



## **M.A.N.E. Framework**

### **Module 1**

- M - Goal Setting, Realistic Weight Reduction**
- A – Accountability meal tracking**
- N - The Hierarchy of Food, Drinks and Alcohol**
- E - Epsom salts**

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Hi there,

Welcome to Rezults, and the M.A.N.E. Framework, which has been specifically designed to give you everything that you need in order to completely transform your body and lifestyle.

First of all, we're going to start with setting achievable goals for you to work towards.

## **M – Mindset Goal Setting**

Where I'm at right now (the truth)

We're going to look in depth at where you're at right now, physically, nutritionally and psychologically. Be brutally honest with yourself. The better your clarity over your current situation, the better the position you will be in to properly commit to making lifestyle changes that will have a huge, positive effect on your life.

Do I have clothes at home that no longer fit? \_\_\_\_\_

Describe them e.g. jeans, dresses etc.

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Currently, in my clothes I feel:

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The thought of wearing a bikini/swimsuit, shorts or vest top on holiday this coming summer and when going to the swimming pool, makes me feel:

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Now, in a moment you're going to close your eyes and see yourself how you will be in 6 or 12 months time, if you carry on with your current nutritional habits. Visualise yourself 12 months down the line, eating the way you do now and carrying on with your current lifestyle. How do you look?

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How does that make you feel?

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**Now, let's look at the future.**

6 months from now, you're going on holiday, and you have been committed and dedicated over the last 6 months with both your nutritional intake and exercise. How do you look? Close your eyes and visualise, and be specific. How does your waistline look? How do your arms look? How do your legs look? How do your clothes fit? Are you back into clothes sizes that you haven't worn in many years? What about items in your wardrobe that no longer fit? Are you wearing them again? If so, where are you wearing them and what are you doing in them?

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How does that make you feel?

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Now, are you ready to take action to turn your life around? \_\_\_\_\_

So what actions will you take to ensure that you are successful?

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### **Realistic Weight Reduction**

They say that a healthy rate of weight reduction is 0.5lbs – 2.0lbs per week. Now of course some people can shed pounds and inches quicker than this, though it's important for you to know that one single pound of body fat stores 3500 calories. That's just how great a calorie storer you are. We have evolved to be a great calorie storer, to enable us to survive throughout periods of famine. Your body is super smart. Smart enough to keep you alive when food is sparse, by slowing your metabolism and conserving stored calories (body fat) even using up muscle fibre as a source of fuel instead. It's a lot easier to put on than it is to take off. You can eat as much excess as you want, and pile on the pounds. But you can only have so much of a deficit before your body will apply the brakes, and halt the weight reduction. You are a survivor. Your body is an amazing machine, and it will serve you so well over the entirety of your life... if you feed it with the right fuels. Do the exact opposite and your body will start to suffer, massively.

#### **Things that can slow or prevent weight reduction:**

Medications, including pain killers (these can put your hormones off balance)  
Eating too little (minimum of 1200 calories per day is recommended for ladies, 1500 for men)  
Too much sugar (even from fruit)  
Too many processed, chemical-laden foods  
Artificial sweeteners  
Too low fat intake  
The menopause  
Blood sugar levels being all over the place  
Insulin

Other things affecting hormones, which could prevent weight reduction:

Lack of sleep, stress, too much coffee.

## **N - Nutrition Clear Out Time!**

Your first step should be to clear out all of the unhealthy rubbish from your fridge and food cupboards. Avoid making the mistake of thinking that you can stare at these things right under your nose, day after day, week after week, without indulging in them. This is not just some kind of 'weakness' in you. No matter who you are, you only have so much will power, and you do not want to be relying on will power alone. Even Olympic level athletes, and supermodels cave in to temptation, when the temptations are all around. Why put yourself under that pressure? Just get rid. Give it away. Someone else will value it, so give it to them.

