



Flexible Dieting

A Brief Primer by Dr. Sara Solomon

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What is Flexible Dieting (IIFYM)

Flexible Dieting is also referred to as “If It Fits Your Macros” (IIFYM). The IIFYM approach to diet allows for greater flexibility with your food selection because your focus is on the nutrients rather than the food source. Don't worry! In my [Fat Loss Fast 1](#) e-Book, I teach you how to approach flexible dieting so you don't have to demonize food or follow a meal plan ever again!

Meal Plans: Good or Bad?

Just say NO to Meal Plans! Paying somebody to write you a meal plan is the equivalent of paying somebody to give you an eating disorder!

From my own personal experience, I can tell you I FAILED MISERABLY following other people's meal plans. It caused food obsession, nutrient deficiencies, hunger and left my taste buds bored. How do other people know what I am in the mood to eat from day to day? I don't even know that myself!!

Meal plans don't allow for any flexibility: You can't even eat in restaurants! And because the plans are so rigid, you end up eating the same foods over and over again. This is bad because you need food variety to ensure you don't end up with micronutrient deficiencies.

Following meal plans also made me demonize all foods that were not on the plan, which further exacerbated my food obsession (orthorexia nervosa). If I didn't eat exactly what was outlined in the meal plan, then I felt like a failure. Then I would throw in the towel and “eat wrong foods” (i.e. foods that were not on the plan) for the rest of the day.

Furthermore, it was a tremendous amount of work purchasing the food (most of the food was not available in my regular grocery store), and it was ridiculously time consuming cooking all the food. I'm sure you have heard of the term, “meal prep”. This is a ritual performed by people who eat 6 meals a day every 2-3 hours. Every Sunday, they spend 3-4 hours purchasing groceries and cooking an entire week's worth of food to ensure they will have all 42 meals ready in tupperware. Doesn't that sound appealing, eh? Eating 5 day old tilapia coated in a fishy gel layer from a tupperware container that you pulled out of a massive cooler you carried with you to work, the gym, the Christmas Party Dinner. Seriously. Really? I bet you stopped eating in restaurants too, didn't you? Do you even remember what it is like to eat freshly made food? And

how much did this meal plan cost you? From experience, I've paid the "experts" anything from \$100 to \$1500. Wow. It cost me thousands of dollars in meal plans over the years to "lose weight and "get healthy". And guess what the end result was: extreme hunger, weight gain, loss of money and orthorexia nervosa.

Everyone wants a meal plan. And everyone want to sell you a meal plan. But BEWARE! Who are these self-proclaimed "experts"? Is this a cookie-cutter plan they use for many of their clients? Or do they do a full history taking with you to establish your medical health, your schedule, your eating personality, your favourite foods, your ability to cook, your social/restaurant life, your physique goals, your bad habits, what dietary protocols have previously failed you, your activity levels, your basal metabolic rate, etc and then tailor the program to suit you? But the problem is that your "expert" will probably only offer one philosophy (the philosophy of their brand), and they will convince you it is PERFECT FOR YOU so they can make a buck off you. Please think critically before you pay anyone for a training/nutrition plan.

Let me quote Margaret Mead: "It's easier to change a man's religion than to change his diet". She's right. You don't need a meal plan, because it won't work in the long haul. In my opinion, a meal plan is nothing more than an eating disorder typed up onto an 8.5 x 11 piece of paper. What you do need is to understand how the food you ingest on a daily basis impacts your body. Once you understand that, then you will be able to use your brain to establish what to eat 365 days a year. So stop being a slave to "fad diets" and "expert meal plans". It's time to start enjoying your food, and this includes **CARBS** (you can even eat carbs at night! OMG) and **DISCRETIONARY CALORIES** (yes, even licorice!). No more guilt! Let me show you how lose fat without depriving yourself!

Stop Demonizing Fruit!

Many of you believe fruit must be demonized because it will "make you fat". It fascinates me you eat a boatload of nuts because the irrational rationale you are telling me is "Eat fat to burn fat" and "fruit will make you fat".

First: You can't eat anything to burn fat. When you ingest calories, you suppress fat oxidation. If you wanna burn fat, then STOP EATING ALL THE TIME (i.e. fast). Now, If you eat in caloric surplus because you are too lazy to track your calories, then you will inevitably store dietary fat courtesy of the boatload of nuts you ingested.

