

7-Day

RAPID FAT LOSS MEAL PLAN



Presented by
Mike Geary

THE TRUTH ABOUT FAT BURNING FOODS

7 DAY RAPID FAT LOSS MEAL PLAN

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.

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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.

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The Truth About Rapid Fat Loss

Most people looking to drop a lot of weight fast end up screwing up their health in the process, or getting rid of their muscle mass at the same time (or both...). Not good.

Just look at the hyper-restrictive cabbage soup or smoothies-only diets out there...

Even if they are advertised as the next "fat loss miracle", these overhyped nutrition plans are designed for three main things in reality:

- + Extract as much money as possible from your wallet in the shortest time possible
- + Make you lose water weight, which gives you the illusion that you're dropping pounds and burning fat
- + Damage your health and metabolism to ensure that the weight comes right back – so you can buy their "New and Improved" scam the next week...

This insanity has to stop.

Forget Crash Dieting

Instead, I'll show you what a real strategic rapid fat loss nutrition plan that keeps your metabolism going full blast and never makes you feel like you're starving is all about.

Forget Dangerous Supplements

Most popular diets ask you to buy all sorts of low-quality synthetic supplements. You do NOT need any supplements when following this meal plan. If you do want to use them to get an extra edge, refer to your "Truth About Supplements" Guide.

Discover Carb Manipulation

The idea of carb manipulation – or carb "cycling" – is nothing new, but it's proven effective.

In the next pages, I'll show you exactly how to cycle your carbs following 4 key strategic days that work together in synergy to maximize your fat burning every single week.

Now, let's set you up for your fastest fat burning week ever.

Here's The Plan

Like I said, you're going to cycle your carbs. Without going into deep science too much, doing so will help you...

- + Improve your insulin sensitivity, ultimately speeding up fat loss and reducing the chances you'll store carbs as fat
- + Keep your metabolism and thyroid healthy – which is impossible when you stay on very low carbs ALL the time
- + Make you actually recover from exercise – an overlooked factor of a lot of rapid fat loss plans

Quick Guidelines

Here are your only "rules" while on this plan:

1. Stay hydrated. Drink eight to ten glasses of water daily. (Men: 120 oz. and women: 70 to 80 oz.)
2. You must eat proteins at every meal except on cheat days (but it's recommended) or for "fat snacks".
3. Eat only fats, proteins and carbs from the food list unless it's a cheat meal.
4. Follow your food TYPE for each meal of each day from the approved food lists below.
5. Exercise at least 3 days a week if possible. Weight training, yoga, high intensity cardio... whatever works for you!"
6. Every day, complete your **Food Log** to make sure you stay on track. It works.

Your Weekly Carb Calendar

	Mo	Tu	We	Th	Fr	Sa	Su
Strategic Day	No carb	Low carb	Re-feed	No carb	Low carb	Cheat	No carb
Portions of Starchy Carbs	Zero	1	Women = 2 Men = 3	Zero	1	Free day	Zero

4 Strategic Fat Loss Days Explained

No Carb Day

- + Keep portion sizes smaller than you're used to.
- + You may (and should) eat red meat. Try to use grass-fed and organic.
- + Eat a fat snack between breakfast and lunch and between lunch and dinner.
- + Limit yourself to 1 cup of vegetables at lunch and dinner.
- + Eat only fats and vegetables from the food list.
- + You may not have salads on these days. Sorry. ;-)

Low Carb Day

- + Keep portion sizes smaller than you're used to.
- + Keep your fat intake to a minimum.
- + You may have only supplemental fats, such as essential fatty acid supplements in fish oil (see **The Truth About Supplements** for my recommended brand).
- + Limit yourself to 1 cup of vegetables at lunch and dinner.
- + Do not eat red meat or whole eggs.
- + Eat only fats and vegetables from the food list.

Re-feed Day

- + On Wednesday, eat at least four meals; five meals are ideal. Eat every three to four hours, and be sure meals have typical portion sizes.

