

# SAND & STEEL

*The 8 Rules and 8 Habits  
for Successful Weight Loss*

**Origin Online  
eBook**



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[www.sandandsteelfitness.com/origin-online-nutrition/](http://www.sandandsteelfitness.com/origin-online-nutrition/)

# ORIGIN NUTRITION



## *The 8 Rules and 8 Habits for Successful Weight Loss* *Revised with FAQs and Tips*

- Origin has 76 different checks and balances to systematically improve your diet
- Our Nutrition Coaches will select which steps are most important to introduce first
- Model meal plans in spreadsheet form including diets for male and female weight loss, vegetarian weight-loss, intermittent fasting meal plan
- Training on how to properly create a food journal, how to measure and weight food
- 24 Access to Origin Online
- Training on how to analyze restaurant menus
- How to travel on a diet
- Handouts on how to create a healthy meal
- A 10 Page shopping list
- A good carb and bad carb handout
- A good fat and bad fat handout
- An 88 superfoods handout
- Healthy sauces and healthy chips
- Custom recipes for all the unhealthy foods you love

[www.sandandsteelfitness.com/origin-online-nutrition](http://www.sandandsteelfitness.com/origin-online-nutrition)

# 1 MAKE THE COMMITMENT

# HABIT

*It is your level of commitment that defines your success.*

## How much weight will I lose?

Origin Online customers lose 6-12 pounds of fat in their first 60 days.

## For your first 60 days, it's all or nothing.

You have to follow this program to the letter for it to work properly. Life is full of temptation, it's up to you to say no to excuses for breaking your diet, for parties, birthdays, weddings, etc. It's your body and your life... no one really cares that you didn't eat that fried chicken. You are an adult and no one can force you to eat anything. Take ownership every time you break this diet... there always was choice... You chose not to prepare or you chose to eat foods not on the program.

## 2 IT'S US AGAINST THEM

## HABIT



The above types of foods are off-limits for your first 60 days.

The food companies are working against you. Television is working against you. Super markets are working against you. LET ME MAKE THIS CLEAR, THERE IS MORE MONEY IS SELLING PROCESSED JUNK FOOD THAN THERE IS SELLING WHOLE FOODS.

Origin Nutrition has an online forum for a reason... there is strength in numbers. Surround yourself with people who are making positive changes. Couples that diet together are far more likely to succeed.

### 3 PREPARE FOR THE CHANGE

## HABIT

*We are what we repeatedly do.  
Excellence is not an act but a habit.  
-Aristotle*

**Executing a sweeping change to your diet requires preparation.**

Do you have healthy food in your house? Do you have recipes to get your macros in check? (macros are discussed below.) Create a checklist for the pieces you need to get in place and set an official start date. Or subscribe to our online system, and get the our diet preparation checklist.

## 4. EAT EARLIER

People lose more body fat when they bias their calories earlier in their day. Big breakfast, medium lunch, and small dinner. Willpower generally wanes toward the end of the day (especially if there is alcohol around.) Eat your calories earlier in the day to prevent over eating at night.

# 5 FILL OUT YOUR JOURNAL

Journal 3 weekday and 2 weekends every 2 weeks. On journal days, take pictures of all your food.

Journaling helps you stay accountable. We recommend using MyFitnessPal as it integrates with Origin Online Nutrition



# 6 KEEP COMPLIANT

## HABIT

Sample Compliance Sheet	I	II	III	IV	V
Day	How Many Calories Were in My Breakfast	Did I take Fish Oil? How much?	Did any of my meals contain sugar and saturated fat?	If III is yes, write the foods you ate in that meal.	Did I eat any monounsaturated fat today?
Day 1					
Day 2					
Day 3					

Every two weeks create a compliance chart that includes the changes you are going to make to improve your diet.

If you are not sure what to change, subscribe to Origin Online Nutrition, and a coach will handpick the changes for you. Fill it out and stay compliant with you changes and improvements.



