





Vacation Body Challenge

Nutrition Guide

Ok, so you already know conventional low calorie/low fat dieting is not fun. Now we also know that on top of that, it just plain doesn't work. The standard low-fat/low calorie diets have done more harm for our health than good.

Unfortunately, what you have been told in most cases is 100% WRONG. Cutting calories DOES NOT mean you burn more fat—it means you burn less calories.

Add to that shady programs that try to pile onto that fear and feed you misinformation, selling you pills, powders and potions.

But I have your solution...

The Vacation Body Challenge program simply and elegantly solves the issues of conventional dieting and dispels all the myths and lies surrounds "detoxes" allowing you to eat foods regularly off-limits to dieters.

We will rely almost exclusively on nutritious and wholesome **REAL** foods (with a few exceptions) to replenish your body and promote healthy fat loss.

Real food is what our body was designed to eat. When you feed your body in a manner consistent with it's design, it becomes lean and healthy—and you become happy.

You will literally "reset" your metabolism. Setting it back to it's original (and optimal) programming. Setting you back into "fat releasing" mode – melting off all your unwanted fat.

You will see how easy it is to accomplish this "reset" by choosing foods that are natural, organic, unprocessed, and whole will prime your body for optimal health and fitness.

This plan will deliver fast results for sure, but even more importantly you can easily plug this in to your busy life. You will quickly discover that it will actually take you LESS time to create the body & heathy off your dreams when you follow this simple plan.



I wanted to keep this guide short and sweet, so here it is. Please do not hesitate to get back to me with any questions.

Transformation Nutrition Basics

The basics of this program are super simple: Eat real and wholesome foods; avoid junk food, bad fats, most sugars and hidden carbs. Simply concentrate on foods that nourish your body and give it what it needs to not just survive, but THRIVE.

It will literally “reset” your metabolism and get you humming along at peak efficiency.

You will be keeping your carbs relatively low (but not zero) and our protein relatively high, while eating only the healthiest fats. This means lean and healthy proteins, tons of vegetables, certain fruits and natural sources of fat.

I have designed this plan specifically to feed your metabolic furnaces (your muscles) while starving off and stripping away all your unwanted fat.

When you follow this plan, you will NEVER go hungry, and your body will literally transform right before your eyes daily. You’ll be eating the most nutritious, best-tasting meals, as fat melts right off you.

To make this program as simple and done-for-you as possible, I have compiled a full plan of fat-burning meals (and even desserts) that the entire family will love. Yes, even your kids will love this plan. :)

You get 6 weeks of done-for-you menus and grocery lists, as well as a full recipe book, exclusively for you.

Keeping Carbs In Check

Fat loss is dictated by certain hormones. The biggest player in the game is insulin. When insulin is high, fat burning is simply not possible. And when we eat carbs, we secrete insulin and thus fat loss comes to a screeching halt.

So, it is imperative that we control insulin levels. Fortunately, there is good news: we can control insulin directly by controlling our carb intake.

Problem solved.



But this process can be dreadfully boring if you let it be. That is where the done-for-you Menus & Cookbook come in. These are crazy delicious recipes that are incredibly nutritious without excessive and unwanted carbs, and without you having to count calories.

To keep insulin at the optimal levels for fat loss I recommend ***no more than 50g net carbs per day***. (“Net” means you subtract the fiber & sugar alcohols from a food’s total carb count, so if a given food has 15 carbs but 10 of them come from fiber, then the net total is 5g)

And the good news is when you follow the menu, you don’t have to count carbs at all because it has already been taken care of!

Yeah, What About The Calories?

The component of this program I care LEAST about is the calorie levels. More and more research says that calories are not *as significant* as we thought in the fat loss battle.

To be 100% clear, I am NOT saying they are UNimportant – they just are not as important at this stage as many would have you believe.

What is important: the body’s hormonal environment (i.e. low insulin levels).

What that means is that **WHAT** you eat is significantly more important than **HOW MUCH** you eat when it comes to fat loss.

And hey, when we follow the menus, we’ve already got that covered, right?

Really, I am more concerned with you not eating *enough* (as that **KILLS** your metabolism) than I am with you eating too much. So for this program, I recommend women not go below 1200 calories per day. (Men, you will likely need to eat at least 1400 calories per day. These will come from protein and fats.) You’ll be fine if you follow the menus, I promise.

So again, calories are pretty low on my list of fat loss concerns. Stick to the plan and your success is guaranteed.



The Power off Protein

Protein is VITALLY important in this program.

You see, our muscles, hair, skin and nails are primarily composed of protein (once you take out the water.) We will be working our muscles hard during this program, so we MUST supply our bodies with the raw materials needed to rebuild and repair from these workouts.

