

LIVELEAN20  
DIET



# 9 NEW RULES OF LIVE LEAN EATING



## [1] ONE Ingredient Foods

For the majority of the foods you put in your mouth, stick to the foods Tarzan ate, not Homer Simpson.

In other words, Live Lean foods that come from the earth, not from a box, bag or laboratory.

Packaged processed foods, including most foods with a big “Diet” label on the box, contain chemicals and preservatives that are foreign to our body’s digestive system.

Essentially the food goes in our body, then our digestive system is like, “WTF am I supposed to do with this”.



## Now I'm not saying you need to be 100% compliant and perfect with this rule.

But I am saying the majority of your food should come from foods like meats, vegetables, fruit, nuts, seeds, and oils like coconut, olive, and avocado. Foods from the earth.



*Now here's the new spin on this rule that I just became aware of.*

Although there are 1000's of different varieties of one ingredient foods to choose from, I now like to keep it simple, as I've found my body looks and functions optimally when I simplify it down to a core group of 20 Live Lean super foods.

Not only does this make it easier to shop and keep the fridge stocked, but I can always mix and match the foods (and occasionally swap out comparable foods) to make delicious and easy recipes using just the core 20 foods.



## [2] Quality and Quantity is KING, Timing Is a Peasant.

This is one of the rules I've changed over the years.

I used to be a *freak* over ensuring I ate 6 meals a day, every 3 hours, to ensure my metabolism was on fire, and protect my hard earned gains.

Now I'm not saying this is wrong, but I am saying meal frequency is a less important topic than you think, especially if you're NOT training to be the next monster sized bodybuilder.

Living Lean is a sustainable lifestyle so you need to make it fit for you.



If that's eating 3 bigger meals a day, do it.  
If that's eating 6 meals, do that.

Experiment and find what works best for *your* specific goals and lifestyle.

At the end of the day, for the average person, it's more important to be closer to your calorie and macronutrient goals.

## [3] Track Your Macros When...

If you want to lose 20 lbs in 2 months, it's time to dial it in, meaning you should calculate and track your calorie and macronutrient requirements.

Doing this was a game changer for me early on in my Live Lean journey.



Now that's not to say you need to weigh your food for the rest of your life.

By measuring food portions and calculating your daily protein, carbohydrate, and fat consumption, you're training your mind to eventually be able to eyeball portion sizes.

In other words, after a few months of training, you'll be able to look at a plate of food and roughly guess if it fits your nutritional needs.

Now, if you don't have a specific goal or date in mind, and you're okay with your transformation taking more time, then you can get away with not tracking macros, ***IF you stick to rule #1.***

By focusing on eating whole foods, nature tends to take care of itself as your body will be more satiated and energized, thus reducing cravings and overeating.

But if you feel frustrated by your lack of results, then it may be time to “dial it in” and get more serious about measuring your portions.

## [4] Prepare Food in Bulk.

Being healthy doesn't mean you need to be a slave to the kitchen.

Avoid living your life in the kitchen by cooking foods in bulk and having a few simple, go-to recipes that don't require you to be a world class chef, or have to scour the earth to find unique ingredients.

When it comes to meal prep, don't just cook one chicken breast, cook at least 3-4 pieces, then store the rest as leftovers for quick meals and snacks.

It's much easier to stick to healthy eating when you have access to quick, delicious, and easy to make recipes, as





well as always having healthy, prepared foods at your disposal.

## [5] When Timing Is King...

Focus on eating the majority of your carbohydrates along with a protein source after your workout.

Higher carb foods can be your friend, when you earn them by hitting your workouts, then refueling afterwards.

This is when the body is primed to help you recover faster, by restoring lost glycogen in the muscle and liver cells, not fat cells.

**Yes, this means it's ok to have carbs at night, IF you workout later in the day.**

Simple carbs like maple syrup and honey are good, fast acting, post-workout sugar options.

Also, if you have to indulge with a sweet treat, and you've already had your cheat meal for the week, the best time to do it is after an intense workout (think leg day).

## [6] Earn Your Cheat Meals.

Even though the majority of your food should come from meat, vegetables, fruit, nuts, and seeds, this doesn't mean you can never have a piece of pizza again.

But first, you must earn it.

*Living Lean is about balance.*

By eating healthy and training hard, you can still enjoy a weekly cheat meal, preferably on the weekend when you're socializing with friends.





At this frequency you likely won't notice any negative effects, and it will keep you from feeling deprived of a social life and the thought of never being allowed to eat your favorite foods again.

When having a cheat meal, *have a real cheat meal*, enjoy it, and then get back to healthy eating and working out the next day.

## [7] Drink Water, Not Sugar.

Your body is primarily made up of water, not soda. Unfortunately most people re-fuel with sugary drinks like soda and juice, rather than calorie free water.



Most sugary drinks are the worst culprits when it comes to excessive fat storage because they're essentially empty calories as they lack the key nutrients like protein, healthy fat, and fiber.

These high sugary calories quickly add up, throwing you way over your calorie requirements without filling you up.

In fact, they also spike hunger in your body making you crave more food.

Choose water or black coffee or unsweetened tea over calorie bomb sweetened tea, coffee, sugar spiked soda, or pasteurized juice.

Depending on your body, climate, and activity level, aim to drink at least 2-4 liters of water everyday to keep yourself hydrated, balanced, and satiated.

## [8] Don't Be Fooled by Fat-Free "Diet" Foods and Bogus Supplements.



If you're following rule #1 this should already be covered.

Typically foods that have been modified to be lower in calories are higher in sugar and unhealthy chemicals that can mess with your internal fat burning furnace.

Also supplements are supplements. In other words, they're intended to supplement your diet of any deficiencies, NOT replace it.

Nutrition, training, recovery, then supplements.

That's the order of importance.



## [9] Stop Stressing About it. Strive For Progress Not Perfection.

One of the big lessons you'll learn about Living Lean is that it's not about perfection. When you let go of the desire to be perfect, you let go of the stress related to food.

Food is your friend and will become your best ally in reaching your fitness goals when you follow these rules.

You'll also embrace social outings rather than becoming an anti-social, miserable hermit, thus allowing your journey to be much more enjoyable.

So let go of the pressure to be perfect and just focus on small daily progressions. These consistent small wins will add up to big time, long-term success.