

A woman with dark hair, wearing a purple t-shirt, is leaning forward on a piece of gym equipment. She is smiling and looking towards the camera. The background is a blurred gym setting with brick walls and other equipment.

hayley plumber

***5 STEP PLAN TO GET THE BODY YOU WANT
WITHOUT DIETING
OR COUNTING CALORIES***

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No one likes being on a diet.

And no one likes counting calories.

Despite what you may have heard, I have
great news for you!

*You can lose weight and get a body you love
without doing either of these things.*

There are just some important facts and
principles you need to know, and that's
what I'll explain to you here.

1 - Know your proteins, carbs and fats

PROTEIN

Out of the three macronutrients, protein is the one that can have the most impact on the size and shape of your body.

It helps to repair, strengthen and tone your muscles after exercise, increasing your metabolism and allowing you to burn more fat. It keeps you feeling fuller for longer, because your body takes more time to break it down. And it has what's known as a high thermogenic effect, meaning that about a quarter of the calories you take in from protein will be used up by your body just in the digestion of that food.

This is compared to around 2-5% of the calories that come from fats and carbohydrates.

If you don't eat enough protein, some of the weight you lose will come from muscle tissue rather than fat. This means you get weaker, and your metabolism drops. Less muscle = less calories burned throughout the day. A good serving of protein in each meal should cover your bases, but you may find you benefit from adding 1 or 2 protein based snacks to your day too.

1 - Know your proteins, carbs and fats

Quality protein sources include:

- ✓ Chicken
- ✓ Turkey
- ✓ Lean beef
- ✓ Lamb
- ✓ Fish
- ✓ Seafood
- ✓ Eggs
- ✓ Grilled bacon
- ✓ Whey protein powder
- ✓ Greek yogurt
- ✓ Beans and pulses (especially puy lentils)
- ✓ Nuts and seeds (just be mindful of portion sizes)



1 - Know your proteins, carbs and fats

FATS

Don't try to cut fat out of your diet!

Fat gets a bad wrap, mainly because it has more calories per gram (9) compared to carbohydrate and protein (both of these have 4).

This does mean that you have to be aware of portion sizes, as it can be easy to eat more calories than you realise. But it's still a really important to include a serving of fat in each meal.

Every cell in your body requires fat in order to exist and function properly - it is essential to keep you healthy. It will keep you fuller for longer and give you more stable and sustained levels of energy.

Fat can actually help you BURN fat by delivering a ton of nutrients and reducing hunger, meaning your body is firing on all cylinders, and you snack less.

1 - Know your proteins, carbs and fats

Quality fat sources include:

- ✓ Avocado
- ✓ Oily fish
- ✓ Coconut oil
- ✓ Olive oil
- ✓ Nuts and seeds
- ✓ Nut butters
- ✓ Organic butter
- ✓ Flaxseed



1 - *Know your proteins, carbs and fats*

CARBOHYDRATES

Recently, carbohydrates have got a bit of a bad wrap too.

Carbohydrates don't need to be completely avoided, but some are a lot better for you than others. When people think of carbohydrates some of the first things that spring to mind are bread, cereal and pasta. These are refined and processed and lacking in much nutrition. They are also largely made out of wheat, which is fine for some people but can cause bloating and gut irritation in others.

Sugar is a carbohydrate, but you are probably aware it's not very good for you! Processed foods containing sugar cause a rapid rise in blood sugar levels, which results in the body producing insulin and pushing some of this sugar into fat cells.

These foods also tend to contain a lot of fat and calories and very little nutrition.

The best type of carbohydrates are the ones that are minimally processed, as they tend to have the least effect on your blood sugar levels, and contain vitamins, mineral and fibre that keep your body healthy.

1 - *Know your proteins, carbs and fats*

CARBOHYDRATES

Some examples of these are listed below.

People tolerate carbohydrates to different extents - some can eat them regularly with no problems at all, and some will notice they feel a lot better and lose weight a lot easier as soon as they reduce them from their diet.

If you have problems losing weight, having just one serving per day (plus another serving in the meal after your workout if you have one), and keeping levels low the rest of the time may help you a lot.

Vegetables are in a class of their own here and should be eaten in every meal as possible. Fruit is packed with a lot of nutrients but is higher in sugar, so you'd want to have maybe just a couple of servings per day.

With veggies, fill your boots! 5-8 servings plus to get a ton of nutrients, and fibre that will keep you full.

1 - Know your proteins, carbs and fats

Quality carbohydrate sources include:

- ✓ Vegetables
- ✓ Oats
- ✓ Sweet potato
- ✓ Rice
- ✓ Beans and pulses
- ✓ Fruit



2 - *Balance your meals*

PORTION SIZE

Portion sizes are where many people go wrong. Too big in general, too much carbohydrate, too little protein and not enough veggies are common issues.

The infographic below gives a great visual demonstration of what you should be aiming for in a balanced meal:

- ✓ A palm sized portion of protein
- ✓ A fist sized portion of vegetables
- ✓ A cupped handful of carbohydrates
- ✓ A thumb sized portion of healthy fats

Calorie Control: A Simple Guide

FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods
with most meals



1 entire thumb of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.



2 - Balance your meals

Of course, it's not always easy to get this right in every meal, but you should be able to balance things out over the course of the day.

If you have a meal that's high in carbohydrate and low in fat for lunch, try to have a meal higher in fat and lower in carbohydrate for dinner. Ideally, keep protein at a good level in every meal you have.



2 - *Balance your meals*

Of course, it's not always easy to get this right in every meal, but you should be able to balance things out over the course of the day. If you have a meal that's high in carbohydrate and low in fat for lunch, try to have a meal higher in fat and lower in carbohydrate for dinner. Ideally, keep protein at a good level in every meal you have.

