

13 Weeks to Hardcore Fat Burning - The Diet

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Introduction

Before I begin, I would like to remind you that our site has two fat burning articles and a nutritional assessment sheet that can also be applied to the [13 week workout](#). Moreover, the members in our forums have provided an endless supply of fat burning information. The advanced diet presented here is an overall option to the ones already posted on the site. If you have not read the others, I suggest you do, so that your overall knowledge pertaining to getting shredded is that much more complete! Enjoy!

For those of you who do not live in California, I'd just like to let you know that its a warm and perfectly sunny day over here! What's that? The weather sucks where you live? That's no problem, because spring is two months away, and summer just 2 months after that. You know what that means right? Exactly, it means its time to kick back on the beach and work on your tan while everyone who passes by, admires your body! Taking into consideration that you have 4 months to prepare, you can just sense that its time to get your fat burning act in gear! And that my friend, is exactly what this diet will do for you! Lets get into it!

Diet Principles & Guidelines

Below I will discuss principles and guidelines that are geared to accomplish the following:

1. Burn Fat at an extremely efficient rate
2. Keep metabolism at an optimal rate throughout the diet
3. Promote optimal recovery
4. Maintain Muscle Mass
5. Emphasize Your ability to Maintain a High energy level in the Weight Room

No Fructose Allowed! + How You Will Maintain Your Energy Levels in The Gym

The first aspect of this diet that I will address, is that it will be completely void of fructose. You will not be allowed to eat fruit throughout its duration. I am not attacking fruit, however, my goal here is to optimize your energy levels in the gym and in order to do this, I want you to focus on foods that promote this vital aspect. You see, if you are able to keep a solid energy level in the gym, you will maintain a higher percentage of muscle mass.

note: fruit has its place in bodybuilding, just not in the particular combination of macronutrients presented in this diet.

Fructose is primarily stored in the liver to be used as energy at a latter date. While it is less likely to be stored in your muscle cells. You only have so many calories to work with, and therefore, will not use them on a macronutrient that does not optimize our muscular energy stores, as we will need them in the gym to maintain our strength and endurance. By following this rule you will also maintain a better pump, even when dieting, than compared to a diet centered around fructose based foods. Therefore, your carbohydrates will be derived from slow burning starchy carbs, and fibrous greens. We will get into more detail over this further along in the article.

Insulin Control and an Explanation of Glucagon and Its significance in Burning Fat!

So what exactly is this substance that our body releases/secretetes?

I first learned about Glucagon when I was a teenager. My old man is a firefighter, and I remember him injecting this hormone into a patient that was hypoglycemic. I asked him why and he explained what glucagon did and why he injected it. The reason was to release the stored energy in the patients body and get him out of this hypoglycemic state. (You learn all kinds of cool things as a kid when your Old Man is a firefighter!)

Glucagon is the exact opposite of insulin. The latter is a storage hormone, while the former is an un storage hormone. Glucagon steals fatty acids away from your fat stores and instead readies them to be burned as energy. This hormone also stimulates the process which releases fat that has already been stored(most likely during your bulk!). In other words, Glucagon promotes fat burning! (As a side note, they are both produced in the pancreas)

However, the key to its release is insulin control! Or should I say, insulin suppression, because it is when this hormone is at its lowest in your body that its counter part is at its highest. This subject is much deeper than suppression, though. You see, insulin also has several vital aspects that are key to success in this diet. Which is why we must address this hormone if we are to open the door to Glucagon release, without damaging the positive effects it possesses!

Insulin is the most significant aspect of any diet program. Whether your goal is to gain or lose weight, the manipulation of this hormone will ultimately be the deciding factor of how quickly you reach your goals in either direction. As I discussed in my article " take your fat burning to the next level " insulin is a storage hormone. It helps store vital nutrients in our muscle cells, and unfortunately also stores fat. So you see this issue is a two sided coin. Lets **briefly** outline the good, the bad, and the ugly aspects of this hormone.

Good

Shuttles anabolic nutrients such as carbs, amino acids, and creatine into our muscle cells,

Suppresses Cortisol Levels(the hormone that bodybuilders hate most! Cortisol literally gobbles up our muscles and slows the metabolism).

