



THE DIABETIC SHRED GUIDE

112 DAY DIET AND TRAINING GUIDE TO REACH SINGLE DIGIT BODY FAT

WWW.DIABETICMUSCLEANDFITNESS.COM

DISCLAIMER

The author of this work has no medical qualifications of any nature and has no expertise in the diagnosis or treatment of diabetes or any other medical condition. Advice and treatment in respect of such conditions can only be provided by an appropriately qualified medical professional.

Inappropriate physical activity can have a highly detrimental effect on your health and consequently readers are advised in the strongest possible terms to seek comprehensive advice from an appropriately qualified medical professional before engaging in physical activity of any nature. This is particularly important where you have a serious underlying medical condition such as diabetes.

Any change in your diet can lead to serious health complications and this is particularly so where you have a serious underlying medical condition such as diabetes. Anyone considering changing their diet, whether in line with suggestions contained in this work or otherwise, should ensure that they do not do so until they have taken comprehensive advice from an appropriately qualified medical professional.

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CONGRATULATIONS AND THANK YOU FOR DOWNLOADING DIABETIC SHRED!

Hi There!

Phil Graham, Type 1 diabetic, sports nutritionist and competitive bodybuilder.

I've been living with type 1 diabetes for just over 14 years now. During that time, I've become obsessed with building muscle, getting shredded, lifting super heavy things and telling diabetes who's boss.



I am ecstatic you've purchased Diabetic Shred, and I know you will be too! This guide has been designed exclusively for people with Type 1 diabetes.

In your grasp you hold a NO BS 16-week plan of action for building muscle, shredding fat and achieving that dream physique you've always wanted.

The program is ideal for anyone wanting to cut up or those who want to reveal their efforts from a productive mass gain training phase. The training programs are adaptable from newbies to pretty advanced trainees.

Before you start, I want to run through my house rules.

RULE #1

You MUST (no exceptions) read over the disclaimer and run every piece of this program by your medical healthcare team. I'm not your doctor.

RULE #2

I wholeheartedly believe this is the most effective fat loss program for people with diabetes who love to lift. However, this is not a quick fix or magic bullet. While every effort has been made to include the most up-to-date scientific evidence and make the programme as flexible as possible to improve

adherence, you must apply yourself completely to fully see results.

And, before you ask...

Yes!

You CAN build muscle AND lose fat at the same time.

Expect it!

This program is designed to get you as lean AS POSSIBLE in the shortest time frame possible. This does not mean you have to go the full way, nor follow it forever. This is especially true for individuals who already consider themselves ripped and don't need to lose any more body fat.

One thing I know for sure is that you will not finish the program looking or performing as you do now.

The key to this program is sticking to the 16-week blueprint. Every day and week have a reason behind them. You **MUST** learn to perform exercises correctly before you can progress onto the intermediate and advanced training plans, so please be honest with yourself.

WHY DID I CREATE DIABETIC SHRED?

Simple. Most people with Type 1 diabetes don't know how to get in shape. This is due to a number of factors including lack of understanding, motivation and accountability.

Not many people with diabetes understand how to control their blood glucose levels when performing different types of exercise.

For example, you'll see a massive difference in how your blood glucose levels behave when you strength train versus doing cardio.

Poorly structured diets don't help either. As your body composition and strength change, you need to tweak your diet to make progress. Very few people know how to do this.

- ✓ Poorly structured training regimes.
- ✓ Limited range of motion.
- ✓ Too much training.
- ✓ Buying too many expensive supplements.
- ✓ Falling for the latest fad diets, newspaper headlines and TV fitness documentaries.
- ✓ Trusting in someone just because they're in shape.

They end up spinning their wheels and getting nowhere with their muscle gain and fat loss efforts.

- ✓ Muscle loss.
- ✓ Extreme fatigue.
- ✓ Feeling weaker.
- ✓ Emotional burnout.
- ✓ Poor sleep.
- ✓ Falling of the bandwagon and binging.
- ✓ Lack of motivation.
- ✓ Dreadful diabetes management.

