



The Complete Guide to the Truths of Effective Fat Loss



CORE
Health Coaching
EXERCISE / NUTRITION / LIFESTYLE

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222C Wishart Road, Wishart Qld 4122

Edited by Wendy & Words www.wendyandwords.com

Designed by April P. Basubas

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Success Stories

Tatum Nichollas, a Personal Trainer and one of Core Health Coaching's clients, has this to say about her coaching sessions:

"I can't recommend Cameron highly enough as a Personal Trainer and Lifestyle Coach. Without sounding cliché, he has changed my life. Since starting my sessions with Cameron I have a whole new approach to eating, exercise and living."

Susan Carroll, a member of our VIP Coaching Group, lost 80 kilos and has this to say:

"I have been with Core Health Coaching for over three years, and in that time Cameron has helped me get back my health and fitness. He has helped build my confidence back up and I now believe that I can do the impossible, if I just give it a go. You should check them out as they really know what they are doing."

Elizabeth H, 22-year-old student, has this to say:

"Before finding Core Health Coaching, I was miserable. I was depressed about the way I looked and felt and just didn't know what to do to fix it. I would lie awake at night Googling the latest weight loss methods and exercise regimens, trying to find something that would work. I was sick of not living like a normal 22-year-old and hiding away at home. I had no friends, was failing uni and no longer felt like myself."

"The best part about Core's program is that it isn't a 'program'; it's a lifestyle change. Everything I learnt at Core Health Coaching is easy and maintainable in everyday life. Since my initial consultation, I have lost over 10 kg. I haven't calorie counted or restricted food groups; I feel so much healthier and happier. I'm socialising more; I have gone back to uni; and I am nowhere near as stressed about food or weight or my life as I once was. My family keeps commenting on how much my moods have improved!"

"It's scary to think where I would be if I hadn't reached out to Core Health Coaching. I honestly can't thank them enough for everything that they have helped me with ... I love the new healthy, happy me!"

About the Author



Cameron Corish is a Personal Trainer, Holistic Lifestyle Coach and Fitness Writer with over eight years' industry experience. In 2013, he established a private boutique Personal Training and Health Coaching studio on the south side of Brisbane, Queensland, in Wishart near Mt Gravatt.

Core Health Coaching has established a solid reputation for achieving great health and fitness results, using their extensive knowledge and unique holistic approach while providing a caring and personal service. Cameron's training specialties are: Holistic Lifestyle Coaching, Weight loss, Core Strength and Postural Alignment, Corrective Exercise and Rehabilitation, Functional Fitness and Seniors Fitness.

Cameron's approach to health and fitness is multi-disciplined. It recognises that to get the best, long-lasting results, we need a holistic approach that addresses, not just the physical, but also mental and emotional aspects of our health.

His love for health and fitness have been lifelong, having played in a significant number of different sporting activities including swimming and squash at state level. "I have always enjoyed incorporating exercise into my life for the challenges, variety, friendship and health benefits. For example, swimming, cycling, running, tennis, triathlons, rock-climbing, skydiving, weights, yoga, cricket, soccer, golf, rollerblading and skiing (snow and water)," says Cameron.

One of the most important things Cameron's 40-year exercise history has taught him is that you need a helping hand along the way. "If you really want to succeed in your health and fitness, you need a coach, a mentor – someone to keep you accountable." He is so grateful to have a career where he can make a significant difference in people's lives through his experience and passions of coaching, health and exercise.

"I genuinely love what I do and bring that passion and life experience to every session," says Cameron.

Cameron has presented public talks on health and fitness and is well known for his support of local community and charity events. Through writing for the community based magazine *South City Bulletin* and his regular blogs, he keeps clients and the public constantly informed of the latest developments in health, fitness and nutrition.

Cameron holds the following qualifications: Fitness Australia Level 3 (Highest), C.H.E.K Holistic Lifestyle Coach – Level 2, Thump Boxing Master Trainer – Level 3, Kettlebell Training and Conditioning Instructor, TRX Accredited Instructor, AIF Master Trainer – Certificate IV Fitness, First Aid Certificate and Senior First Aid.

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Introduction

The most effective way to lose fat is through **proper diet**. Let's get something clear straight away. By 'diet' I am not referring to a particular eating regime, diet or fad. I am speaking about nutrition.

So let's start again...

The most effective way to lose fat is through proper **nutrition**.