Places us into a state of Anabolism(Growth)

Bad and Ugly!

Suppresses our ability to burn fat

Stores Fat!

Too many high bursts can lead to insulin resistance (discussed further into the article)

With all of the above in mind, our goal is twofold:

1. Keep insulin levels relatively low so that Glucagon can be released
2. Use Insulin at key points during the day to Suppress Cortisol when it is at its highest, and enhance recovery/lower muscle wasting.

Game Plan!

In order to accomplish these two difficult and very much opposite goals, we will need to analyze two more concepts. The first is insulin sensitivity and the second is insulin resistance.

Muscular Sensitivity Explained - The higher your muscular insulin sensitivity the better off you will be! Simply put it means that your muscle cells are more sensitive to the effects of insulin and therefore your body does not need to release as much after a meal, in order to carry nutrients to your cells.

Muscular Resistance Explained - This is the complete opposite! Insulin resistance refers to your muscle cells being resistant to the effects of insulin. In turn your body must release more insulin in response to the consumption of food. The more insulin resistant your muscle cells are, the more insulin your body will release from its pancreas to promote storage of nutrients in them.

Seeing how our goal is to keep insulin levels to a minimum, we will want to promote insulin sensitivity and manipulate it to our benefit! The question of the day is, how can we accomplish this?

Step One: It has been proven that a diet moderate in highly fibrous carbs can increase insulin sensitivity in the muscle cells. Which is why we will stick with foods such as oatmeal, and fibrous green vegetables. The reason for this, is that your body will not overproduce insulin in response to these slow burning carbohydrates. Remember, the less fiber and the more processed the food you eat is, the more likely you are to cause an overproduction of insulin, because of how quickly the food is digested. If you continually do this, your muscle cells will become more and more resistant to the effects of insulin. However, the opposite also holds true. Your cells will become more and more sensitive when exposed to slower burning carbs.

note: as a side note, by increasing insulin sensitivity, you will get a much greater anabolic response to food consumption when you go back onto your bulk!

Step Two: Omega 3 Fatty acids also increase insulin sensitivity. Therefore this diet must contain them. You can get these types of fats from flax seed oil, olive oil and fatty fish such as salmon.

Step Three: Another factor involved in manipulating insulin, is to understand when your muscles are most sensitive to its effects and when they are more resistant. The answer is that during the first half of the day and following a workout they are more sensitive and during the last part of the day you tend to be more resistant. So we will take advantage of the periods in which our muscles are highly sensitive and take heed when they are not! By doing so you will reap the muscle sparing effects of insulin, while keeping insulin levels relatively low throughout the day.

In other words, during breakfast and lunch you can have starchier carbs because your insulin sensitivity is higher and your body will not have to secrete as much insulin. Mind you, these carbs will all be extremely fibrous and slow burning, so don't get what I am saying twisted. Finally, during your post workout meal, you will ingest some simpler carbs, again, not a numerous amount, but enough to suppress cortisol while your insulin sensitivity is high. The rest of the day will be essentially carb less, with the exception of one meal that will contain fibrous greens that burn slower than anything else on earth!

Step Four: It is important that you supplement with the mineral called chromium everyday! Its a fact that chromium increases insulin sensitivity and the lack there of will do the opposite! There is no RDA for chromium; however, most experts agree you need at least 200 mcg/day. A recent study which showed positive results used 1,000 mcg/day. Hard-working athletes may want to make sure they get at least 400 mcg/day.

Exercise: This aspect is covered in [13 Weeks to Hardcore Fat Burning " The Workout "](#)

Sum Up The Plan

Our goal is to increase muscular sensitivity so that our bodies need not release a high amount of insulin in response to carbs. This will increase the anabolic effects of ingesting carbs, while keeping insulin levels relatively lower, which will raise glucagon levels. We will also raise glucagon levels, by essentially eliminating carbs for half of your six meals. By eliminating carbs from these, your insulin levels will be much lower, while glucagon levels will raise. In addition, we will increase our omega 3 fatty acids and chromium intake, which is proven to benefit our goals!

