

PHAROAH FIT

THE 4-WEEK-SHRED



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Welcome to the Pharoah Fit 4-Week-Shred

My name is Ray Pharoah and I own Southern Legion Strength and Conditioning gym in Portsmouth. My aim with this 4-Week-Shred plan is to give you a kick-start into making a lifestyle change that will cut body fat, give you more energy and, most importantly, teach you an easy way to maintain those health benefits into the future.

I am not a qualified dietician or nutritionist, but I have researched this plan extensively and tested it on myself and my Transformation Groups with incredible results. We all lost weight in 4 weeks but, crucially, we all NOTICEABLY lost body fat – especially around our bellies and hips. As well as losing weight my groups feel more energised, more positive and are relieved that they have finally taken control of their eating habits with a nutrition plan that is easy to follow, easy to maintain and doesn't leave them feeling hungry.

The Plan

This shred plan is based on the concept of Intermittent Fasting, which specifically targets fat-loss by regularly putting you into a 'fasted' state where your body burns fat for fuel instead of glucose.

During a normal eating pattern of constantly grazing throughout the day and always having something in your stomach, insulin is elevated which sends a signal to your body to store excess calories in your fat cells. In the presence of insulin, the burning of fat is halted, while the body burns glucose (from your last meal) instead.

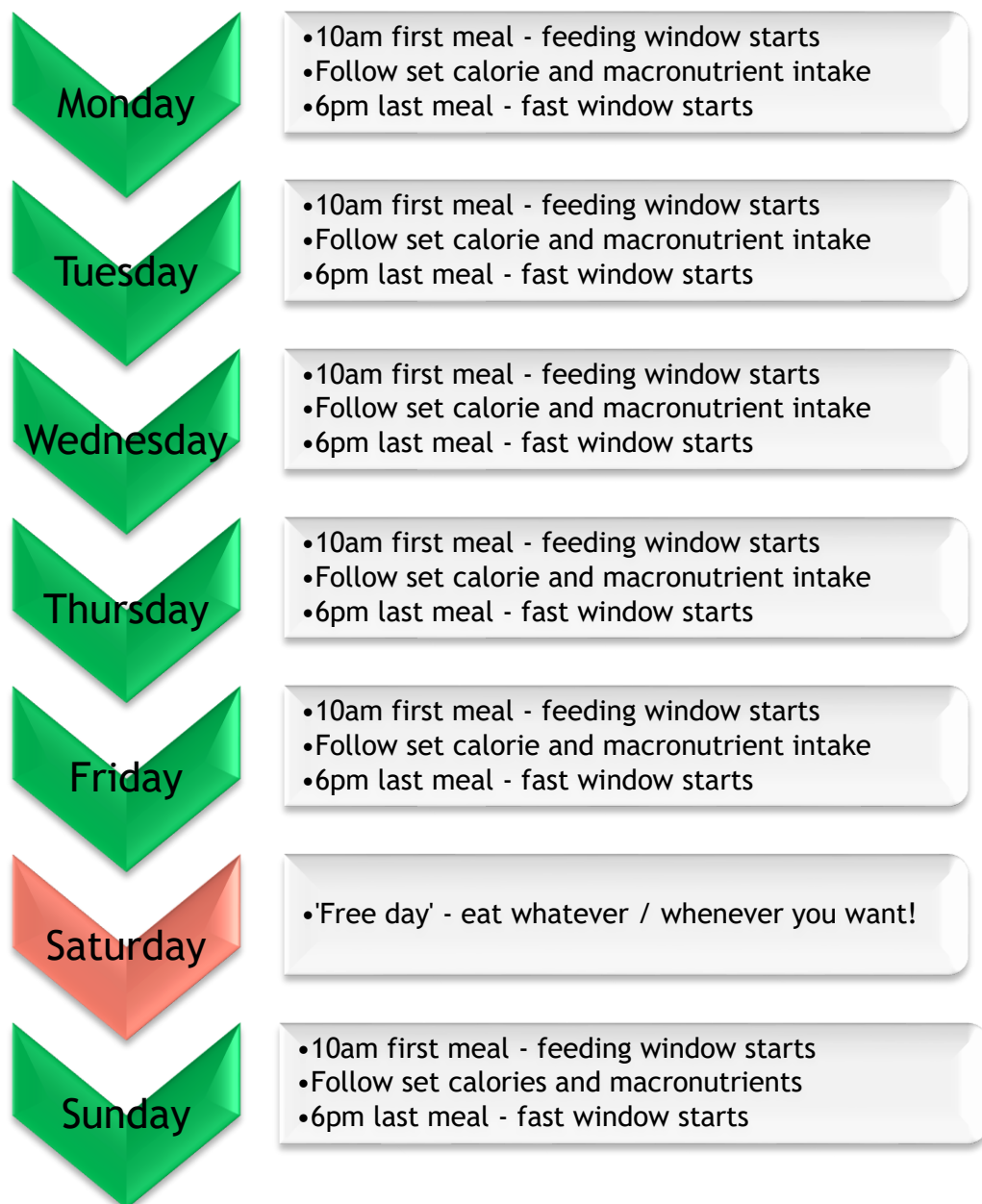
In contrast, in a fasted state insulin is low and your body starts mobilising stored body fat from your fat cells and burning this fat for energy (instead of glucose), which is why fasting is so effective at reducing not just your weight, but in particular body fat.

