

# Fat Loss Section— Diet Plan

Let's start with your new grocery list.

## **Protein (Category 1)**

Eggs  
Lean beef  
Fish and seafood  
Chicken breast  
Turkey breast and Turkey Slices (Low Sodium)  
Protein Shakes: Designer Whey Protein, vanilla

## **Complex Carbs (Category 2)**

Brown Rice  
Non-instant oatmeal  
Beans  
Ezekiel Bread  
Sweet potato, Yams  
Potatoes (no butter)

## **Other Carbs (Category 3)**

Any Fruits  
Any Vegetables

## **Fats**

Olive Oil (use sparingly, one to two teaspoons a day)

## **Water**

Drink 80oz to 100oz of water a day. Stay away from diet coke and other soft drinks. They are substitutes for water. Drinking more water will help you lose water weight. Drinking less water will cause you to hold water weight.

## **Other notes:**

Best food for **eating out**: Asian Cuisine

Foods to **stay away from**: fruit juices (drink only water and tea), sugar, candy, popcorn, chips, processed white rice, white bread, pasta, chocolate, butter, salt, dairy (you can have on occasion)

yogurt, milk and cottage cheese, however this is not a staple in your diet). If you want to lose fat, stick to carbohydrates that are high in fiber and low in sugar).

I'll say this, if you want to get fat, eat all of these foods... if you don't want to get fat, avoid these foods \*I'm laughing as I write this\*. I know this is a silly statement to make, but you'll be surprised at how many people will consume numerous cheat meals and then wonder why they are not getting results. For example, on this program you should be eating 5 to 6 times a day (3 meals and 2 snacks, 3 meals and 3 snacks) that's about 35 to 42 meals a week. Your probability of success goes up if your 35 meals/42 meals are healthy and balanced.

Remember! The more cheat meals you have, the less chance you have of succeeding. The more healthy meals you have, the greater chance of success...

### **Meal Preparation and Food Portions**

Now that you have your grocery list, the next step is to break up your plate into two portions which I labeled specifically for your desired goal: category #1 (Protein) and Category #3 (Fruits and Vegetables). We'll discuss category #2 later. Divide your plate into halves. One half will contain protein, the other half will contain either a fruit or vegetable.

So for instance, let's review your grocery list.... Take a portion from the protein category and one from the fruits and vegetable category. How much do you take from each category? The portions will be based on the fist rule. For meals use one fist for each category for a snack use half a fist. The fist rule is comparing portions that are approximately the full size of your fist. You will be taking a fist from each category. This method is much easier than counting calories.

Let me give you some examples of what that might look like.

#### Examples

8AM Meal: 4 egg whites with one yolk (protein) and an apple (fruit)

10:30AM Snack: Grilled chicken (protein) and a small salad (veggie) with olive oil

1PM Meal: Fish (protein) and steamed cauliflower and broccoli (veggie)

5PM Meal: Grilled Chicken (protein) and grilled asparagus and bell peppers (veggie)

9PM Snack Steak (protein) and salad (vegetables)

Also, one other point, if you can't cook chances are you'll be eating out more often or not eating at all. If that's the case then you should find 3 or 4 places that will deliver and order foods that follow this diet. For myself I have several places I can order from that helps me stay on track. The restaurants that I order from are as follows: Two Japanese restaurants, one Thai restaurant, one Italian restaurant, and one Indian restaurant. Find what works for you.

Just remember, cooking and eating is like a second job. Most people only eat 2 to 3 times a day

and of that most of their meals are extremely unhealthy. Just like you are dedicated to your work you must be dedicated to changing your diet. Look at this process as an investment. It is an investment in you, your productivity, energy, enhanced mood, etc... Treat it as an investment and in the long run it will pay huge dividends.

**Fat Loss Tip:** Use the 80/20 rule for veggies and fruits. I would rather you have more vegetables (80%) than fruits (20%) for the “Fat Loss” diet. In this case you would eat fruits once a day and vegetables 4 times a day. Also, make sure you’re eating every 3 to 4 hours. Eat on the clock (every 3 to 4 hours), don’t wait till you get hungry.

### Important Exceptions

Let’s get back to category #2 (complex carbs). The two times you will be able to add a fist full of complex carbs to your diet is:

1. **After you lift weights (mandatory).** Eat within a 30 minutes after weight lifting. For example, have a fist full of chicken, fist full of grilled bell peppers and onions, and a fist full of a sweet potato.
2. Only if you are still hungry, possibly eating complex carbs for breakfast. Follow the rules below:

### **If you’re still hungry on this diet...**

- 1) If you’re still hungry, then add more olive oil to your meals. This includes adding olive oil to salads, fish, chicken, etc. Adding olive oil to cooking does not count. You should only be using Pam Olive Oil Spray for cooking.
- 2) If you’re still hungry then increase your portion sizes for the protein and fruits/vegetable categories. For instance, you’re still feeling hungry so you have a **fist and a half** of chicken versus just a fist full of chicken and a **fist and a half** of a salad. As you follow this diet you’ll learn more about what works for you and what doesn’t.
- 3) If you’re still getting hungry on this diet, go ahead and add a fist full of complex carbs to your breakfast. For example for breakfast have eggs (size of your fist), oatmeal (size of your fist), and blue berries (size of your fist).

Remember, hunger is a huge red flag. You should never be hungry on any diet.

### **Important Point**

While it should be easy to lose fat on this diet, it might be difficult to put on any significant muscle. Simply put, you are not going to have the same amount of energy lifting weights due to the low allocation of complex carbs. If you’re more interested in putting on muscle feel free to view the “Fat Loss and Muscle Gain” diet.

**2 Day Diet Plan:** Remember, use the fist rule for meals and 1/2 fist for snacks

## **Day 1**

### **Breakfast: Oatmeal**

8 Raisins  
Cinnamon  
Banana or blueberries (Fist)  
Scrambled Eggs (1 yolks 3 to 5 whites)

### **Snack: Protein Shake**

Blend together the following:  
Designer Whey shake (1 to 2 scoops)  
Teaspoon of Peanut Butter  
Blueberries (Fist)

### **Lunch: Chicken**

½ cup of Marinara Sauce, add pepper and garlic  
Chicken Breast (Fist)  
1 apple

### **Dinner: Fish**

Pepper  
Grilled fish  
Pre-made salad with oil and vinegar

### **Snack: Chicken salad**

Grilled Chicken Breast (Fist)  
Pre-made Salad  
Balsamic Vinegar and olive oil  
Add pepper

## **Day 2**

### **Breakfast**

1 egg yolk 4 egg whites

Add Mrs. Dash  
1 apple

### **Snack**

Low Sodium Turkey Slices (1/2 Fist)  
Grapes and Strawberries (1/2 Fist)

### **Lunch**

Broiled chicken (Fist), add Mrs. Dash  
Mixed salad with balsamic vinegar  
and a tablespoon of olive oil

### **Dinner**

Turkey Breast (Fist)  
Steamed Bell Peppers and Asparagus (Fist)  
Sweet Potato (Fist) \*After you lift weights\*

### **Snack: Protein Shake**

Designer Whey shake (1 to 2 scoops)  
Teaspoon of Peanut Butter  
Blueberries (1/2 Fist)

**Please note that there are more sample meals in the “Sample Meal” section. Please make sure that you choose recipes that do not contain complex carbs. To go to that section now click here: [Sample Meals](#)**