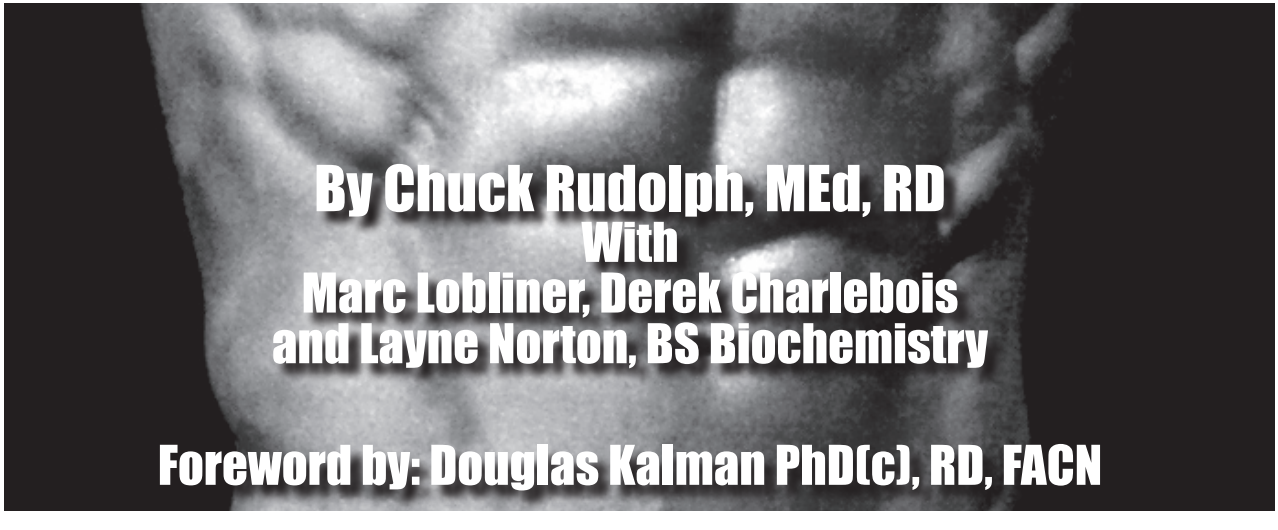
VOLUME THREE

GAME OVER

THE FINAL SHOWTIME CUT DIET YOU'LL EVER NEED!



By Chuck Rudolph, MEd, RD
With
Marc Lobliner, Derek Charlebois
and Layne Norton, BS Biochemistry

Foreword by: Douglas Kalman PhD(c), RD, FACN

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W W W . S C I V A T I O N . C O M

W W W . C U T D I E T . C O M

W W W . D I E T S B Y C H U C K . C O M

Foreword

Douglas Kalman PhD(c), RD, FACN

We all want it, yes, many people in fact envy others that have it – can you guess what I am alluding to? That's right, a fit body that is muscular, ripped and looks the part of a physique competitor. It is not that easy to just get in shape and look the part of a Men's health cover model or even a body builder as featured in such great magazines as Muscular Development or Natural Body Building. However, there are sure-fire ways to make your genetics and lifestyle work for you.

If you decided to join a gym because you were first inspired by the physiques of Arnold, Ronnie Coleman, Milos Sarcev or various NFL players, than you are just like thousands of other people. Have you ever wondered what might be the difference between a body like Kevin Levrone's and Steven Seagal's? Besides genetics, there are two other factors – actually knowing what you do inside a gym and understanding how to fuel the fire of fat burning via smart eating. In other words, using the principles of the Cut Diet can lead you to a more toned, more fit and healthier appearance than if you just went to the gym and followed the general advice given to all trainers. You know what I am talking about, "eat many small meals per day", "you must

advice is actually sound or good and this is EXACTLY where the Cut Diet and the core principles taught by "The Ripper" come into play.