Your new eating pattern

On this Intermittent Fasting plan you will have a 16-hr 'fasting window' and an 8-hr 'feeding window' which you will stick to 6 days per week.

During the fast window you will eat nothing at all, but you can drink water and/or black tea/coffee. During the feeding window you will eat a set number of calories and macronutrients, which I have calculated for you based on the measurements you provided and your current activity levels (this will be sent to you separately in an email).

Below is an example of your fasting and feeding windows if you eat your last meal at 6pm:



As indicated above, your fasting window starts after you have eaten your last meal of the day, and your feeding window starts 16 hours after that. So just adjust your windows

according to when you eat your last meal. The great thing about IF is that most of your fasting is done overnight so you don't even notice you're doing it!

Calorie and Macronutrient Intake

During your feeding window you must stick to your personalised calorie and macronutrient intake. The best way to keep track of this is by using the MyFitnessPal app – download it onto your phone and select the 'goals' option. There you can put in your current weight and your calorie and macronutrient goals. Log everything you eat (or everything you plan to eat if you want to check it beforehand) and the app will record your actual daily intake against target.

After the Initial 4 Weeks

Once you've completed this 4-Week-Shred you can either carry on with the plan until you've reached your goal size, or you can enter the maintenance phase where you cut your fast days down to 4 per week and adjust your calorie and macronutrient intake (I will calculate this for you). This plan will introduce you to a new way of eating that you can use for the rest of your life, and I doubt you will want to stop after the four weeks.

What and When to eat

On this plan you should try to eat WHOLE, UNPROCESSED food, by which I mean food that has not been messed about with and is in the same state it was when it was grown. So we're going back to basics – lean protein from meat, poultry, fish and eggs, lots of vegetables and some good fats from nuts, avocado and olive oil.

That doesn't mean the food on this plan is expensive – chicken thighs and turkey breasts are a good alternative to chicken breasts if you want to save money, and lean casserole or

braising steak is just as good as a more expensive cut of beef. Eggs are a really good, cheap source of protein and are very versatile, and most vegetables are cheap.

You're going to be eating 3 proper meals on this plan rather than picking all day so it's a good idea to prep in advance. I always make up a batch of sweet potato mash, white basmati rice, cooked chicken and hard boiled eggs on a Sunday and put them in the fridge to use over the next few days. I eat mine cold but you can re-heat the mash and rice as long as you make sure they are properly cooked (I can't advise on timings but have a look online).

Although you should avoid processed food, feel free to use whole foods that have been packaged in a way to make your life easier, so things like tinned tuna, ready-diced meat and pre-chopped veg.

