

THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



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By Eddie Henry, XR Lifestyles

Special Edition – The Party Diet

We live in a time where there are diets to fit every niche possible. Hundreds of highly marketed programs exist guaranteeing results through a nutritional protocol that often require extra targeted products to help optimize the program...enter supplements. Celebrities (I happen to like Tom Brady’s TB Method), friends, and even family are pushing their favorite diets and supplements claiming their methods are the best saying, “YOU’VE GOT TO TRY THIS!” How are you supposed to sort through this sea of information, and where should you start?

You can always run down the genetic rabbit hole and figure out what your ancestors ate and what you are wired to consume. Tests, like DNA FIT and 23 and Me, will tell you your unique genetic structure to give you clues as to what should work better for you and maybe not as much for others. These tests, along with lab work, are the gold standard on what nutrition is best suited for you, and this process is my obsession. I have figured out tons of stuff I was doing wrong nutritionally through these tests, and eventually through trail and error, I have streamlined my nutrition to optimize my desired results...performance and longevity. For example, my latest labs showed I was a little low in zinc and iodine. Therefore, I added whole food sources of these two minerals in the form of oysters and sea vegetables a few times a week. Easy breezy! This method can be daunting, but the end results are always good. I can help with this process.

Another option is to follow a program. There are many good and bad programs out there, but you may just find your silver bullet. The program I recommend to everyone wanting to get serious when they request it is the “Paleo Autoimmune Protocol,” https://www.amazon.com/Simple-Guide-Paleo-Autoimmune-Protocol/dp/1519600283/ref=tmm_pap_swatch_0?tag=xrproducts-20. This plan is a very simple, yet aggressive, program that minimizes inflammatory foods initially and then slowly adds them back in to see if you have an immune response to specific foods, also known as an elimination diet. This protocol is magic if you are dealing with inflammatory or autoimmune issues. On a broader and more basic spectrum, “The Wild Diet” is probably the best book on simply learning how to eat like an educated adult, https://www.amazon.com/Wild-Diet-Beyond-Cravings-Pounds/dp/1101982861/ref=sr_1_1?tag=xrproducts-20. “The Wild Diet” is a great place to start and now required reading for new clients.

Yes, simply eating like an educated adult, or what I like to call “not eating like an a-hole,” is a fantastic idea, but unfortunately I have almost lost faith in, especially in the south. It is pretty simple: Eat real food, not much, mostly plants. Or, another way to consider your consumption is to ask yourself if you would eat “this” if you had a nude photo shoot in a few days. This thought normally weeds out the crap food pretty fast. No, I would not eat rotisserie chicken, deli meat, or anything processed in this scenario. I know these eliminations can be difficult because we are all so busy and don’t have time to make good choices. We live in a world built around convenience where everything is highly processed. I get it, sometimes you just want to grab something and not think about it even though I am not sure what is easier than grabbing an apple and a few almonds.

However, at the end of the day, it is exciting to start a new program. Things can get boring and sometimes we need to reboot. Now what program should you consider: intermittent fasting, keto, Mediterranean, low carb, plant based, raw, shakes, delivery service, all of the above, or a combo? Again, I have tried every version of everything and have come to one main conclusion...I based my final “Lean and Mean Times” article on, **THAT IT IS ALL ABOUT MAXIMIZING HAPPINESS!** It is probably about time to reread that article anyway, <https://xrlifestyles.com/blogs/news/lmt-issue-31>.

Like everything in life, we need to walk the line between maximum results and maximum happiness. Nutrition should follow the same path. How can we eat to create the most happiness possible while still not only maintaining our health and fitness, but also accelerating it so we can get a bit better every day? This is why I follow what I like to call “The Party Diet.” This diet is very similar to the last option of eating like an adult with consuming the majority of your calories towards the end of the day. Why? This technique ultimately makes life more fun with very little consequences. What other time is best to wine and dine with friends and family? Don’t be the freaking guy that can’t go out at night because it is going to ruin your diet. Earn it and enjoy yourself!

Here is a quick backstory on the derivation of this diet before I get into the details. I have been FASCINATED with performance and longevity for a very long time. I don’t want to live forever, but I want to kick ass for as long as I can. So naturally, I began studying habits of centenarians, people who live happily into their hundreds, and their cultures. There are some great books written about this subject I highly recommend called *The Blue Zones*, https://www.amazon.com/Blue-Zones-Solution-Eating-Healthiest/dp/1426216556/ref=sr_1_2?tag=xrproducts-20. All of these cultures have a few things in common, such as big families, quality relationships, community, spirituality, walkability, laughter, quality sleep, and movement with purpose (gardening for example). Food is a very small part of this equation, but all of these cultures do practice eating local foods and caloric restriction. Here is a short video on longevity and the vices of centenarians I made some time ago, <https://www.youtube.com/watch?v=UvS9jzml3Cg>.

