

THE  
**1 HOUR**  
**BELLY BLAST**  
DIET™



**NEW!**  
ANTI-  
OVERWHELM™  
RELIEF

DIET MANUAL

# 1 Hour Belly Blast Diet™ Manual

**by Dan Long**

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## *Legalities*

Thank you for taking the time to note these important points prior to diving into the program.

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## Foreword



# I Want YOU to Achieve Your Dream Body!

Yes, I'm just like you. I have been overweight. I have had man boobs. I have looked 10+years older than my real age. I have been embarrassed. I have been self-conscious. Ad I have been completely out of control with my diet at times, and ended up looking like you see in these photos above.

Never Again! This is the reason why I have taken the extreme time to research and plan a program that is powerful and effective to eliminate harmful diseases and deadly belly fat every single day. The pictures that you see below, and my transformation, was all accomplished in just a few short months using this exact diet. My story is real. My fat loss is incredible. The way I feel today and my motivation to help you is driven through my purpose of a real life situation. Please give this program your all, and you, too, will experience a life changing transformation.

Dan Long, CPT, CKMT  
*Fat Loss Motivational Advisor,  
Founder of Kill Mode Training Co.,  
Life Coach/Mentor*



# About the Author

by Nicole Long

Born and raised in Tampa, Florida, Dan Long is a leader, trendsetter, and pioneer. From an early age, Dan was an entrepreneur holding 2 jobs from 12 years old, and was an athlete in the making. Around 18 years of age, he was asked to write exercise and nutrition plans for people all the time. He realized this was a gift and a passion to help others, and for the next 20 years, he trained clients on the side. Around 21 years of age, Dan was challenged with high blood pressure and cholesterol due to genetics, and needed to change his eating habits. Refusing to take the “easy way out” with medications to control those factors, he vowed to make a change by eating healthy and worked out religiously, changing his life forever.

Mentored by the best in the industry, he began working in a very successful 17,000 sq. ft. international bakery for 10 years. A year into dessert manufacturing, he was managing 60 people, running operations, machinery, and creating desserts, producing 10,000 gourmet desserts a week for a multi-million dollar operation. He then went on to be a restaurant entrepreneur for 4 years, before being offered a high end position as a proprietor for the Outback Corporation, in which he was mentored by some of the best in the industry. Dan mastered the ability to squeeze a penny out of everything.

After a long divorce battle, and winning custody of his two children, he vowed to make a change to be home more with his family. He met a beautiful Greek girl, Nicole (me) in 2007, and we married in 2010. With my support, he made a change in his career in 2009 for something he had a passion for – fitness and helping people full time. During that time, our lovely family of 5 lived in a 2 bedroom townhome.

Leaving the guaranteed paycheck behind during the recession to follow his dreams, he started a new business venture with zero in the bank! He started his personal training business full-time, when Powerhouse Gym (now one of the most profitable gyms in the world) was being built from the ground up. His business quickly skyrocketed within the first year, making 6 figures. For the first 3 years of his business, you could find him training all styles of individual and group sessions at Powerhouse Gym.

Dan set the tone, pace, and energy inside Powerhouse Gym. At 6'2 and 225 lbs. at 43 years young, he is considered a bodybuilding and bodyweight master fitness freak with unmatched high energy! With Dan's growing success as a fitness entrepreneur, working more than 16 hour days, training clients more than 85 hours a week, sleeping in his car between clients, he realized he needed to change his business model. To become more successful, he knew he needed to focus on the 5%, and created a business, branding himself based on a mindset he used as a cross-country runner. Hence, Kill Mode Training Company was born and Kill Mode coaches were brought on to alleviate his schedule. Dan and his team, which includes me, who, after being a paralegal for 15 years, left my job in April of 2011 to work with him on the business full-time, are working diligently to help people Worldwide! Our company has been sought by our military, charter schools, professional athletes, women, men and children alike, to help raise their fitness levels.

Due to his high demand and business successes, moving our business completely online, he now only makes special appearances, and you're the lucky one to be training with him online!

As a life coach, he mentors fitness hopefuls who want to be as successful as he is in the industry. Dan's success has led to many appearances on the news with regard to health and wellness. He loves being on camera! He has also appeared in many magazines, newspapers, and most recently Jillian Michael's show on Spike TV, Sweat Inc., regarding his success as a fitness dominator. His brand has taken off like wildfire, and everyone that comes across it wants to be a part of it, or uses it in their everyday life to be successful in anything they do, whether it be running, training, or taking a test.

His career has escalated from a personal trainer, to managing a personal training company with me, to licensing his boot camp, to bodyweight suspended training products, fat loss and muscle building products, multiple online businesses, including coaching thousands of clients all over the world. He is also on the Fitness Advisory Board for one of the fastest growing online supplement companies, BioTrust. Having created our online business over the last few years with me and our partners, Dan is now being sought after to create more fat loss and muscle building products, like this one here.

Dan considers himself to be the Disney World of coaches. You never will know what crazy thing he will say and do next, and he's not afraid to be frank with you, telling you like it is. Dan can make a whole lot happen from nothing. He is known to deliver everything he says x's 10 -- he only knows how to dominate, period.

Dan and I started attending an Eastern Greek Orthodox Church in Tampa in October of 2009, and were married at that church in June of 2010. Thanks to the wonderful priest there, Father Stavros, and all the mentoring he and I have received from him, it has changed our lives forever. Dan now uses the gym and our VIP readers of our emails as our ministry, moving crowds of people wherever we goes, and is helping people make changes in their lives physically, mentally, and spiritually. We also work with a non-profit organization, the Children's Cancer Center, who help children and their families who are suffering from cancer, and have raised over \$25,000, and growing, to take the children to Disney each year to step out of their world and enter the happiest place on earth to just be children not dealing with their illnesses for a day.

Here's Dan and I with our 3 children, Leah, Summer & Austin, where we happily reside in Tampa, Florida.



Welcome to the 1 Hour Belly Blast Diet program! This to-the-point, no filler, “what to do” component of the program will provide you with all you need to get started with the 1 Hour Belly Blast Diet (1HBBD).

**NOTE:** Inside your Quick Start Guide, and at the end of this manual, I’ve also included an even more condensed, everything-in-one-place “Quick Start” section, which is even straighter to the point than what you will find below. It is important that you read through the entire manual first, however, and then rely on the quick start section afterward.

I’ll start with a small section on theory and science because I believe it’s critically important that you truly understand “why” you are doing something instead of just blindly following recommendations.

With that out of the way, your 1 Hour Belly Blast Diet is programmed with some very unique research that makes it very powerful and effective, so let’s get right into it.

**Here are 5 different components that make this program super-effective to burn fat while enjoying whatever foods you want three days a week:**

## 1. Diet Induced Thermogenesis (aka DIT):

Definition: The process of energy production in the body caused directly by the metabolizing of food consumed. Diet Induced Thermogenesis happens when you eat large amounts of foods high in calories within one sitting. The first Law of Thermodynamics states that energy (i.e. calories) cannot get lost; energy that is not expended will be stored. Along those lines, it’s important to point out that the digestibility of foods is not affected by intake level (i.e. amount).<sup>1,2</sup> Diet Induced Thermogenesis is proportionate to the amount of food consumed.<sup>2,3</sup>

When your body enters DIT, it enhances metabolic activity (i.e. boosts your metabolism to work harder than it would normally).

## 2. Thermic Meal Timing

Thermic meal timing is the amount of energy expenditure above the resting metabolic rate due to the cost of processing food for use and storage. Heat production by brown adipose tissue, which is activated after consumption of a high calorie meal, is an additional component of Dietary Induced Thermogenesis (DIT). The thermic effect of food is one of the components of metabolism, along with your resting metabolic rate, and exercise. It is “widely accepted that the best time to consume carbs is after exercise – a time when carbohydrate tolerance and insulin sensitivity seem to be at their peak.”<sup>4,5</sup>

So in order to induce Diet Induced Thermogenesis to burn fat, it “makes an awful lot of sense physiologically to consume a significant amount of carbohydrates post-workout (after exercise). This also promotes metabolic flexibility, shifting toward carbohydrate oxidation when the body needs it most – during activity.”<sup>6</sup>

Along those lines to point out is that muscle mass is the body’s primary storage site for carbs (i.e. muscle glycogen). Performing physical activity, which uses/depletes the body’s stores of glycogen, creates more “room” for dietary carbs. After exercise, muscles are particularly sensitive to insulin, which improves carb tolerance and insulin sensitivity – an effect that is purported to last up to 16 hours following exercise.<sup>7,8</sup>

## 3. Carb Cycling

Carb Cycling is a method of dieting that involves planned increases and decreases in carbohydrate and caloric intake. Essentially, carb cycling is where you mix low carb days with higher carb days to lose weight, which is a much more enjoyable way to tackle dieting, as opposed to just following a low carb diet.

When you mix different types of diet days that are low in carbs and higher in carbs, the body maximizes its fat loss and muscle gain by a hormone called insulin. When we switch between the diet days, our insulin minimizes the amount of fat our body stores, and burns the fat.

