

# \*\*\*Introduction to the 30 day\*\*\* 'Nutrition Diet diary & Supplement plan by Graham Healy

'Confusion' would be the best word to describe the 'misinformation' regarding Nutrition/Diet & Supplementation. The 'bottom line' for any 'claims' is to ask the following questions:

- 1) Is the method getting the correct Results ?  
Are those results accurately Defined and calculated ? be it training, Body-fat levels, Nutrition/diet & supplementation ? Is there a clear strategy to 'cover all bases' in place?
- 2) Am I being accurately Body-fat tested to see those Results are Valid ?  
This includes 'projections and goal setting' including time frames and estimations of body-fat levels/ body composition % over time taken ( every 4 weeks)  
Or is it just Guess work ?
- 3) Am I TOTALLY SATISFIED with my progress ?

Chances are that you are you are 'not satisfied' with your progress and are 'sick and tired' of the 'confusion' lets 'clear the air' and get to the **BOTTOM LINE!**

Attached to this 30 day 'kick starter' nutritional plan is some educational information were I have answered some 'frequently asked questions', however, I will highlight some important points here.

## **1 KG OF BODY FAT = 7,700 CALORIES**

Have you wondered why , you can exercise your 'heart out' and never really make a 'dent' in your body-fat levels even though your are getting fitter?

Here is a simple exercise in maths ...if you exercise 60 minutes per day 6 days per week (average calorie burn = 7/cal per minute x 60 = 420 calories per hour x 6 days = 2,520 calories !)

1kg FAT = 7,700 calories:-2,520 = 1/3 rd of a kilo of body fat burned in energy !  
or put another way 7,700 calories(-420calories = 18.33 hrs per week :-6 days = 3.05 hours exercise per day to burn 1killo of body fat ?????) ...over 3 hours of training per day to burn 1kg of body fat ?????

WHAT THE ???

No your exercise is important ! (by increasing basil metabolism), but without a calorie controlled nutritional plan your chances of **REDUCING BODY FAT** are just about impossible !.

## **HOW DO I REDUCE BODY FAT & KEEP FIRMED AND TONED ?**

Your body burns about 2,000 calories of energy (this varies on the size and sex of a person) , however, this is a good average.

HOW DO I REDUCE UP TO 1 KILO of BODY-FAT per week ?

Well we can get all 'scientific here' but lets just 'keep it simple' and tell you what works based on my experience and the fantastic 'before and after shots' that 'silence the critics' as 'proof of the methods'.

DIVIDE 7,700 by 7 days = 1,100 calories reduction per day to burn up 1kg body fat

(Provided your protein & 'good fats' level stay constant in most cases about 100 grams Protein for women and 200 grams Protein for men , 30 to 50 grams of 'good fats' if you require just body fat reduction)

We will work out what is best for you according to your body weight !

NOW ...we do a Matrix/cycle of Weights training to 'preserve muscle tissue' at the same time we incorporate a 'intensive cardio' cycle to collectively increase your basil metabolism , control your calorie in take (with the correct protein, fats and carbs) and of course recommend some supplements to aid 'recovery' along the way.

## **OBJECTIVE : to make you \*LEANER \*STRONGER \*FITTER \*HEALTHIER**

Total Calories Consumed - less exercise calories burned {(-) basil metabolism (then weight stays the same)  
(note: only by careful 'expert' manipulation of training pattern and calorie count +% P.F & Carbs to get results) {(-) basil metabolism (Body fat reduction)  
{(+ ) basil metabolism (increase muscle tissue)

\*note : you can reduce body-fat and increase muscle tissue at same time (firm and tone ) by simply adjusting the calorie counts and the exercise routine to suit your particular objectives

## **BOTTOM LINE**

If we don't look at the 'whole picture' in the perspective of getting **Leaner\*Stronger\*Fitter\*Healthier** and applying the 'strategy' to 'cover all bases' then we are doomed to fail! . It can be extremely complex , however, **Healy's tried and tested systems will make it easy for you**, if you follow the plan, you will get the desired results **GUARANTEED!** Yours in health and fitness,.....Graham Healy



