The Fastest Fat Loss Week EVER

7 Days to Crazy Fat Loss Results

By JOEL MARION, CISSN, NSCA-CPT
Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. 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 Joel Marion Fitness Solutions, LLC, 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 Joel Marion Fitness Solutions, LLC, 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 Goal With this Program:

My goal with the Fastest Fat Loss Week EVER (FFLWE) program is simple: to help you lose as much fat as humanly possible in a single week, WITHOUT sacrificing metabolism or the fear of rebound weight gain.

Yes, a lofty goal, I know.

But that's what you DESERVE, and that's what I'm here to provide.

And that's what I DID.

The 5 Types of Days in the FFLWE Program

Within the 7 Days of the Fastest Fat Loss Week EVER program there are five different types of days, very similar to those of the Xtreme Fat Loss Diet.

1: Cheat Day
2: Fast Day
3: Shake Day
4: Moderate Carb Day
5: Higher Carb Day

In just a minute we’re going to go over the specifics of each type of day, but quickly let’s take a look at the entire week in chart form then talk about the two types of meals you’ll be using throughout the week.
# Fastest Fat Loss Week Ever Outline

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Cheat Day</td>
<td>Fast Day</td>
<td>Higher Carb Day</td>
<td>Fast Day</td>
<td>Shake Day</td>
<td>Moderate Carb Day</td>
<td>Fast Day</td>
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<td>Density Training</td>
<td>Lactic Acid Training</td>
<td>Strength Training</td>
<td>Dynamic Training</td>
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<td>Density Training</td>
<td>Lactic Acid Training</td>
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- The style of diet is highlighted in red under each day and the prescribed workouts are highlighted in yellow.
- For the workouts, you may use any of the Density, Lactic Acid, Strength, Dynamic, and HIIT workouts from the Xtreme Fat Loss Diet program. Just pick your favorite and roll with it!
Nutrient Timing and Two Types of Meals

On Moderate Carbohydrate Days, Higher Carb Days, and Shake Days you're going to see two different types of meals listed:

1. Protein + Fat (P+F)
2. Protein + Carbs (P+C)

All meals include protein, but certain meals avoid high levels of carbs and others high levels of fat. Why?

The reason is two fold. First, by avoiding combining fat and carbohydrates in significant amounts in a single meal, we avoid what I refer to as “the deadly combination” when it comes to fat storage – high levels of insulin and fat in the blood simultaneously.

Insulin, secreted after ingesting any substantial amount of carbohydrate, is your body’s primary “storage” hormone. Naturally, having high levels of fat and insulin in the blood at the same time (resulting from simultaneous carb and fat intake) is the exact opposite of what you want when it comes to avoiding fat storage.

Secondly, this type of meal set up allows us to eat carbs earlier in the day when insulin sensitivity and carbohydrate tolerance are at their peak, while avoiding them in the later hours when these things naturally decline.

For this reason, Moderate Carb, Higher Carb, and Shake Days will start with P+C meals and transition to P+F meals later in the day.
The Cheat Day

The week begins with a Cheat Day to boost leptin levels and prime the body for optimal fat burning over the course of the next 7 days.

While there are no major restrictions on the types or quantities of food you eat each day, there are a few loose “guidelines” to adhere to:

- Eat the foods you crave without feeling guilty
- Don’t get technical and start your Cheat Day at 12 a.m. on Sunday morning; start when you normally wake up on Sunday
- Don’t set the alarm for a very early time; start when you normally wake up on Sunday
- **Don’t stuff yourself; eat until you’re satisfied, not to the point of discomfort**
- Don’t skip meals holding out for a single feast; eat throughout the day
- Don’t consume alcohol; one beer is fine, but alcohol consumption works against what we are trying to accomplish hormonally with the Cheat Day

Other than the above loose guidelines, you can eat whatever you want. And you’ll be happy to know that over the course of the last 7 years, no matter which way we’ve tested it, the “eat-whatever-you-want” approach works best from a results standpoint than any other more restrictive or controlled approach.

**Summary:** Eat liberally throughout the day without stuffing yourself
The Fast Day

The purpose of the Fast Day is to create a massive calorie deficit while the body is uber primed to burn fat, and that’s exactly why it’s positioned after a leptin-boosting Cheat Day and the two other days with substantial carbohydrate intake.

On these days you will consume nothing but fluids (non-calorie beverages in moderation are OK, but water should comprise the majority of your fluid intake) while strategically supplementing with Branched Chain Amino Acids (BCAAs) to offset and prevent any catabolism of muscle.

To put it in simple terms, BCAAs are the “best part” of protein. So, if you were to consume 10 grams of BCAAs, you’re essentially consuming 10 grams of protein, only it’s “super protein”.

The guidelines for BCAA intake on this day are as follows:

0.3 grams per pound of body weight split over 6 doses taken throughout the day.

So, for a 200 lb individual, they’d require 60 grams of BCAAs, split over 6 doses, or six 10-gram doses taken throughout the day.

For a 150 lb individual, 45 grams of BCAAs, or six 7.5 gram doses taken throughout the day.

You get the point – 0.3 x Body Weight split evenly over 6 doses throughout the day.

