

LARDBUSTERS

2019



Disclaimer

You must get your physicians approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises or advice in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

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Lardbusters

This is the very basic 'How To' of Lardbusters. I have, in the past, created a larger book on Lardbusters with lots of the 'why' of what to do, but from the questions I received, I had a sneaky suspicion that people didn't actually read it.

Therefore in the hope that you'll actually read this, I have kept it to just the things you need to do as much as I can. If you have any questions, then ask on the facebook page. Someone else will be thinking it and I will answer as quickly as I can.

Introduction

We want to go for fat loss, not weight loss. If weight loss was our goal, we could just stop eating. Weight would fall off very quickly. An even quicker way would be to chop off a leg! Instant weight loss. I'm being stupid here, obvs. But my point is that 'weight loss' isn't always healthy.

Our goal should always be to aim at being healthier as an outcome, not lighter. Therefore we want to aim at losing **FAT**, not weight. This is something that a lot of diets miss out, especially crash detox style diets. It is something that we try to address with Lardbusters.

As I said, it is just maths. Follow this plan and you will lose fat.

The answer is simple.

- Take responsibility.
- Take charge of your life.
- Stop being lazy and making excuses.
- Accept things will require a bit of effort and will power.
- Accept that real changes do not happen overnight.

So, here we go

1. Eat less

Losing fat is simple, but not necessarily easy. It is just maths. You need to consume less calories than you are burning. There are no shortcuts. There is no secret magic formula. You just need the discipline and willpower to consume less. There are obviously many, many nuances involved that can make little differences here and there, but none of them come close to the power of eating less.

2. Eat enough

However we need to make sure we are eating enough to allow our body to function, and keep the muscle that we already have. If you don't eat enough then we can risk slowing the metabolism too much, going too catabolic (breaking down muscle tissue for energy) and just feeling rubbish.

3. Record

This is really important. I have had so many people in the past not record what they are eating, thinking they can keep track in their head. You can't. You will hide stuff from yourself, you will forget stuff, you will lie, you will have no idea. Until you start recording. When you run out of calories for the day, you can look back through your log to see where you went wrong and learn to correct it the next day. You can plan your day out in advance. Recording also makes you accountable. You are far less likely to eat that cream cake, if you know you have to write it down afterwards, and know that it will be taking calories away from the rest of your day. This really is vital.

4. Train

Exercising lets the body know that we need to keep the muscle that we have. When we are eating in a calorie deficit then we are effectively starving ourselves. Muscle is an expensive biological tissue in calorie terms. If the body doesn't think we need it, it will discard it. That's why you lose muscle tissue when you stop training.

5. Eat lots of protein

Proteins are the building blocks of our body. They are essential to the healthy functioning of our body. They are also very satiating (makes you feel fuller) which helps when you are in a calorie deficit. Lots of protein will NOT damage your kidneys. You will receive a recommended amount of protein to consume in a day. You need to get that as a minimum. It will probably seem a lot, but it's not. It is set at around 1gram of protein per pound of lean bodyweight. This is the minimum for the optimal

functioning of your body. Pro Bodybuilders will eat in excess of 2g/lb of total bodyweight. That is a lot. (protein is 4 calories per gram)

6. Eat a ton of veg

There are obviously tons of benefits of eating a lot of veg. This is where you get the majority of your vitamins and minerals. So many of which are involved in the healthy functioning of your body, especially in your digestive system. It will also help fill up your plate. On Lardbusters, vegetables are FREE. Therefore you can eat as much as you want. The feeling of being full is helpful when you are in a calorie deficit, and you achieve this through veg. You should aim to consume as many different colours, and types of veg that you can.

7. Eat plenty of fruit

Fruit is still free on Lardbusters, however you shouldn't be eating as much fruit as you are veg. Vegetables are very low in calories, but very high in nutrients. Fruit is higher in calories (lots of natural, healthy sugars), but still very high in nutrients. Therefore they are great when you have a sweet craving.

8. Probably cut down the Carbs

Consuming Carbohydrates isn't essential to the functioning of our body. They are however high in calories (4 calories per gram, the same as protein). Whilst your brain requires glucose as an energy source, your body is quite capable of converting proteins to glucose, besides there would be plenty of carbs in the fruit, veg and dairy to supply the brain. For carbs we are talking things like bread, rice, pasta, potatoes etc. When we are looking to cut calories in our diet, this is a good place to start.

