

INTUITIVE EATING GUIDE



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***NATURAL TRANSFORMATION
COACH***

Welcome to my guide. For those of you who don't know me, my name is Danny Mulligan and I coach people to get fitter, stronger, healthier, happier and usually in the best shape of their lives both physically and mentally. I can squat 210kg, deadlifts 260kg and bench 150kg at the time in writing this, all whilst maintaining lean sub 12% body fat at a bodyweight of 83kg.



I truly want people to be the best versions of themselves and whilst diet remains one element of your life, it deeply affects the others. I mean don't expect to always be in a clean focused mind, if you're always under-eating or eating trashy food. I have seen on so many occasions where clients address a few issues in their diets (mainly not eating enough calories and needing more protein), turning them into completely different people; they now have more focus, more discipline, a better relationship with their spouse and they're now sleeping better! My point is, don't underestimate the power of good nutrition.

Firstly, I'd like to start by saying this guide by no means has to be a one-off system we use and then throw away. It can be a constant point of reference. The guide is designed to be a 3 step straight forward system. After all, intuitive eating is something we all have the power to do naturally, so there's no reason to complicate things, however some people do find it easier than others.

This guide also isn't here to stop people from tracking their calories, if you like the accuracy of tracking. It's to be utilised as a system that you can dip in and out of should you choose to. It can easily be a system you choose for life or something you just do on weekends. I find with lots of people who try to eat similarly, there seems to be a lot of guilt attached to it. This is because there was no system in place, it feels too much like a free for all and along with that comes the guilt attached as there is too much flexibility. I know when you hear 'a system' many of you are probably thinking that it doesn't sound very intuitive at all. The system is designed to be very free-flowing and easy to follow, almost navigating your decision in the pathway that's appropriate. Use this guide in your own lives as you please. 'Intuitive Eating' isn't necessarily your goal but it is

My aim is that guide will build long lasting behaviours and habits that help you navigate your own pathway, then what would be described as intuitive eating is just your new learned habitual nature.

WHAT IS INTUITIVE EATING? . . .

Intuitive eating is often described as eating for the physical and not emotional. All humans at some point ate purely for survival. What's happened over the years however, is that we now have an abundance of food and if you live in a developed country, decisions to eat don't come down to survival. So, we've now lost our instinctive ability to eat for physical purposes. This swings the other way too because now that the world is so amazingly advanced with technology that can be heavily distracting and high-stress jobs with huge responsibilities, our brains become very distracted from the important things in life, like, you know... eating and sleeping. Our minds know that we are never truly at risk of starving, so we put off eating because what we're currently doing is perceived as more important.

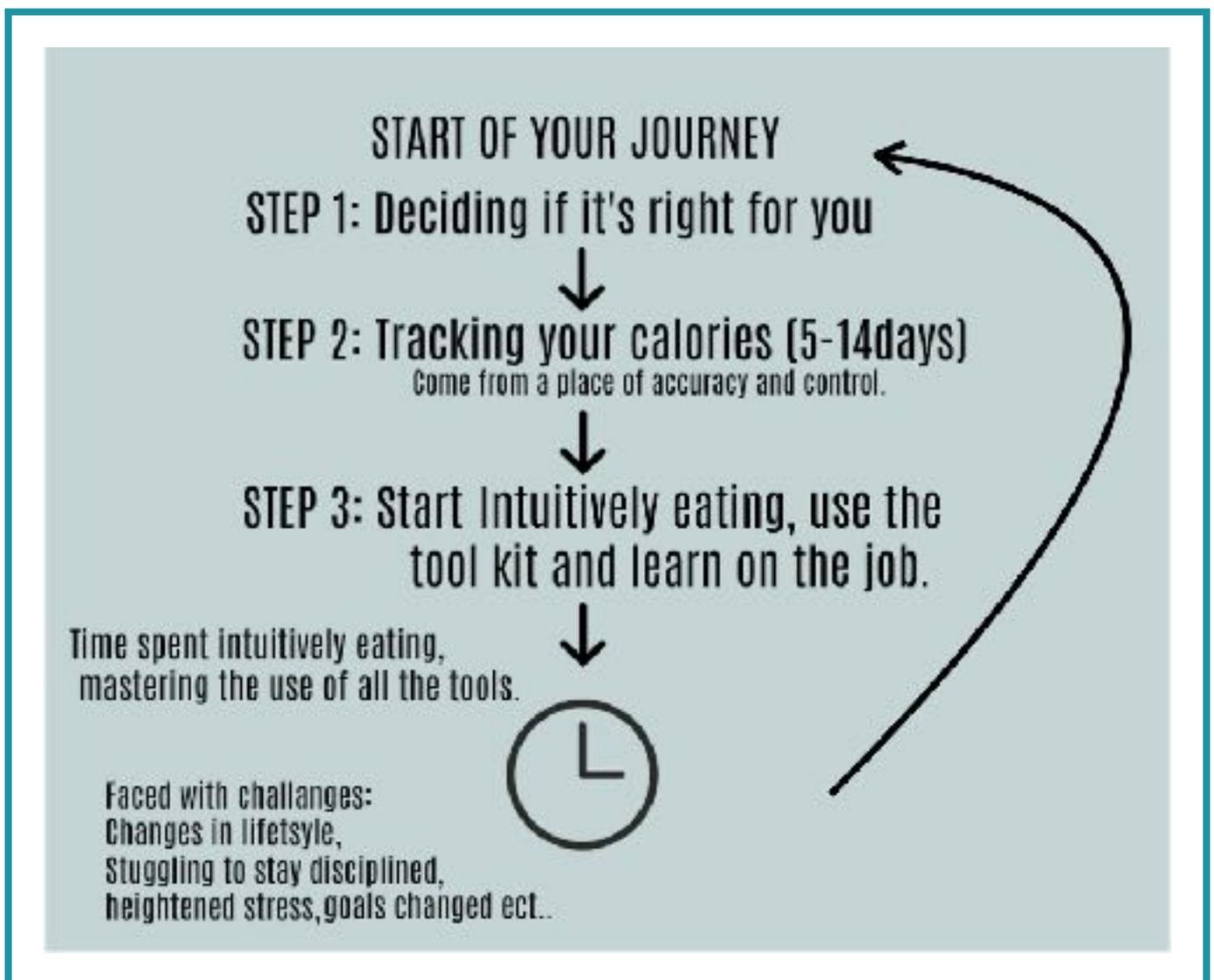
This guide as some of you will understand does go against the grain of intuitive eating. It seems silly to have a guide for something we do naturally, I mean it is a bit ironic! But my guide should coincide with our existing bodily systems, to help us get into a rhythm but also to still approach our goals in the gym with accuracy. If you're looking for a strict, rigid macro system this isn't it. Intuitive eating is not a diet. It's something that helps you to learn and apply long lasting behaviour that navigates your decision, somewhat like intuition itself. Essentially from this guide, we're trying to adapt our intuition.