#### 4. Thermic Burn with Strategic Exercise Protocol

Just as I described above with regard to Thermic Meal Timing (#2 above), Thermic Burn with Strategic Exercise works hand in hand with your thermic meal timing. Not to repeat myself, the biggest thing to take away here is that the thermic effect of food is one of the components of metabolism, along with your resting metabolic rate, and exercise.<sup>4, 5</sup>

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#### 5. Strategic Overfeed (Cheat) Hour (3x’s per week)

According to scientific research, the body progressively increases carbohydrate burning and total energy expenditure during overfeeding. The result is about 75-85% of excess energy being stored expenditure.<sup>1</sup> In other words, eating foods high in proteins and carbs during your overfeed increases its fat burning potential at the maximum level.<sup>9</sup>

All of this suggests that in order to minimize the potential of fat gain when overfeeding, it's best to emphasize [eating] protein and carbohydrates.<sup>10, 11, 12</sup> Carbs will get your body into DIT during an overfeed (pizza, burger, fries, ice cream, etc.) to burn fat immediately after exercise.

### 3 Core Principles of the 1Hour Belly Blast Diet

1. Indulge three hours a week with whatever foods you choose
2. Relaxation 167 out of 168 hours a week (i.e. go about your normal daily life 167 hours a week, following the 1 Hour Belly Blast Diet protocol)
3. Anti-Overwhelming™ sustainability.

### The #1 Food to Eat Before Bed for a Flat Belly

The thermogenic power of protein has been incorporated into every single day of our system. Protein is so powerful that you can even eat this **#1 fat-burning food at night, even before bed!** Yes, you heard that right. The #1 food to eat before bed is *Protein*.

#### **But it has to be specific proteins!**

On the nights where you still feel hungry and are exactly 30 minutes away from bedtime, follow the protocols below to help maximize your results. Also, keep in mind that this is not something we suggest you do every night. It should only be done on the nights when you're still hungry before bed.

Before starting, here are a few key "rules" to use when choosing any food to eat in the evening hours:

1. Include protein, but not just any kind. Protein is the KING of fat-burning, but some protein sources can also spike insulin levels, such as **fish** and **red**

**meat.** So, it's best to avoid these protein sources in favor of other proteins such as:

Chicken

Pork

Turkey

Dairy (cottage cheese, Greek yogurt, other cheeses, etc.)

When it comes to cottage cheese and Greek yogurt, be sure to choose the plain, unsweetened varieties to avoid all the extra sugar (you can always add other natural sweeteners like stevia if desired).

2. Avoid carbs. Carbs spike insulin and blood sugar and put the brakes on fat-burning, the exact opposite of what you want to do in the evening as your metabolism is slowing down getting ready for a good night's rest.

3. Add fat if desired. Fat is another good nutrient to include in a late-night snack because it helps to slow digestion and increase feelings of fullness... just make sure you do so in moderation to avoid skyrocketing the calorie count of your "snack."

4. The recommended amount you should eat before bed is up to approximately the size and flatness of the palm of your hand. Fats should be the size of the tip of your thumb.

## Your Metabolism Blueprint:

Getting back to the scientific stuff and get into what your metabolism blueprint looks like... let's talk about why you can't stop eating.

One word: **Leptin**

**The “nerdy” definition of Leptin:** a hormone produced in white adipose tissue (fat cells) and circulated in the blood that goes to the brain. Its main role is to suppress the appetite, but it ultimately dictates whether your body will burn fat...or whether your body will store fat.

This hormone was discovered in 1994 as the first to be produced in fat cells. The more fat cells you have, the higher your leptin production. (This is actually a good thing and you'll see why in a minute.)

This extra fat will raise your leptin levels, which tell your brain (hypothalamus) to stop feeling hungry, to stop eating, to stop storing fat, and to start burning some extra weight off. So you never really gain any excess permanent weight.

This reasoning is ingenious. If you have excess weight on your body, you will have more circulating leptin in your bloodstream (leaner people have lower levels). Thus, the desire to eat is suppressed, inhibited, and stopped. So you lose the extra weight. This is biofeedback at its best.

But what if you are not leptin sensitive?

Or better stated: Why are you and some many millions of other people overweight?

Enter: **leptin resistance**

Leptin resistance is the inability for these molecules to bind to the receptors in the brain. Remember, if in the presence of leptin, signals are working well. Your appetite will be suppressed and you will stop eating. But in chronically overweight (20-30% over ideal weight) or obese (30%+ over ideal weight) individuals there is a major disconnect.

They have a lot of leptin secreted from the fat cells but they don't sense the signals to STOP EATING. They don't feel full and so... continue to eat.

So why *doesn't* the body signal leptin resistant people to stop eating? Something is blocking the leptin molecules from reaching the receptors in the brain.

Overweight people have damaged metabolisms due to leptin resistance (as well as insulin resistance but that's another hormonal problem that the 1 Hour Belly Blast Diet automatically fixes, since leptin and insulin have very close ties).

So how does one become Leptin Resistant? --By being continually exposed to this hormone. How does that happen?

Eating high sugar or processed foods will tell your fat cells to release more leptin. And when your blood stream is continuously exposed to so much leptin it becomes resistant.

In other words, the leptin never gets to the brain or never binds to the receptors; it just floats around in your blood stream and you never sense the signal to stop eating.

Then...what's the answer?

## **A Strategic Belly Blast Hour of Overfeeding (*cheating*) with all your favorite foods.**

The answer to diet sustainability without being **overwhelmed**. Hence, my Anti-Overwhelm™ Relief ☺

What is this strategic Belly Blast Overfeed about, you might ask? Here's what you need to know.

**Belly Blast Overfeed Important Guidelines:** In order to be successful and make this diet work at full maximum capacity, you must follow the following key points:

- You must first get in a 20 minute training session, following a workout from the *Half Your Size Exercise Guide*, then reward yourself with an overfeed session immediately after and **no later than 1.5 hours after your training session**. This will ensure your cortisol level will maximize your fat burning potential. If you do not, this program will not work the way intended to.
- Always Consume Overfeed Session 3 – 4 hours *before* bedtime
- You can never have 2 overfeed sessions back to back during the week. There must always be a day in between these overfeeds, if not 2 days between at some point in the week, for weigh in purposes, and starting the next week/cycle.
- There are 3 ways to go about your overfeeds (cheat) on the 1 Hour Belly Blast Diet. 3 – 1 Hour overfeeds throughout the week; 2 hours on one day and 1 hour on another day during the week, or 3 hours all at once for the week. (see detailed chart below)
- If you decide to use all 3 hours on 1 day, you still must get in 3 training sessions for the week and the one session must be on the overfeed day.

**The basic guidelines for the 1 Hour Belly Blast Diet is a Low Carb Diet all week long, with a strategic Overfeed hour in between:**

**Example Overfeed Charts Below in a 7 Day Cycle:**

**3- 1 Hour Belly Blast Overfeeds**

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat. Training Day	Sun.
1 Hr. Overfeed	Low Carb	1 Hr. Overfeed	Low Carb	Low Carb	1 Hr. Overfeed	Low Carb

## 2 Belly Blast Overfeeds; 1 hour on 1 day; 2 hours on another day

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat.	Sun.
1 Hr. Overfeed	Low Carb	2 Hr. Overfeed	Low Carb	Low Carb	Low Carb	Low Carb

## 1 Overfeed Session; 3 hours on 1 day

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat. Training Day	Sun.
Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	3 Hour Overfeed	Low Carb

But there are a few more very important strategies to help maximize your leptin sensitivity as well.

### How to Maximize and Restore Your Leptin Sensitivity:

1. Get lots of sleep (sleep deprivation is connected to lower levels of leptin)
2. Don't restrict calories (*severely*) for extended periods of time. It reduces leptin levels. This is also solved by the 1HBBBD setup.
3. Avoid and/or limit consumption lectins (it has been shown that lectins found in wheat products don't allow leptin molecules to reach the brain).
4. Limit Omega-6 (vegetable oils) because they increase inflammation (which increases leptin resistance). Stick with the healthy oils listed in your food lists section below.
5. Avoid chronic cardio (steady-state) workouts – or at the very least, limit them. They cause inflammation, which can negatively impact circulating leptin. I provide you a solution to this dilemma in the Half your Size Exercise Guide.

6. Lastly and most importantly, is having a **strategic overfeed hour(s)** one (1) to three (3) times a week to restore leptin levels. It only takes an hour to three of overfeeding (cheating) to restore leptin levels.

## Carbs: Friend or Foe?

### Understand Your Body's Metabolic Needs for Carbs

Many people have been misled and think they need to avoid starchy carbs in order to burn belly-fat or lose-weight.

After all, they have a high glycemic index, which means they can spike insulin and potentially take your body *out* of a fat-burning environment.

Additionally, they're high in complex carbohydrates so people automatically assume they need to be avoided.

However, if you're consistently using higher intensity exercise on same day as your overfeed, you should not be afraid of this all-natural starchy carbs and even sedentary people need carbs to "spark" their metabolism and regulate hormones.

Starchy carbs and ripe fruits are one of the best foods to eat for long term fat-loss. Here's why.

**#1: They fuel Glycolysis.** All natural white starches, like potatoes, contain the purest glucose molecules that fuel our "anaerobic" activity. So if you're using intervals, intense weight training, or ANY type of high intensity metabolic circuits, starches and ripe fruits can help fuel a very important process called glycolysis.

This will fuel your body's ability to more "efficiently" use *other* carbohydrates as energy and enhances the production of ATP (our bodies' primary energy source).

## **#2: They replenish glycogen and help reset our fat burning hormones**

If you constantly keep your carbs low, it will only take about 72 hours to drain glycogen levels (the energy stored inside your muscles and liver).

For this reason, you will have 3 strategic Belly Blast Hours a week and shakes to power-up with fat burning carbs to prevent **suppressing your fat burning hormones, which will put the brakes on your fat loss.**

So by regularly consuming carbs, you'll help reset the fat-burning hormones that keep your metabolism "happy".