Nutrient and Macronutrient Balance And Tricks To Maintain The Metabolic Rate

You will never reach your goal of becoming shredded, if your body does not receive a proper balance of macronutrients and micronutrients. This must be distinctly understood, or nothing good can come out of this article! In other words, if you try and force your body into a state of fat burning, by starving it of one or more

nutrients, you will hit a plateau in a head on collision that won't be easy to recover from! That being said, it is my intension to include everything in your diet so as to keep your body running at 100 percent of its capacity, and in turn it will reward you by maintaining a high metabolic rate. Lets analyze these concepts:

Macronutrients

Proteins - You will get plenty of protein in this diet. Each meal will be chalk full of this vital food source. Too many people make the mistake of lowering their protein when they go on a cut. This is one of the most costly things you can possibly do! Without adequate protein you will lose your muscle at an extremely high rate and sabotage your fat burning efforts! **note:** a high protein intake also facilitates glucagon release. Your body secretes more glucagon after a protein rich meal.

Fats - We will also emphasize essential fatty acids here, both from omega 3 and omega 6 sources. Read more here, [Essential Fatty Acids - An In Depth Analysis](#)

Carbs - All of your carbohydrates will come from fibrous sources. You will not be allowed any simple sources unless you are taking in your post workout shake. The role they will play is to spare protein, maintain energy levels in the gym, and also induce the release of insulin post workout. Remember, after you workout, your body releases cortisol (see take your fat burning to the next level) at an unmatched rate! Cortisol has been proven to lower thyroid hormone output. The lower your output in this area, the slower your metabolic rate will become.

Micronutrients

A game that many athletes play with their diets, is to lackadaisically take their vitamins. In other words, they take them when they feel like it, and that is a rarity! You need to take a multivitamin and multimineral everyday without fail! You also need to take chromium everyday and 3 grams of vitamin C.

Supplements - I discuss this in detail in my nutritional assessment sheet, which can be found in the nutritional section of the site. However I will emphasize two, that I feel everyone should take.

Glutamine - I would personally recommend that each of you take in 10-20 grams of glutamine a day, half of which is with your post workout meal. If you can only afford a small amount, then reserve it for your post workout. This amino acid will enhance your ability to recover dramatically, maintain a better pump in the gym and also maintain a much higher percentage of your muscle mass!

Creatine - This will help maintain your energy levels and pump in the gym.

Putting It All Together

If you take each of the micro and macro nutrients into consideration, and give them their proper dues, then you will get the following out of the diet:

1. A higher metabolic rate throughout the diet
2. A better pump in the gym

3. You potentially will maintain all of your muscle mass
4. You will recover faster
5. You will feel more refreshed
6. You will not be as sore
7. The list can go on and on, but suffice it to say that the above concepts are vital to your success!

How To Find Your Caloric Needs

It is important to understand that your caloric needs are different than mine, or the next person you come in contact with. This is a personal endeavor, that you must carefully calculate for yourself.

Take The Average

Taking your average calories per day is extremely simple. I personally do not like to list formulas, because they apply differently to everyone. What you do is count the total amount of calories you eat in a day for the next 3-5 days or so, then average out that amount. If you neither gained nor lost a pound, then that is your maintenance. Its important to find a regimen that maintains you. This is purely a testing method. Most bodybuilders already know how many calories they need to maintain. Which is why so many of you will like this as you have a good idea of what your maintenance calories are. For example, lets say you ate 3, 500 calories today, 3, 300 tomorrow and 3, 400 the next day and maintained your current weight. That's an average of 3, 400 calories a day. Therefore this is the total you need to remember, because this diet will force you to subtract calories from this amount.

Important note: Last time I discussed this method, I received several emails saying, that they ate the amount of calories that I discussed in the article exactly as I wrote it. This is understandable, because an example is easy to misread. However, it was still an example. Nothing more, nothing less, so it's important that you apply the principle to yourself, not by consuming exactly what I wrote down(I.E. 3,400 calories), but by counting exactly what you consume to maintain your current weight.

Other Formulas

I'm sure many of you would like to know what formulas people end out using in this case. As I stated I prefer the athlete to get to know his or her body and calculate from there. However, I will list the 3 most popular methods for calculating your caloric needs, aside from the one listed above.

