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The Carb Rotation Diet



The Secret to

Rapid **Permanent** Weight Loss



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"The Five Simple Steps for Losing Twenty Pounds Quickly AND Safely"

By Registered Dietitian Jayson Hunter

It's unfortunate, but true: Many women feel the need to starve themselves when they have twenty pounds they want to lose so they can look great for a special occasion.

Whether it be a wedding, class reunion or some other special event **there is a tremendous amount of pressure on women to look great.**

And this pressure often leads to the **yo-yo dieting** and weight gain that is so prevalent in our society today.

You know the pattern: You starve yourself and seem to drop a ton of weight fast.

But then when you go back to your normal eating patterns you gain not only the weight you lost back, but you gain even more!

And it's all the result of one thing: Starving your body of the nutrients it needs.

As you've probably read somewhere by now, your body's metabolism actually burns more fat when it's fed more often.

So if you want to dress sizes and inches fast you need to be good to your body. And that means eating the foods it craves to help it melt fat.

So here are **5 simple steps you can follow** to help you lost twenty pounds of pure fat.

And these steps will help you keep the weight off and end - once and for all - the yo-yo dieting dilemma.

1. Increase Non-Starchy Vegetable Intake

Why you ask? One reason is because eating non-starchy vegetables increases your **fiber intake** which makes you feel fuller quicker.

Second reason is that **vegetables are energy consumers**. It takes more energy to digest a vegetable than a type of carbohydrate. You could actually be in a negative calorie balance if you compared one carrot's calories to the amount of calories it took to digest and utilize that carrot.

There are studies that show on average for those that ate 4 or more servings of non-starchy vegetables a day were the biggest losers when it came to weight loss

2. Protein Should Be At Every Meal

To optimally preserve your lean body mass while losing weight it is extremely important to **consume some type of lean protein at every meal**.

Protein is a great nutrient to prevent you from overeating because it will fill you up quicker.

It is also another nutrient that is energy costly which means it takes more calories to digest and utilize protein than it does a carbohydrate.

Your best sources of protein are beef, chicken, fish, eggs, and dairy.

3. Eat Whole Grain Carbohydrates

Consuming whole-grain carbohydrates **regulates your insulin levels** and keeps your body from producing too much insulin.

This in turn keeps you losing weight.

Large amounts of insulin promote fat storage and fast digesting or simple carbohydrates produce large amounts of insulin.

You want to limit or avoid these fast digesting carbs.

By doing this you not only improve your health, but will speed up your fat loss.

Some studies believe that up to 70% of successful weight loss stems from keeping insulin levels in check and to do this means **eating whole grains and avoiding simple carbs**.

4. **Eat More Healthy Fats**

Consume adequate amounts of **healthy fat foods** such as olive oil, walnuts, almonds, or other Omega-3 products.

Healthy fats are great antioxidants as well as help with brain function and many other essential processes that take place in the body on a daily basis.

Essential Fatty acids also help prevent certain diseases such as heart disease and cancer. Some studies are starting to show that consuming Omega-3 products may boost your metabolism by as much as 400 calories a day.

5. **Eat Frequent Meals**

There is a direct correlation with eating patterns and volume of food consumed as well as insulin levels

Eat 4-6 small meals a day instead of the usual 2-3 large meals.

Eating frequently will help regulate and boost your metabolism to burn more calories.

By eating smaller portions throughout the day you tend to eat less food overall.

You also **control your blood sugars** because by ingesting a steady state of nutrients throughout the day your body has no need to significantly elevate insulin levels to handle large amounts of food.

Now of course I do recommend you exercise while making these 5 changes to your diet because nutrition and exercise go hand in hand for fat loss.

If you make these simple changes to your diet and take part in an exercise program that has you burning calories then you will drop dress sizes and inches quickly, safely and permanently.



15 Rules for Fat Loss

by: [Jayson Hunter Registered Dietitian, CSCS](#)

1. Eat 4-6 small meals day a day instead of the usual 2-3 large meals. Eating frequently will help regulate and boost your metabolism to burn more calories.

2. Consume whole foods that are high in fiber and low in sugar such as lean protein (lean beef, chicken, fish, and whey protein), fruits & vegetables (oranges, apples, strawberries, blueberries, broccoli, peppers, asparagus, carrots, nuts (almonds, cashews, & walnuts), and whole grains.

3. Eat low-glycemic carbohydrates such as vegetables, whole-wheat products and oatmeal instead of refined processed carbohydrates which usually come in a box or a bag.