9. Don't sweat the fat

Fat doesn't make you fat! Too many calories, makes you fat! However, Fat is very high in calories (9 cal/g), so you can't expect to eat a load of it and not have an issue with eating too many calories, however it is extremely satiating and is vital to the hormonal functioning of your body. Don't shy away from eating fatty foods, but be aware of the calorie content.

10. Dairy is ok

You will know if you have a dairy intolerance. It will be very obvious. If you have an intolerance, don't have dairy. If you don't have an intolerance, then dairy is a fantastic source of protein, healthy fats and a variety of vitamins and minerals.

11. Booze

Alcohol is very high in calories (7cals/g) and is of no benefit to your body. One of the biggest things that will help in the lard battle is cutting alcohol. It will be huge. If you have trouble cutting it out then you may want to ask yourself if you could have a problem.

At the very least try to keep it to once a week, and go for lower calorie options. Stay away from beers and ales and go for clear spirits, with low calorie mixers. Best option is none at all.

12. Don't demonise

No food should be demonised. That isn't a healthy outlook on food. You just need to be aware that some foods are less beneficial than others, and when you are in a calorie deficit then you want to make sure that everything you are putting in is going to help your goals.

e.g. vegetables - low in calories, high in nutrients

fruit – low to medium in calories, high in nutrients

Protein – medium to high in calories, high in nutrients, essential, satiating

Carbs - medium to high in calories, not essential, not satiating

Fat – high in calories, essential, satiating

Booze/sugar – High in calories, not essential, not satiating

13. Caffeine

Caffeine is massively beneficial, if used correctly. It can perk you up, give you a feeling of energy, and improve your mood. However, Try not to go over 400mg a day (1 cup of coffee is 80 mg) and don't have any after 4pm. It will make you feel a bit happier if you're feeling hungry, but it will affect your sleep.

Stolen from the interweb:

There is an association between the daily intake of caffeine, sleep problems and daytime sleepiness. So, if you're struggling to sleep, it's important to think about how much caffeine you take in during the day.

In excess amounts, caffeine overuse can trigger a fast heart rate, insomnia, anxiety and restlessness, among other side effects

We know that caffeine stays in the body for several hours. 4-6 hours after you've had a cup of coffee for example, your body has only removed half of it. So if you have a cup of tea or coffee, within a few hours of bedtime the caffeine will still be having an effect when you go to bed. The

main effects are quite broad, including prolonged sleep latency (longer to fall asleep), shorter total sleep time, increases in light sleep and shortening of deep sleep time, as well as more frequent awakenings.

While it is important to note that caffeine cannot replace sleep, it can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline production.

14. Go whole foods

A simple rule to what you are eating should be 'Could you grow it, pick it or kill it?' If not then you probably shouldn't be eating it. Eat foods with a minimal amount of ingredients.

15. If you go wrong, don't panic

Just accept it and get back on the wagon as soon as you can. It's OK. Just know that it will have an impact on your results, and don't do it too often.

16. Record

This cannot be stressed enough. That's why it's here twice.

Ways to do it

As I said before, it is just Maths. Calories in < calories out.

The sure fire way to do this is to count your calories. This sounds horrendous, but with a bit of practice, it becomes very easy. Without counting your calories it is very hard to get into a deficit. Time and time again, when people come back having not lost any fat it is because they think they can do it without counting the calories and recording what they eat.

Remember, **mediocre effort will produce mediocre results.**

Extraordinary results require extraordinary effort!

Don't be intimidated by the word EXTRAORDINARY. All it means is extra to what you already do. You can't expect to get any results without some effort.

With the Lardbusters calorie count, I try to make it as easy as possible. The daily calorie allowance is lower than it would normally be as I have already taken an amount out for fruit and veg. That is why they are free. Also if you are cooking with **a little bit** of oil etc. You don't need to count it. It is already counted within your allowance.

Here is a list of things you don't need to count. Everything else, you do:

Whole Vegetables (not bought veg juice),

Whole fruit (not fruit juice),

A LITTLE BIT of oil in your cooking,

A THIN spreading of butter on bread (count the bread, though),

A SMALL helping of ketchup etc with your dinner.

Tea, coffee and Milk in your tea or coffee (only if the drink is primarily water. Lattes etc don't count in this),

Hopefully you understand this. If not then ask on the facebook group. Someone else will be wondering too.

