

THE
12 WEEKS
FAT LOSS
TO YOUR BEST BODY EVER!
FACTOR
BY: MARC "THE MACHINE" LOBLINER



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Foreword

By: Mike Roberto

Right now, I want you to make an excuse about your health. Go ahead - enjoy it in all its responsibility-shirking glory.

Because after you start this book, your excuses will be none.

Soon enough, you will be armed with everything you need to know to achieve your goals. But more importantly, you will also be *dis*-armed from the fallacies that pushed you towards those excuses in the first place.

You see, over the past few years, there's been a movement brewing. This movement -- which has just reached you in this very book - is so exciting and powerful that it can only be described with one word: **REVOLUTION**.

A revolution that, as simple as it sounds, has completely escaped us after *decades* of misinformation.

The simple idea of this so-called revolution?

That if you eat REAL food -- not processed, "food-like substances" -- your health will remarkably improve on *every* possible level.

The problem with this movement is that all resources available are geared towards weight loss and general health. And while that's incredible... what about those of us that also want to GET BEYOND RIPPED? Not only getting beyond ripped, but doing so in a *sustainable and healthy way*.

To answer this call, I proudly introduce to you **Marc "THE MACHINE" Lobliner**.

For some, Marc needs absolutely no introduction. This charismatic business owner, husband, and father of two is well-known for his hell-bent drive in bringing **ethics** and common-sense to the nutrition and supplementation industry - an industry that could use a whole lot more of both.

Those of you who have met Marc or have seen his daily videos and blog posts know that he's not just funny and full of life, he also knows exactly what he's talking about. But Marc does not just talk the talk, he walks the walk.

And for the rest of you who haven't met him, Marc *still* needs no introduction. All you have to do is look at a few of his photos to see that he truly does put his money (and his body) where his mouth is.

As I write this, Marc is on his epic quest for his IFBB (International Federation of Bodybuilders) Pro Card, a designation for professional bodybuilders. While some bodybuilders keep secrets, Marc keeps absolutely none. And in GET BEYOND RIPPED, you are privy to the systems he uses, in all their gory detail.

Marc is a no-nonsense guy, and this is a no-nonsense book. After your intro, Marc gives you the diet plan *immediately*. You aren't going to be overwhelmed with pages full of theory without any of the practice. Aren't you sick of these types of books?! Marc is, and so am I.

Instead, you are going to get into the meat and potatoes (quite literally) right off the bat. The workout plan isn't far behind.

Marc will ask you to reject many things you thought were good for you. He is going to have you go against the grain, in all senses of the phrase. Put simply, Marc cuts the crap and promotes high quality, *natural* food. In turn, he creates high quality, *natural* bodies.

The supplements recommended in this book are top-notch. While they're not all made by Marc's companies, MTS Nutrition and EthiTech Nutrition, I wish they were. There is not a single person in this industry who I trust more than The Machine himself. After you read his back-story, which comes after the diet and training plan, you'll agree. Marc's energetic idealism is that infectious.

This is definitely a "do as I do" type of book. Every meal, every step, every rep is laid out here. It's the ultimate plan for readers who want to live the Lobliner lifestyle without doing the years of homework and trial-and-error that Marc has put in throughout his journey.

But for those of us who *need* that theory behind his ways, all you need to do is ask him for it. Chances are, you'll get a prompt and thoughtful response. Better yet, he may even make a blog post or video if it's a commonly misunderstood topic. Marc is that kind of guy with that kind of conviction.

All I ask of you is this: Join the revolution. Give Marc a solid 12 weeks of your life. Follow the plan as closely as possible, but tweak it as needed. Stop eating garbage that comes out of a box. Yes, you need to eat your vegetables (and no, corn is not a vegetable).

Within weeks, you will be hooked, and will share my same contagious energy.

It works for Marc, it works for me, and it will work for you. Get started now - you have nothing but fat to lose, and a whole lot of muscle to gain.

Mike is a competitive open-water swimmer with All-American honors and is the CEO of ClutchWave Inc., which runs the [PricePlow.com Supplement Price Comparison Engine](#). Mike uses Marc's diet plan year round, and training program during off-season winter bulks before cutting down for competitions.

Chapter 1: The Meat and Sweet Potatoes—The DIET!



I know what you're thinking. Most so-called diet books make you read pages and pages of worthless drivel to get to what you thought would be the good stuff—the actual diet and training program.

