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PART 3

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

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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)



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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

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

Post-Refeed Expectations

- ④ Hunger sometimes has a day lag
 - i.e. day after refeed can sometimes be OK but 2 days it's elevated
- ④ Seems to drop back down quicker than the initial onset
 - Likely because ketosis is achieved quicker
- ④ Depends on refeed length
 - Longer refeeds will take you further out of ketosis



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Post-Refeed Expectations

- ④ 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

- Ⓜ 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

- Ⓜ 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

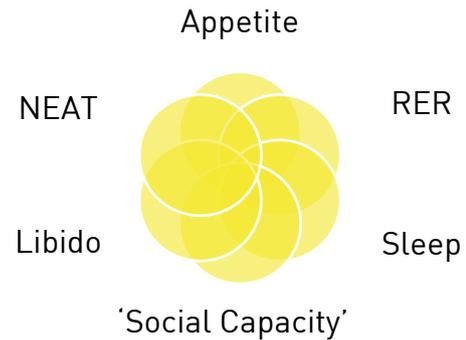
Flexible and Kind!

- 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
- 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

● 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.

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

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I REALLY HOPE....

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

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Keep in Touch!

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



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