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little-known secrets
TO A LEAN BODY



NIK TOTH

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Welcome...

Clients always ask me for my top weight-loss tips. I am sure you have heard many times, that in order to lose weight you must exercise daily, drink plenty of water, and eat a healthy, balanced diet. That is all true, but what if you have tried all of that and it just hasn't worked?

Firstly, I always emphasise that when trying to change body composition, the goal is to achieve body fat loss, not weight loss. But how do we do that?

I am going to share my top tips with you on how to burn more body fat without dieting or fat-burning supplements. These tips not only worked for me when preparing for my fitness competition, but they have worked for hundreds of my clients. These tips have helped each of them create a lean body, whilst also improving their overall health.

Remember: Optimal health = Effortless fat loss

Follow these simple steps and I can guarantee you will soon see the change not just in the way you look, but also how you feel.

Nik Toth

Lean Body Coach

Adv. Dip. Nut. Med., Personal Trainer, Wellness Coach

IT TAKES 4 WEEKS FOR YOU
TO SEE YOUR BODY CHANGE

IT TAKES 8 WEEKS FOR
FRIENDS AND FAMILY

IT TAKES 12 WEEKS FOR
THE REST OF THE WORLD

KEEP GOING...



1. Eat smaller, more frequent meals

One of the first things I recommend when I start working with a client is eating smaller, more frequent meals with protein. This does not mean an increase in caloric intake, but rather splitting the meals into smaller portions. This helps keeping blood sugar levels stable throughout the day, minimises cravings and reduces total insulin secretion. As you can learn from my book, the Lean Body Guide, insulin is a storage hormone, which tells your body to store fat. Consequently, the less insulin you have the more body fat you can burn.

Most of the clients I see in my clinical practice who are unable to lose weight have problems with insulin resistance. Insulin resistance makes fat loss difficult because high levels of this hormone inhibit the metabolic pathway that allows fat to be burnt. This is why balancing blood sugar levels is one of the first things I address when it comes to stubborn fat.

According to studies, eating smaller, more frequent meals containing protein can improve insulin resistance, therefore lowering the risk of type II diabetes. Eating smaller meals can also improve your digestion. When we overload the digestive system with large meals, it can cause biological changes in the body that lead to food cravings. Bad news if you are trying to lose weight!

The quality of these meals is also important. Your diet should consist of mostly fresh whole foods; each meal containing healthy proteins, carbs, and fats.

before breakfast	lemon water
8am	breakfast
10am	small protein snack
12.30pm	lunch
3.30pm	small protein snack
7pm	dinner

To maximise your fat burning capacity:
Eat a small meal about two handfuls every 3-4 hours, as opposed to 3 large meals.

2. Never eat carbs by themselves

Eating carbohydrates on their own can lead to increased insulin production. When you eat carbs (ex: bread, rice, potato, fruit or sugar) your blood sugar levels increase. Your body does not like this, because it can be dangerous so it produces insulin to bring the levels back down to normal. However, it usually produces extra insulin to process the sugar load and remove it from the bloodstream. It doesn't stop producing insulin until the brain senses that blood sugar levels are safe. But by the time the brain stops insulin production, often too much sugar is removed. Low blood sugar can make you feel tired, dizzy, nauseous or feeling down, which is often remedied by eating more sugar and more carbohydrates.

Insulin, as mentioned above, is a storage hormone, which signals your body to store fat. Over a lifetime, your body is only able to produce a certain amount of insulin. When it runs out, guess what...welcome to prediabetes, which can eventually result in type 2 diabetes. That is not a pretty thing to look forward to! This may be particularly important if you have excessive body fat, predominantly around your belly, and/or a history of type 2 diabetes, or PCOS (polycystic ovarian syndrome) in your family.

To avoid this unfortunate cycle: When you eat carbs always have equal amounts of protein with the same meal. Protein slows the release of sugar into the blood stream and decreases the insulin response in the body.

Remember: with high levels of insulin, it is impossible to burn body fat.

Protein is your friend when you are trying to decrease body fat. Consuming protein with carbohydrates helps ensure that the carbohydrates are not stored as fat.

To maximise your fat burning capacity:

If having toast for breakfast, add 1-2 eggs

If eating a piece of fruit, have an equal amount of nuts or seeds with it

If eating complex carbs such as pumpkin, sweet potato, or rice, have an equal or greater amount of protein, such as chicken or turkey or fish

A black and white photograph of a woman with long hair, wearing a dark tank top and leggings, performing a yoga pose (Tree Pose) on a grassy field. Her hands are pressed together in a prayer position. The background shows a horizon line under a cloudy sky. The text 'Breathe Relax Release Repeat' is overlaid on the image. 'Repeat' is highlighted in red.

