

# EAT THIS NOT THAT! *for* ABS



THE ULTIMATE SIX-PACK IN  
LESS THAN SIX WEEKS—AND  
A FLAT BELLY FOR LIFE!

Mark Langowski  
*and the* editors of **Eat This, Not That!**<sup>®</sup>



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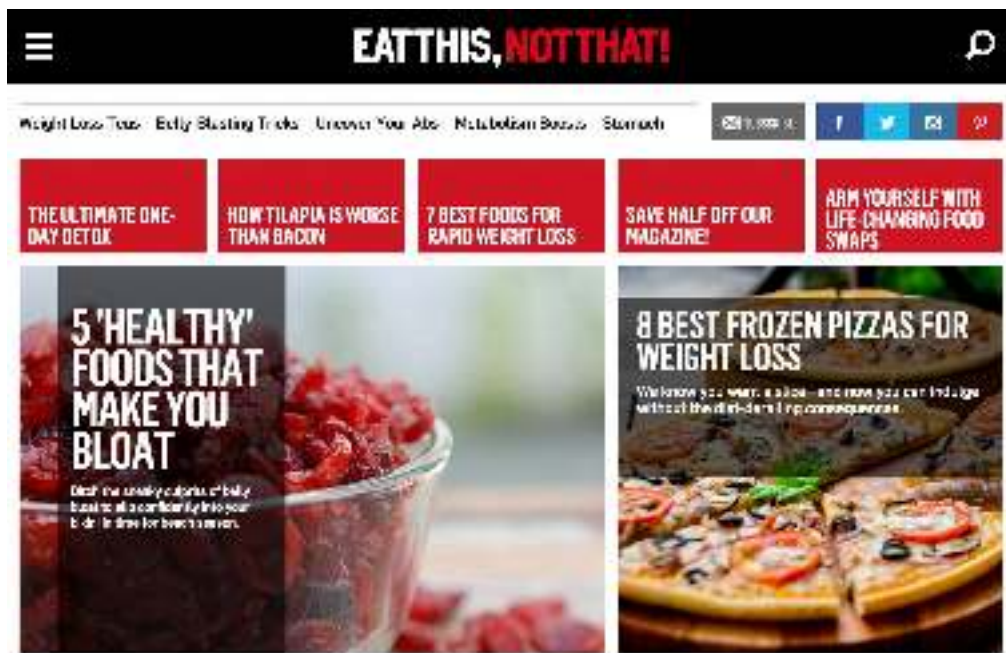
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Take control of your life and start melting belly fat fast with the groundbreaking journalism in each issue of **EAT THIS, NOT THAT! magazine!**



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## Foreword

Some of the fittest people I know don't have abs.

I know triathletes, bicycle racers, marathoners, weight lifters, CrossFitters. I know nutritionists and dieticians and health-food fanatics. And I know a lot of just plain regular people who eat healthy, exercise, and do all of the things it takes to have a flat, lean belly and real ripples that show. But still no abs.

Why?

That's what this book is designed to answer.

In this book, you'll discover the three surprising factors that are causing our bellies to grow and our abs to stay hidden, and a revolutionary diet and fitness plan that will strip away abdominal fat while allowing your naturally toned ab muscles to emerge. And you'll learn what's been holding you back from realizing your own dream body.

I know because I've seen the stunning results for myself.

As the founder of *Eat This, Not That!* and the editorial director of *Men's Fitness* magazine, I've spent the last two decades interviewing leading experts, poring over groundbreaking studies, and grilling top athletes, trainers, and celebrities for their health and fitness advice. And our coauthor on this project, Mark Langowski of *Body by Mark* Wellness, is one of the nation's top trainers, who has gotten results for his clients over the past 13 years, not just in the gym, but in the kitchen as well. Between us, we've learned what separates the fit from the fat, the slim from the sloppy, the ripped from the rotund. And it's not thousands of sit-ups, or miles of marathoning, or days of subsisting on nothing but red grapes and Red Bull.

