



**Aggressive Fat Loss**  
**Bonus Cheat Sheet**

**Plan Overview:**

- Fast through the morning, only have 1-2 cups of coffee (caffeine pills or other forms of caffeine work as well)
- Eat a big meal at lunch (4-8 hours after waking up)
- Eat a lighter meal around dinner/night time (4-5 hours after the first big meal)
- Incorporate 2-3 servings of fruit as bridge snacks before or after either one of your meals
  - Apples
  - Bananas
  - Berries (80-120 calories per serving max)

**Big Meal (Feast):**

- 60%+ of your daily calories
- Between 1,000 and 1,400 calories total

**Smaller Meal:**

- Protein and Fat
  - Cottage Cheese
  - Greek Yogurt
  - Omelet with 2-3 whole eggs and egg white
- Shoot for around 500-700 calories total

**Strategic Fruit Snacks:**

- First snack 4-5 hours after waking (which is 1-3 hours before your first meal)
- One serving of fruit as a bridge meal between Feast and smaller meal
- One serving of fruit after your smaller meal later at night

**Strategic Caffeine Use:**

- Drink 1-2 cups of coffee for caffeine in the morning
- 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 11 to determine your calorie target (don't set your goal body weight more than 20 pounds less than your current body weight)
- Calculate 40% of your total calorie target for protein
  - Multiply your total calorie target by 0.4, then divide that number by 4 to get the target for protein in grams
- The rest of the calories should be from fats and carbs, which you can adjust according to personal preference