There are three straight forward steps to this guide. Please understand however, that once you complete the guide and you're having success with step 3, if at any point you're beginning to struggle you can then move back to steps 1 and 2 again and repeat the process.

See this as somewhat an apprentice bricklayer - steps 1 and 2 are learning the trade and then step 3 is once you've passed your apprenticeship and this is where the real work starts; you take your tool kit and start learning on the job.

After a couple of months on the job, you're now laying hundreds of bricks a day, but then like lots of old timers you start to get a little less meticulous. The walls are looking scruffier and scruffier, so it's now time to go back to the drawing board and remaster the basics (revisiting steps 1 & 2).

This shows off the free flowing nature of the design.



When taking a look at this, you can see that this system isn't designed to supersede other systems out there, like tracking your macros for example, something I'm very fond of. Christmas is a prime example where lots of people (including me) love to let their hair down without tracking. Now let me stress also that I have no concern for following any system during the few days surrounding Christmas, especially Christmas day itself. If you don't eat your body weight in food on Christmas Day, I'd see that as a problem! I tell anyone I work with to enjoy themselves and relax on this day and usual diet protocols can take a backseat. I'm talking about the rest of December and into the new year where there is no reason why you can't still be heading towards your goals. My aim is to remove the word guilt (which I hate) from eating a little more flexibly over Christmas time. There are zero reasons to feel guilty anyway, but what will help encourage these feelings from not appearing in the first place is to be following a system that's working. After all, if we were smashing PB's in the gym, body fat dropping off us, healthier and happier than ever, who really cares how we're doing it? It's those things that will stop the guilt.



HOW TO ACTUALLY INTUITIVELY

STEP ONE : IS THIS RIGHT FOR YOU?

Please don't rush this step. This step I can't stress enough is super important. Even those who feel instantly ready to move to the next step, approach this with caution because each step is as important as one another. I am someone highly motivated, very disciplined and very emotionally stable. However, there have been times where this approach wouldn't have been right, even if at that moment I felt it was, the stress of life was clouding my decisions.

This step is probably the most important.

I know intuitive eating seems simple on paper, and yes it is and yes it should be, but... and it's a big BUT, only when you're in a right place for it. I know some of you will be thinking 'what's the problem?! I'm ready to take the system on Just show me how to do it, I'm ready to start, let's start already!' This is precisely my worry. My work as a coach has taught me lots over the years, but one very important life lesson is that most people are interested in the exact destination of where they see themselves and what they want to achieve. But the success isn't found there, the success is found in the journey. Intuitive eating is being on the journey. Success with any diet protocol is about having something that is long sustaining and that will encourage you on your path with different steps, goals and different milestones along the way.

So there is lots to consider when it comes to choosing this method. Intuitive eating is often described as eating for the physical and not the emotional.

