

7-Day

**"DIET
BREAK"
MEAL PLAN**



Presented by
Mike Geary

THE TRUTH ABOUT FAT BURNING FOODS

7 DAY “DIET BREAK” MEAL PLAN

Presented By Mike Geary, “The Nutrition Watchdog”

LEGAL DISCLAIMER

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

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MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don’t expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that’s what you’re doing right now.

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The Truth About Maintenance

You can't be on an aggressive fat loss or muscle building plan for more than a couple of weeks at a time.

Think about how professional athletes do it. They stay active during the regular season, take a couple of months almost completely off during summer, and train really hard for 12-16 weeks before the beginning of a new season.

The same way these pros need a break to keep making progress and stay sane, you need one. That's where this "Diet Break" meal plan comes in.

It will help you re-establish a higher macronutrient profile for your body to prevent rebound weight gain and help you maintain a healthy metabolism.

Remember: Your body is always trying to evaluate and adapt to how much energy you're taking in (calories and macronutrients) vs. how much energy you're expending (burning off through exercise).

This plan will help you maintain your weight or take a break before hopping on the 7 Day Rapid Fat Loss Meal Plan again.

In the next pages, I'll show you exactly how to cycle your carbs following 3 key strategic days that work together in synergy to maximize your fat burning every single week.

Now, let's set you up for the most effective maintenance plan you've ever experienced.

Here's The Plan

1. Write down everything that goes in your mouth so you know what you are consuming.
2. Don't binge or stuff on Cheat day and follow all cheat day guidelines from page 6-7.
3. Make sure fat intake is low (below 10 grams) with all Starch and Fruit based meals on Low Carb Days.
4. The success of Maintenance is to make sure to try and have 5 Low Carb days in a row.
5. Decide which day will be your Cheat Day and which will be your Moderate Carb Day before the week begins.
6. Try to eat only "clean non-processed" starches and fresh fruits on all Moderate Carb Days.
7. Keep sweets and alcohol to cheat days only.
8. Consume all starch and/or fruit based meals in the evening OR before and after workouts whenever possible.
9. Don't be afraid of the extra carb intake on this plan. Just make sure you always have protein in every meal and never eat a carb by itself if you're still trying to burn fat.
10. If you're not exercising, CUT out at least one starch per day and use only ONE cheat meal per week.
11. If you still have a lot of weight to lose, use this meal plan for at least two weeks to give your body a new set point and higher nutrient profile before moving onto another cycle of **7 Day Rapid Fat Loss**.
12. Use only foods provided from the approved lists below.

Your Weekly Carb Calendar

	Mo	Tu	We	Th	Fr	Sa	Su
Strategic Day	Low Carb	Low Carb	Low Carb	Low Carb	Moderate Carb	Cheat	Low Carb
Portions of Starchy Carbs	Women = 1 Men = 2	Women = 1 Men = 2	Women = 1 Men = 2	Women = 1 Men = 2	Women = 2 Men = 3	Free day	Women = 1 Men = 2

3 Strategic "Diet Break" Days Explained

Low Carb Day

- + Keep portion sizes smaller than you're used to
- + Keep your fat intake to a minimum
- + You may have only supplemental fats, such as essential fatty acid supplements in fish oil (see **The Truth About Supplements** for my recommended brand)
- + Limit yourself to 1 cup of vegetables at lunch and dinner
- + Eat only fats and vegetables from the food list

Moderate Carb Day

- + Carb up is typically used for Friday night, but can be used for social events on other days of the week as well
- You'll keep carbs low early in the day and then consume a couple starchy carb meals at the end of your day during the evening hours to "spark" the metabolism and give you some flexibility to still have a life. Another obvious reason we call it "the Diet Break"

Cheat Days

- + Eat whatever you want
- + You can fill up and satisfy yourself, but don't binge or stuff
- + If you consume alcohol on this day, make sure you do it AFTER a few cheat meals; otherwise, you could sabotage the hormonal effect of the cheat day
- + Feel free to move your cheat day around to make it fit your schedule, but keep it at once per 7 days

A Quick Warning About Cheat Days...

Cheat days and cheat meals should only be used to accomplish specific physical and psychological functions directly related to fat-loss goals...

So I'll only say this once. IF you binge or stuff all day long on cheat days (trust me...I've had my moments), you'll create a downward spiral and completely sabotage your fat loss goals.

Important Tips and Tricks to Maximize the Results of Your Cheat Days

1. Try to avoid a lot of alcohol when cheating.

This can mess up the metabolic and hormonal effect you're trying to accomplish.

