

Nutrition for fat loss is not nearly as complicated as you may think. While some people can go on and on about the minute details of nutritional science, if you are like most people, you prefer to keep things as simple as possible.

That is the purpose of the manual.

Nothing fancy here. It is simply what to eat, when to eat it and how to effectively supplement for maximum results in your fat loss goals.

If you follow what is written here in detail, to the letter, consistently over time, it is a mathematical certainty that you will achieve the leanest body you can possibly have.

RAPID FAT LOSS 21-DAY JUMPSTART E-DIET PLAN

I have done my best to simplify everything into a stripped-down and user friendly plan. This 3-week plan will help you to quickly drop fat, establish healthy eating patterns to support your training and get into the groove. It is also simple to follow. The bad news is that it is quite boring, but hey, it is only three weeks and if you follow it to the letter, you'll be amazed with the results.

THESE ARE THE RULES:

1. Eat protein and green vegetables at EVERY meal.
2. Eat every 3-4 hours.
3. Drink only zero-calorie beverages. Preferably only water or green tea.
4. Eat a variety of whole, natural foods as RAW as possible. This is a balanced approach.
5. Eat only things that are on the list. If you have to ask "what about ____" it probably isn't compatible.

If that is too complicated, let me break it down for you like a caveman: If a caveman couldn't have eaten it 10,000 years ago, neither should you. The only exceptions to this being a high-quality protein powder, (which I usually reserve for post-workout) and fish oil capsules.

I sometimes call it the MLN diet: Meat, Leaves and Nuts.

Leafy vegetables may be (and should be) eaten in unlimited quantity. Protein servings should be between 4-8 ounces, grilled or baked, and a serving of fats is 1-2 tablespoons. Three weeks of this will jumpstart your fat loss and re-program you for healthy eating habits.

Now before you freak out and start crying that you don't see cheese fries on the list remember three things.

1. By following this plan you are making a concisious decision to get lean, possibly for the first time in your life. What you eat is either taking you toward your goal of strength, health and leanness, or taking you in the opposite direction, toward weakness, disease and fatness. Every time you feel the urge to deviate from the plan, remind yourself of this.
2. One of the biggest traps that you can fall into when you decide to change a lifetime of fattening habits is to see how much you can get away with. You may find yourself

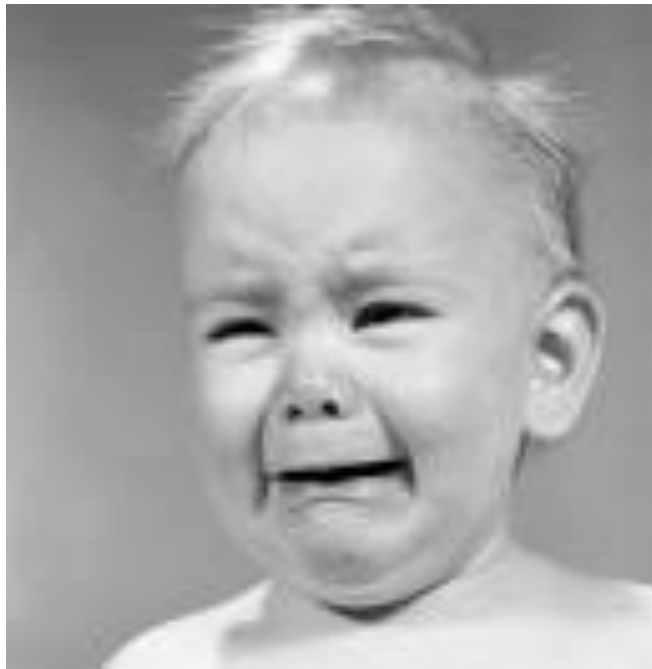
thinking *“Just this one cookie won’t hurt, will it?”* Honestly it probably won’t, but if you had the ability to eat one cookie and walk away, then you probably wouldn’t be reading this. If I had that ability, I would never have needed to write it.