This is the most important factor.

If you're eating for the emotional, and food is very much a vice for you to lean on, with happy or sad emotions (disclaimer: I'm not a qualified dietitian or therapist) I would suggest 2 options. The first would be to seek other professional help. Your doctor should you feel you need it, will usually refer you to the correct specialist. The second option is to come from a place of control. Anyone I've worked with, in the past and currently working with (this too is very well established) that a sense of control and following a system will help remove emotions. So if you feel this is you, start at step 2 which is tracking your calories. This will take back control and help remove emotion when it comes to food. Then you will track until you feel almost no emotions when it comes to food. Once you've achieved this you will work the guide slightly different. Resume at step 1: Ask yourself if this is right for me. If you feel this is right for you then move on to step 3.

Now, what if you feel emotionally stable and food is already for the physical? Move straight on to step 2?... not before considering a few more things first! This system in my honest opinion and whilst it can be very accurate if you use all the tools (step 3) in the tool kit correctly, it ultimately won't be as accurate as tracking your calories exactly would be. Is that a problem? In probably 95% of people reading this not at all. At the present stage of my journey, I don't need to be rigidly tracking my calories. But it does become more important (not necessary) if say you were stepping on a bodybuilding stage. Here a few percent more with accuracy will help and it will count when you lined up against 12 other guys or girls, all of equal build. The 1 percents here make the difference between winning and losing. So the difference between tracking and not tracking your calories could be the difference between winning and losing. Also psychologically when preparing for a competition it helps to know you've literally done everything you can to put you within a chance of winning. But what about if you're 16 weeks away from the competition? This guide would be right for you too.

Some people like myself, without a competition, still like the accuracy of knowing. This furthers the reasons why I've created this guide as a helpful tool, basically a methodology to create accuracy that will help you get to your goals, without following a rigid diet plan or macro system.

"But I want abs Dan!!"

The accuracy of the tool kit (step 3) will most certainly get you there easily.

Recap:

Are you emotionless when it comes to eating? Can you afford slight levels of inaccuracy?

If you answered yes to both then move to step 2.

STEP TWO : TRACK YOUR CALORIES

First of all, I know what you're thinking. Let's address the elephant in the room - it's very ironic in an intuitive eating guide that you need to track your calories, but this isn't a permanent process! My advice is to track for 5 days and upward of 2 weeks. Now, this step can take longer before you graduate to step 3 as we all have our different learning times. It's not a problem if you take up to sixth-months tracking because having that level of accuracy and understanding of your own diet will give you more chances of success, so don't worry if it takes you a little longer. This guide is about having the tools for life. So sixth months of tracking for a lifetime of happy eating, constantly pushing you towards your goals, isn't going to hurt.

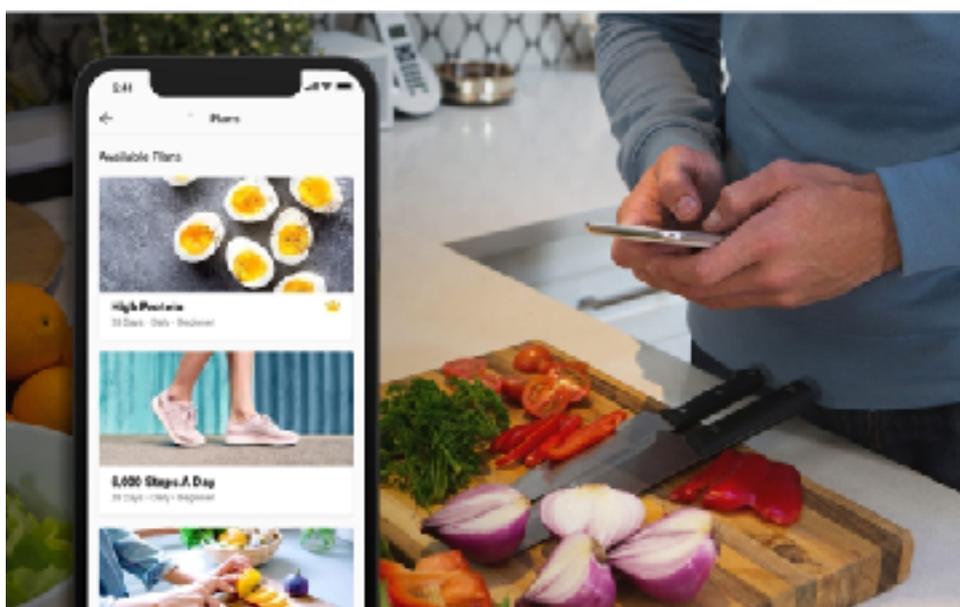
To track your calories you will need to use an App called My Fitness Pal (it's free) and it's probably the most user-friendly calorie counter. I could spend ages talking about how to use it but the only way to learn is by starting to using it. It is really easy to get the hang of. If you can manage your way around Facebook or Instagram then you'll have no problem using My fitness pal. An important detail to remember that we'll talk about later, is making sure you choose a calorie amount that sustainable, something that you can see yourself doing longer than 2 weeks. If you can't picture yourself sticking to the amount of calories for at least 3 months then forget it.

