

# 6+1

THE ESSENTIAL NUTRITION GUIDE  
TO LOSING AT LEAST 5% OR 5KG  
IN LESS THAN 12 WEEKS WHILE  
WORKING IN THE CITY



5PERCENTCLUB

**From: Vlad**

**Subject: Have we just cracked it?!?**

It was the beginning of 2019 and for one reason or another 6 of us ended up aiming at the same target - 5% body fat or 5kg bodyweight lost in 12 weeks.

In the group was a structured reinsurance executive, pricing director, product tech leader, head of PR, business analyst and me.

The usual lifestyle was long hours, heavy workload, work hard, play hard, social life, drink or two, all night out, personal goals and very little rest.

Yet despite having a lifestyle most people consider incompatible with getting in shape, all of us reached the target and built incredible momentum to push us into our daily lives.

The results were 5.4kg lost in 12 weeks, 5.2% in 12 weeks, 7kg in 12 weeks, 6.2kg in 12 weeks, 8% in 8 weeks and 6% lost in 12 weeks respectively.

The impact this had on each individuals personal and professional life was powerful.

**This guide is your step by step manual to experiencing the same.**

## Congratulations on opening this guide...

If you haven't seen the Nutrition Masterclass inside the membership area yet, make sure to do so as soon as possible!!

It will lift up the curtain on many concepts used in this guide and in your approach to your **5KG** or **5%**...

What you're now reading is the detailed step by step system showing you what to eat, when to eat, how much to eat and everything you need to successfully follow the **6+1** framework.

**So let's not wait and answer the first major question:**

### WHAT ARE YOU SUPPOSED TO EAT?

Protein, fat, veg and berries **6** days of the week.  
Whatever you like on day **7**. Here's a detailed list of ingredients for those **6** days:

**Protein:**



eggs



smoked salmon



sausage



greek yoghurt

## Fat:



avocado



olive oil



butter



cheese (small amounts)

## Veg & berries:



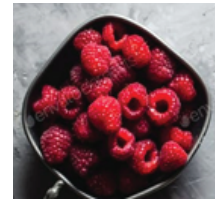
spinach



tomatoes



radish



raspberry



cucumbers



mushrooms



blueberry

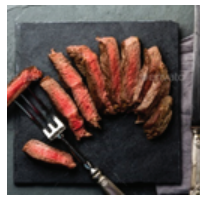
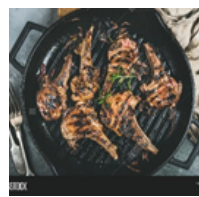
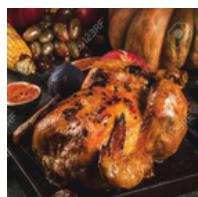


strawberry

## Lunch/Dinner/Meal 2,3,(4)

### Protein

Chicken, turkey, beef,  
duck, pork, lamb, veal,  
venison, salmon, cod,  
prawns, pretty much  
any meat or fish



## Fat:



olive oil



butter



lard

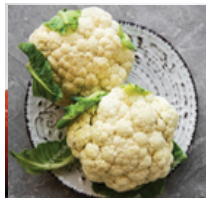


coconut oil

## Veg:



broccoli



cauliflower



brussel sprouts



garlic & onion



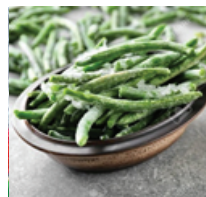
cabbage



kale



courgette



green beans

+ spinach, mushrooms, olives, tomatoes, swede, leek, asparagus  
lettuce, peppers, cucumber, green leaves, pak choi, spring greens..

## Snacks



Almonds, pistachios, walnuts, cashews  
(ideally non roasted, unsalted), protein shake

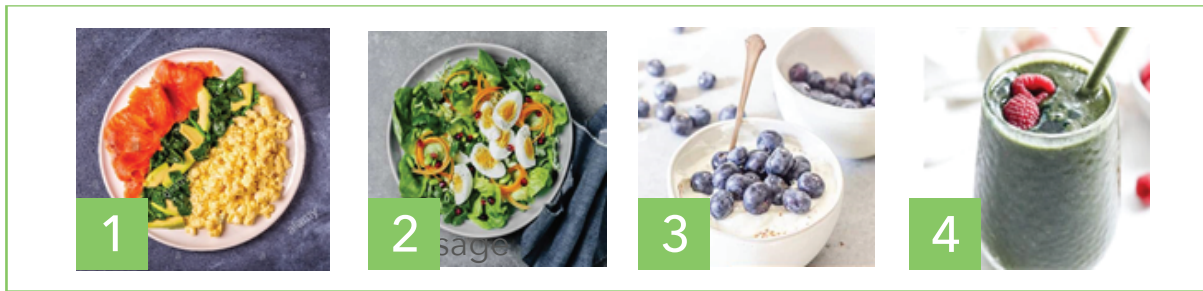
## **HOW AM I SUPPOSED TO EAT MY FOOD?**

You can either buy ingredients online, have it delivered to your home and then use the simplest cooking principles to prepare the food yourself. Or you can eat out choosing the meals that fall into 6+1 framework. The preferred option is cooking yourself as it's healthier. The more convenient option is getting your food out. (Check out the restaurant and take-away guide in the members area to stay on the safe side.)

