Body Expert Lean
DIET PLAN

A NUTRITION GUIDE TO BOOST ENERGY, IMPROVE HEALTH & TORCH BODY FAT



PHIL KELLY | BODYEXPERT SYSTEMS

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01 Introduction

SIMPLICITY IS KEY

A diet first and foremost needs to be healthy. I am so frustrated and tired of reading about the latest fade diet that is clearly an unhealthy practice and will not deliver long-term results.

Effective diets are not complicated, flashy or even that popular by the standards of most of the other diets (i.e. Atkins, Colour, Keto, IF, etc). They are simple and the more simple I made the nutrition plan, when I applied them to my clients and myself, the more they outperformed every other diets we'd tried.

The BE-Lean Diet Plan works on just 3 VERY SIMPLE principles:

1. It removes any and all foods that the human body treats as toxic, irritating or de-vitalising in nature

2. It ensures that ONLY wholesome nutritionally supportive foods are consumed

3. It focuses on nutrient density not energy consumption. The portion control guide allows you to easily and effectively eat the right foods in the correct amounts



SIMPLICITY IS KEY

Good food, equals healthy cells, equals healthy body. Unhealthy food (or eating habits), equals unhealthy cells, equals unhealthy body.

Your hunger, craving and energy levels will help you manage portion/serving sizes but I give you a clear guide to follow to find your perfect balance without wasting hours counting calories. This plan will enable you to give your body both the *quantity* and the *quality* it needs to thrive and BE-LEAN!

It's both as simple and as complex as that.



THE BARE KNUCKLED TRUTH

The bare knuckled truth is cleaning up your diet is the ONLY way to gain health, vitality and truly transform your body for the long term.

'Food' now-a-days is often full of chemical additives, colourings and preservatives. Think about it... our supermarkets are mostly full of "food like products"; man made items like chips, fizzy drinks, crackers, margarine, processed meats, even fruit juice will only contain 10% real juice. All of these are full of additives, E-numbers and preservatives, many of which have been PROVEN to cause problems with our digestion, wreak havoc on our hormones and contribute to change how the human body works (change your physiology) yet they have still found their way into food.

Even when the food sounds natural and ‘healthy’ like wheat, oats, bran, milk, etc it’s often the case that they’ve been denatured to such a degree that the body barely



THE BARE KNUCKLED TRUTH

recognises them as food anymore. In fact, once consumed they simply act as another stressor to the body and often serve to break us down physically rather than build us up. Let's also not forget the amount of sugar hidden in these foods - Sugar is the major ingredient related to obesity and when mixed with these other chemicals is disastrous!

You've probably felt the effects of denatured or chemically altered foods many times but for one reason or another you've chosen to ignore it or believe that something else was to blame.

- Those headaches
- That lack of energy
- That acid reflux
- That depression
- The low moods
- The diabetes
- The skin conditions
- And many, many other ailments



01 Introduction

THE BARE KNUCKLED TRUTH

ALL can be traced back to what you eat. Your overall health is a direct reflection of how you feel... how your cells operate.

The Body Expert Lean Diet Plan is not a gourmet menu... but that does not mean your food will taste bad. In fact, clean good quality whole food tastes amazing!!

The plan will renew your body, reset your taste buds, boost your energy and get you lean!

4 weeks is the minimum time period to clean your system and reap great rewards. Many of our clients continue with the same structure but include more vegetables in the food list to increase variety and taste of their new BE-Lean Lifestyle.

Try it and see for yourself! This is the best way to improve you health, feel great and lose weight as a side effect.

You can't argue with results!