2. Try to avoid a lot of deep fried foods and high fructose corn syrup.

Deep fried foods are basically void of any nutritional value and therefore don't provide any metabolic or hormonal benefits for the cheat. HFCS has been shown to potentially block or negatively impact leptin levels.

3. Don't weigh yourself for at least 2 to 3 days after your cheat day.

This is HUGE, because it will keep you psychologically in the right spot because when you cheat right, almost all the weight you've gained is just water weight from extra carbs.

4. Remember, for EVERY gram of carb you consume your body holds nearly 3 grams of water.

Now you can see why you'll gain some water weight after cheating. It's just a natural part of the process.

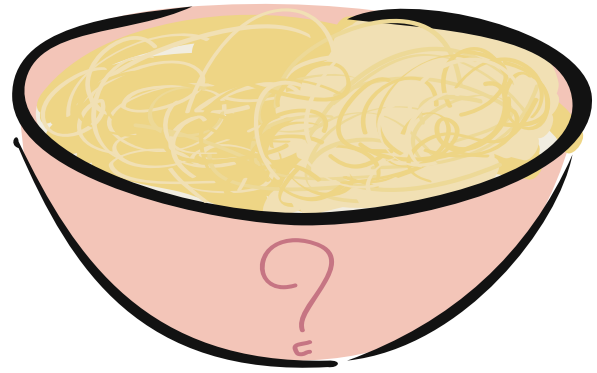
You should be one to three pounds lighter a few days after you cheat day if you're doing things properly and using the next trick...

5. Plan for extra water the day after a cheat day.

Remember the extra water your body will carry (from all the carbs) the next day.

That's why you hear people always talking about "carb-bloat" the day after cheating. And the more water you give your body, the less it will HOLD onto.

Meal Types



You'll see the following meal combinations on your meal plan below:

1. P + S (protein + starch)

2. P + S + V
(protein + starch + vegetables)

3. P + V + F
(proteins + vegetables + fats / oil)

4. P + F (proteins + fats / oil)

5. P + FR (protein + fruit)

6. FF (free food)

7. SA (sweets and alcohol)

**Directions and guidelines for each individual day of the plan are provided below each individual meal plan chart below.

***If you feel it's necessary to count calories or you're concerned with portion control, refer to the **Calorie Counting** section on the next page. It breaks down calorie counting, grams, and portion sizes in more details. Guidelines are also provided below.

Portion Sizes



Believe it or not, the size of your hands can help you burn more fat.

Ok, I know it sounds weird, but this is THE best way to monitor your food intake to consistently maintain a fat burning environment round the clock.

Your fist, palm, and thumbs are directly related to how many calories and grams you should be consuming on a daily basis to burn more fat.

Here's how it works.

1. Protein = the size of your palm

- + An acceptable range is 15 to 25 g per serving for women and 20 to 40 g for men
- + If you're not consistently exercising, these amounts should be lower

2. Carbs = the size of your fist

- + Acceptable range should be 25 to 50 g per serving
- + Post workout should be more toward 35 to 40 for women and at least 45 to 50 for men

3. Fats = the size of the end of your thumb x 2

- + Carbs and proteins only yield 4 calories per gram while fats yield 9 calories per gram, which indicates you have to monitor fat intake and use smaller portion sizes for fats (ex: 12 to 15 nuts, not HALF the jar!)
- + Acceptable range should be 15 to 30 grams per serving (approx. 1 to 2 tbsp.)

Calorie Counting

If you follow the 7 Day "Diet Break" Meal Plan, counting calories is NOT mandatory. But if you want to do so, here's a general ballpark figure on how you can count calories for maintenance.

1. **10X your body weight = lose weight/burn fat**
2. **12X your body weight = maintain**
3. **15X your body weight = gain weight/lean muscle**

This is just an estimate. Genetics, exercise intensity, sleep, recovery, and supplementation can ALL affect overall results as it relates to burning fat and/or gaining muscle.

You'll have to adjust your calories depending on the results you get, i.e. how easy it is for you to maintain your weight.

Food List



Type (P) = Proteins

Eggs and egg whites (try to use pastured-raised or locally farmed fresh eggs)

+ Men: 2 whole with 4 – 5 whites

+ Women: 1 whole with 2 – 3 whites

Organic Cottage cheese (try to use full fat raw or almond cheese)

+ Men: 1 cup

+ Women: ½ cup

Organic Greek Yogurt (no/low sugar plain flavors only)

+ Men: 1 cup

+ Women: ½ cup

Lean beef, venison, lamb, pork tenderloin, or fresh ham (try to use grass-fed or locally farmed raised)

+ Men: 5-6 oz.

