

Aggressive Fat Loss

[Aggressive Cheat Sheet]

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Plan Overview:

- Fast through the morning, only have 2-4 cups of coffee (caffeine pills or other forms of caffeine work as well)
- Eat a big meal at lunch (5-8 hours after waking up)
- Eat a lighter meal around dinner/night time (5-6 hours after the first big meal)
- Incorporate 2 servings of fruit as “bridge snacks” before or after either one of your meals
 - Apples or Berries (80-100 calories per serving max)

Big Meal (Feast):

- This meal should equate to 7 calories per pound of goal bodyweight
- Generally between 1,000 and 1,400 calories total
- This meal will be comprised of lean meat, potatoes or sweet potatoes, butter/oil for cooking or taste and veggies (no need to count calories from veggies)

Smaller Meal:

- This meal should be around 3 calories per pound of goal bodyweight (typically between 400-600 calories), options include:
 - 500g 2% Cottage Cheese or 500g of 2% Greek Yogurt
 - Omelet with 2-3 whole eggs and 1-1.5 cups of egg white
 - Fried corn tortillas with low fat cheese
 - Shoot for around 400-600 calories total

Strategic Fruit Snacks: 2 per day (select two of the following 3 options)

- First snack 4-5 hours after waking (which is 1-3 hours before your first meal)
- One serving of fruit 1-2 hours before your smaller meal
- One serving of fruit 1-2 hours before bed

Strategic Caffeine Use:

- Drink 2-4 cups of coffee for caffeine in the fasted state
- Only drink caffeine in the fasted state (in the morning)
- Don't drink caffeine any other time – especially after eating
- Herbal tea (hot tea) is a great alternative for later in the day

Setting Up Your Macros:

- Multiply your goal bodyweight by 10 to determine your calorie target (this doesn't include the 2 pieces of fruit per day, that's bonus)
- Calculate 35% of your total calorie target for protein (multiply your total calorie target by 0.35, then divide that number by 4 to get the target for protein in grams)
- Calculate 35% of your total calorie target for carbs (multiply your total calorie target by 0.35, then divide that number by 4 to get the target for protein in grams)
- Calculate 30% of your calorie target for fat (multiply your total calorie target by 0.3, then divide that number by 9 to get the target for fat in grams)
- You don't have to hit your macros, exactly. Just try to be in the ballpark, while staying around the calorie intake.

Refeed Day

- Once per week, add about 600 calories to your diet. Ideally do this on Friday. You can keep your first meal the same then get a bigger meal for your second meal with plenty of carbs.

Bonus Mindset Drills

- The Morning Ritual for Incredible Presence - Listen to practicing the power of now for 20 minutes each morning (focus on clearing your mind and becoming still while listening to it). This will teach you to enjoy the journey and break free of any negative thoughts or habits. You'll also experience more joy and peace in your day to day life. After a month, you can listen to different Eckhart Tolle audiobooks (A New Earth, Stillness Speaks)
- The Hypnosis Relaxation Mental Conditioning Drills - Record the script and listen to it each night in bed or sitting on a chair. Allow yourself to relax completely. Listen to it each night for the first week, then 2-3x per week. This will help program your subconscious to accept the new vision you have for yourself, you know, the absolutely chiseled and confident YOU. Instead of your mind resisting change and fighting against your goals - you will move toward your goals magnetically with absolute ease.