

SLEEK GEEK **HEALTH REVOLUTION**

DAY 1: **NUTRITION**

SECRETS OF **BODY TRANSFORMATION** **4-DAY COURSE**

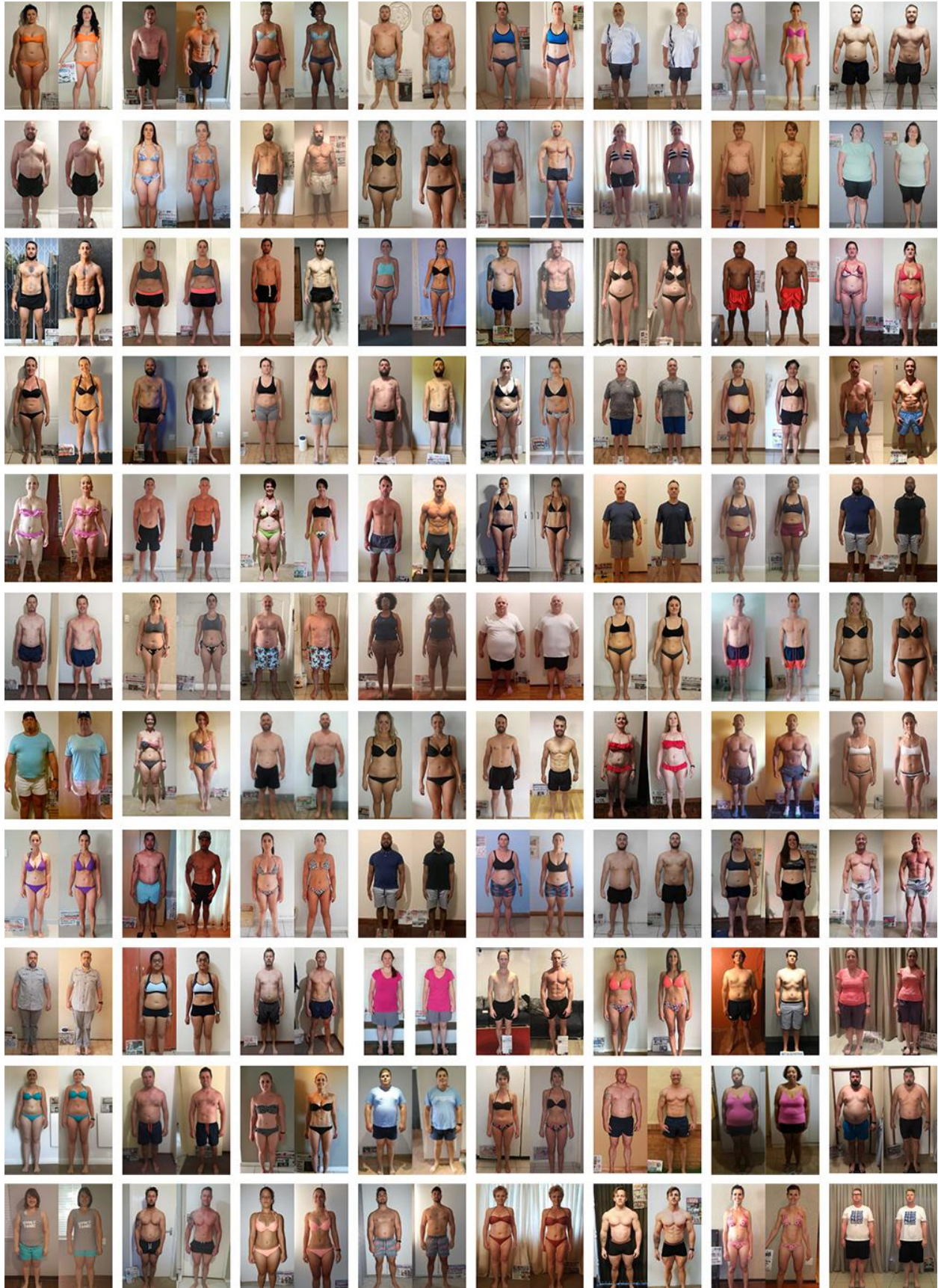


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SECRET #1

**FOCUS ON HEALTHY FOODS
THAT YOU ACTUALLY LIKE
AND ARE WILLING TO EAT.**

SECRET #1: Focus on healthy foods that you actually like and are willing to eat.