4. Recommend consuming 25-35 grams of fiber per day. Since the average diet contains only 14 grams we could all use more fiber. Fiber will help satisfy hunger pangs as well as control insulin and blood sugar levels which tend to promote fat storage when they are elevated.

5. Eat some type of lean protein at each meal. Protein helps to satisfy hunger and provide the necessary building blocks to maintain lean body mass while losing body fat.

6. Consume adequate amounts of healthy fat foods such as olive oil, walnuts, almonds, Omega-3 fortified eggs or other Omega-3 products.

Healthy fats are great antioxidants as well as help with brain function and many other essential processes that take place in the body on a daily basis. Essential Fatty acids also help prevent certain diseases.

7. Recommend eating 5-10 servings of fruit and vegetables a day to meet your micronutrient needs. Vegetables also contain a good amount of fiber and help to control appetites and curb hunger.

8. Consume Green Tea or Water instead of calorie filled drinks such as soft drinks. Green Tea has many health benefits and should be drinking 1ml of non-caffeinated fluid for every calorie that you consume. This works out between (8-12) 8oz glasses of Green Tea or Water a day.

9. Balance your fat intake for the day. 1/3 should come from saturated fats, 1/3 from monounsaturated fats, and 1/3 from polyunsaturated fats.

10. If you want to start building habits then you need to follow a plan. Habits are formed by repetitively following a prescribed plan.

Therefore map out your meals every day and follow them. If you follow your plan everyday for 2-3 weeks you will form habits that become part of your daily routine and you won't even notice it.

How do you think bad habits are formed? By repetitively doing something over and over again.

11. Include what I call "**Superfoods**" into your meal plan on a daily basis. These include but not entirely lean meat, salmon, low fat plain yogurt, tomatoes, spinach, mixed berries, whole oats, mixed nuts, olive oil, flax seeds(or flax meal), green tea, and various beans.

These are just some of the "**Superfoods**" who should be incorporating into your daily meal plans.

12. Keep total fat intake under 30% for the day. This can be accomplished by not adding too many extra fats such as butter, sour cream, mayonnaise, etc.

This doesn't mean you have to completely eliminate these items, but do not eat them as a regular food item every day.

13. **EXERCISE!!** You can lose weight by just following a nutrition plan on its own but very few succeed at it and it takes much longer than when you eat properly as well as exercise.

I am not talking about just getting on a treadmill for 30 minutes every other day. Though you can lose weight this way it is not the most efficient use of your time nor maximizing the ability to burn calories.

The most effective way to lose fat is by strength training or some type of interval training utilizing strength training and cardiovascular exercises.

A properly designed program can burn more overall calories in 20 minutes than 20 minutes on a treadmill.

Also, the X factor in all this is that you will burn more calories per minute hours after you finished strength training because of the EPOC effect.

Steady exercise on a treadmill doesn't produce this X factor.

14. Record what you eat and drink. You will be amazed at what you consume and not even realize you did it until you write it down and reflect back on the day.

Keeping a food log is critical to your success because if modifications need to be made you need something to be able to evaluate and analyze.

If changes aren't happening like you had hoped the answer can usually be found in the food and or exercise journal.

15. Follow the 90% rule.

If you can follow your plan 90% of the time then that is enough to have success with weight loss.

If you find yourself breaking the rules more than 90% of the time then the chance of being successful with weight loss is not as likely.

Your chances of failing increase significantly. Lose the all or nothing attitude and just take one day at a time.

Reflect on your day before you go to bed at night and instead of getting down on yourself because you weren't perfect just set goals to accomplish next day that would eliminate those errors.



10 Changes To To Your Diet That Will Instantly Make it 90% Better

by: [Registered Dietitian Jayson Hunter](#)

Most individuals do not eat like they are supposed to.

Out of those individuals 95% of them don't realize that by making 10 simple changes to their eating lifestyle they can improve their diet by 90% along with improving their health and overall well-being.

Apply these changes to your diet today and you too will be experiencing an increased benefit to your health, probable weight loss, a leaner body, and likely improvements to your blood profile.

This all equals a longer healthier life.

Now let's get started so you can benefit from these 10 simple changes that everyone can make immediately.

1. Hydration: Is there a difference

Consume Green Tea or Water instead of calorie filled drinks such as soft drinks. Green Tea has many health benefits and is a powerful antioxidant. You should be drinking 1ml of non-caffeinated fluid for every calorie that you consume. This works out between (8-12) 8oz glasses of Green Tea or Water a day.