Your goal whilst tracking your calories is to understand exactly what it is your eating everyday. So obviously this requires you to be as accurate as possible everyday. You're basically trying to get your body and mind into an eating routine and to expect the same amount of food everyday. Now if you can couple that with eating at similar times everyday and where possible eat the same meals that's even better.

All of a sudden your body has now found a schedule, so this helps remove some thought and it will help you connect to the body. Your body will now feel hungry when it's supposed to, at consistent times everyday.

Now after tracking for however long feels right (I recommend a minimum of 5 days), you've now taken control and you're in charge of what you eat. During this time also, something we'll go into more depth into later is checking in with your training goals and body composition goals where possible. This is recommended because now you know the exact recipe that you're following; whether it's getting you results or not doesn't matter so much. What matters is now you know exactly what exercise you're doing each day, exactly what calories go in every day, and depending on the results (good or bad), you can now alter those two variables ever so slightly.

We're now at a point where we've been tracking our calories and feeling very emotionally stable, but tracking the calories is becoming somewhat of a nuisance and you'd prefer not to be doing it. This means it's now time to move to step 3.



STEP THREE : GRAB YOUR TOOL KIT AND START INTUITIVELY EATING

I've designed this tool kit to steer you in the right direction and some tools will help you more than others. It really depends where you are on your journey which tools will help most. But all the tools are important and the use of all of them will further the results. It's worth adding that I could easily write individual books for each tool, which shows how important they are but also how vast a subject each of them is. So, it's been said time and time again that most diets work but it's in the correct execution of the diets that the brilliance is found. This eating guide is no different. Your success will be determined by how well you execute the guide.

The tools are designed to be at some point very easily habitual tools, so that is you can easily apply them to your own life. I think of these tools as similar to working in a car garage, with the cars ever-evolving and cars varying each time meaning that the tools needed are going to vary slightly too. It is the same here, where at different points of your life, you're going to be faced with different situations that require different tools. Because of that, it's important to at least test them out so that you have them in your tool kit and know how to use them, should you need them.

TOOL KIT :

Hunger scale

So this tool is something I use across the board with clients. It's often referred to as a biofeedback marker. How we apply it is by asking yourself on a scale of 1 to 10: how high is my level of hunger? (10 meaning starving). We can check in with this scale once a week to monitor that we're eating the right amount of food. It can even be used several times a day, if we're using it to establish a good relationship with hunger and eating for purpose rather than emotion. I don't want to see anything less than 5 on the hunger scale. For me 5+ is acceptable but 6-9 is ideal. This will differ depending on who you're asking and also lifestyle factors will play a big role too.

You see, for a long time we've demonised hunger like it's a bad thing, hunger is a very important piece of feedback I ask from my clients. If my clients complain that they're hungry all of the time, I'm usually happy. Hunger is a good sign that your body is working on all cylinders. Now it's when people complain they're not hungry that I begin to worry, especially during a dieting phase. This is normally due to a few factors, the first being that they're under-eating. This is very common but when people under eat for a sustained period of time, their bodies down-regulate their metabolism, because it's adapted to its new intake and isn't expecting another meal in a hurry. Another factor would be very high acute stress. Stress can be a big cause of making people both under eat and also over eat when acting as a coping mechanism. Combine this with too much training, which is a separate subject but overtraining will often lead to a loss in appetite also. So all in all, generally low amounts of hunger usually isn't good, and should definitely be seen as a negative.

People also often mistake boredom for hunger, but when you're asking yourself, try speaking to your stomach. Is your stomach truly hungry? We'll talk more about this later and how to distinctively tell the difference between boredom and hunger in the 30 minute pause tool.

Stress

We track stress using the same method as hunger. The 1-10 scale helps us have self awareness and makes it more tangible. So 10 on the scale would mean very high stress and it's in these moments that intuitive eating is an immense challenge. My advice here is not to rely on intuition as it probably won't be very reliable, but what you will need to do is start tracking your calories again. In most day-to-day situations people can get up to a level 7, depending on who you are and that's high enough. And if we can't keep it lower than that, then we need to rethink our lifestyle.

Stress will play havoc when dieting and in so many ways. Because it raises our cortisol levels, our bodies will crave sugary, high-calorie foods. Our discipline will often be compromised and we'll eat for convenience most of the time. One simple bit of advice that I give to clients when it seems their lives are out of sync, is that it normally means they're rushed and totally on the hamster wheel of life. This can be ok sometimes for short periods of time, for example if you need to meet a deadline, but what needs to happen to make them less stressed and more collected is to take a moment each week to organise the week. We'll talk more about this in our next tool.