WHAT YOU CAN EAT

Best results require that you choose from a restricted list of foods. The below chart lists the foods you can choose from for the duration of the BE-Lean Diet Plan:

Protein	**Fats**	**Carbohydrates**
Beef Chicken Turkey Lamb Bison Venison Game meats Duck Mackerel Salmon Tuna Eggs **Supplements** Super Green Matcha Tea Protein Powder Omega 3 Liquid Magnesium Vit D3	*For cold use or very low heat cooking:* Olive oil Flaxseed oil Macadamia oil *For cooking & cold use:* Coconut oil Avocado oil Walnut oil Avocado Feta Cheese Blue Cheese Parmesan cheese Aged Cheddar Cheese Butter Walnuts Pumpkin Seeds Macadamia nuts Brazil nuts Pecan nuts	**Vegetables (Fibrous)** Asparagus Broccoli Cauliflower Green beans Brussels sprouts Okra Green Leaves (all varieties) **Fruit** Kiwi Blueberries Blackberries Cherries *(Lime or lemons for morning water)* **Starch** Quinoa Pumpkin Sweet Potato Potato Buckwheat *(Only include starch in a post workout meal)*



COOKING METHODS

Remember keep food simple. There is no need for elaborate recipes, just good wholesome food! It's funny - I never say that I cook... I just heat good ingredients up. Keep your cooking simple by lightly steaming, air frying, oven baking, grilling, BBQ-ing or sautéing both your vegetables and meat.

FLAVOURS & DRESSINGS

You can use any dry spice and herbs you wish to add flavour.

For dressing use fresh lime or lemon juice with pepper or chilly powder and a dash of your favourite healthy oil (avocado, walnut, flaxseed, hemp seed, macadamia, coconut, or extra virgin olive oil). You can also mix in some balsamic vinegar or pesto to liven up vegetables and salads flavour.



PRE-BREAKFAST

The first key element of Body Expert Lean is ***HYDRATION***. Water is extremely important... being properly hydrated will maximise detoxification, optimise cell function, increase fat burning as well as control hunger level.

You must to aim for and achieve 1 litre of water for every 23kg of total bodyweight. Hence, if you are 83kg that means you have to drink 3.6L of water per day (83kg divided by 23kg = 3.6)

This begins first thing in the morning!! It is imperative that you develop the habit of drinking water immediately upon waking to kickstart the bodily functions and aid in detoxification.

I recommend drinking at least 500mls up to 1 litre of water with juice from a freshly squeezed lime in it for flavour. You can then add other ingredients to "boost" the flavour and benefit of your water throughout the day.



Meal Objectives

BOOST YOUR WATER

Add these to your water (alternate day by day) to give your digestion a boost and provide flavour to your water:

1. *Fresh Mint leaves:* improves bile flow and increase function of the salivary glands. Mint leaves also contain properties that produce digestive enzymes that help absorb vitamins and nutrients
2. *Lemon & Lime:* these again boost digestion, create digestive enzymes as well as boost the immune system
3. *Ginger Root:* has antiviral and anti-inflammatory properties and helps with flatulence and indigestion. Dice some ginger to a half inch size and add to your water – prepare the night before and let it sit through the night so that the water absorbs most of the nutrients
4. *Cucumber Slices:* can help remove toxins and improve digestion. It is a nice cool and refreshing taste
5. *Cloves:* can protect the stomach from parasites and aid digestion. Add 4-5 cloves to your bottle



WHY IS HYDRATION IMPORTANT?

Dehydration is one of the common problems with the modern day diet. Below are some of the reasons you must drink enough water:

- *Weight Gain*: When dehydrated, cells are depleted of energy which causes them to signal for the consumption of more food. So your body signals that you are hungry when, in reality, the body is thirsty
- *Digestive Disorders:* A shortage of water can lead to a number of digestive disorders including ulcers, gastritis and acid reflux
- *High Cholesterol:* When the body is dehydrated, it will produce more cholesterol to prevent water loss from the cells
- *Tiredness (fatigue):* Water is the most vital source of energy in the body - when dehydrated the enzymatic activity in the body slows down resulting in tiredness and fatigue



WHY IS HYDRATION IMPORTANT?

- *Premature Ageing*: When severely dehydrated, the body's organs including it's largest organism the skin, begins to wrinkle and wither prematurely
- *Joint Pain & Stiffness*: All joints have cartilage padding which is composed mainly of water. When the body is dehydrated cartilage is weakened and joint repair is slow resulting in pain and discomfort. This is one of the major reasons people don't feel like exercising or feel pain and discomfort after activity
- *Skin Disorders*: dehydration halts the elimination of toxins through the skin and makes it more vulnerable to all types of skin issues (incl. dermatitis and psoriasis), as well as premature wrinkling and discolouration
- *Difficulty Breathing*: when dehydrated, your body will restrict airways as a means of conserving water. This again adds to tiredness, which in-turn reduces your motivation to move and exercise

Water consumption is of major importance when boosting your health, energy and fat loss... and essential in the BE-Lean Diet Plan.