It's about making simple swaps, eating the foods you love, and taking just a few days a month to drill down on your weight loss. *Eat This, Not That! for Abs* doesn't require you to give up your favorite foods, and it doesn't ask you to count calories or macros or points or carb grams. Instead, *Eat This, Not That! for Abs* will show you how to eat the foods you're already enjoying, but in a way that will lead to the lean, flat belly you've always wanted. And you'll enjoy the longer, happier life that comes along as a free side dish.

Sure, I understand why you might be skeptical. The world is full of weight-loss programs that promise to uncover our abs and change our lives but do little more than lighten our wallets. A 2015 study in the *American Journal of Public Health* demonstrated just how ineffective most weight-loss programs are. In the study, researchers looked at 280,000 people over the course of eight years and found that the chances of an obese woman attaining a healthy weight was just 1 in 124; for men, it was an even more discouraging 1 in 210. And worse, one in three of the participants were found to experience weight cycling—where their weight decreased, then increased again. The researchers went on to say that our current system of traditional weight-management programs “is not working for the vast majority of obese patients.”

But *Eat This, Not That! for Abs* works. It works because, unlike traditional diet plans, it doesn't require you to give up your favorite foods or rely on your willpower. Which is good, because when it comes to battling the forces of food marketing, bringing nothing but your willpower to bear is like



facing down the Navy SEALs with nothing but a pointy stick.

A 2015 Rutgers study found that overeating—especially high-fat foods—could be caused not by a lack of fortitude, but by a lack of a certain hormone in the brain. Experimenting with mice, researchers showed that when they reduced the levels of a hormone called GLP-1 in the brain, the mice overate and craved high-fat foods; when they then increased the levels of GLP-1, the mice no longer preferred high-fat foods. “These are the same areas of the brain that control other addictive behaviors,” says senior study author Zhiping Pang.

That’s why most diets fail. No matter how dedicated or disciplined we may be, we remain slaves to our hormones—hormones that control hunger, satiety, blood sugar, and cravings. Eventually we give in and overeat.

This plan takes willpower—that ever-elusive X factor—out of the equation entirely. In fact, in the initial tests that inspired the LEAN phase of this plan—a plan that requires a little bit of thoughtful dieting for just four days every few weeks—95 percent of the subjects who started the plan were able to complete it. When was the last time you heard of a diet plan with only a 5 percent dropout rate?

This is more than just a groundbreaking plan. It’s a rule-breaking plan, one that shatters popular notions about weight loss that diet experts, fitness gurus and even the U.S. government are touting as the path to better health. Once you read the evidence, however, you’ll understand that there’s a better, more effective way to define your abs.

And this is it.

**—David Zinczenk**

Founder and CEO  
Eat This, Not That

# Introduction

# Who Stole the Abs?

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**Abs are the Loch Ness monster of fitness**—shrouded in mythology and seemingly impossible to find no matter how hard we search. But take away some of the myths about your belly and you'll find that the search isn't impossible at all. In the coming pages, you'll discover what's really keeping you from unveiling a ripped, flat belly.

I know, because as a personal trainer, dedicated nutrition wonk, and someone who has made health and fitness the focus of my life and career for more than a decade, I too struggled to uncover the defined, sculpted abs that I wanted to be my calling card. I founded my company Body by Mark on the simple concept that a smart diet, a perfectly calibrated workout plan, and a daily bout of motivation could help any client achieve his or her dream body. But I soon learned that what we've been told about nutrition isn't the whole story. There's a reason why so many of us still struggle with extra belly fat. And that reason may surprise you.

- **It's not too many calories.** Yes, we eat too many as a nation, but plenty of individuals keep their calorie intake low and still can't find their abs. You'll learn why.

- **It isn't too much fat—not even too much saturated fat.** In fact, you may eat more saturated fat on this plan than you've eaten in quite some time. You'll learn why that once-forbidden fat is the key to burning off extra pounds while feeding and strengthening your abs.