Now get purchasing the very foods that will get you into smaller clothes, feeling so much more energetic and boosting your confidence massively. You can use the info below, to form a shopping list of foods to buy.

### **As a simple rule of thumb:**

Always eat as natural as possible foods. Nature gives us everything in exactly the right way, the right mix, full of nutrients, with the right combinations, ready to be digested at the right pace. Man does not make foods better by making them more convenient, or 'sweet'. Man cannot produce foods better than nature (despite what any marketing may tell you). Man has completely ruined the quality of so many foods, purely for the purpose of making profit.

### **Eat foods with as few ingredients as possible.**

How many ingredients are there in an egg?

Egg, right. So there's one only.

How many ingredients are there in a slow cooked chicken with veg and sliced potatoes?

Well there is chicken, whatever veg you choose to add, and the potatoes (which are also classed as vegetables anyway). So there are only a few ingredients. There is no need to add any stock to this at all. The juices of the chicken will come out and make the vegetables soft and flavoursome without the need for stock. You can add herbs and spices for more flavouring if you like.

Now how many ingredients are in "healthy" wholemeal bread (always a staple in the diet of every overweight person)?

There are 12, with some nasty chemical content and added sugar also.

Minimise your ingredients. See if you can keep your pre-packed foods to ones with less than 5 ingredients.

## **The Hierarchy of Food**

This is a short guide to what foods will not only get you much, much slimmer, but also one heck of a lot healthier also.

Foods are highly processed, chemical and sugar-laden these days. These foods take an extreme toll on both your weight and your health. However, there are still some excellent options out there for you. We've put food and drink types in a hierarchy for you, in order to simplify what ones will get you slim, full of energy, feeling confident in yourself, looking great, and having optimal health.

But where there is yin, there is yang, and there are foods and drinks listed in here that will have put pounds and inches onto you rapidly in the past, and can again. They can very quickly wreck your health (much quicker than you might think – watch the movies 'Supersize Me' or 'That Sugar Film' if you want to see proof). Please make the smart choice when it comes to what you put inside your body. This information can change your life if you let it. Be open and receptive to making changes, and you will be so glad that you did. Once you're into smaller clothes sizes and feeling so much more energetic, plus receiving amazing complements from people about how great you look, you'll know that you've made the right choice.

## **Top Class, First Tier Foods (Eat These Daily and Without Concern for Portion Size)**

You can eat large quantities of these foods while still shifting pounds and inches, and they do not cause negative reactions such as bloating, lethargy, diabetes or hyperactivity in children.

Any and all vegetables, including frozen, though fresh is best (eat unlimited quantities). Chickpeas, lentils, beans (not baked beans) etc are fine, unless you happen to have a food allergy to legumes.

1x - 2x pieces of fruit per day (any type)

Meats, with minimal processing e.g. not sausages. Sausages occasionally only is best.

Eggs

Fish (any and all, including tinned and can be in tomato sauce, olive oil or brine)

Nuts, uncoated, all types

Quinoa

Brown rice

Basmati rice

King Soba Noodles (Asda)

Edamame Spaghetti (Aldi)

Soy Bean Spaghetti (Aldi)

Sweet and white potato

Seeds (sunflower, linseed, chia seeds, sesame, pumpkin etc) Easily found in Lidl.

Almond butter

Cashew butter

Peanut butter (sugar-free varieties like Meridian branded, Whole Earth or Tesco does a good one)

### **Drinks**

Water, still or carbonated

Herbal teas, green teas, Chai tea, Rooibos tea etc

Fruit infusion teas e.g. cranberry flavour etc. Can be had hot or as a cold drink also instead of dilute juice.

Coffee (limit to one per day)

### **Cooking oils**

Coconut oil

Butter

### **Sauces**

These should be home-made, so that you have the control over what you're putting in your body. Be very wary of shop-bought ones e.g. Uncle Ben's or Blue Dragon etc.