It's also important to eat slowly! If you're the type of person who wolfs their meal down and feels stuffed and bloated after, slow it right down. Take it one bite at a time, savour each mouthful and try to experience all the different flavours you can taste.

You might find a whole new level of enjoyment in your food. Plus by doing this, you will give your body time to let you know when it's starting to feel full. It can take up to 20 minutes for the stomach to inform the brain that it's had enough, so eating slow gives you chance to become more aware, and stop eating before you take in more than you need. Stopping when you feel 80% full is about right, and you'll end up pleasantly satisfied rather than uncomfortably stuffed.

3 - *Learn how to use weights*

Ladies, let's get this straight once and for all - lifting weights will NOT make you bulky!

It takes men a LOT of to build a muscular physique and as a female, among other things, you just don't have the testosterone levels to do this.

What lifting weights WILL do is boost your metabolism and encourage your body to burn fat rather than muscle as you lose weight.

It will give you the toned arms, flatter tummy, tight bum and firmer legs that everybody is after.

AND having more calorie-hungry muscle tissue means you can eat more without gaining weight - winner!

Weights training is awesome and it is also VERY empowering when you've learned how to do it right and can see yourself progressing.

3 - Learn how to use weights

The best exercises to do are the big free-weight exercises that use lots of muscles and body parts in one go - things like deadlifts, squats, push ups, rows, lunges, pull downs, pull ups and shoulder presses.

It's really important to make progress on these exercises over time too - don't fall into the trap of doing 3 sets of 10 at the same weight for months on end! You should always be aiming to improve on your previous session by adding an extra repetition or increasing the weight when you can. Generally, 6-12 repetitions is what you want to be aiming for, with a weight that is challenging by the time you finish the set.

If you're unsure of these exercises or how to do them as part of a progressive program, make sure you get someone to show you. An instructor at your gym will usually do this as part of your membership, but it is also well worth investing in a few sessions with a personal trainer. Then you can learn how to perform each exercise safely and effectively, go away and practice, and come back to have your technique reassessed and tweaked in a few weeks time. You'll hugely accelerate your progress doing this.

4 - Look after yourself physically

You need to be covering all the bases to ensure your body is ready and able to get into great shape. If you're not supporting it physically with the basics of what it needs, it will be too tired, depleted and sluggish to shed fat.

Some top tips here:

Sleep 7 - 8 hours per night - this is important! Your body cannot burn fat effectively when it is constantly in a state of fatigue. Poor sleep quality has been shown to cause, on average, a 22% increase in appetite during the day. Your body is constantly craving fuel to perk itself up, and the stuff it craves is high energy, high calorie foods like chocolate, bread, crisps, biscuits... all the things that give you a brief boost (and lots of calories with very little nutrition) before sending you crashing down again a few hours later. And the cycle begins again!

If you struggle with sleep, create good routines around bedtime - making sure your room is cool and dark, spending half an hour winding down and not looking at a screen, scribbling down any thoughts that might keep you awake, doing some slow deep breaths into the stomach can all help.

4 - *Look after yourself physically*

Go walking - The human body is designed to move! We should all, ideally, be taking 10,000 steps per day. This is the equivalent of about 5 miles. It may seem a lot, and you may be nowhere near this at the beginning. That's ok - just gradually doing more over time is what's key. A fitbit can be a great investment here to show you how many steps you currently take. If you know you don't walk enough, find little ways to increase your daily activity - getting up from your desk every 20 minutes, taking the stairs instead of the lift, walking a longer route home etc. A half hour walk in your lunch break or after work can make all the difference. Whenever you can, get out for a walk in nature - peace, fresh air and greenery does wonders for the mind as well as the body.

Drink lots of water - Boring tip, but SO important! Water is ESSENTIAL for so many important processes in the body, yet very few people drink enough of it. Very often, what feels like a hunger pang is actually just thirst, and before you know it you've taken in a load of calories you didn't actually need. And your poor body is still dehydrated and struggling to function properly. Aiming for 3 litres per day is ideal to give you everything you need.

5 - Look after yourself mentally, emotionally and spiritually

Work on your mindset.

Your thoughts, attitude and mindset are all CRUCIAL to your long term success.

You become what you think about. If you focus on everything you don't like about yourself and your body you won't get very far.

You can use this as motivation to change, but you need to build yourself up and focus on the positive side too.



5 - Look after yourself mentally, emotionally and spiritually

Work on your mindset.

What are your strengths? What do you like about yourself as a person? What do you like about your body?

Be your own best friend.

You've probably heard this before, but it's worth asking again - would you talk to your friends the way you talk to yourself? If you did, would you still have any? Probably not! Stop that now.

Be kind to yourself and see how much further it takes you.

5 - Look after yourself mentally, emotionally and spiritually

Keep a gratitude journal.

Spend just a couple of minutes every morning or evening writing down things that you are grateful for.

It could be anything - your family, a sunny day, a flower, a friend, being healthy, having a job, hearing birdsong, anything.

There is so much to be grateful for. Doing this task can remind you of that and make you realise all the good things that are around you.

Make this a consistent habit, and see how your mindset improves over time.



5 - Look after yourself mentally, emotionally and spiritually

Believe in yourself.

You **MUST** believe that you can succeed at getting the body and life that you want. If you don't, you won't push through the tough times, and you'll keep sabotaging yourself over and over again.

Set small, achievable goals and be proud of yourself every time you achieve them. Look for progress in everything you do. Every win, no matter how small, can make a difference. They all add up.

Take some time to visualise what you really want. Create a clear image in your mind of you having succeeded and achieved your goal. How will you feel? What will you look like? What will you be wearing? How will life be different? Picture this daily, and try to feel the emotions too.

The more you practice, the more you'll start to believe. And the more you believe, the quicker you'll turn it into a reality.