+ Women: 3-4 oz.

Turkey breast (try to use pasture-raised organic turkey meat)

+ Men: 6-8 oz.

+ Women: 4-5 oz.

Chicken breast (try to use pasture-raised organic turkey meat)

+ Men: 6-8 oz.

+ Women: 4-5 oz.

Low carb protein powder (make sure you use a low temperature processed brand)

+ Men: 1½-2 scoops (30-40 g)

+ Women: 1-1½ scoops (20-30 g)

Fresh wild caught fish: Salmon, Trout, Tuna, Cod, Tilapia, White fish

+ Men: 6-8 oz.

+ Women: 3-4 oz.

Other wild caught seafood: lobster, crab, shrimp, scallops (limit intake)

+ Men: 6-8 oz.

+ Women: 3-4 oz.

*We're limiting your intake of egg yolks, but not because if this cholesterol scare B.S... simply because we want to strategically reduce the amount of fat in your diet on certain days.

Type (S) = Starchy Carbs

1. Consume only the following Starchy Carbs and follow the directions and guidelines for each day provided below each daily nutrition template.

2. Serving sizes: Men under 200 lbs. = 1 cup, Men over 200 lbs. = 1½ cups. Women = ½ to ¾ cup. *Unless indicated differently on meal plan.

3. Make sure to move your starch (and fruit) based meals to post workout or in the evening if you're not exercising.

4. Limit fat intake to under 10 g in all meals containing starchy carbs.

Food List

+ Steel cut slow cook oats/oatmeal

+ Sweet potato / Yam

+ Potatoes

- + Acorn and butternut squash
- + Wild rice, brown rice, black rice, white rice (steamed not fried)
- + Quinoa
- + Acorn squash
- + Gluten free / wheat free pasta: rice flour or black bean
- + Legumes (avoid all canned beans and canned foods): kidney beans, black beans, black-eyed peas, lima beans, red beans, chickpeas, pinto beans, butter beans, navy beans, lentils
- + Acceptable breads: Ezekiel, Millet, Rice (avoid all whole grains, wheat breads, or wheat based products)
- + Acceptable wraps: Ezekiel or wheat/gluten free: rice flour or sprouted grain
- + Corn (organic only and limit intake)
- + Peas

*Try to stick with starches from nature as much as possible. Limit your intake of processed carbs.

Type (FR) = Fruits

1. You may have 1 serving of any of the following fresh fruits in place of a starch on Baseline days when indicated on your meal planner.
2. Serving size men = 1 to 1½ cups. Women = ½ to 1 cup.
3. NO fruit juices.

Food List

- + Cherries
- + Apples
- + Oranges
- + Grapefruit
- + Bananas
- + Apricots
- + Kiwi
- + Mango

- + Watermelon
- + Blueberries
- + Raspberries
- + Blackberries
- + Peaches
- + Cranberries
- + Papaya
- + Plums
- + Pineapple
- + Nectarines
- + Tangerines
- + Pears
- + Grapes
- + Melon (honeydew, cantaloupe, etc.)

Type (V) = Vegetables

1. Consume one serving of your favorite vegetables listed below as indicated on your daily nutrition templates.
2. Make sure to have at least two servings of green cruciferous vegetables per day.
3. Serving size (men and women) = 1 cup on all veggies (raw, steamed, or minimally cooked)

Food List

- + Broccoli
- + Asparagus
- + Cucumber
- + Lettuce
- + Cabbage
- + Cauliflower
- + Spinach
- + Green beans
- + Radishes
- + Onions
- + Celery

- + Mushrooms
- + Artichoke
- + Peppers (any type)
- + Arugula
- + Tomatoes
- + Spaghetti Squash
- + Brussels sprouts
- + Zucchini
- + Kale
- + Spring mix
- + Collard greens
- + Eggplant
- + Carrots

* Try to use organic or locally farm grown whenever possible.

Type (F) = Fats or Oil

1. Consume **ONLY** one serving of fat as indicated on your daily nutrition templates below.

2. Serving size (men and women) = 1 tablespoon.
Cheese = a sprinkle or small serving. Egg yolks = 1 or 2 max.

3. Monitor your portion sizes carefully with fats. It's very easy to overdo it and add in an additional 300 to 400 calories per day if you're not careful.