Additionally, you'll replenish depleted glycogen levels to sustain you with adequate energy for your workouts and living everyday life.

## **#3: They help promote an "anabolic" environment**

When you diet or engage in regular high intensity exercise sessions your body can release more stress hormones (cortisol) and tend to go into a *catabolic state*.

**This can cause you to lose precious muscle tissue and slow down your metabolism** (i.e. Metabolic Slowdown).

But if you're strategically eating more carbs, you'll keep your metabolism humming along and prevent muscle loss by keeping your body in an "anabolic" environment. This is often referred to as *anabolism*.

**ALL of this will help you speed up recovery, control your hormones, and improve your insulin sensitivity.**

**This means one thing: carbohydrates (carb cycling) can help you increase fat burning and create a healthier metabolism when done strategically.**

Now let's get into the good stuff ☺

# The Three Step "Belly Blast" Overfeed (cheat) Protocol

Throughout the course of this program, you will be using 3 types of meals/meal replacements:

## 1. Moderate Carb Breakfast Smoothies/Shakes:

### Moderate Carb Shake/Smoothies Guidelines

- BioTrust Low Carb Protein Powder
- One portion of Moderate Carbs per shake
- Zero portion of fat per meal
- Acceptable Vegetables as desired

## 2. Low Carb Lunch & Dinner Meals:

### Low Carb Meal Guidelines

- One portion of lean protein per meal
- One portion of fat per meal
- Zero portions of carbohydrates per meal (except naturally in foods/veggies)
- Protein shake between meals (for emergencies only)
- Acceptable Vegetables as desired

## 3. 3 Strategic Overfeed Hours a Week/7 Day Cycle:

### Overfeed Guidelines

**Option 1:** 1hr. overfeeds 3x's/week

**Option 2:** 2hr overfeed one day, and 1 hour overfeed on another day

**Option 3:** 3hr overfeed all at once

- One portion of protein per meal (40% of meal)
- Enjoy foods you want within the time frame for your Belly Blast Overfeed session, eating all the carbs and fats you want, along with 40% of the meals being protein

- Once Overfeed is over, resume low carb diet for remainder of day, not to exceed 3 meals
- MUST perform a 20 min. training session preceding (before) overfeed, within 1.5 hours of overfeed

## For Emergencies Only on Diet Days that do NOT include a Belly Blast Overfeed Session:

### Low Carb Shake Guidelines (between meals – For Emergencies ONLY if still feeling hungry)

\*\*The reason why these low carb shakes are for *emergencies only* is because they're not really necessary in the program, and will only hinder your results, but if you need something more and all the free acceptable vegetables that you can have are not cutting it for you, in addition to your 3 meals a day, follow these guidelines for a low carb protein shake:

- BioTrust Low Carb Protein Powder (any flavor)
- Zero portion of fats
- Zero portion of carbs
- Mixed with Water ONLY

## Sample Breakfast Smoothie & Shakes Recipes

**Directions for All Smoothies:** Blend all ingredients together in blender until smooth and enjoy!

### Belly Blast Smoothie™

- 2 scoops BioTrust Low Carb Vanilla Protein
- ½ cup nonfat Greek Yogurt
- 1 cup water
- ½ c frozen blueberries

- ½ of a Bartlett Pear
- 1 cup kale OR spinach (stems removed)
- 5 ice cubes
- Honey to taste

This next one is Nicole's and my favorite of them all!

### **Dreamy Rice Pudding Smoothie™**

- 2 scoops BioTrust Low Carb Vanilla Protein
- 1 cup unsweetened vanilla almond milk
- 1 Tbs. raw or organic honey
- 1 cup fully cooked and cooled basmati rice (brown or white)
- ½ tsp. ground cinnamon
- ½ tsp. vanilla extract.
- ½ cup nonfat Greek yogurt

Add a dash of cinnamon on top and enjoy immediately.

### **Baklava for Breakfast Smoothie™**

- 2 Scoops BioTrust Low Carb Vanilla (or Milk Chocolate, Café Mocha)
- 3 Tbs. chopped mixed nuts (shelled pistachios, walnuts, and raw almonds)
- 1 Tbs. raw or organic honey
- Pinch each of nutmeg, cloves, and allspice
- ¾ tsp. ground cinnamon
- 1 cup cold unsweetened vanilla almond milk
- 5-6 ice cubes

### **Mango Sunrise Smoothie**

- 2 Scoops BioTrust Low Carb Vanilla or Peach Mango Low Carb
- 1 cup frozen mango
- ¼ cup orange juice
- 1 cup cold water

### **Flax-Berry Smoothie**

- 2 Scoops BioTrust Low Carb Vanilla
- 1 cup frozen mixed berries
- 2 Tbs. ground flaxseed

- 1/2 cup Greek nonfat yogurt
- 1 cup cold unsweetened almond milk

### **Zucchini Bread Smoothie**

- 2 Scoops BioTrust Low Carb Vanilla
- 1 frozen banana
- 1/2 cup zucchini- chopped
- 1 Tbs. maple syrup or honey
- Dash each of cinnamon, nutmeg and allspice
- 1 Tbs. natural raw wheat germ
- 1 cup cold unsweetened vanilla almond milk

### **Café Latte Shake**

- 2 Scoops BioTrust Low Carb Vanilla OR Café Mocha
- 1/2 cup strong brewed coffee – cold
- 1/2 cup cold unsweetened vanilla almond milk
- Stevia to taste
- 5 – 6 ice cubes

### **Mixed Berries Smoothie**

- 2 Scoops BioTrust Low Carb Vanilla (or Milk Chocolate, Café Mocha)
- 1 cup frozen mixed berries
- 1/2 cup nonfat Greek yogurt
- 1/2 Tbs. chia seeds
- 1 cup cold unsweetened vanilla almond milk

### **Peppermint Cheesecake Smoothie**

- 2 Scoops BioTrust Low Carb Vanilla
- 1/2 cup nonfat cottage cheese
- 1/2 cup nonfat Greek yogurt (plain or vanilla)
- 1/8 tsp. peppermint oil
- 1/2 tsp. vanilla extract
- 3 Tbs. old fashioned oatmeal
- 1 Tbs. raw natural wheat germ
- 1 cup cold unsweetened vanilla almond milk

## Low Carb Shake

- 2 scoops BioTrust Low Car Protein – any flavor
- 1 cup cold unsweetened almond milk
- 5-6 ice cubes

Mix all ingredients in shaker bottle & enjoy!

## Determining Portion Sizes

Within the setup of the program, you will have two options to determine the quantity of food you will eat at each low carb meal – **the portion method and the calorie method.**

Personally, I prefer the portion method as it doesn't require that you tediously count anything and frankly it's a heck of a lot more practical. That being said, we will go over determining calorie and macronutrient targets later for those who are interested in going that route.

But first, let's talk about how to determine the appropriate portion size for you and your body for each of the three macronutrients: protein, carbohydrates, and fat. To do this, we'll use something known as the hand/fist/thumb method.

With this method, **a “portion” of protein is equivalent to the size and thickness of the palm of your hand.** This could be a chicken breast, piece of beef, pork chop, filet of fish, etc., of approximately that size.

**For carbohydrates, a “portion” is the size of your clenched fist.** Think of an apple, orange, or other piece of fruit of approximately that size, or a portion of pasta, rice, beans, etc., similar in size.

Lastly, **for fat a “portion” is equal to the size and thickness of the tip of your thumb.** This is particularly useful for “pure” fats like olive oil and butter, but some

major sources of fat come in the form of mixed-nutrient foods (like nuts or cheese). For these foods, two “thumbs” worth is acceptable.

A list of fats that fall into this category will be provided in the food lists section of the manual.

To summarize, here are the portion guidelines:

**1 portion of Protein:**  
**Size and thickness of the palm of your hand**

**1 portion of Carbohydrate:**  
**Size of your clenched fist**

**1 portion of Fat:**  
**Size and thickness of the tip of your thumb**

The reason why hand-based portion sizes work so well is that they are relative to the size of the individual. Smaller people with smaller hands will eat less food because they require fewer calories. Similarly, larger people with resultantly bigger hands will eat more food because they require more calories.

It's simple, but it works.

## The Overfeed Hour Thermic Meal Timing Explained

The beauty of the 1 Hour Belly Blast Diet is that you will choose your meal timing and cadence based on your lifestyle.

As part of my Anti-Overwhelm™ Relief, this program only requires 3 meals a day with only one hour of strategic exercise a **week** (less time exercising and slaving in the kitchen, and more time for loving life).

The meal timing option you choose for your overfeed hour(s) should be one that you can personally adhere to and best fits your lifestyle.

I've made these super simple daily timeline charts for you to follow on the next few pages.

They consist of a non-training day timeline, and training day timelines.

**Non-training day** timelines are low carb days that consist of a breakfast smoothie in morning, and followed by 2 low carb meals for lunch and dinner.

