

## PART 3

Refeeds, Diet Breaks, Reverse Dieting & Using the  
Aggressive Dieting Calculator

Taking an aggressive approach!  
**Strategic Refeed Strategies**

## Aggressive/Strategic Refeeding Strategies



- Ⓜ These are not one-off untracked cheat meals!
- Ⓜ These are not cheat days!
- Ⓜ These are not CHEAT anything
  - Stop using the word CHEAT FFS!
    - /Rant over
- Ⓜ Strategic refeeds are NOT a psychological break
  - Structured/strategic increase in kcals & carbohydrates e.g. short-term CHO overfeeding
  - No 'Unconditional Permission to Eat' on a refeed
- Ⓜ Strategic Refeeds may help maintain adherence



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## Benefits of Refeeds

- Ⓜ Glycogen repletion
  - Possibly improved training quality
- Ⓜ Increased leptin *(potential benefit)*
  - 3 days CHO over-feeding increased plasma leptin by 28% – Dirlwanger et al. (2000)
- Ⓜ Regain any lost 'LBM' or preserve FFM long-term
  - 2-day CHO refeeds helped preserve FFM vs CER (-0.4 vs -0.7kg FFM) - Campbell et al. (2020)

The Martin MacDonald Rapid Fat Loss Calculator

Personal Preference

Personal Preference Kcal Intake

Number of Gym Sessions per week?

What day you will need a refeed on

15

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## Benefits of Refeeds

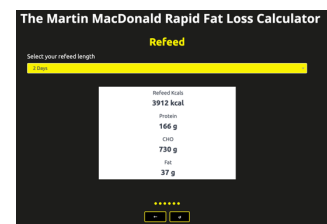
- Ⓜ Increased NEAT!!!

- 3 days CHO over-feeding increased 24h EE by 7% (BMR unchanged) - Dirlwanger et al. (2000)

*"may reduce the impact of prolonged energy restriction on measures of disinhibition"* - Siedler et al. (2023)

- Ⓜ Enjoy social life more??

- Ⓜ Calculator has options to do refeeds over 1-3 days...



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## Practical Tips for Aggressive Refeeds

- Ⓜ Protein can be moderate

- Ⓜ Very high carbohydrate

- Ⓜ Keep fat as low as possible

- Consider both protein and CHO sources carefully



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## An Aggressive Refeed Example



- ④ Active 80kg Male
- ④ Maintenance kcals = ~2,850kcal
- ④ Keeping fat minimal (~25g)
- ④ Keeping protein sufficient (~160g)
- ④ CHO intake = ~2000kcal = 500g CHO
- ④ Then consider, glycogen stores have been depleted during dieting phase
  - Can store an additional 250-500g+ CHO as muscle glycogen
- ④ 650g CHO for 3 days with ZERO BF gain

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## What Does This Look Like in Food? 3 Days of...

### Meal 1

- ④ 100g Coco Pops with 250ml Skimmed Milk
- ④ 1 x Banana
- ④ 250ml Orange Juice



### Meal 2

- ④ 150g Chicken & 150g Mixed Veg (+3g OO Spray)
- ④ 150g White Pasta (dry weight)
- ④ Tin of Chopped Tomatoes + Spices



### Meal 3

- ④ 175g Prawns & 150g Mixed Stir-Fry Veg
- ④ 275g Noodles (dry weight)
- ④ 20g Soy Sauce/Fish Sauce + Spices



### Snacks

- ④ 30g Jam on 1 x Cinnamon & Raisin Bagel
- ④ 150g Greek Yoghurt (0%) with 150g Berries & 15g Honey
- ④ 100g Dried Mango
- ④ 150g Sweets



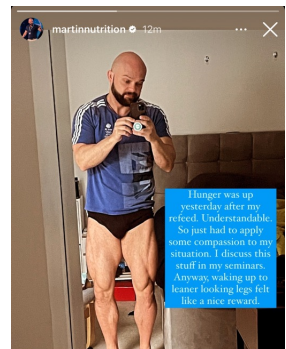
| KCALs | PRO (g) | CHO (g) | FAT (g) |
|-------|---------|---------|---------|
| 3465  | 160     | 650     | 25      |

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## Post-Refeed Expectations

- Ⓜ Hunger sometimes has a day lag
  - i.e. day after refeed can sometimes be OK but 2 days it's elevated
- Ⓜ Seems to drop back down quicker than the initial onset
  - Likely because ketosis is achieved quicker
- Ⓜ Depends on refeed length
  - Longer refeeds will take you further out of ketosis



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## Post-Refeed Expectations

- Ⓜ Studies on ketosis in the sports nutrition literature
  - Fat adaptation benefits persist in the face of at least 36h of aggressive refeeding strategies – Burke (2015)
    - But CHO restoration does not restore the reduction in glycolytic capacity that comes from following a ketogenic diet – Stellingwerff et al. (2006)
    - Aka forget doing any high intensity exercise well...