Obviously, relationships are a HUGE part of longevity. Assuming you don’t surround yourself with a bunch of shmucks, your friends and family can make everything more fun and fulfilling. We should ultimately capitalize on these relationships to maximize happiness. With that said, unless you are unemployed, dinner is the only meal to realistically embrace with friends and family. Make this meal the most badass culinary experience you can. Wine, dine, and treat yourself like royalty. Live like the kings did back in the day. I have been dining this way for a while now, and I can tell you, it’s freaking great! However, you obviously can’t splurge every night and not expect to gain weight...let me explain.

First off is calories in and calories out. I know this basic rule can be debatable depending on your food choices, but the bottom line is that you have a certain amount of calories you can eat daily to maintain your weight. If you eat more calories, you will gain, and if you create a deficit, you will lose. If your set point is 2500 calories daily, it doesn't really matter how these calories are consumed throughout the day. Sure there are some techniques for specific goals, but for the most part, it is pretty similar. 500 calories five times a day is going to produce very similar results to 2500 calories once at night. Again, we could debate digestibility, metabolism, nutrient absorption, etc. until we are blue in the face, and how everybody is different. I GET IT! Your results are still going to be similar any way you hack it, assuming the food and calories are similar. Plus, it is just way more fun on "The Party Diet!"

I don't get much satisfaction from a few hundred calories here and there, I never have. I am a foodie, and I want to feast! I prefer to have a few glasses of wine (400 calories), an appetizer, salad (300 calories), main course which is some type of meat (300 calories), veggie with oil (100 calories), and sprouted grain or tuber (200 calories) followed by dessert which is usually cacao nibs, honey, and coconut butter (200 calories). All totaling is at least 1500 calories. The addition of avocado, nuts, seeds, broth, etc. can shoot me right over the 2000-calorie mark easily. This feast is what I call "King Status." I love it!

Advantages of "The Party Diet" go way beyond a happy family and palate. Eating larger meals with moderate carbs have the ability to increase sleep quality. For you to sleep like a baby, your cortisol needs to be very low. Cortisol and insulin are inversely related. So increasing your insulin levels by eating carbs, you will lower your cortisol, thus creating a good sleep environment. Don't fear the potato or a few sprouted grains or legumes at night. I have found over the years that the average active person does best with around 50-100 grams of carbs a day anyway.

Sex is another constant with the centenarians, which is obviously a byproduct of a good relationship. Another way to look at dinner is foreplay. Yes, talking is foreplay. This time is when you can come together with your spouse and celebrate the day as well as each other. Again, eat, drink, and be merry! Turn off you freaking electronics and actually look at one another. It's magic!

We can stay on the same topic for dessert as well. I truly believe chocolate is the food of the gods and possibly the most underrated superfood out there. Maybe because it makes my eyes roll back in my head, or maybe because it is a vasodilator along with red wine. Vasodilators help blood flow to peripheral vascular areas which can definitely help with what should come later on after dessert. All of these things and more help me maximize happiness, and the right dessert can contribute to the goal. Eating, drinking, laughing, and eventually love making are how every day should end.

I really don't know how this level of happiness and fulfillment is possible if you restrict calories at night. I hear too many people limiting foods that eventually sacrifice something or somebody at night. How are you supposed to go out to eat with friends if you are on a strict plan? If your man wants some freaking meat, make some and enjoy it. If somebody wants some freaking pasta, have at it. Just make the best quality pasta available. Believe me, I have gone low carb at nights off and on for years. It is still a good option when trying to drop bodyfat, but there are more effective and fun ways I have discovered over the years to lean out.

Now, there are a few rules you must follow with "The Party Diet." First, you obviously have to consume fewer calories during the day. It doesn't matter if you fast, have a small breakfast and lunch,

or mix it up. You don't need a freaking plan. Learn to be metabolically flexible. Remember your calories are ultimately staying the same unless you are trying to adjust your weight. Experiment some and see what works for you. I happen to wake up at 4:30 am these days and work straight into the afternoon. I definitely don't want to inhale a bunch of food by myself in the dark every morning or while I am rushing between clients at lunch. That type of consumption doesn't make me happy or feel good. I would much rather save the calories and enjoy them later.

Second is hydration. You need to always drink lots of quality water on any program. Hunger pangs are normally a sign of dehydration, especially in the south. Fluids are your number one appetite suppressant and ally for pretty skin. Side note...steer clear of tap water and plastic bottles. Find a quality filter and use stainless steel containers or glass bottles. I do love a San Pellegrino or two a day. I enjoy all sorts of drinks during my day. I like to flavor water with fresh squeezed citrus. I often have Kombucha, tea (specifically Matcha), https://www.amazon.com/Jade-Leaf-Matcha-Green-Powder/dp/B00PFDH0K0/ref=sr_1_4_a_it?tag=xrproducts-20&th=1 and broth. I also have friends making amazing juices. Just make sure all of this stuff is low in calorie and sugar. Mix it up and have fun with it.

