

**-Special Report-**

# 7 Steps to Achieve Your Ideal Weight



**Everything you need to know about  
weight: how to release it or gain it**

**by Frederic Patenaude**

**[www.FredericPatenaude.com](http://www.FredericPatenaude.com)**

## About the Author



### Frederic Patenaude

Frederic Patenaude has been working in the natural health movement for over 8 years, and has over 10 years of experience in the field of nutrition, health and personal development. He is the author of several books and his articles are read by tens of thousands of people every week, in various online newsletters.

Frederic also wrote and published the book *The Raw Secrets: the Raw Food Diet in the Real World*, which is widely recognized as one of the best and most practical, down-to-earth books on the subject.

He also created several recipe books, over a dozen courses and information products, and hundreds of articles that have been published online and offline.

Frederic divides his time between his home country of Canada and Costa Rica.

### Other books & courses from or published by Frederic

[Green For Life Program](#)

[How To Make A Living In The Natural Health Movement](#)

[Raw Health Starter Kit](#)

[Perfect Health Program](#)

[How to Learn Any Language in a Flash](#)

For a complete list, go to: [www.FredericPatenaude.com](http://www.FredericPatenaude.com)

You can receive your free subscription to Fred's outrageous health and wellness tips, as well as Fred's e-mail tips on making a living doing what you love, by going to [www.FredericPatenaude.com](http://www.FredericPatenaude.com)

## Are You Frustrated?

If you're like most people, I bet you're frustrated about what you see on the scale. Either you'd like it to be lower, or higher. But chances are that you've experienced the difficulties in trying to achieve your ideal physique!

In this special report, I will present a 7-Step System for gaining or losing weight in a way that is healthy and sustainable. By the end of this report, you'll have a clearer idea of what is necessary to gain muscle or eliminate fat.

### **Step 1: Decide Where You Want to Be** ***Getting Rid of Pre-Conceived Ideas***

The first step to achieving your ideal weight is to decide where you want to be. Obviously, you can fall in two categories: either you'd like to **\*release\*** a few pounds or you'd like to gain a few pounds (or more!).

(I like to use the word **release** because of the way it makes an impact on your mind. When you *\*lose\** your keys, what do you do? You try to find them... We don't want that to happen.)

Unfortunately, what you see on the scale isn't a good measure for determining where you should be. Let me explain.

It used to be that you could look at somebody and based on what you saw, you could say, "This person weighs approximately \_\_\_\_\_". The reason why it was easy is because most people in the past had similar levels of activities and similar body fat levels based on their age and activities.

Nowadays, it's very difficult to evaluate the weight of somebody by just looking at her. Two people could look the same size in their clothes but one is grossly overweight and the other is a world-class athlete.

The reason is that the first person has a very high body fat level, while the other has lots of muscles instead.

So the first thing you have to do is to get rid of any preconceived idea about how much you should weigh based solely on what you see on the scale.

The BMI index (body mass index) is no longer a good indicator to determine whether your weight is healthy or not.

If you go to a doctor or simply verify online with a BMI calculator, you could think to yourself "Oh I'm too fat," or "I'm underweight." But it may not be true.

A person could be very athletic and healthy and be categorized as too high on the BMI simply because muscle weighs more than fat. Another person might be categorized as normal, when in fact they have a very high body fat and very little muscle!

At the same time, a person could be categorized as "underweight" simply because they train for a particular sport and need to keep their body fat percentage very low (but healthy).

One simple way to determine where you want to be is to simply look at yourself in the mirror (naked!). You'll be able to tell easily whether what your goals are: look slimmer or trimmer, get rid of excess fat, put on more muscle, etc.

## **Step 2: Determine Your Own Body Fat Percentage (BFP)**

Your next step will be to determine your BFP. There are several ways to do this, so here are 2 common ways:

*Bioelectrical Impedance* - This method uses a safe electrical signals run

through the body to measure how much fat you have. Most electronic scales nowadays include this feature.

However, it is not always reliable since it calculates your body fat based on generalized norms for most people, and as we have seen, the “norm” isn't always healthy! But if you know how to use the machine, you can actually come up with a fairly accurate number (we describe this in Perfect Health Program).



*Skinfold Calipers* - This is the most cost-effective way to measure body fat. You can go to any gym or ask any qualified fitness instructor to do it for you. This method is fairly accurate.

A little further in this report, I'll explain how to establish a more precise goal that will take you where you want to be. I'll explain exactly what should be a healthy BFP and how to find out.