Method I - Method one for finding ones maintenance calories is to simply multiply your current body weight by the following numbers:

- 12-14 if your metabolism is slow
- 15 if you have an average metabolism
- 16-18 if you have a fast to super fast metabolism

For example, if you weigh 200 pounds and have an average metabolism, general maintenance for you would be 3, 000 calories. $200 \times 15 = 3, 000$ You can see how

this can vary for many individuals, but it may give you a broader base of where you are at. If you have a super fast metabolism multiply this times 18. If you have a slower metabolism multiply your weight by 12-14, depending on how slow it is.

Method II - This is a method that calculates your basal metabolic rate, based on your height, weight and age. You expend energy no matter what you are doing, even when sleeping. Thus your Basal Metabolic Rate is the number of calories you'd burn if you stayed in bed all day - that's my kind of day!

Women: $661 + (4.38 \times \text{weight in pounds}) + (4.33 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$

Men: $67 + (6.24 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.9 \times \text{age}) = \text{BMR}$

Lets take a 200 pound male who is 22 and is 5-10.

$$67 + (6.24 \times 200) + (12.7 \times 70) - (6.9 \times 22) - (6.9 \times 22) = 1986$$

Next you need to calculate your activity level for the day by multiplying your BMR x's the following number that suites you.

1.2-1.3 = Very Light

1.5 for Moderate -

1.6-1.7 for Heavy -

1.8-2.1 for Insanely Rigorous -

If his energy expenditure is moderate than I would multiply 1986 by 1.5 and get 2,979 calories to maintain his current bodyweight weight.

Method III - This method is based on your lean body mass and your activity level. In order to find out your lean body mass simply purchase a pair of calipers and get a measure of your current body fat percentage. The calipers will have instructions. You can also have someone measure it for you at the gym. Its a rather simple process. Here are the steps to finding your daily maintenance needs.

1. Measure your Current Body fat. For example, lets say that you are 180 pounds and 12 percent body fat.
2. Calculate the amount of lean body mass that you have. Like so: $180 \times .12 = 21.6$ pounds of fat. Now subtract that from your weight. $180 - 21.6 = 158.4$ pounds of lean body mass
3. Next in order to properly determine this formula you need to change your pounds into a measure of kilograms. This is simple, just divide your lean body mass weight by 2.2. So your lean body mass in kilograms is $158.4 / 2.2 = 72$
4. The next thing you will do is calculate your Resting metabolic rate.

So we will calculate the calories you would need to maintain your weight if you were to lay on your behind and watch soap operas all day! In other words, if you did absolutely nothing. In order to do this

you would take the number $500 + (22 \times \text{your lean body mass})$. Or $500 + (22 \times 72) = 2084$ calories

Next you need to calculate your activity level for the day.

1.2-1.3 = Very Light

1.5-1.6 for Moderate -

1.6-1.7 for Heavy -

1.9-2.1 for Insanely Rigorous -

Now multiply your caloric needs times the number that fits you best. Lets say this particular person has a moderate activity level during his day. Then you would multiply $1.5 \times 2084 = 3126$ calories a day to maintain his weight.

These are the three of the most popular formulas. Again I prefer the averaging of calories per day. But these will certainly give you a better base to work with.

Average Calories You Will Consume On The Diet

This is where things get tricky. In order to tap into your fat stores you will need to lower your overall caloric intake. The key here is to not lower it all at once, or lower it too drastically. Here is my recommendation:

weeks 1-3 Lower calories by 250 calories. If your maintenance is 3,000 calories, you will drop them by 250 to average 2,750 calories a day.

weeks 4-6 Lower calories by 250.

week 7 Raise calories this week to increase metabolism. We will get into more detail on this latter.

weeks 8-10 Lower calories by 250.

Weeks 11-13 Lower calories by 250.

This is the end of the diet. Once you reach the end of it. I would suggest again resetting your metabolic rate. I will discuss this in an article in the near future.

What you notice here is a gradual lowering of your macronutrient intake over the 13 week span. This is to compensate for your bodies possible adaptation to the diet. This is a general guideline, however, I want you to watch yourself carefully on this diet. If you do not hit a plateau, then do not lower your calories. Instead, leave them as is until you reach a plateau. This is why it is important to monitor yourself carefully.