Third is that you have to move a bit, or ideally, exercise before dinner. You have been restricting calories all day so you can really torch some fat late in the day before dinner. Also, exercise will release a protein called Glut 4, which helps transport glucose into the muscle cells. Normally when you consume carbs, they circulate around eventually becoming body fat, but after exercise, Glut 4 is primed and helps drive the carbs into your muscles for energy conversions. Yes, you can make carbs work for you, and that is how. This strategy is how I justify my wine consumption. The feast you will consume will be much better utilized when dinner is primed with exercise, even mild exercise.

Fourth is making your dinner, and everything that goes along with it as quality and nutrient dense as possible. Make your wine as bioidentical as you can find. Try to get local, seasonal, and organic produce. Make your meats as wild as possible and all of your superfoods the best you know how. For instance, I like my olive oil as green and polyphenol rich as possible. I always add a variety of fermented foods. I mix in bone broths, exotic seeds, fruits, nuts, and oils as often as I can. The same goes for eating out. Go out and have fun. You have earned it, but make good choices! I happen to be obsessed with good sushi when we go out because this type of food can not only be an extremely healthy meal, but it is also very difficult to make at home of similar quality. I am by no means a chef, but most other favorites like curry, pizza, burgers, and Mexican can be made MUCH better at home. Try getting the whole family involved in the meal prep for some good relationship bonding!

Here is a pic of our weekly pizza night and some of the ingredients that went into it along with dessert. Hail Merry treats are the family's favorite packaged dessert! On this pie, we used lots of fresh garlic, fresh basil, herby olive oil, organic chicken, and organic cheese. I think I had four plates. It was badass! I did precede this meal with soccer and about 30-minutes on the trampoline with the kiddos as well as a 30-minute post meal walk.



Fifth is that you **MUST** walk after dinner. This tip is hands down the most effective weight loss advice I give most often. Blood sugar levels will drop dramatically if you move postprandial. There is much happiness that will come with this movement with your family in nature.

Here is a snippet of what my standard “party diet” looks like. (*Remember, this plan is what I have discovered by trial and error throughout the years of genetic tests, labwork, performance, looking, and feeling.*) I wake up and hydrate to the best of my ability. This hydration is normally with the best water I can find (San Pellegrino) with fresh lemon squeezed in, a splash of apple cider vinegar, and a pinch of sea salt, https://www.amazon.com/Onnit-Pink-Himalayan-Salt-Servings/dp/B012XBZ9C2/ref=sr_1_2_s_it?tag=xrproducts-20. Sometimes I follow this drink with a small meal, mainly consisting of healthy fats. I do best on a cyclical ketogenic diet where I carb backload at night. Breakfast is a can of wild planet sardines, https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr_1_2_s_it?tag=xrproducts-20&th=1, a small combined handful of Baru nuts, https://www.amazon.com/dp/B01I4DHILS/ref=mp_s_a_1_1_a_it?tag=xrproducts-20, pumpkin seeds, https://www.amazon.com/Sunfood-Heirloom-Pumpkin-Seeds-Organic/dp/B005WX8BJW/ref=sr_1_3_a_it?tag=xrproducts-20, Brazil nuts, https://www.amazon.com/Sunfood-Brazil-Nuts-8oz-Organic/dp/B01NBN7LJX/ref=sr_1_1_a_it?tag=xrproducts-20 and cacao nibs, https://www.amazon.com/Viva-Naturals-Organic-Cacao-Nibs/dp/B00MGW81YM/ref=sr_1_3_a_it?tag=xrproducts-20&th=1,

(all of that totals one handful), a few organic blueberries, and a cup of coffee,

https://www.amazon.com/Bulletproof-Original-Coffee-Upgraded-Upgrades/dp/B00R7FG5BO/ref=sr_1_4_s_it?tag=xrproducts-20&th=1.

