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# Morning sidekick journal pdf free download

Nutrition & Weight Management Sidekick Journal Rewrite Your Eating Habits. Boost Health & Energy. Created with love by Amir Atiqehchi, Ariel Banayan, & Mikey Ahdoot

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The Science Behind Fat Loss

This guide is going to be short and sweet. We're talking about food and the body. More specifically, we'll dig in to how to maximize your fat loss while maintaining an overall aim of health and looking the best you possibly can. This journal's goal is to give you all the knowledge, motivation, and resources you need to create the perfect eating plan that conforms to your body type. Everything you're about to read is backed by basic science. There is absolutely no vague "that." Every single word in this intro guide serves a purpose. We'll start with a quick explanation of your basic machinery - this physical body you possess - and the way it generally functions with regards to the intake of food. The objective is to focus your attention in a very specific manner. Establish your mindset from the right point of reference. 12 Caloric Deficit & Macronutrient Ratios

The following is assuming that your body composition goals are to:

1. Have minimal excess body fat, and
2. Maintain or increase your body's muscle mass.

Depending on the body you want, a proper balance needs to be struck between minimizing body fat and maintaining or increasing muscle. The food we eat is the single most important factor in both decreasing body fat and improving muscle definition. Fat Loss vs. Weight Loss

Most people don't even scratch the surface when it comes to understanding what it means to "lose weight." Weight loss can come in a few different ways. The loss of weight that shows up on a scale can either be the result of fat loss, muscle loss, or water loss. We all have this goal of getting to an ideal weight we think will make us happy with our physique. But the number on the scales should be the least of your worries. The goal is always to look as fit as possible, be as healthy as possible, and most importantly, to be genuinely happy with your body just as it is. 15 Carbohydrates: A Double Edged Sword

We need energy to live. We need energy to breathe, to digest, to circulate blood flow, to move our limbs, to think, etc. From the moment we're born until the moment we leave this beautiful world, we are using energy to facilitate our every physical movement, thought, emotion and instinctive process. Fat loss is really about redirecting the source of that energy by manipulating the body through the foods we eat. The body is extremely efficient. We have a very specific processor for the way we create energy based on the food we eat. When there's an excess of what is needed, the body stores it to be used in a later day. By the same token, when there's not enough energy supply, the body adapts and finds other sources. Carbohydrates are the body's preferred source of energy. Carbohydrates are vital to the functioning of our bodilysystems. Carbs are broken down into glucose in the body. Glucose is the primary molecule that serves as energy for animals like us. I mentioned above that the main objective in achieving fat loss is forcing your body to react to circumstances you create by using fat for energy rather than carbohydrates or muscle. 19 Proteins

You have over 10,000 different proteins in your body. It is absolutely essential to every cell in the body. Protein is made up of amino acids, which in relation to weight loss, are important in that they grow and repair our muscle tissue. It is essential to consume enough protein because it helps keep you full, stimulates muscle growth, facilitates muscle retention, and it has a significant effect on our basal metabolic rate - the automatic functioning of our metabolism. The more protein you eat, the faster your metabolism works. The faster your metabolism works, the more calories you naturally burn. The mechanics of the way protein affects the metabolism are relatively simple. Protein enlarges muscles if paired with exercise by adding additional proteins to muscle fibers. That process requires amino acids. When you eat more amino acids, which are what protein is made up of, it has a direct effect on muscle mass. Increasing your muscle mass has an effect on the amount of calories you naturally burn because muscle tissue requires more energy than fat. The more muscle you have and the less fat present in your body, the faster your metabolism operates. 65 25 Fats

Your body requires you to eat fat in order to burn fat. It is indispensable to eat some forms of healthy fats. Essential fats keep your skin and hair healthy, and are integral to hormone production. "Good fats" are titled "essential" because the body can't produce them on its own, or work properly without them. They're also important for brain development, and controlling inflammation in the body. "Bad fats" or "saturated/trans fats" have no true nutritional value and in fact harm the basic processes they're meant to help facilitate. Healthy fat consumption can come from vegetable oils, assortments of nuts, avocados, eggs, chia seeds, fatty fish, coconuts (in addition to coconut oil), peanut butter, seeds, greek yogurt, and even dark chocolate. 27 Different Ways To Track Your Nutrition

There are many ways to go about achieving your nutrition goals and you should be constantly experimenting to see which one is the most realistic long-term option for you. Using A More Intuitive Approach

There are many ways to take on a more intuitive approach and still achieve a healthy, happy body. Some of these are:

- Only eating foods when you're actually hungry.
- Only eating foods that make you feel light and energetic afterwards.
- Eating lots of vegetables and lean protein.
- Upsides Downside: No need to do extra - Easy to misread your work like counting body's signals and calories overeat or eat poorly.
- Listening to your body - Without as much hard generally provides data, it's more difficult to use useful guidance adjust your results if you.
- Less of a mental strain are not moving towards your eating your goal long-term decisions, provides a
- Provides a gray area that more flexible / related is easy to make excuses process and get past mentally.
- 28 Using A More Metabolic, Scientific Approach
- On the other end of the equation, you can use a more proven, science-based approach, which has its own benefits and flaws. This approach entails: Estimating how many calories you burn on a daily basis - Tracking your daily caloric and macronutrient (macro) intake to either gain muscle or lose fat.
- Upsides Downside: Guarantees optimal - Has a larger learning results when followed curve properly - A lot of extra work in - Provides clear, black or reading nutrition labels white boundaries for and tracking everything you to follow - Difficult to estimate - Forces you to really calories for some foods learn what foods are - Can be done excessively, good for you by reading leading to a
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90. **TODAY'S TOTALS:** **POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW:** **ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW IS:** **SNACKS, DRINKS, & OTHER**

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