And, as I always do for my customers, I put in a few calls to get you a 15% discount on one of the best BCAA blends on the market from Prograde Nutrition. To get your discount, go to:

[http://www.BCAAdiscount.com](http://www.BCAAdiscount.com) and be sure to use the coupon code **xtreme15** at checkout.

NOTE: You’ll also be using BCAAs on Fast Days and between meals on Protein-only Depletion Days of the Xtreme Fat Loss Diet. To ensure you order the appropriate number of bottles for your body weight to last the duration of the Fastest Fat Loss Week Ever and the Xtreme Fat Loss Diet 25 day cycle, use the following chart.

<table>
<thead>
<tr>
<th>Your Current Body Weight</th>
<th>Bottles Needed to Last 25 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;180 lbs</td>
<td>6 Bottles</td>
</tr>
<tr>
<td>130 lbs – 180 lbs</td>
<td>5 Bottles</td>
</tr>
<tr>
<td>&lt;130 lbs</td>
<td>4 Bottles</td>
</tr>
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</table>

**IMPORTANT NOTE:** Please keep in mind that the cost of buying the BCAAs is a replacement for the cost of the food you would normally be eating on Fast Days. The daily cost of BCAAs supplementation is far cheaper than the daily cost of food, so you’ll actually be spending *less* money over the course of the next month or so by following the Fastest Fat Loss Week EVER and the Xtreme Fat Loss Diet to the letter than if you weren’t following it. Just some up front perspective that makes it easier for you to go ahead and purchase the necessary tools to ensure you get the best result. You may do the program without using BCAAs, but realize that performing intense exercise on a fast day will put you at risk for muscle loss without them.
Again, the site to order from to get the 15% discount I worked out for you as my customer is http://BCAAdiscount.com (be sure to use the coupon code xtreme15 at checkout to receive 15% off your order).

Other than the BCAA supplementation, it’s zero calorie fluids only for the Fast Day. Again, you may consume flavored non-calorie beverages, but water is the recommended beverage of choice.

NOTE: For those concerned about possible hypoglycemia resulting from activity performed during the short-term fast, please realize that it is extremely unlikely to occur given that glycogen stores will be maxed out from the previous day's cheat.

**Summary:** Don’t eat anything apart from supplementing with BCAAs; drink lots of non-calorie fluids (mostly water).

### The Shake Day

The second Fast Day is followed up by the Shake Day in which you get the day’s nutrition exclusively through Protein Nutrition Shakes. The Shake Day is strategically placed at this point in the program for a couple reasons.

One, is that it allows you to transition from the second Fast Day back in to the diet while maintaining a great deal of focus and increasing adherence. The fact that you know the scheduled diet for this day only allows shakes makes it much easier to adhere to than if a wide variety of food choices were made available again immediately following a fast.

Essentially, it’s a gradual transition back in to eating that works exceptionally well to keep you moving forward instead of stumbling backward.
In addition to that, it’s also a fairly low-calorie day teamed up with some strategic exercise to further move you along the continuum of your fat loss goals.

On this day you will be consuming calories based on your body fat percentage (according to the following chart) and with a macro breakdown of 40% protein, 25% carbs, and 35% fat.**

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
<th>Caloric Formula</th>
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<tbody>
<tr>
<td>6% - 13%</td>
<td>12 x LBM</td>
</tr>
<tr>
<td>14% - 19%</td>
<td>11 x LBM</td>
</tr>
<tr>
<td>20% &amp; Above</td>
<td>10 x LBM</td>
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</tbody>
</table>

**See Appendix A for calculating Lean Body Mass and Macronutrient Breakdowns.

Morning shakes will be protein + carb (minimal fat), and afternoon/evening shakes will be protein + fat (minimal carbs).

**Breakfast Shake (P+C):** Protein Powder + fruit (blended)

**Mid-morning Shake (P+C):** Protein Powder + fruit (blended)

**Lunch Shake (P+C):** Protein Powder + fruit (blended)

**Mid-afternoon Shake (P+F):** Protein Powder + oil or nut butter (blended)

**Dinner Shake (P+F):** Protein Powder + oil or nut butter (blended)
# Shake Day Sample Daily Timeline

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal/Feeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Breakfast Shake (P+C)</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Mid-morning Feeding (P+C)</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch (P+C)</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Mid-afternoon Feeding (P+F)</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner (P+F)</td>
</tr>
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Extra Virgin Olive Oil, Hemp, or Udo’s Choice Oil is recommended for Protein + Fat shakes. If you prefer to take the oil separately, as opposed to mixing them with the shakes, it is OK.

The highest quality protein I can recommend for use on the Shake Day is:

**Prograde Protein** (the only cold-processed, Stevia® sweetened low-carb protein powder). If you’ve been following me for any length of time, then you already know I love Prograde Nutrition. This is the best, highest-quality protein powder around.

The supplements I recommend for use with the Fastest Fat Loss Week EVER and Xtreme Fat Loss Diet programs are as follows (quantities will last approximately 30 days):

- **Prograde BCAAs** (for fast days)
- **4 Prograde Protein** (for shake days)
- **1 Prograde Workout** (for use after resistance training on specific days)
- **1 EFA Icon** (extremely potent and effective fish oil)
- **1 VGF 25+** (daily multi-nutrient)
• **1 Metabolism** (Prograde’s brand new scientifically researched fat burner and metabolism support supplement)

And once again, I scored a sweet discount for you. If you wish to purchase any of the above recommended supplements (or any other product from their entire line), you can use the coupon code **xtreme15** to save 15% on your entire order.