In the meantime, I encourage you to get your BFP checked.

The more you'll learn about the subject, the more you'll understand how many misconceptions there are that can only lead you to frustrations.

I'd like you to consider the goal of achieving your ideal physique in a more holistic way. It's not just about what you see on the scale!

### **Step 3: Establish a goal based on BFP**

Next on the list is to establish a goal based on your own body fat level. Unfortunately, most doctors and health “experts” still maintain that a high body fat level is healthy! They even say that it's okay to gain fat as we age.

These weight tables haven't been updated in over 20 years. Basically, the government is telling us that it's okay to be fat. However, it's been shown that being even just a little overweight has a very negative impact on your health (see the book *Eat to Live*).

Your body requires a certain level of fat for staying healthy. This fat is important in regulating body temperature, in hormone production, in storing energy, and insulating organs. But the levels of fat necessary for this "essential fat" are still fairly low: around 4% for men and 10% for women.

So basically, you wouldn't want to go lower than this. But the question is, what is healthy after that?

Most conservative health associations and doctors will say that 15 to 20% is healthy for men and 20 to 25% for women. But they say this because they also acknowledge the fact that most people are not in good shape.

So, they also have another range for healthy athletes, which is 5 to 12% for men and between 12 to 22% for women. That's actually more where you would want to be. The range for athletes is truly the only healthy range based on what we see in the healthiest and longest-lived cultures in the world.

So what we're coming to is that:

- You shouldn't evaluate your goals by pounds gained or lost.
- In most cases, what you want is to cut body fat and/or get more muscle mass.

*In general, most people have body fat to eliminate and muscle to gain.*

If you feel that you're too skinny, chances are that what you need to do is to get more muscle mass while staying in the ranges of healthy body fat I

described above.

If you feel you are overweight, chances are that you need to cut body fat and possibly tone your muscles and eventually add some muscle mass.

Remember: in the same space occupied, muscle weighs much more than fat!

So a skinny person might think they're on the right track as they're gaining weight, while all they're doing is putting on more fat. And an overweight person might be frustrated that they're "not losing weight", since they've been also training and putting on more muscle while losing fat!

So the idea is not to throw out the scale, but really to not rely on it for establishing whether you're on the right track or not.

## **Step 4: Determine Your Goals**

Your action plan should be twofold:

*1- Determine a first goal for body fat percentage.*

First, you have to set a goal for body fat - one that is realistic for getting started. For example if your body fat level is 35%, then as a first goal would be to get it to 25% or even just 30%. Later, you can revise your goal.

*2- Determine a goal on your body "look"*

Instead of trying to decide how much you "should" weigh, I want you to think in terms of how you want your body to look? Would you like to be a trim and sexy man with a full six-pack abs? Or do you want to look like you did 15 years ago? Do you want firmer thighs? What parts of your body are under-muscled?

To make it more effective, write this goal down using bullets. For example:

I want to:

- Look sexy in my clothes
- Have firmer thighs and legs
- Have more muscled arms with less fat
- Etc.

Or:

I want to:

- Have more impressive biceps
- Have a more muscled neck
- Have stronger and more muscular legs
- Etc.

This action plan is very important because it gives you something to work from! It's a very precise tool - much better than any guidelines by pounds or BMI indexes!

In the next section, I will give you a specific action plan on exactly what to eat to achieve your goals.

Previously, I showed you how to determine your goals based on your body fat percentage and how you want your body to look. So now I'm going to give you action steps you can follow in order to achieve that.

## **Step 5: Master the Calorie Game**

Your next step for achieving your ideal physique is to master the calorie game. First of all you have to understand the "rules" of the game.

It's really all a matter of calories in/calories out.

Calories are just a measurement of the energy content of food. In any food, there are 3 types of nutrients that provide calories - nothing else does.

Those are protein, carbohydrates and fat. Everything else (vitamins, minerals and so on) may be necessary for the body - but they don't provide energy or calories.

To reduce your body fat percentage, what you need to do is basically use or expand more calories than you consume in your diet! Again, it's a matter of calories in/calories out.

### **Watch Out for This**

A problem most people have is that they try to control their weight by either going on a starvation diet, or by stuffing themselves beyond what the body can digest in order to gain a few pounds.

Instead, you want a steady approach. If it took you years to get to where you are, you can't expect immediate results!

A good rule of thumb is that you should not go below your basic requirements for calories. The way to determine that is to take your ideal weight in pounds (this can be approximate, as we have seen in previous lessons) and multiply that by 10.