2. Benefits of Fiber

Recommend consuming 25-35 grams of fiber per day. Since the average diet contains only 14 grams we could all use more fiber. Fiber will help satisfy hunger pangs as well as control insulin and blood sugar levels which tend to promote fat storage when they are elevated.

By simply eating at least 1 serving of fruit and vegetables at every meal should get you to the goal of 25-35 grams of fiber per day.

3. The Importance of Protein

Eat lean protein sources which include; lean beef, chicken breasts, turkey breasts, salmon, low-fat cottage cheese and other low-fat dairy products, and whey protein powders, at every meal.

This will also help control insulin levels and satisfy hunger pangs which tend to promote fat storage. You will find yourself naturally eating less food throughout the day if you eat some type of lean protein at every meal.

4. Frequent Meals: Why?

Eat 4-6 small meals day a day instead of the usual 2-3 large meals. Eating frequently will help regulate and boost your metabolism to burn more calories. By also including your protein and vegetables at these meals you will tend to eat less overall thereby reducing your calorie intake.

5. What are Whole Foods?

Consume whole foods that are high in fiber and low in sugar such as lean protein (lean beef, chicken, fish, and whey protein), fruits & vegetables (oranges, apples, strawberries, blueberries, broccoli, peppers, asparagus, carrots, nuts (almonds, cashews, & walnuts), and whole grains.

Try to minimize processed foods that come in a box or a bag. Instead choose whole grain choices such as whole wheat foods, oatmeals, and vegetables.

6. Healthy Fats: Yes, there are healthy fats

Consume adequate amounts of healthy fat foods such as

olive oil, walnuts, almonds, or other Omega-3 products. Healthy fats are great antioxidants as well as help with brain function and many other essential processes that take place in the body on a daily basis. Essential Fatty acids also help prevent certain diseases.

7. Superfoods

Include what I call "Superfoods" into your meal plan on a daily basis. These include but not entirely lean meat, salmon, low fat plain yogurt, tomatoes, spinach, mixed berries, whole oats, mixed nuts, olive oil, flax seeds (or flax meal), green tea, and various beans. These are just some of the "Superfoods" you should be incorporating into your daily meal plans.

8. Fat

Keep total fat intake under 30% for the day. This can be accomplished by not adding too many extra fats such as butter, sour cream, mayonnaise, etc. This doesn't mean you have to completely eliminate these items, but do not eat them as a regular food item every day.

9. Food Log: Yes, this is the most important step

Record what you eat and drink. You will be amazed at what you consume and not even realize you did it until you write it down and reflect back on the day. Keeping a food log is critical to your success because if modifications need to be made you need something to be able to evaluate and analyze.

If changes aren't happening like you had hoped the answer can usually be found in your food and or exercise journal.

10. Food Labels

Review food labels. Avoid foods packed with excess sugar, calories, or foods that contain any trans-fats.

You should be looking for more natural foods and not overly-processed foods.

Ingredients to look for and avoid or minimize if they are one of the top ingredients listed in the ingredients list: Sugar, High Fructose Corn Syrup and Hydrogenated or Partially Hydrogenated Vegetable Oil.

If you see these ingredients listed at the top then that means the product is made up of that ingredient as it's largest source.

Now I don't expect you to make every change in one day.

What I do expect is that if you are serious about living a better life and a healthier life then you need to make these changes over the next 4 weeks.

The best way to accomplish this task is to map out your plan. Create meal plans and have a plan of attack in place in regards to what you are eating and when.

You will start to see just how easy it is to live a healthier life and achieve the goals that you desire.



What are these Low Glycemic Foods? If I eat these foods will I be skinny?

by: Jayson Hunter Registered Dietitian, CSCS

First let discuss what low glycemic is before we decide if it will help you with your weight loss.

Low glycemic foods are foods that when consumed do not dramatically elevate your blood sugar levels.

Eating foods that are high glycemic will dramatically increase your blood sugar levels.

Your body starts to promote the fat storage of these sugars when you eat high glycemic foods because your insulin level increases.

When women want to know or ask what foods to eat so they can be skinny they are essentially looking for foods that aren't going to promote the storage of fat.

To become low glycemic a food needs to have a mixture of nutrients, be lower in overall sugars and contain a fair amount of fiber with each serving.

For example a piece of white bread is a high glycemic food because it consists of processed and refined flour.

A piece of whole-grain bread would be a lower glycemic food because it contains a good amount of fiber and other nutrients that would slow down the absorption of your food.

You should choose foods that are either a good source of fiber or contain some protein and fat so that it is a **lower glycemic food choice**.

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