HABIT

## 7 SAFE ZONE – THROW IT AWAY

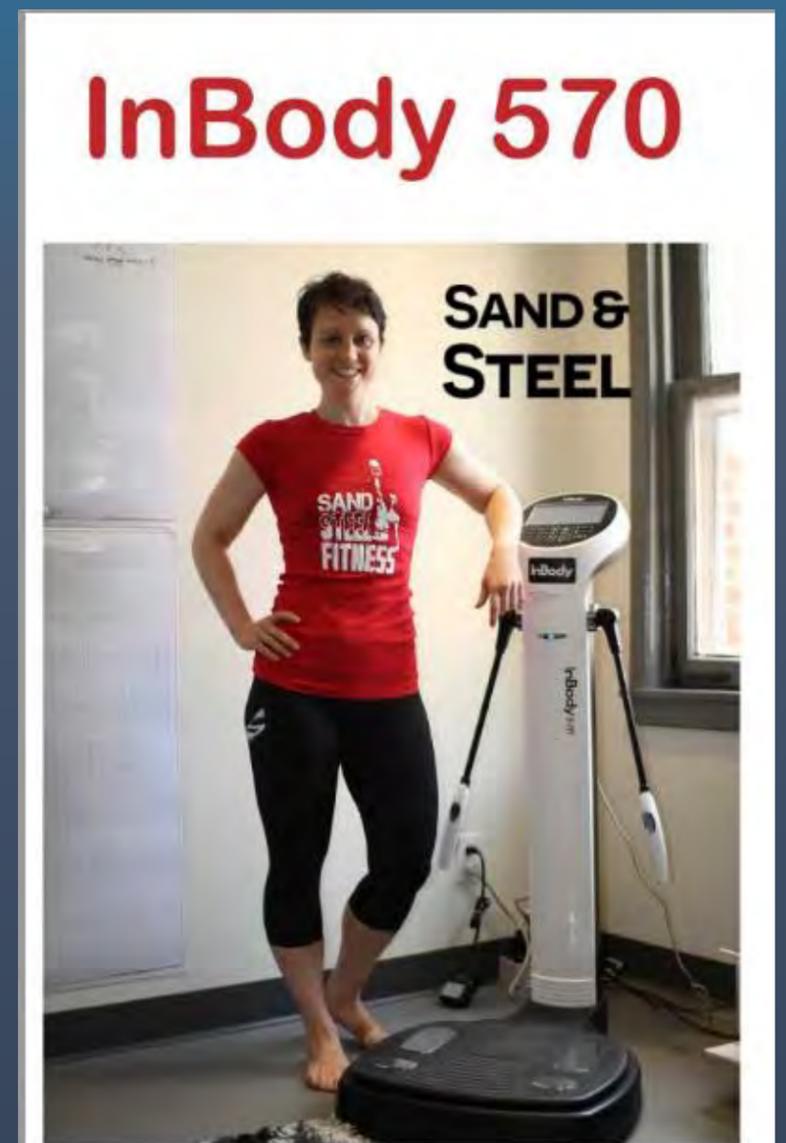
Remove all non-compliant foods from your pantry, freezer, and office before starting. Willpower through change is difficult. Make it easy on yourself and get rid of everything that doesn't fit within the rules and habits in this eBook. Make your home your sanctuary and keep your guard up outside.

# 8 TOSS YOUR BATHROOM SCALE

InBody 570: BodyFat, Inflammation, Metabolism, Muscle Mass, and a Fitness Score

Weight fluctuates day-to-day and at different times during the day. Weighing yourself regularly won't tell you anything about your body composition.

Tip: use a full body composition scanner (like an InBody) once a month so you can see changes in muscle mass and body fat.





Amount  
Calories

RULE

## 1 EAT ENOUGH FOOD TO WORKOUT INTENSELY

Make sure you eat enough food: 400 - 600 calories over your basal metabolic rate. Weight loss (without muscle loss) requires proper balancing of macronutrients and sufficient calories to add muscle as you train.

Most people eat too much food at one time, or they don't eat a balance of nutrients – both will cause you to have metabolism problems.