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## Diet Breaks

### Longer Diet Breaks?

- Ⓜ Big psychological benefit
  - Motivation to diet again/adherence
- Ⓜ Metabolic effects/benefits not well studied
  - Maintenance kcals for 2 weeks (CHO 65% of energy intake) increased leptin - Weigle et al. (2003)
- Ⓜ Can work on behaviour change/weight maintenance
  - Can be used to check where homeostatic mechanisms will pull someone's bodyweight when eating 'ad libitum'
  - Coach. To. Live!



## Timing Refeeds & Diet Breaks

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- Ⓜ Refeeds – See calculator!
- Ⓜ When to implement a diet break?
  - There are no set rules!
    - Aggressively dieted for 2-4 weeks
    - Luteal phase of the menstrual cycle?
    - Lost 5% / 10% BW
    - Weight loss plateau
    - Holiday/social event
    - Stressful period
- Ⓜ How long should a diet break be?
  - Again, there are no set rules!
    - Dictated by you/the client

## Positive Weight Regain

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- Ⓜ Weight Gain ≠ Failure
  - Comes back to encouraging a **flexible** mindset
  - Acceptance that we are all on a journey
    - That WILL change with different life stages e.g. pregnancy, menopause, ageing, moving house, moving jobs etc. etc.
- Ⓜ Discussion re 'positive weight gain'
  - Educating clients on the actual fat loss numbers

## Considerations & conversations to have Compassionate Aggressive Dieting

### Flexible and Kind!

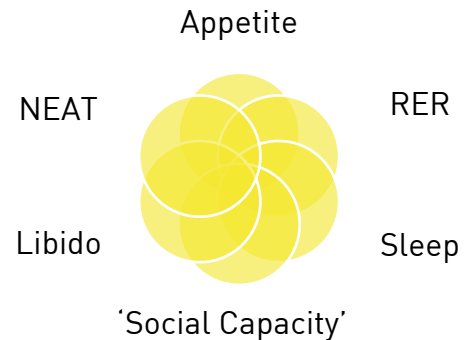
- ④ Those who maintain **flexible control** of eating behaviour and **stress coping mechanisms** have a higher probability of successful weight reduction after 3 y – Westenhoefer et al. (2004) Lean Habits Study
- ④ Walk 1000kcal/week during weight maintenance (40 weeks)
  - 2000kcal/week walking showed zero extra benefits re: WM
  - + 2 years of follow up: During this time 9 participants lost weight or did not gain more than 1kg. Two participants regained more than 20kg – Fogelholm et al. (2000)





## The Weight Loss 'Journey'

- ❶ Implement diet breaks & maintenance phases to foster a positive journey
  - Short-term refeeds & diet breaks can also be utilised in the short-term/ad-hoc
- ❷ Use diet breaks to **reflect** & assess weight maintenance
  - Focus on behaviours related to successful WM



## Multiphasic Coaching to Live vs Diet

- ❶ Dieting does not have to look the same as 'living'
  - Doesn't need to be sustainable long-term
  - Doesn't necessarily need to build good habits
    - That's what maintenance phases are for
- ❷ Consider 'stops' along the way
  - 5% Weight Loss for instance (clinically significant)
  - 10% Weight loss
    - Consider this in light of your/your client's goals – Goal vs Ideal vs Dream Weight

## 2y Maintenance of Weight Loss After a VLCD

### ❶ Behaviour Therapy after VLED!

- Slowing of eating rate
- Planning ahead
- Consistent meal space/times
- Low Calorie snacking
- Modifying thoughts and emotions re: eating/weight loss
- Goal setting around eating habits
- Discussions of nutrient content of foods
- Shopping and cooking behaviours
- Exercise e.g. 30min walk/day

(amounts, times, etc.), control of eating stimuli, slowing of eating rate, planning ahead, eating in only one place, using a complete place setting, having only low-calorie snacks, modifying thoughts and emotions concerning eating and weight loss, goal setting to help change eating habits, discussions of the caloric and nutrient content of foods and low-calorie shopping and cooking. Patients were encouraged to increase their exercise corresponding to a 30 min walk daily. The focus of treatment was behavioural, emphasizing the identification of eating-associated cognition and alteration of behaviour.

- ❷ “The mean binge eating, disinhibition and hunger scores decreased in all patients by the end of the therapy” - Pekkarinen et al. (1996)

## I REALLY HOPE....

- ❶ You got what you came for!
- ❷ I will endeavor to leave no question unanswered!
- ❸ I'm considering creating a coaches or coaching support group

## Keep in Touch!

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📌 Knowledge is a journey. Let me walk that journey with you!



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