



TOP TIPS

lifestyle secrets

- **YOUR KITCHEN** is your nursery, grow it into a well-educated Banting Bounty, and make this the most natural, easy transfer to a 'new you,' you will ever make.
- **LISTEN TO WHAT YOUR BODY NEEDS**, Banting is an excellent appetite controller, protein and fat are filling, sustaining and pure, carbs are just fattening.
 - ENERGY is your ultimate prize
- **MEAT**, Go to the Butchery – choose fatty cuts, cheap, tasty and healthy, if you ask for it to be deboned, ask for the bone thereafter.
 - Banting is a 'Low Carb High Fat' diet, not high Protein, so average your daily protein intake to approx. 0,8g – 1.5g per kg of body weight per day, the former for low level of exercise and the later for high intensity exercise.
- **VEGETABLES** are your best friends, low in carbs, bulk out your meals, and increase your fiber, the greener the better.
 - Eat your vitamins – supplements are a wonderful convenience; however, remember your goal should be to get them from your healthy choices of food, so concentrate on a variety.
 - Buy fresh market produce, vegetables that look like what they are.
- **FAT** is your friend, consider your calories, but let your body adjust to this improved fuel source, be comfortable with your intake, not scared of it.
 - Animal fat is the core of Banting; it's the most natural fuel source. No matter the quantity, it fills you up and sustains you for longer, curbing snack attacks and over eating. Eradicating cravings is the most illuminating experience, break the control food holds over you and determine what goes in your mouth with knowledge and respect for your body.
- **PLAN TO EAT**, prepare your mind for when and where to expect food; don't let your brain be controlled by cravings for the unknown. It is ideal to take maximum advantage of spacing food intake 5 – 8hrs apart, to maximize weight loss. Even the smallest snack will break this period.
 - Week 1 – 3 meals a day with mid-morning and midafternoon snacks, 2 beverages a day (tea/coffee, hot/cold), water, water, water, try to take in at least 3 l per day ... watch for dehydration during the adaption period.
 - Week 2 – 3 meals a day, 2 beverages (tea/coffee, hot/cold), water.
 - Week 3 – 2 meals a day, with midday snack, 2 beverages (tea/coffee, hot/cold), water.
 - As a working culture, eating properly can be a logistical nightmare, especially when in a new 'diet'. In an ideal world, by this point you should be able to do 1 of 2 options:
 1. Early breakfast sizable and satisfying, lunch time snack and early dinner.
 2. Brunch, mid afternoon snack and later dinner, enough to sustain you till Brunch.

- Remember, just because society has given a meal a name for that time of day, doesn't mean you need to limit yourself to the traditional options, be creative and eat what works for your body and what you enjoy.
- Sneaky trick – eggs fill you up, they are the most naturally balanced things you will ever eat. Always cook too many, if you still hungry, eat more.
- **HIDDEN CARBS** are the killer of most enthusiasts. Be real with yourself, if you not sure of the carb content, then it's probably not good for you. Your first trips to the shops will be nightmarish... my simple shopping rule, look at the ingredients: if I can't say it, I can't eat it.
 - Decide how aggressive you want to be with your transformation, if you want a subtle approach then include the orange list with the green and accept the process will be vastly slowed. Alternately, go green, loose it and ease up later with the orange list.
 - Ready-made foods, seemingly 'healthy' generally aren't, be vigilant of the traps out there.
 - Low fat is a farce; in most cases there is a massive inclusion of carbs to compensate for the loss of flavor from the limited fat in the product.
- **ZERO STARVING REQUIRED**, but mind that you don't over eat; eat till you are full. Although there is no need for the agonizing paranoia of calorie counting, remember to keep calories in check.
- **SENSITIVITIES** can be discovered in response to:
 - Dairy, which is fat and lactose, and lactose is sugar, and can cause a problem. To those cheese lovers out there, don't run, it's fine, but it's about moderation. Woman, beware of the plateau and drop if you hit a wall. Always go with full fat options, cream is good, the whey is not. Butter is your best friend.
 - Nuts are low in carbs, high in fat, but some people, especially woman show specific sensitivity to them. Stick to those on the green list. Macadamias are best with plenty good fats, and Almonds packed with fiber. Go with raw or toast yourself in a dry pan. Conventionally, toasted nuts are fried in damaged seed oils and are quite simply no good.
 - Fruits are fructose and the idea that it's a safe sugar is miss leading, sugar is sugar, eating fruit is to carbo-load. If you want to lose weight quickly try to cut completely and if you must berries are best but be careful.