This is not an exaggeration or an overstatement. Many personal trainers try to sell people on rapid weight loss diets and workouts. But it is generally not about the quality of the food or the nutrition; rather it is about reduced calories and restricted food choices. The simple fact is that **our body does not need calories; it needs nutrition** in the form of macronutrients (protein, fats and carbohydrates), micronutrients, secondary nutrients, vitamins, minerals, probiotics, and enzymes for optimal health and energy.



I am not saying that you can't lose weight on a rapid weight loss program – you can. I am sure you have seen all the before and after photos from 12-week body transformation programs. But the question to ask is: "Can this be effectively maintained over the long term?" **Health is not a sprint; it is a marathon.**

I'm here to let you in on a fundamental truth...

PROPER NUTRITION IS THE BIGGEST KEY TO HEALTHY FAT LOSS
– and it is simple!

Your dietary intake accounts for more than 60% to 70% of your fat loss success.

While simple, to change does takes effort and a strong desire. It is, however, so achievable, by everyone – including you! Hundreds of our clients have done it by simply changing one habit after another, step by step – creating new habits that last a lifetime.

Healthy, nutritious eating does not require restrictive diets and reduced calories. It does not require a dogmatic adherence to specific diets or spending lots of money on weight loss supplements. **There are no pills or magic potions.**

In all honesty, fat loss and nutritious eating start with common sense. You probably already know the formula: You need unprocessed foods, for one, and you need fruits and vegetables. Just add water and you're almost there.

Apart from having knowledge of good nutrition, the challenge is to incorporate this into everyday life. That's where this guide comes in. You will learn about which foods to eat, which to avoid, and how to maintain your new healthy habits so that you can reach your health and fat loss goals.

You're going to discover:

- The Top 10 Habits of Highly Effective Eaters
- The Top 13 Fat-Burning Foods
- The 5 Do-Not-Eats
- Why You Are Still Hungry
- A Dining Out Guide
- The Importance of Habit-Based Goals

We will even provide you with 16 great **Sample Recipes** for good measure.

Just remember that fat loss and healthy eating doesn't end with this eBook. What you will find here is a guide and some really useful tips. But fat loss and clean eating start with ... wait for it ... **you!**

Just by virtue of the fact that you're reading this eBook, you are already well on your way to a healthy, slimmer future. You are seeking out information that will help you change your life. So congratulations to you ... There's still much left to do, but with the power of this knowledge *you've got this!*

INTERESTING FACT

According to a study from Oxford University published in the International Journal of Obesity, within 3 to 5 years, about 80% of all 'weight losers' regained their weight loss and often gained back a little extra. Another study by the National Weight Control Registry says that relapse rate may be as high as 95%. For comparison, relapse rates for drug, alcohol and tobacco dependency have been reported in the range of 50–90%!

Restrictive Diets Fail

Healthy eating starts with a variety of nutrient dense foods. This means foods that provide you with essential nutrients including healthy fats (like Omega-3), good quality proteins, vitamins, minerals, enzymes and probiotics.

Most specific diets or rapid weight loss diets want you to commit to a restrictive number of calories and “allowable” foods. This is insanity. These diets do not work because they severely limit your intake of a variety of quality nutrients. **The simple fact is our body does not need calories but good quality nutrition.**

Another reason restrictive diets fail is that they limit your freedom to choose. It is an essential part of our psychology that we need *variety*. Having a large number of foods, or even food groups, that we cannot eat means we have the *mindset of loss*. This has proven to be very difficult to overcome with just willpower, determination or



discipline. An alternative method like food swapping is way more successful; for example, fruit in your breakfast instead of sugar, kale chips instead of potato chips, vegetable juices instead of sugary drinks, hummus dip instead of cheese. This is a similar concept to the Australian government's healthy food swaps campaign.

These restrictive 'cookie-cutter-approach' diets also don't educate you on which foods are healthier to eat, and why – in effect, taking away your informed decisions around your freedom and variety. Every time you eat you make a choice, and healthy eating is about consistently making the best choices. It should not be about sticking to one specific list of foods, drinking a liquid diet or any significant restrictions; it's about *making informed decisions for better choices*.

With this in mind, you are now ready to embark upon a positive lifestyle change that is more than just a specific diet. Healthy eating is something you can easily do for life, not just for a couple of weeks.

CORE QUICK TIP #1

An Ode to the Avocado

"Avocados are so green. They will make you nice and lean."

Seriously: Avocados are loaded with fibre and healthy fats, and they have been proven to be one of the best foods for fat loss. They go great with meats, salads and beans – even in smoothies.