Schedule - Finding a rhythm

So this is about truly connecting to the body so you can eat when it feels right. It makes me laugh when people regularly skip breakfast and say "I'm just never hungry in the mornings"... well you won't be if you never eat in the mornings. You see, your body loves rhythm and regular patterns. So to make it easier to hit a similar calorie amount everyday, its easier if you're eating at the same times everyday; couple that with similar portions sizes and all of a sudden you're now creating a habitual routine that your body will begin to recognise. Do it long enough and your stomach will begin to tell you when you're hungry.

This is also about helping recognise your emotions and making them more stable and consistent. Eating at the same times everyday helps you pick up on when you're feeling tired, hungry or if it's harder to push in the gym or not. You see if you have one bad day and your mood is a little low, we can't then go and blame it straight on what we ate that day, however, if every morning at a similar time, you're feeling tired and craving sugary foods, we've now spotted a trend, so it tells me that perhaps you're having sugary cereal, which means by 10 am has

left you craving more sugar and caffeine. So, find a schedule that works alongside your lifestyle, but one that will create rhythm and consistency that eventually you almost do unconsciously.

Eating for the physical & Performance

This tool really is one of the best proxies for results when it comes to a diet phase. I remind my clients to get hungry to increase their performance. You see week to week it's hard to see progress in the mirror, this can leave us feeling deflated, which I get, we're all here to make progress. But one thing that should constantly increase, especially for 90% of the readers, is performance. If you've lifted more weight consecutively for 8 weeks, I can guarantee muscle mass has gone up.

So how do we eat for performance?...

This is about stacking the odds in your favour. Now if your performance is continuing to climb each week then don't overthink this tool, you're probably already doing something right with your diet. If you're in a calorie surplus, this one will be less crucial because you've normally got an abundance of fuel. However, when in a prolonged diet, let's face it, shit gets hard! But when it gets hard we need to do our best to not let strength dwindle, because if it does, expect muscle to go right along with it. So we need to do our best to time our nutrition to fuel our sessions and recover from them. This is made easier if you train at the same time everyday also.

So let's give you a scenario: you train at 9 am and you wake up at 7 am. The evening before it would be a good option to get some fuel onboard, my advice here is to make sure the dinner includes some complex carbohydrates (potato, rice, pasta ect). Then the next morning you're having more carbohydrates (porridge perhaps). Now we've managed to push a lot of our nutrition to support fuel for our session. If you feel the need to you also can have some simple sugars (fruit, sweets) 20 minutes before training. Then you train, have a great session and then what's required is to replenish fuel after training and something to aid recovery. Really here we need something to replace muscle glycogen and top protein stores up. Simple sugars like sweets will work well here, So if you've been craving something naughty then now's the time to have it, and couple that with some protein. A good example would a banana and protein shake.

It's also been shown that having something high in sugar will boost the recovery of muscles. The reason is every time we have high sugary foods, the pancreas produces more insulin which stabilises the sugar in the blood by distributing round the body, both in the muscles and the liver for storage but when it sends sugar to the muscles, it also sends amino acids (protein), which will help increase recovery. Moving on to the rest of your day, this should be just spent distributing your remaining calories so that it meets your daily intake goal.

To recap, is your performance going up? If not make sure you're pushing your nutrition around your training to stack the odds in your favour. If a few weeks have gone by and there are still no improvements, the odds are that you're not eating enough in total (very common) or other issues are the problem, likely your training program or sleep.

30 Minute pause

I like this tool because it's a very practical tool and incredibly helpful at establishing your thoughts and feelings based on food. Often in a dieting phase people confuse hunger for boredom. This tool works well alongside the hunger scale and helps us establish if we are truly hungry. It will aid us in making our decisions intuitive. We can apply this one to our day fairly easily, but I stress not to use it at every mealtime because then it violates the other tools.

This is to be used during the day perhaps, when we're a bit peckish so we raid the fridge (boredom). You know when we're working from home just had lunch and we need something to tide us over for a few hours (boredom). Are you with me? You know when we've got a meeting coming up in a few hours, so we'll just nip and grab a bite to eat whilst we wait (boredom). We're faced everyday with our minds trying to trick us, sneaking in a few extra calories, our minds will try to reason with us, finding sneaky solutions to disguise our boredom.

To conquer this, just take a step back, wait 30 minutes and if you're still hungry you'll know, because your stomach will start to tell you. It's using this tool which will help us connect with our stomachs and not our mischievous minds.

Protein feedings

Another really practical tool that we can apply and after a couple of weeks of doing so, we start to form that intuitive understanding. Below are a few examples of what 30g of protein looks like. Now our aim for most people regardless of whether female or male is to get between 3-6 portions a day. This will depend on how heavy you are and what your goal is.