- + Eat carbs from the approved food list below.
- + Women may have one serving of starchy carbs at two different meals. Make sure to move your carbs to the meal after your workout if you're exercising. Consume them in the evening if not exercising (if possible).
- + Men may have one serving of carbs at three different meals.
- + You may substitute a fruit for a carb source (from the food list) for 1 meal on this day.

Cheat Days

- + Eat whatever you want.
- + You can fill up and satisfy yourself, but don't binge or stuff.
- + If you consume alcohol on this day - make sure you do it AFTER a few cheat meals; otherwise, you could sabotage the hormonal effect of the cheat day.

A Quick Warning About Cheat Days...

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.

Important Tips and Tricks to Maximize the Results of Your Cheat Days

1. Try to avoid a lot of alcohol when cheating.

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

2. Try to avoid a lot of deep fried foods and high fructose corn syrup.

Deep fried foods are basically void of any nutritional value and therefore don't provide any metabolic or hormonal benefits for the cheat. HFCS has been shown to potentially block or negatively impact leptin levels.

3. Don't weight yourself 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.

4. Remember, for EVERY gram of carb you consume your body holds 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 you cheat day if you're doing things properly and using the next trick...

5. Plan for extra water the day after a cheat day.

Remember the extra water your body will carry (from all the carbs) the next day.

That's why you hear people always talking about "carb-bloat" the day after cheating. And the more water you give your body, the less it will HOLD onto.

Meal Types



You'll see the following meal combinations on your meal plan below:

- 1. P + F** (proteins + fats / oil)
- 2. P + V** (proteins + vegetables)
- 3. F** (fat snack)
- 4. P + S** (protein + starchy carb)
- 5. P** (protein snack)
- 6. P + S + V** (protein + starchy carb + vegetables)
- 7. P + V + F** (proteins + vegetables + fats / oil)

8. P + FR (protein + fruit)

9. FF/SA (free food / sweets and alcohol)

*You'll notice that fruit intake is limited for this cycle but you're allowed to substitute one fruit for a starch on Base-line days and you can consume fruit liberally for cheat meals and cheat days if desired.

**Directions and guidelines for each individual day of the plan are provided below each individual meal plan chart below.

***If you feel it's necessary to count calories or you're concerned with portion control, refer to the Calorie Counting section on the next page. It breaks down calorie counting, grams, and portion sizes in more details. Guidelines are also provided below.

Portion Sizes



Believe it or not, the size of your hands can help you burn more fat.

Ok, I know it sounds weird, but this is THE best way to monitor your food intake to consistently maintain a fat burning environment round the clock.

Your fist, palm, and thumbs are directly related to how many calories and grams you should be consuming on a daily basis to burn more fat.

Here's how it works.

1. Protein = the size of your palm

- + An acceptable range is 15 to 25 g per serving for women and 20 to 40 g for men
- + If you're not consistently exercising, these amounts should be lower

2. Carbs = the size of your fist

- + Acceptable range should be 25 to 50 g per serving
- + Post workout should be more toward 35 to 40 for women and at least 45 to 50 for men

3. Fats = the size of the end of your thumb x 2

- + Carbs and proteins only yield 4 calories per gram while fats yield 9 calories per gram, which indicates you have to monitor fat intake and use smaller portion sizes for fats (ex: 12 to 15 nuts, not HALF the jar!)
- + Acceptable range should be 15 to 30 grams per serving (approx. 1 to 2 tbsp.)

Calorie Counting

If you follow the 7 Day Rapid Fat Loss Meal Plan, counting calories is NOT mandatory. But if you want to do so, here's a general ballpark figure on how you can count calories for fat loss.

- 1. 10X your body weight = lose weight/burn fat**
- 2. 12X your body weight = maintain**
- 3. 15X your body weight = gain weight/lean muscle**

This is just an estimate. Genetics, exercise intensity, sleep, recovery, and supplementation can ALL affect overall results as it relates to burning fat and/or gaining muscle.

You'll have to adjust your calories depending on the results you get. The one thing to remember though: Extreme calorie cutting can put you in a fatigued state pretty fast.

