

THE
1 HOUR
BELLY BLAST
DIET™



NEW!
ANTI-
OVERWHELM™
RELIEF

QUICK START GUIDE

1 Hour Belly Blast™

Quick Start Guide

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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Welcome to the 1 Hour Belly Blast Diet Program Quick Start Guide; a diet that lets you overfeed and blast belly fat at the same time! That's right! On the following pages, you will quickly begin to understand the 1 Hour Belly Blast Diet program and how to use this way of living as a lifestyle instead of an actual "diet."

Remember, your body cares more about its physical needs than about your emotions. Your body doesn't care if being a little fat has thrown you into a deep depression or made you feel isolated and insecure. To the body, fat is good. Fat is even great. And the body is partially right; we all do need a certain amount of fat in our diet and on our body.

But now it's time for you to treat fat differently.

For too long, the body has been keeping around lots and lots of fat as its "last resort" for energy. It's already there; your body is just not using it.

Until now...

Throughout the program, you will teach your body to use fat to triple your results.

Fact: You will now begin your super simple strategic overfeed sessions --and your body will be outsmarted!

The basics that I'll cover in this guide will serve you for the rest of your life. This is the foundation or the "roots." When a building has no foundation, or a tree has no roots, what happens?? Yep. The building falls over and the tree dies. In other words, do NOT skip this section and go right to your nutrition guides.

This guide will give you the knowledge, confidence, and faith to move forward properly.

You'll soon discover that fat loss can be VERY interesting when you literally can take control of your metabolism and your body through food intake. Your body is an amazing machine and even though God designed it to survive, he also gave us the ability to control and sculpt it.

After you read through this guide and move into the meal plans (in that order), you'll be armed with the ability to control fat loss and your metabolism once and for all.

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.

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

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.

1 Hour Belly Blast Diet Strategies & Guidelines

Plan, Plan, Plan

- Plan Weekly Low Carb Menus in Advance
- Shop in Advance
- Cook in Advance

Plan Weekly Menus

- Find time on Friday or Saturday
- Take into consideration your upcoming schedule and where you would be (plan ahead!)
- Jot down a shopping list as you plan

Shop in Advance

- Go shopping for any foods that you do not already have “stocked” at home
- This will allow you to cook in advance

Cook in Advance

- Sunday Ritual
- Sunday/Wednesday Ritual
- Breakfast Ritual

Tips for Dining Out

- Stick to 1 Hour Belly Blast Portions
- Order from specialty health menus when possible
- Add, subtract, and substitute where possible
- Skip the appetizers and dessert

Staying Motivated

- Establish Clear, Specific Goals
- Review Your Goals Daily
- Work with the End in Mind Embrace the Power of Positive Self Talk “I want” vs. “I will”
- Visualize

Always Have a Back-Up Plan

- Meal Replacements (shakes and bars) are my savior
- BioTrust Low Carb Protein Powder
- Another quick & easy meal on the go – Beef Jerky and Nuts

Travel

- Utilize Meal Replacements – [Get Your Meal Replacement Needs Here](#)
- Dine Smart
- Planning Ahead ==>

Planning Ahead While Traveling

- **Pack a healthy, portable meal on long days**
- **Check with the airline to see if they have alternative “healthier” meals**
- **Bring along portable fat burning veggies**
- **Research the area for healthy restaurant options on downtime**
- **Get a room with a refrigerator and do some local grocery shopping if you’re away long enough**

Pre-Program Quick-Start Checklist

1.	Print out your Half Your Size Exercise Guide Accelerate your Fat Loss at rapid speeds by using your exercise guide to maximize results.	✓
2.	Containers to store your food Always pre-cook and pack your meals so you have them ready to heat up and eat	✓
3.	Water bottle (bpa free) Consume half your body weight in ounces of water (make sure it's filtered or from a clean source) everyday (ex: Women 70-80 oz, Men 100-128 oz per day)	✓
4.	Lunch box and/or Cooler with Ice packs Use this for traveling, appointments, meetings, work, kid's activities etc. to stay on track when "life happens"	✓
5.	Blender, Shaker & BioTrust Low Carb Protein Powder You must always have access to on-the-go protein and be able to make a quick shake when life happens	✓
6.	Print Out Your Progress Tracker Log your food for the first 8 weeks or until you've built some new habits	✓
7.	Make Grocery List & Go Shopping Make sure you shop once or twice a week and prepare meals ahead of time	✓

_____ Did you place your supplement order at [BioTrust](#)? Take care of this first and foremost in preparation for your start date, as your order will take several days to arrive. The Fundamental supplement needed is BioTrust Low Carb Protein Powder.

_____ Do you have or did you purchase the materials you will need to track your progress (scale [an electronic body fat scale is recommended], tailor measuring tape)?

_____ Have you clearly established a specific goal (the exact amount of weight you want to lose by a specific date)? Did you write your goal down to review daily?

- _____ Did you take a “before” picture with revealing clothes?
- _____ Did you plan out the entire first week’s menu? It is best to do this meal by meal and then make any adjustments or substitutions as you see fit during the week. Having a plan in place is fundamental to success.
- _____ Did you decided how often you will prepare your meals (daily, bi-weekly, or weekly)? Twice weekly is recommended.
- _____ Do you have quick and easy “back up” meals in place for circumstances when you are unable to eat the scheduled meal due to time constraints, etc?
- _____ Did you set-up an optimal meal-time schedule based on your daily availability? For example, 7am breakfast, 12:30pm lunch, 6pm dinner on non-training days?
- _____ Did you set up an optimal meal-time schedule based on a strategic overfeed hour?
- _____ Did you plan out your weekly exercise schedule based on your daily (morning, lunch time, afternoon, etc) and weekly (days per week) availability? Set up a plan that works with your schedule and stick to it.
- _____ Did you go grocery shopping for all the food items needed to prepare your first week of low carb meals?
- _____ Have you checked off all the items on this list? If so, congratulations, you’re ready to experience fast, consistent weekly fat loss!

Get Your Water Daily - *Fast Fluid Facts:*

<ul style="list-style-type: none">• <i>50% of your body weight is the number of ounces of water (minimum) your body needs each day.</i>
<ul style="list-style-type: none">• Drinking 10 to 12 glasses of water per day can help increase energy, prevent headaches, & curb your appetite.
<ul style="list-style-type: none">• Adequate Water intake on a daily basis works as a natural detoxifier to help rid our bodies of excess waste and potentially harmful toxins.
<ul style="list-style-type: none">• The more water you give your body to use, the less your body will retain and hold onto, so drink more water to help you feel leaner.
<ul style="list-style-type: none">• Extra hydration through water intake serves as great damage control after using cheat foods or re-feeds and helps get rid of carb bloat after a cheat day.
<ul style="list-style-type: none">• Almost every metabolic process that takes place in the body requires consistent, fresh water.

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, *always* 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. 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](#) 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](#) powder 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. The 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.