THE MODERN DAY FITNESS INDUSTRY DOESN'T HELP EITHER.

We live in an information-dense, knowledge-starved fitness era. It's incredibly hard to separate the wheat from the chaff and find reliable, evidence-based information on fitness, never mind good reliable diabetes fitness advice.

Here are a few things you should know about sourcing information from within the 'fitness industry'.

1. Just because someone's in shape doesn't mean they know what they're talking about.

2. Sensationalist headlines in magazines and newspapers aren't credible sources of information either.
3. A 6-12-week personal training certification doesn't mean your trainer is credible and knows what they are talking about.

Similarly, much of the diet and fitness information shared about diabetes and exercise is weak. The advice is generally written by people who don't live with diabetes, making it hard to relate to. You'll also find much of the advice is stated by conventional medical doctors with little to no experience of nutrition and exercise physiology.

The information either lacks evidence, is out-of-date or, in most cases (especially with type 1), doesn't exist, leaving you no option other than self-experimentation which often ends in trouble, especially if you don't understand the complex nature of diabetes/exercise-related physiology/pharmacology and psychology.

In no way am I trying to disrespect the hardworking doctors and health providers who play an invaluable role.

I'm just highlighting the fact that mainstream diabetes health promotion doesn't solve, or even take into account, the unique subset of highly committed diabetics looking to master physical fitness and muscular development.

I want to fix this. After many years dedicating my life to studying the science of human physiology, exercise and nutrition, researching the most knowledgeable people in the world (and often seeking them out to train with them or learn directly from them), spending thousands of hours training myself and clients, both with and without diabetes in the gym, not to mention living with Type 1 diabetes since I was 16... so, after all of this, you'll see I've a pretty good idea of what works and what doesn't.

Am I a guru?

Not at all. I consider myself a lifelong learner. Everything I talk about is grounded on all the available scientific evidence and is highly specific to the context of building strength, getting lean and managing diabetes. Diabetic Shred is a journey for me as much it is for you. I want to inspire and help as many people with diabetes as I can, to build a healthy, strong and great looking physique.

WHY AM I SHARING THIS INFORMATION?

I want to change lives. Why spend my entire life learning and keep it all to myself?

The Five Main Goals of Diabetic Shred.

1. Encourage you to prioritize 'diabetes management and health' on your list of personal life values.
2. Shred fat and teach you how to keep it off.
3. Increase muscle mass
4. Increase physical strength.
5. Improve whole body fitness.

Building a great looking body is simple once you know what to do. This is exactly what this guide is for. Now, turn the page. **LET'S DO IT!**



DABETIC SHRED GENERAL OVERVIEW

TRAINING AGENDA

- 16 weeks of strength training.
- Over 75+ Individual Workouts.
- X2 7-Week MAX EFFORT Training Blocks.
- x2 De-Training (De-Stress) Training Blocks.
- Printable Training Logs.

Here's what you'll need...

- ✓ A decent gym.
- ✓ A personal trainer (if you're a beginner)
- ✓ Your printable workout logs and a pen to track your workouts.
- ✓ Blood glucose testing pre, during and after exercise.
- ✓ A good pedometer (step counter)
- ✓ Patience, Guts and Sheer Determination.

DIET OVERVIEW

- Calorie controlled deficit.
- Instructions on how to build a personalized eating plan from the plate up, specifically meal timing and choice.
- 7-day meal plan examples.
- Supplement plan.

Here's what you'll need...

- ✓ A Smartphone or My Fitness Pal.
- ✓ Digital scales.
- ✓ Access to good quality fresh food on a regular basis.
- ✓ A few key supplements.
- ✓ Strict blood glucose monitoring in and around meal times.

LIFESTYLE MANAGEMENT

- At least 7-8 hours of good quality sleep per night.
- Stress management skills.

Here's what you'll need...

- ✓ Good time management.
- ✓ Good network of positive people around you.
- ✓ A comfortable bed.
- ✓ Journaling, meditation and other stress management tools.
- ✓ Scheduled downtime to chill out and get peace of mind.

