



Your Eating Plan

Understanding the StrongSleekFit!™ Diet

The success of the StrongSleekFit!™ Diet is based on the amount of daily calories from the starchy complex carbohydrates – the “good carbs” – you consume. The complex carbohydrates are considered the “good carb” because unlike *simple* carbohydrates – the “bad carbs”-, complex carbohydrates are not broken down as quickly in the body, thus steadily providing you with energy without a spike in your blood sugar level. For your information, spikes in blood sugar are big contributors to excess body fat. Therefore, simple carbohydrates (e.g. sweets, white-floured foods, softs drinks), which create those spikes in blood sugar, are completely nonexistent in the StrongSleekFit!™ Diet.

Even though, the complex carbohydrates are the “good carbs”, their consumption must be restricted to appropriated amounts daily. Those amounts vary among individuals based on each person’s current bodyweight, physical activities, gender, fitness goals, and other factors like bio-chemical individualities.

Another group of complex carbohydrates is the one made of *fibrous* complex carbohydrates. Fibrous carbohydrates are mainly fruits and veggies. They have no cholesterol and are low in calories and fat, and contain a variety of essential vitamins and minerals, including vitamins A, C and E, folate and potassium. The greener and darker the fibrous complex carbohydrates are, the more nutritious they are known to be. Additionally, fibrous carbohydrates are loaded with anti-oxidants and fibers.

Again, the key to losing body fat is controlling the quantity of the complex starchy carbohydrates. However, fat intake must also be controlled or completely eliminated.

This eating program is recommended for healthy adults and young adults only. It does not intend to cure or heal. You should consult with your physician before starting this program, especially if you have a condition or experience any discomfort at anytime.



The fat to be consumed with moderation is the one from plants, seeds and other vegetable sources (e.g. peanuts, flaxseed, coconuts). They are labeled “good fat” because of their benefits. The fat to avoid are the animal fats, which are found in meats, poultry and other animals.

We have done the work for you

Refer to the StrongSleekFit![™] Diet food list for all the foods you need along with your workout routines to get strong, sleek and fit!

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