Caloric Cycling Implemented, Maintained Thyroid, Week 7 explained and Brief Points on The Immune System

We have discussed insulin and glucagon control, the following techniques will stress the manipulation of your thyroid gland. What you need to understand is that our thyroid mostly secretes/produces the hormone T-4. It also produces T-3, but not nearly as much.

Our bodies take T-4 (thyroxine) which is inactive and change it into T-3 (triiodothyronine) which is extremely active (1). It's important to understand that T-3--like insulin and glucagon--is greatly responsible for controlling our metabolism. In fact they are all classified in what is called the endocrine system. With this in mind, you should also note that under times of dieting and stress the conversion of T-4 to T-3 is actually lowered, which in turn means that your overall T-3 output will be lowered, and with it your metabolism. This, as I stated is because T-3 plays an extremely high role in this regard.

Moreover, T-4 is turned into a substance known as Reverse Thyroxine or RT-3 (2) which stimulates the blocking out of T-3 from its normal course of action! In times of stress T-4's conversion to reverse T-3 increases!!!!!!! So, not only do T-3 levels drop, but its evil counter part is enhanced! Of course, being that fat loss is the goal, we would like to maintain a metabolic rate that is efficient and high throughout the span of this diet!

Overview

Our Thyroid Gland Produces T-3 and T-4. T-4 gets turned into both T-3 and RT-3. Under normal circumstances the body has no problem dealing with RT-3 and the T-3 does a fantastic job of maintaining an efficient metabolism. But! If we shock/stress our body too severely T-4 to T-3 conversion lowers and RT3 heightens!

Why?

One of the main reasons is that our bodies produce more cortisol ([see take your fat burning to the next level](#)) and cortisol slows the conversion of T4 to T3 and favors the conversion of T4 to RT3.

Note: You can see why depression can lead to obesity. Depression causes stress and does exactly what I discussed above.

references

1. Spaulding SW, et al. "Effect of caloric restriction and dietary composition of serum T3 and reverse T3 in man." J Clin Endocrinol Metab 1986 Jan; 42(1):197-200
2. Goglia F, et al. "Action of thyroid hormones at the cellular level: the mitochondrial target." FEBS Lett 1999 Jun 11; 452(3):115-20

What does this mean?

It simply means that we do not want to over stress our bodies, because this is when cortisol is released in greater abundance. Remember, our bodies become overly stressed when calories are lowered too quickly. This is why I have you lower your caloric intake by 250 calories every 3 weeks. Compared to other diets this is a

relatively small deficit and won't set off many stress alarms. Our second weapon employed against stress will be caloric cycling!

Calorie Cycling - Step One To Maintain a Healthy Thyroid

Calorie cycling is a rather simple process. Its purpose is to trick your body into believing it is taking in more calories than it actually is and to not seek a water mark. You will have days in which you consume more food than others. This not only alleviates stress physically, but mentally as well. Most people do not understand how the strain of sticking to an everyday regimen takes its toll on their bodies! Lets say that you are on average going to consume 2, 600 calories per day. Rather than consume this amount directly, you will do the following.

Monday: 2, 500 calories
 Tuesday: 2, 900 calories
 Wednesday: 2, 700 calories
 Thursday: 2, 300 calories
 Friday: begin again

This averaged out to be 2, 600 calories a day. But notice how I cleverly cycled the calories so that your body wouldn't adapt as severely to the change. Furthermore on the last day, when your body was stressed the most, you immediately re-raised your macronutrient intake to set it at ease!

Upped Calories Week 7 - Step Two To Maintain a Healthy Thyroid

By Week 7, even with the calorie cycling your body will start to catch on to your game plan! This is the time when the stress of dieting will be more evident. The solution is to take a week off of training and raise your calories slightly. In order to do this properly you will pick the highest day of caloric intake that you are currently on and consume this amount for the entire week! Using the example above, your highest day was 2, 900 calories. This is the amount that you will eat for week seven. After which you will again go back to lowering your caloric intake and burning fat. This will re-vamp the conversion of t-4 to t-3 and lower the conversion of t-4 to rt-3. How cool is that!?! And with this re-vamped thyroid you will burn fat at an extremely high rate for the final 6 week stretch!