Well, this is not one of those books.

The first chapter is all about the program so when you need to look up what you need to do, you just open the book. Chapter 2 and beyond will go into the nuts and bolts of how this diet came about and also provide what might be the most advanced and effective training system ever created. Let's get results! This is how *you* can achieve your best body ever much like I have in record time!

DISCLAIMER: There will be jokes throughout the book. This is FUN. I have fun doing this. This is not a misery, death march style, celebrity diet that sucks the life (and muscle) out of you. If you feel so crappy from your lifestyle or diet (whether you're dieting down or not), why are you doing it? Instead, we have fun here and eating quality, natural foods is a MOOD ENHANCER - not a depressant!

This book was written for anyone looking to get in their best condition EVER and even get onstage and compete, but it can also be applied to anyone looking to improve their physiques and overall health *dramatically!* It was mostly meant for males of any age who are looking to drop fat and gain lean mass and BE HEALTHY. Women can also safely and effectively use these exact principles with the adjustments listed in the book.

This is an all-natural approach here. The basis of the plan is QUALITY FOOD and INTENSE WORKOUT. I am going to recommend certain foods, but also omit many things that I've found to be hazardous and counter-productive for myself and nearly all of my clients or at least limit them. After all, it is all about balance (as we will get into).

In far less than 12 weeks, you will begin to feel incredible, thanks to eating REAL food, training INTENSELY, and supplementing INTELLIGENTLY. After 12 weeks of this program, you will be well on your way to a shredded new you. So let's get started.

THE DIET

This is it, no making you wait. This diet has been proven time and time again to not only get you more ripped than an anatomy chart, but also improve blood profiles in many cases including my own. In fact, I have always had high Bilrubin levels as a liver indicator and due to weight training, my AST and ALT are always elevated. A few months on this plan and BAM—EXTREME PERFECTION!

Bilrubin, AST and ALT are markers of liver and overall health and weight training naturally elevates the readings of you AST and ALT levels. My AST and ALT went down nearly 100 points (that is BIG) and my bilrubin, while never severely high, was never in normal range. Now, it is "normal" as deemed so by the US government. With most of my clients, we have seen extreme results like this. Take a testimonial from client David Pope....

"When I started your program I weighed 341.5 pounds, I was pre-hypertensive and my triglycerides were at 172. Worst of all, I had to hear the "pull yourself up by your sack" speech from my long-time friend Marc Lobliner. Now, 18 weeks later, I have lost 28.5 pounds, my blood pressure at my last doctor's visit

was 110/60, with the average being 115/63. My last blood draw showed triglycerides at 133 with cholesterol remaining well in the normal/optimal range.

The numbers speak for themselves. There is no greater testimonial I can give than sharing these numbers. I have energy, confidence, and I have never been hungry while I have been training. Yet I have never been hungrier for success. What you have done so far for me is amazing.”

You might be saying, “But Marc, I just want to get shredded. What does all of this health bullshit have to do with anything?” It has a LOT to do with it. Your body will not function and lose weight properly if not in optimal health and to be ever more dire, being lean and sexy means nothing if you are dead.

The Machine Diet

We always see diets focusing on one aspect.

Low Carbs

Low Fat

High Fat

Olive Oil

Grapefruit

Detoxing

Cleansing

STOP! Diet is all about balance. Sure, at the end of the day, calories in versus calories out and macronutrient balance is the KEY, but to get optimal results and to be HEALTHY, micronutrients, TYPES of fat, protein and carbs, among other things are tantamount to reaching your goals and being healthy. With that said, here are the basics to this diet.

Fat

Fat is GOOD and we will focus on getting the right kinds of fat. I want fish oil for its amazing EPA and DHA from polyunsaturated fat; Free-Range, Cage-Free DHA eggs for its DHA and saturated fat; Coconut Oil for its MCT concentration; Macadamia Nut Oil for its monounsaturated fat and Natural Peanut Butter for its monounsaturated fat content. Aside from all being NEEDED to absorb fat soluble vitamins and minerals, let’s look at these fats!

The Machine Diet uses a ratio that isn’t exact, but we want to have all of these fats in our diet on a daily basis.