ACCOUNTABILITY

- You'll track every possible factor that influences your fat loss results: diet, training, physical activity, mood and blood glucose using the **Diabetic Shred Daily Tracker**.
- Once you've tracked everything, you'll review your progress every two weeks and take the necessary action as outlined in the Diabetic Shred decision tree.

- Blogging your fitness journey on social media is a great way to stay accountable, plus it inspires other people with diabetes to take charge of their health.
- Photo your food, training and physical progress. Your body is a work of art. Be proud of what you're creating.
- Upload your progress pics and workouts to the private Diabetic Muscle and Fitness Group on Facebook and interact with others.

Here's what you'll need...

- ✓ The Diabetic Shred Daily Tracker.
- ✓ Social media.
- ✓ Camera phone for progress pics.
- ✓ Dedication to tracking. Realize what gets measured gets improved.
- ✓ Consistency.
- ✓ Access to the Diabetic Muscle and Fitness Facebook Group.

What if I need longer than 16 weeks?

16 weeks should be more than enough time to make dramatic improvements in your physical shape.

However, your physical change will largely depend on how much body fat you begin with or, if you encounter an extreme personal circumstance along the way, you may need longer than the anticipated 16 weeks.

No problem, keep on going. Use the **Diabetic Shred Decision Tree** to stay accountable and continue progressing.

I've also included specific strategies on how to exit Diabetic Shred after you reach your desired level of body fat, with minimal rebound.

THE BIGGEST MISTAKE MOST PEOPLE MAKE IN THE GYM.

One of the biggest mistakes people make in fitness is following the same old diet, training and lifestyle routine over and over again.

Doing so may get you a result, but it's usually far from optimal. This includes that chest workout you've been doing every Monday for the past three years, your favourite set of dumbbells for bicep curls, the same post workout meal that only changes when you've forgotten to do the shop or the same old cardio route you do every day with the dog.

Getting into the habit of doing the same thing every week with your training is one of the main reasons most people fail to make progress.

There's no for the body to adapt its current muscle mass and fitness to the same old training stimulus, energy intake, and day to day movement patterns. It knows what to expect.

This is where the word 'Periodize' comes into play.

Periodization refers to the systematic manipulation of variables that make up a fitness program. The term is usually reserved for training and focuses on controlling key elements such as reps, sets, rest, intervals, etc.

Diabetic Shred considers periodization a collective term that incorporates other factors like diet, physical activity, lifestyle, supplemental strategies and even diabetes management. All of these aspects are involved in a well-structured fitness program.

What Gets Measured Gets Improved.

Recordkeeping is a big part of Diabetic Shred. Using the ***Diabetic Shred Daily Tracker.***

Every fortnight you will review key measures and assess your progress before moving forward. Each 2-week assessment block acts as a stepping stone to the next.

Initially, you'll test the ice, establish your body's response and adherence to a set calorie intake, training regime and level of physical activity.

Depending on how fast or slow your progress is, you will be provided with clear instructions on how to

manipulate your diet and activity until the next assessment.

If your progress is acceptable, you won't change a thing and will carry on. If your progress begins to stall or comes to a halt, you'll refer to a framework of action steps in the ***Diabetic Shred Decision Tree*** that will help kick-start progress back on track.

Process Before Outcome

To achieve a leaner, stronger and better-looking physique, you must follow some fundamental processes. These include:

- ✓ Burn off more energy than you take in, while still consuming enough calories (energy) to perform and recover from your workouts.
- ✓ Conduct frequent weights resistance training to stimulate muscle growth and retention.
- ✓ Be Active and expend appropriate energy outside the gym with your day-to-day activity.
- ✓ Deep quality sleep (7-8 hours per night.)
- ✓ Consume the essential nutrients: Protein, Omega 3 and 6.
- ✓ Robust diabetes management.

If you walk, talk and breathe each of these processes daily, you will inevitably build the body you've always dreamed of.