- **It's not too many carbs.** In fact, you're going to be enjoying plenty of delicious carbs on this plan. They're just going to be without one insidious ingredient that's being snuck into your diet at every turn. And you're not even going to miss it!

- **It isn't a lack of exercise.** As a nation, we're exercising more than ever. But that exercise isn't paying off because we're sabotaging our fitness efforts throughout the rest of our day-to-day lives. (The workouts that I've developed for this book are specifically designed to overcome the abs-unfriendly habits almost all of us engage in, and put you on the path to a flat belly, fast.)

What's really stealing our abs is a chronic health problem that probably isn't even on your radar. I know, because it wasn't on mine, until a frightening run-in with it changed the way I looked at nutrition. It's called inflammation, and it's the quiet saboteur behind our greatest health issue, including weight gain. Inflammation is caused by our body revolting and fighting back against certain foods, as well as by physical and emotional stress. It's the underlying factor in obesity, heart disease, diabetes, arthritis, cancer, and pretty much any other health issue you can think of. And it's done a job on me, too.

If you have food allergies or sensitivities, you know a thing or two about how certain foods can cause bloating and an upset stomach. Well, that's inflammation. But the fact is that each and every one of us is subject to chronic inflammation from a couple of diet intruders you probably don't even think twice about—some of which, even today, the U.S. government is trying to convince us to eat more of.

One of these diet intruders is sugar. Not the naturally occurring sugar that you'll find in many of the delicious foods you'll be eating on this diet—stuff like full-fat yogurts and ripe, tasty fruit. I'm

talking about the added sugars that are snuck into everything from our pasta sauce to our peanut butter. But now, you have a plan to fight back.

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The second sneaky intruder you'll be tossing to the curb is one you haven't heard of before: linoleic acid, or LA. It's a type of fat that comes primarily from soybean oil, and despite study after study showing that it causes all sorts of metabolic havoc, we're still being urged to eat more of it by the USDA. Once you learn about the toll it's taking on your body, you'll be stunned at how misled we've been. The good news: It's easy to cut out of your diet, and you'll never miss it!

## SUCCESS STORY

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A recent client of mine, Michelle, came to me with an autoimmune disease. She visits her doctor a few times a month, receives treatments, and has a very weak immune system. I assumed that her doctors had spoken to her about inflammation. I learned never to assume anything! They had never explained to her how the things she eats can have a huge impact on inflammation in her body. I was shocked!

After I put her on a low-inflammatory diet, she saw immediate results. Within one week, she felt less bloated; within two weeks she had already lost 2 pounds and an inch around her abdomen. The most important result though was that she felt her immune system improving and was getting sick less often.

After three months of working together, she has been able to stop all medication for her disease. Her immune system has improved. Her energy has boosted! AND... she has lost 15 pounds and two full dress sizes! Michelle's life changed forever! Few of us think about the dangers of inflammation, but it's one of the secrets of *Eat This, Not That! for Abs*.

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## How to Put Out the Fire

This program is unique because it uses simple swaps to combat inflammation without changing the nature of what you eat, so you can lose weight and find your abs while still eating the foods you love—burgers, steaks, even bacon, bread, and pasta. Instead of demonizing these popular and beloved foods, we'll show you how you can strip away the hidden sugars and unhealthy fats lurking in everything from peanut butter to ketchup, and replace them with nourishing carbs and healthy fats that will turbocharge your metabolism, add lean muscle to your body, and force your fat-burners into overdrive.

And I'll show you how eating burgers, steak, and bacon for two weeks—and then following it up with a simple four-day cleanse—will completely reset your body, allowing it to rest, recover, and heal and feel slimmer and healthier than ever. This plan is so simple to follow, and so wildly effective, because you're only really following a "diet" for four days. Every other day feels like a cheat! Then you follow it up with another two weeks of burgers and bacon, and then a second four-day cleanse. As a result, in just five weeks, you'll have realized something you never thought possible: a leaner, stronger body; a rippled, powerful midsection; and a happier, healthier life!

