

THE Cheat Food HANDBOOK



**Presented by
Mike Geary**

THE CHEAT FOOD HANDBOOK

Presented By Mike Geary, "The Nutrition Watchdog"

LEGAL DISCLAIMER

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Mike Geary there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Mike Geary or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

Table of Contents

Do You Feel Like A Cheater?	4
Is Your Metabolism Broken?	5
Should You Cheat Or Not?	6
Cheating Blueprint	8
"Sneaky" Cheat Day Tricks	9
You're Ready.	11

Do You Feel Like A Cheater?

Ever felt bad after eating your favorite foods, simply because you're "on a diet"?

The guilt... the feeling that you lack willpower and should be stronger... the sense of failure...

Stop. It doesn't have to be that way, and I'll prove it to you.

The truth is: eating your favorite foods – even if they're not "natural" or "healthy" – can be part of a healthy lifestyle... Even if some health fanatics would love to convince you that a single bite of fast food will kill you.

I used to think that anyone eating what I consider to be the "wrong foods" lacked willpower. Boy was I wrong.

For the average person that has a hard time making any change in their life – it might be the case for you – quitting all their favorite foods cold turkey usually leads to complete failure, binges, eating disorders and a screwed up relationship with food.

Here's how I see things now. If you eat the right foods 90% of the time, you'll get 90% of the results.

If you want to lose more fat, build more muscle or just improve your health, this rule keeps you sane and allows you to slack off from time to time when social events, Holidays or vacations come around.

That being said, everyone has a different goal. If you want to attain Olympic levels of fitness and performance, or look like a swimsuit model from the cover of a popular magazine, you may have a hard time achieving your goals while eating junk even only 10% of the time.

This is also true for people suffering from chronic illnesses or food allergies.

There's no way a diabetic should eat sugary foods 10% of the time and destroy their health in the process. And there's no way you should eat bread 10% of the time if you're highly intolerant to gluten (and a lot of people are without even knowing it...).

Optimal health is a personal journey. So if you want to eat

junk food 10% of the time, so be it. I won't be the one to judge you, and you shouldn't judge yourself for it either.

Cheating For Fat Loss

When you do it right, cheating can be the ultimate weapon of physical and psychological fat loss warfare.

BUT, you have to do it properly.

Cheat days and cheat meals should only be used to accomplish specific physical and psychological functions directly related to fat-loss goals.

So I'll only say this once. IF you binge or stuff all day long on cheat days (trust me...I've had my moments), you'll create a downward spiral and completely sabotage your fat loss goals.

Remember, even though you're supposed to give yourself a break and reward every week, MANY people seriously hinder their progress and radically screw up their cheat days.

Don't be one of them. As much as I love the concept of cheating and the philosophies behind it's metabolic effect... It can be a double-edged sword.

In this report, you'll learn how to do things the right way.

Ready to cheat?



Is Your Metabolism Broken?

(Take The Test)

If you've been on crash diets, extreme calorie restriction or constant low carb dieting for a long period of time, your metabolism has slowed down. Some people call it "metabolic slow down" – but that term is often abused.

The truth remains that your hormones are out of whack and chances are that your thyroid doesn't function at its full capacity either. The bottom line: Your ability to burn fat is screwed up.

To "reset" your metabolism, you'll have to bump up your calories and carbs for at least a day, and up to a few days. That's why some dieters report losing more weight after they bump up their calories.

Use that 5-minute test to verify if your metabolism is going strong:

Step 1: Measure

After your last meal of the day, take your temperature using a digital thermometer. Do this for 4 days straight. Measure your average body temperature (in Fahrenheit).

Step 2: Assess

If your temperature is between 98.6-98.1, your metabolism is going strong.

Between 97 and 98, your ability to burn fat could be impaired by as much as 20%.

If it's lower than 97, your metabolism has slowed down by 30 to 50%. This is a real problem.

Step 3: Reset

If you discover that your metabolism has slowed down, bump up your calories by 300-500 above your maintenance until your temperature gets back to normal (98.1 or more).

Also make sure to eat plenty of carbs every day (clean carbs, not sugar).

I know you think you'll get fat by eating ABOVE maintenance for a couple of days, but the truth is you'll be burning more, and won't screw up your progress.