Immune System Boost - Step Two To Maintain a Healthy Thyroid

Another factor in lowered T-3 action is sickness. During times of dieting, our immune systems effectiveness is lowered. If you catch even a slight cold, cortisol will run ramped in your body! Therefore, take care to pay extra special attention to it! This means the following:

1. 3 grams a day of vitamin C, when you feel any sickness coming on increase this to 6-9 grams!
2. High Protein Intake! Most people do not realize how much protein boosts our immune systems!
3. If possible take 10-20 grams of glutamine daily, and you can go higher than this! This free form amino acid boosts the immune system to tremendously high levels!

Post Workout Shake & Breakfast - Step Two To Maintain a Healthy Thyroid

Cortisol is prominent in our bodies when we first wake up, because of fasting all night long. It is at its highest after a workout for obvious reasons. Therefore, you must give these two meals more attention than all others! You will see this in the sample meal plan below.

To sum everything up, any diet that has you starve is one to avoid! You can clearly see now, why you must work with and not against your body, if success truly is your goal! The diet also includes many other ways to reduce stress, such as meal frequency, nutrient dense foods etc. etc.

Foods Allowed on Diet

I won't make a long list of foods here. My goal is to give you an idea of what you should stick to. From here you can choose foods from these categories.

Slow Burning Starchy Carbs

You must stay away from anything that is low in fiber and refined! Stick with foods such as oatmeal, and yams. If you have bread, it must be whole wheat and fibrous! In other words iron kids bread is not allowed. It should look grainy and fibrous as well. You are also allowed no fruit. Good examples would be Barley, Beans, and a moderate amount of long grain brown rice. No pasta is allowed.

Fibrous Greens!

You will be allowed to have anything of this persuasion. Asparagus, Broccoli, Brussel Sprouts, Cabbage, Green Beans, Lettuce, Zucchini etc. As long as its green and fibrous you can have it!

Fats

You will stay away from saturated fats and stick with unsaturated fats that are chalk full of omega 3 and omega 6 fatty acids.
omega 6 rich fats - Safflower, Borage Oil

Sample Meal Plans and Guidelines

You will consume a total of 6 meals per day. This is to maintain energy levels, increase absorption of nutrients and also induce thermogenesis. Remember whenever you eat your temperature rises in response to the digestion of food! When your temperature rises you burn calories at a higher rate! This is why eating 3 meals is a huge mistake! You are literally sabotaging your metabolic rate! Below I will list the guidelines you must stay within during this diet.

Note: Your first meal should be eaten immediately after waking and each following should be consumed 2-3 hours apart.

Water Intake: You should have one to two tall glasses of water with each meal to maintain hydration and keep your body at its highest possible efficiency!

Meal One (Breakfast)- Extremely Complex and Fibrous Starchy Carbohydrates and Proteins. The goal here is to induce the release of a low amount of insulin, but in no way an overproduction of it. This will suppress cortisol and bring amino acids to your muscles cells for their maintenance and reparation.

supplementation: One gram of Vitamin C, a Multi-Vitamin/Multi Mineral if taking. 10 grams of glutamine recommended.

Meal Two Weight Lifting Day (Post Workout Meal) - Read, [The Window of Opportunity](#)

Meal Two Cardio Day - On this day I suggest a complex starchy carb, rather than a sugar spike. Just enough carbs to lower cortisol. So rather than have punch, eat a baked sweet potato with some splenda and a protein source such as whey protein or lean chicken.

Meal Two Day Off - This meal on your off day will reflect meal three exactly, except, I would like you to cut your starchy carb intake in half here and double your fibrous green intake.

Meal Three - Complex and Fibrous Starchy Carbohydrates, and Protein. The carb source will be extremely complex and will only stimulate a small insulin release from the pancreas. The protein will repair and maintain your muscular network.

supplementation: One gram of Vitamin C, 5 grams of glutamine recommended.

Meal Four - Essential Fatty Acids Combined With a Protein Source, and leafy greens. The goal here is to simply give our bodies an adequate supply of omega 3's and omega 6's, keep insulin levels low, and still provide an energy source in the form of fat. The vegetables will strengthen your immune system, increase nutrient uptake and slow digestion. Last but not least our intensions are to maintain a high level of amino acids in the blood stream for muscular and immune system benefits.