So you know how I just said carb control is important to fat burning right? Well, it is equally important that we keep our muscle and other lean tissues well-nourished to increase metabolism.

Protein also takes twice as much energy to digest and assimilate as it takes for carbs and fat, and it can also blunt appetite. In addition, it stimulates cognitive function and assist in cellular repaid and regeneration.

Protein is just good stuff, and can make you feel good and look good.

Good sources of protein include: meats, chicken, turkey, fish, cottage cheese, (certain) protein powders, whole eggs, and even (nitrite-free) bacon. I would recommend to go organic / grass fed whenever you can.

Generally, I like women to have a minimum of 120 grams of protein per day. (Men closer to 140.) Don't worry—the numbers are taken care of when you follow the menus, so there is no guesswork on your part!

Eat Fat – Get Lean

Remember this simple fact: Natural fats are awesome, while man-made ones well... not so much. Remember that one simple thing, and you are golden.

Another thing to remember is this: **Eating fat DOES NOT make you fat.** That's just not how it works. We do need to make sure we eat the *right* fats to nourish our bodies.

In fact, our bodies LOVE fat. Our brains are mostly fat. Our cell membranes are made of fat. Healthy skin and hair also depend on dietary fat to stay radiant.



Our hormone production RELIES on fat. Our bodies were literally made to function optimally with a relatively high fat intake.

Going low fat is simply a HUGE mistake. That is why this program has the perfect level of healthy fat included to give our bodies what they need to flourish.

You can have plenty of healthy and natural fat in this program—plus, when you follow the menus, you don't have to count fat grams or calories at all.

I have included things like coconut oil, avocados, nuts, meats, natural cheeses, butter (grass-fed) and even bacon (so long as it has not been processed). It's all been done for you.

But you must AVOID anything that says it is hydrogenated or partially hydrogenated. "Trans fats", as they are known as, are quite toxic and should be avoided at all costs.

Cheat Night

This is unquestionably the most awesome (or, at the very least, the most fun) part of this program: the night when you throw all the rules out the window.

From 5-6pm until bed, feel free to eat whatever you want. Optimally, this would be a very high carb/low fat affair. (Pretty much the opposite of every other day.)

Seriously—whatever you want. My preference is to stick with healthy sources and avoid junk.

This pre-planned cheat time accomplishes a few different things. First, it regulates a hormone called leptin in the body.

Simply put, leptin is your body's fat regulation hormone. When leptin levels fall, fat loss stalls or even ceases. When we "cheat", leptin production increases, and fat loss gets a nice jump start. Cool right?

Secondly (and, in my opinion, more importantly), a cheat time gives us a psychological break. It's a night where we don't have to think about the "rules" or being perfect.

We can just relax and enjoy ourselves. Here's something very important to remember: The psychology of fat loss is more important than the physiology of fat loss.



The menus have the cheat time scheduled for a Friday night, but you can switch that to Saturday or even Sunday if you want. I recommend you plan them around your social calendar, so that if you are going out with your friends and hanging out with your family, you can enjoy yourself with no restrictions.

Alcohol

To get the maximum benefit from this nutrition program, alcohol consumption needs to be kept to a minimum, preferably zero.

“BUT WHY???” I hear you plead...

Well, the unfortunate fact is that booze stops fat loss in its tracks. I can't tell you how many times a client has come to me perplexed as to why their fat loss has come to a stop, only for me to find out they are having “a glass or two” of wine each night.

When the wine stops, the fat loss starts up again.

So how much is ok? It's impossible for me to say for sure, as everyone is different, but what I can say is no alcohol—for now—is really your best option.

Will a glass of wine once a week derail you? Probably not. But again, I prefer making this program as efficient as possible, and keeping alcohol out makes that happen.

Final note: If you are going to imbibe, keep it minimal and do it on your cheat night.

Water

Here is my advice on water: Drink more. To fully optimize this plan, you should work your way up to drinking a gallon per day.

Yes, one gallon.

Yes, that is a lot.

Yes, you will pee a lot.



The deal is your body functions best when properly hydrated, plus the processing of fat (fat burning) happens most easily when properly hydrated. This will also reduce water retention under the skin.

Also, an added benefit of extra water is that it will help keep your body functioning optimally over the next few weeks.

And keep this in mind: While drinking more water will not make you burn more fat, not having enough water will prevent your body from burning fat.

Tracking Your Nutrition on MyFitnessPal

Tracking your food is VITAL. I truly cannot express how valuable a tool this is. When clients come to me frustrated with their LACK of results it always comes down to one simple thing; they are not tracking their food.