**Training day** timelines consist of your overfeed days, and 2 low carb meals.

## Meal Frequency Sample Timeline Charts:

### Belly Blast Sample Daily Timeline #1 – Non-Training Days

**7:00 am** – Breakfast Smoothie

**12:00 pm** – Low Carb Lunch

**6:00 pm** – Low Carb Dinner

Emergencies Only: \*Optional Low Carb Shake if needed:  
BioTrust Low Carb Shake between meals

-Acceptable Vegetables Anytime

## Belly Blast Sample Daily Timeline #2 - Training Days

**7:00am** – Breakfast Smoothie

**12:00pm** – Low Carb Lunch

**5:00pm 20 Minute Workout**

**By 6:50pm** – Belly Blast Overfeed Hour (1. Eaten immediately or within 1.5 hours after workout) (2. Always Consume Overfeed Session 3 – 4 hours before bedtime)

Emergencies Only: \*Optional Low Carb Shake if needed:  
BioTrust Low Carb Shake between meals

-Acceptable Vegetables Anytime

## Belly Blast Sample Daily Timeline #3 - Training Days \*Best Results

**7:00am** – 20 Minute Workout

**By 8:50am** – Belly Blast Overfeed Hour (1. Eaten immediately or within 1.5 hours after workout)

**1:30 pm** – Low Carb Lunch

**7:00pm** – Low Carb Dinner

Emergencies Only: \*Optional Low Carb Shake if needed:  
BioTrust Low Carb Shake between meals

-Acceptable Vegetables Anytime

## Belly Blast Sample Daily Timeline #4 – Training Days

**7:00 am** – Breakfast Smoothie

**12:00 pm** – Low Carb Lunch

**5:00 pm** – 20 Minute Workout

**By 6:50pm** – 2 Overfeed Hours

(1. Eaten immediately or within 1.5 hours after workout) (2. Always Consume Overfeed Session 3 – 4 hours before bedtime)

Emergencies Only: \*Optional Low Carb Shake if needed:  
BioTrust Low Carb Shake between meals

-Acceptable Vegetables Anytime

## Belly Blast Sample Daily Timeline #5 – Training Days

**7:00 am** – Breakfast Smoothie

**12:00 pm** – 20 Minute Workout

**By 1:50 pm** – 3 Overfeed Hours (1. Eaten immediately or within 1.5 hours after workout) (2. Always Consume Overfeed Session 3 – 4 hours before bedtime)

Emergencies Only: \*Optional Low Carb Shake if needed:  
BioTrust Low Carb Shake between meals

-Acceptable Vegetables Anytime

**\*Emergency Option Low Carb Shakes:** As you can see in the sample timelines above, BioTrust Low Carb Shakes should be used for emergencies ONLY. Drinking shakes between meals will only hinder your results. Lean on acceptable vegetables when hungry if needed.

**Shake Directions:** Mix 2 scoops of your favorite BioTrust Low Carb Protein Powder with 8oz. of **water ONLY**, shake and enjoy.

At the end of each and every day (minus your strategic Overfeed Session), all that matters for you to consistently get great results is that you gave your body the proteins, carbs, fats, and nutrients it needs – while keeping your body in a deficit, and performing your workouts when they are required on overfeed days.

Your choices and controlling your overall calorie intake is all that needs to be monitored.

## Strategic Overfeed Session Guidelines

From working with thousands of clients all over the world, I have found that all-out “eat whatever you want” overfeed session work better in most cases, than more “controlled” approaches placing restrictions on what foods may or may not be eaten.

This is probably due to the fact that when given the opportunity to eat whatever they want, most people combine carbohydrates and fats pretty liberally (ice cream, burgers, pizza, desserts, etc.), and it is these two nutrients that yield the highest insulin response when combined.

Recall that insulin and leptin are very strongly correlated and you can see why this approach has been the most successful.

That said, there are a few loose guidelines that I’d like you to stick to for your Belly Blast Overfeeds:

### Guideline #1:

**Eat the Foods You Crave in 1 Hour or Overfeed Session Without Feeling Guilty**

This is the most important guideline of the 1 Hour Belly Blast Diet. Take a leap of faith and go for it; trust me, it works.

When you understand how the body works, you understand that intermittent indulging is ultimately what is going to shotgun your results and progress to a whole new level.

There is nothing to feel guilty about. Eat as you please and don't think twice about "limiting" what you can and can't eat. Just keep it to an honest hour/session, nothing less... nothing more.

## **Guideline #2:** **Do Not Stuff Yourself or Eat Until the Point of Discomfort**

Although I truly want you to eat the foods you crave without remorse, I do NOT want you to gorge yourself during a Belly Blast overfeed session.

Eat until you are moderately full (don't stuff yourself until you can't walk).

The Belly Blast Overfeed is not meant to be a "binge;" it's meant to be an enjoyable psychological and physiological outlet to hasten results and increase dietary adherence. Don't abuse it.

## **Guideline #3:** **The Day You Overfeed is Training Day ONLY**

In order for your insulin sensitivity and hormones to burn maximum calories from your overfeed meal, you have to be strategic.

This diet will not work if you overfeed (cheat) on non-training days. I repeat. IT WILL NOT WORK.

Follow the protocol of when to have your strategic overfeed properly on these days to burn massive amounts of fat.

## Guideline #4: DON'T Plan Too Much

This rule seemingly goes against everything that I preach during the actual “diet” portion of the program and for good reason.

Let's say you go to the grocery store on Thursday to stock up on goodies for your Saturday 1 Hour Belly Blast meal... You fill the cart with chips, cookies, and other snacks, then cart off home.

Now you've got extremely tempting food lying around your house for days, tempting you to eat it. DON'T put yourself through this torture.

### The Pitfalls of Planning Overfeed Meals:



Pre-mature cheating due to having tempting food items lying around the house



You wake up on Saturday and have different cravings than you did on Thursday—meaning you bought the wrong stuff!



Massive amounts of leftovers as you'll always overestimate how much you'll eat when you buy during the week—again resulting in extremely tempting food lying around the house when returning to the “diet” portion of the program

The ideal way to approach the 1 Hour Belly Blast Diet is to plan nothing, wake up, and then have at it based on what you feel like eating at that point. Just “go with the flow.”

I also recommend that if you are going to go shopping for your overfeed meal(s), do so the morning of your overfeed meal (not before) and buy in reasonable quantities.

It's incredibly easy to get back on track with the diet portion of the program after an hour of indulgences, but just as easy to continue snacking if this food is readily available. Get rid of the temptation before going to bed and it will be a cinch.

## Bonus Tips for Maximum Fat Loss Results

This overfeed hour or session is **all** about enjoyment. Eat the foods you love, sip your favorite drinks, and don't feel guilty, to speed along your fat loss, and reap the many psychological and physiological benefits of taking some "time off" from the regular program. That's YOUR time. Once that time is done, return to a low carb diet for the rest of the day.

This super-simple trick serves as a reward for following a more structured regimen the other days of the week, and that's why it's crucial you have "healthy" physical AND mental relationships and associations with your weekly belly blast overfeed sessions.

## The basic guidelines for the 1 Hour Belly Blast Diet is a Low Carb Diet all week long, with a strategic Overfeed hour in between (revisited):

**Example Overfeed Charts Below in a 7 Day Cycle:**

### 3- 1 Hour Belly Blast Overfeeds

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat. Training Day	Sun.
1 Hr. Overfeed	Low Carb	1 Hr. Overfeed	Low Carb	Low Carb	1 Hr. Overfeed	Low Carb

## 2 Belly Blast Overfeeds; 1 hour on 1 day; 2 hours on another day

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat.	Sun.
1 Hr. Overfeed	Low Carb	2 Hr. Overfeed	Low Carb	Low Carb	Low Carb	Low Carb

## 1 Overfeed Session; 3 hours on 1 day

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat. Training Day	Sun.
Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	3 Hour Overfeed	Low Carb

Talk about a *livable* way to eat!

Again, it is up to you how you structure your days. There are no set days that must be Training Days on or Training Days off. It's up to you to decide, as long as your overfeeds are on training days. You can pick and choose these days for as long as you live the 1 Hour Belly Blast Diet way!

Simply put, this diet is about three things: less structure, more flexibility, and more food!

Here are the bonus tips:

### Bonus Tip #1:

**Do not weigh yourself the day after your overfeed session. Wait at least 48 hours.**

There is a direct correlation between cheat food (overfeed meal/session) and water retention. So the first 24 to 48 hours after your strategic overfeed hour, your body will retain an additional 3 grams of water for **every** gram of carbohydrates you ate in your overfeed meal.

**Overfeed Example Chart:** You will **always** have a 2 day gap somewhere in the week. In this case, it's Thursday & Friday, so you would weigh yourself on Saturday morning, first thing. **You will also always have a Belly Blast Overfeed session on a weekend day.**

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat. Training Day	Sun.
Overfeed Hour		Overfeed Hour			Overfeed Hour	

So, if you had some mozzarella sticks, a bowl of your favorite pasta dish, some breadsticks, a bowl of ice cream, and a piece of cheesecake, **we're talking an extra 700 to 1000 grams of water sitting under your belly skin.**

Even though this side effect is necessary to achieve all the physical and psychological benefits of a belly blast meal, it can mess with your head if you're not careful.

## **Bonus Tip #2:** **Double your daily water intake on the day after a Belly Blast Overfeed.**

I know this technique isn't appealing or "sexy," but it works. This will help you get rid of post Belly Blast Overfeed water retention and facilitate other metabolic processes that burn fat.

Remember, the more water you "give" your body, the less it will hold onto. So if you feel like you're holding water or bloated - drink more water. It will help you look and feel leaner, and it's responsible for helping you keeping your metabolism healthy and functioning properly.

**Bonus Tip #3:**  
**Consider using a 12 – 24 Hour Intermittent Fast the day after your belly blast overfeed (optional).**

**NOTE:** Intermittent Fasting is not highly recommended for women and there is conflicting research on its effect on hormones. This is one of the reasons Nicole uses shorter fasting/feeding cycles (12 hours), compared to a 24 hour protocol.

This is totally optional and not for everyone, but fasting the day after a belly blast overfeed hour is an awesome way to take advantage of the hormonal environment created by the previous day's cheat.

