

THE 4-WEEK GUT BUSTER DETOX!!



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The 4-Week Gut Buster Detox

#1 Have a Goal weight and Calculate your Calorie and Nutrition Goals

Food

Calories: (Goal Weight) x 10 = _____ calories

Carbohydrates: (Goal Weight) x 1 = _____ g

Protein: (Goal Weight) x 1 = _____ g

Fat: (Goal Weight) x 0.25 = _____ g

Water: (Goal Weight) x 0.50 = _____ ounces

Stick to this everyday!!

#2 Rinse, Repeat, Rinse, Repeat...and Embrace Monotony

Enjoy the same low calorie lunch every day. A bowl of leafy greens for salad and vegetables with grilled chicken or a lean cut meat on top. A turkey or egg-salad sandwich and some sliced red peppers. Make lunch fast and simple. The more food choices you have, the more likely you are to step out of the measured routine of healthy eating and into the fast-food lane.

#3 Death to Fast Food

Cook all of your meals! You could save about 500 calories every day if you don't eat out

#4 Eat more Fruits and Veggies

Your primary source of carbohydrates should come from these and not bread, pasta and rice. Aim to eat 1 gram of carbohydrates of fruit or vegetables per pound of your goal body weight

#5 Try to eat 1 Gram of Protein per pound of your goal body weight

Protein will have you feeling satiated and build calorie burning muscles. The protein will satisfy you better and longer. Try and make protein apart of every meal. Por ejemplo(For example):

-2 eggs for breakfast: 25g

-A part-skim cheese stick and a handful of almonds: 16g

-A turkey and cheese sandwich: about 20g

-A steak and black bean burrito: about 60g

-A peanut butter and skim milk shake made with two scoops of whey protein powder: 54g

#6 Aim for 0.25grams of healthy fats per pound of your goal body weight

Fat aids in digestion and transports important fat-soluble vitamins A, D, E and K

#7 Absolutely no Alcohol.....Why?

- Alcohol impairs your body's ability to burn fat by up to 36% according to a Swiss study
- Beer, wine, and cocktails can be high in empty calories
- Drinking tends to lead to the eating of a lot of salty snacks
- Alcohol doesn't provide any feelings of satiety, so you're likely to drink these calories in addition to the calories you're eating...Yikes!

#8 Eat more Fiber

This is a weight loss "Secret Weapon". Fiber reduces the absorption of sugars and fats in your bloodstream, lowers your body's insulin response, and puts the brakes on weight gain by helping you control cravings. Aim for 25-30g of fiber each day and not in one meal, because your body will not take it too well. (i.e.....can result in the runsss...GET THE PICTURE?...wait, that's not a pretty picture, nvm)

#9 Drink Lots of Water

Water helps feel you up so that you don't eat as much. Drink at least half of your current weight in ounces every day. Shooting for 12-18 cups a day is a good rule of thumb. Also it has been found that drinking plenty of water will increase your Metabolic rate by 30%. ([Berlin's Franz-Volhard Clinical Research Center-WebMD](#))

#10 Consume zero liquid calories for the first week. No liquid with sugar in it, and no calories.

You may only drink water, lemon water, unsweetened tea, black coffee. No soda pop(And yes, that even means diet drinks), fruit juices, milk, sports drinks, sweetened tea, coffee. Try making a smoothie instead with REAL FRUIT!!!!(I use the [NutriBullet](#))

#11 Avoid added sugar at all cost!!!

For the first week avoid all added sugars or artificial sweetener in your coffee and tea. Do your best to avoid eating products made with sugars and artificial sweeteners, such as low-calorie yogurts, deserts, and baked goods. Avoid jellies, and jams, and honey and brown sugar

#12 Hungry?...then you should have another apple. Eat more vegetables. Try distracting yourself. Studies show that getting busy with your hands quickly takes your mind off cravings. Hunger passes fast when you use simple tricks. Do not allow a grumbling stomach to lead your mouth to a bag of chips. Plan for cravings. I make my own trail mix to snack on. Try this for 4 weeks and watch the amazing results. Small habits over time make for more sustainable weight loss and a flatter belly.