

# The Confused Food Lover's Guide to Weight Loss

## 3 Eating Guidelines

First Edition

**Henry M. Dubois**



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### 3 Eating Guidelines: The Confused Food Lover's Guide to Weight Loss by Henry M. Dubois

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This book is solely for informational and educational purposes and does not constitute medical advice. Please consult a medical or health professional prior to beginning any exercise, nutrition or supplementation program or if you have any questions about your health.

In a day and age when there are almost as many “dieting” choices as there are types of food, a few simple ideas, proven through science, study and experience have shown to be the most effective tool for losing weight, becoming healthy and staying that way. The checklist will give you a quick overview and show you how to filter out the noise about food and dieting and focus on the things that have been shown to deliver results.

# Food is Your Friend

Food.

In all the years we've worked out and trained people it always seems to come down to food. This is my perspective on the things we've seen over the years. Hopefully, you'll get a few ideas that cut through all the BS you've seen and heard about eating.

We want to push you in a direction that will help you reach your goals. Even better, we'd love it if you could stay there as long as you like and have the confidence to set and reach new goals at any time.



As I said before, it always seems to come down to food. It's been the downfall of so many. From well-intentioned but bad advice to diet programs that just don't work.

You've worked hard in the gym only to think your workout program has been ineffective when it's actually been the way you eat. But for those who got and followed the right nutrition advice, it's been the Powerball that has amplified their success beyond their wildest dreams. I want you to be the big winner (or loser if you're trying to take off pounds) and I wrote this because realizing these simple ideas helped us reach our goals.

And we've dedicated ourselves to helping others reach theirs.

Just so you know, I don't think the word "diet" is bad. So, when you hear me say diet please don't be scared. Don't think this is some new fad or the next crazy thing you'll try that won't work. Diet is nothing more than what we eat on a daily basis. What you eat, how much of it and where it comes from can be good or bad, helpful or detrimental – and it's your choice – you have the power to make it that way.

But I think the word "dieting" is horrible.

To us, dieting is a program you have to follow with arcane rules that might work and even get you to your goal – for a little while. You're more likely to look at yourself sometime later and wonder how, after all that work, you ended up back in the same place you started. Don't worry, we're not going to use the word "dieting" here.

We're going to eat. We're going to love eating. We're going to celebrate food. But we're also going to know and understand a few simple facts about it.

I think you'll find the three simple points to be, well, simple. But I think there's a power in that simplicity. Nothing much has changed in the way of nutrition or weight loss in a long time. The same basic principles work.

They always have and they always will.

We know you're inundated on TV, social media and talking with friends and coworkers about the latest method for losing weight or achieving that magazine body. Take heart, you haven't missed the one trick you need to make all your weight loss dreams come true. There's not a silver bullet out there. We're going to give you three ideas, two of which have been proven through research and science and the third we've discovered during our years of coaching people.

They're simple and they work.





# 1.

## Calories determine weight loss or gain.

Period.

Study after study has shown the only overriding factor in weight loss or gain is energy balance. That's a fancy term for this point – you have to eat less than you burn. There's just no two or three or four ways about it – taking in more energy (calories) than you burn will result in weight gain.

Focus on the simple idea that we have to work every day to burn more than we eat if we want to lose weight.



Don't let anyone fool you, there's not a magic method or miracle eating plan that will allow you to consume 5,000 calories a day, only burn 3,000 and lose weight. It just doesn't happen like that. Don't be discouraged. This is a simple and powerful point we're going to use to move us toward our goal. If we want to see the scale move in a downward direction we're going to make our bodies burn more than we eat – or drink. If we want to bulk up and gain weight we're going to consume more than we burn.

Simple.

A calorie is nothing more than a measure of the energy present in food. Our bodies use that energy to get us through our day. It helps to repair our cells, add new muscle (or fat), fuel our workout, go to work, take the kids to soccer or simply breathe. The energy in food powers us through life.

The body is a wonderful machine. When we eat more than we burn; it very efficiently converts that excess energy into fat. In the times we eat less than we burn it will use that fat to supply energy for us to live. Think back to ancient times when food wasn't always readily available and you had feast or famine. That's how our bodies got so efficient at storing and burning fat.

But life is much more than that and food is far more than just energy for our bodies.



Humans have a complex relationship with food that goes back thousands of years. All of us can think of family dinners, cookouts, happy hour with friends and, of course, Thanksgiving. Food and eating are a fundamental part our lives.

To us, feeding the soul is as important as feeding the body. Living life to its fullest should be about enjoying great times with our loved ones – and that includes those wonderful eating

rituals. So a piece of chocolate, a slice of pizza or an ice cold brewski is not forbidden or even out of the question. We're just going to make sure we understand the relationship between what we're consuming and what we're burning.

