



AGGRESSIVE

FAT LOSS

**THE ULTIMATE STRATEGY FOR
LEANING DOWN QUICKLY**

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Introduction

Hey Greg O’Gallagher here!

First off, thank you for checking out this guide! In these pages, you’re going to discover a downright effective and aggressive diet to drop fat quickly.

About Aggressive Dieting & Its Pro's and Con's

There are LOTS of diets out there, but the BIG problem is that most of the more “aggressive diets” are WAY too extreme.

Some of these diets recommend having zero fats, or zero carbs, or keeping calories around 800-1200 max.

These are all horrible things to do.

Not only do they DESTROY testosterone, but they cause you to sacrifice muscle tissue and inevitably feel miserable.

Enter my Aggressive Fat Loss course.

I created this aggressive approach to jumpstart your fat loss.

Using this program, you can drop up to 1.5 to 2 pounds per week provided you (A) get some form of daily activity in whether strength training or cardio and (B) you have the Intermittent Fasting protocol dialed in that I lay out in this program.

Unlike most other aggressive fat loss approaches, you should be able to stick to this one consistently.

One important thing to keep in mind though:

Accept that it will be a long road. If you don't, then you'll fail because you'll get discouraged that the pounds aren't coming off "fast enough".

Your MAIN goal is to make consistent progress every week, not to get to your end goal as fast as possible – that makes the journey meaningless.

Aggressive Dieting Increases Motivation

I like implementing periods of this style of dieting because the results come faster and it primes you to be more motivated.

(Aggressive = more results, which fuels your motivation.)

If you implement Intermittent Fasting like I'll explain, you'll be able to use this program to lose fat faster.

What Results Can I Expect?

This is an expected question to ask. These are just guidelines, of course, but they're definitely within reason when implementing this strategy:

You can expect to lose between 1.5 to 2 pounds per week (you may even lose up to 3-4 pounds your first week). This is primarily the result of eating less food and losing water weight.

Every month you should be down 6-8 pounds *of fat* and your waist should be down 1-1.5 inches.

After 12 weeks – three months – your waist should be down 4-5 inches (which is a massive drop). At this point, you'll want to take 2 weeks to eat at maintenance-level calories.

The Strategy

Intermittent Fasting

Intermittent Fasting is what makes this program so effective.

I'll explain this more in just a second, but you'll be skipping breakfast and eating 2 meals per day.

Yes, you're not going to be eating breakfast on this plan. Breakfast is NOT the most important meal of the day, despite what the "media" and "gurus" tell you.

(That's just a marketing ploy, anyway.)

When you skip breakfast, growth hormone goes through the roof, which is advantageous because it shifts your metabolism to burning fat for fuel and sparing muscle protein.

During this fasted state in the morning, drink plenty of water and a 1-2 cups of coffee (coffee will help blunt the hunger).

Don't take in ANY additional calories during this "fasting" time.

You'll break the fast with a large meal that I call "The Feast".

You'll eat a second smaller meal later in the day.

After this smaller meal, only drink water. Don't take in any calories between this smaller (later) meal and the Feast the following day.

Now, this may take up to a couple weeks to adjust to, but there are ALL sorts of benefits of Intermittent Fasting.

Not only does this method diminish cravings for sweets and junk food, but it also helps with focus, clarity, and boosts mental alertness.

The meal plan may sound harsh, but keep in mind: this is an aggressive strategy. It's brutally effective, but it can be tough.

Meal Frequency

As I said above, you'll be eating 2 meals per day: one big meal and one smaller meal.

I'd recommend eating your biggest meal first (the Feast), since it takes you out of the big calorie deficit from fasting. If you save the big meal for later in the day (your second meal), it's a LONG time to go without eating anything substantial.

Because you're skipping breakfast, your first meal will be a later in the day. *I'd recommend eating this bigger meal 4-8 hours after waking up (6-7 hours is the sweet spot).*

That's what works for me. If you find yourself getting hungrier earlier, then eat earlier. As long as you're skipping breakfast and waiting at least 4-5 hours after waking up, you can eat that first meal whenever you like.

(So for example, if you wake up at 7am, then you'd eat this first meal somewhere between 12-2pm.)

Then, eat a second smaller meal 4-5 hours after this larger first meal. I'll get into specifics of these two meals in the next section.

Here's an important point to make first though: **You can do this either way, whichever works better for your lifestyle.**

If you want to have smaller meal first and save the bigger meal for later in the day, then you totally can. If you want to have the bigger meal first, then you can.

It's the total at the end of the day that counts, not in what order you eat the meals in.