Use it with care, and re-feed with carbs every couple of days.

Food List



Type (P) = Proteins

Eggs and egg whites (try to use pastured-raised or locally farmed fresh eggs)

+ Men: 2 whole with 4 – 5 whites

+ Women: 1 whole with 2 – 3 whites

Organic Cottage cheese (try to use full fat raw or almond cheese)

+ Men: 1 cup

+ Women: ½ cup

Organic Greek Yogurt (no/low sugar plain flavors only)

+ Men: 1 cup

+ Women: ½ cup

Lean beef, venison, lamb, pork tenderloin, or fresh ham (try to use grass-fed or locally farmed raised)

+ Men: 5-6 oz.

+ Women: 3-4 oz.

Turkey breast (try to use pasture-raised organic turkey meat)

+ Men: 6-8 oz.

+ Women: 4-5 oz.

Chicken breast (try to use pasture-raised organic turkey meat)

+ Men: 6-8 oz.

+ Women: 4-5 oz.

Low carb protein powder (make sure you use a low temperature processed brand)

+ Men: 1½-2 scoops (30-40 g)

+ Women: 1-1½ scoops (20-30 g)

Fresh wild caught fish: Salmon, Trout, Tuna, Cod, Tilapia, White fish

+ Men: 6-8 oz.

+ Women: 3-4 oz.

Other wild caught seafood: lobster, crab, shrimp, scallops (limit intake)

+ Men: 6-8 oz.

+ Women: 3-4 oz.

*We're limiting your intake of egg yolks, but not because if this cholesterol scare B.S... simply because we want to strategically reduce the amount of fat in your diet on certain days.

Type (S) = Starchy Carbs

1. Consume only the following Starchy Carbs and follow the directions and guidelines for each day provided below each daily nutrition template.

2. Serving sizes: Men under 200 lbs. = 1 cup, Men over 200 lbs. = 1½ cups. Women = ½ to ¾ cup. *Unless indicated differently on meal plan.

3. Make sure to move your starch (and fruit) based meals to post workout or in the evening if you're not exercising.

4. Limit fat intake to under 10 g in all meals containing starchy carbs.

Food List

+ Steel cut slow cook oats/oatmeal

+ Sweet potato / Yam

+ Potatoes

- + Acorn and butternut squash
- + Wild rice, brown rice, black rice, white rice (steamed not fried)
- + Quinoa
- + Acorn squash
- + Gluten free / wheat free pasta: rice flour or black bean
- + Legumes (avoid all canned beans and canned foods): kidney beans, black beans, black-eyed peas, lima beans, red beans, chickpeas, pinto beans, butter beans, navy beans, lentils
- + Acceptable breads: Ezekiel, Millet, Rice (avoid all whole grains, wheat breads, or wheat based products)
- + Acceptable wraps: Ezekiel or wheat/gluten free: rice flour or sprouted grain
- + Corn (organic only and limit intake)
- + Peas

*Try to stick with starches from nature as much as possible. Limit your intake of processed carbs.

Type (FR) = Fruits

1. You may have 1 serving of any of the following fresh fruits in place of a starch on Baseline days when indicated on your meal planner.
2. Serving size men = 1 to 1½ cups. Women = ½ to 1 cup.
3. NO fruit juices.

Food List

- + Cherries
- + Apples
- + Oranges
- + Grapefruit
- + Bananas
- + Apricots
- + Kiwi
- + Mango

- + Watermelon
- + Blueberries
- + Raspberries
- + Blackberries
- + Peaches
- + Cranberries
- + Papaya
- + Plums
- + Pineapple
- + Nectarines
- + Tangerines
- + Pears
- + Grapes
- + Melon (honeydew, cantaloupe, etc.)

