

To make implementing this course and the nutrition plan as easy as possible, we created this bonus for you: the Warrior Shredding Nutrition Action Plan. It's the entire diet plan for the Warrior Shredding Program, condensed into one bite-size, easy-to-follow guide as detailed below.

This protocol is extremely effective, and when you follow it, you should experience noticeable improvements on a monthly basis. Most people will begin to see results after only a couple weeks (or less) of following this plan.

So without further ado, here's the Warrior Shredding Nutrition Action Plan...

Cutting Phase (8-12 weeks)

Saturday to Thursday (6 days per week)

Calories: 12x bodyweight
Protein: 27% of total calories
Fat: 33% of total calories
Carbs: 40% of total calories
Example for 180-pound male:

Calories: 2,160 (180 x 12)
Protein: 146g
Fat: 79g
Carbs: 216g

You can use this link here for a free calculator that will help you find your percentages of proteins, fats and carbs based on your calorie total.

Remember: hitting your calories is of utmost importance. If you don't hit your macros perfectly, that is okay. If you hit the proper calories you will lose fat. That said, it's important you try and get very close to your protein intake since protein is critical in building muscle. Try to get within shooting distance of your protein intake.

Friday (Refeed Day Once Per Week)

Eat an additional 600 calories. Keep protein and fat around the same, and try to increase your carb intake predominately by eating bigger servings of potatoes, rice, bread, pasta... Carbs will have the strongest effect on refilling muscle glycogen and boosting your metabolism by up-regulating leptin. You want to be still fasting on this refeed day

The Fasting Set-Up

Morning through Noon:

Fasting: water, sparkling water, black coffee, Kino Octane

Meal One (Lunch): Meat, Carbs, Veggies, Added Fats

Meal Two (Dinner): Meat, Carbs, Greens, Added Fats

Snack/Dessert: Chocolate, Buttered English Muffins, Cheese Quesadillas, Fruits (anything goes to finish off your calories)

If you prefer to just eat two meals and skip the snack/dessert you absolutely can. This means you can eat a bigger lunch/dinner...

The Massive Meal Option

The other option - my preferred strategy - is called the Massive Meal Option, ideal for you if you want to eat a giant meal every day.

Morning through Noon:

Fasting: water, sparkling water, black coffee, keto octane

Meal One (Lunch): Fruit, Bone Broth, or 10-15g's of BCAA's

Meal Two (Huge Dinner): Meat, Carbs, Greens, Added Fats

Snack/Dessert: Chocolate, Eggs, Buttered English Muffins, Cheese Quesadillas, Fruits (anything goes to finish off your calories)

In this sense, you would keep your lunch very small. You could have a big hot cup of beef bone broth and 1-2 pieces of fruit. This would only be about 200-300 calories. Alternatively, you could have 10-15g of BCAA's. I find this blunts my appetite nicely.

Then you could eat an absolutely massive meal for dinner. This will be the bulk of your daily calories. Then for your nighttime snack, you could have a big serving of chocolate (dessert), you could even fit in ice cream into your calories. Or you could have some buttered english muffins and some eggs.

If your calories are 2,000, here's what it would look like:

Lunch Time: 10g of BCAA's and a Banana (100 calories)

Big Dinner: 1,300 calorie feast (steak, potatoes, etc.)

Night Time Meal (600 Calories): 2-3 egg omelet with Buttered english muffins or toast, or 100g bar of chocolate, or Cheese Quesadillas.

The Muscle Up Phase (Month 3 or 4)

After 2 or 3 months of cutting (depending on how much fat you have to lose), it's advisable to do a 4-week higher-calorie phase.

This is where you will eat approximately around maintenance calories with the goal to increase strength and muscle and up-regulate your metabolism. This way, when you go back to the cutting calories, you experience fat loss at a fast rate.

Here are your daily calories and macros (you can use the link here to calculate them):

Calories: 15x bodyweight in pounds

Protein: 25% of total calories

Fat: 30% of total calories

Carbs: 45% of total calories

Back to Cutting

After you finish the 4-week phase, you should notice that you're bigger, fuller and (more importantly) just as lean. This is an awesome place to be. Now you can finish off your cut with 4-12 weeks of cutting at 12 calories per pound of bodyweight.

After you finish the cut, you should move onto the Greek God Program, which is designed to help build more strength and rock-hard muscle in an aesthetic way.