The Natural Obesity Masterclass

LESSON SEVEN
Metabolism and Obesity 2

With Jade Teta
Metabolic Effect
The Metabolic Detective
Dr. Jade Teta

The Truth About Weight Loss

what the experts say:
Lower Calories → Lose Weight → Have a Balanced Metabolism

how it really works:
Have a Balanced Metabolism → Naturally Lower Calories → Lose Weight For Good

Structure Flexibility

The 3:2:1 Plate

Vegetables
Lean Protein
Starch or Fat

The 4:2:2 Plate

Vegetables
Lean Protein
Starch or Fat

The 5:2:3 Breakfast, Lunch and Dinner Plate

Vegetables
Lean Protein
Starch
The Four Areas Of Focus

- Meals
- Movement
- Metabolics
- Mindfulness

**HOW TO GET HEC IN CHECK?**

1. **Step 1:** Protein/fruit/water
   - 4oz meat = 15-20g protein
   - 1 cup vegetables = 3-5g fiber

2. **Step 2:** Add Fat
   - 10g or so

3. **Step 3:** Subtract Fat, Add Starch
   - 3 bites or half cup = 10g or so

4. **Step 4:** 5-10g of each
   - (i.e. sweet potato with olive oil)

5. **Step 5:** Eat More Often
   - 1-2 Snacks

**BIOFEEDBACK**

- Hungry
- Energy
- Cravings

**Meals**

**Movement**

**Metabolics**

**Mindfulness**

**HUNGER**

**LESS THAN 5?**

**ENERGY**

**6 OR MORE?**

**CRAWINGS**

**LESS THAN 5**
HEC IN CHECK
FAT LOSS?

1. Add protein fiber & water
2. Add fat
3. Add starch & subtract fat
4. Add starch & fat
5. Add 1-2 snacks

HEC NOT IN CHECK
FAT LOSS

1. Cut starch foods at meals
2. Move starch to one meal
3. Cut back on fat
4. Eat less frequently
5. Search for trigger foods
6. Start monitoring calories

HEC IN CHECK
NO LOSS OR GAIN

DO NOTHING!!
HEC NOT IN CHECK
NO LOSS OR GAIN

1. Add protein fiber & water
2. Cut starch back at meals
3. Add 1-2 snacks
4. Move all starch to one meal
5. Modify fat up or down
6. Look for trigger foods
7. Track calories

How Do You Integrate Calories?

Non-Training Days

Training Days

Three Steps

STEP 1: HEC in Check?
STEP 2: Fat Loss or Not?
STEP 3: Trouble Shoots Including Back Checking Calories

Does It Work?

Vitals

HEC in Check?
Fat Loss or Not?

Two Options

Calories Define
Calories Refine
always Start With protein

1) Protein grams= pounds lean body mass (for fat loss)
2) Protein grams= pounds body weight (for muscle gain)
3) Set Macros= 30c:40p:30f (for fat loss)
4) Set Macros= 40c:30p:30f (for muscle gain)
5) Back calculate calories, fat, carbs
6) Adjust based on HEC

Example

150 pounds & 30% body fat. Wants fat loss

1) Calculate lean body mass (150 X .30= 45. 150 - 45= 105)
2) Set protein grams = to lean body mass (105g protein)
3) Calculate total calories. (105 = 40% of X cals?)
   - 105g X 4cals per gram= 420 cals from protein
   - 420 / .40 = 1050 total cals
4) Calculate macros.
   - carbs are 30% of 1050 = 315 cals / 4 = 78g
   - protein is 105g
   - fat is 30% of 1050= 315 cals / 9 = 35g

Example

150 pounds. Wants muscle gain

1) Set protein grams = to body weight (150g protein)
2) Calculate total calories. (150 = 30% of X cals?)
   - 150g X 4cals per gram= 600 cals from protein
   - 600 / .30 = 2000 total cals
3) Calculate macros.
   - carbs are 40% of 2000 = 800 cals / 4 = 200g
   - protein is 150g
   - fat is 30% of 2000= 600 cals / 9 = 66.667g