**TABLE (1) energy formula calculations and example calorie counts**

Total calories Consumed	- Less Exercise Calories =	Net Calories	-Less Basil Metabolism	*assume basil metab. = 2,000 calories
Example..... 2,400 calories consumed	Less 400 calories Exercise	= 2,000 calories net	= same	= Same as basil Metab. Weight says same i.e. 2,000 calories
1,500 calories consumed	Less 400 calories Exercise	= 1,100 calories net	1,100 - 2,000 cal = - 900 cal weight(fat)loss	- Less(deficit) Weight(Fat) loss
3,000 calories consumed	Less 400 calories Exercise	= 2,600 calories net	2,600 cal - 2,000 = + 600 cal weight gain(muscle)	More than basil Metab. = weight Gain (muscle gain)
Whether the calorie by careful 'integrated'	Count is in <u>Excess</u> , manipulation of % 'Weights & cardio' →	<u>Negative</u> , or <u>Same</u> <u>Proteins, Fats &amp;</u> training program as	body composition <u>Carbohydrates</u> as well as appropriate	is determined well as an <u>Supplementation</u> For recovery !

**THE BODY BURNS 100% BODY FAT AT REST ! Remember basal Metabolism=energy for heart,lungs,blood flow etc**

Hang on ??? when do I burn 100% BODYFAT , I thought it was during LOW INTENSITY EXERCISE ?

Sorry, WRONG AGAIN !

In fact, Low Intensity exercise , practically burns zero fat ??In fact HIGH INTENSITY EXERCISE BURNS MORE But, the relative FAT BURNING of LOW or HIGH is INSIGNIFICANT !!!

**WHY ?**

Lets do some simple maths again , say you do 60 minutes of exercise and burn 400 calories of energy 400 calories of LOW INTENSITY exercise energy system mix (Anaerobic to aerobic ) is about (50%to 50%) , 50 % of 400 calories = 200 calories of energy of FAT burned + 200 calories Anaerobic energy systems.

Now divide 200 calories of fat in 1Kg of FAT @ 7,700 calories ,  $7,700 \div 200 = 38.5$  hours of training at that rate to burn 1 KG of Body fat ??? 38.5hours divided by 6 days = 6.41 hours per day ??? 60minutes of HIGH INTENSITY @ 15 cal per minute =  $60 \times 15 = 900$  calories burned in 1hour

The ratio of Anaerobic to Aerobic energy systems is about 70% to 30 %

$900 \times 30\% = 270$  calories (note still more calories of FAT burned in HIGH INTENSITY) 1kg Fat = 7,700 calories 7,700 divided by 270 = 28.51 hours to burn 1kg of FAT , divide this by 6days = 4.75 hours per day exercise.

Note: HIGH INTENSITY still has a POST EXERCISE EFFECT ON THE BODY FOR UP TO 8 HOURS

LOW INTENSITY has practically NIL POST EXERCISE EFFECT

**PLEASE EXPLAIN ????**

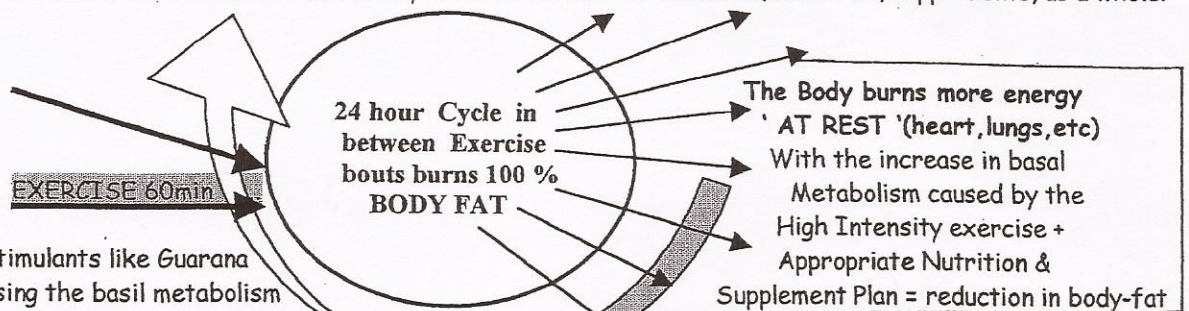
**Key Point 1)** Exercise in itself DOESN'T BURN MUCH FAT during the duration of training !