In other words, all your metabolic triggers and hormonal environment is primed to burn fat. You can learn more about how to apply the Intermittent Fasting method at the very end of the FAQs section of this manual below.

# Acceptable Foods Lists

## Acceptable Carbohydrates in Moderate Carb Breakfast Shakes/Smoothies

- Fruit: apples, bananas, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries, tart cherries, tart cherry juice from concentrate/no sugar added
- No-sugar added apple sauce
- Light Yogurt (no sugar added), Nonfat Greek Yogurt (no sugar added)
- Other Vegetables: beets, pumpkin, rutabaga, squash
- Other Acceptable Grains: barley, brown or white basmati, quinoa, oatmeal, oat bran, brown rice
- Oatmeal or oat bran (slow cook “old fashioned”, gluten free, steel cut recommended)
- Sweet potato, yam
- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils

\* Try to buy locally farmed or organic for your all your produce

## Acceptable Protein Sources

For your other meals, you'll want to choose lean protein sources such as chicken or turkey breast and avoid things like "dark meat" like chicken thighs and anything but extremely lean cuts of red meat (top sirloin or filet mignon, etc., if possible).

Again, you don't have to over-analyze this to get great results. Just choose wisely from this list below, and watch the pounds melt away:

- Beef (top sirloin steak, filet mignon, lean ground beef, lean flank steak, chuck pot roast, etc.)
- Skinless Poultry (chicken cutlets, chicken breast, thigh, wing, turkey breast, etc.)
- Wild caught fish: Finfish (cod, flounder, mahi mahi, halibut, orange roughy, sea bass, salmon, tilapia, haddock, mackerel, snapper, tuna steaks, canned tuna, bluefish, herring, etc.) \*try to avoid farm raised fish – buy wild caught
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, crawfish, etc)
- Pork or Ham (96% fat free or better Canadian bacon, loin, chop, or tenderloin – no pork bacon!) \*try to consume pork from pasture raised pigs
- Lamb
- Deer/Venison
- Buffalo
- Cottage Cheese
- Eggs (whole or whites) \*try to buy locally farmed or cage-free
- Milk protein powders (whey and/or casein) BioTrust Low Carb recommended
- Mozzarella Cheese nonfat
- Greek Yogurt

# Acceptable Fat Sources

## Dairy

- Grass Fed Butter
- Raw and Organic Cheese
- Cottage Cheese
- Cream
- Whole Egg
- Parmesan Cheese
- Feta Cheese (sheep and/or goat's milk preferably)
- Sour Cream (use sparingly)

## Fat-containing Meats

- Beef
- Chicken (dark meat)
- Duck
- Lamb
- Pork
- Turkey Bacon

## Fat-Containing Fish (consume wild caught)

- Anchovies
- Bluefish
- Herring
- Salmon
- Sardines
- Tuna Steak

## Oils

- Extra Virgin Olive oil
- Coconut Oil
- Flax-seed oil
- Marine/fish oil
- Grapeseed oil
- Rapeseed Oil
- Hemp Oil

## Raw Nuts

- Almonds
- Brazil Nuts
- Cashews
- Flax Seeds
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Pistachios
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

## Other

- Raw Almond Butter
- Avocado/Guacamole
- Classic Hummus (chickpeas)
- Farm Fresh or Pasture Raised Eggs
- All Natural Raw Peanut Butter (in moderation)

**NOTE:** Because some protein sources are also ample sources of fat, they are listed under both the acceptable proteins and fats lists. Here is a quick rule to guide you when choosing whether or not to add fat to a meal:

- If you are consuming a very lean source of protein, add additional fat to your low carb meals
- If you are consuming a protein source that already contains substantial fat (i.e. ribeye or NY strip steak) then there is no need to add additional fat to the meal

## Acceptable Vegetables

- Alfalfa Sprouts
- Arugula
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower (orange, purple, green or white)
- Celery
- Chard
- Chicory
- Collard Greens
- Cucumber
- Dandelion Greens
- Endive
- Eggplant
- Fennel
- Green Onion/Scallions
- Jalapeno Pepper
- Kale
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Watercress
- Zucchini

**\*\*Note:** Always remember there is no limit to the amount of “free” acceptable vegetables you consume. They can be added to any meal, in any quantity, and can be consumed at any time of the day.

## Other Nutrition Guidelines

### **Milk:**

- Unsweetened Coconut Milk (recommended)
- Unsweetened Almond Milk
- Unsweetened Rice Milk

\* **Avoid Soy Milk** (90% contain GMOs and hidden additives that negatively impact estrogen)

### **Other**

Coconut Water – Raw – no sugar added

**Condiments:** You may use condiments, but remember to watch hidden sugars and check carb count.

- Mustard (watch for hidden sugars)
- Salsa (try to buy fresh)
- Sugar free hot sauces
- Liquid Aminos for cooking
- Low sodium soy sauce (in moderation)
- Classic Chickpea Hummus

### **You can also feel free to use the following:**

- *Sea Salt or Pink Himalayan Salt*
- *Horseradish*
- *Stevia or other no/low calorie all natural sweeteners*
- *Pepper (any kind)*
- *Vinegar (balsamic, apple cider, red wine, white, etc.)*
- *Small amounts of “healthy” Ketchup (HFCS Free or No Sugar added, only)*
- *Garlic*

### **Sweeteners and other misc. foods:**

Limit intake of artificial sweeteners (sucralose, aspartame, saccharine). Try to use all natural stevia.

\*Avoid agave nectar unless it's 100% raw. The processing destroys any legit health benefits and increases the fructose.

## **Vegan and Vegetarian Stuff**

Many times, it can be very tough for a vegetarian or vegan to follow a fat loss plan because their choices are so limited on protein compared to us carnivores.

However, if you are comfortable with choosing healthy substitutions to replace animal proteins then you can easily follow the food guidelines inside this system.

Just be aware of hidden carbs or sugars.

**Here are a few options that might work:** Protein Powder: Pea or Rice, Tempeh, Texturized vegetable protein, Non GMO and Fermented Soy foods, Non GMO Veggie burgers, Tofu (watch for hidden fat content and fillers). Try to use raw choices.

## The Calorie Method (Optional)

As mentioned previously, you will have the option to either go with the (hand/fist/thumb) portion method or the calorie method for determining the quantity of food you will eat at each meal.

For those who prefer the calorie method, I will provide you with calculations and macro breakdowns in this section.

### Determining Your Lean Body Mass

All calorie calculations are based on lean body mass, or total weight minus body fat.

For example, a 200 lb male with 20% body fat has 40lbs. of body fat ( $200 \times 20\%$ ), leaving him with 160 lbs of lean body mass.

To determine your lean body mass, you will have to have your body fat percentage assessed. By far the easiest way to do this is via the use an electronic body fat scale.

You can purchase these at Amazon, Bed, Bath, & Beyond, Target, Walmart, etc. The most popular and recommended brand is Tanita.

Now you may have heard that these scales are not very reliable and lack accuracy, however when used correctly they are indeed both accurate and reliable (and exceptionally convenient).

Below is an excerpt from my blog in which I discussed this very issue:

*Without a doubt, these scales can seem pretty worthless if you don't really understand a) how they work, and b) how to use them to produce reliable, consistent data.*

*On the other hand, when you've got "A" and "B" down pat, body fat scales can be an invaluable tool to easily track body composition without having to bust*

*out a pair of calipers or set up an appointment to have your body fat evaluated at your local gym (which has its own set of accuracy problems).*

*Today I'll clear up the confusion and tomorrow you'll actually be able to use the body fat function of your scale to produce some meaningful data.*

*First, let's cover how they work:*

*Electronic body fat scales use a technology called bioelectrical impedance (BEI) to assess body fat.*

*With this method, a very light, unnoticeable electrical current is passed through the body and the percentage of the current that is repelled and the percentage "absorbed" or conducted are both measured.*

*The assumption is that body fat will repel the current while all lean tissue will act as a conductor, leaving the percentage repelled as your estimated body fat percentage.*

*Here's the problem:*

*This method is highly dependent on consistent levels of body water, something that is not often consistent to say the least.*

*For example, if you just exercised or are dehydrated, the measurements will be off. If you have a different level of body water than when you last measured, the measurements will be off. If you take your body fat in the morning, and then again in the evening, the measurements will be off.*

*In other words, in order to get consistent readings, you have to be consistent in your measurement practices; this is what I recommend:*

*Body water is at its most stable point every day first thing in the morning before eating and drinking anything. This is when you should be taking your body fat readings.*

*Another recommendation is to only measure at most twice weekly. There are too many fluctuations that happen from one day to the next, and it's flat out psychological torture to be stepping on the scale every day.*

*I do not allow my clients to get on the scale but once a week-period. And if they email me with concerns about scale weight being up from yesterday, I simply respond with "Give me an update on Saturday morning."*

*Be consistent with your measuring practices and you'll be surprised just how consistent your measurements become.*

**With that said, let's get into the calculations:**

Fat Weight = Total Weight x Body Fat %

Lean Body Mass (LBM) = Total Weight – Fat Weight

### Low Carb Calorie/Macro Breakdown\*

\*pertains to lunch and dinner

Current Body Fat %	Caloric Formula
6% - 13%	11 x LBM
14% - 19%	10.5 x LBM
20% & Above	10 x LBM

Total Calories = LBM x 11; 10.5; or 10, depending on chart above

Macronutrient Breakdown: **40% Protein, 10% Carbohydrate, 50% fat**

### Moderate Carb Calorie/Macro Breakdown\*

\*Pertains to Breakfast Shakes/Smoothies ONLY

Current Body Fat %	Caloric Formula
6% - 13%	11 x LBM
14% - 19%	10.5 x LBM
20% & Above	10 x LBM

Total Calories = LBM x 11; 10.5; or 10, depending on chart above

Macronutrient Breakdown: **35% Protein, 40% Carbohydrate, 25% fat**

**Or Alternatively, go with the Hand/Fist/Thumb Method to make things easier.**

## Determining Gram Amounts from Calorie and Macro Breakdown Information

Once you have determined your target calorie intake for each meal, you can easily use the macronutrient breakdown recommendations to determine gram targets for each macronutrient. Use the following numbers and equation to guide you:

Protein = 4 calories per gram

Carbs = 4 calories per gram

Fat = 9 calories per gram

**Gram equation:**

Total calories x macro percentage / calories per gram = grams of macronutrient

Alternatively, you can always use the **hand/fist/thumb portion method** (which is recommended and just easier!). To recap that once again, here are the portion guidelines:

**1 portion of Protein:** Size and thickness of the palm of your hand

**1 portion of Carbohydrate:** Size of your clenched fist

**1 portion of Fat:** Size and thickness of the tip of your thumb

## Super-Simple Programming

The 1 Hour Belly Blast Diet is all about transitioning into a way of eating that you will be able to continue with for months and years to come.