All the details are on the [special page](http://Xtreme-Prograde.com) I had Prograde put together for Xtreme Fat Loss Diet customers at [http://Xtreme-Prograde.com](http://Xtreme-Prograde.com).

Full details on the recommended supplements and the recommended 25-day supplementation strategy for the Xtreme Fat Loss Diet program are in the [Xtreme Fat Loss Diet Supplementation Guide](http://Xtreme-Prograde.com) as well.

**Summary:** Consume three protein and carb shakes in the morning followed by two protein and fat shakes in the afternoon (macro breakdown of 40/25/35 – P/C/F.

**The Moderate Carbohydrate Day**

As you move toward the end of the cycle we insert a more moderate diet day with a higher carbohydrate intake. The purpose of this day is to give your body a break from the low calories, allowing it to “recover” while still losing fat.

On the Moderate Carbohydrate Day you will be consuming calories based on your body fat percentage (according to the following chart) and with a macro breakdown of 30% protein, 40% carbs, and 30% fat.**
**Current Body Fat %**

<table>
<thead>
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</table>

**See Appendix A for calculating Lean Body Mass and Macronutrient Breakdowns.**

Consume 5 meals on this day, 2 Protein + Carb meals and 3 Protein + Fat meals. All carbohydrate intake should follow resistance training. Ideally, it is best to train in the morning to take advantage of the heightened calorie burn for the entirety of the day, with your P+C meals coming in the morning and your P+F meals following later in the day.

**Moderate Carb Sample Daily Meal Timeline**

- **7:00 am** – Breakfast (P+C)
- **10:00 am** – Mid-morning Feeding (P+C)
- **12:30 pm** – Lunch (P+F)
- **3:00 pm** – Mid-afternoon Feeding (P+F)
- **6:00 pm** – Dinner (P+F)

**Summary**: Consume two P+C meals followed by three P+F meals when ideally working out in the morning. If working out at another time, P+C meals should follow resistance training. Macro breakdown of 30/40/30 – P/C/F.

The Higher Carbohydrate Day

The Higher Carbohydrate day is very similar to the Moderate Carbohydrate Day only with a slightly higher carbohydrate intake.

On the Higher Carbohydrate Day you will be consuming calories based on your body fat percentage (according to the following chart) and with a macro breakdown of 25% protein, 50% carbs, and 25% fat.**

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
<th>Caloric Formula</th>
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<tbody>
<tr>
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</tbody>
</table>

**See Appendix A for calculating Lean Body Mass and Macronutrient Breakdowns.

Consume 5 meals on this day, 3 Protein + Carb meals and 2 Protein + Fat meals. All carbohydrate intake should follow resistance training. Ideally, it is best to train in the morning to take advantage of the heightened calorie burn for the entirety of the day, with your P+C meals coming in the morning and your P+F meals following later in the day.
Higher Carb Sample Daily Meal Timeline

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
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</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Breakfast (P+C)</td>
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<tr>
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<td>Mid-afternoon Feeding (P+F)</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner (P+F)</td>
</tr>
</tbody>
</table>

**Summary:** Consume three P+C meals followed by two P+F meals when ideally working out in the morning. If working out at another time, P+C meals should follow resistance training. Macro breakdown of 25/50/25 – P/C/F.

**Acceptable Carbohydrate Choices for Moderate and Higher Carb Days**

- **Legumes:** kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
- **Fruit:** apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- No-sugar added apple sauce
- Light Yogurt (no sugar added)
- **Other Vegetables:** artichoke, beets, pumpkin, rutabaga, squash
- **Whole Grain Breads:** 100% Whole Wheat, Pumpernickel, Rye, Oat Bran, Buckwheat, Barley Kernal
- **Other Grains:** barley, basmati, quinoa, 100% whole wheat tortilla wraps
- Oatmeal, oat bran

• Sweet potato, yam
• Wild rice, brown rice
• Couscous
• Cornmeal
• Cereals: All-Bran, Special K, Cheerios, Fiber One, Bran Chex, Bran Flakes
• Pasta – any type
• New potatoes
• Corn, Peas, Parsnips
• Bananas

Ideally, the bulk of carbs on these days should come from legumes and fruits and a small amount of the starchier carbs listed toward the latter part of the list. Additionally, there is no limit to the amount of “free veggies” you consume on these days.

Acceptable Protein Sources

• Beef (steak, ground beef, etc)
• Cottage Cheese
• Deer/Venison
• Eggs (whole or whites)
• Finfish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring, etc)
• Ham (fresh)
• Lamb
• Milk protein powders (whey and/or casein)
• Pork (tenderloin, chop, etc)
• Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc)
• Skinless Chicken (breast, thigh, wing, etc)
• Turkey breast
## Acceptable Fat Sources

### Dairy
- Butter
- Cheese
- Cottage Cheese
- Cream

### Fat-containing Meats
- Beef
- Chicken (dark meat)
- Duck
- Lamb
- Pork

### Fish
- Anchovies
- Bluefish
- Herring
- Salmon
- Mackerel
- Sardines
- Tuna

### Oils
- Coconut Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils
- Udo’s Choice Oil Blend
- Hemp Oil

### Raw Nuts
- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts

### Other
- All Natural Peanut Butter (in moderation)
- Almond Butter
- Avocado/Guacamole
- Flax seeds (ground)
- Eggs
NOTE: Because some protein sources are also ample sources of fat, they are listed under both the acceptable proteins and fats lists.