I know, because my own frightening bout with inflammation taught me just how many of our most popular diet and fitness beliefs are completely wrong. Several years back, I was the model of perfect fitness—or so I thought. I had exactly the body my clients wanted for themselves: solid muscle, little body fat, and an easy, balanced, pain-free way of moving through the world. Sure, I had to work at it: Keeping my abs took constant vigilance. But that was the price of being in great shape, right?

Then reality hit me right in the gut. Literally. In 2010, I started experiencing severe abdominal pains, as though someone were stabbing me with a rusty knife right above my belly button. I figured it was appendicitis or something reasonable like that. But my doctor gave me a diagnosis that shocked me: I had diverticulitis, pockets of inflammation in my intestines.

“What causes that?” I asked.

“Poor diet,” he said.

Poor diet? Me? I was a guy who balanced every bit of fat, protein, and fiber to the nth degree. I could tell you what every vitamin and mineral did, how much you needed of each, and where the very best source could be found. And I practiced what I preached: How could I have a disease that’s caused by eating poorly?

But I did. And it cost me 13 inches of my intestines, as doctors dug into my body to cut away the affected section. As I sat in the hospital with a giant gash in my abdomen, nursing myself back to health, I started to think more about the way I approached eating. I thought about how hard I had to work to keep my physique where I wanted it to be. And I started listening more to my own body. And what I discovered was that certain foods were upsetting my gut: After eating bread or dairy, I’d feel bloated and uncomfortable. And that’s when I started reading more about inflammation.

And what I learned was that getting, and keeping, abs shouldn’t be as hard as it was. In fact, once you focus on inflammation and start stripping away the handful of foods that cause it, you can eat nearly every single one of your favorite foods—and still enjoy a lean, flat belly with half the effort.

Today, I no longer have to exercise like a fiend to keep my body in perfect condition. In fact, I do just two full, hour-long workouts a week; I also do two micro-workouts of 20 minutes each. That’s it. And I never do sit-ups or crunches or other annoying “ab” exercises. Instead I make sure that I get enough sleep, stay active when I can, and focus on eating the right way.

And now I’m going to show you how to do it, too!

## SUCCESS STORY

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Joni started working with me after having four kids. She wanted to get back to her prebaby body. I asked her about what she was currently doing for exercise; I was exhausted just listening to her. She was doing three to four Pilates classes a week, four to six Spin classes a week, and jogging three to four times a week. If you have done the math, she was doing two-a-days on most days!!

Joni has been active her entire life and was an athlete at heart. So she was shocked and somewhat hesitant when I told her to start doing less. I explained to her that her appetite would be reduced significantly if she did less cardio. She decided to take my advice and drop her Spin classes from four to six times a week to one to two times a week. Within two weeks of doing so, her body shrank. It wasn’t one

particular area, but literally, her entire body shrank! She noticed that she was eating less and had fewer sugar cravings.

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I told her that the reason for this transformation was because of three things:

- 1. Her blood sugar.** Her body was so depleted after Spinning and doing her Pilates class that it needed carbs just to keep from passing out. Her body wasn't craving kale and quinoa...no...instead it was craving bread, pasta, chocolate; all inflammation-causing foods!
  - 2. "Justification eating."** Justification eating is when you justify eating certain junk foods because you feel you deserve them. "I worked out for two hours today, I deserve this cookie and that slice of pizza."
  - 3. Stress.** The body loves to be exercised, but not pile-driven into the ground. When you do two-a-day workouts almost every day of the week, your body has no chance to recover. This causes stress, and stress releases a nasty hormone in our body called cortisol. Cortisol tells your body to store fat, not burn it.
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## An Abs Plan You Can Stick to

Wouldn't it have been great if they'd handed out step-by-step instructions to life back when we were first born? An all-encompassing guidebook that taught you the foolproof ways to get good grades; win social status; avoid awkward dating situations; achieve physical perfection; and land the ideal job, mate, house, car and life with ease? (I mean, they seem to have given George Clooney one. Where's ours?)