**Key Point 2)** POST EXERCISE (after you stop training) HIGH INTENSITY keeps the body's furnace(basal metab.) going LONGER ! than LOW INTENSITY EXERCISE and HIGH INTENSITY BURNS MORE FAT per unit of time, however, the FAT burned in both cases is really insignificant in the big picture!

**Key Point 3)** YOU BURN MOST OF YOUR BODY FAT IN THE 24 HOUR CYCLE IN BETWEEN EXERCISE BOUTS !

In other words we burn 100% body fat at rest ( as far as our energy systems are concerned)

However, the exercise itself acts as a CATALYST to SPARK UP the basal metabolism throughout the day or the 24 hour cycle between exercise bouts....this is why we must control the Exercise, Nutrition, supplements, as a whole!



NB: thermo stimulants like Guarana Assist increasing the basil metabolism Ie stimulate heart,lung,function to increase body temp ,and ..... Nutrition & Exercise plan 'in place' with a TOTALLY INTEGRATED approach with the correct ration of proteins/fats & carbs and body-fat testing along the way to PROVE that you are loosing BODY-FAT not valuable 'muscle tissue'...thus MAXIMIZING FAT LOSS !



**Table (3) PUTTING IT ALL TOGETHER**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Activity/Exercise commitment (weights & Cardio) versus Time**

Estimate of Exercise Time over 7 day period converted to Calories per hour=

Body weight =  
Now

estimate time taken to reach goal

Projected =  
(ideal)

Basil metabolism  
At 'REST'  
(account for activity)

Basil Metabolism calculations

MEN  $66 + (13.7 \times Wt \text{ Kg} + 5 \times \text{height cm.}) - (6.8 \times \text{age}) = \text{calories} =$

Women  $55 + (9.6 \times \text{wt kg} + 1.7 \times \text{ht cm}) - (4.7 \times \text{age}) = \text{Calories} =$

PROTEIN INTAKE =  
(based on weight)

GOOD 'FATS' =

CARBS =

**TOTAL ENERGY FORMULA**

TOTAL CALORIES	LESS EXERCISE CAL.	NET CALORIES	DEDUCT BMR ?	=	Loss/gain/same?
				+	
				-	

PROTEIN

Calories

FATS

Calories

CARBS

Calories

**TARGET CALORIE COUNT OVER 7 DAY CYCLES...RECORDED IN DIET DIARY !**

TOTAL CALORIES	LESS EXERCISE CALORIES	= NET CALORIES

**>>>>> OBJECTIVE FAT LOSS >>>>>**

**(2,000 to 2,500 Cal) less exercise Cal (@ 7 to 10 cal p/min) = (1,000 to 1,200 Cal net Protein @ 2grms /kg of bodyweight (ideal) 'Good fats' > (30 to 50 grams per day)**

NOTE: you can 'LOSE FAT' and 'GAIN MUSCLE TISSUE'(firm & tone) at the same time  
RESULTING IN UP TO 1KG of 'FAT LOSS' Per WEEK

**>>>>>OBJECTIVE MUSCLE GAIN>>>>>**

**(3,500 to 3,000 cal) less exercise Cal (@ 7 to 10 Cal p/min ) = (2,000 to 2,500 Cal net Protein @ 2 to 3 grma/kg of bodyweight (ideal) 'Good Fats' >(50 to 100 grams per day)**

- \* NUTS: account as part of your TOTAL 'GOOD FATS' for the day
- FLAX/SAFFLOWER MIX (add to Protein drink ) and account for as above