A great trick I use that really cuts down on cost and waste is to buy frozen vegetables and berries – they keep for ages, you can cook them in the microwave and they've got just as high a nutrient-content, if not higher, as fresh veg because they are frozen straight after being picked and don't sit on a supermarket shelf for days.

Meal Structure

Try to structure your meals as follows during the 8-hr feeding window:

- 3 meals and 1 - 2 snacks a day
- Breakfast should be small, lunch moderate and dinner the largest meal of the day
- Snacks should be 2-3 hours after / before you next meal

Example meal structure using a 10am – 6pm feeding window:

08:00 Wake up, drink 500 ml (1 glass) water

09:00 1 cup green tea/ black coffee

10:00 Eat first meal: high in protein and fat, low in carbs

12:00 Snack

14:00 Eat second meal: moderate sized meal with protein, carbs and a little fat

16:00 Snack

18:00 Eat third meal: high in protein and moderate carbs, no fat

Recommended Food choices		
Protein	Carbohydrates	Fats
Chicken breast / thighs / drumsticks	Most vegetables – greens, broccoli, cauliflower, spinach, carrots, peas, etc.	Olive oil
Lean beef, steaks	Sweet potatoes – these are great and I would recommend using these for most evening meals	Peanuts – Peanut butter is good but ensure it is 100% peanuts or as near to it as possible
Turkey	White potatoes / chips – only have once or twice a week, keep them to a minimum	Hazelnuts
Eggs: boiled, fried, poached, scrambled	Rice – white basmati rice is good, or Uncle Ben's packet rice or any 2min rice when you are in a rush	Pine Nuts
Fish: cod, tuna, haddock, sea bass, mackerel	Fruits – Berries are the best option: strawberry, raspberry, blueberry etc. (frozen is fine). Also apples, pears and oranges	Pecans
Lentils		Avocado
Tofu		Cashews – stick to a handful in one meal or snack
Quinoa		Almonds - whole nuts or nut butter
Black beans		
Soy		

Off the menu foods / fake food

Below is a list of 'fake' food that I recommend you remove from your home and away from temptation. I call them fake foods because they hold no nutritional value and your body receives no benefit from consuming them:

- Processed meat – This includes ham, bacon, corned beef, salami, bologna, pastrami and hot dogs. These products can contain added salt, sugar, fat or chemical additives or preservatives and are best avoided.
- Treats – Chocolate, biscuits, crisps, beer, wine, sweets, any sugary drinks (including fruit smoothies), take away food etc. These all contain empty calories without any nutritional value whatsoever.
- Cereals like Cornflakes, Cheerios, Shreddies, Frosties etc. – these are no better than sugar-coated cardboard – avoid!

Treat Day!

Saturday is your 'treat day'. It's important psychologically to have Saturdays to look forward to as the one day of the week you can have the foods that you've had to give up and miss. It will help get you through the rest of the week. HOWEVER, you are trying to change your mindset towards seeing food as fuel and putting good things into your body in order to get good things out, so don't spend the whole day gorging on high fat, high sugar foods!

Meal Ideas

Over the next few pages I've listed some meal options for breakfast, lunch and dinner. These are just suggestions to give you an idea of what foods and macronutrients you need to be including in each meal. Of course, everyone's tastes are different so just adapt your own meals according to what you like from the recommended food table above.

Breakfast			
Option 1	Option 2	Option 3	Option 4
Pharoah breakfast smoothie 1 cup of each of the following fruits (can be frozen): blueberries, raspberries, blackberries, and ½ a banana 2 tsp of peanut butter or almond butter 200mls of coconut water or normal tap/spring water is fine Just blitz in a blender and drink straight away.	Egg, tomato, basil and goat cheese omelette Chop up all the ingredients, add to your egg mix and pour in the pan together to make the omelette.	Eggs your favourite way Easy peasy, just boil, scramble, poach or fry 3 eggs. Coffee with 2 tsp double Cream	Porridge with berries 1 cup of organic Oats (porridge) 200 - 300mls of whole milk 1 handful of blueberries 1 handful of pecan nuts Cook on the stove on a low heat for 7 mins or microwave for 2 mins