This will give you the minimum number of calories you should consume every day.

For example, if you think you'd like to be at about 150 pounds, then 1500 calories is the minimum you want to consume every day. If you go below that number, you will face enormous difficulties because your body will literally give you huge hunger signals to eat more.

In the [Perfect Health Program](#), we explain how exercise and food can affect

your weight, and how to design a program for achieving your ideal physique.

For today, I'd like to give you a basic approach that you can follow that will help you achieve your goals without counting calories.

## **Step 6 - Design Your Program**

### *Raw Diet for Weight Loss*

If your goal is to get thinner, and if you're a woman and have a wardrobe full of size-4 clothes! - then I suggest the following basic approach.

A raw food diet will help you tremendously, as long as you understand the following:

- Concentrated foods and high-fat foods such as avocado, nuts, seeds, etc., should either be completely eliminated or kept to a minimum. Unless you are very active and exercise one hour every day, you don't need the extra calories in those foods. A maximum of half an avocado or a few teaspoons of nut butter a few times a week is all you need.
- It is possible not to release weight fast or even gain some while eating a lot of fruit. The reason is that fruit is still a good source of calories in the raw diet, so if you consume more calories in fruit than you spend in your daily activities, then you will keep storing more fat.
- Vegetables (greens, carrots, tomatoes, cucumbers) contain very few calories and can be an important part of your diet. Eat them before or in-between meals to curb hunger.
- Green smoothies are excellent because you get the fiber and nutrition of low-calorie vegetables, and enough fruit to meet your basic needs. They should be the basis of your diet.

- Physical activity will play an important part in your success, but for getting started it doesn't need to be anything more than walking if you are not in good shape.

### *Raw Diet for Weight Gain*

If your goal is to gain some weight, then your approach will be different of course.

1. You need to engage mostly in strength-training activities, such as weightlifting, to increase muscle mass.
2. Minimize other sports and activities that are mostly cardio activities, such as running or cycling.
3. Eat sufficient calories to support muscle growth.
4. If you'd like to gain some additional body fat (which could be the case, but likely not - as explained earlier in this report), then you'll need to also increase your caloric intake.
5. During the first few weeks, I also suggest that you track your food using an online tool such as [www.fitday.com](http://www.fitday.com) to make sure you are consuming enough food while not overeating fat.

As for diet and gaining muscle, I recommend a raw or raw-based diet that is less than 20% fat. Ideally around 15%. Here are some recommendations:

- Eat 3-5 meals a day. If you have trouble digesting enough food at one meal, then have 5 smaller meals a day instead.
- Eat fruits than are calorie-rich such as bananas and mangoes, and avoid low-calorie fruits such as apples and pears.

- Use your blender to make smoothies. Consider investing in a high-quality blender such as the vita-mix.

## **Basic Menu for Releasing Weight**

**Morning:** Have you done your morning exercise? If so, then have a green smoothie composed of about 2-4 cups of fruit and 1-2 cups of greens. For example, 1 mango, 1/2 papaya and 1 banana blended with a big handful of kale and lettuce leaves. Morning can also be a mono-fruit meal (for example, all the peaches you care for), or a fruit salad, or a fruit soup. There are many possibilities.

**Lunch:** For a transitional diet, I suggest a big salad with a tasty raw dressing, accompanied by a starch or protein of your choice. The salad should be at least 70% of the meal or more.

With the diet that I recommend, I suggest instead another meal of fruit, green smoothie, or a green salad with fruit. You should eat enough so that you are satisfied and not hungry after the meal.

**Dinner:** The transitional menu would be similar to lunch, but with variation. (For example, have some steamed vegetables instead of the salad.) A more ideal diet for detox and weight change would be a raw meal.

Limit fat to half and avocado or 2 tablespoons of nuts. Here's a great dressing: 1 cup mango, 1 cup tomato, 1 tablespoon balsamic vinegar. Yum! You can have a dense green smoothie or fruit smoothie for dessert.

## **Basic Menu for Gaining Mass**

For gaining mass, the basis of the program will be strength training. Here's a suggested menu. (The exact quantities will depend on many factors.):

**Morning:** After exercise, have a big banana smoothie.

**Lunch:** Either fruit meal with greens, or 32 to 64 ounces of green smoothie or fruit smoothie.

**Snack:** Same as lunch, but perhaps smaller quantities.

**Dinner:** Start with either a green smoothie, a fruit smoothie, or fruits. Follow 30 minutes later with a big salad with 1 avocado in a dressing, or 3-4 tablespoons of nut butter.