### **Also**

Malt vinegar can be used as a dressing, either on its own or mixed with oils also

Herbs and spices, plus black pepper

Olive oil as a cold dressing on salads or cooked vegetables.

Other oils can also be used as a cold dressing, including Ground Nut oil.

### **Alcohol (be realistic here. Moderation goes a long way for reaching your goals)**

Clear spirits are best:

Vodka/gin/bacardi with soda/sparkling water and pieces of lime/lemon/orange or cucumber.

(Avoid cordials – they're pure sugar)

## **Second Tier Foods**

Use these foods and drinks for simplicity, variety and convenience.

Most of these are very quick and easy to prepare, and will serve you well on your journey to a slimmer and more confident you.

Porridge (not flavoured ones, though you could add sliced banana, sliced almonds, berries etc, and/or cinnamon for more flavour)

Gammon steak (2-3x per week is fine)

Oatcakes (wheat-free ones like the Nairn branded ones)

Kallo Rice Cakes

Rude Health Crackers

Ryvita

Biona Organic Rye Bread (Tesco, the next aisle along from all other breads)

Pumpernickel

Greek or Natural Yoghurt (not flavoured)

Bacon (2-3x per week is OK)

Cold Meats in packets (avoiding honey glazed ones)

Coated nuts E.G. wasabi (avoid honey glazed ones)

Salted nuts E.G. pistachios or peanuts

Peanut butter that has sugar in it E.G. the standard KP one

Rice cakes

Dried fruit in very minimal quantity E.G. a few raisins added alongside your nuts or home-made granola.

Sausages – as high percentage pork as possible E.G. 90%+

Humus – not the 'caramelised onion' version, just the plain one.

Vegetables in jars – these will have some sugar added e.g. long peppers, sun dried tomatoes in oils, beetroot in a jar etc.

Bouillon stock (the vegan one, for soups)

Goat's cheese

Never stick your hand in a bag of dried fruit – you'll end up wolfing down lots of it.

Coconut milk (unsweetened)

Almond milk (unsweetened)

## **Alcohol (limit these ones)**

Coloured spirits e.g. Jack Daniels

Beers or ales

Gin and tonic



### **Third Tier Foods**

Use these foods and drinks occasionally, for variety, if you must

Dark chocolate (the higher the percentage cacao the better e.g. 95%)

White rice

Microwaveable rices e.g. Uncle Ben's Mexican style rice

Bread that you make yourself (avoiding wheat-based flours)

Black pudding

Haggis

Dried fruit in small quantity e.g. dried apricots or sultanas (never stick your hand in the bag)

Honey in very limited quantity

Jam and marmalade in minimal quantity

Flavoured porridge (this will have sugar added into it)

Lizi's Granola (this one is much lower in sugar than usual, though realistically it's about 1x teaspoonful of sugar per serving).

Granola – home-made with very minimal binding e.g. honey

Breakfast cereals (Shredded Wheat and Weetabix being the ones with the least amount of added sugar, but still not ideal for you)

Humus with caramelised onion

Nakd bars (limit these)

Baked beans (sugar-free ones, ideally)

Brown pasta

Regular black tea

Low fat yoghurts (best unflavoured. If flavoured, they're flavoured with sugar)

Fry Light oils

Feta cheese

Meats with sauces or glazings e.g. sweet and sour

Shop bought soups (some are better than others)

Lasagne, either in a restaurant or packaged in the supermarket.

Freshly made pizza in a restaurant.

Coconut milk (sweetened – has sugar added)

Almond milk (sweetened – has sugar added)

Salt (really limit how much you ever add to anything as it's already in large quantities in processed foods)

### **Alcohol (minimise as much as possible)**

Wine

Cider

### **Fourth Tier Foods**

Being realistic, you have to absolutely minimise these foods if you want to be slimmer, happier, full of energy and free of illness. These are the foods causing obesity and diabetes, plus Heart Disease (Scotland's #1 killer). The damage done through regular intake of these foods is very quick. The worse the quality of food (lots of chemical content and lots of sugar) the greater the amount of damage done to your health and well being.