## 2.

# The ratio of protein to carbs to fat determines what your weight loss or gain looks like.

Have you heard the term “skinny fat?”

Wouldn't you hate to lose all that weight and find out most of what you lost was muscle? Or that you tried to “bulk up for summer” and mostly added fat? Most people trying to lose weight are trying to lose fat. And most people trying to gain weight are trying to gain lean muscle. If you're going to do all that work let's make sure you get the most out of it by eating in a way that gives you the best results.

The ratio of the three macronutrients in our diet – protein, carbohydrates and dietary fat – determines our success. Let's do a quick rundown of what they are and their importance to our health. We're not going to worry about how much of each we need to eat or how we'll measure it. Let's keep it simple and we'll come up with a plan for that later.

### Protein

Protein is an essential part of all living organisms and forms the structural components of our body. Protein is important during training for preserving, repairing and rebuilding our muscles. No matter whether you're working out regularly or not, a diet high in protein is just plain good for you.

For those eating to lose weight, a high protein diet is crucial to preserving the muscle you already have. Ideally, we'd like to get our protein from the highest quality, whole food sources such as lean red meat, chicken, fish, turkey, eggs or low-fat Greek yogurt.



### Dietary Fat

Of all the macronutrients, dietary fat has the highest amount of energy per gram.

Forget all the low-fat/fat-free craziness you hear about. Dietary fat is critical to maintaining healthy cells, hormone balance and brain function. Have you heard the term “essential fatty acids?” They got the name because there are a few of them your body can't manufacture. You have to





get them from food or supplements. Delicious and healthy fats such as walnuts, almonds, cashews, avocados, quality olive oils and the fat in whole eggs and red meat should be a part of your diet in order to help you gain lean mass and strength.

## Carbohydrates

We can't finish without mentioning everyone's favorite villain – the poor carbohydrate. We love carbs as much as you do. And that's nothing to be ashamed about. They're your body's favorite source of fuel – especially for workouts. They help your body replace the energy you use while exercising, they help with insulin sensitivity so your body delivers nutrients in the most efficient manner possible and they help synthesize all that protein we're eating.



There are wonderful carbs you can and should eat to promote weight loss, muscle gains and energy and vitality. Think of delicious whole grains, fresh vegetables, leafy greens, fruits and berries, brown rice, steel cut oats, potatoes, sweet potatoes and quinoa. These are all delicious, nutritious and should be a part of your diet.

Eat these three macronutrients in the right proportions and you'll greatly increase your chances for success whether it's losing stubborn pounds, adding lean muscle or just feeling healthier and more energetic.

The amount you'll eat of each will be determined by your goals. Someone trying to lose weight will find it easier with a diet high in protein while eating a slightly lower amount of carbs and fat. Those trying to add lean muscle will do better to eat a diet higher in carbohydrates relative to protein and fat. But there's no reason to eat any of the macronutrients in excessive or tiny amounts.

A well-balanced diet, eaten in the correct proportion, will maximize our results. We'll develop healthy and easily sustainable eating habits that will serve us well for the rest of our lives.

### 3.

## You have to eat in a manner that works for you.

This is probably the most important of the three points.

And, no, it doesn't mean you can have beer, pizza and wings every night and be fine. Unless being overweight and unhealthy works for you. It just means that the key to reaching your goal and staying there is to use a method that's easiest for you. Understanding who you are, where you're going and what things work best for you are the keys to your success.

You'll also notice we didn't mention how much or when to eat. That's because it all depends on you, your goals, where you're at in your journey and where you'd like to go.

Take me as an example; I'm a very technical person. I'm pretty organized and I prefer to be precise about things. I like to eat several small meals per day. I also have very specific fitness goals and I've worked out and tracked what I've eaten for a long time. So I'm comfortable planning my meals based on the number of grams of protein, fat and carbs I'm going to eat, then weighing and measuring everything. That works for me and not only do I feel comfortable doing it – I prefer it that way.

And it's perfectly fine if that doesn't work for you.

You may be someone who's spontaneous and spur of the moment. You might like to eat larger meals. That works too. If you have a large amount of weight to lose, you've never tracked your food and have no idea what you eat on a daily basis, forcing my plan on you would be a disaster. You'll have trouble getting results, become frustrated and quit. But if you're someone who's gotten pretty lean and can't quite add muscle or drop into the single digits in body fat, you need to become more precise with your nutrition. My method or a variation of it might work for you.

Start by looking at where you are now. What steps *can* you take? What steps are you *actually willing* to take?