Second: Nuts contain a boatload of calories! And we all know you won't eat the recommended serving because that's only a small handful. Once you eat one nut, you end up eating a zillion! Be aware that one cup of raw cashews is 960 calories. 1 cup of strawberries is 46 calories. So your irrational rational to eat nuts and avoid berries is NUTS. The same is true for dairy. Just so you know, I eat dairy. I eat berries. I rarely eat nuts. If I want nuts, then I'll factor them into my daily macros.

Third: Calories Count. accuracy will allow flexibility with your diet. If you track your calories and macros consistently 365 days a year, then you will be able to reach your goals without having to demonize or obsess over food.

Fourth: It wasn't until I embarked on Intermittent Fasting & Flexible Dieting that I was able to satisfy my hunger and maintain my lean body 365 days a year WITH EASE. On that note, I eat fruit!

IF & IIFYM COMBINED!

The Ultimate Union!

Unless you can follow the diet for the rest of your life, then the diet will fail you!

With **intermittent fasting (IF)**, you can achieve satiety when you eat.

With **flexible dieting**, you don't have to demonize food or follow a meal plan ever again.

By combining intermittent fasting and flexible dieting, you will no longer feel deprived. In fact, "food = pleasure", *except* ... YOU are in control of food!

If you want to take your results to the next level, then combine my IF & IIFYM program with my FREE [HiiT home workouts!](#)

Calculating Calories and Macros for IF & IIFYM

You are probably wondering how many calories you should eat, and what your macronutrient breakdown (i.e. carbs, fats, and protein intake) should be. Well, this depends on the fasting protocol you are following, your goals, your activity level and many other variables. I break it down for you in [Fat Loss Fast 1](#), so be sure to pick up a copy of this e-Book to learn how to approach this correctly.

Accuracy will allow flexibility with your diet. If you track your calories and macros consistently 365 days a year, then you will be able to reach your goals without having to demonize or obsess over food. Don't worry, you don't have to do the math to establish your calories and macros. Have YOU tried my [FREE Calorie & Macro CALCULATOR](#)? This calculator is designed to work with my Intermittent Fasting and Flexible Dieting System outlined in my practical eBook (FAT LOSS FAST 1), which gets you Flexible Dieting & Intermittent Fasting Immediately! Not only is this calculator QUICK & EASY to use, but it's also 100% accurate (because I programmed it myself!) and it's 100% FREE.

Please watch this [FREE comprehensive video tutorial](#) to learn how to start intermittent fasting, how to use the calculator, and how to approach exercising. This is an incredibly realistic approach, which is why it is working for over 5000 of my customers!

EATING SEQUENCE

The sequence is crucial. Here are 9 things you must know before you break your fast!

1. Establish the exact amount of calories, protein, carbs and fat you are allotted during your eating window.
 - Use my FREE calculator to calculate your calories and macros [here](#).
2. I break my fast with raw veggies (ie. a salad): Raw veggies have high fiber and water content and few calories. This applies the principle of volumetrics and helps reduce overall calorie consumption for the rest of my feast. In other words, it helps prevent a binge fest.
3. Then I eat cooked foods such as: grilled veggies and lean protein (eg. chicken, fish, seafood, eggs).
4. I focus on my PROTEIN as my priority. The other macronutrients fall into place by default. Other lean protein options include whey, Greek yogurt, cottage cheese, [BSN SYNTHA-6™ Whey](#) and [Syntha-6 Isolate](#) and [ISOBURN™](#) and [Quest Bars](#).
5. I finish my feast with complex carbs (fruit, yams, oats) and slow-digesting protein, such as casein (BSN [SYNTHA-6™ Isolate](#) has casein) or cottage cheese. I save my carbs until the end of my feeding window. This strategy keeps insulin secretion under control. When veggies are eaten first, followed by protein and fat, the glycemic index of any carb (even candy!) that is consumed afterward is reduced. According to a 2011 study in the journal “Obesity,” consuming most of your carbs at dinner leads to greater weight loss. Why? Eating carbs at night will induce a single daily insulin secretion in the evening. This will boost leptin levels 6-8 hours later, which will contribute to enhanced satiety during the next day’s fasting window.
6. Slow-digesting proteins provide a steady supply of amino acids to your muscles during your fast for up to 8 hours, which promotes satiety and minimizes muscle catabolism.
7. I ensure I meet my dietary fibre requirements (I’m a fan of [Fibre-1 Cereal](#)).
8. I use discretionary calories (eg. my favourite [Panda licorice](#)) to fill any calorie deficit.
9. Notice I follow a high carb, high protein, low fat diet. I do not eat dietary fat (ie. nuts, nut butter, coconut oil, flax, olive oil, avocado, etc) because there is fat naturally present in my chicken, Quest Bars, Whey and other food I eat. This alone is enough to add up to my daily fat intake! This is why I prefer to focus on eating protein and carbs. Carbs are an important macronutrient for intermittent fasters, as discussed earlier.

