

LWFA Mixed Burner Diet:

This is the diet you will follow this week.

- 1) Eat as much lean protein as you like. Eat with every single meal.
- 2) Eat as many fibre vegetables as you like that are on your list.
- 3) Eat as many low sweet fruits as you like that are on your list.
- 4) Eat no more than 5-10 bites of starch at a meal. Starch can only come from fruits and vegetables which are not on your list as well as nuts, seeds and legumes.
- 5) Eat 4-5 small meals per day. Never let yourself get hungry.
- 6) Match your portions to your burner plate.

Mixed Burners Explained

Mixed burners use sugar and fat as their sources of fuel, and their lifestyle choices largely determine whether they burn sugar or fat. If they stay up too late, they are tired, if they work too hard, they get sick, if they overindulge in food and drink, they gain weight.

Most of the people who come to us are mixed burners and their metabolic tendencies are influenced by their chosen lifestyles. High-carbohydrate diets, stressful sedentary lifestyles, and especially stress, pushes these individuals into a sugar-burning state causing them to gain fat. Menopause and andropause (a loss of male hormones such as testosterone as men age) can also trigger the fat-storing, muscle-burning state.

When it comes to food, mixed burners can skip meals without feeling hungry, yet often have cravings. The low-calorie diets that worked for them at a younger age lose their effectiveness over time. Calorie-counting diets and aerobic-based exercise programs work for them for a few weeks, but once they stop, their weight loss returns as quickly as it came off and they regain more fat and lose muscle each time.

It is important to realise that some mixed burner types fit all of the above description to a "T" but that others may not. This discrepancy is explained by the unique way our body's metabolism express itself. Taking a questionnaire is a very subjective practice and is an imperfect way to assess metabolic tendencies. However, it can give us a general idea of how our body functions. There are mixed burners who are overweight, most are thin, some muscular and others who fall somewhere in between. Don't get so caught up in the details of fitting the "look" of a mixed burner, because your metabolism is as unique as your fingerprint.

In order to really find out the truth of your metabolic fat burning processes you have to listen to your body's biofeedback signals.

Throughout this program you will pay close attention to your hunger, energy levels, and cravings. When your metabolic processes are running effectively you will not be hungry,

your energy will be balanced, and your cravings will dissipate. Food and exercise are the primary influences on these “biofeedback tools”. You will use these sensations to allow you to know how to adjust your diet.