Fizzy drinks, including diet ones

Takeaway and fast foods

Chocolate and chocolate bars e.g. Lion bar or Double Decker.

Crisps and Pringles

Doritos

Artificial sweeteners

Biscuits

Cakes

Ice cream

Nutella

Loaf of bread (mass produced, from the packet)

Fruit juices

Shop bought smoothies

Flavoured yoghurts

Bars – including cereal bars, 'light' ranges and any other allegedly 'healthy' ones.

Mars or Snickers Protein bars

Microwaveable ready meals

Breakfast cereals other than Shredded Wheat and Weetabix.

Granola

Flavoured water

Dilute juice including the sugar-free type

Sweets

White pasta

Sauces out of the packet or jar E.G. Blue Dragon Sweet and Sour

Oven chips

Margarine, including lower fat versions

Cheese

Cup-A-Soup

Pot Noodle

Pizza out the supermarket

Cow's milk – this is for calves, not humans, unfortunately.

Milk shakes E.G. Frijj or Yop.

Energy drinks E.G. Powerade, Lucozade, Monster or Red Bull.

### **Alcohol**

Cocktails (lethally high in both sugar and calories)

Drinks with mixers like orange juice or fizzy drinks e.g. vodka and Red Bull/Coca-Cola.

You need to be realistic with your nutritional intake. Of course you can lose weight by eating

some really bad options in very small quantities, but you would be still be doing damage to your health. Your kids will follow your example and potentially live a life of being bullied and hating themselves if they become obese. Please try to set the best example to them.

Eating 'trigger foods' like those in tier four will result in overindulgence. Once you start, you won't want to stop and will binge eat your way to depression and diabetes. We want to help you to change your relationship with food, which is what really gets you not only slim, but so much more healthy, and helps the next generation also, as your kids follow you to a healthier lifestyle. I'll be honest now that there is no quick fix and there is no 'having your cake and eating it too' plan (only if that cake is in severe moderation, occasionally only).

Don't ever believe any marketing about being able to 'eat what you want and still lose weight' or about any 'amazing calorie-burning workout', because it's not the truth.

You're looking to use the tier one foods the vast majority of the time if you want to feel great, look great, receive lots of compliments from people about how great you're looking, and to get into smaller sized clothes. Of course you can still lose weight and size by using tier two and three foods and even some tier four foods in limited quantity, though there is a price to pay for convenience and indulgence.

### **Epsom Salts (Magnesium Sulphate)**

When you start working out, or when you change what you're doing in workouts, your muscles will become very sore following exercise. 48 hours after the workout is the period when you will likely notice it being at its worst. There is a way in which you can massively reduce this muscular soreness, without resorting to using painkillers or any other type of medications (which could affect your results). Pick up a bag of epsom salts (very inexpensive and can be found in Boots, the Home Bargains Store behind Aldi in Camelon, or in local or supermarket pharmacies) and put a couple of handfuls into a bath of hot water. If you put the salts in while the bath is still running, they will have time to dissolve properly. Lie in the bath for 20 mins or more and keep moving every few minutes to make sure that your legs get a good amount of time in the water, and your upper back also. Do this on the day that you've worked out. You will be much less sore in the following days. If you wait until your body is already very sore before using them e.g. a couple of days after the workout, then you may get a bit of relief, but they are most effective when used before you've actually gotten to the point of being sore from the workout. Epsom salts naturally reduce inflammation. They also have a variety of other uses around the home. They really do work so well that they are more than worth the small investment.

All the best of luck in following the guidance in here. We really want you to succeed in reaching your goals, and to turn your life around. But you must meet us half way by following the advice given. If you need any further help, then call, email or message me anytime.

You can get 3 weeks added onto your programme free of charge, simply by referring over someone else to us who signs up for one of our 8 week programmes. Is there anyone that you know who could benefit from our help? Thanks

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