One of the BIGGEST secrets in health and fitness is that **there are NO foods that you MUST eat** in order to lose weight, transform your body, and be healthy.

It may be sexy and marketable to tell people that eating only “these foods” or avoiding “those foods” will unlock the results that they’ve been looking for, but that’s not the truth.

You see, there are SO many healthy foods out there that you DON’T need to make yourself miserable by restricting your eating to boring foods like chicken, broccoli, and rice if you don’t like them.

Healthy eating should be a positive thing that makes your life 🥰 better, not 😞 worse.

- Maybe you don’t like mushy steamed broccoli and bitter spinach, but you really enjoy crunchy carrots or sweet bell peppers? Those are super healthy veggies too!
- Maybe you like to make homemade burger patties? Mince is a great and versatile source of protein.
- Maybe you just want something quick and easy, like some yoghurt or some protein powder – or both! Try mixing them together, it’s life changing!
- Maybe you would prefer to eat less meat and more plant-based proteins? Beans, lentils, tofu, tempeh, edamame, vegan protein powders... Go for it!
- Maybe you don’t want to cut out carbs from your diet and would rather look at just making better choices like potatoes, rolled oats, chickpeas, or apples.
- Maybe you already know that fat isn’t the enemy, but aren’t so sure about loading up with butter in your coffee so would rather focus on eating a variety of healthy fats in moderation like olive oil, nuts, seeds, coconut, or even natural peanut butter.

As you can see, you actually have a LOT to choose from.

Sure, broccoli or spinach might have this “health halo” around them and are constantly in the spotlight, but if you don’t like them then it’s going to be a lot harder to eat that instead of a chocolate or a muffin at lunch time. But if you’re a huge fan of crunchy foods and like carrots, well it might just be a bit easier to make the healthy choice and stay on track.

If you want an idea of SOME of the foods that you could focus on eating more of, here’s a list:

THE GREEN SG SLEEK GEEK FOOD LIST			
Foods to eat more of and more often. Minimally processed healthy whole foods. Better for you and your goals.			
QUALITY PROTEIN	COLOURFUL VEGETABLES	SMART CARBS	HEALTHY FATS
<u>Meat</u> Beef (lean) Lamb Pork Wild game <u>Poultry & Eggs</u> Chicken Duck Eggs Ostrich Turkey <u>Fish</u> Bass Hake Kingklip Mackerel (North Atlantic, Chub) Salmon Sardines Snook Trout Yellowfish <u>Seafood and Shellfish</u> Calamari Clams and Mussels Crab Lobster and Crayfish Oysters Prawns and Shrimp <u>Dairy</u> Cheese (aged more than 6 months) Cottage Cheese Plain Yoghurt / Greek Yoghurt <u>Plant-Based</u> Beans Chickpeas Lentils Tofu and Tempeh Edamame	<u>Red Vegetables</u> Beetroot Onions (red) Peppers (red) Radishes Rhubarb Tomatoes (red) <u>Yellow / Orange Vegetables</u> Carrots Corn Peppers (yellow) Tomatoes (yellow) <u>White / Tan / Brown Vegetables</u> Cauliflower Garlic Ginger Mushrooms Onions (white) <u>Purple Vegetables</u> Cabbage (purple) Carrots (purple) Eggplant <u>Green Vegetables</u> Artichokes Asparagus Broccoli Brussels Sprouts Cabbage Celery Cucumber Green Beans Green Peas Leafy Greens (kale, spinach, collards, etc) Lettuce Onions (green) Peppers (green) Sugar Snap Peas Zucchini	<u>Starchy Veg</u> Butternut Squash Potatoes Pumpkin Sweet Potatoes <u>Whole Grains</u> Barley Buckwheat Oats (steel-cut, rolled, old-fashioned) Quinoa Rice (brown, black, wild) Spelt Sprouted Grains or Breads <u>Legumes</u> Beans Chickpeas Lentils Peas Pulses Soy Beans <u>Fruit (fresh, not dried or canned)</u> Apples Apricots Bananas Berries Cherries Figs Grapefruit Grapes Kiwifruit Lemons and Limes Mangoes Melons Oranges and Nectarines Peaches Pears Pineapple Plums Watermelon	<u>Oils (cold-pressed)</u> Avocado Oil Coconut Oil (extra virgin) Fish Oil Olive Oil (extra virgin) Walnut Oil <u>Nuts (raw, unflavoured, unsalted)</u> Almonds Brazil nuts Cashews Hazelnuts Macadamias Pecans Pine Nuts Walnuts <u>Seeds (raw, unflavoured, unsalted)</u> Chia seeds Flax seeds Hemp seeds Pumpkin seeds Sesame seeds Sunflower seeds <u>Other</u> Avocado Coconut Nut Butters (plain, no added sugar) Olives Peanuts Peanut Butter (plain, no added sugar)