**CALCULATIONS By Graham Healy**



## PUTTING IT ALL TOGETHER \* PROTEINS/FATS/CARBS

All the below are listed in your 'starter pack' portfolio under various headings and in association with your nutrition plans listed  
I have 'put it all together' on one sheet of the most frequently eaten foods on our plan

This way you have a basic sheet 'AT A GLANCE' and can calculate your energy count/cal counter/diet diary etc

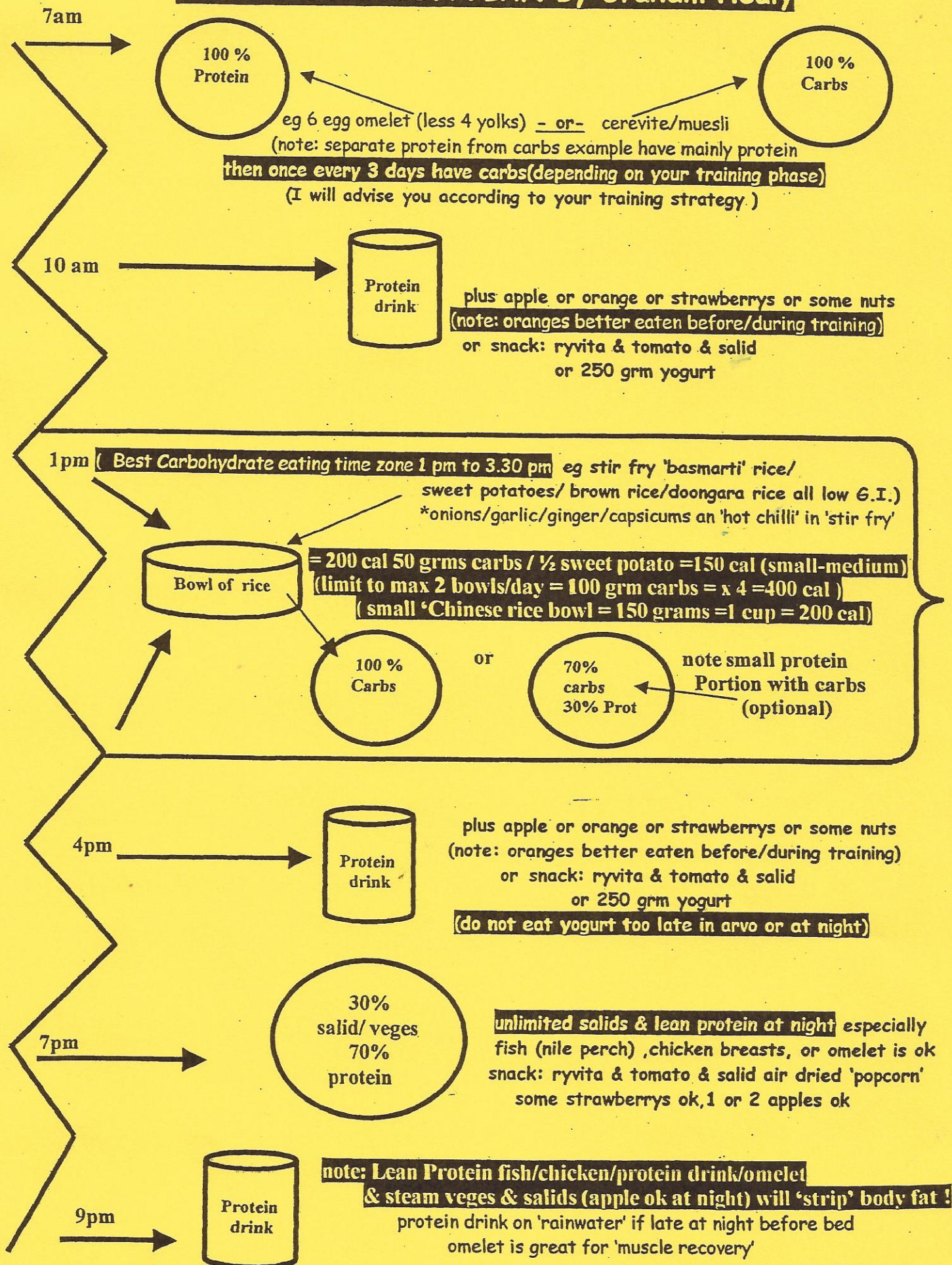
### QUICKLY ON THE RUN

(the 'follow up' you can research at home with your Borushek's cal. Counter later)...Graham Healy 21.8.01