I recommend a good guideline of getting between 1.5 - 2 grams per kilo of bodyweight. Now please understand that this is based on your lean mass. So if you're carrying large amounts of extra body fat, which doesn't need protein to help sustain it, then it shouldn't be used in the calculation.

If you're unsure then aim for 2 grams per kilo to be safe. So I will use myself as an example below. I currently weigh 80kg whilst writing this (one of my lightest and leanest weights), therefore I'd be aiming for the upper 2grams per kilo and bodyweight. I do this very easily by aiming to have four 30gram portions of the high-density protein foods, like the ones shown below. I couple that with foods less dense in protein like rice, oats and peanuts to make up my remaining calories and thats also where I find the remaining 40 grams of protein needed.

30 GRAM PORTION OF PROTEIN

5 Eggs / 380 calories



60g of Soya chunks / 205 cals



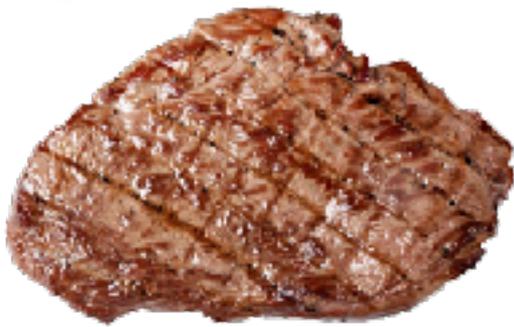
2.5 Veggie Sausages \160 cals



Scoop of protein / 150cals



100g Steak / 210cals



150g Salmon fillet / 340cals



100g chicken breast / 165cals



160g Tempeh / 300 cals



There are many easy options you can use and they don't always have to be stuff with neat protein like these options. You can use foods in combination to make up your protein. I would add however that it's often harder to get higher amounts of protein. Therefore it's easier if at every meal you just aim for a 30g portion of protein and aim for a minimum of 3 portions and upward of 6 if you're a bigger person.



Tracking your measurements.

This is not a diet tool per se, but it's probably the reason you decided to read this book in the first place. You want results! Well, you better track your progress in order for that to happen. This is a necessary step to keep you motivated and lasting the long haul. You see real success when dieting isn't done in the first 4 weeks when you make those beginner gains and progress is easy to see, but real progress is made six months down the line and you're struggling to see the gains and you're starting to lose motivation. Something needs to keep you going.

To keep us going longterm we need to continue to see progress, we've talked about one way of doing that, and that's performance. The 3 others I apply with all my clients are pictures, waist measurements and bodyweight. Using all three is best for accuracy. Individually you may fall short with some issues but together they'll paint a fuller picture alongside the other tools.

So for example, if your body weight is going down, this is a good start. Then your waist measurement has come down too, another good sign. But you look in the mirror (after 4 weeks) and you're struggling to see progress. Your sleep is awful and you're getting weaker each week and you're barely hungry. This tells me you're going too aggressive with your calorie deficit. Its not sustainable and your losing muscle mass as well as fat, and because it's not sustainable you'll fall off what you're doing and be left feeling very demotivated.



I want to speak more about bodyweight individually too. Please if you're someone who really wants to see success on the scales, then read this next part very carefully. Tracking body weight isn't always a protocol that I apply across the board with my clients. There are certain points in people's journey where if tracking their body weight will lead them to feel demotivated, then I get them to focus on the other details and ensure we're seeing progress elsewhere.

Weighing ourselves is helpful for telling us if body weight has gone up or down, that's it! I'll say that again! Measuring bodyweight is a measure of your body weight and tells us if bodyweight has gone up or down. In other words, it does not tell us whether you've put on muscle or lost it, whether you've lost fat; if you're recovering well; if you've got stronger; if you're feeling better; if you're sleeping better!

You starting to see what I mean?

It doesn't tell us if your waist has got smaller, if you've grown bigger guns, if you're enjoying the gym more, if your clothes fit better, if you're enjoying food more, if your quality of life has improved, if your resting heart rate is lower, if your stress has reduced, if your squat has gone up by 10 kilos, if your sex drive has increased, if you're happier!! I mean come on, that's important right?

I could go on forever. My point is, if your sole success is based upon whether the scales have gone up or down, then that to me is a one-way street to an unsuccessful diet. More importantly, it's barely motivating and whichever goal we aim for in life it has to be something that will push us and tell us what we're going to gain from reaching it.

Let me give you a great example "I just want to lose 5 lb" - this goal only tells us what we're going to lose, it doesn't tell us what we're going to gain. So what I try to get my clients to do is aim for a goal that's exciting and they gain something from, like "I want to lift 100kg" - you'll look badass doing it, it means you're strong as f**k and to get there it requires constant scheduled diet and training.

