

LWFA Sugar 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 3-5 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.

Sugar Burners Explained

Sugar burners tend to be overweight, often obese from a young age and easily develop metabolic resistance. It is very difficult for them to lose fat; the traditional low-calorie diet and aerobic exercise regime actually worsens the problem. Sugar burners have a primary defect in insulin metabolism and tend to either overproduce and/or be resistant to the action of this powerful fat-storing hormone.

Sugar burners store fat all over their bodies, not just in one spot. They often look puffy and somewhat water logged. Their diets are high in carbohydrates—often up to 70 percent—from pasta, bread, and potatoes. Sugar burners crave sweets, coffee, and chocolate, which may make them feel good for a short ten-to thirty-minute spurt, but quickly leave them feeling lethargic and tired. Sugar burners tend to eat constantly. Headaches often occur during exercise. They can have difficulty falling asleep at night and find it just as hard to get out of bed in the morning. Finally, sugar burners tend to be procrastinators, frequently suffer from fatigue and depression, and are at increased risk for diabetes, heart disease, and other illnesses.

It is important to realise that some sugar 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 sugar burners who are overweight, some who 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 sugar 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.