The Top 10 Habits of Highly Effective (Clean) Eaters

Clean eating is all about forming lifelong habits that will get you to **Lose Fat and Keep it Off**.

Here are ten of the most effective habits you will need to develop to be a healthy eater and reap all the benefits of a healthier, leaner body including more energy and a happier mind.

1. Eat breakfast: Every morning!

Breakfast sets the tone for the rest of your day. If you're not eating breakfast, start making it a point to do so every day. You will be less hungry throughout the day and less likely to binge on snacks or to overeat at other meals.



2. Eat throughout the day at intervals (every 3 or 4 hours)

The timing of when you eat is more important than most people think. Don't eat based solely on hunger. If you eat small meals throughout the day and have healthy snacks (Greek yogurt, nuts, raw veggies, dips etc.), you will be less likely to give into the temptations of splurging on pizza, fries and other junk food, as well as be driven to eat sugar-based foods because of drops in your blood sugar levels.



3. Don't count calories

Calorie counting is not the most important thing because all calories are *not* the same. Eating 500 calories of grass-fed beef or wild salmon is not the same as eating 500 calories of potato chips. The former is rich in essential nutrients and protein, and the latter has no nutritional benefit and will leave you still hungry an hour later.



4. Choose real, unprocessed whole foods



We will talk throughout this guide about what foods to eat; just know that it's typically better to eat something that was once a living, breathing animal or plant – real, whole foods – rather than something you will find sealed in a bag or a can – processed foods.

5. Consume more proteins and veggies

It's time to trim the inessential carbs. Protein is a major muscle building source, and foods that are high in protein leave you satisfied for longer than high carb foods. Eating protein will help boost your metabolism.

As for veggies, well, you have always been told to eat fruits and vegetables – and that hasn't changed. Produce is essential for feeling full, meeting your daily requirements of vitamins and nutrients, and reducing body fat for the long term.





6. Reduce sugar

Sugar is the biggest source of weight gain for most people. Whether it's in your breakfast cereal, lollies, soft drinks or added to your coffee, sugar will mess with your insulin levels, slow your metabolism and cause you to increase your body fat.

7. Eat foods high in Omega-3

Omega-3 has a host of benefits for fat loss. You can find it in grass-fed beef and poultry, wild seafood, walnuts, flax, chia seeds, and other foods. You can also take fish oil or krill oil supplements, but only in addition to healthy food sources, not as a replacement.



8. Eat or drink after workouts

When you do resistance and weight training, you need to eat and/or drink soon after a workout. Getting your body the fuel it needs is essential to having a good metabolism and building lean muscle mass.

9. Keep a food diary

Know what you eat and record it in a food log or diary. If you can chart your progress, you can know where you can improve, where you're doing well and how you can make adjustments to be more successful.



10. Drink water

Our bodies, including our brains, are made up of 75% water. Water is essential to every process within our bodies. Often we don't realise just how dehydrated we are. To calculate how much water you need daily, follow this rule:

Your body weight in kilograms x 0.03.

For example: 80 kg x 0.03 = is 2.4 litres.

Ideally, drink filtered and mineralised water.



CORE QUICK TIP #2

Consistency is Key

Too many restrictive diets suck all the joy out of eating. They only leave you being bored and craving more, and you wind up binge eating. Make a consistent effort to incorporate variety and clean eating into your lifestyle, and don't get bogged down by counting calories or points.

The Top 13 Fat-Loss Foods

Another truth about healthy eating is that **not all foods are created equal**. When it comes to eating for fat-loss, this is especially true.

One of the less-known effects of food when it is ingested, which rarely gets much discussion in mainstream press, is its 'thermogenic effect'. Yet it is one of the reasons why not all foods are created equal.

To sum up briefly, every individual has a resting metabolic rate. This is the rate at which your body burns calories. The *thermogenic effect of eating* refers to the energy you expend (aka the calories you burn) beyond your resting metabolic rate due simply to digesting and storing the food you have eaten.

Certain foods burn calories through this thermogenic effect more so than others; hence, helping you to lose fat. Other foods are great for fat loss for other reasons. For example, they may be filling without having many calories or they may pack a big punch nutritionally without increasing your body fat.

Here are **THE TOP 13 FOODS** that will burn calories for you! Incorporate these into breakfast, lunch and dinner and notice how cravings are reduced, energy increases and your 'diet' food is so colourful, tasting and not boring!