**Free Veggies**

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Green Onion
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

*Free Veggies can be added to any meal or consumed as a snack throughout the day (exception; Fast Days).*
Tracking Progress

When To Measure

Measurements should be taken at the end of the week, the morning after the final day—that’s it.

Do not—*I repeat; do NOT*—weigh yourself daily. Due to the fluctuations in food intake throughout the 7 day period, you will absolutely experience significant fluctuations in water balance throughout the week causing daily measurements to be all over the place.

With this program, daily scale readings mean nothing. What we are concerned with is consistent, week to week progress, and that is assessed by taking consistent weekly measurements.

One more time: stepping on the scale daily will do nothing more than break your focus and cause unnecessary stress and worry (which will in turn slow progress)—don’t do it.
High Intensity Interval Training (HIIT) and Cardio Guidelines

For the longer-duration slower cardio sessions, perform 30 minutes at 80% of maximum heart rate (maximum heart rate = 220 – age). Exercise mode options are found below the HIIT section.

For the HIIT Workouts, 5 different options are listed below:

**HIIT Workout Option 1**

*Work to Rest Ratio – 1:1*

Run hard for 2 minutes; walk for 2 minutes; repeat 5 times*

**HIIT Workout Option 2**

*Work to Rest Ratio – 1:2*

Sprint for 30 seconds; walk for 60 seconds; repeat 10-12 times*

**HIIT Workout Option 3**

*Work to Rest Ratio- 1:2*

Sprint 20 seconds; walk 40 seconds; repeat 12-15 times*
HIIT Workout Option 4

**Work to Rest Ratio - 1:1**

Sprint 20 seconds; walk 20 seconds, repeat 12-15 times*

HIIT Workout Option 5

**Work to Rest Ratio - 1:1/2**

Sprint 20 seconds; walk 10 seconds, repeat 12-15 times*

*You can choose other exercise options apart from running or sprinting, including the stair stepper, cross trainer/elliptical, rower, cycling, swimming, etc, as your mode of exercise for the HIIT workouts or the lower-intensity cardio sessions.

The workouts are set up to be progressive, so that the hardest workouts come at the end of the program when your fitness level will be at its highest point, while starting off with workouts that are slightly more moderate.
FAQ

Q: What drinks (coffee, milk, flavored water, diet sodas, etc) are permitted?

A: The majority of your fluid intake should be water. Strive to consume at least a half gallon a day, even more on Fast and Depletion Days.

You may consume non-calorie beverages in moderation (this does not include milk).

The rule is simple: if it has calories, don’t drink it. If it does not have calories, you may drink it in moderation. 90% of your fluid intake should be water.

Q: I have my calorie and macronutrient needs calculated based on the information provided in Appendix A, but how do I know how many calories or how much of a macronutrient is in certain foods?

A: If the food has a label, then you’ll find that exact information on the label, from which you can choose the appropriate quantity. For things like fruit, veggies, meats, etc, that do not have labels, it’s really easy to look up this information. The site I recommend is www.NutritionData.com.

For example, let’s say you have all your needs calculated and a particular meal calls for 27 grams of protein. You’d like to have chicken so you go to www.NutritionData.com and type in “chicken breast”, select the appropriate listing, and end up on this page:

==> http://www.nutritiondata.com/facts/poultry-products/703/2
There is a drop down menu for the serving size at the top of the listing. I always recommend selecting 1 oz for meats, and then multiplying from there.

So, we see 1 oz of cooked chicken breast contains 9 grams of protein. So, since we need 27 grams, we'll eat 3 oz. Simple as that.

Now, let’s say this is a protein and fat meal and you also need 14 grams of fat. One tablespoon of butter or any oil contains approximately 14 grams of fat so you’ll use that amount.

3 oz of Chicken Breast, mixed veggies drizzled with one tablespoon of olive oil – there you go, that’s your meal 😊

Once you do this for a couple days, the whole process become VERY easy and you’ll know exactly how much to eat.

Here are a couple of standard measurements for your convenience:

1 oz cooked lean meat = 9 grams of protein
1 tablespoon of any oil or butter = 14 grams of fat
1/4 cup of nuts = 14 grams of fat

For other foods www.NutritionData.com is a great resource.

Q: What if I go over my calorie or macronutrient needs for a particular meal?

A: That’s more than fine. You’re not going to hit the individual meal numbers right on the head with each meal, rather those numbers should be looked at
more as guidelines to help you achieve your daily totals, which are the figures that matter most.

So, if you were to go over by 5 grams of protein in one meal, you can make up for it by eating 5 grams less in another. As long as you are coming within 5% of your daily totals for each macronutrient at the end of the day, you’re good to go.

Q: How many grams of fat am I “allowed” to have in my Protein + Carb meals and how many grams of carbs am I allowed to have in my Protein + Fat meals? It seems that most foods contain at least some of each nutrient. And do I have to count these “extra” grams in my daily totals?