If you want to download a larger version of this image, here's the [JPEG](#) and here's the [PDF](#).

We suggest that you print the list out, highlight the foods you like, and stock up on them.

SECRET #1 TAKEAWAY: Don't force yourself to eat foods that you hate, that won't be very sustainable. Rather, make the journey easier for yourself by focusing on the healthy foods that you actually do like and are willing to eat. See how you can eat more of those foods more consistently each day.



SECRET #2

**FOOD IS NOT
“GOOD” OR “BAD”.**

SECRET #2: Food is not “good” or “bad”.

This may go against everything that mainstream media and popular diets have told you, but...

Food is NOT  “good” or  “bad”.

We know, it’s hard to believe, but it’s true.

You aren’t a  good person for eating a  carrot and a  bad person for eating a  doughnut.

That’s just not how food works. Maybe morals and religions, yes, but not food.

Popular diets have conditioned us to think that a diet will ONLY work if we do it PERFECTLY. But that’s just not true. No one is perfect. Plus, people have achieved incredible results without following any specific diet at all.

The same goes for exercise, finance, relationships, work, education, and pretty much everything else. There may be recommended guidelines (like a “diet”) that we can follow for guidance, but ultimately they aren’t the be-all and end-all of how to be healthy, or get fit, or make money, or feel loved, or become more educated.

At Sleekgeek, we’ve found that thinking about food as “good” or “bad” rarely works out well in our everyday messy lives, so for long term success, we need a better solution.

Welcome to the  Continuum :

We’d like to invite you to rise above popular diet culture and ditch the “all-or-nothing” mindset.

Rather than thinking about food as either “good” or “bad”, try this: **Look at food as being on a continuum that ranges from “better” to “worse” for your goals.**

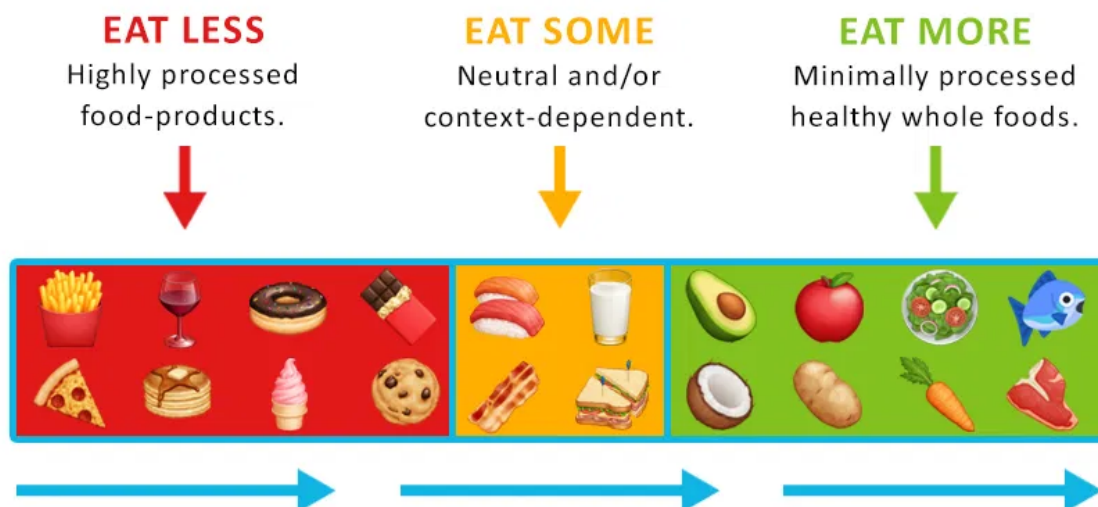
- There are foods that are “better” for you and your goals that you should eat MORE often.
- There are foods that are “worse” for you and your goals that you should eat LESS often.
- There are foods that are “neutral”, insignificant, or context-dependent for you and your goals that could eat SOME of the time without much impact either way.

