

The Hystrength^(sm) Eating Plan

The overall Hystrength^(sm) eating plan centers around eating a low carbohydrate diet coupled with intermittent fasting. There are many reasons, but the sake of brevity, I will name the most important reasons.

- Faster fat loss. Eating fewer carbs will drain the glycogen stores in the muscles faster, and tap into the fat stores sooner.
- Appetite suppression. I have certainly noticed that when I keep my carb intake low, I do not get as hungry as soon as if I had a higher carb meal.
- Health. The primary age related disease seems to be diabetes and it's cousin, metabolic syndrome. These conditions are brought about largely by a high carbohydrate diet. For a point of reference, the average person should take in 150 grams of carbs a day, tops. In most cases, less would be better. What does the average American take in? 300 grams a day...plus! Ouch.
- Mark Sisson, author of The Primal Blueprint, recommends these guidelines: 50 grams or less a day for fast fat loss, 100 grams a day or less for steady fat loss, and 150 grams a day or less for health and maintenance. We think women in general should take in 100 grams a day...tops! Men can do the 150 grams a day.
- Intermittent fasting is a great tool for fat loss. As with a low carbohydrate diet, intermittent fasting will drain the glycogen stores and Make the body call on the fat stores for energy. Moreover, I find that it helps with appetite suppression as well.

Here is what we recommend that you can eat liberally:

- Beef
- Chicken
- Fish.
- Pork.
- Eggs.
- Nuts, preferably almonds, pecans, macadamia nuts, Brazil nuts, cashews, and so on. You can have peanuts, but eat these sparingly (I will explain in more detail elsewhere).
- Sweet potatoes.
- Green leafy vegetables such as spinach, leaf lettuce, mustard greens, and so forth.
- Other vegetables such as tomatoes, avocado (very good for you!), broccoli, cucumber, and jicama. This list is endless, and can give you a great variety in your eating plan.
- You can use butter, ghee and coconut oil for cooking (these are actually the best oils to use for your health).
- Cheese.
- Use Olive oil for your salad dressing. Balsamic vinegar and Olive oil is a great tasting dressing, and good for you. When you can, use first cold pressed Olive oil. The nutrition is better.
- Whole milk or heavy cream for your coffee, but do not drink them liberally.
- You can have coffee, but I recommend to limiting your coffee intake to only the days you workout. You will get a much better kick from your coffee, and you will not attenuate to it.
- Tea.

- Dark chocolate. At least 77% cocoa content.
- Wine. Note: do not drink often and liberally, the calories will catch up with you if you do. We have one or two glasses of wine about two or three times a week.

These items we recommend you refrain from:

- Rice.
- Bread. Yes, this includes “healthy” whole grain breads.
- Pasta.
- Beans.
- Potatoes.
- Fruit.
- Sodas.
- Fruit juice. This also includes drinks such as Gatorade, Red Bull, and any other energy drinks.
- Fast foods.
- Processed foods.
- Sugar, and for that matter, do not use aspartame or any other artificial sweetener.

Of course, you can design your meal planning anyway that you like based on your tastes, and I encourage you to do so. You take ownership of your program that way, but here is an example of how to do it:

- Breakfast: Eggs scrambled or as an omelet with veggies and/or meat.
- Lunch: A handful of nuts, or a salad with chicken (fish or pork will work as well).
- Dinner: a 6 ounce portion of fish, meat, or chicken with a salad with Olive Oil and Balsamic vinegar.
- A glass of wine.
- Use coconut oil for cooking your meat in the evening, and you can use butter or ghee for your eggs. You can also indulge in some dark chocolate. This can satisfy the sweet tooth without triggering an insulin response. You can marinate your meats and cook them over an open flame or in a skillet, or you can bake them. Baking is healthier, but I admit that I prefer frying. You can also have leftovers from the night before for breakfast, or even skip breakfast from time to time (this is known as intermittent fasting...a very good thing to do).

I believe that adding intermittent fasting has many great benefits, and I also encourage you to practice this as well. Intermittent fasting should not be confused with long term fasting and deprivation. It simply means skipping a meal or two from time to time, or maybe fasting for one day. That's it. Research has found that fasting for 12 to 14 hours at a time works very well, so a popular way of applying intermittent fasting is by skipping breakfast and eating the first meal around noon. I know “breakfast is the most important meal of the day” is what we are told, but that is not true. You will be just fine skipping breakfast every once in a while.

This is an overview of the nutrition program we recommend. We go into more detail about the program on our website: www.hystrength.net.