If you are looking to sure up your physique, if you are looking to make that last leap from gym effort to fully looking the part, or if you are looking for physique improvement for your next contest, look no further, this book contains the Cut Diet principles to help you achieve your goals. There is nothing like this book currently out there and thankfully, after years of Chuck Rudolph helping countless clients achieve more, so can you. As a fellow sports nutritionist, I embrace and enjoy Chuck's teachings – so should you. So, enjoy this book and let's all stay "cut" and a step ahead of the others!

Sincerely,

Douglas S. Kalman PhD(c), RD, FACN

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Co-founder
The International Society of Sports Nutrition
www.theissn.org

"The Body Is Not A Textbook."

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Chapter 1

Building Your Best Body Efficiently

How I Found the Cut Diet

I was a division-one college baseball player ("D-1") and what most would consider a top-level athlete. When I injured my elbow, I was a mess. I was living the easy life; drinking beer, eating fast food, and was quickly becoming, for lack of better terms, a fat mess. I knew this had to change because my family had a history of high blood pressure and diabetes. To get back into playing shape and rehab my elbow, I knew something had to be done.

I started to research nutrition thinking this could help me get back into playing shape in six months. At that time, I was doing volunteer work at a renal care center (a center for people with kidney disease) and a center for diabetics. All of this was volunteer work required on my resume to apply for Medical School. This is where the most fundamental part of how to diet became

clear to me. There was a dietitian there who put patients on a meal plan with five to six meals per day. Some of these patients on insulin (Type I Diabetic) as well as not on insulin (Type II) were very lean and were obtaining these results with no exercise. Within 6-10 weeks, patients with controlled insulin levels would reduce their body fat percentage and lose very little muscle mass or no muscle mass at all. I was amazed at these results. I thought, "What if I could eat this way and get back into shape?" I did just that. Then the thought occurred, "What if this response to balancing insulin levels via proper food intake could be duplicated in all healthy populations, athletes, exercise enthusiasts, and even bodybuilders?"

By eating small, frequent meals that are low in starchy carbohydrates and high in healthy fats and lean protein, you create adequate insulin release. By eating infrequent meals with high carbohydrates and loaded with calories, you cause a drastic insulin spike that results in excessive bodyfat storage and an insulin crash that halts fat loss. The goal is to balance insulin throughout the day and provide frequent, smaller meals to keep your metabolism revving because your body is like a furnace—if you don't keep coal in it, it will stop burning.

At Scivation, we believe in high lean protein (2.0-3.2g/kg body weight), high healthy fats and low glycemic carbohydrates (mostly fibrous ones) with timed carbohydrate loads to keep your thyroid happy. The problem with eating all low carbohydrate all the time is that your thyroid responds to not only total

calories, but also carbohydrates. When there are no or very low carbohydrates in the diet for too long of a period, the thyroid senses that the body is starving or dying and its natural response is to slow down your metabolic rate to preserve bodymass. Not only do the carbohydrate loads replenish glycogen to the muscle, they also keep your thyroid cranking and burning all day long.

When you eat fat with any meal, especially a meal containing carbohydrates, it will reduce the bolus size entry into the small intestine signaling the pancreas to release an appropriate insulin concentration, not a major spike caused by carbohydrates and protein.

As trainers to many top athletes and physique competitors, we know what it takes to get someone ready for a show or a competition. The problem is that this method has only been available for the top-level bodybuilders and athletes that we consult with, until now.

If you're ready to make a change for the better and find out my proven strategies for gaining lean muscle and losing fat, read on. This just may be the book you have been waiting for…

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Chapter 2

The Three Corners of the Results Pyramid: Diet, Training and Supplementation

The Most Important Component—Synergy

We have all heard it before, "Diet is the most important thing." From our experience, this is partially correct. You can do a lot with diet, but without adequate training with both resistance and with cardiovascular training, you will be undermining your results. If you add in proven, effectively dosed supplementation, you'll be amazed at what these three components can do for you.