A continuum like this allows you to approach nutrition from both sides.

You can make small sustainable tweaks to your diet where you eat a little bit less of the worse foods AND a little bit more of the better foods without needing to do a complete diet overhaul that makes you miserable.

Here's the continuum visualised 📌:

FOOD ON A CONTINUUM



Food is not “good” or “bad” and you’re not a good or bad person for eating it.

Food is actually on a continuum that ranges from “better” to “worse” and can vary from person to person or change depending on the context or your priorities.

- Eat food that is “better” for you and your goals **MORE** often.
- Eat food that is “worse” for you and your goals **LESS** often.
- Eat food that is **neutral** or **context-dependent** for you **SOME** of the time.

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Using a continuum like this, you’re able to make mature grown-up decisions on a daily basis to decide which benefits and consequences you’re willing to trade off.

For example: If losing weight is a super high priority for you, then you may want to drink less alcohol and eat less pizza than you’d like to. But if it’s your birthday and having fun is a super high priority for you, then you may want to intentionally drink more alcohol and eat more birthday cake than you usually would.



SECRET #3

**YOUR ENVIRONMENT DESIGN
AFFECTS YOU EVERY MINUTE
OF EVERY DAY.**

SECRET #3: Your environment design affects you every minute of every day.

Your environment plays a much bigger role in your success than things like motivation, willpower, talent, genetics, or luck.

Those things do matter, especially in key moments throughout life... But it is your environment that affects you every minute of every day, for better or for worse.

If you don't put any attention into what kind of environment you design around yourself then you make achieving your goals so much harder than it needs to be.

THE POWER OF YOUR ENVIRONMENT

These only matter in key moments throughout life.

Motivation

Talent

Genetics

Luck

Willpower

Your environment affects you every minute of every day, for better or for worse.

Your Environment Design

If you don't design your environment for success, your goals become harder.

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We like to think that we make all of our own choices, but very often, our choices and decisions are actually driven by our environment.

- If someone puts a chocolate on your desk, suddenly they've changed your environment and you're now much more likely to "choose" to eat the chocolate, even if you weren't thinking about chocolate until then.
- If you walk into the kitchen and the first thing you see is a big bowl of fruit, you're more likely to eat some than if you walked into the kitchen and there was a jar of rusks instead.
- If you grow up in a household full of smokers, you are much more likely to become a smoker yourself than if you grew up in a household where no one smoked.

This is NOT about how much willpower you have, whether you feel motivated or not, or what kind of genetics you were born with.

It's 🌍 ENVIRONMENT DESIGN 📐 and whether it sets you up for success or failure by default.

At Sleekgeek, we have found that the foods you choose to keep around you and your loved ones at home, at work, at school, and at social events are one of the biggest environmental factors that are within your control when it comes to your health and fitness.

Simply put, you are more likely to eat whatever food is around you. Good or bad.

- If you choose to keep lots of 🍫 junk food around... You are more likely to eat it.
- If you choose to keep lots of 🥗 healthy food around... You are more likely to eat it.

Again, this is not about motivation, willpower, talent, genetics, or luck. It's how your environment is influencing your behaviours and choices, even if you don't notice it.

YOU ARE MORE LIKELY TO EAT THE FOOD AROUND YOU

You are more likely to eat whatever food is around you.

GOOD or **BAD**.

