



max = 21st / 136 kg d = 2 lb / 1 kg

Xtreme

Fat Loss Diet

**Diet
Manual**

Xtreme Fat Loss Diet

DIET MANUAL

By JOEL MARION, CISSN, NSCA-CPT

**Get Full Version of Xtreme Fat Loss Diet Resources
and All PDFs - Official >>**

Welcome to the Diet Manual!

First off, I want to thank you.

Thank you for being one of the smartest people in the world.

Huh?

You see, I KNOW you're one of the smartest people in the world because you chose to invest in the Xtreme Fat Loss Diet program, and this program attracts SMART people.

This isn't a quick fix. It's a SMART fix that just so happens to be the fastest fat loss program on earth.

So congrats. You were astute enough to choose a *real* solution instead of some lame diet pill scam, and as such now own a seriously awesome resource that's *almost* as awesome as you are.

You rock. But you probably already knew that.

Moving right along...

The Diet Manual (the one you're reading right now) is the main manual of the program in which I'm going to tell you EXACTLY what to do over the course of your entire 25 day Xtreme Fat Loss journey.

In this manual I'm not going to waste a lot of your time with "filler" info. You want to know *what* to do—exactly how to get the fastest results imaginable in the shortest period of time—and that's what I'm going to deliver to you (while saving

you the tedious chore of reading a novel...hey, they made me read War & Peace in high school too...NOT trying to put you through that).

Having said that, I do feel that it is important that you understand WHY you're doing what you're doing, so we're going to start this bad boy off with a discussion of the regulation of human body weight and metabolism—without this info the rest of the program is going to make ZERO sense to you, so make sure you read and absorb (besides, it's pretty fascinating stuff). Here we go.

Why, oh why, does dieting suck so bad?

Good [very legit] question, so let's tackle it. Typical “dieting” is perhaps one of the most frustrating practices that just about *everyone* has attempted at one point or another, and it's not fun, and it gets old, and it rarely works...*because...*

Reason #1: It's BORING and lacks variety.

I don't know about you, but I'm not in to eating dried chicken breast and veggies six times a day, day after day, week after week, *month* after mind-numbing *month*.

But that's dieting! Fact is, most diets are extremely limited with regard to food choices and variety, and many even limit entire macronutrients altogether (i.e. low-carb and low-fat diets) over the course of the entire program.

Three months with no carbs? No thanks. Such practices are not only entirely unnecessary, but make for a miserable, unsustainable experience.

Reason #2: “Dieting” requires that you give up your favorite foods for weeks or even months at a time...and that's just simply *unrealistic*.

Virtually all diets can be summarized by one word: restriction. They're all about what you *can't* have, and very little about what you can (and most of the time, the "allowed" choices suck).

To make matters worse, they **forbid** you to eat your favorite foods. No pizza or chocolate chip cookies for months while you try to shed those 30 lbs! Yeahhhh right. That's never going to happen in real life, and unfortunately, when the inevitable DOES happen and you cheat, you feel terrible, guilty, and like a failure.

Fortunately, it doesn't have to be that way.

Reason #3: The results simply aren't substantial enough to warrant the sacrifice.

Who wants to work hard with no reward? Not me! If you're busting your butt day in and day out and then hop on the scale at week's end only to find ***nothing's changed***, that's extremely disheartening and discouraging—and believe me, I feel your pain.

In fact, that exact scenario is what allowed me to "stumble upon" the Cheat Your Way Thin system more than 7 years ago now.

You know what hard work with no reward results in? **Quitting**, that's what. And man, I don't blame you (or me, 'cause I did it plenty of times myself). It's not that you "just don't have what it takes", it's that NO ONE is going to continue to work hard with no pay off. And why would you? It makes zero sense and we already established that you're one of the smartest people on earth.

So, let's get in to some of the reasons *why* this "lack of results" thing happens.

Introducing, the most important hormone you probably never heard of...**Leptin**.

Lepti-what??

It's name is Leptin (derived from the Greek word *leptos*, meaning “thin”), and it's without a doubt the most important hormone you probably never heard of.

You see, leptin was only first discovered just over 10 years ago, and as far as weight loss is concerned, that's ***extremely recent***.



Leptin's function? To communicate your nutritional status to your body and brain.

Leptin levels are mediated by two things. One is your level of body fat. All else being equal, people with higher levels of body fat will have higher leptin levels than those with lower levels of body fat and vice versa.

Because leptin is secreted by fat cells, it makes sense that under normal conditions there is a direct correlation between leptin levels and the amount of fat you are carrying.

Unfortunately, when you're attempting to lose fat and begin to restrict calories, conditions are anything but “normal” and the body responds accordingly by lowering leptin levels.