Get Accountable

You will use the Diabetic Shred ‘Daily Tracker’ spreadsheet to stay accountable and track all these key processes mentioned above.

The primary role of the Daily Tracker is to give you a bird’s-eye view of your approach and provide you with the incentive to take action and make necessary changes to your diet and training, as and when needed, to keep your progress rolling.

The Diabetic Shred Daily Tracker will allow you to track the following variables on a daily basis:

- Adherence
- Average blood glucose level
- Calories
- Carbs
- Protein
- Fat
- Physical activity (Step count)
- Other forms of cardio (e.g. HIIT training)
- Strength training
- Hours in Bed
- Mood
- Additional feedback

Let's discuss each of them in a little more detail to establish why they're important.

- **Adherence**

You are what you do on average. If you aren't consistent with your diet and training, there is no point in changing a thing. How do you know if your diet and training has worked if you haven't given your set calorie, training and physical activity level a fair trial?

If you are consistently failing to stick to your diet and training, something's up and needs to be looked at.

This usually involves sorting out your personal s**t. Do this first, before you commit to anything. The last thing you want is your emotions all over the place.

- **Diabetes Control** (*Average blood glucose level*)

If you've been taking too many lows, you may have consumed more calories than planned to treat your low blood sugar.

On the other hand, if you're consistently high (hyperglycaemia) you can rest assured your performance and recovery won't be optimal.

Reviewing your diabetes management in this fashion allows you to highlight why your fat loss and muscle building progress might be suboptimal before you point the finger and blame anything else, which a lot of people make the mistake of doing.

FACT: If your diabetes isn't controlled you'll increase the risk of muscle loss and/or fat gain.

- **Calories**

How much energy you take in plays a significant role in energy balance and your ability to lose or gain weight.

If fat loss has stalled for a number of weeks in a row, it may be time to dig deeper with your deficit.

- **Protein**

Protein is a key element of any fat loss phase. It prevents muscle tissue breakdown while in a calorie deficit and has a massive impact on appetite and metabolic rate and may need to be tweaked up/or down, depending on your individual situation.

- **Carbohydrate**

Carbohydrate plays a significant role in the nutritional management of diabetes, it also has a massive effect on performance.

Some people work well on lower carbs, others higher carbs. As a result, carbohydrate intake may need to be controlled over the course of your fat loss journey, depending on how your overall adherence, blood glucose levels, mood and training performance respond.

- **Fat**

Fat is the most calorie-dense macronutrient there is. It plays a number of key roles in the body, ranging from hormone production to cell communication. It must be tightly tracked as it can hinder fat loss if overconsumed.

- **Step Count**

Daily physical activity plays a huge role in energy expenditure.

The workouts only take 45 – 60 mins, five times a week.

Weight training doesn't burn that many calories, especially when you consider rest periods in between sets.

What you do outside the gym for the remaining 23 hours in a day plays a significant role in your efforts to lose fat.

Step count goals are a simple way to assess your physical activity. The more you move, the more energy you burn. The less you move, the less you burn. You'll work on a set target and build on it, as fat loss progress plateaus.

You can also track other forms of movement/cardio like swimming and cycling, all of which increase energy expenditure but wouldn't be trackable with a wearable pedometer (step count.)

- **Training**

Training is set at five times per week. You'll be able to review how many sessions you've completed and missed.

Tracking your sessions provides you with a bird's-eye view of your adherence and performance. Being mindful of skipped or half effort training sessions is important when it comes to reviewing rate of progress.

Awareness is everything.

- **Hours in Bed**

Sleep is a massive asset to your recovery. Keeping track of sleep lets you see how many hours you're actually getting on average and how far off you are from the recommend 7-8-hour target that is much needed for optimal muscle growth and recovery.

- **Mood**

If you are always feeling tired, demotivated or sick – something's up.

THE RESULTS

The aim of Diabetic Shred is to improve the look and strength of your body. You can assess your rate of progress by reviewing bodyweight, strength and physical appearance.

These results tell all. But, they should never be looked at in isolation with fat loss.

