

## **Fast Fat Loss For Life**

### **Lifestyle for Fat Loss and Optimum Health**

**You read that right. This is a lifestyle. You never have to diet again!**

**Food is first.**

**NOTICE: We love to eat, and we do what we love a lot.**

**Since we all accept this, here is the lifestyle you need to experience. Once you adapt and live this lifestyle, you will be happily free of excess fat and in phenomenal health. You will thank yourself because this will improve your quality of life now and even more as you get older.**

**Eat for nutrient density. Most people reading this are malnourished, especially those carrying any excess body fat or underweight. Eat the foods that are going to benefit you the most. For example, eating x amount of desserts is not the same as eating x amount of vegetables.**

**Eat sufficient quantity of the best quality food. The longer you eat the best quality food, the hungrier you will be/get. This is a good hunger. Your body is responding to the nutrients that it has been needing by telling you to eat more. Listen to your body and eat more!**

**Do not eat or drink anything that will cause you harm. Put down the soft drinks!**

**Before we get into the magical secret stuff, you must understand that this is a lifestyle change not a 30-day diet only to yoyo back to where you are now. When you look in the mirror, you see every good and bad decision you have ever made. Embrace the feelings that rush in. Face them by using the energy to motivate and fuel your actions toward your goals.**

### **Lifestyle**

**There are many programs out there that I have bought that work because I have seen results with each and every one. I am incorporating each of the best of the programs I have learned from. Not one program is perfect, so always continue to learn, as will I. I do reserve the right to change any of this if I learn something that will benefit you more.**

**There are three big points to address:**

- 1. Air**
- 2. Water**
- 3. Nutrients**

**You breathe more than you do anything else, so get the best air quality. Get outside as much as you can! Your body really needs that fresh air.**

**Your body is made up of about 70 to 80 percent water, so you need to drink 0.5 fluid ounce of water per pound of body weight. For example, a 200lb man would consume 100 fluid ounces (almost 1 gallon) of water per day. You might be thinking this is impossible, but I promise it's not. Your body will actually start to crave the water and become thirsty more frequently throughout the day. You'll be drinking the water you need in no time!**

Drink 20 ounces of room temperature water 1 hour before eating. Then after eating, wait 30 minutes to 1 hour before you continue drinking water. This is how you are going to be able to actually use and absorb the optimum amount of water in a day. You see, when food and water mix in the stomach, neither nutrient gets absorbed in the fullest effect. Separate them and get the benefits of both.

**The number one rule:**

Eat every meal with the best protein, fats, and non-starchy veggies.

**Protein:** The best meats are preferably grass-fed instead of grain fed beef/lamb/bison etc., wild caught instead of farm raised fish (and from the USA), free range poultry (turkey and chicken), clean living or game meats (deer, rabbit, etc.), and free range (also known as cage free) eggs. Meats should be sodium nitrate free (uncured) with no MSG or chemicals added. You usually only run into this problem with processed meats and bacon. Meats should also have no added antibiotics or hormones.

Read the ingredients label on the back of the package. Never trust what the front of the package says.

Aim for eating 60-100 grams of protein a day. As long as you eat adequate amounts of everything else, you can eat as much protein as you want. This is a recycled nutrient unlike any other. The bare minimum is a piece a meat a day or at least 35 grams of protein from a non carb (sugar) source.

You don't have to count it out; keep it simple and just eat 2- 3 servings of protein a day. A serving is about the size of your fist.

Don't think you have to eat the same types of meats repetitively. That's boring. There's ground, sausage links, breakfast sausage, bacon, cutlets, breasts, tenders, steaks, etc. All these styles are available in pretty much every protein source listed above.

**Fat:** Fats are your fuel source for energy and healing. Make sure you get the best quality fat you can find.

Myth buster: Fats don't make you fat; they make you lean. When you eat quality fats that are similar to your body's fat, it tells your body to burn body fat for fuel. Added bonus: fats make you feel full for longer.

The best fat sources: Coconut oil, grass fed butter (only dairy exception), grass fed ghee, grass fed meat (with fat), cacao, wild caught fish (processed in the USA), raw nuts, and avocados.

Coconut oil is a daily must. It most closely resembles your body fat. Consuming 2-4 tbsp. per day is ideal. Start out with 1 tbsp. a day and build up slowly because it can cause a detoxing effect if you do it too quickly. Find a way to incorporate it. For example, you could use it to cook with, put it in your coffee, stir it in sweet potatoes (the only carb exception and limited to 1 per day for fat loss) with cinnamon, etc. Some people even eat it raw right off the spoon. Get creative and find what works for you. Find the best quality coconut oil too: organic if possible, cold pressed, unrefined, extra virgin, and even in a glass container if available.