TYPE OF FOOD	CALORIES	PROTEIN	FAT	CARBS	G.I.
'Body Ripped' Protein powder note: 45grams = 3tbls @ 15 grm	3 tblspns @ 180 cal 6 tblspns @ 360 cal	34 grm 64grm	1.2gm 2.4gm	5.5grm 11grm	Low Low
'Shih ho' protein Powder 'Musashi' 1 tblsn = 15grms	2 tblspn 100 cal	21 grm	.3grm	4.5grm	Low
85+ "Musashi"	2 tblspn 100 cal	25grms	.78grm	3.grm	Low
250 ml shape milk	120 cal	12grm	.2 grm	14grm	30 GI
6 egg omlet 2 yokes 4 whites NB: only 2 grms are saturated fat	220 cal other 10gms 30% 'lecithin' polyunsaturate.	24grm	12 grm	nil	Nil
Chicken breast grilled	200 cal	30 grms	5grms	Nil	Nil
200 grms tuna in springwater	200 cal	60 grm	2grm	Nil	Nil
<b>(200 GRMS=</b>	<b>A SMALL</b>	<b>CHINESE</b>	<b>BOWL</b>	<b>FULL)</b>	
200 gm Nile perch	200 cal	40grm	4grm	Nil	Nil
200 gm lean topside mince	340 cal	40grm	20grm	Nil	Nil
175grm grilled steak (NB fat is saturated!)	300 cal	40grm	10grm if 11grm	(boiled)	
20 Nuts (almonds) 1grm=1nut	90 cal	7 grms	10grm mono & poly	Nil	Nil
Avocado 1TbIspoon	32 cal		3grm mono	Nil	Nil
Dark grape juice 200ml	120cal	Nil	Nil	29grms	
<b>GLYCAEMIC INDEX &gt;&gt;</b>	<b>G.I. 100% =</b>	<b>PURE &gt;&gt;&gt;</b>	<b>SUGAR</b>	<b>- OR -</b>	<b>glucose</b>
Brown rice*Basmati 150grms x weight= small chinese bowl full= 1cup full	*Doongara rice all 180 cal	Nil	Nil	50grms	60GI 58 GI 59 GI
Apple (sml-med)	48-80 cal	Nil	Nil	12-20grm	36GI
Orange(sml-med)	48-80 cal	Nil	Nil	12-20grm	40GI
STRAWBERRYS X 10	12 CAL	NIL	NIL	3 GRAMS	LOW
½ Sweet potato 200 grms by weight	140	Nil	Nil	34 GRAMS	54GI
All green Salads especially Capsicums, Onions, celery , chilli	low	low	low	Low Count as zero	Low
All steam veges : especially pumpkin, broccoli,cauliflower, brussel sprouts * *except CORN 100grm by weight = ½ cup	Low Fruit ? (high) Bananas 65GI Raisins 68 GI 92	Low Fruit ? low Strawberry, pears/R'mell on/G'fruit Nil	Low <refer GI factor < by Dr. Miller Nil	Low Count as zero 23grms	Low   ?
Rule of thumb 'if you cant pull it out of the ground, pick it or skin it DON'T EAT IT ! 'basic NOT refined' the more 'refined' the higher the GI index	Refined white flower products 'all' are 70 to 100% GI (sugar/clucose factor)	Proteins Totals 140 to 300grams @.2 to 3grm/kg/bw dep on goal	Fats (good) Totals 30 to 50 fat loss 50-100 muscle+	Carb Totals 100 to 200 grms depending> >>>>	>>on your energy formula and goal