EPA and DHA (Polyunsaturated Fat) from Fish Oil:

- Contribute to heart health
- Helps alleviate symptoms of arthritis
- Weight Management
- Supports healthy blood lipid and cholesterol levels

- Support mood and well being
- Supports mental focus

Basically, fish oil is awesome. EPA is **Eicosapentaenoic acid**. EPA helps lower inflammation and even helps mediate and control some mental disorders! DHA is **Docosahexaenoic acid**. DHA helps everything from mental disorders, helping an unborn child's brain development when taken by a pregnant woman, as well as helping to support fat loss! This fat is that damn good!

Omega 6 fats are found in plant sources like many of our oils, particularly corn oil, safflower oil and sunflower oil, sesame oil and peanut oil that happen to be found in processed foods like margarine.

This is also one reason in this diet we recommend ONLY Free Range Beef and Chicken. Our meat is now much higher in Omega 6 than it was. But cows used to be grass-fed and now they are mainly grain fed to fatten them up and the oils from grains are high in Omega 6.

Why is this important for getting shredded? Well, for one, as stated before, HEALTH and having an optimal system is first and foremost. But beyond that, EPA and DHA have been directly linked to fat loss via research. WE WANT THIS FAT!

Saturated Fat

AHH, the DEVIL! But, in the right amounts from the right sources, these are GOOD!

- Contribute to heart health: I will explain this one! Some saturated fat is found in the fat around the heart muscle, and are used by the heart as an energy reserve in times of stress.
- Hormonal support
- Support mood and well being
- MCT's from coconut oil are more likely to be used as muscle and NOT stores as fat

My stance on this is simple—we are eating the RIGHT saturated fat and you need a mix. When eating the diet prescribed on this program, you will be getting fats from supplements, and I like a MINIMUM of 20% of fats to be saturated. Since even the beef we are eating is lower in fat and free range beef is full of Omega 3's and other healthy fats, we need to add these in. This is why I recommend MCT or Coconut oil. It is more likely to be used for energy and not stored as fat due to its structure and it has been shown to improve markers of overall health. As for eggs, we aren't going to be eating the mass produced eggs you see in the store for dirt-cheap prices. The fat in the eggs we buy will be chock full of more vitamins and other healthy fats in addition to Saturated fat. That whole "cholesterol being unhealthy" thing is a JOKE (more on that later). In order of preference, here are the eggs you will buy:

1. Pasture Raised: Chickens running around, eating worms and grubs and getting SUNLIGHT which helps product vitamin D. I actually pick my own from a local farm.
2. Cage Free: They can still be in dark pens, but still an improvement.
3. Eggland's Best or Other DHA-Rich Egg: They are fed a diet to improve their fat ratio, which is great. I have seen a documentary on their plant and this is not the normal, nasty, chicken's eating eachother's poop facility. It is very clean.

Monounsaturated Fat

- Contribute to heart health
- Weight Management
- Supports healthy blood lipid and cholesterol levels
- Helps reduce belly fat

By combining the CORRECT ratio and amounts and using all types of fat, we will derive multiple benefits and achieve amazing results!

This diet isn't based on a specific ratio since it can vary daily, but we have some simple fat principles I like to stick to:

1. Have at least one meal with Whole Eggs included in it.
2. Have MCT Oil at 1-2 meals per day as the fat source (2 MAX)
3. Have 1Tbsp LIQUID fish oil (for the DOSING) or the equivalent of 1g DHA from capsules (EPA will likely be higher in the capsules, this is fine) NOT counted toward daily fat intake. This is a constant no matter how low calories go.
4. Have Macadamia Nut Oil or Nuts/Peanut Butter/Almond Butter at other meals for Monounsaturated Fat.

Protein

The almighty macronutrient. Shown in studies to promote lean body mass and weight management. This calorie source is the backbone to all diets. We get our protein from lean meats and Whey Protein. Whey Protein has been shown to enhance lean mass gains as well as promote immune function and curb hunger. We will also occasionally use different protein sources for variety. Salmon is an option but this also counts as a fat source. The protein still counts in the salmon. So if the Salmon is 21g protein and 5g fat, it counts as three protein servings and one fat (see appendix!).

Carbohydrates

Carbs are a part of the diet. Fruits and veggies, for example, contain MANY micronutrients as well as fiber, antioxidants and other healthy components. We will focus mainly on the following carb sources:

- Oatmeal: Full of fiber and slow digesting. Immense health benefits.
- Sweet Potatoes and White Potatoes: Loaded with potassium and fiber. These actually are a vegetable!
- Green Veggies (Broccoli, Asparagus, Green Beans, Lettuce, Kale and Spinach): Loaded with vitamins, fiber and are essentially a calorie void food!
- Berries: Antioxidants, fiber and has been shown in studies to enhance fat loss!
- Bananas: Full of fiber and potassium along with other nutrients.