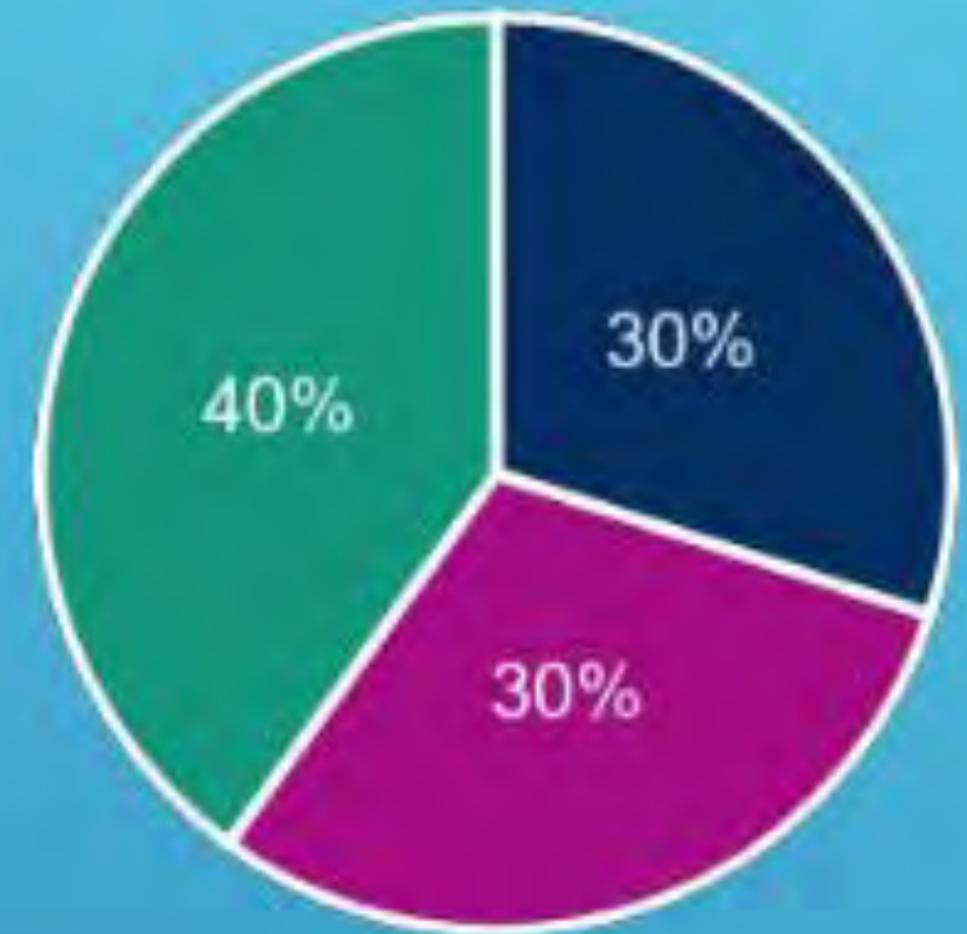
# MACROS

RULE

## 2. FOLLOW YOUR RATIOS

- 40% carbs, 30% fat, and 30% protein. Zone/Precision Nutrition.
- 30% carbs, 45% fat, 25% protein also effective.
- Be careful with any diet that raises protein about 30% for longer than a few weeks

### Your Plate by Grams



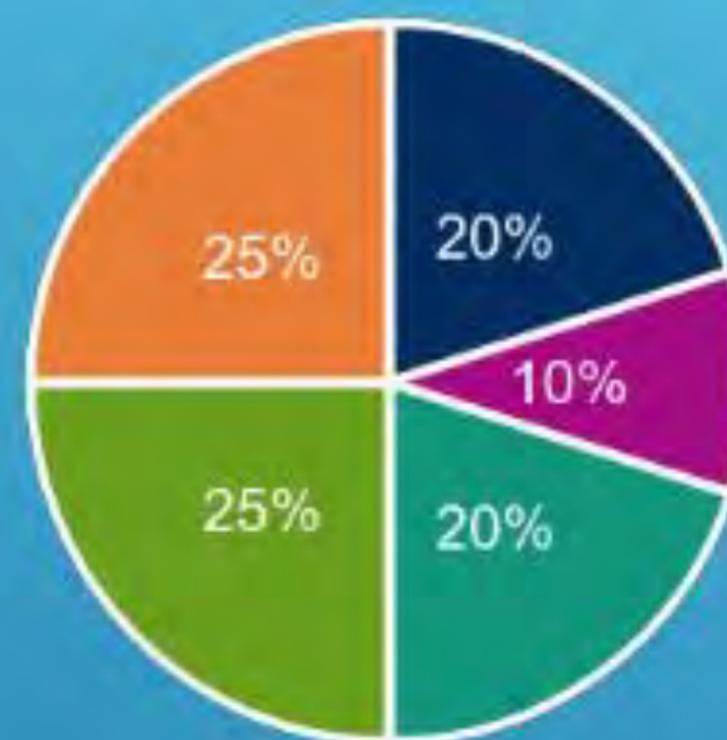
■ Protein ■ Fats ■ Carbs

# 3 MEAL PLAN FOUNDATION

For a 140 pound woman:

- 2-3 Servings of Fruit
- 5 Servings of vegetables
- 2-3 servings of protein
- 2 servings of low glycemic carbs per day
- 2 servings of healthy fats

Your Plate by Volume



■ Protein ■ Healthy Fats ■ Starch ■ Fruit / Veg 1 ■ Veg 2

# 4 LEAN MEATS

Choose lean proteins over fatty meats. 2 grams of protein for every 1 gram of fat is a good rule of thumb. Except for fish... higher fat fishes like salmon and tuna are excellent.



# 5 MINIMIZE DAIRY

While high in protein and calcium and vitamin D, dairy has a host of other problems for weight loss including lactose, saturated fat, inflammatory, and hormones.

*YOU'VE BEEN  
LIED TO ... MILK  
DOESN'T DO A  
BODY GOOD*

# 6 NO PROCESSED FOODS OR BAKED GOODS

Removing processed foods is the foundation of 95% of the most effective diets.

Cakes, Cookies, Crackers, Pies, and other sugary foods are off limits for 60 days





## 7 REMOVE ADDED SUGARS FROM YOUR DIET

Don't eat foods that contain processed sugars, added sugars, and sugar in beverages. This includes sucrose and all other forms of sugar. Added sugar can take the form of honey, fruit sweeteners like figs, chemicals that end in -ose (maltose, sucrose, lactose, etc.) You need carbs ... you don't need sugar.



RULE

## 8 FIBER IS CRITICAL

Both insoluble fiber and soluble fiber play a big role in weight loss. Whole grains, legumes (in moderation), vegetables, and fruits are your main sources... eat them.

# TIPS AND FAQs (1 OF 4)

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## Best Tip for Travelling.

- Plan ahead and use a meal delivery service like Power Supply. Just choose a hotel with a microwave

## How Much Water?

- Varies by weight, humidity, food, and temperature. General rule of thumb is 100 ounces/day and your urine should be clear.

## Does Water Matter that Much For Weight Loss?

- Yes, being as little as 2% dehydrated has been shown to curtail weight loss in most clinical studies.

# TIPS AND FAQS (2 OF 4)

## What about beans, lentils, and legumes?

- Pros: very high in fiber, inexpensive form a protein, some useful vitamins
- Cons: Phytic Acid causes problems with bioabsorption so be careful about eating too much (3 servings a week should be safe.) Also FODMOPS can cause digestion problems in some people.

## How about Tofu?

- Tofu is almost a 100% genetically modified, and is made from soybeans, which are legumes.

## Alcohol?

- All alcohol is harmful for weight loss – watch your portions and added sugars. Try to avoid as much as possible.

# TIPS AND FAQS (3 OF 4)

## Veggies? Raw, Juiced, or Cooked?

- First of all never, juice fruit, only veggies
- Juicing: higher vitamin absorption, but you must juice it yourself, store bought juices have too much vitamin degradation
- Raw veggies are the best source of soluble and insoluble fiber. Also better in terms of vitamins (stalk per stalk) than cooked.
- Cooked: you can eat more cooked veggies than raw. More veggies is always better, in almost every diet. Just make sure you vary them (“eat the rainbow.”)

# TIPS AND FAQS (4 OF 4)

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## What about coconut oil and coconut water?

- The oil is all saturated fat, with very few vitamins. The medium chain triglycerides tend to raise both LDL's and HDL's, so whether or not you should eat the oil depends on your blood chemistry.
- For cooking, I generally recommend walnut oil over coconut oil, but coconut oil is less expensive.
- Coconut water has one of the best concentration of electrolytes for a natural product. Most commercial versions of coconut water have a lot of added sugar, so shop carefully.