How to Cut calories without Eating Less

Answer: Swap your high calorie junk foods (cookies, potato chips, candy, crackers) with filling lower calorie foods, such as foods that are HIGH in FIBER. High fiber foods, such as vegetables make you feel fuller longer because they take more time to digest. Furthermore, high fiber foods are typically lower in calories, which means you eat more generous portions without feeling deprived. This is the notion behind the Volumetrics diet, which is based on the principle that eating low-calorie foods (eg. vegetables) that make you feel full can aid in weight loss. Since these foods are high in fiber and water, you can eat generous portions without feeling deprived or hungry. So go ahead and eat your vegetables! It's relatively easy to adhere to a volumetrics diet over the long haul because you will never feel deprived. If you want to learn how to manipulate your tendencies to overeat in a way that doesn't sabotage your sanity or fat loss, then [Click here to subscribe](#) to my FREE Intermittent Fasting Tutorials.

IMPORTANT: PLEASE READ

Please note that flexible dieting is not an excuse to try to squeeze in copious amounts of nutrient deficient junk food on a daily basis. If you follow this approach, micronutrient deficiencies will likely ensue. You will also run into issues with hunger because junk food is high in calories and low in fibre, so you won't be able to eat very many Pop-tarts before you reach your calorie limit for the day. That is why I ensure 80% of my calories are nutrient-dense ("clean foods") before I factor in any discretionary calories.

Thank you for taking the time to attend my webinar lecture and for reading this PDF booklet. It's amazing how just a few simple changes can create amazing results. If you thought my webinar and pdf tutorials were helpful, then you're really going to like my *Fat Loss Fast System*. To learn how to start flexible dieting, click the link to my [Fat Loss Fast 1](#) e-Book, which will teach you how to immediately start intermittent fasting and flexible dieting. You will learn how to manipulate your natural instincts to overeat in a way that doesn't sabotage your health, physique or sanity. And this includes carbs! :-)

Stay Motivated:

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ABOUT THE AUTHOR

Dr. Sara Solomon is a writer, spokesmodel, and athlete for Bodybuilding.com, the most visited bodybuilding and fitness website in the world, and for BSN. Dr. Solomon is a practicing dentist (DMD) in Toronto, Canada, and holds a Bachelor of Science in Physiotherapy. This certified personal trainer, spinning instructor, professional fitness model, and cover girl is known around the world for her jump rope skills and her Dr. Sara Solomon Cross Speed Jump Rope by Buddy Lee Jump Ropes.

Dr. Solomon is the author of the “Fat Loss Fast” Series of e-Books about intermittent fasting and flexible dieting. This retired PRO fitness model competed 9 times in fitness competitions using practices that slowed her metabolic rate and her ability to lose fat. Frustrated, Sara decided to hit the books and spent 2 years devising an evidence-based system (“Fat Loss Fast”) that restored her metabolic capacity and her passion for fitness! Sara knows first-hand the challenges of juggling a busy schedule with a healthy lifestyle, which is why her system focuses on enduring, maintainable, time-saving, and metabolism-boosting approaches for fat loss. If you want to “take the hell out of healthy,” then visit DrSaraSolomon.com for her high-intensity home workouts, intermittent fasting and flexible dieting practices, “clean cheat” recipes, giveaways and more!

DISCLAIMER

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Always consult with your medical doctor before commencing fasting to ensure you are a suitable candidate. This is especially important if you have any medical conditions or are taking prescribed medications — note that Warfarin may increase your INR (which measures how long it takes your blood to clot), so talk to your doctor.