If you choose to keep lots of **junk food** around... **You are more likely to eat it.**



If you choose to keep lots of **healthy food** around... **You are more likely to eat it.**



This is **not** about how much willpower or motivation you have.
It's **environment design** and whether it sets you up for **success** or **failure**.

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When you design your environment properly, 💪 willpower and 🎯 motivation become nearly optional.

Well designed environments help you to effortlessly stay on track, letting you save your willpower and energy for other important things in life.

Your home kitchen environment is one of the more influential places that is within your control.

Here are some basics to get you started:

- Put healthier foods at **eye level**. Make them **noticeable**.
- Put healthier foods in **transparent containers**. Make them **visible**.
- Put healthier foods **at the front and within easy reach**. Make them **accessible**.
- **Do the opposite for less healthy foods**. Either get rid of them, or make them less noticeable, visible, and accessible.

Stocking up on healthy food, while reducing or eliminating junk food ensures that your environment works with you rather than against you.

Above all of this, it is essential you have healthy foods that are convenient, portable, and you can eat right away.

Some ideas from the Sleekgeek Food List that I use personally on just about a daily basis include:

- **Protein**: Tins of tuna, hard-boiled eggs, protein powder, biltong, and left-overs.
- **Veg**: Carrots, bell peppers, cucumber, baby tomatoes, sugar snap peas, pickles, and left-overs.
- **Carbs**: Fruit, rolled oats (microwave for 4 mins), left-overs like potatoes, rice, or quinoa, etc.
- **Fats**: Nuts, nut butters, avocado, coconut, olive oil, etc.

With this list of protein, veg, carbs, and fats, I can put together a healthy meal or a work lunch box in less than 3 minutes.

Stocking up on healthy food like this, while reducing or eliminating junk food ensures that your environment works with you rather than against you.

SECRET #3 TAKEAWAY: Your environment design affects you every minute of every day, for better or for worse. A well designed environment makes willpower and motivation nearly optional. It becomes easier to stay on track and save your willpower and energy for other important things.



SECRET #4

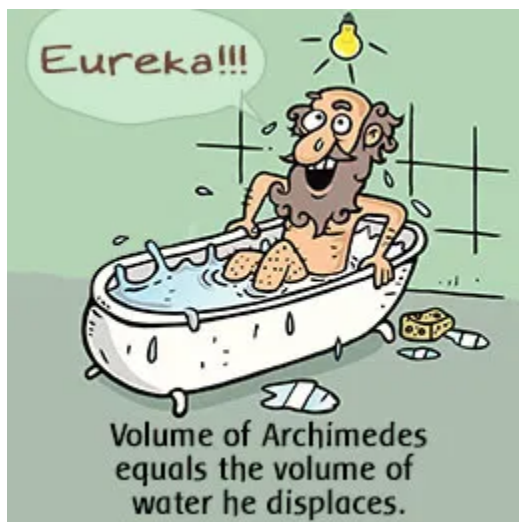
**AUTOMATICALLY EAT LESS
JUNK FOOD BY DISPLACING IT
WITH HEALTHY FOOD.**

SECRET #4: Automatically eat less junk food by displacing it with healthy food.

You know how when you get into the bathtub the water level rises?

That's displacement.

Your body takes up space in the bath so that there's less space for water in it before the tub is full.



Archimedes, a famous Greek mathematician, discovered the principle of buoyancy as a way to prove that the king's crown was not pure gold. He also apparently ran through the streets naked shouting "Eureka!" as a result...

Most processed junk food doesn't take up much space in our stomach.

It's designed to be easily digested so that you just want more and more and more (great business model huh?).

When you eat lots of junk food that doesn't properly fill you up, it generally leads to:

- Rebound eating and lack of satiety.
- Poor nutrient intake and low energy levels.
- Loss of muscle mass and increased body fat.

Dietary Displacement

If these glasses of water showed the fullness of your stomach:



**400 calories
of chocolate.**



**400 calories
of chicken.**



**400 calories
spinach, carrots
and beans.**

If you want to read more about this: [Here's why you're always hungry.](#)

Minimally processed foods, on the other hand, tend to take up a lot more space.

They are often full of water, fiber, protein, and all that good stuff which helps us feel much fuller and more satisfied when we eat it.