4. Make sure you **LIMIT** fat in any meals containing starchy carbs or fruits.

Food List

- + Chia seeds, hemp seeds or ground up flaxseeds
- + Fish oil or krill oil
- + Olive oil
- + Mayo (use small amounts and avoid canola or refined vegetable oils)
- + Small amounts of raw cheese or almond cheese
- + Grass-fed or organic butter
- + Coconut oil (virgin or expeller-pressed)
- + Egg yolks (pasture-raised if possible)
- + Heavy cream (organic)
- + Raw nuts or seeds (monitor portions carefully)
- + Nut butters (1 tbsp. women, men 1½-2 tbsp.)
- + 2-3 oz. of avocado (about 1/2)

Other Nutrition Guidelines

Condiments

You may use condiments, but remember to watch hidden sugars and check carb count. Great examples are mustard, salsa, hot sauces, and organic soy sauce.

You can also feel free to use the following in moderation:

- + Sea Salt
- + Horseradish
- + Stevia or other no/low calorie all natural sweeteners (xylitol and erythritol)
- + Pepper (any kind)
- + Vinegar
- + Ketchup (high fructose corn syrup free or no sugar only)
- + Garlic

For more condiments ideas, refer to your **“Truth About Condiments, Snacks & Seasonings”** Guide.

Sweeteners And Other Misc. Foods

- + Limit intake of artificial sweeteners (sucralose, aspartame, saccharine, acesulfame-K)
- + Try to use stevia, xylitol or erythritol instead
- + Stay away from cooking sprays and try to use small amounts of virgin or expeller-pressed coconut oil instead

About Dairy

About 60% of all adults are dairy intolerant to some degree. Pay close attention to how cottage cheese, yogurt and whey protein make you feel.

If you experience bloating and digestive distress, make the following swaps:

- + Use a vegan protein powder like Onnit instead of whey protein
- + Use a light protein shake or a handful 1-2 oz. of raw nuts instead of cottage cheese or yogurt

7 Day "Diet Break" Meal Plan

Monday – Day 1 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	2 whole eggs and 3 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / F	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts
Meal 3	P / S / V	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 4	P / FR	Vanilla & berry shake: Mix 20-25 g vanilla protein powder with 1/2 cup berries	Vanilla & berry shake: Mix 30-40 g vanilla protein powder with 1/2 cup berries
Meal 5	P / V / F	4-6 oz. fish; 1 cup broccoli; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	6-8 oz. fish; 1 cup broccoli; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
Meal 6	P	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.

Type Key: P = Protein S = Starch V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

The above example food plan shows 5 meals and a 6th Protein only snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 4 you may have your fruit in another meal instead.

7 Day "Diet Break" Meal Plan

Tuesday – Day 2 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	2 whole eggs and 3 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / FR	Vanilla & berry shake: Mix 20-25 g vanilla protein powder with 1/2 cup berries	Vanilla & berry shake: Mix 30-40 g vanilla protein powder with 1/2 cup berries
Meal 3	P / S / V	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 4	P / F	Nut butter shake: 20-25 g vanilla protein powder with 1 tbsp. of nut butter	Nut butter shake: 30-40 g vanilla protein powder with 1 tbsp. of nut butter
Meal 5	P / V / F	4-6 oz. lean burger patty; 1 cup of asparagus; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	6-8 oz. lean burger patty; 1 cup of asparagus; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
Meal 6	P / F	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts

Type Key: P = Protein S = Starch V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

The above example food plan shows 5 meals and a 6th P / F snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 4 you may have your fruit in another meal instead.

7 Day "Diet Break" Meal Plan

Wednesday – Day 3 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	2 whole eggs and 3 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / FR	1/2 cup organic Greek yogurt or cottage cheese; 1/2 cup berries	1 cup organic Greek yogurt or cottage cheese; 1 cup berries
Meal 3	P / S / V	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 4	P / F	Nut butter shake: 20-25 g vanilla protein powder with 1 tbsp. of nut butter	Nut butter shake: 30-40 g vanilla protein powder with 1 tbsp. of nut butter
Meal 5	P / V / F	4-6 oz. grilled shrimp; 1 cup of your favorite veggies; salad with tomato & cucumber; 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	6-8 oz. grilled shrimp; 1 cup of your favorite veggies; salad with tomato & cucumber; 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
Meal 6	P / F	Vanilla shake: 20-25 g vanilla protein powder; 10 walnuts	Vanilla shake: 30-40 g vanilla protein powder; 12 walnuts

Type Key: P = Protein S = Starch V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

The above example food plan shows 5 meals and a 6th P / F snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 4 you may have your fruit in another meal instead.