Most people make the mistake of focusing too much on one measure (usually the scales) to indicate their progress.

Let me elaborate.

Despite someone looking better and getting stronger from week to week, when they see their bodyweight spike up on the scales, they automatically assume they've failed, so give up and never build the body they want.

Despite someone looking better and getting stronger from week to week, when they see their bodyweight spike up on the scales, they automatically assume they've failed and so give up, without ever getting to build the body they want.

This isn't the right kind of mindset to have.

Think about this.

How would you get leaner?

Fat Loss.

What would make you stronger?

Muscle Mass.

Combine the two, and you have a leaner stronger body.

Bang in-line with your end goal.

While it's nice to see bodyweight come down, it is entirely irrelevant in certain scenarios.

On the other hand, if bodyweight shoots up, strength may have improved, but you'd look physically worse. This could be because, while you've consumed enough calories to recover and grow, you haven't lost any body fat and so need to dig deeper with your calorie deficit.

Also, you could rule in or out how well you've managed your diabetes. If you've been too high, drops in body fat and strength could be expected.

Moreover, if you're taking hypos all the time you may have consumed more calories than planned to bring your blood glucose levels back up.

There is no emotion in the data.

It reveals all and is incredibly useful in the long run.

3 KEY ASSESSMENTS YOU MUST MEASURE

Assessment #1 - Do you look and feel leaner?

If so, keep doing what you're doing.

How you look from one assessment to the next is the gold standard for assessing your progress.

Look for marked improvements in your body shape and muscle definition over time. Clothing and comments from friends and family indicate changes in body shape.

The best times to look at your physique are first thing in the morning and after an upper body training session (not lower). You tend to look sharper as a result of sweating subcutaneous water retention, having an empty gut (minimal bloat) and the added aesthetic effect and feel of the highly sought after muscle 'pump'.

Don't get me wrong, everyone wants to look great naked 24 hours a day.

However, in the early to middle stages of your fat loss journey, this won't be the case. What you see during the day compared to post training or first thing in the morning can prove quite demotivating.

There is a time and place to assess how you look.

During the day your body will be digesting food or flooded with water retention, not giving you an accurate reflection of real progress, especially when you still carry a good amount of body fat.

Assessment #2 - Bodyweight

Generally speaking, as you follow a calorie deficit, a drop in bodyweight is to be expected. You're burning off more fuel than you consume at the end of the day.

The more body fat you carry, the greater amount of weight you should expect to drop. On the other hand, the leaner you are, the less weight you should expect to lose.

Things can get confusing when you don't drop weight or increase it. In these scenarios, shift your focus to appearance. Do you feel leaner?

Has anyone commented on how you look? Do your clothes feel looser?

If you haven't lost weight but physically look better, keep doing what you're doing.

Drops in bodyweight can be disguised by muscle gain, food in your gut, water retention, sickness, high carb/salt-laden foods and also medication, especially insulin.

Resort to the main goal – appearance. That is a key indicator.

Strength not so much, as it doesn't signify fat loss, just recovery and muscle gain.

As a general rule, aim to lose between 0.5-1% of your bodyweight each week. If you don't drop any weight review your appearance.

THE BIGGEST WEIGHT DROP WILL BE IN THE FIRST THREE WEEKS.

Weight drops of 3-5lbs per week are typical over the first few weeks. This is your body is adapting to the

lower energy intake and increased level of physical activity and training. It will level itself out.

Do not expect this kind of weight loss every week.

Assessment #3 - Strength

Strength is the single best marker of recovery and muscle mass. Increasing in strength is a central goal.

However, strength gains can be short-lived, the longer you diet, as the energy deficit is increased or prolonged.

A. Increased strength indicates sound recovery and an increase in muscle mass.

B. Maintenance of strength indicates sound recovery and maintenance of current muscle mass.

C. Short term drops in strength are undesirable and indicate acute problems with recovery and possible loss of muscle mass.

Small short-term drops in strength performance can also indicate signs of overtraining, or surface

as a result of missed food, emotional stress or a bad day of control. This can usually be rectified.

