



This is not a diet...

THE ZERO-BS FOOD GUIDE

Real Eating for
Real Results

By Jedi - Founder JedX10



The Science of Weight Loss (Read This First)

Disclaimer: (Read This First)

The information provided in this guide is for educational and informational purposes only and should never be used as a substitute for professional medical advice. Always consult your doctor or a qualified healthcare professional before making any changes to your diet, exercise routine, or overall health plan.

FIRST THINGS FIRST

I'm not a nutritionist or a dietitian.

Everything in here is based on experience, study, and real-world results.

These are guidelines, not rules.

JEDX10 CALLOUT:

You already know what helps you and what hurts you. This guide just helps you stop lying to yourself.

My job is simple:

Strip away the confusion and make food work for your real life.

Food is fuel — but it's also enjoyment, social connection, and sanity. You don't need a strict diet, you need a strategy that fits your life.

THE ONLY SCIENCE THAT MATTERS

Weight Loss, Explained Like an Adult

- Weight loss = burn more than you eat
- Weight gain = eat more than you burn

That's it.

JEDX10 CALLOUT: If it sounds complicated, someone is selling something.

Your body doesn't care about:

- Meal timing myths
- Superfoods
- Influencer opinions

It only cares about energy in vs energy out.

Your Body = An Engine

- More movement = more fuel
- Less movement = less fuel

Overfill the tank? It spills.

Same thing happens to your body.

Spilling = fat storage... or worse, long-term metabolic issues.

REALITY CHECK:

You don't need to eat like an athlete if you move like an office chair.

THE JEDX10 WAY TO EAT (No Dieting Required)

JEDX10 CALLOUT:

This is how you eat well without feeling like you're "on a diet."

Eat when you're hungry.
Stop when you're full.

No apps.
No alarms.
No rules.

COMMON SENSE TIP:

If you're eating because you're bored, stressed, or emotional — that's awareness, not failure.
Listen to the why. Your body already knows what it needs.

Food is just food.

Eat too much and don't move enough? You'll store it.
That's not punishment — that's biology.

FOOD HACKS THAT ACTUALLY WORK

Protein (Without Obsession)

Aim for roughly 1g per kg of bodyweight
(or follow your doctor or nutrition professional's advice).

Real food > powders.

JEDX10 CALLOUT: You don't need 180g of protein unless you're being sponsored by a supplement company...Read that again.

Fibre (The Missing Piece)

Fibre:

- Keeps you full
- Improves digestion
- Reduces cravings
- Keeps you regular

GUT CHECK:

If you're not pooping daily, something needs fixing.

Eat fruit, vegetables, beans, whole foods, simple meals that don't suck.

RULE:

If a meal takes longer to explain than to eat, it's probably unnecessary.

MINDSET: WHY MOST PEOPLE FAIL

Food Is Not Moral

There is no “good” or “bad” food. Only useful food and overused food — and dose matters.

JEDX10 CALLOUT:

Restriction creates obsession.

Obsession creates binges.

Pain vs Pleasure

You change for one of two reasons:

- To avoid pain (feeling unfit, tired, unhappy)
- To chase pleasure (confidence, energy, strength)

ASK YOURSELF:

Which one actually drives you?

THE JEDX10 REALITY TEST

(Is Your Food Plan Actually Working?)

If your food approach is legit, it should pass this test:

- Do you have steady energy all day, most days?
- Do you like what you see in the mirror — full length, no filters?
- Are you getting closer to your goal, not further away?
- How long have you maintained all three? And more importantly — how long do you want to maintain them?

If the answer is “not long” — the plan isn’t broken. It just doesn’t fit your life.

THE SMARTIES PRINCIPLE

If it doesn’t pass this test, it won’t last:

Sustainable — Can you do this for years?

Moderate — No extremes

Achievable — Fits your life

Realistic — No fantasy fixes

Time-efficient — You’re busy

Interesting — Boredom kills progress

Enjoyable — If you hate it, you’ll quit

Science-based — No guru nonsense

JEDX10 CALLOUT:

One broken letter = broken plan.

STOP DOING THESE 7 THINGS

1. Going on a “diet”
2. Cutting entire food groups
3. Eating food you hate
4. Cheat days that turn into binges
5. Detoxing (your liver already does this)
6. Starving yourself and killing your energy
7. Copying someone else’s plan

TRUTH BOMB:

Diets don’t fail — they end.

And what ends always rebounds.

BUILD YOUR OWN COMMON-SENSE PLAN

Ask yourself:

1. What do I love to eat? (Life is for enjoyment)
2. What don’t I like? (Eating it would be stupid)
3. How, why, and when do I usually eat?

Then:

- Start with 3 simple changes
- Let them settle
- Tweak, don’t overhaul

Progress beats perfection. Always.

CONCLUSION: THE REAL GOAL

Getting fit, strong, and healthy isn't about food rules.
It's about becoming someone who:

- Burns food efficiently
- Has energy all day
- Feels confident in their body
- Still enjoys life

The Side Effects of Doing This Right

- Faster metabolism
- Better mood
- Clearer thinking
- Looking damn good naked

FINAL JEDX10 CALLOUT:

No guilt.

No extremes.

No missing out.

Just results.

Take care of your body — it's the only place you have to live.

Jedi

JEDX10

Get fit with no S#!T