Well, I can't help you with the overachieving spouse, the million-dollar paydays, or the Oscar nod. But perfecting your body—that I've got a plan for. A foolproof plan, actually, one that doesn't rely on your ability to run a marathon and deadlift twice your bodyweight. More important, unlike most other fat-reduction programs, it doesn't rely on willpower. Instead, this plan is focused on some of the most delicious, satisfying, crave-worthy foods in the world—stuff like burgers, steaks, fries, even pasta—that you've been told for years you weren't allowed to have.

This book outlines a program that will allow you to strip away body fat—particularly belly fat—quickly and effortlessly. As it reduces unnecessary calories, it also strips out three critical abs-unfriendly enemies: added sugar, soy-based oils, and processed foods—while packing your day with metabolism-boosting protein and fiber. And it will use a newly developed four-day diet system that shocks your body into giving up stored fat. Use the plan outlined in these pages, and the restructuring of your midsection will be so dramatic, it'll make the Great Pyramids of Giza look like a Lego set.

# The New Rules of Abs

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Throughout this book, you'll read exciting new science that busts open a whole array of dietary myths in ways that will make your head spin, and your mouth water. Indeed, your dinner plate is about to get a lot less...beige.

**OLD RULE:** Eat less red meat and more chicken and fish

**NEW RULE:** Enjoy red meat and be wary of that chicken and fish!

In the end, seeing your abs is less about building that mountain range of ripples, and more about excavating the white stuff that's covered their peaks. And by white stuff, I mean fat. And that's why eating a protein-rich diet is so critical.

But wait: Isn't red meat bad for me? And what about all that fat? As you'll learn in later chapters, more and more science is showing that "lean" protein sources like fish, chicken, and reduced-fat dairy aren't the dietary solutions we've been promised. In fact, chicken is the number-one source of our ab worst enemy, a type of fat known as linoleic acid, or LA. (You'll learn more about this shady character later in this book.) And some fish should be banned from your plate entirely! You'll read why in [Chapter One](#).

**OLD RULE:** Drink skim milk and eat low-fat yogurt

**NEW RULE:** Spread some whipped cream on that!

What if everything we've been told about dietary fat—especially the fat in dairy products—is completely wrong? In fact, that's exactly what you'll discover in the coming pages. The newest research shows that low-fat dairy may increase our health risk, while full-fat products actually make us healthier—and leaner!

**OLD RULE:** Eat more polyunsaturated fats

**NEW RULE:** Ignore that advice—and the USDA dietary guidelines

All the while they've been telling us to eat less saturated fat, the good folks at the USDA have been dumbing down their advice so that any fifth-grader can understand it. But in doing so, they've failed to explain exactly what a "polyunsaturated fat" is, and why the most commonly eaten polys in the American diet are actually bad for our bellies. In fact, urging us to eat more of these fats might be the worst thing they could have done for our guts and our overall health.

**OLD RULE:** Eat more low-cal diet foods

**NEW RULE:** Nothing labeled "diet" is good for you.

In a lot of ways, a frozen Lean Cuisine lasagna is like a pop quiz with all the answers already written in. Your body doesn't have to do any work at all—the fiber's been stripped away, the nutrients extracted (and then added back in as easily dissolved chemicals), and the food is completely broken down. In fact, a study in the journal *Food Nutrition Research* found that processed foods require only 50 percent as many calories to digest as whole foods do. So while you may be eating the same number of calories as another person, you're going to gain weight faster if the majority of your foods come out of a bag, box, or can.

In this book, you'll find grocery selections that are not only lower in calories, but less processed as well. More important, you'll find a series of delicious recipes you can make yourself—recipes for whole foods that will help your body burn off flab, without you even knowing it. And because there's no real way of knowing just how processed restaurant foods are, you'll be making at least two of your meals yourself. Real food=real results.

## The Case of the Missing Abs

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### A COLOMBO McCLOUD MYSTERY

*THE SCENE:* The parlor of a gothic European castle. Below a portrait of Lord Alfred, Viscount of Absynnia, a fire crackles in the fireplace. Sitting in nervous suspense are five characters: Big Mac, Starbucks Muffin, Big Gulp, Ghirardelli Intense Dark, and Mr. Potato Head. In the center of the room is the great detective Colombo McCloud.