Alternatively, you can have a salad first (with fat), and follow with potatoes, steamed veggies, or other cooked foods.

## **Motivation to Succeed and the System**

In this report, I have demystified a lot of false information about weight, and given you plenty of useful tips for coming up with a better plan for success.

Although there is a lot more to say on this topic, you probably know enough to get started.

However, the missing ingredient is also the one that makes the cake hold together, so to speak. I am of course talking about **motivation** and how to incorporate everything you know into a **system**.

Chances are that you already know quite a bit about what you need to do in order to get fit, improve your diet and improve your health.

The problem is first, to find the motivation to put into practice what you've learned, and then to be able to incorporate the elements of fitness, psychology and diet into a system that works because it has become **part of your lifestyle**.

Do you have to summon super-human motivation in order to brush your teeth before going to bed? If you're like most people, probably not, because this is a habit that has been part of your daily routine since you were a little kid.

The same could happen with eating a healthy raw-food based diet, exercising every day, overcoming cycles of binging and cravings, and all of the things that are necessary for you to achieve your ideal physique.

Unfortunately, this motivation is hard to find on your own, so that's why I encourage you to find a coaching program, or at the very least a "success buddy" who will support you and guide you in the process.

Your goal is to incorporate all of the things you already know you should do into one easy system that you can follow for the rest of your life, rather than trying to find the latest gimmick that you'll give up shortly after.

That's why I've created the **Raw Health Starter Kit**.

I've wanted for a long time to put together a kit of resources that would give anyone *everything* they would need to successfully either switch to a raw food diet, include more raw food in their diet or improve their current raw food program.

It took me over 8 years of research to put together all of the resources that are included in the Raw Health Starter Kit, and in fact, I keep updating it all the time with new information.



When properly done, either at 100% or 70% level, the Raw Food Diet can bring you the following benefits and more:

- Gives you amazing energy. You wake up in the morning ready to go, and you rarely feel ups and downs in your energy during the day.
- Improved complexion. People will comment how clear your skin is.
- Reach your ideal weight effortlessly.
- No feeling of deprivation.
- Great sleep and no insomnia problem.
- Regular bowel movement and with no constipation or indigestion.
- Looking younger than most people of your age.
- Clear and bright eyes
- Makes you happy for no reason. You don't need coffee to stimulate you or alcohol to make you laugh.
- Better focus and concentration

If you are not experiencing all of these benefits, then it's time to revise your current program.

If you purchase the Raw Health Starter Kit, you'll get everything you need to get started on raw foods (or improve your current program), including:

- My best-selling book "*The Raw Secrets: the Raw Vegan Diet in the Real World*"
- My course, "*How to End Confusion About Nutrition*"
- My recipe book "*Instant Raw Sensations*"
- My menu planner "*Best Foods on the Planet*"
- Tons and tons of **other bonuses** and **resources** not available anywhere else. Over \$400+ in REAL value.

Here's what one of my readers had to say about the Raw Health Starter Kit:

"After having a mixed experience eating all-raw foods and reading numerous websites and cookbooks about the subject, I decided to give the RAW HEALTH STARTER KIT a try.

I was skeptical after participating in some other raw food programs, including a local delivery service, because although I felt a million times better than when I was eating cooked food, I was still getting sleepy and sluggish at times.

The RAW HEALTH STARTER KIT is honestly the best \$99 I've spent going raw, and I wish I had found this website first. I think Fred's observations and advice are spot-on and the way to be a healthy, supercharged raw-foodist.

His recipes are fantastic and incredibly simple; even my non-raw fiancé has taken to making some of the salads and smoothies.

Perhaps the best thing about Fred is that he is non-dogmatic about raw food, and at the same time firmly rooted in science and practical common sense. Anyone who wants to eat more raw food would definitely benefit from this kit, not just raw-foodists, and given how poor the nutritional information is out there I recommend this to anyone who simply wants to eat better.

***Danica Radovanov***

From Los Angeles,  
California, USA

You'll find many more testimonials on the Starter Kit and great *success stories* and **before and after stories** of people who have completely transformed their life with the Raw Food Diet on my website.

In fact, we even recently completely redesigned the Raw Health Starter Kit to offer an even more complete package.

I won't try to convince you anymore about it.

Go to

**[www.fredericpatenaude.com/starterkit.html](http://www.fredericpatenaude.com/starterkit.html)**

and learn more.