I URGE YOU TO CHANGE YOUR THINKING PROCESS.

Ask yourself instead *“will eating this **help** me? Will it take me closer to my goal?”*

If the answer is no, don’t eat it.

3. It is three weeks of your life. 21 days. 504 hours. Deal with it. Stop whining like a big fat baby. You can survive that long without a cookie, soda, pizza and beer, I promise. You may even learn something about yourself.



JUMPSTART FOOD LIST AT A GLANCE

For the first 3 weeks eat ONLY foods from the following lists:

Protein – pretty much anything that had a momma.

Beef	Eggs	Chicken
Tuna	Cottage Cheese	Goose
Salmon	Liver	Whey Protein
Cod	Pork Chop	Turkey

Carbohydrates – limited to green vegetables and some fruits. Here are some examples:

Asparagus	Eggplant	Pepper
Cabbage	Green Beans	Spinach
Cauliflower	Lettuce	Squash
Celery	Mushrooms	Tomato
Cucumber	Zucchini	Onions
Strawberries	Apple	Oranges

The **ONLY** exception here is a post workout recovery drink that combines some simple carbs and protein, like Prograde Workout.

Fats

ALL nuts	Olive oil	Walnut oil	Sunflower oil	Fish Oil Capsules
Flax Oil	Coconut oil			

SAY “NO” TO:

Anything NOT recommended in the above menu, alcohol, starches, refined sugars, packaged goods. liquid calories such as soda. juices etc.

21-Day Rapid Fat Loss Jump Start for BUSY People Made Simple

Eat immediately upon waking and then every 2-3 hours for a total of 6 meals per day EXACTLY as outlined below:

RAPID FAT LOSS MEALS

<u>Options</u>	<u>Female Servings</u>	<u>Male Servings</u>
1	1 Omega3 egg 4 egg whites Handful of spinach Handful of mushrooms EFA Icon	1 Omega3 egg 6-8 egg whites Handful of spinach Handful of mushrooms EFA Icon
2	4oz grilled chicken breast 2 cups of spinach Half a red pepper, sliced 1 tbsp olive oil 1tbsp red wine vinegar	6-8oz grilled chicken breast 2 cups of spinach Half a red pepper, sliced 1 tbsp olive oil 1tbsp red wine vinegar
3	4oz tuna ½ cup raw carrots 1 small apple OR 1 Serving <u>PROGRADE LEAN</u>	6-8oz tuna ½ cup raw carrots 1 small apple OR 1 Serving <u>PROGRADE LEAN</u>
4	4oz lean beef 2 cups of Spinach ¼ cup sliced strawberries 1 tbsp almonds 1tbsp vinaigrette dressing	6-8oz lean beef 2 cups of Spinach 1/2 cup sliced strawberries 2 tbsp almonds 1tbsp vinaigrette dressing
5	4oz chicken breast 1 cup green beans 1 cup steamed broccoli, cauliflower and carrots	6-8oz chicken breast 1 cup green beans 1 cup steamed broccoli, cauliflower and carrots
6	½ cup cottage cheese + fruit OR 1 Serving <u>PROGRADE LEAN</u>	1 cup cottage cheese + fruit OR 1 Serving <u>PROGRADE LEAN</u>

UNLIMITED GREENS: Green beans, broccoli, asparagus, spinach, romaine lettuce, Brussels sprouts, any dark green leaf lettuce, cauliflower and unlimited veggies BESIDES corn, peas, carrots, potatoes and beets.

BUILDING AN EFFECTIVE NUTRITION PLAN

FURTHER GUIDELINES

Congratulations on surviving the break-in phase!

If you went the whole three weeks following all the guidelines I recommended then your body is now burning fat as a primary fuel source and you are most likely beginning to see some results in the mirror. You are now ready for the next phase.

You can begin to add in some other foods at this point. I strongly urge you to follow the guidelines and add only one serving of one of the following per day.