When you eat lots of filling, minimally processed foods, it generally leads to:

- Consuming appropriate amounts of food.
- Feeling full and satisfied after meals.
- Healthy levels of nutrient intake.
- Lean muscle and strength development.
- Lower levels of body fat.
- High and sustained energy levels.

So when we fill up on healthier foods that are better for us and our goals, there's less room in the "tub" (stomach) for the unhealthy foods that are worse for us and our goals.

You can see this in action in this article on [10 Ways to Eat Pizza Without "Falling Off the Wagon"](#).

SECRET #4 TAKEAWAY: Eating more minimally processed foods is a great way to AUTOMATICALLY eat less junk food without going through to stress it deliberately trying to cut it out. Focus on getting enough healthy and filling foods in throughout the day and this journey will be a lot easier.



SECRET #5

**MASTERING HUNGER AND
APPETITE AWARENESS IS A
TRUE LIFE SKILL.**

SECRET #5: Mastering hunger and appetite awareness is a true life skill.

Most people eat out of habit like a clockwork and forget to pause to see if they're actually really hungry before eating.

Mastering your hunger and appetite is the key to having a better relationship with food and transforming your body. There are 4 things that you can do to improve.

1) Rate your hunger on a scale of 1-10:

- Before each meal, consider how hungry you actually are.
- A score of 1 being NOT hungry at all and a score of 10 being the hungriest you've EVER been.
- If you're trying to lose weight, you'll need to let yourself get a little bit hungry from time to time. This helps with maintaining weight too.
- See if you can push back your meal until you're at a 7 or 8 out of 10.

You can also look to see if you can identify some of these signs of physical hunger:

EMOTIONAL HUNGER	<i>VS</i>	PHYSICAL HUNGER
Starts suddenly.		Starts gradually.
Felt mostly in your head or on the surface of your thoughts.		Physically felt within your stomach.
A sharp craving that tends to be incessant.		A growling pang that tends to come in waves.
You become fixated on a specific food, taste, or texture.		You are open to many options, including less palatable foods.
Hard to satisfy, often leads to eating until uncomfortably full.		Easy to satisfy with a normal amount of food.
May trigger feelings of guilt, self-loathing, regret, or shame.		Doesn't make you feel bad about yourself.

2) Need, Want, or Should?

- Before each meal, identify why you're wanting to eat.
- Do you **NEED** to eat? (You physically require food.)
- Do you **WANT** to eat? (You desire the food because it will taste good.)
- Do you feel like you **SHOULD** be eating? (You usually eat around this time or everyone else is eating so you feel like you should too.)
- Ideally, you should only be eating when you physically need to eat. However, if you do catch yourself eating because you want to or feel like you should, then see if you can eat smaller portions than normal.

[You can find out more about need / want / should here.](#)

 WHY  ARE YOU EATING?	
ARE YOU HUNGRY RIGHT NOW? How do you know? Most of us have forgotten what it's like to feel truly physically hungry (or satisfied). 	2) DO YOU <u>WANT</u> TO EAT? When you want to eat, it means that you intentionally desire food because it will taste good (cravings, pleasure). 
1) DO YOU <u>NEED</u> TO EAT? When you need to eat, it means that you physically require food (energy, macronutrients, micronutrients). 	3) DO YOU FEEL LIKE YOU <u>SHOULD</u> EAT? When you feel like you should eat, it means that you feel it's appropriate behaviour (habit, peer-pressure, etc). 

3) Eat Slowly and Mindfully:

- It takes about 20 minutes from the start of your meal for your brain to send out satiety signals and hormones that indicate you are getting full and no longer need to eat.
- If you eat too quickly, then you will completely miss these signals and likely overeat.
- Research shows that people who eat slowly tend to be less overweight, more satisfied after eating, have fewer cravings, eat less frequently, and have fewer digestion problems.

[Try and slow down using some of the tips listed here.](#)



8 BENEFITS OF EATING SLOWLY

1. WEIGHT LOSS

Slower eaters are less overweight and gain less weight over time.

5. EAT LESS FREQUENTLY

Slower eaters tend to eat less frequently.

2. INCREASED SATISFACTION

Slower eaters tend to feel more satisfied after eating.