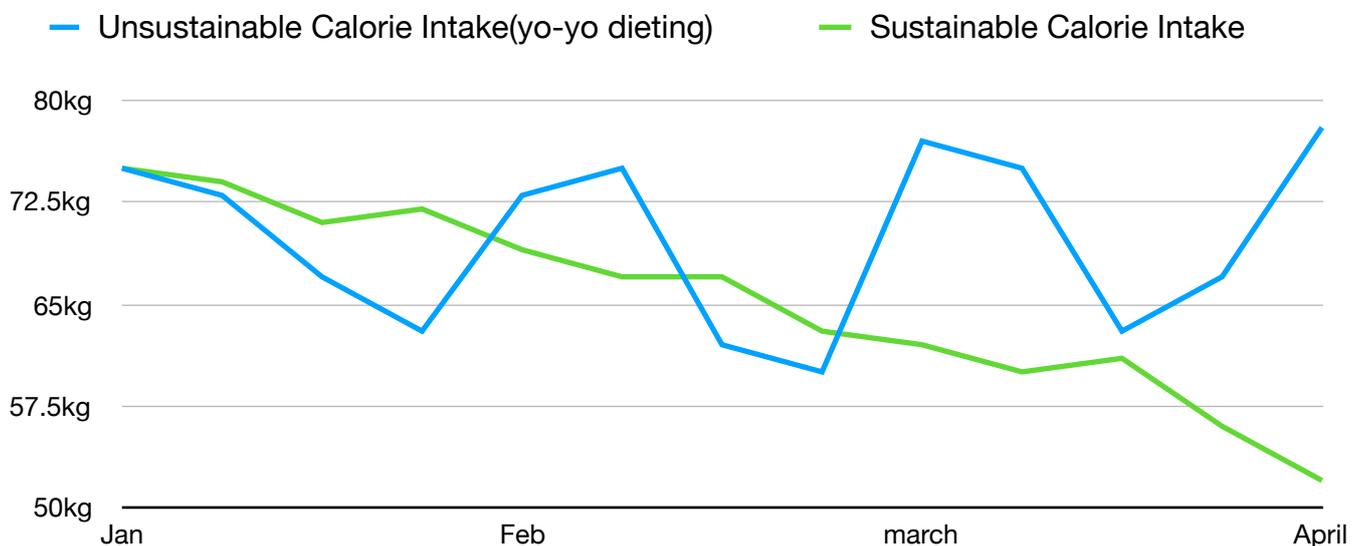
You want to create goals that are exciting to achieve and require work to get there. The irony behind aiming for goals like this is, clients that do, will reach the body weight goals without thinking about it.

To round up, tracking waist measurements, tracking body weight (if appropriate), tracking pictures, and the use of all the other tools, will paint a fuller picture. It's then we make an accurate decision on what's going on.

Sustainability scale (1-10)

A clear and simple rule remains when it comes to diets, this should probably be rule number one. A diet that you can adhere to will be a diet that you stick too! So if it's not sustainable, don't even bother. If you're a few weeks into your diet and you feel that you can barely last until the end of the week, then give up and try something else. You would label the 1-2 for sustainability, the chances of your continuing are slim to none. So aim for 7+, 10 would mean that 5 years from now you could see yourself doing this same diet.

The graph below shows what weight-loss looks like if you're always choosing a calorie amount that's unsustainable leading to short term success and long term failure.



This tool has been a very good gauge when coaching my clients. It has been an important tool for their success. The main reason is because it's a practical way of helping you think for the long game. What I mean by that is, amazing results were not made in 4 weeks, even though Instagram led you to believe that. Life changing results do take longer and if you can come around to the idea, that 12 months from now, you'll still be eating well and training at the gym, each and every 4 weeks in between, will look better. So aiming for 7+ for sustainability will mean that the new diet protocol will be a long-lasting lifestyle change. Which is a determiner to whether people manage to get in shape or not; if they decided to make this an actual part of their lifestyle and were they truly invested enough. If you think of people who are in the best shape possible (should there be such a thing), fitness usually is a massive part of their life and for it to be a permanent part of their life it would need to be sustainable, and for people that are healthy and in great shape, it usually is.

You've now come to the end of the guide, the guide is quite lengthy so I don't expect you to remember it all. So below is a little round-up.

Start of your journey

Step 1 : Decide if its right for you:

Assess your current mindset, are you in a stable mind, are your emotions, or your life dictating what you eat. Or are you eating for the physical? Can you afford minute levels of inaccuracy?

