

Tips For Faster Results

This is just a quick list of tips to answer some of the most commonly encountered questions and challenges on the program.

Can I Snack?

If you're doing this right eventually you won't need to snack, you should be eating enough each meal that you don't feel hungry in between meals. That being said from time to time we all get hungry in between meals.

For that reason if I'm going out and not sure the next time I'll eat I tend to carry a swag bag of nuts, avocado and tinned sardines in case I get caught short. When I first started I took this swag bag with me **EVERYWHERE**.

Very often this was more for the psychological comfort of knowing I had it and wouldn't starve than because I actually needed it.

I Don't Have Time To Cook

This is a common one. For this reason I've designed a lot of the recipes to be very easy and quick to prepare. ***I am far from a culinary Masterchef but can whip most of these up in a few minutes.***

When I first started I tended to eat the same thing over and over again. In fact I ate my green smoothie recipe for breakfast and the big ass salad almost every day for about 2 months. **This is fine.** By free styling a little bit with the ingredients of both depending on what you have in stock that day you can even make sure you're getting a bit of variety in there.

The other way around this is when you do cook to cook **LOTS**. Store the left overs and you can have them again and again.

If I have a big week ahead of me I'll often cook up a few things on Sunday afternoon and then store them for the week.

I Can't Cook

Neither could I when I first started, again I've made the recipes bloke proof as much as I can so even us with zero culinary flair can manage.

For those interested in actually learning to cook in record time I'd recommend the book ***"The 4 Hour Chef"*** by Tim Ferriss, for a quick journey into becoming a master chef. This literally changed my life when starting out.

I Travel a LOT or Have a Difficult Routine

Now I know a lot of you travel a lot or simply have routines which don't allow you much time to organise your lives around a particular way of eating. I want you to realise that this fuel plan is designed as a sliding scale. This is why I've presented the food stuffs as green/black/red and given you the scales in terms of food quality.

Remember: **Perfect is the enemy of good.**

Is it better if all your food is grown in your back garden, in a perfect climate, with the most nutrient dense soil on the planet, harvested at midnight on a full moon by druids wielding silver sickles and delivered to your plate by fairies?

YES of course of it, but it's also totally unrealistic.

Don't stress the minor things. If you are traveling try to get the majority of your foods from the green and black lists and you'll be doing ok.

I need you to realise one thing:

*The negative effect of putting shit into our bodies is **MUCH** more harmful than the positive effect gained by eating perfect foods.*

So whenever you're travelling or in a pinch, focus on protecting the downside and you'll be 80% of the way there.

Do I Have To Eat Like This Forever?

In a word...NO.

You may well choose to eat like this forever once you see the benefits but it's certainly not essential.

As mentioned above, "*The negative effect of putting shit into our bodies is MUCH more harmful than the positive effect gained by eating perfect foods.*" So this initial 6 weeks is about finding out what those negative things are for you. The best way to do this is to eliminate them Cold Turkey.

Once you understand what these foods are and the consequences associated with eating them you are free to choose if the benefits outweigh the consequences.

All I am really offering is choice. My goal is that by the end of this 6 weeks you know how a certain food will effect you and so can live your life free of the fear of food and its potential effects on your waistline.

The other side to this is that very often once we allow the body time to fully repair itself, foods which you were previously sensitive to no longer have any effect.

For example when I first started down this road dairy was the devil, I'd eat it and feel terrible all day. Now I can happily wolf down a pot of Greek Goats Yogurt and feel great as my body has repaired to a point where it no longer just deals with it, it thrives on it.