# DAILY NUTRITION PLAN by Graham Healy





Day	TUE	Date	22/7	Total Cal	Protein	Fat	Carb
2 SLICES R BEEF	150	30	5	0			
2 DUTCH TOASTIES	62	2.2	0.8	11.6			
20 ALMONDS	90	4	10	0			
6 STRAWBERRIES	7.2	0	0	3			
12 CHERRIES	42	2	0	9.6			
5 APRICOTS	65	1	0	9			
1 DATE	17	0.2	0	5			
EGG & VEGIES	240	20	7	4			
P. RICHE	145	14	3.5	25			
RICE & CURRY	200	30	3.5	0			
JELLY & APPLE	88	1	0	15			
CAKE	200	2	7.5	27			
<b>Total calories =</b>	1456.2	113.4	38	151.5			
<b>less exercise calories</b>	800						
<b>Equals 'net' calories =</b>	656.2						
<b>Daily Target calories</b>	1100	100	30	100			

$$1456.2 - 800 = 656.2 \text{ NET}$$

Day	WED	Date	23/7	Total Cal	Protein	Fat	Carb
TOMATO MUSHROOMS	21.5	2.7	0	1			
3 STRAWBERRIES	3.6	0	0	1.5			
2 ROCKMELON	40	1	0	6			
LOW FAT MUFFIN	200	4	3.5	33			
R BEEF & VEGIES	240	20	7	4			
APPLE & JELLY	88	1	0	15			
HOMEMADE SOUP	250	8	10	15			
BREAD ROLL	150	5	2.5	25			
DATE	17	0.2	0	5			
3 APRICOTS	39	0.5	0	3			
<b>Total calories =</b>	1149.1	42.4	23.5	108.5			
<b>less exercise calories</b>	100						
<b>Equals 'net' calories =</b>	1049						
<b>Daily Target calories</b>	1100	100	30	100			

$$1149.1 - 100 = 1049 \text{ NET}$$

Day	THU	Date	24/7	Total Cal	Protein	Fat	Carb
CHEERY NO FAT YOGHURT	95	8	0	25			
12 STRAWBERRIES	30	2	0	6			
ROCKMELON	135	2	0	10			
SWEET POTATO SOUP	210	6	10	15			
1/2 TOASTED BAGEL	100	2	5	15			
1/4 CWR SANDWICH	200	4	4	8			
6 APRICOTS	78	1.2	0	10.8			
1 DATE	17	0.2	0	5			
20 ALMONDS	90	7	10	0			
STIR FRY & POTATO	280	6	15	12			
2 MARIG LIL WISS	74	1	2	12			
1 MORNING COFFEE	25	1	0.5	1.5			
<b>Total calories =</b>	1334	40.4	46.5	123.5			
<b>less exercise calories</b>	1200						
<b>Equals 'net' calories =</b>	134						
<b>Daily Target calories</b>	1100	100	30	100			

$$1334 - 1200 = 134$$

Day	FRI	Date	25/7	Total Cal	Protein	Fat	Carb
ENGLISH MUFFIN NO BUTTER	168	7	3.5	28			
5 STRAWBERRIES	6	0	0	1.5			
ROCKMELON	40	1	0	6			
ORANGE & GRAPEFRUIT	130	2	0	27			
95% WHA	100	29	0	0			
CELERY	4	0	0	1			
ENGLISH SPINACH	16	2.4	0	1			
TOMATO	26	2	0	5			
CUCUMBER	10	0	0	2			
6 ALMONDS	27	2.1	3	0			
4 APRICOTS	52	0.7	0	4			
10 PEAS	50	10	0	0			
SALAD	80	0	0	10			
1/2 SLICE FRUIT BREAD	150	4	2	25			
<b>Total calories =</b>	829	60.2	8.5	110.5			
<b>less exercise calories</b>	714						
<b>Equals 'net' calories =</b>	115						
<b>Daily Target calories</b>	1100	100	30	100			

$$829 \text{ NET}$$

"Example" How to fill out page ☺