Meal Objectives

BREAKFAST

The aim of breakfast is to provide your body with high levels of nutrients and antioxidants for your body to thrive while supplying minimal energy.

This is a "fast mimicking" strategy. Where we provide your cells with all the nutrients required for growth, repair and vitality, so that the body is nourished and will continue to burn energy. The small amount of energy we do supply at breakfast is from fats. A small amount of fat will train your body to use fat as a fuel and hence if your body needs more energy it will draw that fuel from your stored fat.

This brings us to another major principle of the BE-Lean Diet Plan = "Backload Energy".

We only want to consume energy once there is space in our system to store it! The energy stores in your body are still full from the previous evenings dinner meal. Therefore, in the mornings there is no requirement to consume more energy.



Meal Objectives

BREAKFAST

BE-Lean focuses on optimising hydration and nutrient levels for the first half of the day. This enables your body to:

- Reduce hunger while dieting
- Restore & support digestion strength & function
- Reduce insulin response & therefore fat storing
- Increase metabolic rate
- Reduce oxidative stress & inflammation in the body
- Increase autophagy = cellular “waste removal” & repair
- Increase anabolic processes
- Train your body to use fat as a fuel (burn fat)

We are trying to encourage your body to enter a safe ketogenic state that increases the body’s natural fat-burning system by causing your body to dip into fat stores for energy. At the same time boosting your cell health and vitality with ideal nutrient levels.

The BE-Lean morning strategy promotes the best heath and fat loss possible.



LUNCH & DINNER

The aim of lunch and dinner meals is to provide balance. The BE-Lean Plan is a low starch diet... however it is a high carbohydrate diet due to the inclusion of lots of fibrous carbohydrates (green vegetables).

You are allowed an unlimited amount of the food from the fibrous vegetables list at each meal... in fact the BE-Lean Plan states you must have AT LEAST 2 FIST SIZED SERVINGS and where at least 50% of your plate should be green at both lunch and dinner!

The important aspect here is when to include STARCH. You are allowed 1 CUPPED HAND serving of your chosen starch from the food list once per day.

The BE-Lean Diet Plan only includes starch (white carbohydrates) after a workout. If you workout in the morning then lunch is when you would include your starch ingredient/food. If you do not workout you simple include the starch ingredient in your evening meal (dinner).



PORTION / SERVING SIZES

Calorie counting is a bad idea and a total waste of time. I could go into this in great detail but that would be an entirely new book. Energy consumption is important but it is a total waste of time counting "calories"! It is hugely time consuming, the numbers are so far out or incorrect and it puts the focus in the wrong place (we must focus on nutrients more than calories).

We prefer the *Precision Nutrition* method of portion control because it is easy, quick and simple to adjust.

PORTION CONTROL GUIDE

FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein = 1 palm



A serving of vegetables = 1 fist



A serving of carbs = 1 cupped hand



A serving of fats = 1 thumb

ADJUSTING PORTION SIZES

Lunch and dinner meals during the BE-Lean Diet Plan should consist of the following portion sizes:

- 1 x Protein
- 2 x Vegetable (minimum)
- 1 x Fat

- 1 x Starch in the meal after a workout. OR if you do not workout you include the starch serving in your dinner meal. For this the meal would resemble the below:
    - 1 x Protein
    - 1 x Vegetable (minimum)
    - 1 x Fat
    - 1 x Starch
- *Note: if you workout after lunch your dinner meal still includes the starch serving*
- *Also note: Starch is not a requirement to be included in your meal every day. You will be consuming more than enough carbohydrates from vegetables that it is not a necessity. I do recommend it after a workout but other than that it is optional.*



ADJUSTING PORTION SIZES

The key to getting the results YOU want is to adjust the serving sizes to meet YOUR needs! As long as you are only eating the foods from the food list you can not go wrong BUT you can make it more effective by listening to your body and customising it for your specific needs.

