



# REVERSE DIETING

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HOW TO STAY LEAN AFTER THE DIET FINISHES

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Reverse dieting is mainly aimed at those who are finishing their fatloss phase or have been under eating for a long period of time and just can't seem to shift body fat anymore.

As we've discussed before, the longer we stay in a calorie deficit the more metabolic adaption occurs. This can cause total daily energy expenditure to plummet.

Let's say a female does a keto or fasting diet that she saw an influencer on Instagram doing. She starts eating for a restricted time period and only consuming 800 calories per day while doing hours of cardio per day. She loses weight and fat rapidly.

Over 8 weeks she drops 8kgs and metabolic adaptations occur. Her basal metabolic rate and non exercise activity thermogenesis drops and her body becomes very efficient at running on lower calories however, she stops burning fat.

She can't sustain this lifestyle and begins eating normally again which leads to her rapidly putting on body fat again.

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This is where reverse dieting comes into play.

It's the diet after the diet. A strategy to retain all your hard work and bring you to a point where you can live life normally and unrestricted.

What is it?

We spend a period of time building up your metabolic rate to your true total daily energy expenditure by introducing calories in a controlled manner while maintaining / minimising fat gain.

At the end of the strategy you'll be in a healthier position and have the ability to drop back into a deficit eating more calories than you are now.

# HOW DOES IT WORK?

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The aim of reverse dieting is to increase your calories into your calculated TDEE while maintaining / minimising fat regain.

To begin your reverse diet we start by estimating your total daily energy expenditure TDEE, we then look at the difference between what you're eating now and your estimated TDEE. For example you might have finished your diet on 1600 calories but your estimated TDEE is 2400 calories. That's an 800 calorie deficit that we need to build up to slowly. It's crucial to understand that this takes time and doesn't happen overnight.

A general rule to be respected is for every week you spend in a deficit you should spend 2 eating at or above maintenance.

You can estimate your TDEE using this website and your last set of skin fold readings - <https://tdeecalculator.net/>

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Once we calculate our TDEE we know where we are going.

We will start with a 300 calorie increase broken down of 70% carbohydrates and 30% of fats.

If bodyweight is maintained we will add 5-10% of total calories towards TDEE every 10 to 12 days.

If your body weight fluctuates daily, hold your increases until this stays constant for a week.

What happens when you reach your estimated TDEE?

2 options

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## Option 1

Maintain these calories and enjoy life. Let's face it, dieting is hard work. It's mentally challenging and it is restrictive to life. Don't be afraid to allow yourself to relax and eat intuitively for a while.

## Option 2

If you're mentally ready to go into a calorie deficit again then simply drop your calories by 500 from your calculated TDEE and begin a fat loss phase.

# WHAT DO YOU NEED TO DO?

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## HOW?

1. Open MyFitnessPal
2. Click "More" > "Goals" > "Nutrition Goals" > "Calories, Carbs, Proteins And Fat Goals"
3. Change your calorie goal
4. Add 300 calories to your current calorie target.
5. Eat at these calories for the next 10 -12 days
6. If weight is maintained add 5/10% of calculated TDEE again
7. Repeat until you reach true TDEE