## **HOW AM I SUPPOSED TO COOK MY FOOD?**

Most recipes require very simple preparation. Eggs are good boiled, scrambled, poached... whatever style you like. Add some veg and leaves to it, your breakfast is ready. If you can't be bothered spending 10 minutes in the kitchen in the morning, take out smoked salmon slices, drop some lemon juice on top, add veg and leaves, you're ready for the day. If you fancy something different, islandic or Greek yoghurt with nuts and berries will do. If you normally leave your place 15 minutes after getting up, Pret or Leon will sell you your egg breakfast. If you don't eat breakfast, have some coffee and off you go. There's no need to complicate it. It's supposed to be simple with minimum attention needed. Here are some sample breakfast ideas:

## SAMPLE BREAKFAST IDEAS:

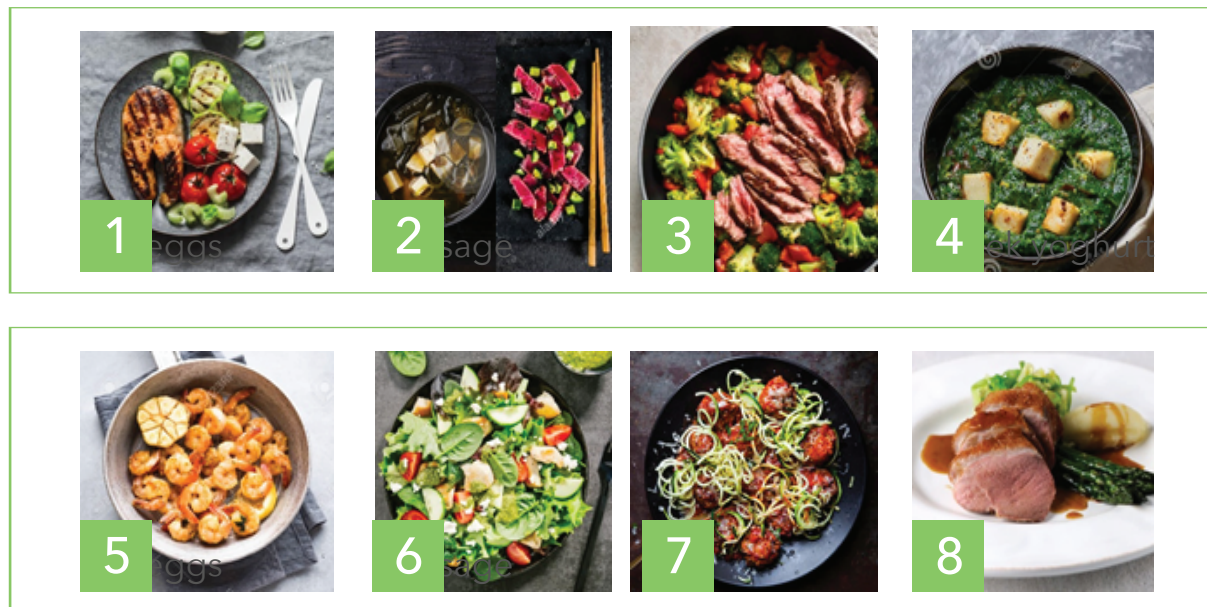


- 1 Scrambled eggs, smoked salmon, spinach, avocado
- 2 Boiled eggs, lettuce, carrot, cucumber, lemon juice
- 3 Greek yoghurt, blueberries
- 4 No flavour protein powder, kale, spinach, mint, bee pollen, cacao nibs smoothie

## WHAT ABOUT OTHER MEALS?

The simple will do. If you can cook even a little bit you'll know how to prepare your meals. Take the meat or fish, pan fry, boil, roast, grill, steam, air cook, use a bit of oil and spices in the process, chop some veg, chuck it into a bowl with salt, pepper and olive oil, your meal is ready. If you don't fancy a salad, steam or roast some veg, once again you're ready. If you can't cook at all, no worries, perhaps someone else in your house can or you'll learn a few cooking tricks during your 12 week programme with us. All of this is supposed to be simple. No Michelin Star attempts. Yes, go get the best food out there when you can but don't feel any pressure to cook each meal to high standard when you're at home.

## SAMPLE LUNCH/DINNER MEAL IDEAS:



- 1 Pan fried salmon, courgette, tomatoes, tofu
- 2 Miso soup, tuna sashimi, edamame
- 3 Steak, broccoli, bell peppers
- 4 Paneer, spinach, garlic, onion, ghee, turmeric, ...
- 5 Pan fried garlic prawns + veg
- 6 Chicken garden salad, lettuce, tomatoes, cucumber
- 7 Beef & pork meatballs, courgetti, spring onion..
- 8 Pan fried duck, asparagus, swede mash

## HOW MANY MEALS PER DAY SHOULD I EAT?

That is completely up to you, 3 to 4 meals per day are ideal. 2 slightly bigger meals are fine as well.