Once you fix your metabolism, you'll be back on track and will continue using cheat days to keep it healthy.



Should You Cheat Or Not?

Do you qualify for a well-deserved cheat?
Let's see...

5 Good Reasons To Cheat

1. To spark a dead metabolism

If you took the temperature test from last page and realized that your metabolism has slowed down, it's time for a cheat.

2. To replenish and/or refill depleted glycogen stores

If you've been on a low-carb diet for a while and exercised a lot, your glycogen stores – your energy storage – are probably depleted.

Eating extra carbs for at least a day will help your body recover faster and prevent you from chronic fatigue.

3. To serve as a psychological reward (if you've earned the right)

If you've been very disciplined on your eating habits and exercise for a while and feel like you deserve a treat, go for it.

But remember that psychological rewards can be really dangerous. Too many people end up eating pizza every single time they get off the couch – actually making exercise a fattening activity for them.

4. To reset your energy

If you have no energy or drive in your workouts and can't seem to get a good "muscle pump", chances are that your body needs a reset.

5. To reset fat burning hormones like leptin

Usually, 4 to 6 days or longer of aggressive carb/calorie restriction or maintaining super low body fat levels for a long period of time decreases your leptin – one of the master fat loss hormones.

That's why having a cheat meal every single week is crucial if you want to burn fat fast.

About Leptin

Leptin is quite possibly one of the single most important hormones in terms of regulating body weight and appetite. The science behind this hormone goes way beyond the scope of this report, but leptin signals the brain about how much fat you're carrying and also how much you're eating.

In other words, when you cut calories or start to get very lean, leptin drops fast so we have to metabolically manipulate and reset it. When leptin levels return back to pre-diet levels after weight loss, the results are improved thyroid levels, an increased metabolic rate, and continued fat loss.

3 Reasons NOT To Cheat

1. You're bored with bland diet foods

Newsflash... if the "diet food" you cook is bland; it's your own fault.

Just think about how good the meals are in 5-star restaurants... What do they cook with? The same healthy and natural foods you should eat 90 % of the time.

Grab a new healthy cookbook like [The Paleo Cookbook](#), and start preparing meals that won't even make you feel like you're on a diet.

2. You're stressed out and need an emotional food "high"

I think they call it "life" and last time I checked, we're all going to deal with stress while we live it – so get used to it. Food can be like a drug, so don't let yourself get addicted or emotionally attached to it.

Instead of hunting around the house for crackers or cookies, take the time to prepare a huge salad, and go take a walk to reduce your stress.

3. You lack discipline

It's either the pain of discipline OR the pain of regret. In other words, cheating is a reward – NOT an escape.

You'll have plenty of opportunities to eat your favorite foods guilt free when you aggressively try to burn fat. Just plan out when your cheat days are, make your sacrifices and go after your reward!



Cheating Blueprint

Here's how you cheat strategically: Eat the foods you want liberally throughout the day without stuffing yourself or feeling guilty...

Your only "Rules" are:

1. Eat the foods you crave

If you want to eat junk, that's OK. If you prefer eating a huge grass-fed steak with a sweet potato and organic pumpkin pie, that's OK too.

2. Don't stuff yourself

Eat until you're satisfied, not to the point of discomfort. Enjoy every bite.

3. No guilt allowed

Remember that it's strategic. If you allow guilt in your cheats, you're doing it all wrong and they will poison your life.

4. Plan your cheats

Plan your cheats on days you have social events. That way, you'll get to fully enjoy your night out, your dinner with your spouse or the Friday night's pizza.

5. Eat a healthy breakfast

Make sure your breakfast is not a binge meal and that it includes a lean protein source.

This will help "set up" your metabolism for the day by keeping your insulin stable and providing a steady stream of amino acids to your muscles early in the day before the cheating festivities begin.

6. Don't weigh yourself

Don't step on the scale for at least 2 to 3 days after your cheat day. This is HUGE, because it will keep you psychologically in the right spot because when you cheat right, almost all the weight you've gained is just water weight from extra carbs.

Remember, for EVERY gram of carb you consume your body hold nearly 3 grams of water. Now you can see why you'll gain some water weight after cheating. It's just a natural part of the process.