My coffee consists of a teaspoon of cordyceps, https://www.amazon.com/Four-Sigmatic-Mushroom-Blend-dual-extracts/dp/B01D52PM0M/ref=sr_1_1_sspa?tag=xrproducts-20&th=1, 1 teaspoon of coffee fruit, https://www.amazon.com/dp/B076Z9S473/ref=mp_s_a_1_4_a_it?tag=xrproducts-20, a teaspoon of collagen, https://www.amazon.com/dp/B005KG7EDU/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1, 1 teaspoon of coconut butter, https://www.amazon.com/Nutiva-Organic-Sustainably-Coconuts-15-Ounce/dp/B004T80BYE/ref=sr_1_4_s_it?tag=xrproducts-20&th=1, 1 teaspoon of grass fed butter, and a sprinkle of Ceylon Cinnamon, https://www.amazon.com/dp/B071HSW2MY/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1. I then squirt some micelle turmeric, https://www.amazon.com/Curcumin-Liposomal-Supplement-PuraTHRIVE-Absorption/dp/B074PCCBS8/ref=sr_1_1_sspa?tag=xrproducts-20 in my mouth and wash it out with a few ounces of aloe juice, https://www.amazon.com/dp/B06X9DVC6Q/ref=mp_s_a_1_1_a_it?tag=xrproducts-20. Vitamin D is an option if sunlight is not possible that day, https://www.amazon.com/PuraTHRIVE-Absorption-Liposomal-Delivery-Provides/dp/B071158H9H/ref=sr_1_4_s_it?tag=xrproducts-20. This breakfast might amount to a very low carb 300-400 calories. If my dinner was big the night before, I tend to have my coffee black which drops the calories, or I may skip breakfast altogether.

I am 50/50 on lunch. It depends on exercise. If I exercise at lunch, I will consume a shake afterwards. If not, I typically don't eat anything until dinner. My shake usually contains Ambronite, https://www.amazon.com/Meal-Replacement-Nutritional-Shake-Ambronite/dp/B01MR33Z1T/ref=sr_1_1_s_it?tag=xrproducts-20&th=1, and an assortment of superfoods that I may be playing with at the time. Currently I am using a teaspoon of moringa, https://www.amazon.com/Certified-Sun-Dried-Superfood-Multi-Vitamin-Smoothies/dp/B01A7CBMYS/ref=sr_1_4_s_it?tag=xrproducts-20, a teaspoon of maca, https://www.amazon.com/Sunfood-Maca-Powder-8oz-Organic/dp/B00APE0WBS/ref=sr_1_4_a_it?tag=xrproducts-20&th=1, and a tablespoon of micelle vitamin C, https://www.amazon.com/Liposomal-Supplement-PuraTHRIVE-Delivery-Absorption/dp/B077KRD3GR/ref=sr_1_4_s_it?tag=xrproducts-20. This shake is approximately 300 calories and also very low carb.

I try to always play with the kiddos when I get home from work. Currently this playtime consists of swimming in the pool for 30 minutes.

Now it's party time! I have restricted carbs all day, and my glycogen levels are low. My muscles are primed and hungry, and I am ready to feast. I normally start with a few glasses of red wine. My favorites are Fit Vine and any Dry Farm Wine. I take a few essential amino acids, https://www.amazon.com/Kion-Essential-Supplement-Recovery-Servings/dp/B078WFO6ZW/ref=sr_1_4_a_it?tag=xrproducts-20, with my wine to help fuel my muscles. Here is a video I made explaining exactly how and why I combine these, <https://www.youtube.com/watch?v=58pA5uf-FTo&t=30s>. Then, I like to have a salad or a cup of bone broth or both before dinner. Dinner most often consists of meat, veggies, and potatoes or sprouted grains in some form of stir-fry or stew. I am totally guilty of mixing in sauerkraut, kimchi, and apple cider vinegar to the meal, and yes, that does tend to insult the chef. Dessert is what I mentioned earlier with

the links included, cacao nibs, coconut butter, and local or Manuka honey, https://www.amazon.com/Wedderspoon-Premium-Manuka-Honey-KFactor/dp/B014AP5JUG/ref=sr_1_3_a_it?tag=xrproducts-20&th=1 <https://www.youtube.com/watch?v=eN7-awQZiUU>. I love this dessert and its effects. It never gets old for me. I really don't take too many supplements at night with the exception of digestive enzymes, https://www.amazon.com/MassZymes-Digestive-Digestion-Capsules-BiOptimizers/dp/B01N0VM4E8/ref=sr_1_1_s_it?tag=xrproducts-20&th=1, in the event that the meal is really big, something that could be tough on digestion, or over 2 alcoholic drinks. I do sometimes take a magnesium supplement as well, https://www.amazon.com/dp/B0058HWV9S/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1, but I find that lots of 100% cacao nibs work better for me. A 20-30 minute walk always follows this meal.

As always with everything new, experiment some. Be mindful and see what works best for YOU. I tend to try to make every evening feel like vacation. Swimming followed by a feast with friends and family is pretty close to that for me. There you have it. Do your best to gear your nutrition around maximizing happiness and your desired results. I hope my methods and "The Party Diet" can help you find that. Eat, drink, and be merry, but make sure you earn it! Cheers!

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