- Grains, Corn, Beans: Can be used, but I feel they are inferior to Potatoes as a starchy carb source. This is why I would limit these to two meals or less per day. While they are fine, I just feel that SPUDS are optimal! This is about results, right? Also, what is more awesome than a little organic, unsweetened cocoa with some Stevia on top of a sweet potato or homemade, Baked fries? Homemade Fries [VIDEO HERE](#)

These are just some of the things that this diet factors in along with:

- Insulin Control: Insulin is the storage hormone. By controlling this when LOSING fat, we are putting ourselves in a good place to lose fat. Also, some of our supplements like Yohimbine HCl work best in the presence of controlled insulin.
- Alkalinity: Basically, the body absorbs less nutrients from food when it is acidic. We maintain alkalinity by eating vegetables and fruits and also by combining food sources. SO EAT THOSE VEGGIES!
- Calorie Control
- Digestion

With all of these accounted for, it is time for RESULTS!

Those are the nuts and bolts. We all have different needs and these might need to be altered as we move forward, but here are the starting points to your Machine Diet. As you

NOTE: You get two FREE servings of fruits per day preferably from grapefruit, berries or bananas. Another over two servings counts toward carb totals. This is done because no matter HOW low our calories go, we KEEP these in for overall health and their nutrients. DO NOT worry about the GI (Glycemic Index or how fast the carb hits the bloodstream) since this will be combined with other foods within a meal, thus blunting the insulin response.

FREE MEAL!! DO THIS ONCE PER WEEK!!!!

You get ONE weekly free meal per week. Make this ANYTHING you want. Just one meal, within an hour, no buffets.

We do not call it a “cheat” meal because it is on the program! Cheating is when you DON’T follow the program. The free meal will help keep your body on its’ toes, rev up metabolism and also keep you SANE with yummy, not so healthy foods! But we have seen many people OVERDO it or not do it at all. Both of these can have negative ramifications. If you go to a buffet, you can eat MUCH more than normal -- to the point of gluttony which can consist of swollen ankles, bloated abs, and a 12 hour date with the porcelain princess! NOT having it can be just as bad. When dieting, the free meal acts to stimulate the metabolism. When you eat 100% clean for an extended period, the low calories become maintenance and fat loss stalls. This is where the free meal can kick your metabolism straight in the glutes and get your glutes tight and firm!

Shizzam! The FREE part also stands for FREEDOM! The freedom to eat without guilt, without a food scale, and without counting. It is psychological freedom at its finest! ENJOY it. Take someone on a date. Eat an ice cream cone with your dog. Or if you really want to get freaky, get some honey and whipped cream and...never mind.

So back to the RULES. The “Rule of Three” represents three courses. But we are NOT allowing trips to the buffet as a free meal. Sit down at a restaurant or enjoy home cooked yumminess! The three courses are:

- Course 1: Salad OR Soup OR Appetizer
 - You may have any ONE of these.
 - Appetizers are usually meant for two. You can even get fried stuff. Any appetizer works. Just eat half of it or split it with someone. Don’t take it home!
 - For salads, just get any old salad you want and eat the GOOD DRESSING! You know, the creamy stuff that is “bad” for you!
 - Soup is GOOD. Get any soup on the menu. A bowl, not a pitcher!
- Course 2: Main course
 - ANYTHING on the menu. Fried food, pizza, calamari, burger and fries, chitterlings, latkes, s’cango, pork n’ beans, chimichangas, meat pie....you get the point!
- Course 3: Dessert
 - Let them eat cake! Rock it out. Apple Pie ala Mode, cheesecake, fried bananas, banana splits. Just order dessert!

This should satiate you and not leave you feeling BAD. The rule is that if it is not the last meal of the day that you should be able to eat your normally scheduled meal after it. If you cannot, you overdid it.

There you go! Now have a good time and fit in with the “average” people for once!

Here are the weight ranges we will have plans for. If you weigh less than 140 pounds , start at the macronutrient (calorie) level listed below and decrease by 5 grams of fat per meal to start if uncomfortable and/or you gain over 2 pounds the first week.