A: You’ll find that most foods do contain small amount of other nutrients. For example, most protein sources, even very lean cuts of meat, contain some fat and some fat sources, like nuts, contain a small amount of carbs.

The rule is this: Strive to keep the “absent” nutrient less than 10 grams for that meal. In other words, for protein + fat meals, strive to keep carbs under 10 grams, and for protein + carb meals, strive to keep fat under 10 grams.

To answer your second question, yes, these “extra” grams do need to be counted toward your daily total. Record it in your log sheets and subtract from another meal. For example, let’s say a Protein + Fat meal you consume contains 4 grams of carbs. Simply subtract those carbs from a future Protein + Carb meal.

Again, the major focus should be arriving within 5% of your daily targets at the end of the each day.

Q: What about special populations such as diabetics or those with cardiovascular disease? Is this program safe for them?
A: Be sure to consult with your doctor before beginning any exercise program to make sure it is a good fit for you, and always, *always* follow his or her advice.

**Q:** On what Days should I consume a post-workout beverage like Prograde Workout?

Prograde Workout is recommended on Higher Carb, Moderate Carb and Cheat Days; post-workout nutrition is not recommended on other days of the program, apart from BCAA supplementation.

Remember to use the code xtreme15 to save 15% on your order.

**Q:** Do I have to count the calories in Prograde Workout toward my daily total?

A: On Moderate and High Carb Days, yes, the calories in Prograde Workout need to be counted (on Cheat Days, obviously, they needn’t be). Essentially, one of your two protein and carb meals on moderate carbohydrate days is going to be your post workout shake.

**Q:** If I work out late in the evening on a Higher or Moderate Carbohydrate Day, should I still have my carbs meals after my workout?

A: In this situation, it would be best to schedule your carb meals earlier in the day. Ideally, it is best to perform your resistance training in the morning, especially on this day, if you are at all able to (the easiest solution would be to simply wake up earlier).
That said, if the only opportunity you have on that day is in the evening, skip the post workout nutrition and have your protein + carb meals within the first three meals of the day.

**Q:** I’m a petite female and my calorie intake on shake days and carb days is coming out really low, just under 1000 calories – is this right?

**A:** One population the calorie formulas tend to be tricky for are petite females (generally 5’3” and shorter) who because of their smaller size naturally don’t have a large sum of lean body mass relative to taller individuals. For example, let’s take someone who is 5’1” and weights 120 lbs @ 22% body fat. Her lean body mass would be 96.5 lbs.

At 22% body fat, we’d use the calorie multiplier of 10 x LBM on Shake Days and 11 x LBM on Moderate Carb days. This equates to 965 calories and 1,060 calories, respectively, and yes, that’s a bit low.

Ideally, we’d like calorie intake on these two days to average at least 1100 calories, so adding 100 to 150 calories on each day for this population is OK. On the Fast Days, calorie intake will obviously fall below this threshold, and that’s both fine and correct.

**Q:** I weigh 180 lbs and using the BCAA calculations need 54 grams of BCAAs on Fast Days? Since each capsule is .5 grams, that means I need to take 108 capsules on Fast Days? Is that healthy?

**A:** Remember, BCAAs are simply “super” protein. So, it’s the protein equivalent of eating about 6 oz of cooked chicken, which is completely healthy. The reason
why BCAAs come in capsules is because the powder tastes HORRIBLE if you were to just try to mix it or swallow it. Kind of similar to fish oil – they encapsulate it to save your taste buds. But yes, it’s completely fine and healthy.

Q: How often can I use the Fastest Fat Loss Week EVER system?

A: Because the Fastest Fat Loss Week EVER is a rather intense program incorporating some somewhat xtreme methods, it is only recommended to be done for one week at a time. Once you complete the 7 day cycle, it is recommended that you transition into a more moderate diet. The absolute best program to follow up the Fastest Fat Loss Week EVER with is Cheat Your Way Thin. Essentially it’s a more moderate version of the FFLWE and XFLD programs that still incorporates strategic cheating and is formulated on the best, most strategic methods for continued, steady, consistent week to week fat loss while allowing your body to recover from the intensity of the XFLD.

You may repeat the Fastest Fat Loss Week EVER program again after about 2 weeks of a more moderate approach like Cheat Your Way Thin.
Fastest Fat Loss Week EVER and Xtreme Fat Loss Diet Supplementation Plan

**IMPORTANT NOTE:** Please realize that the majority of the supplements recommended are replacing food. While there is up front cost, you are actually saving quite a bit of money over the course of the programs by decreasing your grocery expenses. For example, on Fast Days the only thing required is BCAA supplementation. The cost of the BCAAs is substantially less than the food cost of a regular diet day. Same goes for the Shake Days—each shake replaces a meal for only a couple bucks (there aren’t many meals out there that cost a couple dollars). And believe me, these programs are going to save you A LOT of money by decreasing how many times you dine out. Bottom line, following the program to the letter along with the supplements (most of which are just “food” replacements) will get you the best results, and I guarantee you’ll spend considerably less on the recommended supplements than you would buying your regular groceries and going out to eat. Just a little up front perspective as you move forward to get the most out of the programs.

As you’ve seen throughout the both manuals, I’ve recommended the use of several fundamental/foundation supplements that I believe everyone should be using to maximize results and overall health.

