

Balance Overview

Summary of Balance

- > 90% of the time you continue eating the same as when you are on the Ignite phase.
- > You receive a weekly balance that you can “spend” on non-ideal foods.
- > Each time you eat a serving of gluten, soy, dairy, sugar, artificial sweeteners, or alcohol you subtract one from your Balance.
- > Your balance resets every week and there is no carryover.

After you complete your 21-day Ignite phase, you may have already begun to see changes, you have less cravings for bad food, and your energy is starting to become steady and strong. You are starting to feel like you should eat this way forever. You rock and everyone knows it.

In a perfect world, if you're feeling great and seeing results, you should continue to eat this way always. The problem is, this isn't doable for most people. You don't want to be that jerk at parties with weird dietary restrictions. You want to go out with friends on the weekends. And, damn it, you want to have a piece of pizza once in awhile.







The good news for normal people is that if you make it through the entire Ignite cycle without cheating, you can afford to cheat just a bit. Your body is now in what we consider “balanced”. If you continue to eat flawlessly 90% of the time, you can cheat a little and it won't make or break your fitness goals.

The problem with creating a general guideline of “you can cheat 10% of the time” is that it isn't easily quantifiable. Does that mean you can have an entire cheat day? What about three cheat meals? Can I take off a whole weekend? And, if you don't quantify how much you can cheat, our experience shows that people start cheating more and more, until a month later they are back to old habits of eating Cheetos while watching infomercials in their sweaty tank tops at 4am. No more! What you need is a system that lets you cheat once in awhile but keeps you accountable. Luckily, we have created such a system.

Balance Basics

DailyBurn Balance is super simple. It's not based on calorie counting - it is based on food quality. Everybody starts with the same weekly balance. If you don't workout much you get a **balance of 10**. If you workout three times a week or more (preferably DailyBurn Workouts of course!) you get a **weekly balance of 15**. Your balance resets every week. It's up to you to keep track of your balance and use it in the wisest and most efficient way possible. If you know you have a cheat meal coming up - save your balance!!

Each time you eat a serving of food that has any of the "Evil 6" then you are spending against your balance:

-  **SUBTRACT 1** for each serving that contains gluten
-  **SUBTRACT 1** for each serving that contains dairy
-  **SUBTRACT 1** for each serving that contains soy protein
-  **SUBTRACT 1** for each serving that contains > 10g added sugar
-  **SUBTRACT 1** for each serving that contains artificial sweeteners
-  **SUBTRACT 1** for each drink that contains alcohol

You can spread out the balance throughout the week, or you can use your whole balance on one day (or meal - yikes!). The important thing is that you need keep track and stay within balance each week.

One thing to pay special attention to is that some cheat foods have multiple Evil 6 ingredients in them. Eating these foods can rapidly deplete your balance. Here are some examples of popular cheat meals:



1 SLICE OF PIZZA



-2



1 BOTTLE OF BEER



-2



1 SLICE OF CAKE



-3

If you cheat smart, you can better utilize your balance during the week. Instead of beer (2) you could have wine (1). Your balance can really go a long way if you make good decisions.

Every time we explain Balance, certain questions pop up. Here are some of the common questions and our “official” DailyBurn stance.

Q

I’ve been staying within balance, but I’m gaining weight. What do I do?

A

Unwanted weight gain on our system is usually a symptom of overeating or not measuring your serving size correctly.

If you drink a 6 pack of beer, that’s 12 off your balance. A slice of pizza is 2, not a whole pizza. You get the idea. Be honest with yourself with serving sizes.

We also suggest that you take our symptoms quiz and rechallenge each of the “Evil 6” to see what it does to your body. Rechallenge is covered on DailyBurn.com. If you find that your body can’t handle a certain item, then we suggest you never spend your balance eating that food. For example, if you find that gluten is problematic for you, you should never eat gluten, despite having the balance to spend. Use your credits on something else, or not at all.

Q

What counts as >10g sugar?

A

For Ignite we want you to stay away from sugar as much as possible. We are specifically recommending that you don’t eat any food that have >10g of added sugar. Mostly, this means stay away from processed foods as much as possible. We don’t want you to fret about things like adding a few berries to your DailyBurn shake - this is not about **total sugar**.

Added sugar like the frosting on your Frosted Flakes and natural sugar like the sugar that makes an apple taste sweet act similarly in your body, although there are a few key differences.

- Both added sugar and natural sugar can spike your blood sugar levels, causing an insulin response. Insulin is the storage hormone. Not only does insulin facilitate the storage of fat in our fat cells, it also stores nutrients in our muscle cells. When you eat added sugar from processed food and then go crash in front of the tv for the evening, your pancreas pumps out an incredible amount of insulin to store all of the energy that will not be used immediately. Conversely, if you eat natural sugar from a whole food like an apple and then start a workout 30 minutes later, your body uses the sugar from the apple as energy after breaking down the fiber and absorbing the nutrients in the food.
- Timing your natural sugar intake is important. Only eat foods with natural sugar early in the day (in the form of fruit in your morning shake) or around your workout as part of a pre or post-workout meal. By timing your intake of natural sugar appropriately, you’ll be able to use storage properties of insulin as a tool. When you consume natural sugar and protein after your workout for example, the insulin surge will promote muscle growth and enhanced nutrient absorption to speed muscle recovery.

How can you tell the difference between natural sugar and added sugar? It’s all in the ingredients. Check the ingredients lists on food labels and look for ingredients that are code words to added sugar. You can find a full list of these [sneaky ingredients here](#). Consume natural sugar according to these guidelines, and you’ll be fine:

1. If it is a whole food that is found in nature, go for it. If it is a processed food, read the ingredients list on the

food label and look for sneaky added sugar.

2. Only eat one serving at a time. No binging on multiple servings of fruit.
3. Time your natural sugar intake for the first half of the day, or around workouts.
4. If you have a family history of diabetes, insulin sensitivity, or hypoglycemia, proceed with caution when it comes to natural sugar.

Q

Does this mean I can eat french fries all the time and stay in balance?

A

No. Obviously.

Just because something doesn't spend against your balance doesn't mean you should eat it all the time. If you eat a whole watermelon everyday it won't be good because even the natural sugar is high in calories. Same with potatoes and other foods. Stick with the Ignite diet and you will be fine.

Getting out of Balance

If you are in the Balance phase and you find yourself consistently going out of balance (using more than your 10 or 15 for the week), then most likely you need to reset and go through Ignite again to get on track (Reignite). Don't beat yourself up about it - it happens to a lot of people. Go through a full 21-day Ignite cycle again and make sure you really nail it and you will be back on track in no time.

Losing sight?
[Reignite!](#) Go through the full 21-day Ignite cycle again to restart!