Type (V) = Vegetables

1. Consume one serving of your favorite vegetables listed below as indicated on your daily nutrition templates.
2. Make sure to have at least two servings of green cruciferous vegetables per day.
3. Serving size (men and women) = 1 cup on all veggies (raw, steamed, or minimally cooked)

Food List

- + Broccoli
- + Asparagus
- + Cucumber
- + Lettuce
- + Cabbage
- + Cauliflower
- + Spinach
- + Green beans
- + Radishes
- + Onions
- + Celery

- + Mushrooms
- + Artichoke
- + Peppers (any type)
- + Arugula
- + Tomatoes
- + Spaghetti Squash
- + Brussels sprouts
- + Zucchini
- + Kale
- + Spring mix
- + Collard greens
- + Eggplant
- + Carrots

* Try to use organic or locally farm grown whenever possible.

Type (F) = Fats or Oil

1. Consume **ONLY** one serving of fat as indicated on your daily nutrition templates below.

2. Serving size (men and women) = 1 tablespoon.
Cheese = a sprinkle or small serving. Egg yolks = 1 or 2 max.

3. Monitor your portion sizes carefully with fats. It's very easy to overdo it and add in an additional 300 to 400 calories per day if you're not careful.

4. Make sure you **LIMIT** fat in any meals containing starchy carbs or fruits.

Food List

- + Chia seeds, hemp seeds or ground up flaxseeds
- + Fish oil or krill oil
- + Olive oil
- + Mayo (use small amounts and avoid canola or refined vegetable oils)
- + Small amounts of raw cheese or almond cheese
- + Grass-fed or organic butter
- + Coconut oil (virgin or expeller-pressed)
- + Egg yolks (pasture-raised if possible)
- + Heavy cream (organic)
- + Raw nuts or seeds (monitor portions carefully)
- + Nut butters (1 tbsp. women, men 1½-2 tbsp.)
- + 2-3 oz. of avocado (about 1/2)

Other Nutrition Guidelines

Condiments

You may use condiments, but remember to watch hidden sugars and check carb count. Great examples are mustard, salsa, hot sauces, and organic soy sauce.

You can also feel free to use the following in moderation:

- + Sea Salt
- + Horseradish
- + Stevia or other no/low calorie all natural sweeteners (xylitol and erythritol)
- + Pepper (any kind)
- + Vinegar
- + Ketchup (high fructose corn syrup free or no sugar only)
- + Garlic

For more condiments ideas, refer to your **"Truth About Condiments, Snacks & Seasonings"** Guide.

Sweeteners And Other Misc. Foods

- + Limit intake of artificial sweeteners (sucralose, aspartame, saccharine, acesulfame-K)
- + Try to use stevia, xylitol or erythritol instead
- + Stay away from cooking sprays and try to use small amounts of virgin or expeller-pressed coconut oil instead

About Dairy

About 60% of all adults are dairy intolerant to some degree. Pay close attention to how cottage cheese, yogurt and whey protein make you feel.

If you experience bloating and digestive distress, make the following swaps:

- + Use a vegan protein powder like Onnit instead of whey protein
- + Use a light protein shake or a handful 1-2 oz. of raw nuts instead of cottage cheese or yogurt

7 Day Rapid Fat Loss Meal Plan

Monday – Day 1 – No Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	2 whole eggs and 3 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / F	6 oz. cottage cheese (full-fat brand so carbs are reduced)	Vanilla shake: 30-40 g vanilla protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend. 12 raw nuts
Meal 3	P / V	3-4 oz. grilled chicken breast; 1 cup green beans	4-5 oz. grilled chicken breast; 1 cup green beans
Meal 4	F	2-3 oz. of raw nuts (walnuts, almonds, macadamia, etc.)	3-4 oz. of raw nuts (walnuts, almonds, macadamia, etc.)
Meal 5	P / V	4 oz. London broil or lean red meat; 1 cup broccoli	6 oz. London broil or lean red meat; 1 cup broccoli
Meal 6	P	Chocolate shake: Add 20 g chocolate protein powder to 6 oz. almond milk and 4 oz. water; blend.	Chocolate shake: Add 30 g chocolate protein powder to 6 oz. almond milk and 4 oz. water; blend.

