



Greco  
**lean+fit™**

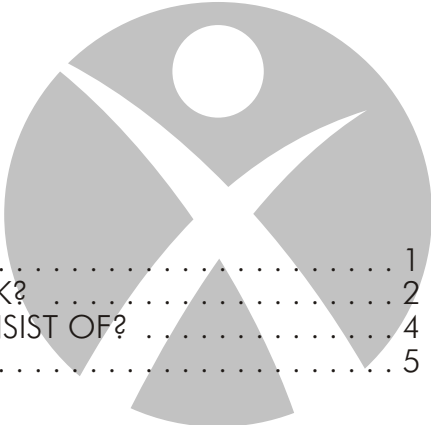
*Live Lean • Live Fit • Live Well*

# NUTRITION GUIDE



[www.grecoleanandfit.com](http://www.grecoleanandfit.com)

# Contents



- INTRODUCTION..... 1
- WHY DOES THIS PROGRAM WORK?..... 2
- WHAT DOES THE PROGRAM CONSIST OF?..... 4
- WHAT RESULTS CAN I EXPECT?..... 5
  
- THE THREE KEYS
- Nutrition..... 6
- Detoxification..... 7
- Exercise..... 8
  
- NUTRITION
- Energy — Food is Fuel..... 9
- Carbohydrates..... 10
- Protein..... 11
- Fats..... 12
- EFA..... 14
- Vitamins..... 16
- Minerals..... 16
- Water..... 17
  
- WHERE TO FIND EFAS..... 18
- 40:30:30..... 21
- IS A CALORIE A CALORIE?..... 23
- HOW MUCH IS ENOUGH?..... 25
- THE HAND METHOD..... 27
  
- DETOXIFICATION
- What are Toxins?..... 34
- Organs of Detoxification..... 35
  
- MAKE YOUR OWN DETOX TEA..... 37
  
- ANTI-OXIDANTS..... 39
  
- CALORIE INTAKE FORMULA..... 43

## INTRODUCTION

Congratulations on choosing the Greco Lean & Fit Program to manage your body weight and energy levels. By following the simple steps and information set out in this manual, you will soon be able to burn fat fast and maintain permanent weight loss.

By utilising the information within this manual and by following your personal training program, you will find the Greco Lean & Fit Program simple to follow, easy to maintain and safe to use. But remember, the program comes with no magic pill and no fairy godmother to guide you from day to day. The results that you will achieve by combining each of the three key areas of nutrition, detoxification and exercise shall motivate you and provide you with your own dynamic ability to reach your true potential. Your secret weapon shall simply be your desire and your commitment to achieving the results that you are looking for.

The most important recommendation that can be given to you by your trainer is to simply start today.

After your initial consultation with your fitness instructor, read the manual, write down any questions that you have, and then seek the answers that you require during your follow-up consultation. Always seek answers from your fitness instructor whenever a question comes into your head. They will be happy to provide the correct answer.

## WHY DOES THE PROGRAM WORK?

The program works with the concept of maintaining sufficient blood sugar levels within the body to provide maximum sustained energy coupled with minimal energy lows while freeing the body from harmful toxins and free radicals that decrease the absorption and effectiveness of the macronutrients taken into the body as food. These consist of Carbohydrates, Proteins and Dietary Fat. Once the body is cleansed, hydrated and refuelled at a level suitable for the individual, the effectiveness of any exercise program undertaken will be increased greatly, resulting in quicker results, more safely and with permanence. This is known as OPTIMAL NUTRITION for Lean and Fit.

The body requires an adequate supply of low fat protein rich foods coupled with a low glycemic index (slow to absorb) supply of fibre rich fruits and vegetables in a ratio that meets that which the body has been genetically programmed.

The body also needs to be cleansed from the inside, not just the outside so as to ensure that it can function at an optimum level at all times. Unfortunately, the fast, processed food lifestyles that we live which consists of genetically modified, hormone enriched and heavily fertilized foods, contaminated water that we drink and highly polluted air that we breath means that very few of us are able to absorb as many nutrients as required to combat the stresses of everyday life, to maintain energy levels or our immune systems. This process is known as DETOXIFICATION and nutritional supplementation.

The body's efficiency is often measured by its Basal Metabolic Rate, that is, the amount of energy that is required to keep us alive while we are at rest, coupled with a person's resting heart rate. One's BMR