post-Meal	Protein + Carbs	Recovery, glycogen storage, serotonin, sleep

🧠 **BONUS: WHY PROTEIN MATTERS ALL DAY**

- Supports muscle preservation (especially during fat loss)

- Boosts dopamine (focus, motivation)

- Satiates appetite and controls cravings

- Vital during **catabolic states** to reduce muscle breakdown

Pairing carbs **without** enough protein = more likely to store fat.

Pairing carbs **with** protein = more likely to build and recover.

- Below are a few examples of how this might work in practise - with different schedules & workout times...

- **Training Early Morning (No Time for Breakfast):**

🏋️ Workout
🥣 Breakfast: Protein and carbs
🥗 Lunch: Protein and fats
🍲 Snack: Protein and fats
🍽️ Dinner: Protein and carbs

- **2. Training in the Morning (With Time for Breakfast):**

🍳 Breakfast: Protein and fats
🏋️ Workout
🍛 Lunch: Protein and carbs
🧀 Snack: Protein and fats
🍽️ Dinner: Balanced

- **3. Training in the Afternoon / Evening:**

🍳 Breakfast: Protein and fats
🥗 Lunch: Protein and fats
🧀 Snack: Protein and fats
🏋️ Workout
🍽️ Dinner: Protein and carbs