Try cutting out the caramel macchiato in the morning or the soda at lunch and, before you know it, that success leads you to bigger changes and bigger and better results. Can you start by writing down everything you eat for three days? Just take pictures of it with your phone so you can look back and see what your diet looks like.

The recommendations we have for our clients are based on their personality, where they are, where they'd like to go and what can be sustained over the long-term. There's no one-size-fits-all method.

A person trying to build their dream physique and go from 12% body fat to around 8% has to understand more precision with their food is going to be a requirement. But someone who has a lot of weight to lose can see big reductions on the scale with something as simple as dividing their dinner plate into sections and filling each of those sections with healthy proteins, carbohydrates and fats.

That can be a new lease on life for someone who has struggled for years to lose weight, become depressed and given up hope.

Whoever you are and wherever you're going, there's an easy way to get you headed in that direction. It's going to take some work but it's simpler than it's been made out to be.

A new beginning is always right around the corner. Past struggles don't mean you won't have future successes. Take a few minutes, think about the type of person you are, what you'd like to accomplish and take a few steps on your way to the new you. You'll get there before you know it.





# Some Ideas on Where to Start

So, there you go – the three simple ideas.

I know, we didn't tell you how many calories to eat, what ratio of macronutrients to eat or where to start.

So, let's talk a little bit more about how much you should eat and how much should be protein, carbs and fat. Understand this is a broad brush approach. Our coaching recommendations are based on detailed interviews with our clients and by taking the time to get to know them, where they're at in their journey, where they want to go and what things they can easily do. But I think we can give you a few things to get started.



First, anyone not currently logging their food, take an average three day period and write down everything you eat. Weekdays are usually best. Since most people work weekdays that tends to be their routine and it accounts for most of their eating for the week. If you can't write it all down at least take a picture of everything. Even better, write it down *and* take a picture so you can get an idea of the portion size.

Now take a look at what you're eating on a daily basis. You're smart. You probably know what you're eating that's not in your best interest.

What proportion is protein? How much of it is carbs from fruits and vegetables? How much is carbs from enriched white flour products like pasta, rice or bread? How much fat like canola oils or gravy? Is it all fried? How much is processed food? How much sugar and creamer in that coffee? (We love our sweet tea here in the south!)

Where can you make a change that will be easiest for you to accomplish? Make that change and, when you don't notice it anymore, find the next place to make an easy change. Then go for it!

The next time you fill your plate for a meal think about filling it like this: 25% of the plate should be covered with lean protein. (I'd actually prefer 35%-50% because I don't think anyone eats enough protein but this is a good start.) 50% of the plate should be non-starchy vegetables. The remaining 25% of the plate should be split evenly between starchy carbs like brown rice, whole-grain pasta or bread and healthy fats like avocado. Choose whole foods with minimal processing and remember that preparing them with fats and oils counts. Smaller people should use a smaller plate and larger people a larger plate.

Watch your weight and your clothing over time and adjust accordingly. Try to eat right 90% of the time. It's okay to have a treat in moderation. You'll go crazy if you don't. Make it a treat, make it reasonable and make yourself earn it.

Remember, just like you can't do one workout at the gym and leave looking like a physique model, you can't eat one or two correctly proportioned, healthy meals and think you're going to lose ten pounds. It takes consistency. Maybe you've heard the saying: it takes four weeks for you to notice a change in your body, eight weeks for your friends to notice and twelve weeks for the rest of the world.

Give it time.

We have to live in this body and we have to eat every day for the rest of our lives. Let's get comfortable with both so we can spend our days enjoying life, our journey through it and the wonderful people, like you, we meet along the way.





Would you like help applying the things you've learned here with an exercise program that will boost your results and have you looking and feeling better than ever? Wouldn't it be great to see the scale start moving and your body start feeling like it hasn't in years?

We transform busy professionals so they look and feel younger than ever. We act as your fitness concierge providing fitness expertise, programming, and tracking through our app. Combined with nutrition guidance, you'll get the most out of your hard work. Join our nationwide group of successful professionals who have made amazing body transformations, become healthier and achieved results they never thought possible. If you're ready to actually reach your goals then please [contact us](#) or [visit our website](#).

*Our life's work is to help people achieve things they never thought possible.*

*You should believe in you because we believe in you.*



We're Henry & Eva Dubois and we're the proud owners of Shifting Years Health & Fitness. After years of owning commercial gyms we finally built our dream gym here in our home. We use the gym for teaching local clients and for demonstration purposes for our remote, online clients. You'll have the option of training here at our gym, at your convenience in a facility of your choosing or both. Please [visit our website](#) and become a part of our fitness family. We're excited to embark on your fitness journey with you and will do everything we can to ensure you succeed. We want you to be proud of your accomplishments and enjoy the process. We're with you every step of the way!







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