*McCLOUD:* I've gathered you here because the crown jewels of the Absynnian royal family—The Abs, as they're known—have gone missing. The royal family has enjoyed showing off The Abs for generations. And now, they're nowhere to be found. After conducting my investigation, and employing my superior powers of erudite deduction, I have identified the thief. And now, I intend to reveal: who stole The Abs!

*GROUP:* Gasp!

*McCLOUD:* Big Mac!

*BIG MAC:* It wasn't me. I swear it! You're all just jealous of my special sauce!

*McCLOUD:* At first you seemed like the most logical suspect. All the great detectives—Spurlock, Schlosser, Pollan—they've been on your case for years. But I checked out your story. For 530 calories, I get 24 grams of protein, not too many carbs, and a quarter of my daily calcium and iron. I don't think you stole The Abs. Protein helps protect The Abs, after all. A few burgers a week isn't going to take them away. So I quickly turned my attention to...Ghirardelli!

*GHIRARDELLI:* What? Me?! Oh, I get it: It's because I'm dark and intense, right? We Italians get blamed for everything.

*McCLOUD:* Don't be a fool, man. Sure, you're candy, it's true. But perhaps we've all been too judgmental of chocolate in the past. In fact, dark chocolate helps protect The Abs too, by feeding a healthy gut biome and reducing inflammation. A lot of people blame candy bars, but no, you didn't steal The Abs. Instead, I had to look deeper, at a more carbohydrate-rich suspect....

*POTATO HEAD:* Sure, blame the starch! Wherever I go—Idaho, Maine...France—it's all the same. I used to be king around here—me and my buddy T-Bone went to all the big dinners. Now, the only way I feel comfortable on a plate is if I get baked beforehand.



*M<sup>C</sup>CLOUD:* Relax, Potato Head. While your reputation as a troubled carb has haunted you for years, the truth is, yours is a resistant starch—it resists digestion, helping to burn calories and improve gut health. No, you’re innocent. It wasn’t potatoes, or any other natural starch, that stole The Abs. In fact, it took more than just one culprit to make off with The Abs. You see, studies now show that Americans take in an extra 256 calories every single day from added sugar, enough to gain nearly 27 pounds a year. That will make The Abs disappear in no time. And most of those sugar calories come from beverages—beverages like you, Big Gulp!

*GROUP:* Gasp!

*BIG GULP:* Curses!

*M<sup>C</sup>CLOUD:* Added sugar. I knew you were the mastermind all along. But I didn’t know about your little pal: soybean oil. Isn’t that what you’re hiding under your blueberries, Starbucks Muffin?

*GROUP:* Ehrrrt?

*MUFFIN:* Yes! Yes, I admit it! I’m packed with soybean oil!

*M<sup>C</sup>CLOUD:* And a University of California study found that soybean oil was almost three times as effective at adding belly fat as sugar was, didn’t it?

*MUFFIN:* Yes, it’s true! I might call it “vegetable oil,” but it’s soy. It’s soy, I tell ya! It was me and the Big Gulp—sugar and soybean oil. We’re an unstoppable team! The Abs are ours, and you’ll never see them again!

*M<sup>C</sup>CLOUD:* Not so fast, Muffin. You see, nobody needs to eat added sugars or vegetable oils. In fact, I could eliminate you both if I wanted to—and The Abs would come back in no time. With a few smart swaps, we can eat all of our favorite foods. And soon, we’ll once again be able to proudly show off...The Abs.

# ETNT for Abs / The Plan at a Glance

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## NUMBER OF MEALS

Each day for the next five weeks, you'll enjoy three full meals and a snack. For the first 14 days—the STRONG phase—you won't even know you're on a diet. You'll be eating plenty of high-protein, high-fat, high-starch food—stuff like burgers, steaks, even pasta. And bacon—oh, yes, there will be bacon and plenty of it. (Just listen to your body!) Then, for a stretch of just four days (the LEAN phase), you'll put your body through a mild cleanse, in which you push your meals closer together, eating an early dinner and a late breakfast, and cut down on starches while still enjoying plenty of delicious, filling protein and fat. To complete your five weeks, you simply repeat this cycle once again.