These are food-based and nutrient-based supplements (protein, carbohydrate, essential fatty acids, essential vitamins/minerals/antioxidants), NOT bogus quick-fix supplements making outrageous claims.

The majority of supplements that I recommend come from Prograde Nutrition® and are available at [www.Xtreme-Prograde.com](http://www.Xtreme-Prograde.com)
Best part, I like to work out special deals for my customers, so I got on the phone with Prograde and got them to agree to give you **15% off** as someone who has chosen to invest in the Xtreme Fat Loss Diet. Pretty cool, huh? Just use the coupon code **xtreme15** at checkout (all lowercase, no spaces) and get 15% off your entire order.

**The Most Important Supplement: BCAAs**

**Branched Chain Amino Acids (BCAAs)** – The only thing you will be consuming on Fast Days are Branched Chain Amino Acids (BCAAs) to offset and prevent the breakdown and catabolism of muscle (i.e. muscle loss). **BCAAs are the most important supplement to use with the program.**

To put it in simple terms, BCAAs are the “best part” of protein. So, if you were to consume 10 grams of BCAAs, you’re essentially consuming 10 grams of protein, only it’s “super protein”.

**NOTE:** You’ll also be using BCAAs between meals on Protein-only Depletion Days. To ensure you order the appropriate number of bottles for your body weight to last the duration of the Fastest Fat Loss Week EVER and Xtreme Fat Loss Diet, use the following chart.

<table>
<thead>
<tr>
<th>Your Current Body Weight</th>
<th>Bottles Needed to Last 25 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;180 lbs</td>
<td>6 Bottles</td>
</tr>
<tr>
<td>130 lbs – 180 lbs</td>
<td>4 Bottles</td>
</tr>
<tr>
<td>&lt;130 lbs</td>
<td>3 Bottles</td>
</tr>
</tbody>
</table>

*The above amounts will last through the duration of BOTH the Fastest Fat Loss Week EVER and Xtreme Fat Loss Diet programs. Two bottles will last through the FFLWE program.*

Remember, on Fast Days you’re not eating anything, so this is going to cost you far less than all your meals would on a regular diet day (i.e. you’re saving money).

And, as I always do for my customers, I put in a few calls to get you a **15% discount** on the highest quality BCAA blend on the market from Prograde Nutrition. To get your discount, go to:

```markdown
==> [http://www.BCAAdiscount.com](http://www.BCAAdiscount.com)
```

Be sure to use the coupon code **xtreme15** at checkout.

**IMPORTANT NOTE:** Again, please keep in mind that the cost of buying the BCAAs is a replacement for the cost of the food you would normally be eating on fast days (and actually cheaper on a per day basis).

**Why do I recommend Prograde®? Simple:**

- First and foremost, they are the brand of supplements that I personally use. If I don’t use and believe it to be beneficial to ME, I don’t recommend it to my customers. Period.

- The supplements are of the highest quality and you get exactly what the labels says (they are a certified GMP [Good Manufacturing Practices] “A” rated manufacturer; the highest possible certification for quality control). This is a MAJOR problem with other brands, and one of the major reasons I am so comfortable recommending Prograde®.

- Most importantly, they are an honest, stand-up company that only produces the “foundation” supplements that truly make a difference - the exact supplements I recommend - and nothing more. They don’t try to get
over on consumers by putting together a bunch of B.S. products with the many “quick-fix” claims that you often see.

The specific supplements I recommend for use with the FFLWE and Xtreme Fat Loss Diet programs are:

- **Prograde BCAAs** (see above section)

- **Prograde Protein® (the Stevia® sweetened, cold-processed, pharmaceutical grade protein supplement)** – Prograde Protein is the perfect protein to use for Shakes Days of the Xtreme Fat Loss Diet Program. It’s made from cold-processed, pharmaceutical grade whey (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality), and contains the full spectrum of amino acids (including a heft dose of branch chain amino acids) to promote the retention of your hard-earned calorie-burning lean muscle tissue. **Three containers will provide enough protein for all Shake Days of the FFLWE and XFLD 25-day Program.**

- **Prograde Workout® (pre/post workout recovery beverage)** - ideal formulation of fast acting proteins and carbohydrates to support stimulate lean muscle mass and recovery. **One bottle will last the duration of the program.**

- **Prograde Metabolism® (fat loss accelerator and metabolism support)** – Prograde Metabolism is Prograde’s brand new fat burning and metabolism support supplement. It’s backed by a ton of science (I’ve honestly never seen a supplement so well researched) and will absolutely accelerate your results on the Xtreme Fat Loss Diet program even further. **One bottle will last the duration of the program.**
• **VGF 25+® for men/women (multi-nutrient for men/women)** – VGF 25+ is MUCH more than a multi-vitamin as it’s made directly from more than 25 whole vegetables, greens and fruits (thus the name). **One bottle will last the duration of the program.**

• **EFA Icon® (extremely pure, potent essential fatty acids)** – Fish oil (omega-3 fatty acid) is the number one supplement that I believe everyone should be taking for fat loss and overall health, no matter who you are, across the board. To name just a few of the fat burning and health benefits these “wonder” fats possess, omega-3 fatty acids have been shown to decrease the risk for developing heart disease and cancer, decrease blood pressure, improve liver and kidney function, reduce joint pain, improve vision, improve diabetic conditions, decrease occurrences and intensities of migraine headaches, **increase circulating levels of leptin**, reduce stress, and increase metabolic rate.