## HOW MUCH SHOULD I EAT?

The aim is to eat around 2g of protein per 1kg of your bodyweight per day (100kg person will aim for 200g of protein). The ratio should be between 1:1 and 1:2.

## HOW BIG SHOULD MY PORTIONS BE?

The portion size will depend on you meeting your daily protein requirement and how much you've already on the day but an ideal portion would be 1 steak, 1 chicken breast, 1 duck salad box, etc... so around 250g of meat per meal + twice as much veg & leaves.

## WHAT IF I'M EATING OUT?

Our restaurant guide is available for download in the members area. If you choose to visit the right places, it's easy to follow the 6+1 framework regardless of who you are with. If you've been invited to a restaurant and can't choose anything reasonable, choose to make this your +1 day and eat whatever you like. Your 1 day doesn't always have to be on the same day of the week. It just has to be one day.

## DO I HAVE TO TAKE A DAY OFF EACH WEEK?

Yes you do. Your body will reset it's energy, your metabolism will stay fast, you'll make more progress, have something to look forward to every week and feel in control of your eating.

## IS THERE ANYTHING I SHOULDN'T EAT?

Grilled chicken is better than KFC, spices are better than sugary sauces and 1:1 ratio of protein and fat is better than 1:2 (so if you eat 100g of protein, 200g of fat would be too much). If there's anything you're unsure about, please consult with your coach.

## WHAT IF I CAN'T EAT CERTAIN INGREDIENTS?

Your coach will help you find replacements and brainstorm ideas to make this work for you.

## CAN I REALLY EAT AND DRINK ANYTHING ON +1

Yes you can, reasonably of course. 5000 calories are fine, 10000 would be a bit of a problem. 5 big pizzas per day is around 5000 calories. 4 burgers with chips are 5000 as well. 2 normal meals with 10 pints in the evening would get you there too, as well as 3 meals of your choice with desserts, ice cream, chocolate or anything of that kind.

## WILL IT NOT UNDO ALL THE HARD WORK?

No it won't. The process is explained in the Nutrition Masterclass with support of the results of other 5 Percent Club members.

## WHAT ELSE SHOULD YOU KNOW?

Make sure to drink plenty of water. If you're tired, eat more of the same. If you anticipate being cut off from food for half a day buy some nuts to have at hand.

## HOW CAN I BOOST MY ENERGY?

Both coffee and tea are fine, make sure there's no sugar and no milk as well. If you're too low on energy consider increasing your fat intake.

## WHAT IF CIRCUMSTANCES FORCE ME INTO 5+2 ?

Then do all you can to keep them both as clean as possible. If you can't avoid drinks, drop the carbs completely.

## WOULD TUESDAY AND FRIDAY 5+2 WORK AT ALL?

No, because that's 3+1 at best. There's not enough time in between for it to work.

## HOW CAN YOU MINIMISE ALCOHOL AFTERMATH?

Have a glass of water before going to sleep and hydrate as much as you can on the next day.

## IS THERE ANY ALTERNATIVE TO THIS?

Yes, you can do this vegetarian. Please consult with your coach.

## IS THIS WAY OF EATING HEALTHY?

Please refer back to Nutrition Masterclass.

## SHOULD I TAKE ANY SUPPLEMENTS?

Not necessarily. If you're interested in taking any, please ask your coach for recommendations.

## 1 DAY EATING PLAN SAMPLE



Breakfast: 3 scrambled eggs, 100g smoked salmon, ½ avocado, iceberg

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Lunch: Farmer Jay harissa chicken, spinach, cabbage, no sauce

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Snack:  
100g almonds

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Dinner: grilled chicken breast, grilled courgette, aubergine, feta cheese, spices

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Optional:  
protein shake after workout

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Drinks: 3L of water, 2 cups americano, 1 cup peppermint tea

\* Portion sizes will differ according to your bodyweight, the aim is eating 2g of protein per 1kg of bodyweight per day (80kg person will have 160g protein per day).

## DO YOU HAVE ANY QUESTIONS?

I'd love to make this guide as clear as possible so you feel confident about choosing the right foods, at the right places and right times and enjoy eating them as well. Let's discuss any questions you have at your next check in.

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## **DISCLAIMER:**

I am not a doctor, registered nutritionist or a dietician. The information I provide is based on my personal experience, my clients case studies and my experience as a Personal Trainer. Any recommendations I may make about nutrition, supplements or lifestyle, or information provided to you in person, on our website or in this guide should be discussed between you and your doctor. The information you receive in our emails, programs, services and products do not take the place of professional medical advice. The information in this guide is not be used without watching the Nutrition Masterclass.

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