- Male 140lbs - 175lbs
- Male 175lbs - 200lbs
- Male 200lbs – 225lbs
- Male 225lbs – 250lbs
- Male 250lbs+

YOU NEED A FOODSCALE! This is hardcore, thus we need to measure everything. I do not even “eyeball” food and I do this for a living. BEFORE STARTING BUY A FOODSCALE!

MALE - UNDER 175lbs Starting Diet

Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1: 7am	60	42	15	
Meal 2: 10am		42	15	
Meal 3: 12:30pm (lunch at work)		42	15	
Meal 4: 3pm (for 5:30pm WO)		42	15	
Meal 5: 6:30pm PWO	60	42	15	
Meal 6: 9:30pm		42	15	
Total	120	252	90	
Calories	480	1008	810	~2,298

Meal 1

- 3 Whole DHA Eggs
- 7 egg whites
- ¾ cup oatmeal (measured uncooked)
- 99g blueberries

Meal 2

- 1.75 scoops [MTS Nutrition Machine Whey](#)
- 1Tbsp macadamia nut oil
- 99g Blueberries
- <http://www.youtube.com/watch?v=chxWTwNQ9I>

Meal 3

6oz Free Range Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia
Nut Oil
Broccoli

Meal 4

1.75 scoops [MTS Nutrition Machine Whey](#)
1Tbsp Coconut nut oil or 30g Natural Peanut
Butter or 15g fat from unsweetened coconut
flakes
99g blueberries

Meal 5

6oz Free Range 85/15 or LEANER LEAN BEEF/Steak
or Wild Salmon
Asparagus
8oz Sweet Potato

Meal 6 BEDTIME

3 Whole DHA Eggs
7 egg whites
Broccoli
OR
Repeat Meal 2

MALE - 175lbs - 200lbs Starting Diet

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1: 7am	60	42	15	
Meal 2: 10am	60	42	15	
Meal 3: 12:30pm (lunch at work)		42	15	
Meal 4: 3pm (for 5:30pm WO)		42	15	
Meal 5: 6:30pm PWO	60	42	15	
Meal 6: 9:30pm		42	15	
Total	180	252	90	
Calories	720	1008	810	~2,538

Meal 1

3 Whole DHA Eggs
7 egg whites
4 slices Ezekiel Bread

Meal 2

1.75 scoops [MTS Nutrition Machine Whey](#)
1Tbsp macadamia nut oil
¾ cup oatmeal (measured uncooked)
99g Blueberries
<http://www.youtube.com/watch?v=chxWTwNQ9I>

Meal 3

6oz Free Range Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil
Broccoli

Meal 4

1.75 scoops [MTS Nutrition Machine Whey](#)
1Tbsp Coconut nut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes
99g blueberries

Meal 5

6oz Free Range 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon
Asparagus
8oz Sweet Potato

Meal 6 BEDTIME

3 Whole DHA Eggs
7 egg whites
Broccoli
OR
Repeat Meal 2 Without Oatmeal

MALE- 200lbs - 225lbs Starting Diet

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal: 1 7am	60	49	15	
Meal 2: 10am	60	49	15	
Meal 3: 12:30pm (lunch at work)	60	49	15	
Meal 4: 3pm (for 5:30pm WO)		49	15	
Meal 5: 6:30pm PWO	60	49	15	
Meal 6: 9:30pm		49	15	
Total	240	294	90	
Calories	960	1176	810	~2,946

Meal 1

3 Whole DHA Eggs

9 egg whites

1 cup Oatmeal

Meal 2

2 scoops [MTS Nutrition Machine Whey](#)

1Tbsp macadamia nut oil

99g Blueberries

1 cup Oatmeal

<http://www.youtube.com/watch?v=chhxWTwNQ9I>

Meal 3

7oz Free Range Chicken (cooked)

**30g Natural Peanut Butter or 1Tbsp Macadamia
Nut Oil**

8oz Sweet Potato

Broccoli

Meal 4

2 scoops [MTS Nutrition Machine Whey](#)

**1Tbsp Coconut nut oil or 30g Natural Peanut Butter
or 15g fat from unsweetened coconut flakes**

99g blueberries

Meal 5

**7oz Free Range 85/15 or LEANER LEAN BEEF/Steak
or Wild Salmon**

Asparagus

8oz Sweet Potato

Meal 6 BEDTIME

3 Whole DHA Eggs

9 egg whites

Broccoli

OR

Repeat Meal 2 without oatmeal

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