The Big Meal (a.k.a. the "Feast")

The size of this meal may surprise you, but the fact is – we need to hit a certain calorie total each day, even when we're cutting.

This bigger meal (a.k.a. the Feast) should contain 60%+ of your daily calories.

I'll get into setting up your macros and calories in a later chapter, but here's the basics of what this looks like:

For protein: I'd recommend 2-3 chicken breasts, 1 lb of steak or 14-16 oz ground turkey, etc.

For fats: if you're using lean meat (chicken, turkey, white fish), then add fats like oils, avocado or cheese. If you're using steak, then keep fats lower to optimize the protein to fat ratio.

Fat helps increase testosterone and keeps you full.

For carbs: I'd recommend a moderate serving such as a cup of rice, a baked potato or a sweet potato. Keep carbs moderate to replenish glycogen and trigger the release of serotonin in your brain, among other things.

If you have issues with being tired after the big meal, emphasize fats and proteins and go lighter on carbs.

Additionally, eat a bunch of veggies. The fiber in veggies like broccoli or cauliflower helps absorb the food slower and keeps you fuller.

If you have issues with being tired after the big meal, emphasize fats and proteins and go lighter on carbs.

My Favorite Meals

"Burger & Fries"

- 4 extra lean burgers in lettuce wraps with mustard
- 1-2 russet potatoes cut into wedges, baked in 2-3 tsp of oil

Chipotle Burrito Bowl

- small scoop of white rice
- black beans
- fajita veggies (peppers)
- 3x chicken
- big mound of cheese
- guacamole (on side)

This works because you're only having one smaller meal on the side, which will be around 600ish calories.

Keep in mind, with this plan we want to get in enough protein, moderate carbs, and fats with only 2 meals per day.

The Smaller Meal

The lighter meal (ideally the second meal of the day) will be much smaller and consist of protein with minimal fat.

For this smaller meal, I recommend having one of the following:

- Cottage cheese or greek yogurt (2% plain for either option; don't get fat free because you won't feel full)
- OR an omelet with 2-3 whole eggs + egg whites
- OR 1-2 chicken breasts cooked with 2-3 teaspoons of coconut oil

Any three of these choices work great because they're very slow digesting, making them better to eat at night while you're fasting to the next afternoon.

As I've said before though, this smaller meal is interchangeable with the "feast" for dinner. Do what works for YOU.

These 2 meals should total between 1,900 and 2,000 calories. But, depending on your starting weight and goals, that target could be as low as 1,600-1,700 up to 2,200-2,300.

To establish general targets, your first meal (the Feast) should be around 1,200 calories and your second meal should be around 500 calories.

You can see that these are just guidelines. You don't have to be exact, as long as you're within range of your target.

Strategic Fruit Snacking

Some people don't like huge gaps between meals. Fasting throughout the day isn't hard and the hunger cravings aren't bad, but in the fed state people want to keep eating.

To help with this, we're going to add 3 servings of fruit to your diet each day. *This is very healthy as long as you're in a calorie deficit.*

These 3 servings will be incorporated strategically into the plan to make the 2-meal split easier:

#1 – Have the first "fruit snack" 4-5 hours after waking up, which should be 1-3 hours before your first meal.

For example, if you sleep till 10am, you'd have your first meal around 4pm and at 2-3pm you'd snack on an apple. This makes it easier to extend through the fast.

After you eat your main meal, people want to eat 2-3 hours later, which can make Intermittent Fasting harder.

#2 – Have a banana as a bridge meal between the Feast and Light Meal.

#3 – Have an apple after the Light Meal later at night.

Acceptable fruits for these snacks include:

- Apples
- Bananas
- Berries (80-120 calories per serving max)

Incorporating fruit into your plan like this only adds another 250 (+/-) calories to your diet a day, which isn't much in this scheme.

Add these strategically as "bridge" snacks between your meals to make eating only 2 meals a day a breeze (as far as aggressive fat loss programs go).

Strategic Caffeine Use

Strategic caffeine use will also play an important role in this aggressive fat loss strategy.

Caffeine will help shuttle fat cells into your blood stream, will help blunt appetite and increase energy.

Because of this, the most effective place to use it is in the morning when we're fasting.

But here's the thing:

ONLY consume caffeine when fasting. When you're in a fasted state, your body can handle caffeine really well and you shouldn't notice any negative side effects.

Don't drink any caffeine after eating though or the appetite suppressing effects will be reduced, becoming less effective over time.

Now if you're used to slamming lots of caffeine, then it may take a few days to adjust to only having 1-2 cups per day.