The Big Hoax

"Lose 10 pounds in two weeks!" "Eat what you want and still lose weight!" We have all heard these promises, but yet over 60% of Americans are obese or overweight. What gives? The answer is that we've been lied to. As consumers and physique

enthusiasts, we are always looking for the next big thing and hoping for the magic pill. Unfortunately, there is no magic pill. Yes, we believe in supplements and advocate their use. But for optimal results, the other two corners cannot be ignored!

Chapter 3

Cut Diet Principles

The History and Failure of Fad Diets

Low Carbohydrate, Low Fat, The Grapefruit Diet, The Liquid Diet. Heck there are so many fad diets that have come and gone over the years that we have lost count. The one thing they all have in common is one word, "Fad". These diets all come and go fast. However, people seem to lose weight on these diets. Then why do they fail?

Diet is about calories in and calories out first and foremost with macronutrient manipulation secondary. One thing we emphasize is controlling insulin. How do we do this? We keep protein and fat high with carbohydrates coming mainly from low glycemic index (GI) and fibrous sources. On the Cut Diet, every third day, we have a low GI carbohydrate and good fat refeed meal with no protein. A refeed is an influx of carbohydrates and overall calories above what you normally consume. This consists of the following and must be eaten in the following order:

1. Fibrous Vegetables (green beans, broccoli, spinach or asparagus) are eaten first to fill the stomach with fiber to reduce transit time of the carbohydrates coming you are about to consume.
2. Next, we consume a higher fiber complex carbohydrate, like oatmeal, along with raisins and honey (alkaline foods), and almonds as the fat source.
3. The final portion of the refeed is sweet potato (low GI, but easily digested and absorbed) and either almonds or peanut/almond butter. You might be thinking, "A carbohydrate and fat refeed meal? Are these guys crazy?"

As stated before, the problem with low carbohydrate diets is the fact that your thyroid does not operate optimally on reduced calories, let alone carbohydrates. This got us thinking, "What is the best way to infuse carbohydrates into the diet without spiking insulin too much and stalling fat loss?" Then it hit us…

Never Combine Carbohydrates and Protein

The fact of the matter is, by utilizing this approach, the insulin spike is dramatically minimized and the carbohydrates will do what we want them to do, refill glycogen stores and support healthy thyroid function. When you combine fat and carbohydrates, the fat slows down the bolus entry into the small intestine, reducing transit time while providing an appropriate

insulin response. When you combine protein and carbohydrates, it sends insulin skyrocketing and can lead to the last thing you want when dieting, fat storage!

We like to refeed with starchy, nutrient-dense carbohydrates and good fats with no protein every third day depending on caloric intake. This all depends on the bodytype of the individual. In our experience, 85-90% of our clients see great results with this tactic. The reason for this is to get the body in a fat-burning state but not allow it to think it is starving. One problem we have with the low-carbohydrate phase is that a person's metabolic rate (especially thyroid) functions off of calories and carbohydrates. If you cut out carbohydrates all the way, the body begins to sense a state of starvation. This will slow down the metabolic rate as well as thyroid production and you then hit the wall, or a sticking point. What we like to do is incorporate good carbohydrates with good fats because it slows down digestion and supports healthy insulin output so there is optimal metabolism along with healthy calories and protein to preserve muscle tissue. Let's face it; muscle preservation is the key to fat burning. If we have a person that begins at 185 pounds and is 19-20% bodyfat and after 12-16 weeks is 165 pounds and at 15% bodyfat, then we are not too happy with the results. On the other hand, if that same person is 180 pounds at the end of 12-16 weeks and is 10-11% bodyfat, then we have succeeded.

Good Fats

Fat = STORED ENERGY.