And here's the best part about this entire program: you are going to find that keeping the weight off is **easy**.

Seriously easy.

Why? Simply because 1 Hour Belly Blast Diet does something that no other calorie-restrictive diet does—it **protects** your metabolism over the entire course of the diet to ensure that lost weight stays... well, lost.

Throughout the course of your fat loss journey you'll do everything right. You'll keep your leptin and metabolism high week after week with our strategic thermic meal timing which brings on Diet Induced Thermogenesis, which in turn, keeps your body carb cycling to keep your body from "catching on" to the fact that you were dieting.

That's HUGE.

You see, with other programs the complete opposite occurs. At the completion of your "diet" metabolism is so beaten down from week after week of calorie restriction that it becomes virtually impossible to keep the weight from piling back on once you resume any sort of normal eating pattern.

Bad news for your past, a bright light for your future.

# Tracking Progress

Tracking progress during the 1 Hour Belly Blast Diet is critically important to your overall success.

A very popular saying amongst fitness professionals is “If you’re not assessing, you’re just guessing!” And that’s essentially true. The only *real* way to know if something is working is to regularly assess and track your progress.

With the 1 Hour Belly Blast Diet, we will be using several methods of tracking progress—scale weight, body fat %, and girth measurements.

Both scale weight and body fat percentage can be assessed via an at home electronic body fat scale. We talked about these scales earlier in the calorie section.

Below are the locations for the various girth measurements you’ll be taking:

- Bust/Chest
- Waist (around the navel)
- Hips
- Right Arm
- Right Thigh
- Right Calf

For arm, thigh, and calf measurements, simply double each to account for the other limb when calculating total inches lost. For example, if your right thigh measurement has gone down one inch, it is safe to assume that your left thigh measurement has also decreased by one inch for a total of two inches lost from both thighs collectively.

Below are example measurements for a female who used the 1 Hour Belly Blast Diet program for six weeks:

	Starting	Week 6	Difference
Bust	37"	34"	-3"
Waist	35"	32"	-3"
Hips	39"	37"	-2"
Right Arm	13"	12.5"	$-.5" \times 2 = -1"$
Right Thigh	25"	23.5"	$-1.5" \times 2 = -3"$
Right Calf	13"	12.5"	$-.5" \times 2 = -1"$
		<b>Total</b>	<b>-13"</b>

## When to Measure

Measurements should be taken once weekly, 48 – 56 hours after your last Belly Blast Overfeed—that's it.

Do not—*I repeat; do NOT*—weigh yourself daily. Due to the carbohydrate cycling and 1 Hour Belly Blast Meals used with this program, you will experience significant fluctuations in water balance throughout the week causing daily measurements to be all over the place.

With this program, daily scale readings mean nothing. What I am concerned with is consistent, week to week progress, and that is assessed by taking consistent weekly measurements.

One more time: stepping on the scale daily will do nothing more than break your focus and cause unnecessary stress and worry (which will in turn slow progress)—**don't do it.**

With that out of the way, here is how you should be measuring:

Starting measurements should be taken on the last day each week, 48 – 56 hours after your 1 Hour Belly Blast Overfeed, first thing in the morning before eating anything. This is the way you will always measure each week—first thing in the morning, before eating anything. Consistent measuring practices ensure consistency and accuracy in your measurements.

From here, measurements will be taken once weekly on the morning 48 – 56 hours after two low carb days.

You can log your progress easily via the Progress Tracker in the 1 Hour Belly Blast Diet download that's labeled for easy access.

## Belly Blasting Your Way Fit

Despite being a “diet” program, this program does have an exercise component to it. Simply put, if you’re not willing to get off the couch and move a little bit, you’re doing your health, your body, and your fat loss a great disservice.

That said, I’m not going to **overwhelm** you with hours of exercise to be conducted weekly. Instead, you’ll find that the exercise recommendations fall in line with the rest of the program—extremely effective and efficient, and **only 1 hour** a week.

**Everything you need to know, use, and apply, is included in your Half Your Size Exercise Guide for maximum fat burning results.**

Briefly, here are some of the reasons why diet + exercise (and not simply diet alone) is the ultimate combination for the fastest fat loss, especially with this program:

- **Only 1 Hour of workouts total a week (unless you choose to work out more, which is only going to speed up your results!)**
- **More fat loss, less muscle loss** – In general, someone who is dieting who is also exercising will lose more fat and less muscle than someone who attempts to lose weight through dieting alone. Maintaining lean muscle tissue while dieting is critically important to keeping metabolism high as each pound of lean muscle on your frame burns an additional ~50 calories daily.
- **Improved leptin sensitivity** – Exercise has been shown to improve leptin sensitivity dramatically, which means your body will be even more responsive to the Belly Blast Overfeeds and carbohydrate cycling used throughout the 1 Hour Belly Blast Diet.
- **Strategically timed exercise doubles results** – After a 20 minute exercise session, the body is extremely primed for fat loss—metabolism and levels of fat

burning hormones are at their peak, and your body will officially be “in the zone” to burn massive body fat.

- To take full advantage of this “post-workout window of fat burning opportunity” we will be strategically timing exercise to work synergistically with the 1 Hour Belly Blast Overfeed in order to yield the fastest possible results, therefore creating the Diet Induced Thermal effect.

For the exercise portion of the program, we will be using bodyweight circuits (or sometimes called Bodyweight Metabolic Circuits or **BMRT** Bodyweight Metabolic Resistance Training) that is set up in a manner to get your optimal results in minimal time.

Unlike monotonous, boring “steady state” cardio in which you do the same low-intensity activity for 45 minutes straight, my approach requires that you “mix up” the intensity during each workout by transitioning back and forth between periods of higher and lower intensities.

Research has shown this type of training to have many benefits over traditional cardio, including:

- **Creating the Thermic Burn™ with Strategic Exercise Protocol**

Again, as I state in the beginning of the manual, Thermic Burn with Strategic Exercise works hand in hand with your thermic meal timing. The strategic exercise protocol comes into “after the consumption of a significant amount of carbohydrates post-workout (after exercise)..”<sup>6</sup>

- **More calories burned** – While total calories burned during the actual exercise session are similar for steady state and bodyweight circuits (although these workouts are much shorter), BMRT type workouts have been shown to increase metabolism for up to 48 hours after the workout has been completed. That

means you can be watching TV, driving the kids to school, cooking dinner, out at the mall—whatever—and you'll still be burning calories from the workout you did *yesterday*. Pretty darn cool. Slow-go, steady state cardio does not share this benefit.

- **Greater fat loss** – It makes sense that if a workout burns more calories, it will also burn more fat, but just how much more? Well, one particular study which analyzed the effects of an BMRT-style workout versus traditional “slow-go” cardio and found that those in the BMRT group burned nearly *nine times* more body fat than the low intensity group. Other studies have reported similar findings.
- **Greater fitness** – BMRT is again the clear winner when it comes to improving one's overall level of fitness as studies have shown time and time again that MRT improves both aerobic and anaerobic (slow and fast paced energy systems) capacity above and beyond what is possible with steady state cardio.
- **2 Minute Belly Flab Solution** – Choose your favorite Finishing Combos to metabolically crush your fat loss plateau and build lean muscle at the same time. These workouts can be done at the middle of your workout, or at the end of your workouts provided in the *Half Your Size Exercise Guide*, to accelerate your results.

## **Adding In Additional Moderate-Intensity Activity**

Within reason, it's difficult to get too much activity. Adding in some walking, light jogging, or participating in a recreational sport are all great ways to increase activity and burn even more calories.

Feel free to add any of these activities to your weekly routine in addition to what I teach in your *Half Your Size Exercise Guide*.

## FAQs

With the specifics of the 1 Hour Belly Blast Diet program covered, I'd like to take the next few pages to answer some of the more frequently asked questions that have come up in regards to the program.

**Q: What if I have a social event, dinner, party, etc., to attend on a day other than the weekend? Can I combine my 3 allotted hours into that day?**

Yes, of course you can combine your 3 – Belly Blast Overfeed hours to enjoy your party or event, (which we will discuss in the next question). The beauty of this program is the flexibility of it.

You can easily combine your 3 – 1 Hour Belly Blast overfeed hours for that week and enjoy yourself for 3 hours instead of just one.