1. Nuts (especially almonds and walnuts)

Nuts make for a great snack, and each type of nut offers its own nutritional benefits. Walnuts, for example, offer beneficial Omega-3 fatty acids. Almonds, meanwhile, are a great source of Vitamin E, which has been linked to healthy skin.





2. Chili peppers

Chili peppers contain capsaicin, which is a powerful metabolite. Capsaicin heats the body and works effectively to decrease appetite so you feel full after eating.

3. Eggs

Eggs are an incredible, low-calorie source of high quality protein. In addition to protein, eggs provide large amounts of several other important nutrients. We recommend organic, free range eggs. (Tip: Try boiling some eggs and keeping them in the fridge as snacks.)



4. Greek yoghurt



A lot of dairy products aren't great for people trying to burn fat. Sugar-filled, low fat 'fruity' yoghurts are a great example. Greek yoghurt, however, bucks this trend. Loaded with protein, probiotics and low in sugar, Greek yoghurt is a great option at snack time. (Tip: Try mixing in berries, nuts and seeds to make it extra tasty and for added nutrition.)

5. Grass fed and lean meats

As a rule of thumb, grass-fed meats are better than farm-raised ones. Lean meats, free range and game meats provide an outstanding amount of protein but are not loaded with fat. Protein has a high thermogenic effect; you can burn up to 30% of the calories through digestion alone.



6. Berries



You know that berries taste great, but did you also know that they are low in calories, high in fibre, high in antioxidants (repairs cell damage from free-radicals), and that each type of berry contains a great mix of vitamins and minerals? Raspberries, blueberries and blackberries all taste great mixed in Greek yoghurt or even on a salad. Also they are great in smoothies.

7. Nut butters

In moderation, different nut butters (almond, brazil, cashew and peanut) can be a great snack-time food, packing a lot of protein. The best nut butters are organic ones without hydrogenated oils.



8. Green tea

Green tea is one drink that has a very high thermogenic effect. It contains EGCG, an antioxidant that has been shown to boost metabolism in the period after drinking it.

9. Spinach

Where to begin? Spinach is loaded with fibre, cancer-fighting flavonoids and a host of antioxidants that help with everything from vision to blood pressure. One cup of spinach helps build strong bones by providing over 100% of the daily value of Vitamin K.



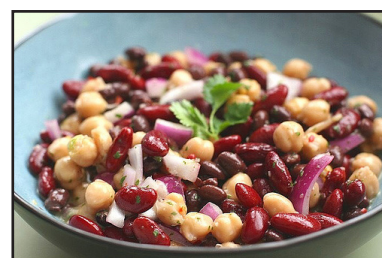


10. Grapefruit

Because of the thermic effect, people have called grapefruit a 'negative calorie' food. While not literally true, grapefruit is a wonderful, low-calorie breakfast food that helps burn fat. It is high in enzymes and water content, so it doesn't have many calories. This is one of the absolute best fat-fighting foods.

11. Beans

One cup of black beans contains over 110% of the recommended daily value of fibre. Foods high in fibre make you feel fuller, for longer, without too many calories. Beans also prevent spikes in blood sugar, helping you from feeling those daily cravings for sugar and junk food.



12. Lentils



Metabolism slows when the body isn't getting enough essential vitamins and nutrients. A large portion of the population suffers from iron deficiency, slowing down the body's overall metabolism. Luckily, lentils – a legume – are a great source of iron.

13. Fatty fish (e.g. tuna, sardines, salmon)

Leptin, a hormone in your body, regulates your metabolism. Studies have shown that lower levels of leptin make for higher metabolism. Fatty fish like salmon are great for fat loss because they boost metabolism and help keep leptin levels low.



CORE QUICK TIP #3

Top 5 Proteins

For Non-Vegetarians	For Vegetarians
1. Eggs	1. Legumes (lentils, beans, peanuts)
2. Grass-fed beef	2. Quinoa
3. Organic poultry	3. Nuts
4. Wild fish	4. Soy (non GMO and fermented)
5. Nuts (esp. Greek yoghurt)	5. Tempeh

The 5 Do-Not-Eats

Freedom of choice and a variety of foods are critical to long-term success in fat loss. If you have had too much experience in hearing the words 'You should', 'You shouldn't', 'Don't do this or that' you may not like hearing 'Do not eat'. So let's clarify: The following Do-Not-Eat foods we recommend you to *avoid as much as possible*. They hold very little nutritional value and can mess with your digestion, metabolism, weight, hormones and emotions.