D. Significant drops in strength are a bad thing. This often indicates poor recovery and loss of muscle tissue.

Other assessments worth considering include:

- **DEXA SCAN** (if you can access one)
- **Waist circumference** (2 inches above the navel using a metallic tape measure.)

These are not essential and may prove more hassle than they are worth.

ADJUSTING FOR PROGRESS.

‘The process of measurement and adjustment will either make or break your progress.’

- The Diabetic Muscle and Fitness Guide 2017

WHY DO I NEED TO ADJUST?

#1 YOUR BODY BURNS LESS ENERGY THE LONGER YOU DIET.

As you diet, you’ll inevitably end up carrying less body weight than you started with.

Say you lose 5kg (11lbs)

That’s a lot less ‘baggage’ to carry around. Just think about the effort needed to carry a 5kg dumbbell around with you all day. Catch my drift?

A drop in bodyweight, means you’ll burn fewer calories across the day.

#2 YOU BURN OFF LESS ENERGY VIA THE THERMIC EFFECT OF FEEDING.

The thermic effect of feeding relates to the amount of energy you expend from digesting food. When you eat less your body burns fewer calories digesting the food you eat.

On average you burn around 15% of your total calories through the thermic effect of feeding.

For example, if you started dieting on 2800kcal per day you would burn around 420kcal (15%) off via the thermic effect of feeding (digestion, absorption and elimination)

If thirteen weeks into your diet you reduced your daily calorie intake to 2000 kcal. You would end up burning around 300kcal (15%) off via the thermic effect of feeding.

That's 120kcal less per day. Multiply this $\times 7 = 840$ kcal per week.

#3 FATIGUE.

You will build more fatigue, the longer you spend in a calorie deficit.

This lowers a component of human metabolism called NEAT (Non-Exercise Activity Thermogenesis). NEAT relates to the energy used for spontaneous movement, walking around, producing heat, social interaction, etc.

Think of a time when you were low on energy during a diet. How did you feel? How did your behaviour change?

Maybe you took the lift instead of the stairs, sent a text message instead of making a call.

These shifts in behaviour are a survival response to preserve energy.

Reduced performance in training is also a factor.

This obviously isn't an ideal situation but can happen in with those who have a lot of body fat to lose, or those who need to drop weight fast for individual sporting events. Please note, this kind of rapid fat loss is not promoted in this guide.

Reduced performance means you'll burn fewer calories BOTH during and AFTER exercise as you recover. You're lifting lighter loads which doesn't require as much energy output.

Progressive drops in strength may signify you're overdoing the calorie deficit, not getting enough rest and losing muscle mass. Contrary, short-term declines in strength are more likely due to fatigue and can be fixed with a tactful re-feed, diet break or few hours' extra sleep.

#4 SAME SHIT GETS ANNOYING.

'Change is as good as a rest.' This notion is captured in the Russian weightlifting concept of "staleness" – the idea that if an athlete does the exact same type of training for too long, they'll lose motivation and burn out emotionally, leading to decreased performance and adaptation.

You need to change things up to prevent boredom.

**ALL THESE ASPECTS NEED TO BE ACCOUNTED BEFORE
MODIFYING YOUR DIET AND TRAINING.**

THE DIABETIC SHRED 'DAILY TRACKER'

Diabetic Shred takes accountability to the next level. When you download your files, you'll come across the DAILY TRACKER excel spreadsheet.

This spreadsheet tracks every possible factor needed for rapid body redesign.

- Dietary intake
- Physical activity
- Cardio
- Training
- Diabetes
- Mood
- Adherence



It accounts for a full year's worth of diet and training. Simply set the date and get tracking. Once you've finished your shred, feel free to use it year round for a productive off-season. This document is password protected for your privacy. The password to open the file is **DIABETICSHRED**.

INSTRUCTIONS FOR ADJUSTING

At the end of every two weeks stop and review everything you've entered into the DAILY TRACKER. Use the following **DIABETIC SHRED DECISION TREE** to decide on your new course of action.