6. SMALLER PORTIONS

Slower eaters are more likely to maintain or decrease their portions.

3. LESS CRAVINGS

Slower eaters tend to experience less cravings after eating.

7. LESS CALORIES

Slower eaters tend to eat less calories when they eat.

4. FEEL FULLER

Slower eaters tend to feel more full after eating.

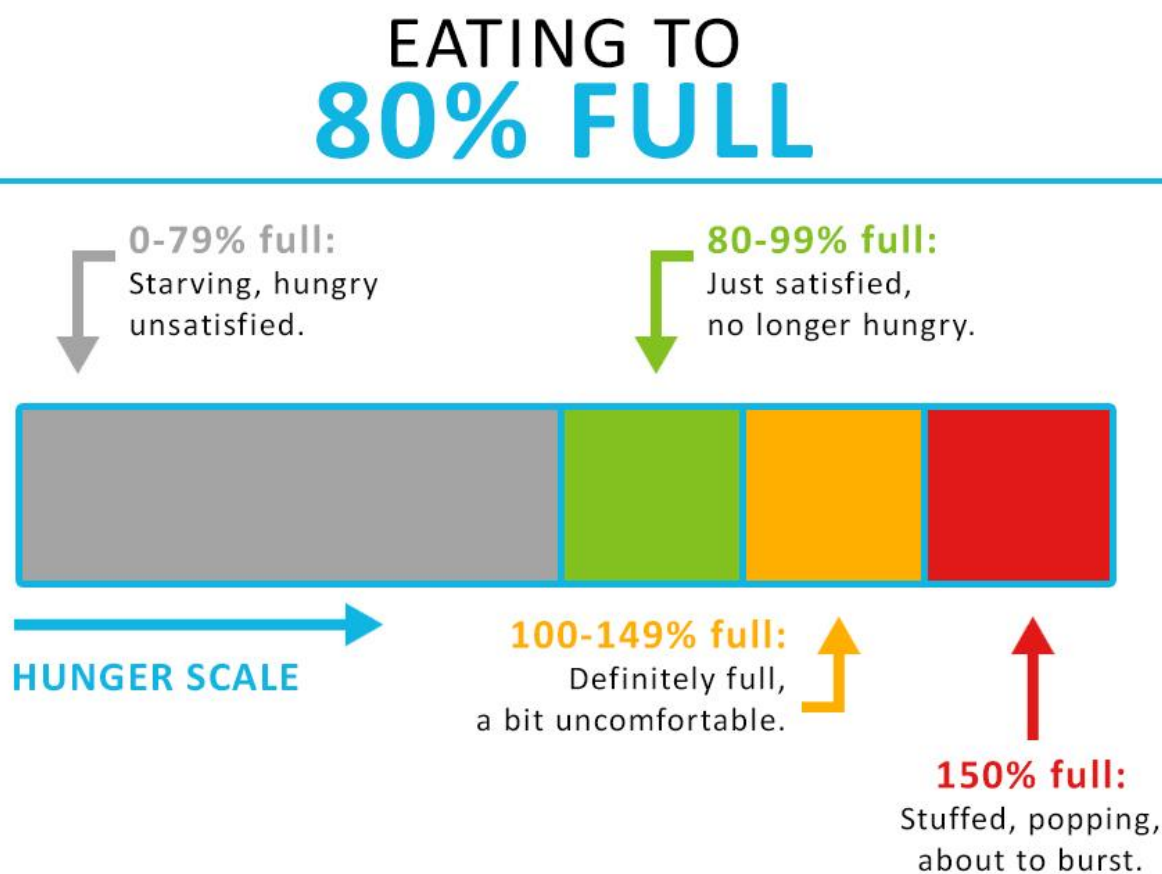
8. BETTER DIGESTION

Slower eaters tend to have better digestion and less GI problems.

4) Stop at 80% Full:

- Eating until you're "80% full" goes hand in hand with eating slowly.
- It's that sweet spot between being hungry and being full. It's when you simply no longer feel the need to eat.
- 80% Full is not actually a specific number, it's an intention. A conscious effort while eating (or while serving your food) to not overeat.
- The goal is to avoid ending up "stuffed" and therefore eating too much.
- Being mindful of how much you eat and whether you are still actually hungry before taking the next bite of food is a very useful tool in losing fat as well as effortlessly maintaining a healthy weight.