Type Key: P= Protein V= Vegetables F= Fat FR= Fruit

Daily Guidelines And Directions

- + No starches or fruits on this day
- + Feel free to eat red meat
- + Eat a fat snack all by itself between lunch and dinner
- + NO salads on this day
- + Keep portion sizes smaller than usual
- + If you can only get 4 meals you can skip meal 2 and 6

7 Day Rapid Fat Loss Meal Plan

Tuesday – Day 2 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / S	3-4 egg whites scrambled; ½ cup oatmeal with 1 packet Stevia and/or cinnamon	4-6 egg whites scrambled; 1 cup oatmeal with 1 packet Stevia and/or cinnamon
Meal 2	P	½ cup organic cottage cheese or ½ cup organic Greek yogurt	1 cup organic cottage cheese or 1 cup organic Greek yogurt
Meal 3	P / V	3-4 oz. tuna on baby spinach greens (veggie only not a salad)	6-8 oz. tuna on baby spinach greens (veggie only not a salad)
Meal 4	P	Vanilla shake: 20-25 g vanilla protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Vanilla shake: 30-40 g vanilla protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
Meal 5	P / V	4 oz. Cajun grilled chicken; 1 cup steamed veggies	4 oz. Cajun grilled chicken; 1 cup steamed veggies
Meal 6	P	2-3 egg whites scrambles, topped with small amount of salsa	4-5 egg whites scrambles, topped with small amount of salsa

Type Key: P= Protein S= Starch V= Vegetable

Daily Guidelines And Directions

- + Keep fat intake intentionally low on this day
- + Do NOT eat red meat or whole eggs
- + Keep portion sizes smaller than usual
- + If you can only get 4 meals you can skip meal 2 and 6
- + Make sure you move your starch to the meal after exercise or consume it in the evening if you're not exercising

7 Day Rapid Fat Loss Meal Plan

Wednesday – Day 3 – Re-feed Day

Action	Type	Women	Men
Meal 1	P / S	½ cup potatoes with your favorite omelet or egg scramble	1 cup potatoes with your favorite omelet or egg scramble
Meal 2	P / V (low fat)	4-6 oz. roasted turkey breast; small house salad with 1 tbsp. of extra-virgin olive oil and vinegar	6-8 oz. roasted turkey breast; small house salad with 1 tbsp. of extra-virgin olive oil and vinegar
Meal 3	P (low fat)	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
Meal 4	P / S / V (low fat)	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 5	FF / SA	1 small serving of your favorite dessert (don't stuff)	1 small serving of your favorite dessert (don't stuff)

Type Key: P= Protein S= Starch V= Vegetable F= Fat SA= Sweets & Alcohol FF= Free Food

Daily Guidelines And Directions

- + You may have 1 serving of fruit with your first meal of the day or in place of a starch.
- + Consume 1 starch at 2 different meals on this day and make sure at least one starch is consumed after exercise
- + Try your best to exercise an hour or two before your first evening re-feed
- + If you can only get 4 meals you can skip meal 2 and 6
- + Consume LOW fat in meals before and after exercise and meal containing starches

7 Day Rapid Fat Loss Meal Plan

Thursday – Day 4 – No Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	1 whole eggs and 4 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / F	½ cup organic Greek yogurt with 10 raw nuts	1 cup organic Greek yogurt with 12 raw nuts
Meal 3	P / V	4 oz. meat loaf; 1 cup of your favorite veggies	8 oz. meat loaf; 1 cup of your favorite veggies
Meal 4	F	2-3 oz. of raw nuts (walnuts, almonds, macadamia, etc.)	3-4 oz. of raw nuts (walnuts, almonds, macadamia, etc.)
Meal 5	P / V / F	4 oz. grass-fed steak (fat source); 1 cup broccoli	6 oz. grass-fed steak (fat source); 1 cup broccoli
Meal 6	P	Chocolate shake: Add 20 g chocolate protein powder to 6 oz. almond milk and 4 oz. water; blend.	Chocolate shake: Add 30 g chocolate protein powder to 6 oz. almond milk and 4 oz. water; blend.