Breathe

Relax

Release

Repeat

3. Go Green

There are two key reasons why loading up on leafy green vegetables is important for weight loss:

**These green vegetables provide high amounts of fiber and nutrients
They assist in maintaining our bodies delicate acid-alkaline balance**

Fibre

Fiber is the part of the plant that our bodies cannot digest. Therefore, it passes through the digestive track, eliminating toxins and waste products along the way.

Fiber is essential for weight loss because it helps to regulate bowel movements; or in other words, it makes you go to the bathroom. Waste elimination is incredibly important because if waste products (poop!) stay inside the gut for too long, toxins can end up accumulating. These can then be reabsorbed into the blood stream. Yuk!

Alkalinity

Alkalinity is important for fat loss, because our bodies prefer to be slightly alkaline, as opposed to acidic. Besides lemons and limes, green vegetables are the only foods that have a highly alkalising effect on the body. Modern Western diets are high in processed foods and animal products, which create acidity in the body. In this acidic setting, the body is less likely to burn body fat and it is forced to leach alkaline minerals, such as calcium and magnesium, out of the bones. These nutrients are not only essential if you are active, but they are vital for a healthy nervous system and overall health.

To alkalise your body, the majority of the foods you consume should be fresh green vegetables along with some fruits. Green vegetables have the ability to alkalise the blood, making it a safe environment for fat burning.

If you want to ensure you burns more body fat, it is vital that you eat as much alkaline foods as possible!

To maximise alkalinity and your fat burning capacity

- Start each day with a large glass of warm water with half a lemon's juice squeezed in it. Wait 20 minutes before your first meal!
- Double the amount of fresh, green vegetables you eat with each meal
- Reduce or eliminate, processed food from your diet
- Drink a green smoothie or veggie juice daily. If this is not available to you, add super greens such as spirulina or chlorophyll to your diet.

For your convenience, these greens are widely available in both capsule and powder forms; all you have to do is mix them with water and sip throughout the day.

Spinach
Rocket
Kale
Collard greens
Lettuce
Cabbage
Swiss chard
Watercress
Mustard greens
Broccoli

MY
FAVORITE
LEAFY
GREEN
VEGETABLES

professional bio

Nik Toth, The Lean Body Coach, is a holistic nutritionist, personal trainer, and health coach.

Having started in the industry as a personal trainer, Nik's passion for nutrition and wellbeing was further fuelled after curing herself of chronic infections, digestive issues and excess weight using nutrition alone.

Over the past few years, Nik has put herself to the test by competing in an INBA bikini fitness competition, transforming her body entirely. She came up with the ultimate body transformation method, and she has written an eBook about it called **The Lean Body Formula**. The book outlines all the steps she took to achieve a lean and toned body.

Through her signature 10-week coaching program The Lean Body Accelerator, Nik is passionate about working with women to achieve confidence and total wellness, while helping them create a body they absolutely love from the inside-out.

WANT MORE?

If you've enjoyed this guide, you'll love the full, 150-page eBook *The Lean Body Formula*. You'll discover all the tools you need to create your lean body. With a 28-day meal plan, portion sizes, meal timings, and a greater understanding of how to speed up your metabolism, you're given all the tools to make it happen.

GET MY COPY



Are you ready to revolutionise the way you look and feel?

In order to create a body you love, you have to love your body first!

- *Change your language and your body will follow. Every time you look in the mirror, tell yourself how gorgeous you are and how thankful you are for a healthy body.*
- *Knowledge is power. Take the time to learn how your body works and the foods that nourish you.*
- *View food as an investment; quality over quantity. At the end of the day 'you are what you eat'*
- *Remember this: You already possess everything you need to become who you are meant to become. All you need is the right hand to guide you.*

There is so much more I want to teach you about how to transform your body from the inside out to create the lean, sexy body you have always dreamed of. I want you to know that it is absolutely possible to change your body composition; and all it takes is a mere 10 weeks. I speak from experience, because I have done it myself!



Accelerate your results with
my intensive 10 week
LEAN BODY ACCELERATOR PROGRAM

If you have a medical condition that's been bugging you for too long, a wedding or special occasion coming up, you want to get bikini ready, or if you are simply no longer able to look into the mirror with confidence, I'd love for you to get in touch. I can show you how to reconnect with yourself and improve your relationship with food through my **Lean Body Accelerator program**. Life is too short to feel average and be unhappy with your body.

APPLY HERE

*Eat Clean
Train Mean
Get Lean*

If you're ready to revolutionise the way you look and feel, and get a lean body FAST, apply to work with me personally. It will be the most fun you've ever had losing weight and learning about your body.

In The Lean Body Accelerator program I only get to work with a handful of people at a time, so the program is by application only.



facebook.com/pages/The-Lean-Body-Coach



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