

# INSPIRE



by Max Lowery

**A**S THOUGHTS turn to the holiday season, most of us start reappraising our summer wardrobe. You may have already pulled out the strappy sandals, but chances are last year's swimwear is still languishing in a bottom drawer.

To help you fit into your bikini, now's the perfect time to switch from comforting winter eating and drinking habits to a healthier, fresher, lighter diet.

My work as a personal trainer to top models and TV stars has taught me that the key is a two-pronged approach which combines good dietary advice with quick fix, simple exercise routines to tighten, strengthen and tone.

Clients report great results from my body sculpting and training plan — typically losing up to a stone in a month.

This diet is everything you need to achieve the shape and self-assurance you never thought possible — you'll be feeling beach confident in no time.

## SHED POUNDS WITH THE NEW DIET SECRET

FORGET calorie counting or endless days of juices and fasting, there's a new diet buzzword emerging from the celebrity gyms: TRE or 'Time Restricted Eating'.

This is one of the best researched and easily maintained methods for you to incorporate short periods of fasting into your everyday life, and it's an easy way to burn fat and lose excess weight fast.

All you do is drop one meal at either end of your day — decide whether you are going to skip breakfast or dinner, then stick to it.

This sets up the TRE process by putting you on a '2 Meal Day' where you can enjoy a large and nourishing breakfast and lunch, or a deliciously nutritious lunch and dinner.

It works because either option effectively extends your fasting window to a powerful and effective 16 to 18 hours, most of which occurs while you sleep.

Most people find breakfast easiest to drop, but if you find it difficult to eat later in the evening, skip dinner instead. Whichever you chose, you must stick to it.

Research indicates that cutting back to two meals is enough for remarkable results — as long as your two meals are healthy.

And extending your overnight fast really is easy and, perhaps surprisingly, it leaves you feeling less hungry than before and bursting with energy.

## AND NOW FOR THE SCIENCE BIT...

WHEN you put your body in a temporary fasted state, it naturally releases a cocktail of energy-boosting hormones to ensure you are super-efficient at catching your next meal.

Once you're used to it you should find that even on an empty stomach, energy and mental alertness increase, coordination and body movements improve and you stop feeling hungry.

Digestion takes up considerable energy, so fasting can create a 'buzz' that spurs you to unforeseen levels of activity.

It only takes a couple of days to become physically and mentally accustomed to skipping that third meal, and it's the best way to encourage your body to become a fat-burning machine, rather

than a sluggish sugar-guzzler. We are natural fat burners, but because fat is essential for our survival, our bodies have evolved to hang on to it if they can, and burn the sugars from food.

For those who pick and nibble, the body becomes accustomed to a sugary fuel source and fat reserves remain untouched.

The way our bodies work hasn't really changed since we were hunter-gatherers. On the rare occasion there would be a food surplus, we'd cling on to fat reserves for harsher times.

These days, we can have a constant supply of food, but our bodies haven't adjusted and just store even more fat. However, TRE effectively tricks your body

into thinking there isn't any food available, so you start burning stored body fat for energy.

## QUICK AND EASY FITNESS TWIST

WHEN it comes to looking good and feeling fabulous, food is only part of the story. No healthy weight loss journey is complete without targeted exercise.

I have devised full-body workouts that take just 15 minutes a day. These starter exercises are configured to be safe, simple and enticing for even the most reluctant gym bunny.

No need to get dressed in Lycra or buy special equipment. Schedule your exercise at some point

during your fasting window (before lunch or in the evening) to maximise the fat-burning impact. That way, the diet and exercise become an amazingly effective body-shaping tool.

My happy, slender and body-confident clients are testament to the fact my plan is the simplest and easiest way to enjoy the healthy, fat-burning, weight loss benefits of intermittent fasting — without the gnawing hunger, calorie-counting or grumpiness of so many fasting-based diet plans.

You'll be free from the tyranny of hunger and cravings and you will no longer have to waste any time worrying about the whens and whats of your next meal. If you stick to my meal plans

and delicious recipes you won't feel hungry or deprived. No calorie counting, no portion control, just steady effective weight loss.

## EXACTLY WHAT AND HOW TO EAT

'REAL' food is fundamental to my diet plan and I urge you to look at food in terms of nutritional content rather than caloric value.