## THE STRONG AND LEAN FOODS:

**STRONG** foods, to be eaten during the STRONG phase: Monounsaturated fats (olive oil, avocado, canola oil, nuts); saturated fats (red meat, full-fat dairy, coconut oil); omega-3 fatty acids (fish, seeds); fruits and vegetables; pasta, rice, and potatoes; whole-grain products without added sugar. You can remember them with this acronym:

**S**tarches (potatoes, bananas, beans)

**T**urkey, beef, eggs and other meat and full-fat dairy\*

**R**ed and green produce

**O**ils (saturated and monounsaturated)

**N**uts and seeds

**G**ains\* (rice, quinoa, black rice, lentils, chickpeas, farro)

**\*Note:** Many of my clients have found that they are sensitive to lactose, the sugar in dairy products, or to gluten, the protein in wheat. If you notice any bloating either before or during this plan, consider limiting your exposure to these two ingredients by focusing on lactose-free dairy products or yogurt (which is much lower in lactose), and on wheat-free grains like oats, quinoa, buckwheat, and rice, as well as beans and lentils.

**LEAN** foods, to be eaten during the LEAN phase: Monounsaturated fats (olive oil, avocado, canola oil, nuts); omega-3 fatty acids (fish, seeds); vegetables; high-fiber foods. Two whole categories—starches and grains—step out of the picture, while you cut down on meat and dairy and add certain types of fish and eggs. You'll be able to identify the four LEAN foods with this handy cheat:

**L**ean proteins like fish and eggs

**E**xtra-virgin olive oil and other monounsaturated fats

**A**pples and other red and green produce

### FOODS TO AVOID

Baked goods; candies; margarine; highly processed foods; condiments like ketchup and relish; commercial cereals; fried foods using corn, soy or safflower oil.

### CALORIES

**STRONG phase:** 1,800–2,000 calories daily

**LEAN phase:** 900–1,000 calories daily

### EXERCISE

Like your diet, your exercise plan is broken down into a 14-day STRONG phase and a 4-day LEAN phase.

**During the STRONG phase,** you'll be focusing on total-body, high-intensity training.

**During the LEAN phase,** you'll tone back the intensity while still working the body as a whole. You'll also be introduced to some new ways to build a six-pack and improve your flexibility while reducing stress and gaining control over your body and your life.

### CHEAT MEALS

Not necessary. You're going to be eating bacon, steak, and burgers for 28 days!

### ALCOHOL

Limit yourself to no more than one drink a day during your STRONG phase and no alcohol at all during your LEAN phase. Avoid high-sugar drinks like wine, beer, or dark liquors (your abs would prefer you choose vodka or tequila). Also avoid sugary mixers like tonic water or juice; seltzer water and a little lemon or lime are the best options.

### WATER

A critical part of this plan. You'll drink two 8-ounce glasses of water first thing in the morning and then an 8-ounce glass before each meal or snack. Overall, try for about half your body weight in ounces of water (so if you weigh 170 pounds, that's about 10 glasses of water spaced throughout the day).

### COFFEE

No more than two cups per day. You may have unlimited cups of green tea in its place. Enjoy your brews without sugar or artificial sweeteners, both of which play havoc with your body and bury your abs.

# 8 Days of Eating for Abs

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*Eat This, Not That! for Abs* is a combination of two distinct phases: a 14-day STRONG phase (that's the bacon and burgers phase!) and a 4-day LEAN phase (your cleanse phase). Each of these phases comes with its own perfectly balanced nutrition plan, and each serves a unique purpose: The STRONG phase helps to build lean muscle, boost your metabolism, and supercharge your body with a powerful mix of nutrients. The LEAN phase strips away belly fat, protects you from injury, and helps you break free of stress so you can reach your most ambitious goals. And each phase comes with a specially tailored workout designed to work with your eating plan to give you full-body fitness—strength, flexibility, physical and emotional balance, and a revving metabolism.