You can train your body to adapt to this, and pretty soon you won't crash or have withdrawals if you don't have it.

So again: cut out caffeine all other times except while fasting.

No more than 2 cups of coffee per day: 1 in the morning, 1 later at work before you eat your first meal. That's it.

I'd also recommend cutting out the pre-workout... You don't need them. If you adapt to this strategic caffeine use, the performance effect of caffeine in the morning will be awesome.

(Plus, you'll save tons of money on workout supplements!)

This strategy helps with sleep as well. When you keep caffeine consumption to the morning, the effects are gone by the time you go to sleep. Sleep is critical to fat loss.

If you're getting hungry between meals 1 or 2, have something else like herbal tea.

Herbal tea (to clarify: **caffeine free hot tea**) is great to drink later in the day if you want something without taking in any additional calories.

Recapping the Strategy

Now that we've laid out all the components to the strategy, let's recap everything:

- 1.) Fast through the morning, only having a cup or two of coffee (caffeine pills or other forms of caffeine work as well)
- 2.) Eat a big meal at lunch (4-8 hours after waking up)
- 3.) Eat a lighter meal around dinner/night time (4-5 hours after the first big meal)
- 4.) Incorporate 2-3 servings of fruit as bridge snacks between these two meals

The Calculations

Setting Calories & Macros

Now that we have the nutrition plan laid out, let's talk about how to set up your calories and macros:

For this plan, you'll want to consume **11 calories per pound of goal body weight (but no less than 20 pounds below your current weight)**.

Don't go below 10 calories per pound of goal bodyweight, rounded to the nearest multiple of 50.

Base your goal weight on that weight.

Example: if you weigh 200 pounds and you want to drop down to 180, then it would be $180 \times 11 = 1980$, rounded to the nearest multiple of 50 = 2,000 (calories).

In this plan you'll want to make it predominantly protein-based: **40% of calories should be based around protein.**

If your calorie intake is 2,000 calories, then you'd multiply 2,000 by .4 (40%) = 800 calories. There are 4 calories per gram of protein, so $800/4 = 200g$ of protein.

The rest of your calories should come from fats and carbs. Fats will come from meat, cottage cheese or Greek yogurt, and supplemental fats like oils.

You don't need to count fats or carbs exactly, as long as you're under your calorie target. This makes the program easier.

One interesting thing is that some people will do better going lower in carbs and higher in fats, and vice versa.

As long as you're getting 40% protein and you're hitting your calories, you're in the clear.

Now, I WOULD recommend tracking everything for the first couple weeks so you know approximately what proper servings look like. Once you have a grasp on that, you don't need to track everything as long as you know you're under your target.

Example Meal Plan (1 Day):

Target: 2,000 calories

Big Meal ("Feast")

- big serving of meat
- veggies
- small serving of carbs (1 cup of rice OR baked potato OR sweet potato)

Fruit Snacks (Bridge Meals)

- Apple x2
- Banana

Fats for the meals

- Cheese
- Oils for cooking/taste
- Guacamole
- Nuts

Small Meal

- 2-3 whole eggs + egg whites
- cottage cheese
- greek yogurt
- 1-2 chicken breasts (cooked with 2-3 teaspoons of coconut oil)

Adjusting As You Go Along

As you follow this plan, you may have to adjust your nutrition plan to ensure consistent fat loss occurs.

Your fat loss may start to plateau. If this happens for longer than a 2-week period, then drop your daily calorie target by 200.

After 12 weeks (3 months) on this diet, you'll want to bump your calories to maintenance level for 2 weeks.

Then, after you take that 2-week period to eat at maintenance level calories, re-adjust your new target based on your current and goal weight and start this Fat Loss Program again.

You can cycle this diet for these 12-week "sprints" for consistent fat loss, readjusting as you go along to drop down to your ideal weight.

What To Do Next

When you hit your goal, switch to maintenance level calories (14-15 calories per pound of body weight).

There are a couple ways to do this while following an Intermittent Fasting style diet:

Go with bigger meals or add in a third meal.

You could also have a big bowl of cereal at night for carbs to help you sleep well. (*I prefer gluten-free cereal.*)

You'll also want to have a big serving of carbs once a week, adding in 100-150g of carbs to your diet (for the week). This is called a *Refeed*.

Now It's YOUR Turn

This strategy works like a charm and will help you get to your end goal as easily as possible.

But the key thing is to TAKE ACTION!

Thanks for taking the time out of your day to invest in and read this guide... This is the first step towards the physique you want!



Transform Your Physique
&
Live the Life of Your Dreams

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