This makes life a little easier for counting. You just count the big stuff. If you make a sauce for dinner and it only has a tin of tomatoes and some herbs in it, then it costs nothing in your calorie count. If you buy a jar of sauce, then count it, (the calories will be on the jar).

It is really easy to count your calories. Download an app on your phone. I use 'simple calorie counter' on android. 'My fitness pal' is also good, but don't trust their calorie estimates, anyone can enter them into the app. Take responsibility and work them out yourself.

Any packaged food you buy will have the calories on it. Invest in some digital scales. Weigh what you are eating multiply it by the calorie count/100g and you are there. Add it straight to your record, you WILL forget, otherwise.

e.g. chicken breast is around **116** calories per **100g**, or **1.16** calories per **1g**

so, if you eat **75g** of chicken then your sum would be **0.75 x 116 = 87** calories.

If you are counting your calories then you can structure your meals throughout the day however suits you. It needs to fit in with your life. You could eat all your calories in one meal if you wish, or spread it throughout the day.

Below are some potential ways of doing it. I mostly do a mix of all of them depending on my day, but always stick to the calorie allowance.

Flexible dieting

This is how I choose to eat. Nothing is off the table. I am allowed to eat whatever I want. However, if I have something calorie dense, but nutrient deficient and non-satiating, then I know the rest of my day will be potentially miserable as I won't have a sufficient amount of calories to fill me up and keep me going.

So if I want some cheesecake, then I can have some. But that will be a whole meals worth of calories, resulting in a hungry and grumpy Tom. It doesn't take long before you start making the right choices, but gives the option of a treat if you are desperate.

Intermittent fasting

This just means that you delay eating for a period of time and compact your calories into a small window of time. Meaning that during the eating window you are feeling pretty full, you just need to keep to the rules and not eat when out of the window. A good example of this is the 16/8 style. You have an 8 hour eating window then 16 hours of just water. This could be done by skipping breakfast so start eating at 1pm then finish at 9pm (you can have a coffee in the morning to get you started) or if you love breakfast then just start the window then. 7am – 3pm or 10am – 6pm... You get the idea. Whatever suits you.

Cutting Carbs

Carbs like bread, rice pasta potatoes are not essential to your life. Cutting or just lowering these will make creating a calorie deficit easier. You can do this for a prolonged period of time with no problems.

Cutting Fat

Fat is very high calorie. However you do need some for the correct hormonal functioning of your body. Going for low fat options can be a good way of creating a calorie deficit. Don't go too crazy with this though. 'Fat' isn't the enemy. 'Too many calories' is the enemy. Also go careful with low fat options as they can contain large amounts of sugar or chemicals. I tend to go for full fat options and just eat less of them.

Sweeteners

There are many conflicting reports on the benefits and/or drawbacks of sweeteners. Most of this is just hype, designed to create scary headlines. The majority of the scientific literature points to them being perfectly safe. This is obviously up to you, though. However they can

be very helpful in managing a sweet tooth whilst in a calorie deficit. Personally, I am happy to eat sweeteners, but I just try not to eat tons of them.

Supplements

Supplements are there to make life easier. However most of them are overhyped. The only ones that are any good and worth taking are cod liver oil, Multi vitamins and Creatine.

Creatine is the most researched supplement on the market and the evidence for its benefits are overwhelming. If you want to know more, then google it or just ask, however it isn't going to help you with this challenge, that's why I haven't gone into any detail with it.

Cod liver oil and multivitamins. No essential by any means, people have survived for thousands of years without taking these, but they could be a good insurance policy to add to your diet.

Protein

This is an ESSENTIAL part of this diet. You NEED to get the protein in. You can help with this goal using protein powders. I purposely didn't include them in the supplements section as they are just food in powder form. They are not magic, it is just the whey skimmed off the top of milk. You can also get Hemp protein and plenty of other types of protein powder. Take your pick. They have advanced a lot over the years and the 'IMPACT WHEY' from myprotein.com come in a ton of yummy flavours.

