**FIRST WEEK**

Morning Guys,

So how are you holding up? If you have stuck to the plan you should be starting to feel more energised, not as hungry and generally pretty clean on the inside. It can take longer for some people but again if you have stuck to the plan you have probably had a few rough days…I know I have but today I feel amazing. You can also get Keto test strips on Amazon for a few quid.

I tried this side recipe out last night, highly recommend it!

<https://www.dietdoctor.com/recipes/keto-blt-with-cloud-bread>

I have had a few questions coming back and what I think some people are missing is not the calorie counting but the crab (and carbs means sugar) counting. Remember we need to stick to about 50-60g of carbs per day to hit Ketosis where our bodies become lean mean fat burning machines. You probably all feel amazing after the berry smoothie, check out the carb count on the blueberries and the yogurt. You would be hitting about 15-20g carbs in a smoothie hence the energised feeling. Start to get the idea about carb counting… 3 of those in a day and you are getting very close to being over.

It’s really important to understand the idea of this plan is not only to help achieve a great result in a short space of time but to change the way you look at food (particularly sugar). Also to open your idea of living a cleaner healthier lifestyle and once your body adapts to a healthier lifestyle it will become far more enjoyable and you reap the benefits of good health.

Not to name and shame, if you fall off the radar and have a bag of crisps (you know who you are), you risk upsetting the whole process. Count your carbs peeps, you will start to feel full soon!

Abi will be checking in with you and tracking your calorie output from when we started on the 28th, I have had a quick look and there are a few of you falling short of the 2,000 calorie marker. Remember it's important we get those carbs out of our system to hit Ketosis.

Have a great long weekend, STAY STRONG.

Regards

**Start of Weeks 3 & 4 / Intake next week**

Hey Guys,

Well done for making it to the second stage of LeanIn6! This is where the magic happens…:)

Some of you have already seen some amazing gains (or should I say losses…;), so a massive well done.

Ok so you should have all been sent the next stage email (don’t respond to these as it’s automated and I won’t receive the email), please watch the vids and read the info as there is loads of important stuff in there. You have now hit the intermittent fasting stage, but if you have stuck to the program you should now be experiencing suppressed appetite and renewed energy levels.

My suggestion would be timing particularly, on your workouts. Figure out when you have the most energy for a session, when is the best time to start your eating window and run with it.

As originally mentioned this is when you are going to hopefully see the best results, if you want to hang in this zone for an extra week or two that is absolutely fine, capitalise on the “Fat Burning Zone”. You have put your bodies through a difficult transition so why not make the most of it.

I am thinking we might do another intake next Sunday just to see how everyone is going and take some measurements. Would anyone like to do that? This will be based on numbers wishing to attend.

Have a great weekend

Jeff

**Start of Week 5/6**

Hey Guys,

I hope you are all well, great to see most of you can make it to the Summer Party and looks like there are some amazing results happening out there! Who is going to win the all expenses 3 course dinner for two (with wine)…???

So you should all be getting an email in the next day or so introducing you to the final stage! This is when carbs and feast days are reintroduced into your life (I’m excited…). It’s also when you set up the foundations to completely change the way you eat and view food, hopefully for the rest of your life. A good exercise is to tally up how much carbs/sugar you were consuming on a day by day basis to what you are now, it’s pretty scary or at leas it was for me.

The rate of poor heart health and diabetes in our society is increasing every year due to the intake of bad nutrition. In fact people diagnosed with diabetes has more than doubled in the last 20 years and it’s not always linked to chocolate bars, highly refined carbs are just as responsible and can be easily avoided with some smart choices and planning ahead. You probably have all had a bit of a shock seeing how much hidden sugar is out there.

Anyway I am really looking forward to seeing the end results, and remember if you want to stay in your current fat burning phase for another couple of weeks to make the most of it, that is absolutely fine. After all we all went through a lot at the start to get our body to make the switch.

Any questions please ask.

Have a great day.

Jeff