Meal Five - Fibrous Green Veggies, Essential Fatty Acids and Protein Source. Insulin resistance is higher at night, which is why you will avoid starchier carbs. The greens will still provide an adequate energy source and the essential fatty acids will do their endless jobs along with the amino acids broken down from the protein.

Meal Six - Essential Fatty Acids Combined With a Protein Source. Our goal here is to simply give our bodies an adequate supply of omega 3's and omega 6's, keep insulin levels low, and still provide an energy source in the form of fat. Last but not least our intensions are to maintain a high level of amino acids in the blood stream for muscular and immune system benefits.

supplementation: 5 -10 grams of glutamine recommended.

Sample Calorie Cycling Period

I will outline how your caloric intake should look, try and stay within these guidelines.

Sample 2, 500 calorie day

meal 1 = 500 calories

meal 2 = 300 calories

meal 3 = 500 calories

meal 4 = 500 calories post workout

meal 5 = 400 calories

meal 6 = 300 calories

Guidelines Brought To Life! - Sample Meal Plan

Below I will outline a sample meal plan. For an example, we will again use a person who is currently consuming 2, 500 calories a day.

Breakfast:

1 1/2 servings of Oatmeal 250 calories
50 grams of Whey Protein 250 calories
Two Glasses Of Water

total: 500 calories, 50 grams of quality protein

One hour before your workout drink 2-3 tall glasses of water.

workout (**This is what its all about, so give me 200 percent effort!**)

meal two post workout meal

Follow the Window Of Opportunity guidelines here.

meal three

a baked or steamed sweet potato 115 calories
small tossed green salad with safflower oil 185 calories
broiled chicken breast 200 calories
two tall glasses of water

total 500 calories, 40 grams of protein

meal two:

broiled Salmon 200 calories

One heaping Spoonful of a mixture of Flax Seed & Safflower Oil (150 calories), A glass of water

total: 350 calories, 40 grams of quality protein

Meal Five

Mixture of Efa's - 100 calories

Lean Tri-Tip Steak - 300 calories

Steamed Spinach - 100 calories

glass of ice water

total 500 calories, 60 grams of protein

Meal Six

30 grams of Cottage Cheese - 150 calories

One Spoonful of A mixture of Flax Seed Oil and Safflower Oil - 150 calories

Steamed Spinach - 50 calories

A glass of water

total: 350 calories - 30 grams of quality protein

Total is 2, 500 calories and 260 grams of muscle sparing and repairing protein! In addition you get plenty of efa's and complex carbs for energy!

Overview

There was a huge amount of info covered today! So much so, that I would like to briefly review it with you.

1. Increased Energy In The Gym - We will accomplish this by avoiding foods that are more likely to be stored in the liver such as fruit and stick with starchier and more fibrous carbs that are more likely to be stored in the muscle cells.

2. Control of Insulin - Our focus will be to increase insulin sensitivity through exercise, slower burning carbs, and the manipulation of time periods during the day. I.E. Stay away from starchy carbs at night! We will also include plenty of omega 3 fatty acids and chromium in our diet.

3. Increase The Production of Glucagon - By lowering insulin levels, glucagon levels will naturally rise, thus releasing stored fat and prohibiting fat storage. Moreover, the caloric deficit, lower blood sugar levels, and a high protein intake will equally contribute to this.

4. Nutrient and Macronutrient Density - To keep your body running at 100 percent efficiency you will consume a diet that is rich in complex and nutrient dense

foods! Your body will get starchy carbs, fibrous greens that are full of enzymes, rich proteins, and plenty of good fats to increase good hormone production!

5. Maintain a Healthy Metabolic Rate - This will be accomplished by keeping stress and cortisol levels to a minimum. Our weapons are a slow lowering of calories, rather than a huge lowering, caloric cycling, immune system boosting, high meal frequency, and proper control of insulin release.

6. Meal Plan - The meal plan is meant to accomplish all of the above. You will eat 6 meals, in which 3 of them will be carb deficient, and in place of the carbs will be essential fatty acids. Vitamins, and minerals are essential, as well as a strict caloric regimen. You must count your calories and calculate their total to the T!

Conclusion

I'd like to wish you the best of luck and let you know that I will be behind you 100 percent of the way! Now if you will excuse me, I have a date with the squat rack!

Sincerely

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