You should be one to three pounds lighter a few days after your cheat day if you're doing things properly.

Cheating FAQ

How much calories or carbs should I eat?

It's a cheat, so don't get caught up in calculations. Simply eat liberally and never stuff yourself... you'll be fine.

How often should I have cheat days?

Everyone should have one cheat day every week.

How many cheat meals can I have during one cheat day?

As many as you like; as long as you don't make yourself sick.

If you're trying to aggressively burn fat, limit yourself to just one or two cheat meals during a cheat day.

In fact, I like to limit myself to a five hour cheating window even when I'm lean. Otherwise I tend to overdo it a bit.

This will prevent binging while providing you with a reward and give your body the metabolic spark it needs to help keep your hormones happy.

If you're doing an aggressive fat loss plan and you have over 25 pounds to lose, a great way to enhance your results is to limit yourself to just one cheat meal and one dessert for the first 2 to 4 weeks.

"Sneaky" Cheat Day Tricks

Use these tricks will help you double the metabolic effect of cheating. Of course, they are optional – but they will speed things up a lot if your goal is rapid fat loss.

1. Pre-cheat workout

Always try to get some type of intense workout the morning of your cheat day or try to time a high intensity workout an hour or two before your biggest cheat meal to enhance glycogen replenishment and insulin sensitivity.

In the fitness world, many times you'll hear this called nutrient "partitioning".

This just simply means your body's ability to redirect or store nutrients like carbs is greatly enhanced during and after intense exercise.

2. Grapefruit juice

Consume a small amount (8 oz.) of unsweetened grapefruit juice or eat 1/2 grapefruit before your first cheat meal.

This will help stabilize insulin before the cheat. This is also a great time to consume a cup of coffee because the naringin extends the fat burning effect of the caffeine.

Caffeine has also been shown to enhance the absorption of post workout carb intake. Just make sure you don't abuse caffeine and avoid it after 3 pm.

3. Drink up!

Drink 75 to 85 oz. of filtered water before noon. This will help prevent dehydration, set up the digestive system for a healthy binge, and prevent early day cravings.

Adequate hydration can also help with glycogen replenishment. Just keep water intake to a minimum directly before and after meals.

Bonus Tip: Redirect Your Cheat Food Straight Into Muscles

GLUT4 is a glucose transporter that's found in fat tissue and muscle that's responsible for using insulin to transport glucose (fuel from carbs) into the cell.

Muscular contractions stimulate the cell, which can bring GLUT4 to the surface. This creates the perfect storm to help you avoid fat spillover before high carb cheat meals.

Here's how it works. Just perform body weight movements (use one or more of the following: body weight squats, lunges, jump squats, push-ups, pull-ups, wall push-ups, wall triceps extensions, even shoulder presses with a band) for 2 to 5 minutes 15 to 30 minutes before cheating and again 30 to 90 minutes after cheating.

This will bring GLUT-4 to the surface of muscle cells opening the gateway for your cheat food to be shuttled into muscle rather than fat spillover. Kind of a pain – yes I know – but worth it.

Other Tips And Guidelines

Avoid alcohol

Alcohol abuse can mess up the metabolic and hormonal effect you're trying to accomplish.

Avoid too much sugar and fried foods

Deep fried foods are basically void of any nutritional value and therefore don't provide any metabolic or hormonal benefits for the cheat.

They also pack a lot of trans fat, which are just too dangerous for your health even in small quantities.