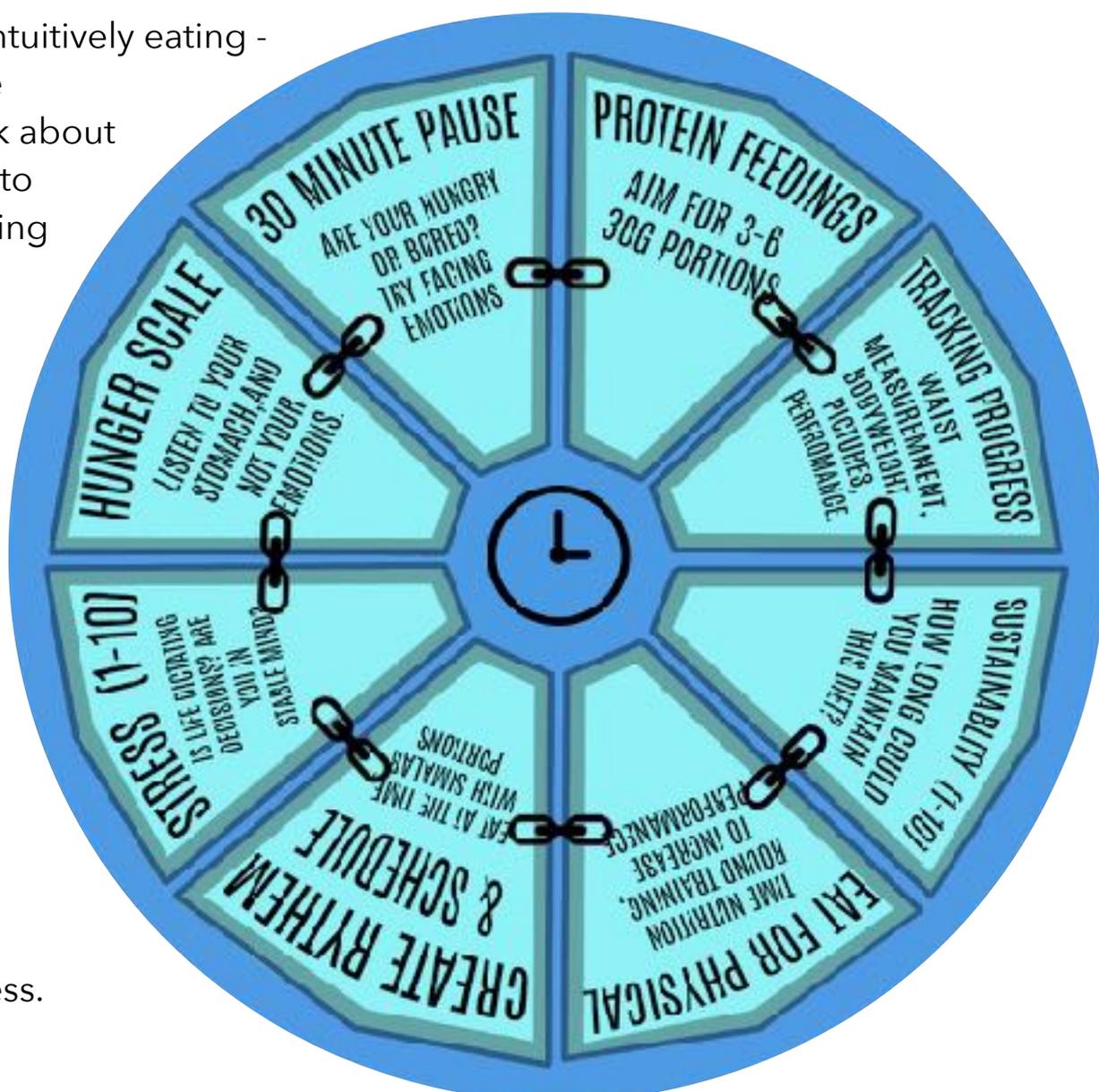
Step 2: Come from a place of accuracy. (Track calories for 5-14days)

During the tracking process, try to learn your portion sizes and what works best for you. Become emotionless with food and eat for the physical. Try to establish an understanding what your exact macronutrients(protein, carbohydrate and fats) are in your diet. For example, where are your main sources of protein coming from?

TOOL KIT

Step 3: Start intuitively eating -

Now you have accuracy, think about your nutrition to aid you in having the best day possible, something that will help you head towards your goals. Use all the tools together in unison to paint the fuller picture, and push you towards success.



Final tips and take away messages

The final words are here to improve the odds of success. It is scary to think about how many people have invested their money and time reading a diet book with little to no success. So a very important message here is, all diet works to some degree, it is both the doing and the execution that's important. Therefore if you read this guide and you take no steps to improve your diet then don't expect to see results.

Also, remember that the purpose of this guide is to be a free-flowing system we can dip in and out of. Practicing the use of all the tools in the tool-kit will arm you for life, some tools you'll find more useful than others and that's fine. Each tool is there should you need it(remember the car garage). Notice also the use of the word 'practise', I don't expect you to get things right in week 1. So if things aren't going your way don't just give up, habits take time to build and this diet guide is about building a new improved better version of yourself, however long that takes.

I hope all of you who have read this guide have enjoyed the read and found it helpful. I truly did enjoy writing it, so please feel free to get in touch should you have any questions or share this guide with anyone that you think it can help.