**Q: What if I'd like a permanent Belly Blast Overfeed Hour to be another day other than a Saturday? For instance, I generally have family over Sunday afternoon and think having my Belly Blast Overfeed Hour or 2 hours on this day would be most ideal for me.**

No problem. There's no magic Saturday or day for that matter. Go ahead and make the switch to literally any day of the week you'd like, and then follow the diet on the other 6 days as outlined. For instance, if you use 2 hours on Sunday, there's only 1 more hour left to enjoy on another day that week. If you decide on just 1 hour on Sunday, you still have 2 more Belly Blast Overfeed hours to enjoy on a Tuesday & Thursday or Friday, always making sure to skip a day between your Belly Blast Overfeeds.

**Q: Are there any long-term negative health effects that I should be concerned about with the regular indulgence of the 1 Hour Belly Blast Diet?**

I get this question a lot, and it's kind of silly when you think about it. With the 1 Hour Belly Blast Diet, you're losing weight and increasing your physical fitness – do you think that **three - 1 Hour Belly Blast Overfeeds** of enjoying some of your favorite foods is going to negate all those positive adaptations and the extremely healthy choices that you are making during the other four? I'm sure you see my point, but just in case, that answer is "No, it's not."

That said, if you have any medical conditions whatsoever, you must get clearance from your doctor before your participation in any weight loss program (including this one) with them first.

**Q: What about special populations such as diabetics or those with cardiovascular disease? Is this diet safe for them?**

Piggy-backing off of the last question, I want to make sure I'm clear here: Consult with your doctor before beginning any exercise program to make sure it is a good fit for you, and always, *a/ways* follow his or her advice.

**Q: I regularly perform resistance training and use a post-workout nutrition shake. Is a post-workout shake allowed on this program?**

Yes, absolutely. Just substitute it for your next scheduled meal, or work out in the a.m., and drink your breakfast protein shake/smoothie right after your workout. For best results, I recommend using BioTrust Low Carb, which can be purchased at [BioTrust.com](http://BioTrust.com). If it's after a high intensity resistance training workout, I would add some fresh organic berries to this post workout shake, or use one of the recipes from the Rapid Belly Blast Breakfast Recipes Bonus inside the Accelerator Package.

**Q: I'm still a little anxious about a full hour of dietary indulgence three days a week; can't I just have a single overfeed meal a week?**

Not if you want to experience the best results. Research has proven that overfeed (cheat) “days” DO NOT WORK for substantially replenishing leptin levels.

Sure, overfeeding is a nice psychological outlet, but that’s where it ends. If you are looking for the physiological benefit of **faster fat loss**, then you need to take a leap of faith and trust me with the approach I’ve recommended here. 1 Hour of indulgences, not overfeeding full days, prevent diet plateaus and help bring about steady, consistent, fast fat loss each and every week due to thermic meal timing. Use your 3 Belly Blast Hours a week per the example timelines. Just don’t binge, and make sure to follow the guidelines listed in the Belly Blast Overfeed Hour section of this manual.

**Q: Do you recommend the use of any “damage control” supplements for the 1 Hour Belly Blast Overfeed?**

Some people will try to use insulin-mimicking substances such as ALA or r-ALA for their overfeeds as a means of “damage control” so to speak, but I am of the opinion that these substances may potentially interfere with the natural upregulation of leptin and other hormones that we are trying to achieve. [Leptiburn](#), [Metabo379](#), and [IC-5](#), however, compliment these overfeeds very well. (See Customized Fat Burning Supplementation Recommendations)

**Q: I’m a vegetarian/vegan; can I still do this diet? What alterations do I need to make, if any?**

Of course! You’ll have to get a bit creative with your food selection, however, to ensure you are getting enough protein. For meals in which you do not consume a portion of protein directly (because of the absence of meat in your diet), try adding some tofu and increasing the legume and nut content of the meal as both of these food types contain substantial protein.

Also, you'll need to rely more on protein supplements than most. The highest quality protein powder on the market is BioTrust Low Carb. Yes, I'm biased because I sit on the fitness advisory board for this product. But only because I believe in the best product in the industry, and in my humble opinion, with [BioTrust Low Carb](#) they delivered.

**Q: What if I want use Intermittent Fasting? Can I still use the 1 Hour Belly Blast Diet?**

My team and I get dozens of questions and requests about using Intermittent Fasting with the 1 Hour Belly Blast Diet.

Although my wife, Nicole, and I are big believers in intermittent fasting, and we use it weekly as a part of our lifestyle, it's not for everyone. But for those who are interested, here's a quick Q and A section dedicated solely to using IF with the 1HBBD.

First, you have to make sure you're getting the prescribed nutrition and macro-nutrients during your 1 Hour "overfeed" window. **See details below for different fasting options.**

**Q: Do I still eat the prescribed 3 meals a day if I'm using Intermittent Fasting with 1HBBD?**

I recommend you fast after your 1 hour Belly Blast Overfeed. If you indulge for 1 hour in the morning, you can then fast for the rest of the day until your breakfast shake the next morning. If it's a mid-day 1 Hour Belly Blast Overfeed, then the same fasting protocol could be utilized for up to 24 hours after until your breakfast shake the next morning. Same goes for evening time.

Try, however, to keep this fasting protocol for only **after** your Belly Blast Overfeed days.

**Q:** What fasting protocol is the best to use when using the 1 Hour Belly Blast Diet?

A great fasting tactic to use is the 24 hour fast one, two, or three days of the week instead (pioneered by Brad Pilon). Ideally, after your Belly Blast Overfeeds are best. This will maximize the hormonal effect of the overfeed and your body's metabolic triggers are perfectly positioned for rapid fat loss. This is also known as the Feast/Fast protocol.

**Q:** What if I exercise first thing in the a.m.? Can I still use I.F.

Yes. But I recommend you have a [low carb nutrition shake](#) with [MetaboGreens 45X](#), an amazing tasting greens supplement, mixed in about 45 to 60 minutes after exercise. This will prevent muscle loss and keep cortisol (stress hormones) to a minimum, but it will still "mimic" the effect of I.F.

At the very least, have 10 grams of branch chain amino acids after your a.m. training.

**Q:** If I use I.F. should I eat a few hours before exercise?

**A:** I recommend you try to time it so that you "break" your fast with an exercise session if possible. This will maximize the hormonal response of low insulin and high amount of growth hormones produced during your fasting period.

However, not everybody can exercise in a fasted state. If that's the case, break your fast with a [low carb nutrition shake](#) with [MetaboGreens 45X](#) mixed in. Then exercise about 3 to 4 hours later.

I.F. should be used and adjusted on a case by case basis. It's not necessary to use an I.F. protocol at all, but I believe it has many benefits so it's worth experimenting with if you're tired of always trying to eat 3 times a day.

No matter what method you decide to use, make sure you stick with a consistent feeding pattern.

My wife, Nicole, likes to use a 12 hour feeding window and a 12 hour fasting window.

**NOTE:** Intermittent Fasting is not highly recommended for women and there is conflicting research on its effect on hormones. This is one of the reasons Nicole uses shorter fasting/feeding cycles, compared to a 24 hour protocol.

{End of FAQs}

## “How” to use Intermittent Fasting with 1 Hour Belly Blast Diet

Again, this is an optional approach that is NOT for everyone. But with the growing popularity of Intermittent Fasting in today’s day and age, I want to give specific guidelines for those who are already educated and want to use this method during the 1 Hour Belly Blast Diet.

I know sometimes it’s hard to accept change when we’ve been **programmed** to adhere to silly dieting rules for so long, but I’ve enjoyed protein shakes for breakfast now for 5 to 6 days of the week over the past 2 years to prove the validity, efficacy and simplicity of intermittent fasting.

The end result?

I have more energy, I get more accomplished, I eat less junk food, and I haven’t lost ONE ounce of muscle.

Additionally, it's been much easier to stay lean as I get older and deal with declining hormones. **Best of all, I'm only eating 3 times a day now.** I mean, who has time for 5 – 6 meals a day? No one.

Not only that, I've had HUGE breakthroughs in controlling my emotional attachment with foods in general.

*But this isn't about me. Who cares about me? This is about YOU.*

And I'm not here to tell you what you should or shouldn't do.

I'm here to educate you and let you know how "IF" has worked on my clients and myself. In my opinion, Intermittent Fasting can be easier to adhere to than trying to eat 3 meals a day for many individuals.

**It's also the easiest way to put yourself into a healthy calorie deficit and has awesome hormonal benefits**

So first, let's look at the reasoning behind the "IF" strategy and why it makes a lot of sense.

Then you can make an educated decision to see if this approach is a good fit while you move through the 1 Hour Belly Blast Diet.

Intermittent Fasting or "IF" (in case you didn't already know) is essentially not eating or drinking anything that contains calories for a set time period.

Generally this time period is between 16 and 24 hours.

**And even though we've been told over and over again if we don't feed ourselves every 3 hours our metabolic rate will slow down, it's simply not true. It's a big fat myth.**

There are now multiple peer reviewed studies indicating you can literally fast (not eat) for up to 24 hours before your metabolism will slow down.

Based on this approach, *you'll also be skipping the traditional time of day you would normally consume breakfast.*

Although there's a lot of solid research indicating breakfast is the most important meal of the day, **you have to keep in mind what the word *breakfast* means – literally.**

Let's look at the word itself. "BREAK-FAST" or to "break" your "fast" is the true definition of breakfast.

Keeping that in mind, **the research hasn't really looked at the timing of that meal.** Instead, it's all about the actual food choices you make to start your day or "break" your "fast".