This is because the second mediator of leptin levels is your calorie intake. Lower your calorie intake and leptin will fall, independent of body fat.

So, yes, you can be overweight and still suffer from low leptin levels – just go on a diet.

So what happens when leptin levels fall and why the heck does it matter?

Again, under normal conditions leptin levels are normal and the brain gets the signal loud and clear that nutrition intake is adequate. Metabolism is high and the internal environment of the body is one very conducive to fat burning.

Until you start dieting.

Go on a diet and leptin levels quickly plummet (by 50% or more after only one week), sending a signal to the body that you're semi-starved and not consuming enough calories.



This puts the breaks on metabolism and creates a hormonal environment extremely conducive to fat **storage**.

Thyroid hormones (hormones extremely important to metabolism) respond by taking a dive and the abdominal fat-storing stress hormone cortisol skyrockets measurably.

Hello belly fat.

And if that wasn't bad enough, the appetite stimulating hormones ghrelin, neuropeptide-Y, and anandamide all hop on board to make your life even more miserable.

You don't have to remember any of those names, just remember that when leptin drops, you get seriously hungry.

Despite having a pretty good reason for its reaction, it's pretty ironic that our bodies are primed for fat loss at every other time except when we are trying to burn fat.

Wouldn't it be great if we could maintain high leptin levels and a body primed for fat burning while dieting? It would seemingly solve all of our problems.

But in order to do this, we'd have to somehow keep leptin levels high as we attempt to lose those extra pounds.

So, how about “supplementing” with leptin?

A couple of problems here: First, leptin is a protein based hormone, which means that it can not be taken orally (otherwise, it would simply be digested). So that rules out a leptin pill.

This leaves the method of “supplemental” leptin administration to injection. And **leptin injections DO indeed work**, reversing the metabolic adaptations to dieting and “starvation” even while continuing to restrict calories.

In 1996, Ahima et al. used leptin injections to reverse starvation-induced neuroendocrine adaptations in mice.

“Well, that's nice and all, but I'm human.” Point taken; research with rodents doesn't always correlate to similar findings in humans, however...

In 1999, Heymsfield et al. performed a double-blind placebo controlled study analyzing weight loss over a 24-week period in 73 obese humans. Subjects

either injected daily with leptin or a placebo (i.e. bogus alternative). At the end of the 24-week period, the leptin group lost **significantly more weight** than the placebo and a higher percentage of fat vs. muscle.

In 2002, Rosenbaum et al. administered low-dose leptin to subjects (male and female) who had dieted to a 10% decrease in body weight. During the diet period, thyroid hormone levels, 24-hr energy expenditure, and other metabolic markers substantially decreased. The result of the leptin replacement therapy?

“All of these endocrine changes were **reversed**...”

Thyroid output and daily calorie burn increased back to pre-diet levels.

In 2003, Fogteloo et al. showed that leptin injections “tended to reduce the decline of energy expenditure associated with energy restriction, whereas the tendency of energy intake to increase back to baseline levels in placebo-treated subjects was largely prevented in subjects treated with leptin.”

Yeah, that’s a mouthful. Let me put in simple terms: not only did the leptin group experience less of a decline in metabolism, but they were also less hungry, allowing them to more easily stick to the prescribed diet.

In 2004, Welt et al. reported that leptin given to a group of women with thyroid disorder immediately raised circulating concentrations of the thyroid hormones T3 and T4.

In 2005, Rosenbaum and company were at it again, once again showing that energy expenditure and circulating concentrations of T3 and T4 all returned to pre-weight-loss levels with regular leptin injections.

So, as theorized, keeping leptin levels high during a diet does indeed solve our dilemma by avoiding the negative metabolic (and perhaps behavioral) adaptations that calorie restriction perpetuates.

The problem?

Daily leptin injections are far too expensive, costing thousands and thousands of dollars per week. So, we can pretty much forget about supplemental leptin as a solution (which is probably moot anyway considering that not too many people are going to voluntarily plunge a needle into their skin daily).

A REAL Solution

Now that we know that leptin injections aren't going to save us, let's talk about the possibility of manipulating your body's **natural** leptin production.

And I've got good news – this can indeed be done, and without involving needles or thousands of dollars. In fact, we'll swap the injections and mounds of cash out for two things I can guarantee you're absolutely going to love: **more calories and more carbs.**

We know that leptin levels decrease by about 50% after only one week of dieting, but fortunately, it doesn't take *nearly* that long for leptin to bump back up with a substantial increase in caloric intake.

In fact, research has shown that it only takes about 12-24 hours.