Type Key: P= Protein V= Vegetables F= Fat

Daily Guidelines And Directions

- + No starches or fruits on this day
- + Feel free to eat red meat
- + Eat a fat snack all by itself between lunch and dinner
- + NO salads on this day
- + Keep portion sizes smaller than usual
- + If you can only get 4 meals you can skip meal 2 and 6

7 Day Rapid Fat Loss Meal Plan

Friday – Day 5 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / S	Power Protein Pancakes: Miix together 3 egg whites, 1 scoop protein powder, ½ cup oat-meal, and 1/8 cup water for batter. Top with a handful of berries and sprinkle with xylitol.	Power Protein Pancakes: Miix together 5 egg whites, 2 scoop protein powder, 3/4 cup oat-meal, and 1/8 cup water for batter. Top with a handful of berries and sprinkle with xylitol.
Meal 2	P	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
Meal 3	P / V	4 oz. roasted turkey breast; 1 cup green beans	6 oz. roasted turkey breast; 1 cup green beans
Meal 4	P	Vanilla shake: 20-25 g vanilla protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Vanilla shake: 30-40 g vanilla protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
Meal 5	P / V	4-6 oz. Cajun grilled chicken; 1 cup asparagus	6-8 oz. Cajun grilled chicken; 1 cup asparagus
Meal 6	P	2-3 egg whites scrambles, topped with small amount of salsa	4-5 egg whites scrambles, topped with small amount of salsa

Type Key: P= Protein S= Starch V= Vegetable

Daily Guidelines And Directions

- + Keep fat intake intentionally low on this day
- + Do NOT eat red meat or whole eggs
- + Keep portion sizes smaller than usual
- + If you can only get 4 meals you can skip meal 2 and 6
- + Make sure you move your starch to the meal after exercise or consume it in the evening if you're not exercising

7 Day Rapid Fat Loss Meal Plan

Saturday – Day 6 – Cheat Day

Action	Type	Women	Men
Meal 1	FF	Bacon, eggs, hash browns and toasts (don't stuff)	Bacon, eggs, hash browns and toasts (don't stuff)
Meal 2	FF	Chips and salsa (don't stuff)	Chips and salsa (don't stuff)
Meal 3	FF	Pizza or favorite cheat food (don't stuff)	Pizza or favorite cheat food (don't stuff)
Meal 4	SA / FF	Eat your favorite dessert (don't go overboard) Alcohol (don't go overboard)	Eat your favorite dessert (don't go overboard) Alcohol (don't go overboard)

Type Key: P = Protein V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

- + Eat whatever you want in any amount, just don't binge or stuff
- + Make sure to consume alcohol AFTER a few cheat meals before indulging
- + Follow all cheat day guidelines on page 6-7

7 Day Rapid Fat Loss Meal Plan

Sunday – Day 7 – No Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	1 whole eggs and 4 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / F	½ cup organic Greek yogurt with 10 raw nuts	1 cup organic Greek yogurt with 12 raw nuts
Meal 3	P / V	4 oz. meat loaf; 1 cup of your favorite veggies	8 oz. meat loaf; 1 cup of your favorite veggies
Meal 4	F	2-3 oz. of raw nuts (walnuts, almonds, macadamia, etc.)	3-4 oz. of raw nuts (walnuts, almonds, macadamia, etc.)
Meal 5	P / V / F	4 oz. grass-fed steak (fat source); 1 cup broccoli	6 oz. grass-fed steak (fat source); 1 cup broccoli
Meal 6	P	Chocolate shake: Add 20 g chocolate protein powder to 6 oz. almond milk and 4 oz. water; blend.	Chocolate shake: Add 30 g chocolate protein powder to 6 oz. almond milk and 4 oz. water; blend.

Type Key: P= Protein V = Vegetables F = Fat

Daily Guidelines And Directions

- + No starches or fruits on this day
- + Feel free to eat red meat
- + Eat a fat snack all by itself between lunch and dinner
- + NO salads on this day
- + Keep portion sizes smaller than usual
- + If you can only get 4 meals you can skip meal 2 and 6