So we're not really "skipping" breakfast. We're just changing the time of day breakfast is consumed.

*Now, I will be the first one to admit that I wore the Greek Evil Eye when I initially heard about this strategy a few years ago!*



And although it goes *completely* against the grain of traditional approaches, the science and real world results can't be denied.

*When applied properly*, intermittent fasting is not only great for your metabolism, it's also a killer way to break bad food habits or shock your body mentally and physically.

### **How Intermittent Fasting Gives You CONTROL Over Your Hunger Hormones...**

I also noticed after a few weeks of using the intermittent fasting protocol, that I NEVER got hungry anymore.

In other words, over time fasting has become a lot easier and skipping meals doesn't even faze me anymore.

After discussing **this phenomenon I was experiencing with my good friend, Joel Marion, I discovered it was because I had "retrained" my hunger hormone, Ghrelin.**

Simply put (to save you from all the science jargon), Ghrelin is the hormone that controls your body's hunger response to food. It's secreted when you're about ready to eat.

In other words, **you can reprogram Ghrelin to respond at a different time of the day.** This process only takes a few weeks (sometimes less) with intermittent fasting.

Also, Ghrelin is a potent stimulator of growth hormone.

So if you combine the growth hormone release that occurs naturally during fasting with your body's ability to "re-train" Ghrelin, **you get a potent one-two GH punch.**

Research also shows it lowers insulin, increases growth hormone release, and raises catecholamine levels by ramping up the sympathetic nervous system (SNS). More on this below.

**So in many ways Intermittent Fasting actually “mimics” high intensity exercise. Weird but 100% true.**

Every hormonal trigger activated by Intermittent Fasting seems to help you burn more fat and preserve muscle.

**Mentally**, it can also help break you of bad emotional habits or negative *neuro-associations* you may have with food and provide you with new found energy and focus.

As always, with any great tactic, *more is not better*.

If you abuse this strategy your body may start shedding lean muscle to slow down the metabolism and the end result is no weight loss at all.

Essentially, your body thinks you are starving yourself so it will have to use amino acids from precious muscle tissue to survive and fuel itself.

For example, you could start your fast at 12pm and end your fast with a noon workout the next day. Then you would go ahead and have your next meal of the day after your workout, which would be lunch or even a shake if you prefer, and then have a nice low carb dinner.

So this would be considered your real “break-fast” or your first meal of the day.

Remember, after intense exercise your body is highly sensitive to nutrient uptake and protein synthesis (aka – nutrient partitioning).

So when you break your fast with a high intensity workout, you should eat your largest meal or in this case, your overfeed meal, within 1 hour 30 minutes after.

Now don't freak out about this. **I guarantee it's a lot easier to follow and more effective than you can ever imagine.**



There are also many days when I work out first thing in the a.m. at 6 or 7a.m. in a total “fasted” state. I just make sure to consume 5 to 10 grams of branch chain amino acids (BCAA’s) before and after. If you wish to take BCAA’s with this program, I suggest you go with a brand through your local vitamin store, or online. They key is to find a brand that contains **Leucine, Valine, and Isoleucine** in it.

Then I wait until 1 or 2pm until I break my fast (“break-fast”) with my first meal of the day. This is the 16/8 method.

You can also use a traditional 24 hour fast once or twice a week to put your body into more of a calorie deficit. It's always best to use this method AFTER a 1 hour belly blast overfeed.

If you've never fasted before, the first time can be tough, but it quickly becomes easier. But again, sometimes it's not for everybody, and that's okay.

Remember, IF isn't the "holy grail." It's another tool that you can use if it makes sense for your lifestyle.

The perfect meal frequency or cadence is one that YOU can stick to. Whether you use intermittent fasting or not, will NOT matter. Overall adherence and food "choices" will always dictate your overall progress.

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# Ultra-condensed Cliffs Notes

## 3 Core Principles of the 1 Hour Belly Blast Diet

1. Indulge three hours a week with whatever foods you choose
2. Relaxation 167 out of 168 hours a week (i.e. go about your normal daily life 167 hours a week, following the 1 Hour Belly Blast Diet protocol)
3. Anti-Overwhelming sustainability.

**Belly Blast Overfeed Important Guidelines:** In order to be successful and make this diet work at full maximum capacity, you must follow the following key points:

- You must first get in a 20 minutes training session, following a workout from the *Half Your Size Exercise Guide*, then reward yourself with an overfeed session immediately after and **no later than 1.5 hours after your training session**. This will ensure your cortisol level will maximize your fat burning potential. If you do not, this program will not work the way intended to.
- Always Consume Overfeed Session 3 – 4 hours *before* bedtime
- You can never have 2 overfeed sessions back to back during the week. There must always be a day in between these overfeeds, if not 2 days between at some point in the week, for weigh in purposes, and starting the next week/cycle.
- There are 3 ways to go about your overfeeds (cheat) on the 1 Hour Belly Blast Diet. 3 – 1 Hour overfeeds throughout the week; 2 hours on one day and 1 hour on another day during the week, or 3 hours all at once for the week. (see detailed chart below)
- If you decide to use all 3 hours on 1 day, you still must get in 3 training sessions for the week and the one session must be on the overfeed day.

**The basic guidelines for the 1 Hour Belly Blast Diet is a Low Carb Diet all week long, with a strategic Overfeed hour in between:**

**Example Overfeed Charts Below in a 7 Day Cycle:**

**3- 1 Hour Belly Blast Overfeeds**

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat. Training Day	Sun.
1 Hr. Overfeed	Low Carb	1 Hr. Overfeed	Low Carb	Low Carb	1 Hr. Overfeed	Low Carb

**2 Belly Blast Overfeeds; 1 hour on 1 day; 2 hours on another day**

Mon. Training Day	Tues.	Wed. Training Day	Thurs.	Fri.	Sat.	Sun.
1 Hr. Overfeed	Low Carb	2 Hr. Overfeed	Low Carb	Low Carb	Low Carb	Low Carb

**1 Overfeed Session; 3 hours on 1 day**

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat. Training Day	Sun.
Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	3 Hour Overfeed	Low Carb

## The Three Step "Belly Blast" Overfeed (cheat) Protocol

Throughout the course of this program, you will be using 3 types of meals/meal replacements:

1. **Moderate Carb Breakfast Smoothies/Shakes:**

### Moderate Carb Shake/Smoothies Guidelines

- BioTrust Low Carb Protein Powder
- One portion of Moderate Carbs per shake
- Zero portion of fat per meal
- Acceptable Vegetables as desired

## 2. Low Carb Lunch & Dinner Meals:

### Low Carb Meal Guidelines

- One portion of lean protein per meal
- One portion of fat per meal
- Zero portions of carbohydrates per meal (except naturally in foods/veggies)
- Protein shake between meals (for emergencies only)
- Acceptable Vegetables as desired

## 3. 3 Strategic Overfeed Hours a Week/7 Day Cycle:

### Overfeed Guidelines

**Option 1:** 1hr. overfeeds 3x's/week

**Option 2:** 2hr overfeed one day, and 1 hour overfeed on another day

**Option 3:** 3hr overfeed all at once

- One portion of protein per meal (40% of meal)
- Enjoy foods you want within the time frame for your Belly Blast Overfeed session, eating all the carbs and fats you want, along with 40% of the meals being protein
- Once Overfeed is over, resume low carb diet for remainder of day, not to exceed 3 meals
- MUST perform a 20 min. training session preceding (before) overfeed, within 1.5 hours of overfeed

**For Emergencies Only on Diet Days that do NOT include a Belly Blast Overfeed Session:**

**Low Carb Shake Guidelines (between meals – for emergencies\*\* ONLY if still feeling hungry)**

\*\*The reason why these low carb shakes are for *emergencies only* is because they're not really necessary in the program, and will only hinder your results, but if you need something more and all the free acceptable vegetables that you can have are not cutting it for you, in addition to your 3 meals a day, follow these guidelines for a low carb

protein shake:

- BioTrust Low Carb Protein Powder (any flavor)
- Zero portion of fats
- Zero portion of carbs
- Mixed with Water ONLY

## Overfeed Guidelines

**Guideline #1** – Eat the Foods You Crave Without Feeling Guilty

**Guideline #2** – Do Not Stuff Yourself or Eat Until the Point of Discomfort

**Guideline #3** – Wake Up When You Would Normally Wake Up

**Guideline #4** – DON'T Plan

## #1 Food Before Bed – Protein Guidelines:

The #1 food to eat before bed is *Protein*, but not just any protein. Keep in mind that this is not something we suggest you do every night. It should only be done on the nights when you're still hungry before bed. Here are the best options below:

Chicken

Pork

Turkey

Dairy (cottage cheese, Greek yogurt, other cheeses, etc.)

When it comes to cottage cheese and Greek yogurt, be sure to choose the plain, unsweetened varieties to avoid all the extra sugar (you can always add other natural sweeteners like stevia if desired).

Avoid carbs. Carbs spike insulin and blood sugar and put the brakes on fat-burning, the exact opposite of what you want to do in the evening as your metabolism is slowing down getting ready for a good night's rest.

Add fat if desired. Fat is another good nutrient to include in a late-night snack because it helps to slow digestion and increase feelings of fullness... just make sure you do so in moderation to avoid skyrocketing the calorie count of your "snack."

Same portion sizes apply (listed below).

## Determining Portion Sizes

**Hand/Fist/Thumb Method** (recommended method):

**1 portion of Protein:** Size and thickness of the palm of your hand

**1 portion of Carbohydrate:** Size of your clenched fist

**1 portion of Fat:** Size and thickness of the tip of your thumb

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