If you are not using fish oil, make it a point to start supplementing with it right away. As for EFA icon, it has several benefits over conventional fish oil in that it is the most absorbed form of fish oil, highly potent and high quality without any toxins such as trace mercury.

Not only does this carry the quality benefit, but because of its high potency, you don’t have to worry about choking down large quantities of big “horse pill”, low-quality fish oil. In fact, just 2 small pills are the equivalent of TEN large standard fish oil capsules and only a total of a ½ gram of fat. **One bottle will last for the duration of the program.**

Again, keep in mind that protein powder, pre/post workout beverage, and BCAAs are essentially FOOD -- while the cost adds up a bit, you are substituting them for MEALS and they average only a couple bucks each (there aren’t many meals out there that only cost a couple bucks).
This is how I actually SAVE money on groceries each month (the regular use of Prograde Protein®, Workout®, and BCAAs typically cuts my “food” cost by one third each month, easily), and when you use them, you’ll do the same.

One last very important thing - they also offer a very convenient shipped-right to your door monthly program (this is what I do) in which you get free shipping and a huge discount on bulk orders.

Basically, they send you a month’s supply each month of the supplements you choose (so you never have to worry about reordering or running out), give you a huge discount, and then hook you up with FREE shipping on top of it.

I told you; they’re a great company. I don’t know of any other company that does this and I’ve been using this service for quite some time and love it.

How to Order and Get 15% OFF Everything!

Below you will find information on how to order BCAAs or any Prograde Product @ 15% OFF.

All Prograde Products @ 15% OFF including BCAAs

==> www.Xtreme-Prograde.com

(use coupon code xtreme15)

Enjoy the decreased grocery bills and remember to use the discount codes for even more savings!
Appendix A: Calculating Lean Body Mass and Macronutrient Breakdown

Lean Body Mass (LBM)

Your lean body mass is your weight, minus your body fat. For example, if you weigh 200 lbs at 20% body fat (40 lbs of fat), then your lean body mass is 160 lbs (200 – 40).

With that data you can then determine your calorie and macronutrient needs. The only day you are using total body weight (instead of lean body mass) is the Fast Day.

Here is a recap of the calorie needs for each day:

**Fast Day:** BCAA supplementation @ .3 grams per pound of Total Body Weight

**Shake Day:** Macro breakdown of 40% protein, 25% carbs, 35% fat; total calorie needs based on current body fat percentage. Utilize the below chart:

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
<th>Caloric Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>6% - 13%</td>
<td>12 x LBM</td>
</tr>
<tr>
<td>14% - 19%</td>
<td>11 x LBM</td>
</tr>
<tr>
<td>20% &amp; Above</td>
<td>10 x LBM</td>
</tr>
</tbody>
</table>

**Higher Carb and Moderate Carb Days:** Macro breakdown of 30% protein, 40%
carbs, 30% fat for Moderate Carb Days. Macro breakdown of 25% protein, 50% carbs, 25% fat for Higher Carb Days. Total calorie needs is based on current body fat percentage. Utilize the below chart:

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
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</tr>
</thead>
<tbody>
<tr>
<td>6% - 13%</td>
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<td>12 x LBM</td>
</tr>
<tr>
<td>20% &amp; Above</td>
<td>11 x LBM</td>
</tr>
</tbody>
</table>

So, let’s take the Shake Day for example along with our “sample” individual at 200 lbs and 20% body fat.

Because this person is starting at 20% body fat, we are going to use the 10 x LBM calculation from the Shake Day chart.

Again, to calculate lean body mass, simply subtract fat weight from total weight (the left over is lean body mass; everything except fat). Here are the simple formulas.

Total Weight x Body Fat % = Fat Weight
Total Weight – Fat Weight = Lean Body Mass

Plugging the numbers in:

200 x 20% = 40 lbs
200 – 40 = 160 lbs

This individual has a lean body mass of 160 lbs. From there we can easily calculate calories: 160 (LBM) x 10 (calories per pound) = 1600 calories
We also know that 40% of this should come from protein, 25% carbs, and 35% fat, giving us the calorie totals per macronutrient of:

1600 (total calories) x 40% (protein) = 640 calories from protein
1600 (total calories) x 25% (carbs) = 400 calories from carbs
1600 (total calories) x 35% (fat) = 560 calories from fat

To convert these caloric values to grams for easy counting, we can divide by the caloric values of each which are as follows:

Fat: 9 cal per gram
Protein: 4 cal per gram
Carbohydrates: 4 cal per gram

This means that the 200 lb individual in our example should be consuming 62 grams of fat (560 / 9), 160 grams of protein (640 / 4), and 100 grams of carbohydrate (400 / 4).

The cool thing about converting everything to grams is that you no longer have to worry about counting calories. You simply count the grams of each macronutrient you consume as indicated in the nutrition facts.

This makes things much easier considering the way our food labels are organized. If you are unsure as to the nutrition content of a particular product, you can look up the info easily at an online nutrition database such as www.NutritionData.com or www.CalorieKing.com.