For effective long-term health and weight loss, you need to understand your underlying and subconscious desire for these foods. It is said that **compulsive eating is 80% emotional** and that we have an emotional and chemical connection to certain foods. Similar to hearing a favourite song that connects you to a certain memory and feeling, eating certain foods reminds you of certain memories, feelings, your childhood, happy times and/or former relationships. These comfort foods help you escape current stresses and emotions that you are experiencing.

For some, overcoming emotional eating is about making progressive small changes. One solution is to start with one food and reduce the quantity. When you have successfully eliminated this food for a period of time, eliminate it from your diet completely. Then start on the next food. Keep a food diary to keep track of what you're eating and reward yourself (preferably not with one of the foods below!) when you've achieved your goal.

1. Processed foods

Processed foods are loaded with preservatives, artificial colourings, sodium and other harmful ingredients. It is always best to **buy fresh, real food**.



2. Sugar and sweeteners



Sugars and artificial sweeteners are added to lots of drinks and foods. Check the food labels of foods and especially “healthy” yoghurt. Chances are it is so loaded with added sugar and it’s like eating lollies: **totally empty of nutrition.**

As for artificial sweeteners, studies show that people who drink diet sodas with artificial sweeteners simply crave sugar more often and end up eating more sugar as well. Let’s not get into the dangers of some artificial sweeteners here. Clean, healthy eating does not include these man-made substitutes.

3. Bread, cereal, pasta

These are hard foods to stop eating for most people. You can focus on sourcing your energy requirements from fibrous carbs like fruits and vegetables. Fibre is harder to break down by the body and requires more energy expenditure to digest. Simple carbs like those found in white bread, cereals and pastas can actually cause insulin spikes and fat storage.



4. Simple starches



Simple starches including potatoes, white bread, potato chips, corn and hot chips are loaded with empty calories. These foods are doubly worse because they are not very satisfying and will leave you hungry shortly after eating them. They create a short spike in energy, which leaves you lethargic soon afterwards and looking for something else to eat.

5. Alcohol

Alcohol, like soft drinks, is an example of a high carb, low-nutrient drink. You want to get most of your calories from healthy foods, not from these types of drinks. I am sure that most people understand that alcohol is unhealthy, but generally it is more a social (especially in Australia), emotional dependence and/or a stress release.



A very successful technique previously mentioned is small progressive changes or reductions: two alcohol-free days; an alcohol-free week; 30 days alcohol free. In Australia, we have a number of 30-day alcohol free events that can assist: *Febfast, Dry July, October*. A number of our clients have found they have reduced their consumption after these events because they are now more conscious of the number of drinks they consume.

CORE QUICK TIP #4

Omega-3

Omega-3 has been shown to protect against inflammation of the arteries, lower levels of triglycerides and lower blood pressure. Some research even suggests they may be beneficial in protecting against rheumatoid arthritis, cancer, ADHD and dementia.

Omega-3 fatty acids can be found in wild salmon, grass fed meats, leafy greens, walnuts, flax seeds, olive oil and more. They are, essentially, the good fat.

Why Am I Still Hungry?

Cravings.

You know the word, and worse yet, you know the feeling. Maybe you just ate a full meal, but now it's half an hour later and you're hungry again.

Or maybe you went downstairs for a midnight snack, but then you found yourself unexpectedly polishing off a packet of Tim Tams because you had no idea how hungry you actually were.

The truth is, you might be so hungry because of the very types of foods you're eating (or not eating) at other times of the day.



The real culprit behind this behaviour is one of your body's most important hormones: **insulin**. When you eat infrequently or have a diet heavy in sugar, your body will experience drastic spikes in insulin.

Insulin spikes are not desirable because fluctuations in blood sugar do not support your fat loss efforts. They increase your fat storage, the speed at which your body stores fat, and can lead to insulin resistance – the pre-cursor to diabetes.

So how can you stay satisfied throughout the day without having to give into cravings and spike your insulin levels? Here are five strategies that work.

1. Eat frequently

This might seem like a bad thing if you are trying to lose weight. How can I lose weight if I am eating more often? The answer is quite simple: Eat more often, but eat less



at each meal. Importantly, eating frequently normalises blood sugar levels and controls insulin spikes.

In addition, frequent eating typically reduces caloric intake. Rather than eating three very big meals each day, you have the ability to reduce your hunger level throughout the day and decrease the likelihood of overeating. The amazing side-effect of this is you may never be hungry again!