If coconut oil is something that seems impossible for you, get two of the other fats in every day. Raw nuts are one of my favorite snacks, but no more than two handfuls a day. FYI: peanuts are not nuts; they're beans.

Lesser fat sources include avocado oil, nut oils (almond, walnut, etc.), and olive oil. However, these oils should never be heated. You could use them to make a salad dressing, delicious mayonnaise, etc.

**Non-Starchy Veggies:** Eat leafy and cruciferous (fibrous) vegetables in ABUNDANT amounts. There isn't a limit on how much you eat a day. Actually there is a minimum limit; you must get in 5+ full bowls of these a day. Variety is key so really challenge yourself with recipes and different leafy and cruciferous vegetables. Root vegetables are very important to get in as well. These will make you happy. Examples: broccoli, cauliflower, kale, spinach, cabbage, spring mix lettuce, rutabagas, turnip roots, turnip greens, squashes, okra, carrots, parsnips, radishes, eggplant, onions, peppers, sweet potatoes (in moderation. They are higher in carbs than the other veggies listed) etc. You can see the list goes on and on.

**Note:** Fresh veggies are best, frozen is good, but canned is a terrible idea. Buy organic whenever possible. However, if you have to remove an outer layer, you don't have to buy organic. Examples include onions, sweet potatoes, avocados, etc.

I realize you're probably already asking what will I eat? What about carbs? What about drinks?

**Do not eat or drink these bad foods:**

- Beer or more than a glass of dry red wine a day
- Sugar (processed white cane sugar, high fructose corn syrup, etc.)
- Bread
- Beans
- Grains
- Artificially sweetened anything (sugar free usually means means artificially sweetened. Ex: Splenda/sucralose)
- Dairy (Drink a nut milk instead like almond or coconut. Get unsweetened!)
- Fruit (fruit sugar (fructose) turns into fat once it enters your body.)
- Rancid/rotten fats (vegetable oils, fried, roasted nuts, heated olive oil, etc.)
- Soy

Listen to your body. If you eat something, even in the "good" list, and it makes you feel bad, evaluate it. Either it is detoxing you, which is good, or you are allergic to it now. This can vary from bloated to a little constipation/diarrhea. As you heal over time, it might not be a problem anymore.

To sweeten things without harm, use stevia in the purest form you can get it in (green stevia=real stevia). Honey (only local honey) and coconut sugar in minimal/moderate amounts are fine. Just don't rely on having it in every meal/every day. READ your ingredients labels. Erythritol is the only "added" sweetening ingredient you should see. Harmful, processed sweeteners are a no. Examples: Dextrose, maltose, sucrose, sucralose.

Panicking about giving up your flours? Try almond or coconut flour (or a combination)!

**Note:** To quickly lose fat, it's important to keep the sweets to a minimum (at least for the first 30 days); you'll burn more body fat faster. Once you get the body you want, it's okay (and even beneficial) to add in the occasional (but healthy) dessert that still fits into your lifestyle (still no grains,

processed sugars, etc.). Desserts are still possible to make without using harmful ingredients without sacrificing that delicious taste.

You need to sleep at least 6-8 hours a night. Totally blacked out with no lights anywhere. No noise either. This is the only way to get fully rested.

Work up to getting 30-60 minutes of sun a day. If your skin is like mine (very sensitive and white as paper), start out with 15 minutes straight sun. Pray or meditate during this time.

**Overview:**

**High Protein**

**High Fat**

**Higher Veggies**

**High Calorie**

**High Quantities of Food**

**High Amounts of Water**

**High Fat Loss**

**High Quality of Life**

**Highly Satisfied Lifestyle**

**All of this without exercise. Get the body you want/deserve simply by eating more. And KEEP IT!**

**If you eat something you shouldn't, don't feel guilty. Move on to the healthy option for your next snack/meal. Make it a habit to eat something good, and in time the processed/junk food will become less desirable!**

**With all that being said here is my lifestyle. Tried and true. It goes from being sick, obese, and in pain to phenomenal health.**

You will achieve exponential results in 30 days or less. However, to fully see results and massive changes, stick to it for at least 30-90 days. Once you experience/enjoy this lifestyle, you will gain the ultimate quality of life and keep the fat off forever.

Note: If you deviate from this lifestyle, you will regress back to being fat and/or sick. It's **NOT** a diet you do for 30 days and go back to your old way of life. But believe me, you won't want to.

Welcome to the new you!

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