To figure your personal calorie and gram needs for each type of day, use the formulas below.
**Shake Day**

**Lean Body Mass:**  Total Weight x Body Fat % = Fat Weight

Total Weight – Fat Weight = Lean Body Mass

**Total Calorie Needs**

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
<th>Caloric Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>6% - 13%</td>
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<td>11 x LBM</td>
</tr>
<tr>
<td>20% &amp; Above</td>
<td>10 x LBM</td>
</tr>
</tbody>
</table>

**Fat intake in grams** = (Total Calorie Needs x .35) / 9

**Protein intake in grams** = (Total Calorie Needs x .4) / 4

**Carbohydrate intake in grams** = (Total Calorie Needs x .25) / 4

**Shake Day Sample Daily Timeline**

- **7:00 am** – Breakfast Shake (P+C)
- **10:00 am** – Mid-morning Feeding (P+C)
- **12:30 pm** – Lunch (P+C)
- **3:00 pm** – Mid-afternoon Feeding (P+F)
- **6:00 pm** – Dinner (P+F)
You’d then split your total protein, carb, and fat total over the appropriate number of shakes.

You’re consuming protein with all 5 feedings, so you’d divide total protein by 5 to obtain targets to shoot for at each meal.

Carbs are consumed during 3 meals on Shake Days, so you’d divide total carbs by 3 to get P+C shake carbohydrate targets.

Fat comes in the last two shakes, so you’d divide by two. Here are the simple formulas:

**Protein Per Shake** = Total Protein / 5  
**Carbs Per P+C Shake** = Total Carbs / 3  
**Fat Per P+F Shake** = Total Fat / 2

**Moderate Carb Day**

**Lean Body Mass:** Total Weight x Body Fat % = Fat Weight  
Total Weight – Fat Weight = Lean Body Mass

**Total Calorie Needs**

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
<th>Caloric Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>6% - 13%</td>
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<td>12 x LBM</td>
</tr>
<tr>
<td>20% &amp; Above</td>
<td>11 x LBM</td>
</tr>
</tbody>
</table>
Fat intake in grams = (Total Calorie Needs x .3) / 9

Protein intake in grams = (Total Calorie Needs x .3) / 4

Carbohydrate intake in grams = (Total Calorie Needs x .40) / 4

<table>
<thead>
<tr>
<th>Moderate Carb Sample Daily Meal Timeline</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am – Breakfast (P+C)</td>
</tr>
<tr>
<td>10:00 am – Mid-morning Feeding (P+C)</td>
</tr>
<tr>
<td>12:30 pm – Lunch (P+F)</td>
</tr>
<tr>
<td>3:00 pm – Mid-afternoon Feeding (P+F)</td>
</tr>
<tr>
<td>6:00 pm – Dinner (P+F)</td>
</tr>
</tbody>
</table>

You’d then split your total protein, carb, and fat total over the appropriate number of meals.

You’re consuming protein with all 5 feedings, so you’d divide total protein by 5 to obtain targets to shoot for at each meal.

Carbs are consumed during 2 meals on Moderate Carb Days, so you’d divide total carbs by 2 to get P+C meal carbohydrate targets.

Fat comes in the final three meals, so you’d divide by three. Here are the simple formulas:
**Protein Per Meal** = Total Protein grams / 5  
**Carbs Per P+C Meal** = Total Carb grams / 2  
**Fat Per P+F Meal** = Total Fat grams / 3

### Higher Carb Day

**Lean Body Mass:** Total Weight x Body Fat % = Fat Weight  
Total Weight – Fat Weight = Lean Body Mass

### Total Calorie Needs

<table>
<thead>
<tr>
<th>Current Body Fat %</th>
<th>Caloric Formula</th>
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<tbody>
<tr>
<td>6% - 13%</td>
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</tr>
<tr>
<td>20% &amp; Above</td>
<td>11 x LBM</td>
</tr>
</tbody>
</table>

**Fat intake in grams** = (Total Calorie Needs x .25) / 9  
**Protein intake in grams** = (Total Calorie Needs x .25) / 4  
**Carbohydrate intake in grams** = (Total Calorie Needs x .50) / 4
Moderate Carb Sample Daily Meal Timeline

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Breakfast (P+C)</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Mid-morning Feeding (P+C)</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch (P+C)</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Mid-afternoon Feeding (P+F)</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner (P+F)</td>
</tr>
</tbody>
</table>

You’d then split your total protein, carb, and fat total over the appropriate number of meals.

You’re consuming protein with all 5 feedings, so you’d divide total protein by 5 to obtain targets to shoot for at each meal.

Carbs are consumed during 3 meals on Moderate Carb Days, so you’d divide total carbs by 3 to get P+C meal carbohydrate targets.

Fat comes in the final two meals, so you’d divide by two. Here are the simple formulas:

\[
\begin{align*}
\text{Protein Per Meal} &= \frac{\text{Total Protein grams}}{5} \\
\text{Carbs Per P+C Meal} &= \frac{\text{Total Carb grams}}{3} \\
\text{Fat Per P+F Meal} &= \frac{\text{Total Fat grams}}{2}
\end{align*}
\]

**Fast Day**

\[
\text{BCAA Needs in Grams} = \text{Body Weight} \times 0.3
\]


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