7 Day "Diet Break" Meal Plan

Thursday – Day 4 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / S	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	2 whole eggs and 3 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / F	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts
Meal 3	P / S / V	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 4	P / FR	Vanilla & berry shake: Mix 20-25 g vanilla protein powder with 1/2 cup berries	Vanilla & berry shake: Mix 30-40 g vanilla protein powder with 1/2 cup berries
Meal 5	P / V / F	4-6 oz. fish; 1 cup broccoli; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	6-8 oz. fish; 1 cup broccoli; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
Meal 6	P	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.

Type Key: P = Protein S = Starch V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

The above example food plan shows 5 meals and a 6th Protein only snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 4 you may have your fruit in another meal instead.

7 Day "Diet Break" Meal Plan

Friday – Day 5 – Moderate Carb Day

Action	Type	Women	Men
Meal 1	P / S	½ cup potatoes with your favorite omelet or egg scramble	1 cup potatoes with your favorite omelet or egg scramble
Meal 2	P / V (low fat)	4-6 oz. roasted turkey breast; small house salad with 1 tbsp. of extra-virgin olive oil and vinegar	6-8 oz. roasted turkey breast; small house salad with 1 tbsp. of extra-virgin olive oil and vinegar
Meal 3	P (low fat)	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
Meal 4	P / S / V (low fat)	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 5	FF / SA	1 small serving of your favorite dessert (don't stuff)	1 small serving of your favorite dessert (don't stuff)

Type Key: P = Protein S = Starch V = Vegetable F = Fat SA = Sweets & Alcohol FF = Free Food

Daily Guidelines And Directions

- ✦ You may have 1 serving of fruit with your first meal of the day or in place of a starch
- ✦ Consume 1 starch at 2 different meals on this day and make sure at least one starch is consumed after exercise
- ✦ Try your best to exercise an hour or two before your first evening re-feed
- ✦ Consume LOW fat in meals before and after exercise and meal containing starches
- ✦ Don't binge or stuff on your cheat food and if you choose to consume alcohol, do it later at night

7 Day "Diet Break" Meal Plan

Saturday – Day 6 – Cheat Day

Action	Type	Women	Men
Meal 1	FF	Bacon, eggs, hash browns and toasts (don't stuff)	Bacon, eggs, hash browns and toasts (don't stuff)
Meal 2	FF	Chips and salsa (don't stuff)	Chips and salsa (don't stuff)
Meal 3	FF	Pizza or favorite cheat food (don't stuff)	Pizza or favorite cheat food (don't stuff)
Meal 4	SA / FF	Eat your favorite dessert (don't go overboard) Alcohol (don't go overboard)	Eat your favorite dessert (don't go overboard) Alcohol (don't go overboard)

Type Key: P = Protein V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

- + Eat whatever you want in any amount, just don't binge or stuff
- + Make sure to consume alcohol AFTER a few cheat meals before indulging
- + Follow all cheat day guidelines on page 6-7

7 Day "Diet Break" Meal Plan

Sunday – Day 7 – Low Carb Day

Action	Type	Women	Men
Meal 1	P / F	1 whole egg and 2 egg whites scrambled; bacon (limit 2 slices)	2 whole eggs and 3 whites scrambled and topped with 2 oz. lean ground beef and a sprinkle of cheese
Meal 2	P / FR	Vanilla & berry shake: Mix 20-25 g vanilla protein powder with 1/2 cup berries	Vanilla & berry shake: Mix 30-40 g vanilla protein powder with 1/2 cup berries
Meal 3	P / S / V	4-6 oz. of your favorite lean protein; 1 cup of your favorite pasta or rice; 1 cup of your favorite veggie	8 oz. of your favorite lean protein; 1½ cup of your favorite pasta or rice; 1 cup of your favorite veggie
Meal 4	P / F	Nut butter shake: 20-25 g vanilla protein powder with 1 tbsp. of nut butter	Nut butter shake: 30-40 g vanilla protein powder with 1 tbsp. of nut butter
Meal 5	P / V / F	4-6 oz. lean burger patty; 1 cup of asparagus; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	6-8 oz. lean burger patty; 1 cup of asparagus; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
Meal 6	P / F	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts

Type Key: P = Protein S = Starch V = Vegetables F = Fat FR = Fruit

Daily Guidelines And Directions

The above example food plan shows 5 meals and a 6th P / F snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 4 you may have your fruit in another meal instead.