"Good Fats" AKA EFAs (Essential Fatty Acids) are mono- (MUFA) and polyunsaturated fatty acids (PUFA). They are "essential" because our body does not manufacture them, and they must be obtained through our diet on a daily basis for optimal health and well-being. All fats have the same amount of calories, but their chemical compositions vary. Fats are made of chains of carbon and hydrogen atoms. The saturation refers to whether all the available positions on the carbon atoms are bonded to hydrogen atoms, or if there are any hydrogen atoms missing. The two "GOOD FATS" are:

1. Monounsaturated Fats

These fats have one position missing a hydrogen atom, instead containing a double bond between carbon atoms. Monounsaturated fat is found in oils such as canola, olive, and peanut as well as most nuts and nut butters. This type of fat does not cause a rise in total cholesterol. In fact, science has indicated that individuals who substitute monounsaturated fat for saturated fat in their diet, actually shows a reduction in the bad cholesterol, and protects the good cholesterol (HDL) from decreasing.

2. Polyunsaturated Fats

These fats have more than one position missing in the carbon chain, and contain more than one double bond as a result. Two major categories of polyunsaturated fats are Omega-3 and Omega-6 fatty acids. Omega-3 means there is a double bond in the third position from the end of the carbon chain. These fats are extremely healthful and have shown in clinical investigations to support cardiovascular/heart health, reduce total triglycerides and increase good cholesterol, produce hormone-like substances with anti-inflammatory benefits and promote optimal focus and concentration. The best sources of Omega-3s are fatty fish such as salmon, sardines, mackerel, herring, and rainbow trout and fish oil supplements high in DHA (docosahexaoic acid). Canola oil, walnuts, and flaxseed also contain some Omega-3. Omega-6 fats have a double bond in the sixth position from the end of the carbon chain. These fats are found in oils such as corn, soybean, cottonseed, sunflower, and safflower.

Why are EFA's important?

Our bodies must ingest a constant and balanced supply of EFA's. Essential Fatty Acids produce beneficial hormone-like compounds called eicosanoids that affect the function of virtually every system in the body. They also regulate pain and swelling, help maintain proper blood pressure and cholesterol levels, and promote fluidity in nerve transmission.

The most important Essential Fatty Acids are Eicosapentaenoic Acid (EPA), an omega-3 PUFA with 20 carbons and 5 double bonds synthesized from linolenic acid and Docosahexaenoic Acid (DHA), an omega-3 PUFA with 22 carbons and 6 double bonds synthesized from linolenic acid. They are the nutrients responsible for cell flexibility, nerve communications, mood support, and even body fat reduction. “Good” fats or Essential Fatty Acids, are the naturally-occurring, traditional fats that haven't been damaged by high heat, refining, processing or have been slightly tampered or not tampered with, such as 'partial hydrogenation'. The best of these kinds of fats are found in fish, nuts, avocados, seeds and various oils.

Dietary Fiber

A type of carbohydrate but cannot be digested by the human gut nor does it provide any energy of which to speak. Among its protective qualities, it helps soften stool and encourages normal eliminations (healthy bowel movements). Fiber rich diets also promote a feeling of fullness, which is very beneficial for those looking to drop a few excess pounds. Finally, fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes.

- Fibrous veggies we recommend are the green ones like broccoli, asparagus, spinach, green beans and lettuce.

Whole Food Versus Liquid Meals

Thermogenesis is the state every individual who has ever dieted desires. How do we keep thermogenesis cranked to the fullest? Easy, keep feeding your body whole foods. Every time you eat a meal, your body has to burn calories to digest it. The more often you eat (to a point), the more thermogenic you are. So can you just drink a shake instead?

We recommend getting most of your meals from whole foods. Sometimes convenience forces us to rely on protein shakes. For this reason, we recommend a pure whey protein isolate that is easy to digest with a very high biological value such as Primaforce Substance WPI. Whey protein also has unique immune benefits not offered by whole foods.

The Keys to Burning Fat all day long

Calorie Control

Even though you will probably eat more on this diet than any diet you have ever used before, the biggest factor in a diet is calories in versus calories out with macronutrient manipulation. By keeping insulin under control, the Cut Diet will keep your appetite suppressed and your metabolism revving! The two major "secrets" to the Cut Diet are to control insulin to maintain

an alkaline state in the body. Below are some of the ways we accomplish this:

Control insulin levels

- Eat five to eight meals per day: Large meals can create enormous an insulin spike, which can cause your body to store fat. Small meals create a much smaller, more controlled insulin release thus less fat storage and more fat loss.

