

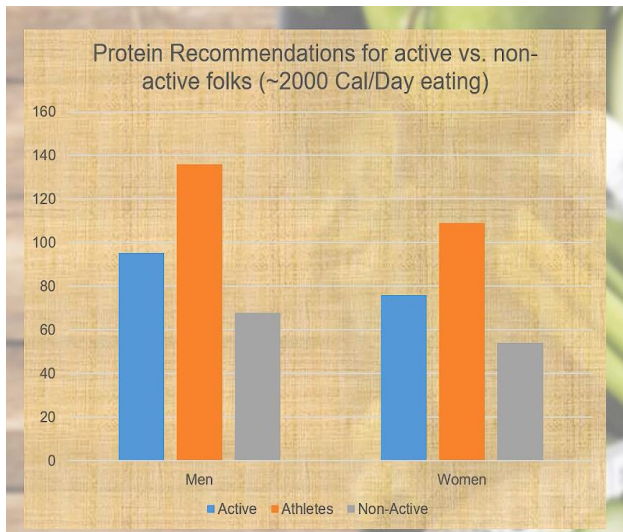
COACH JOHANN CSCS

Dropping Fat
11/12/20

Hunger | clean eating

Well, the more active you get, the more protein alone you need to take in.

Just by looking at the gray and the orange bars, notice you're taking in quite a bit more protein alone and that means more calories. It's going to be at least at the very minimum, more than likely you are going to eat 300 more calories each day than when you're non-active or even sedentary.



adjusting protein

Clean eating Myth

Clean eating has to do with an adherence to a diet and as such, lots of athletic people and lots of active people can maintain these types of eating for a minimal amount of time. They're actually missing huge swathes of quality calories which energize them and keep them in a healthy mindset! I mean you can go into a carb restricted diet and watch your mood decline as is often the case. You get really angry when you've restricted much of what your brain uses for fuel. Of course you have ketones as fuel, but the act of cutting can truly affect your mood and spirits

And, performance suffers!

When we have a healthy diet, we sustain long-term achievement, success and performance through a ritual practice. Cutting out all carbs, say after 7:00 PM or if we cut out eating all together after 7:00 PM, we see how our metabolism shifts. The next morning we depressed our metabolism from the night before and our sense of hunger dips.

Now, we're not hungry for breakfast. We then have to overload at lunch. Morning workouts, fasted runs... these kinds of patterns will affect the way you eat and result in a metabolism swing were weight loss stops and body fat loss halts.

Violence swings in resting blood sugar inhibit great athletic performance gains. When we don't feel energized earlier in the day our future workouts might suffer as a result.

Typically we see hydration levels suffer where our bodies will hold onto more water one day and deplete it the next you'll see a nice buoying of weight. Focus on your metabolism instead! Eat to fuel your workouts!



Be Hungry

Be okay with being hungry!

The stomach growling isn't a sign to overreact and eat anything in sight. It isn't a sign we're dying or weakening.

Sometimes, hunger hormones and thirst responses are similar. Relate with hunger and do not necessarily stave it off. But we shouldn't be dramatically hungry all day either.

Some meal plans and diets suggest eating 1100 or even under 1000 calories! For someone 230 pounds and an athlete they will find it extremely hard to stick these are diets which are prescribed regularly to people needing to lose weight.

Will they lose weight? Absolutely. Is it very difficult to stick to? Absolutely, and that is the truth of the matter. We want to make sure you don't lose muscle gains or muscle mass.

Consider when your last eating time was. Are you just bored, annoyed? Did you workout really hard recently? What other questions can ask of yourself when you feel hunger overwhelming??



be okay with hunger