If you can you should be getting the majority of your protein from solid sources though The powder just makes the protein count easier to achieve. You manage the protein in the same way as you manage the calories.

e.g. Chicken has **31g** of protein per **100g**,

so **75g** of raw chicken would contain **$0.75 \times 31 = 23$** g of protein

Only count REAL sources of protein, like:

Fish,

Meat,

Dairy,

Eggs,

Protein powder,

Beans (mix with a grain for a complete amino acid profile),

Tips

1. Cut out all the crap. You know what that is. If you couldn't grow it, pick it or kill it. Then you probably shouldn't be eating it. There is no snickers tree! Make all your own meals, so you know what is in it. Don't buy pre-prepared microwavable dinners. They are full of crap.
2. Count your calories.
3. How many meals a day?
It is up to you.
Option 1: Breakfast, Lunch and Dinner is a good bet with some snacks in-between.
Option 2: Breakfast, Lunch and Dinner, with no snacks in-between.
Option 3: 6 meals a day.
Option 4: a mix of the above or another variation of your choice.
4. What to eat. Construct each meal around a good protein source (Meat, dairy, eggs, beans etc)
Then add whatever carbs you have enough spare calories for. Add loads of fruit and veg.
5. Plan in advance. Never leave anything to chance. If you are going out somewhere, know what you are eating and when. Prepare for it. If you don't you will get hungry and make poor food choices. That is your fault, and yours only. Going out for the day? Prepare a few meals and take them with you.
6. DO NOT go food shopping when hungry. Go shopping after you have had a meal. Go with the list you have made, and stick to that list. If you buy crap, you will probably eat it. That is your fault.
7. Exercise with resistance at least 3 times a week. Don't have time? Make it! Have you got time to watch TV? Then you have time to exercise. If you don't prioritize it, then you won't find time. That is your fault.
8. Sleep.
9. Drink lots of water.
10. Remember nice tasting drinks that come in bottles usually have lots of sugar in them. Water doesn't.
11. Resist temptation. A cupcake will never taste as nice as reaching your goals will feel.

12. Try to eat REAL food. Protein bars etc, are good for emergencies. But real food is much better. Don't panic about having a protein shake, but know that it may not be as filling as a meal.
13. Record what you eat. Everything that you eat, every day. This is a vital part of the equation. If you don't, chances are you will fail. This just means you cannot hide. You will also be able to clearly see what messed up your day when you don't have enough calories for dinner, creating a learning experience.
14. Here is the meal construction process:
 - a. Start with protein. Every meal must contain a healthy dose of this. 20-30 g of protein is a good start.
 - b. From then we count those calories in whatever protein source we have chosen.
 - c. Add this to your daily record.
 - d. Add some carbs, if you would like, then
 - e. Add those calories to your record.
 - f. Add as much fruit and/or veg as you can.
15. To make life easier it helps to have a few 'go to' meals to during the day (breakfast, Lunch, snacks etc), then a different Dinner. This keeps the variety and also allows for a friendlier family dinner. Having the same meals throughout the day takes the thinking out of it, it also makes the weekly shop easier

The Psychological side.

This is the hardest part. Here are some ways to deal with it.

- Have a support network. It helps to tell people what you are doing. They are then more likely to help you resist temptation. Join our Lardbusters facebook group.
- Be aware of weak people trying to derail you. They are the ones who are jealous of your commitment and will try and tempt you to break. They are jealous as they don't have the strength of will or discipline to do what you are doing.
- Don't tell yourself that you can't have something. It will make you want it more. Tell yourself that you just don't want it. You can have it if you want, you just don't want it.
- Give yourself a refeed meal, if you need one. No more than once a week. This will obviously impact your end result, but not as much as cracking and giving up will. This is just one meal. Nothing more. Eat what you want from the moment you sit down. Once the meal is over then your refeed is over. It doesn't continue. You are back on the straight and narrow until the next week. You can only eat so much in a single sitting. Be good the rest of the time.
- Make a list of any cravings you are having during the week on a whiteboard. Then come your refeed meal, take your pick. It is far easier resisting something if you know you can eat it later on.
- PREPARE IN ADVANCE. Know when and where your next meal is coming from. Don't get caught short.

With all of the above, still know that this takes commitment and discipline. It is not the hardest thing in the world, and know that the rewards will far outway the hardships.

Suck it up and get it done.

This is an all out war for 4 weeks. What happens after is up to you. Focus on the 4 weeks.

Understanding your measurements

Ratio- this is your waist to hip ratio, and is a good indicator of heart health. There is a box under your measurements with acceptable and unacceptable boxes. This is where you compare that number.

FAT %/mm – This is the calliper reading

FAT % calc – This is another way of discerning your bodyfat using a calculation.

FAT % average – This is just the average of the above numbers

Lean weight – This is how much you would weigh if you had 0% fat. It is approximate. This is the number that your calories are worked out from.