So, the answer to the fat loss catch-22?

Strategic high-calorie, high-carb CHEATING.

By strategically cheating with high calorie foods (and yes, even stuff like pizza, ice cream, wings, cookies, burgers, fries, etc), you can give leptin and metabolism a major boost mid-diet which sets you up for plenty of subsequent fat loss when you resume your reduced calorie eating regimen.

This means greater net fat loss week after week, and ultimately, a much more realistic, maintainable way to bring you to the body you truly want and deserve.



In case you missed that, **I just informed you that by strategically incorporating bursts of dietary “cheating” in which you go all out and indulge in your most FAVORITE foods, you can literally turn your metabolism into your fat burning slave by ensuring you *always* have an internal environment primed for burning fat.**

Meet the very first day of your diet: **The Cheat Day**

In fact, on the Xtreme Fat Loss Diet you’ll be committing the dietary cardinal sin of “cheating” with your favorite foods every FIFTH day. Do you think you can handle 25 days of a dietary program in which you eat whatever you want every five days?

Good. Let’s talk strategy.

The Xtreme Fat Loss Diet 5-Day Cycle

During your 25-day Xtreme Fat Loss journey you're going to repeat the infamous 5-day "diet and training" cycle five times.

5 x 5 = 25. Thank God for second grade.

The cycle goes like this:

Day 1: Cheat Day (Density Training)

Day 2: Fast Day (Lactic Acid Training)

Day 3: Shake Day (Strength Training)

Day 4: Moderate Carb Day (Dynamic Training)

Day 5: Protein-only Depletion Day (Lactic Acid Training)

In just a minute we're going to go over the specifics of each type of day, but let's first gain an understanding of the strategic set-up and the precise reasons *why* this specific 5-day rotation works like gangbusters for shedding fat as fast as humanly possible.

The 5 Principles of Rapid Fat Loss

Principle #1 – You must keep your body and metabolism happy. As mentioned earlier, dieting can do a number on your metabolism by screwing with important fat burning hormones like leptin, and rather quickly at that. On the Xtreme Fat Loss Diet we use strategic leptin-boosting Cheat Days to override this phenomenon in order to keep your body "happy" and burning fat day in and day out. Bye-bye plateaus.

Principle #2 – You must create a massive calorie deficit to lose fat rapidly.

There's no way around it, a pound of fat is 3500 calories. If you're going to lose a pound of fat, you're going to have to create a 3500 calorie deficit (while keeping your body in "fat burning mode" at the same time). If you want to lose 10 lbs of pure fat, that'll require a 35,000 calorie deficit.

SIDE NOTE: Please realize that 10 lbs of **pure fat loss** will probably equate to somewhere between 15 and 20 lbs of actual "weight loss" due to the simultaneous water loss that occurs any time you lose fat.

This is where the fast day comes in. After a cheat day your body is uber primed for fat loss. To take full advantage, we do two things on the fast day:

1. Consume minimal calories (you'll actually be consuming a small amount of calories in the form of Branched Chain Amino Acids to prevent muscle catabolism, but that's it).
2. Ramp up activity to burn a ton of *additional* calories on this day.

With this type of strategic set-up (the post-cheat day massive calorie deficit), it's actually possible to burn a pound of pure fat in one *day* (considering that a pound of fat loss a *week* is deemed a "very good" rate of fat loss by most standards, that's pretty awesome).

Coupled with what we do the other 3 "diet days", a 5-lb weight loss (which includes a lot of fat, and yes, some water [as mentioned earlier]) per 5-day cycle is not uncommon.

Principle #3: You must tackle your fat loss goals synergistically through diet and exercise. When you're talking about the most strategic set-up and the most rapid fat loss, things get a little more complex than simply "doing a lot of

exercise”. In fact, the *type* of exercise you do is just as important to your rapid fat loss goals as the frequency, duration, and intensity are.

With the Xtreme Fat Loss Diet, you’ll see that there is a specific type or style of workout that we’ve purposefully chosen for each type of day to optimize and accelerate the results of that day.

Density Training, which are higher-volume style workouts, is performed on the **Cheat Day** when there is an abundance of calories, carbohydrates and insulin (the most anabolic hormone) in the bloodstream. With this type of set up, not only will the Cheat Day prep your body for the fastest possible fat loss in the coming cycle, but when combined with Density Training workouts it can lead to the addition of calorie burning lean muscle as you burn crazy amounts of fat.

Most people LOSE muscle while dieting (and losing fat at an average rate), but with the right strategy it’s absolutely possible to lose fat as fast as possible while gaining lean muscle at the same time.

That’s the power of the Xtreme Fat Loss Diet.