[You can read more about it here.](#)



5) Less Snacking:

- Most people never let themselves get truly hungry anymore because they always have a snack to fill that gap.
- When you always have the option to snack, the quality of your meals becomes less important because if they don't fill you up and keep you satisfied you can always just grab another snack to keep you going.
- That's a great modern-world luxury to have, but it also brings a modern-world problem: Overeating and unwanted weight gain.
- It's a myth that eating frequently increases your metabolism (it doesn't). Instead, it's more likely to cause you to constantly think about food and make it easy to eat too much too often.
- Filling up on minimally processed, nutrient-dense foods (especially protein and vegetables) is a great way to stay fuller for longer after your meals and avoid the need to snack.
- Experiment with deliberately eating fewer snacks or even no snacking at all to see how that goes.

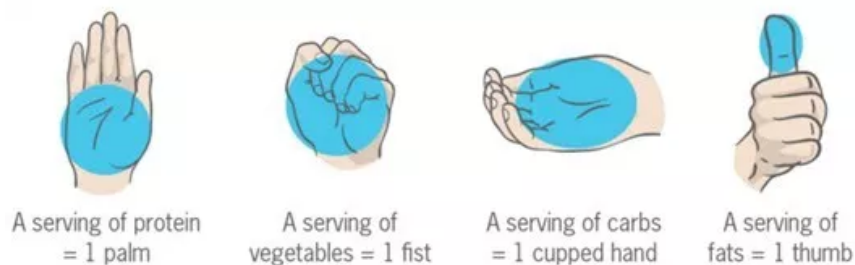
[Read more: "Here's why you're always hungry".](#)

6) Portion Control:

At Sleekgeek, we don't normally recommend calorie counting.

This is not because we think it doesn't work (it does) or that calories don't matter (they most definitely do)... It's just that we don't think most people need or want to do math every time they sit down to eat a meal.

A much easier way is to simplify portion control by using your **fist**, **palm**, **cupped hand**, and **thumb** as measuring tools.



Source: Precision Nutrition

This is a system designed by [Precision Nutrition](#). We use it ourselves here at Sleekgeek in our own daily lives as well as in our [Sleekgeek Coaching Program](#).

It works incredibly well because:

- It's portable. Most people bring their hands with them wherever they go.
- It's scalable. Bigger people need more food and tend to have bigger hands, smaller people need less food and tend to have smaller hands.
- It's customisable. Simply add or remove servings depending on your needs such as an extra serving of carbs for your post-workout meal or swap out a serving of carbs for an extra serving of veg or fat for a lower-carb meal.

[You can read more about it here.](#)

EASY PORTION CONTROL

PROTEIN SERVING = PALM

Women = 1 palm (20-30g protein)

Men = 2 palms (40-60g protein)



CARB SERVING = CUPPED HAND

Women = 1 cupped hand (20-30g carbs)

Men = 2 cupped hands (40-60g carbs)



VEGETABLE SERVING = FIST

Women = 1 fist

Men = 2 fists



FAT SERVING = THUMB

Women = 1 thumb (7-12g fat)

Men = 2 thumbs (14-24g fat)



Next Steps:

Stay tuned for Day 2's lesson on the Secrets of Body Transformation.

In the meantime, come put your new knowledge to the test in the [Sleekgeek 8-Week Transformation Challenge](#)!



We've been running this challenge 3 times a year since 2012 with **34 challenges** run to date with over **30,000 challengers** taken part, over **34 tonnes** of weight lost, and over **R3.5 million** in prizes given away!

The 4 x 1st place prizes are R10,000 cash each. You could be the next winner!

The next 8 weeks are going to pass whether you like it or not, so why not use the time to get leaner, fitter, healthier, and happier?

Plus, you'll get so much more content just like this in our full Transformation System.

Click the button below to become an official Challenger in the [Sleekgeek 8-Week Challenge](#)!

 Sign Up