IF YOU ARE HUNGRY

First try:

1. Increasing the VEGETABLE portion - you must have a minimum of 2 fist sized servings but if you're still hungry this is the first portion to increase
2. Increase PROTEIN - protein is the most satiable macronutrient, keeping you fuller for longer. The maximum portion size is 2 palm sized serving per meal. So begin by increasing by 1 and a half palm sizes

We do not want to increase the fat or the starch intake. The vegetable intake is unlimited, so once you max your protein portion at 2 palm sizes you can only increase the vegetable portion size.

IF YOU FEEL YOU NEED LESS FOOD

If you find the standard serving sizes too much first try:

1. Reduce Fat: cut the fat portion by half
2. Reduce Protein: cut the protein portion by half

SCHEDULE

Pre-Breakfast:

(Ideally 6am - 7am or 30 minutes before breakfast)
500ml – 1 litre still water with fresh lemon/lime juice

Breakfast:

(Ideally 6:30am - 7:30am)
Super Shake = Super Green Powder + Matcha + Protein Powder (25g protein)

Snack:

(Ideally 9:30am - 10:30am)
Small serving of fat focused food
-- 2 Eggs (made any way)
-- Walnuts (palm sized = 7 to 10 nuts)
-- Macadamia nuts (thumbs sized serving = 4 to 7 nuts)
-- Pumpkins seeds (thumbs sized serving = hard to quantify)
-- Avocado pieces (2 thumb sized serving)

- *note: serving size as example only*

Hydration:

Aim to drink 2 thirds of total water before 12pm/midday. For example, if your total amount of water is 3L you should drink 2L before 12pm/midday.



SCHEDULE

Lunch:

(Ideally 12:30pm - 1:30pm)

As per portion control stated earlier. Simply choose your ingredients from the food list and cook

Hydration:

Drink the final third of total water. Begin 30 minutes after lunch and be finished by 4pm. If you feel thirsty after 4pm feel free to sip water but do not drink large amounts.

Dinner:

(Ideally 6:30pm - 8:30pm)

As per portion control stated earlier. Simply choose your ingredients from the food list and cook

Sleep ("the 4th macronutrient"):

(Ideally 9:30pm - 10:30pm (at the very latest))

Sleep is one of the main cornerstones of our health. The other 3 cornerstones are healthy eating, regular exercise and a positive mindset . . .



SCHEDULE

If these 4 aspects are executed well you will probably not know the name of your doctor.

Sleep is a vital biological function and is essential to our physical, mental and emotional wellbeing. Any health expert will tell you that sleep is a ***fat-loss nutrient***. The simplest and most dramatic ways to improve body composition quickly is to get adequate rest every night.

Your body requires deep, restful, restorative sleep to heal, detoxify, maintain cognitive benefits, and keep all systems running smoothly. The BE-Lean Plan demands that you get good quality sleep - you must be "lights out" by 10:30pm at the latest every night!

That is the BE-Lean Diet Plan. I do recommend some essential supplements (as you have read breakfast is a SUPER SHAKE made up from 3 ingredients that are supplements) and these will go a long way to boosting your health and supporting your fat loss goals.



SCHEDULE

SUPPLEMENTS:

VITAMIN D3

D3 is very important to lose fat and boost hormone levels that regulate metabolism. There are so many benefits to taking Vitamin D3 that I can't list them all. The biggest point is that most of the population are deficient. A daily dose of 2,000 to 5,000 IUs is effective to raise vitamin D to optimal levels.

OMEGA 3

Reduces pain and inflammation, promotes better brain function, improved memory, recall, fights depression, protection from heart attack and stroke, reduction of menstrual pain, and many more. The best impact is that it turns off the fat storing mechanisms and turns on the fat burning mechanisms. 1,000mg taken morning and night are recommended for the duration of the BE-Lean Plan. Ideally, source a liquid Omega 3 Fish Oil and take 1 tablespoon per serving. If you don't want to take Fish Oil then substitute with a tablespoon of virgin olive oil instead.