Lunch			
Option 1	Option 2	Option 3	Option 4
Sweet potato jacket with tuna mayo 1 tin of tuna mixed with mayo (2/3 table spoons – don't get carried away!) Cook the jacket in the microwave for about 6 mins (you'll have to use trial and error to get exactly the right time). Just slice the jacket, fill with tuna mayo and there you go. Feel free to add salad veg like tomatoes and cucumber.	Salmon with new potatoes, vegetables and nuts I cook my salmon in kitchen foil in the oven for 25mins. I marinate in cayenne pepper and garlic salt. 1 handful of new potatoes cooked in a pot and add 2 tsp of butter once they are done. Add vegetables e.g. broccoli, cauliflower, spinach. Can be made the night before and eaten cold microwaved the next day.	Beef stir-fry with vegetables Really easy, just buy diced frying beef, cook in a wok with coconut oil or olive oil then add pre-chopped stir-fry veg for a few minutes. Add salt and pepper for taste. Job done. Can be made the night before and eaten cold.	Cheese and tomato omelette with vegetables Again really easy, just grate some cheese, chop some tomatoes (or mushrooms/onion, whatever you fancy), add to your egg mix and pour into the pan together to make the omelette. Add some salad veg or greens.

Dinner			
Option 1	Option 2	Option 3	Option 4
Chicken breast stuffed with pesto and cream cheese Cut a hole in the chicken and stuff with cream cheese and pesto. Bake until the chicken is cooked. Add vegetables and some Uncle Ben's rice or sweet potato mash.	Lentil and vegetable dal with coconut milk and white basmati rice Fry some onions with garlic, ginger, cumin, turmeric or whatever spices you like. Add a can of coconut milk, 250ml water, chopped tomatoes, mushrooms and 200g red lentil. Bring to the boil then simmer for about 20mins or until the lentils are soft and the liquid has reduced.	Steak and eggs with green vegetables No need to explain this one – just steak and eggs! Serve with green veg and two white potatoes.	Cod with sweet potato mash and veg Just bake or steam the cod, serve with sweet potato mash or jacket and veg.

For snacks in between meals I go for nuts and fruit but choose your fruits carefully as some are very high in sugars. Yes, they are natural sugars but they will still have an effect on your insulin which in turn will cause you to store fat. Below is a list of fruits that are low, medium and high sugar:

Fruits Lowest in Sugar (good for breakfast)	Fruits Low to Medium in Sugar (good for afternoon snacks)	Fruits Fairly High in Sugar (eat occasionally)	Fruits Very High in Sugar (eat very occasionally)
Small amounts of lemon or lime Raspberries Blackberries Cranberries	Strawberries Blueberries Papaya Watermelon Apples Honeydew melons Apricots	Oranges Pineapple Plums Peaches	Banana Grapes Mango Figs Dried fruit Cherries

In a Nutshell

So there you have your plan: fasting for 16hrs followed by an 8hr feeding window, 6 days per week. During the feeding window you are consuming a specified number of calories and macronutrients, and choosing whole, unprocessed food. Saturday is a treat day, but don't go

too mad. Use MyFitnessPal to set your calorie and macronutrient goals, log your food and track your progress. I will be here to support and motivate you and answer any questions via my Facebook group Pharoah Fit. Good luck – you can do this!

More about Intermittent Fasting

I've based this nutrition plan on intermittent fasting for 3 reasons:

- * There are significant health benefits to fasting
- * It's really effective at cutting body fat
- * It's easy to maintain and is a realistic way to keep your new leaner shape forever

There is solid scientific evidence that fasting rests your digestive system and allows your body to use the fat in your cells for fuel instead of glucose.

Apart from fat loss, there is evidence that fasting promotes a number of other health improvements such as decreased blood pressure, improved insulin sensitivity, increased brain function and it can reverse Type 2 Diabetes. So many reasons to make fasting a part of your life.

There's loads of information online about intermittent fasting so if you're interested in finding out more just type it into Google.