2. Drink water

Have you ever found yourself eating and eating and still never being satisfied? Have you ever come home from a long day of work and looked for soft drink or a sports drink and you weren't sure why?

Well, the answer is that you were probably dehydrated and didn't even realise it. It is crucially important to drink enough water throughout the day. The body often mistakes thirst for hunger, so if you find yourself eating a full meal and still craving more, try reaching for a glass of water before re-filling your plate.

3. Eat breakfast

You have heard it before, and most likely from your mum when you were a child: Breakfast is the most important meal of the day. Eating a sufficiently fulfilling breakfast prepares you for the day. In addition, it reduces insulin spikes throughout the rest of your day.



4. Eat more fruits and veggies

Fruits and vegetables, though low in calories, are much more filling than, for example, a bag of potato chips, which can have hundreds more calories. Green, leafy vegetables are also rich in Vitamin K and fibre, which helps regulate insulin.

Eating salads before meals will help you eat less during the meal, while still ensuring you are satisfied and get all of the nutrients and helpful enzymes you need.

In between bigger meals, try snacking on veggie juices and fruit like apples, bananas or berries. Alternatively, carrots, celery and cucumber sticks are great snacking options. Try eating them with some healthy dips like hummus or even nut butters.

5. Focus on the real problem: Boredom

Nearly everyone knows what it feels like to start eating simply because there is nothing else to do. Perhaps you are enjoying a lazy Sunday without having to go to work or carry out any of your usual responsibilities. Out of sheer boredom, you probably start to snack ... just because you don't have anything else to do. A classic example is eating some chips while watching TV and, before you know it, you have finished the whole bag.



While this type of eating can be hard to stop, the best way to deal with it is to be conscious and think before you eat. Before you eat anything, you should always take a moment and ask yourself:

1. What am I eating?
2. Why am I eating?

This is called '**mindful eating**'. If you realise that you're not actually hungry, try doing something active instead.

CORE QUICK TIP #5

Top 3 Detox foods



Lemon, ginger and garlic have long been known to have considerable health benefits. Incorporate more of these foods into your diet to add different flavours, and tastes, as well as experience the health and detox benefits which includes fat loss.

Dining Out Guide

By choosing to have a healthy diet and engaging in clean eating, you are making a serious effort to take control over the foods and nutrition you put into your body.

Another significant point to success is consistency. **Consistency is the single most important factor in maintaining a healthy diet and achieving lasting fat loss.** Ultimately, every meal and/or snack comes down to a choice, and doing this on a regular basis will ensure success.

You will have times where this will be tested and you cannot control the quality of food. One such occasion is when you are dining out. You could be faced with a menu of foods that you may not be familiar with. Yet while it might seem difficult to make a choice, it doesn't have to be. Your decision to enjoy a non-restrictive diet means this is a great learning opportunity to eat in a different environment.

So how do you ensure you make good food choices when you are not the one preparing your meals? Here are some helpful guidelines for eating out:



“No bread for me, thank you.”

Most restaurants offer some kind of empty-nutrient filler for the table before they bring you the actual main course. Waiters often suggest some sort of fried appetiser or breads for the group. This is a great temptation to indulge. How do you handle the situation?

The answer is simple: “No thanks.”

Do your homework

Most restaurants have an online presence. A simple search will help you find the restaurant’s menu online and you can make some informed decisions prior to booking.

“What’s on that?”

Do not be afraid to ask your waiter what comes with a meal or what kinds of ingredients are used to prepare it. If you are ordering seafood, ask if the fish is farm-raised or wild-caught. There is a HUGE difference. Wild salmon, tuna and other fish are rich in Omega-3, whereas farm-raised animals are often fed with low-quality foods. The animal’s diet fundamentally changes their nutritional content and taste.

Make sure you find out what sides come with the entrée and main meals. Instead of chips, substitute with steamed vegetables, salad or another healthy option. If they are not on the menu, some establishments will still prepare what you want.

Sauces

The best part of a meal can be the tasty sauces. But this is also where some of the high calories and high salt content are contained. You can ask to have your sauce on the side and eat sparingly, simply for the taste, instead of having it spread all over your food with no other option but to eat it.

Cook most of your meals

While you may not be able to avoid eating out all the time, it is in your best interests to cook and prepare most of your meals yourself. By doing this, you are in control of ingredients, food quality and the cooking process; for example, steaming versus frying.