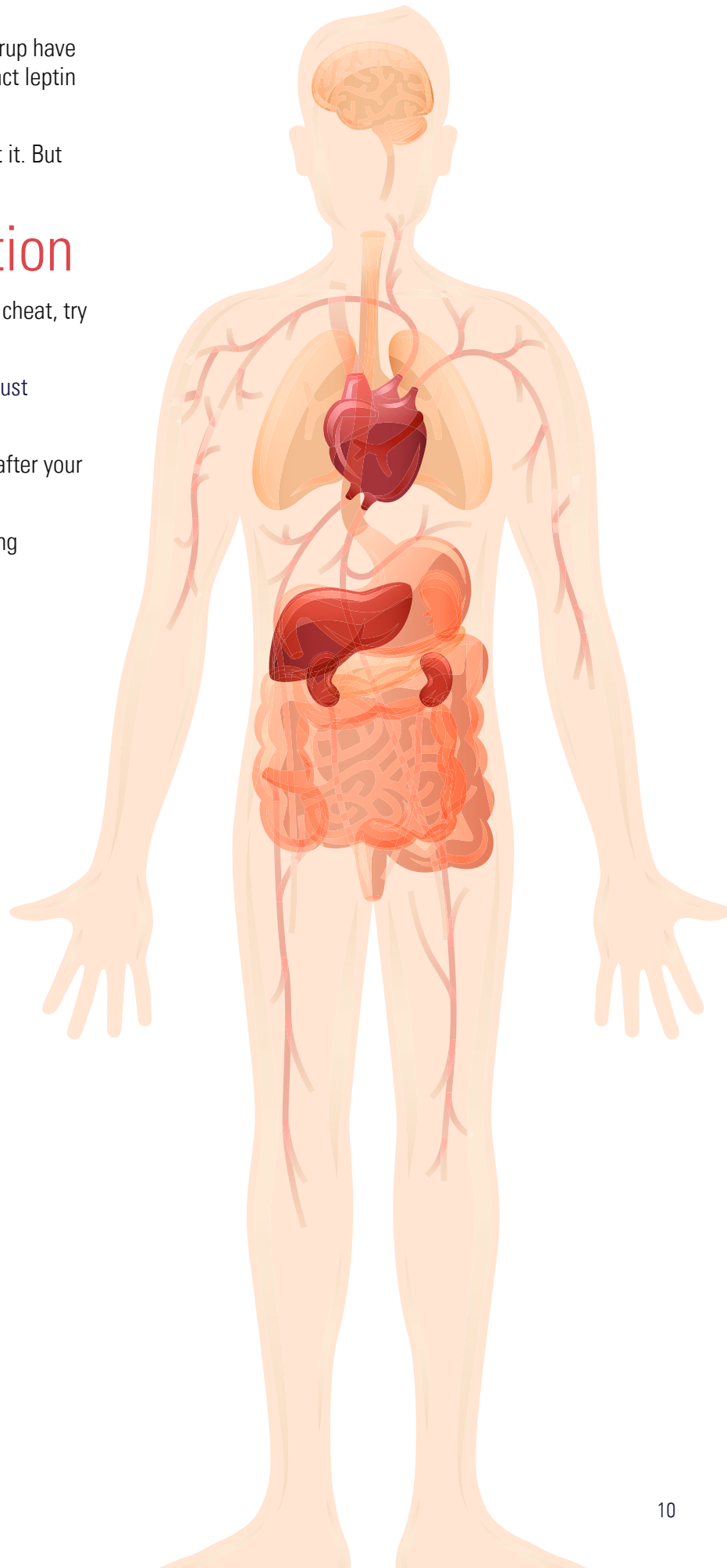
On the other hand, sugar and high fructose corn syrup have been shown to potentially block or negatively impact leptin levels.

I know it's a cheat, so don't obsess too much about it. But it's just something to keep in mind.

Optimize your digestion

If you eat foods that are hard to digest during your cheat, try to optimize your digestion:

- + Take a high-quality digestive enzyme like BioTrust AbsorbMax™ just before your meal
- + Avoid drinking any fluid 30 minute before and after your meal
- + Chew your food a lot and slow down your eating



You're Ready.

I hope this guide has cleared things out for you.

Cheating is highly beneficial to get in control of your hormones, but it can also be a double-edged sword if you're not careful.

The goal is to cheat long enough to get it out of your system and reward yourself, while metabolically triggering what your body needs physically and mentally.

"Dieting" should never be about deprivation and eventually depression. Never forget that.

Whatever your goal is: fitting in your skinny jeans, gaining your confidence back, finding a new job or sparking the flame in your couple... remember that you only get to live once – and that complete restriction rarely works.

My personal motto applies the best here: Keep it simple and healthy.

You're trying to lose weight, exercise more and make changes in your life. Don't you that making yourself sick in the process is complete non-sense?

Enjoy the process.

Enjoy your healthy meals.

Celebrate your progress.

Plan your cheats and enjoy every bite.

And for God's sake, enjoy your life!

I believe in you even when you don't.