FREE GUIDE

FUEL LIKE A FIGHTER

If you're exhausted in every session and you've cut your carbs to lose fat, those two things are connected.

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My master's research was on combat athlete performance, and I've coached boxers who'd been taught to fear food. Constantly injured, low energy, starving themselves.

One of them went from exactly that to eating freely and getting better results than he'd ever had. Same man, same training. The difference was fuel.

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WHY CARBS MATTER

Carbohydrates are the most efficient fuel you've got for hard training. Fat works for energy, but it's not the most efficient. If you actually want to work hard in the gym, you need carbs.

Keto and low carb diets do work for fat loss, but not for the reason people think. There are fewer foods to eat, which means fewer calories coming in. That's the whole idea behind it. Any diet will help you lose fat if your calories are controlled properly.

So you're paying for that fat loss with your energy, your strength and your focus, when you didn't need to.

SIMPLE CARB SOURCES

Nothing fancy. Pick the ones you'll actually eat consistently and build your meals around them, especially on the days you train.

Oats	Rice	Potatoes
Fruit	Bread	Pasta

THE RULES

1

Track your calories and protein every day

Non-negotiable

Everything else can flex. These two can't. If you're not tracking, you're guessing.

2

Hit your protein

Around 1.8g per kilo of bodyweight

This is what I usually set, adjusted to the person. An 80kg man is looking at roughly 144g a day.

3

Keep your carbs

The harder you train, the more you need

There's no fixed number I give everyone. The athletes I coach eat a lot of carbs, because they train hard and need to perform.

4

Don't cut out a food group

Never restrict

Restriction creates rebellion. Lose fat from a calorie target you can actually stick to, and enjoy your food while you do it.

5

Tired in the gym? Eat more, not less

Food up

Most men who come to me think they need to starve themselves to get lean. I tell them the opposite. Feeling weak every session is usually a sign you need more fuel.

6

Fat loss: activity first

Steps up before calories down

Get to 10,000 steps a day before you cut calories. Calories only come down once you've done everything you can with activity.

TRACK IT PROPERLY

Calories and protein are the two things that can't flex. This is how my clients actually do it.

1

Calories and macros, every day

Protein, carbs and fats

Log everything you eat and drink in a tracking app, every day, weekends included. Hit your calorie target, not under and not over.

2

Can't track? Use portions

Only if you genuinely have to

Tracking is the standard. If it's absolutely not possible for you, a consistent portion method is the back-up, not the default.

3

Fuel your training days

Build your meals around the session

Carbs are the fuel for hard training, so build your meals around them on the days you train. The harder the session, the more you need.

EATING OUT, TRAVEL AND BUSY DAYS

Your week changes. Your two non-negotiables don't: calories and protein.

1

Eating out

Enjoy it, then log it

Pick what you want, make sure there's protein on the plate, and log your best estimate. One meal out doesn't ruin anything.

2

Don't save it all for one day

That's how binges start

Starving yourself all day so you can spend it at dinner or the weekend ends in a binge. Keep the foods you enjoy in, in small amounts, every day.

3

Travelling

Keep your steps and protein

Get your 10,000 steps in wherever you are and keep hitting your protein. Track your best estimate like any other day.

4

Busy days

Don't skip meals

A busy day isn't a reason to stop eating. Under-eating is what leaves you tired, weak in the gym and unable to focus at work.

You want a body that actually performs, not one that just gets smaller.

WANT SOMEONE DOING THIS WITH YOU?

This is exactly what I check with my clients every single week. If you want me building your plan around your life and holding you to it, apply for coaching at thebarnettvision.com/elite