CORE QUICK TIP #6

Feeling bloated and gassy after meals?

Food intolerances and sensitivities can play havoc on your digestive system and fat loss. Pay special attention to the foods you eat with these types of reactions. A simple elimination diet can make a significant difference to your energy levels, fat and toxin levels.

Changing Your Lifestyle with Habit-Based Goals

With all these healthy eating tips, it can be easy to overlook something very important: You aren't just making simple decisions about what to eat; you are changing your lifestyle. In order to be successful in changing your lifestyle, you need some goals. Most people are aware of this fact but sometimes fail to reach goals due to the **type** of goals they are setting for themselves. One such goal could be 'to lose fat'. But this is too general and vague and needs to be more defined.

There are in fact **three different kinds of fat loss goals**.

A goal such as 'losing fat' is what is called an **outcome-based goal**. You can use this outcome-based goal as your guide, but again it should be specific. Rather than "I want to lose fat," you could say, "I want to lose 5 kilos of fat." This is then more measurable and specific, and if you write it down and refer to it on a regular basis, you will be more successful.

But *how* do you reach this goal? This is where the other two types of goals help. **Performance-based goals** are numbers based. For example, "I will eat five small meals throughout the day, rather than two large ones." These goals work on a day-to-day basis.



The other type of goal is a **habit-based goal** and is possibly the most important when it comes to defining your eating patterns. You want clean eating to become your norm and a subconscious pattern. The way to do this is to repeatedly set habit-based goals that will turn actions into reality. For example, "I will substitute blueberries and Greek yoghurt for pancakes." By setting these types of definable habit-based goals on a daily and weekly basis, over time clean eating will become second nature to you.

Preparing a weekly menu before you go grocery shopping can help you keep on track. Here are sample recipes to give you some ideas to help you plan your weekly menu of nutritious and colourful breakfasts, lunches and dinners.

CORE QUICK TIP #7

Fermented Foods and Drinks



These types of foods increase the good bacteria to the gut, increase micronutrients (especially Vitamin B), and help the absorption and digestion of foods as well as the elimination of anti-nutrients. Having a balanced microbiome regulates the metabolism to maintain a healthy weight.

Some healthy examples are: sauerkraut, kimchee, pickled vegetables, kefir, yogurt, kombucha, miso and apple cider vinegar.

Sample Menus

Breakfast

Breakfast Option 1	Breakfast Option 2	Breakfast Option 3	Breakfast Option 4
1 cup Greek yoghurt 1 cup blueberries ¼–½ cup granola or muesli	2 whole eggs ½ red bell pepper 1 Portobello mushroom 55 grams shredded mozzarella 1 pink grapefruit	2 whole eggs 3 spears asparagus 2 oz shredded cheddar 1 cup blueberries or strawberries	2 whole eggs ½ yellow squash ¼ cup broccoli ¼ cup onions 50g cheddar cheese 1 banana

Lunch

Lunch Option 1	Lunch Option 2	Lunch Option 3	Lunch Option 4
1 sprouted grain tortilla or wrap 170g salmon, grilled 1 TBS hummus 1 TBS salsa 1 banana	2 TBS BBQ sauce Sprouted grain tortilla or wrap 140 g grilled chicken 1 cup loose leaf lettuce 1 cup rockmelon	4 cups mixed greens ½ cup strawberries 2 TBS vinaigrette ½ cup hummus ¼ cup mushrooms ½ cup coleslaw	½ cup black beans ½ cup canned salmon ¼ cup salsa 1 TBS vinaigrette 1 grapefruit

Dinner

Dinner Option 1	Dinner Option 2	Dinner Option 3	Dinner Option 4
1 cup mixed greens ¼ cup Gouda cheese 1 tsp vinaigrette 85–115g turkey breast 1 tsp mozzarella cheese shredded 4–6 asparagus stalks, steamed	115 g skirt steak Sprouted grain tortilla or wrap 1 cup grilled broccoli florets ½ onion ½ avocado 3 TBS salsa	4 cups spinach 1–2 TB vinaigrette dressing 1 cup mixed veggies 85–115g grilled chicken 2 TB hummus	85–115g salmon ¼ cup salsa ¼ avocado 1 large orange

Snacks

Snack Option 1	Snack Option 2	Snack Option 3	Snack Option 4
1 cup cottage cheese 1 cup cantaloupe 1 oz pistachios	2 nectarines, sliced 1 TBS almond butter	30 g raw pecans 1 cup blueberries ¼ shredded coconut	1 cup Greek yoghurt 30 g walnuts 1 cup blackberries