They always tell me “how well” they are eating, but when they do actually track the numbers tell a different story. Generally WAY too many carbs and not near enough protein.

But there is good news....

We can quickly get them back on track and like a miracle the weight starts following off again.

Bottom line is if you are unhappy with your body and yet continue to eat the way you eat now your body WILL NOT change (regardless of how often or how hard you workout).

You cannot “OUT-TRAIN” a bad diet. And guessing will not work. Enter a nutrition track app.

There are many apps out there, but MyFitnessPal is a FREE downloadable app on iPhone or Android devices and works great. MyFitnessPal also seems to be the most accurate and has the largest food and restaurant database.

Your first few days of tracking can be frustrating. Stay patient! At the end of each day you have an opportunity to troubleshoot and make corrections for the next day. Practice makes perfect and you will get better as you go along.

How to Enter Foods:

Step 1:

Click ‘Diary’ button at the bottom of the home screen

Step 2:

Click ‘+ Add Food’ under either Breakfast, Lunch, Dinner, Snacks

**Step 3:**

Search for a food, choose a recent food from the list shown, or press the barcode button at the top right corner of the screen

Step 4:

Choose the closest Serving Size and Number of Servings

Step 5:

Press the checkmark button at the top right corner of the screen

How To Find Your Nutrient Info**Step 1:**

Click 'Diary' button at the bottom of the home screen

Step 2:

Scroll to the bottom and press the 'Nutrition' button

Step 3:

Click the 'Nutrients' tab in the top-right corner of the screen

How Accurate Do You Need To Be?

Many situations make it difficult to track everything exactly. Your goal is to come close as possible and be consistent.

- You may not be able to find a certain brand of food in the database. In that situation just choose another similar brand.
- You may not know exactly how much of a food you are consuming or what the serving size is. In that situation you do not need to weigh your food and can simply guess the portion and serving size.
- You may order something at a restaurant or use a recipe that isn't in the MyFitnessPal database. In that situation, you can simply add individual ingredients and come close as possible to guessing the serving size of each ingredient. Or, you can choose a similar meal or recipe from a different brand or restaurant listing.

MyFitnessPal Goals

Completely disregard the default calorie and macro recommendations shown in MyFitnessPal. Use and follow the goals outlined in this program.

Do I Have To Track Forever?



Tracking is very important during the first part of your journey. It is recommended you track your food intake for the first few weeks of your journey but it unlike you will need to do it long term as you will soon be what is referred to as “unconsciously competent” when it comes to your perfect nutrition program.

The Menus, Grocery Lists & Cook Book

As I stated earlier, the menus, grocery lists and cookbook were custom created for this plan and they are nothing short of outstanding. One thing to keep in mind is that the recipes were (in general) created with a family of 4 in mind. So, if there are more or less in your household, make adjustments as necessary.

The Menus

The true strength of this program is not the fact that the fat burning principles are based on science and years of in-the-trenches experience. It's not the amazing recipes and cookbook or done-for-you menus. It's not the unlimited access to all the fun and energizing fat loss sessions either. Those are all great and will contribute to your success, but that's not it...

IT'S YOU.

It's you as a member of this community, your tribe, your new fitness family.

The difference this time is you are not alone. You have the support of not only our certified coaches and staff, but of every other fitness family member.

When you have questions about the nutrition program (or anything for that matter), head to our private Facebook group and post. This Facebook group is private and exclusive to our Fitness Family. It's where to go when you have questions or when you hit a stumbling block. You will have us at your side every step of the way.

It is also where you will go to celebrate your successes. Your accomplishments (no matter how small) will be an inspiration to all your fellow transformation participants.

When you dedicate yourself to change, while utilizing all of the resources at your disposal, your success is a 100% certainty.



Conclusion

That's it. It is not complicated at all, In fact it is quite simple but if you have any questions, DO NOT HESITATE to contact me—that is what I am here for. The best place to reach out to me is in our private Facebook group because I can guarantee you that if you have a question, someone else is wondering too but are too shy to ask.

Following this guide can potentially change your life forever. Now is your time to rediscover the strong and beautiful person you are. Now is your time to be the best version of you the world has ever seen.

You have been given the keys to a new, lean, healthy body, and a renewed and energized life. All you have to do is turn the key and walk through the door. Trust me, you're going to love it here!

-Zack Todevski

PS: The link to our private Facebook group is in your welcome email. This is the FIRST place you should go with any questions or any issues at all. This is where our fitness family communicates. This is where you will not only go with questions, but also where you will go to celebrate all of your successes. We also post exclusive content there daily, so get in there ASAP!