Lactic Acid Training, which are very metabolically demanding, calorie-burning workouts, are performed on both **Fast Days** and **Depletion Days**.

Because lactic acid workouts have the potential to burn more calories than other styles of training (because...they’re *hard*), they are the clear choice for Fast Days when we want to create the largest caloric deficit. Lactic acid training also depletes the body’s “energy reserve”, which we’ll talk about more in just a moment, making them the ideal workout style for Depletion Days.

On any fat loss program, it’s important to maintain strength levels to ensure you continue to be able to lift challenging weights that lead to the greatest calorie

burn. A squat performed with 100 lbs is going to burn more calories than a squat performed with 10 lbs any way you look at it.

Because of this, we use strategic **Strength Training**—lower volume workouts performed with heavier weights—on **Shake Days** to maintain (and even increase) strength while giving our bodies a break from the preceding days' high volume workouts.

The other style of training we use is **Dynamic Training**—workouts that aren't quite as demanding as the lactic acid variety, but still very challenging and metabolically demanding. We use this style of workout on **Moderate Carb Days** to take advantage of the mid-cycle leptin boost caused by the increase in carbohydrate intake on this day.

As you can see, it's all *strategy* and it's all been set up to help you get the most rapid results from the effort you put in to the program.

Principle #4: You must avoid ANY positive weight gain. When I first started teaching Cheat Days it was understood that there may be some positive fat gain as a result of a Cheat Day in order to yield MORE fat loss the following week (leading to a great *net* weekly fat loss).

For example, without incorporating strategic Cheat Days, let's say someone is able to lose a pound a week (with each week's weight loss becoming progressively slower leading to the inevitable plateau).

With strategic cheating that same person is able to now lose 2 lbs each week (with no drop off in metabolism and no plateau). This is a result of a half pound gain in body fat from the Cheat Day and a subsequent 2.5 pound loss (net loss = 2 lbs).

Now, the latter scenario is obviously WAY better than sticking to the same boring, strict diet every day while achieving *slower* results, but it still leaves a half pound of fat gain resulting from the Cheat Day, which, if eliminated = faster results.

Have no worries, I've got another trick up my sleeve to do just this. ;-)

Within muscle tissue, energy is stored in the form of glycogen (carbohydrate energy) and triglycerides (fat energy). With strategic training, these energy stores can be depleted or exhausted.

Why would you want to do that?

To make “room” for an influx of calories, carbohydrate and fat (for example, a Cheat Day)!

When glycogen and triglyceride stores are full, a Cheat Day is like pouring more liquid into an already full glass. Some of that liquid is inevitably going to spill over and lead to a bit of a mess (in this case, fat storage). But, if you dump out the glass and then refill it, there's no “overflow”.

This is exactly what we do by performing glycogen and triglyceride depleting lactic acid training (while limiting carbohydrate intake) on the day prior to a Cheat Day. We empty the cup making room for the following day's influx of cals, carbs, and fat.

The result? You get the *same* hormone-boosting, metabolism stimulating effect from the Cheat Day *without* the fat gain. Instead, the excess calories and carbs simply go to refilling your body's empty energy stores. That, my friends, is what I call strategy.

And by eliminating any Cheat Day fat gain, you'll easily increase your rate of fat loss by 25%--which is precisely what the Xtreme Fat Loss Diet is all about.

Principle #5—You must maintain muscle mass to maintain metabolism.

This ties back in to some of the information I shared in Principle #3, the strategic combination of diet & exercise for optimal results, along with something else I haven't fully touched on yet.

When faced with long-term calorie restriction, the body will choose to utilize muscle tissue for energy over body fat, leading to significant muscle loss and decreased metabolism for most dieters. Simply put, fat is more valuable to your body than “extra muscle” when it comes to survival, and it prioritizes accordingly in the face of long-term calorie restriction.

But, when you understand how to combine strategic Cheat Days along with high volume training to spark muscle growth *even* while you're dieting, then you'll easily be able to maintain (if not gain a couple pounds) of lean muscle throughout the 25-day Xtreme Fat Loss program.

Muscle = metabolism. The more lean muscle you have on your frame, the higher your metabolism is going to be. Muscle burns calories just sitting there. Maintaining it as you lose fat is fundamentally important to continuing to lose fat at an optimal rate.

Another way this program helps you maintain muscle is via Principle #1 – keeping your body happy. When your body remains in a “normal” state (instead of a “red alert” state like with long-term calorie restriction) over the course of a diet, there is no reason for it to resort to muscle tissue for energy. By keeping leptin levels high week after week, you maintain your metabolism and program your body to continue to burn fat, not muscle.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