SCHEDULE

SUPER GREEN SHAKE

The sad fact is that in the modern era it is difficult to consume enough vegetables to obtain the full spectrum of minerals and vitamins we require. The SUPER GREEN SHAKE is a must to restore minerals, vitamins and antioxidants. This morning shake *standardises* your nutrient intake and ensures you get all the necessary nutrients to develop an anabolic state ideal for fat burn, growth and repair. SUPER GREEN SHAKE = 1 serve super green powder + 1 serve Matcha Green Tea + 1 serve protein powder (25g protein) + 500mls water.

MAGNESIUM

Magnesium is crucial to sleep better, be less fatigued, make your brain work better, get rid of stress, and support your health as well as lose abdominal fat and have a leaner body composition.

Charles Poliquin, one of the worlds premier performance and body composition experts, states that magnesium is

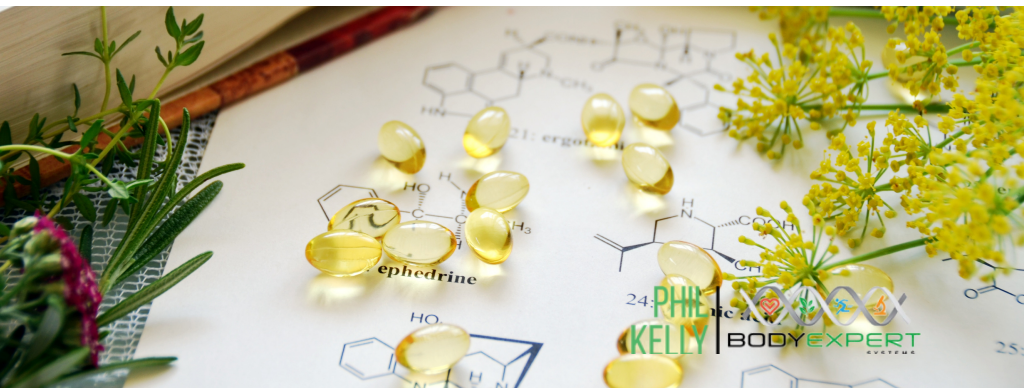


SCHEDULE

one of the most important nutrients needed by the human body. Magnesium is involved in at least 300 essential biochemical reactions, including protein synthesis, testosterone production, insulin sensitivity, calcium absorption, and regulation of the sympathetic nervous system. Magnesium plays a huge role in glucose regulation, insulin sensitivity, and its ability to decrease inflammation and anxiety, lower cortisol, improve HDL cholesterol levels, and stimulate protein synthesis. Adequate levels are absolutely critical for a lean body. Simply take the recommended dose from the product you purchase.

Now you have all the foods and understand why the BE-Lean Diet Plan is structured in the way it is. BE-Lean is very simple... it's designed that way... it gets amazing results that way... try not to over think anything and simply follow the plan. You will feel amazing and BE-LEAN in no time.

To show you how it all fits together I have provided a 4 day meal example:



4 DAY MEAL EXAMPLE

DAY ONE:

Pre-Breakfast
1L water with lime juice
Vit D3
Omega 3

Workout

Breakfast
Super Green Shake 500mls

Snack
Thumb sized portion of walnuts

Lunch
Grilled beef steak strips + grilled broccoli + avocado pieces + quinoa

Dinner
Salmon filet + Asparagus + pumpkin seeds

Before Bed
Omega 3
Magnesium

DAY TWO:

Pre-Breakfast
1L water with lime juice
Vit D3
Omega 3

Breakfast
Super Green Shake 500mls

Snack
Thumb sized portion of macadamia nuts

Lunch
Oven baked chicken breast + oven baked okra + brazil nuts

Dinner
Tuna salad with olive oil and balsamic dressing + feta cheese

Before Bed
Omega 3
Magnesium

DAY THREE:

Pre-Breakfast
1L water with lime juice
Vit D3
Omega 3

Breakfast
Super Green Shake 500mls

Snack
Thumb sized portion of avocado

Lunch
Broccoli soup + diced chicken breast + blue cheese

Dinner
Duck breast + green beans + pecan nuts + diced sweet potato

Before Bed
Omega 3
Magnesium

DAY FOUR:

Pre-Breakfast
1L water with lime juice
Vit D3
Omega 3

Breakfast
Super Green Shake 500mls

Snack
Thumb sized portion of brazil nuts

Lunch
Tuna salad with olive oil and balsamic dressing + feta cheese

Workout

Dinner
Oven baked mackerel fillet + oven baked cauliflower + oven baked potato + avocado pieces

Before Bed
Omega 3
Magnesium

FAVOURITE RECIPES

The BE-Lean Diet Plan only requires cooking at lunch and dinner. Your cooking should be as simple as possible both for convenience, ease as well as keeping your meals "clean". Here are some of my favourite meals when completing this plan:

Broccoli Soup:

I love soup... its easy to make, delicious and versatile because it is easy to store and reheat. Here's one of my favourite recipes:



Ingredients (1 serving):

- 3 fists of broccoli florets
- 2 thumbs of Blue Cheese
- Spices:
  - 1/2 tsp garlic powder
  - 1/2 tsp ginger powder
  - 1/2 tsp mustard powder
  - 1/2 tsp Himalayan salt (or to taste)
  - 1/4 tsp ground black pepper
- 1 breast of chicken - I prefer cooked in the oven and sliced to go along side the soup
- 2 cups water (or more depending on desired thickness) - this could also include a beef or chicken stock
- *Method* = Cook the broccoli florets for approx. 5-6 minutes. Combine the broccoli and spices in a blender and blend until mostly smooth. Return the mixture to the pot, add the blue cheese and simmer in a pot on the stove for about 7-10 minutes

FAVOURITE RECIPES



Salmon, Asparagus & Oil:

I love salmon and asparagus... :

Ingredients (1 serving):

- 2 fists of asparagus
- 2 tablespoon of olive oil
- 1 palm sized salmon fillet
- Spices = any that you desire.

Method:

- Seam the asparagus for 5-8 minutes depending on desired texture
- the Salmon - I now prefer to cook the salmon in the air fryer. Add spices to the salmon and set the air fryer to 200 degrees for 10-14 minutes

Remember keep it simple. There is no need for elaborate recipes, just good wholesome food! Again - I never say that I cook... I just heat good ingredients up and add some seasoning. This is the routine... if I'm not using the air fryer or steamer I'm grilling, BBQ-ing or sautéing both your vegetables and meat. For the 4 weeks of the plan just KEEP IT SIMPLE!



FAVOURITE RECIPES

Real world Lunch & Dinner examples:

The BE-Lean Diet Plan outlines a set morning routine that requires no (or very limited) cooking or variation. Therefore, lunch and dinner are the meals you need to plan. Below I give you the 'REAL WORLD' examples of my meals when completing the BE-Lean Plan - you'll see portions vary slightly and that is natural to adjust to how you feel:



Chicken, Green Beans & Avocado

Buffalo strips, Tomatoes, Rocket leaves, Olive Oil & Balsamic Vinegar dressing





Salmon, Asparagus, Walnuts & Pecans



Salmon, Purple Cabbage & Coconut Oil

Pork in Curry Powder with Air Fried Brussel Sprouts - a bigger portion due to heavy workout





Steak with Asparagus & Broccoli cooked in coconut oil & garlic

05

Final Note

GOOD LUCK

The BE-Lean Diet Plan effectively eliminates all the substances that the body finds toxic, difficult to digest and commonly intolerant. These 'non-foods' or 'food-like' substances put stress on your internal environment and will slow your ability to effectively metabolise and burn fat!

If your body is constantly fighting against foods, hormones or chemicals it finds toxic you are not going to have optimal energy, health or vitality either.

BE-Lean gives you simple to follow and easy to measure portion sizes and ingredient selection for meals. There is no need to worry about or waste time counting calories or macronutrients... BE-Lean accounts for all this simply.

The only thing left to say is... You Can do this!!

Good Luck!
Phil