(By the way, while this plan will help you build lean muscle, the goal isn't to bulk you up or turn you into the next star of Wrestlemania. The STRONG phase is primarily about boosting your metabolism, and setting you up to shed a remarkable amount of body fat in a very short period of time.)

I've created a sample menu and workout plan that shows exactly how these two phases fit together. This sample represents a section of the STRONG phase and a complete LEAN phase.

# STRONG phase

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1,800-2,000 calories (Follow sample schedule for 14 days)

## DAY 1

**8 am** / 250 calories

**STRONG Smoothie:** Banana, strawberry, peanut butter, protein powder, flaxmeal

**12 pm**

**Full-body strength workout**

**1 pm** / 800 calories

**Grass-fed burger on whole-grain bun with sweet potato fries (baked)**

**3 pm** / 400 calories

**Peanut butter & banana on whole-grain**

**7 pm** / 500 calories

**Whole-grain pasta with cherry tomatoes & pesto**

## DAY 2

**8 am** / 250 calories

**Fried eggs with new potatoes and kiwi/berry salad**

**12 pm**

**Cardio workout**

**1 pm** / 800 calories

**STRONG Salad:** Spinach, turkey, black beans, walnuts egg, All Bran, olive oil

**3 pm** / 400 calories

**STRONG mix:** Raw nuts, dried figs, dark chocolate chips

**7 pm** / 500 calories

## DAY 3

**8 am** / 250 calories

Breakfast burrito with eggs, beans & avocado

**12 pm**

Full-body strength workout

**1 pm** / 800 calories

Quinoa bowl with kale

**3 pm** / 400 calories

Hummus & pita

**7 pm** / 500 calories

Beef & bean chili with side salad

## DAY 4

**8 am** / 250 calories

**STRONG Breakfast Mix:** Banana, whole-grain, cereal, berries, full-fat, Greek yogurt, flaxmeal

**12 pm**

Cardio workout

**1 pm** / 800 calories

Roast beef, whole-grain bread

**3 pm** / 400 calories

PB, chocolate & banana smoothie

**7 pm** / 500 calories

Steak, new potatoes, broccoli

# LEAN Phase

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900–1,000 calories (Follow sample schedule for 4 days)

## DAY 1

**8 am**

Strength workout

**11 am** / 250 Calories

LEAN Smoothie: Protein powder, strawberries, kiwi, chia seeds

**1:30 pm** / 300 Calories

LEAN Salad: Spinach with egg, beans, walnuts, olive oil & lime vinaigrette

**3 pm** / 150 Calories

LEAN Snack: Hummus & chia mix with baby carrots

**6 pm** / 300 Calories

Grilled pesto salmon with kale chimichurri

## DAY 2

**8 am**

Cardio and yoga workout

**11 am** / 250 Calories

Egg, spinach & tomato scramble

**1:30 pm** / 300 Calories

LEAN Salad or LEAN Smoothie

**3 pm** / 150 Calories

Apple, peanut butter, flaxmeal

**6 pm** / 300 Calories

Seared ahi tuna with guacamole

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## DAY 3

**8 am**

Strength workout

**11 am** / 250 Calories

Soft-boiled eggs, apples

**1:30 pm** / 300 Calories

LEAN Salad or LEAN Smoothie

**3 pm** / 150 Calories

LEAN Snack

**6 pm** / 300 Calories

Sweet & spicy beef in peanut oil with green beans and mushrooms

## DAY 4

**8 am**

Cardio and yoga workout

**11 am** / 250 Calories

LEAN Smoothie

**1:30 pm** / 300 Calories

LEAN Salad

**3 pm** / 150 Calories

Apple, peanut butter, flaxmeal

**6 pm** / 300 Calories

Skirt steak with side salad



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