The Final Word

You've now learned some truths, tips and tools to healthy and effective fat loss. To recap, here are some of the key points:

- Proper nutrition is the biggest key to effective and healthy fat loss.
- Health is not a sprint; it is a marathon.
- There are no pills or magic potions.
- Our body does not need calories but good quality nutrition.
- You can do this!!
- An essential part of our psychology is that we need variety.
- Restrictive diets do not work.
- Make informed decisions for better choices.
- Know the right foods to help fat loss and which foods to avoid.
- Learn to manage hunger.
- Remember the importance of habit-based goals.

Now armed with some great tips and tools, you need **two more things** to be successful:

1) Continue to educate yourself 2) Take immediate action.

1. Continual education

By reading this eBook, you are on the right path to educate and empower yourself with some great information. Like exercise, one workout will not make you fit and one book will not make you an expert in nutrition.

Like any other science, nutritional science continually changes with medical advances and new research. I remember a time when eggs



and avocados were considered a “bad” food because of their high cholesterol until the discovery of HDL (high-density lipoproteins) and LDL (low-density lipoproteins). Eggs and avocados were found to contain the healthier cholesterol HDL and were considered healthy again.

Our understanding of food and our health is on the verge of dramatic changes with recent research in the human genome and DNA. This has led to some new fields of study and health including Epigenetics and Integrated and Functional Medicine.

As well as keeping up with the recent advances, it is commonly accepted that whatever you focus on will give you better results. If you continually feed your mind with nutritional information, you will be more inclined to continually feed your body with healthy and nutritious food.

This is why we have included at the end of this eBook some FREE BONUSES to support you on building your knowledge and to give you inspiration.

2. Taking immediate action

We have more information about food and exercise than we have ever had in human history. So why are some many people struggling and **not taking action**?

What is stopping you from taking action? Generally, it is either one, a combination of, or all of the following:



- All or nothing thinking – “If I cannot follow the program 100%, I may as well not start.” (So you never actually start.)
- Procrastination – “The time is not right”, so you delay until “after the holidays”; “after the kids start school”; “when things will be better in a couple of months.” (So again, you never actually start.)

- Perfectionism – “If I can’t do it perfectly, I won’t start.” (So again, you never actually start.)
- Over-planning – Planning is essential to success in any field, but if you get stuck in this phase it is another form of procrastination or perfectionism. (So again, you never start.)
- Unrealistic goals or deadlines – Too large a goal can overwhelm you and as a result you never start.

Hopefully, you can see the trend and understand that what is important is to **take immediate action** and just start! See our FREE BONUSES below to encourage you to do just that!



FREE Bonuses

As a thank you for reading this eBook, and to ensure your success through continual education and taking action, we have a number of **FREE** resources and special gifts for you.

For your continual education

We have created a special web page just for our readers with tips and information to help you on your health and fat loss journey. For your **EXCLUSIVE ACCESS** to these resources, simply click on the following link:

www.corehealthcoaching.com.au/free-resources

For additional tips and valuable information also visit:

- www.corehealthcoaching.com.au/newsletter
- www.corehealthcoaching.com.au/blog2
- www.facebook.com/Core.Health.Coaching

Special bonus: Time to take action

As well as these additional tips, information and resources, we genuinely want to help you accelerate your fat loss and health journey, and the best way we know how is to make this ***personal and accountable***.

So we would like to offer you a **FREE HEALTH AND WELLNESS CONSULTATION**. Valued over \$100, this 45-minute personal consultation, includes a Nutritional and Lifestyle Report. At the end of this, you will have a clear understanding of your health and wellness requirements, with an action plan to get you the results you want and need, to achieve a truly amazing healthy life.

To gain access to this bonus offer, you must **take immediate action** by simply clicking on the following link and completing your details.

www.corehealthcoaching.com.au/free-health-and-fitness-consultation

Again, thank you for reading this book and we truly wish you the best possible health and fat loss results. If you decide to take up our special bonus of a free consultation, I look forward to meeting you and being a part of your team to support your journey further.

Cameron Corish

Cameron Corish
Personal Trainer, Holistic Lifestyle Coach
Fitness Writer and Speaker
Owner – Core Health Coaching
www.corehealthcoaching.com.au

“Your health is your real wealth.”
Mahatma Gandhi