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NUTRITION FITNESS

SOCIAL LIFE SURVIVAL KIT



YOU DON'T NEED TO GIVE UP GOOD TIMES FOR GOOD RESULTS

Remember all of those diets you tried in the past.

Where you went full pelt and completely cut out your entire social life, worked well for you right?

Something I always say: if the results didnt' last, it didn't work!

Full transparency, if you reign in the social life, put the blinkers on and go ALL IN for your transformation your results would be better... on paper

But there are 2 problems in real life.

1.Most people can't maintain that attitude for extended periods of time
2.It doesn't teach you any of the skills of how to deal with social life

So what happens if you try to live like a full-time bodybuilder and get some phenomenal results without a social life?

You either fall off track, or you get to the end and then put all of the weight back on when you introduce pubs and restaurants back into your life.

But what if I told you it didn't have to be like that.

What if I told you that there's more than one way to diet, and the way that we do things at NF Nutrition & Fitness allows you to keep your social life very active AND get into incredible shape!

Sounds too good to be true, but read on and you'll see that it's exactly what we do.

Using three very tested methods we can teach you how to make the most out of every week, enjoying nights out, meals out and generally just not needing to live out of Tupperware.

Now they are NOT A FREE PASS, they are tools that only work when you use them right!

METHOD ONE **BUFFER** » METHOD TWO **BANK** » METHOD THREE **BREAK**

1 BUFFERING

This is the entry-level strategy and almost always the first trick we will use to allow you to socialise and still make progress.

In short buffering is adjusting your meals on a given day to accommodate one of them being higher calories - some of you may have heard me call this "Calorie Banking". This is because I often compare calories to money.

If you typically have 2000kcal to play with and you split them evenly across four meals you would on average have 500kcals to play with for each meal

This is okay when are in routine, but we all know that 500kcal could disappear very quickly if you were eating in a restaurant.

With Buffering, we borrow those calories from other meals within that day to create a mid of room (a buffer so to speak)

This can look a few different ways

Swapping out some sources in your meals for lower calories sources
Normally have oats and whey for breakfast? This could be swapped for a shake an apple something that 'costs' fewer calories

Dropping some sources within a meal
Normally have toast and eggs for lunch? This could say the same but with one less slice of toast or egg.

Small changes like this across 2-3 meals can save a few 100 calories to spend, aim to always save these from your carbs and fat sources first - it'll make it easier to hit your protein target for the day.

Dropping a meal entirely
If you normally have 3-4 meals per day you might want to drop this to 2-3. This would typically come from dropping breakfast or your last meal. Making space for a larger brunch or dinner out.
It's important that if you do this you still hit your protein intake for the day, which might mean the 'non-social' meal is front-loaded with more than your usual protein amount.

1 BUFFERING

BUFFERING HAS IT'S LIMITS

You will want to keep buffering to less than 30% of your total daily calories allowance. So again those above 2000kcal would mean that you don't want to be trying to take any more than 600kcal from other meals.

This stops you from running into hunger issues by over restricting - If you exceed the 30% mark you will exaggerate your hunger levels during or after your social meal and can quickly find yourself overeating.

You might have already done the maths on this if have a smaller calorie goal, if you have you will notice that buffering is alot harder when you have 1400kcal.

This is why we have banking.

BUFFER: Adjusting daily meal structure to stay within your total caloires

One member of the team "buffers" daily making room for dinner with her partner

2 BANKING

Banking is the go-to method for those who have a smaller daily calories target, are in larger deficits for quicker results, or have social plans at least once weekly. You might find that even a modest meal out and a few drinks can take up a very large portion of your daily target.

There's no way to sugar coat it, dieting is harder when you have a smaller budget to play with but you don't need to eat within your target everday just to lose body fat.

Your body doesn't work on a reset clock like your MyFitnessPal, so long as you are within an average of your daily target for the week then you will still drop fat as expected.

This means for meals that would cost more than 30% buffering then we switch to Banking

This is where we skim some calories off the top each day and save them up ahead of the social event. With the money analogy - imagine you have a weekly budget of £100. You may spend £50 Mon-Fri over 5 days then £50 at the weekend alone but you are still within budget.

The same goes for calories. You don't have to have 1 goal every single day. If you "save" calories Mon-Fri you will have banked up extra to use for your drinks at the weekend!

2 BANKING

BANK: Adjusting weekly meal structure to stay within your total caloires

One member of the team calorie banks most weeks to have a few drinks at the weekend

3 BREAKING

We both want you to get class results, but sometimes there's certain events that mean more to you than fat loss does and thats totally okay

This is where breaking comes in.

I'm not going to be asking you to stickto your plan when you're on holiday,

when you have a wedding weekend, a birthday etc!

This is something I only really give the 'green light' for for bigger events.
you neighbour your barely speak to throwing a BBQ party to celebrate their new garden doesn''t cut it!

Breaking is also used in terms of a "diet break" when someone has been on the same plan over a long period of time. There is an awesome mechanism called reverse dieting that allows you to slowly increase calories after a long period of a deficit where you eat more food but continue to lose fat! I only recommend this to certain clients - and you have to do it right. But this is another function of "breaking".

Consistency creates a transformation, not one week of effort, but weeks and months of doing the right actions and letting the 1% wins add up!

3 BREAKING

BREAK: Having a day(s) at maintence to improve long term results

One member of the team used Breaking to enjoy her wedding weekend and not think about food