We haven't evolved to digest highly-processed cereals, crisps, biscuits and fizzy drinks and this causes us to become fat, sick and addicted to sugar.

Often the healthiest real foods contain the most calories, but since you will have two meals, not three, it is crucial that the food is

# Snooze your way into your bikini!

Yes really... with hot new fitness guru **MAX LOWERY'S** brilliant 2-meal-a-day beach diet, you can get in fabulous shape for summer — in your sleep!

## TWO MEALS: THE RULES

- 1 Choose whether to eat breakfast and your main meal in the middle of the day, or enjoy the main meal as a late 'brunch' and have dinner. Eat at normal times.
- 2 Find a pattern that suits you and stick to two meals every day. While you have specific fat-loss goals there will be no days off.
- 3 Exercise four days each week, interspersed with rest days when you focus on stretching and mobility.
- 4 Eat low carb meals on rest days and healthy carbohydrates in one of your two meals on exercise days.
- 5 Enjoy a healthy snack between your two meals each day if you like.
- 6 No cheating during your 'fast' — just water, tea or coffee (without milk or sugar)
- 7 You can substitute your snack for a dessert on exercise days twice a week.
- 8 Don't have alcohol, sugar, or fruit juice.

*I live in solitude, which is painful in youth, but delicious in maturity*

ALBERT EINSTEIN



Picture: GETTY

## LOOK HOW DELICIOUS TWO MEALS CAN BE (AND YOU GET A SNACK TOO)

### Lunch: Cashew soba noodles

BUCKWHEAT noodles have a surprisingly high protein content and are a good-quality carbohydrate source. Despite the name it's not a form of wheat.

SERVES 2

#### FOR THE NOODLES

- 150g soba noodles
- 2 large carrots, grated
- 100g red cabbage, thinly sliced
- 2 spring onions, finely sliced
- Handful of mint, finely chopped
- Handful of roasted cashews
- Handful of coriander, finely chopped, plus extra to garnish

#### FOR THE DRESSING

- 2 tbsp cashew butter
- 1 tbsp fresh ginger, grated
- 1 garlic clove
- 2 tbsp lime juice
- 2 tbsp toasted sesame oil
- 1 tbsp rice vinegar
- 2 tbsp dark soy sauce
- Salt, freshly ground black pepper

COOK the noodles according to the packet instructions, rinse with cold water, set aside. Whizz all the dressing ingredients together in a food processor. Then mix everything in a bowl and serve, topped with fresh coriander.



### Snack: Aubergine dip

- 1 aubergine
- 1 garlic clove
- 1 green chilli, deseeded and finely chopped
- 1 tsp extra virgin olive oil
- Juice of 1/2 lemon
- 1/2 bunch of flat-leaf parsley, roughly chopped
- 1/2 tsp paprika
- Salt and freshly ground black pepper

PREHEAT the oven to 180c/gas mark 4. Pierce the aubergine a couple

of times with a knife, place in a roasting tin then roast for 45 minutes until softened.

Leave to cool. Once cooled, scoop the insides from the aubergine into a food processor. Blend with the garlic, chilli, oil, lemon juice, parsley and a pinch of salt and black pepper.

Taste and adjust seasoning, oil and lemon as needed. Place in a dish and sprinkle with the paprika. Serve with flatbreads and celery.



### Supper: Tuna Asian greens

SERVES 1

- 200g yellowfin tuna steak
- 2 tsp black and white sesame seeds
- 2 tsp toasted sesame oil
- 100g tenderstem broccoli, cut into 3cm slices
- 1 pak choi, cut into 3cm slices
- 100g asparagus, in 3cm slices
- 2 tsp dark or light soy sauce
- 2 tsp teriyaki sauce
- 3 tsp pickled ginger
- 1 red chilli, finely chopped
- Juice of 1/2 lemon
- Salt, freshly ground pepper

ROLL the tuna into the sesame seeds seasoned with a little salt and pepper. Set aside. Heat a frying pan and a wok over a high heat, add 1 tsp of oil to each. Sear the tuna in the frying pan for 20 seconds on each side. Put the vegetables, soy and teriyaki in the wok and cook for 5 minutes. Cut the tuna into 2cm slices place it on a plate and cover with the ginger and chilli, and drizzle with the lemon juice. Serve with the vegetables.



## NEXT WEEK: YOUR COMPLETE 2-WEEK BEACH DIET PLAN