Rapid Fat Loss DESERTS

<u>Options</u>	<u>Item and serving size</u>
1	1 cup mixed berries with low-carb whipped cream
2	1 cup of oatmeal
3	1 <u>PROGRADE CRAVER</u>

RAPID FAT LOSS GROCERY LIST

Produce section: Fruits and Vegetables*

- Green veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- Unlimited veggies of choice (EXCLUDING corn, peas, beets, potatoes)
- Low GI/Fibrous fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit (frozen is convenient and approved)
- Mixed nuts: Cashews, walnuts, pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or RAW)
- Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

Lean Proteins: Extra Lean Meat, Poultry, Fish and Seafood

4-5/8-12lbs* total of a health mix of the following:

- Extra lean meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)
- Extra lean deli cuts (unsweetened, low in salt)
- Extra lean Skinless, boneless chicken breasts
- Extra lean Turkey or Extra lean ground turkey
- Extra lean pork
- Fish: Salmon, Tuna, Tilapia, etc.
- Seafood: Shrimp, mussels, squid, scallops, etc.

***4-5 lbs for women (assuming 9-12oz. consumed per day), 8-10 lbs for men (assuming 18-24 oz. consumed per day)**

- 2-4 Cartons of eggs (preferably omega-3 eggs for yolks)
- Part-skim string cheese, part-skim mozzarella cheese, or full fat cheeses of choice
- Cottage cheese

Miscellaneous

- 100% Natural Peanut Butter/Nut Butter (no sugar added, unroasted, low in salt)
- Cooking spray (extra virgin olive oil spray) and calorie free spray butter
- Extra virgin Olive oil
- Salad dressings; Balsamic Vinaigrette or Raspberry Vinaigrette
- Vinegars: apple cider or red wine (great for salads, mixed with olive oil)
- 1 package of organic ground flax meal (contains added fiber/omega 3's to throw in meal replacement shakes)
- Low calorie/carb condiments: mustard, no sugar added tomato sauce, etc.

PROGRADE: GET SERIOUS, GET RESULTS!

To accelerate your results, you may want to add some supplements to your nutrition plan. Prograde makes some of the highest quality supplements on the market.

Supplements for Best Results

Health+ Package Auto-Ship: Save BIG Money and Eliminate the annoying re-purchase inconveniences by getting both EFA Icon and VGF+25 shipped to your door each and every month:

1. **PROGRADE EFA ICON:** Best essential Fatty acid/omega-3 supplement on the market!
2. **PROGRADE VGF +25:** Best daily Multi-Vitamin for YOUR gender supplement on the market!

Highly recommended supplements for best results and maximum convenience

1. **PROGRADE Lean** – Greatest-tasting health meal replacement shake for your rapid fat loss snacks!
2. **PROGRADE Cravers** – The best-tasting 100% Organic Chocolate Snack Bar on the planet for your rapid fat loss deserts!
3. **PROGRADE Workout** – Scientifically proven Pre/Post-Workout Drink for Maximum performance and recovery from high-intensity activity.

Find out more info about Prograde supplements at www.PoughkeepsieKettlebell.com homepage. Click on Prograde Link.

HELPFUL TIPS FOR KEEPING ON TRACK

Keeping a food log can be helpful to sticking with your nutrition plan. This will keep you honest and accountable if you write everything down that you eat.

The compliance grid is another way to keep you on track. For the plan to be successful you have to keep at least 90% compliance. The guidelines are 5-6 meals per day with protein and vegetables at each meal and no sugar or calories in beverages. This is a total of 35-42 meals per week. 90% compliance means that you have 4 chances to stray from the plan (per week).

90% compliance is needed to see meaningful results.

DIETARY COMPLIANCE GRID

Week #	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Workout drink
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Put an "X" in the box for a complaint meal, put a "0" in the space for non-compliant and put "NA" in the box if there was no scheduled meal.

To get your compliance rate:

1. Divide the number of "0"s by the number of "x"s
2. Multiply that number by 100
3. Subtract that number from 100 for your compliance rate

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