- Never skip a meal: We don't care if meal one was at the local buffet and you ate until you had to unbutton your pants. Do not skip your second meal! Keep the motor revving.

- Eat good fat with every meal, especially carbohydrate meals.

- Do not combine carbohydrates and protein alone, this elicits the highest insulin response. For example, a cup of oatmeal has a moderate insulin response but when you combine oatmeal with whey protein, you get a much higher response. If you do combine these, be sure to add a fat source.

Keep it Base

We are talking about controlling the acidity of your meals. Why would we do this and why does it matter?

- Your body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44. To maintain optimal health and results, you should attempt to keep your body in an alkaline state through diet. An imbalanced diet high in acidic foods can make your body acidic. This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making you more prone to chronic and degenerative disease and potentially disrupting nutrient absorption.

- Add fat to your meals! For example, when you eat a meal like oatmeal and egg whites, you are eating a very acidic meal. But when you put raisins and almonds in your oatmeal and have some steamed vegetables with it, you are lowering the acidity of that meal dramatically. All of the Cut Diet meals keep this factor in mind.

- When you cannot add fat or vegetables to your meals, add two to five grams of L-Glutamine. This will lower the acidity of your meal to keep you in a more alkaline state.

What are some Alkaline Foods?

Vegetables
Asparagus
Artichokes
Cabbage
Lettuce
Onion
Cauliflower
Radish
Watercress
Spinach
Green Beans
Celery
Cucumber
Broccoli

Fruits
Avocado
Grapefruit
Banana
Lemon
Tomato
Watermelon (neutral)

Nuts
Almonds
Pumpkin
Sunflower
Sesame
Flax

Fats & Oils
Avocado
Hemp
Flax
Olive
Evening Primrose
Borage

General Guidelines: Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume at least two to three liters of clean, pure water daily.

Grapefruit—The Great Fruit

We recommend obtaining your carbohydrates in every meal during the Cut Diet (not including the carbohydrate meal) from leafy green vegetables and grapefruit. Why grapefruit?

Grapefruit is loaded with naringin. The majority of caffeine and other alkaloids are metabolized by various enzymes such as CYP1A2, CYP2E1 and CYP3A4. However, naringin has been documented to inhibit CYP34A (as well as CYP1A2) activity in human liver. This means that naringin may increase the half life (extending the activity) of various alkaloids, especially caffeine. Many fat burners utilize naringin for enhanced alkaloid effect. We got hooked on in it 10-11 years ago in the Cut Diet and since then, we have never dealt with anything else. We will allow oranges if necessary but they do not contain as much naringin as grapefruit. So unless you cannot stomach them at all, eat your grapefruit! We recommend sprinkling a packet or two of Splenda® on them. In a recent study in La Jolla, CA, grapefruit consumption was found to be associated with a reduction in weight. Moreover, 2-hour post-glucose insulin levels were significantly reduced among subjects consuming half a grapefruit with each meal, as compared to a placebo.

Just Say "NO" to the Post Workout Insulin Spike

Our opinion may upset people but here it is. We do not recommend a postworkout (PWO) shake when the activity is for physique purposes. We would rather provide aminos (Branch Chain Amino Acids (BCAA) during the workout to help reduce muscle tissue catabolism and provide energy. If you do not have BCAAs during your workout/cardio training, then we recommend

a WPI shake (protein only with no carbohydrates) PWO to get the body into an anabolic state. When you hop off that cardio machine postworkout, get home and eat your next meal around 30-45 minutes following your training session.

If you are a performance athlete (hockey, tennis, soccer, basketball, etc), then a PWO shake with carbohydrates and protein would be ideal to replenish glycogen stores and get the body recovered for the next days training or event. This is irrelevant because a performance athlete would not be on a Cut Diet. The goal for this athlete is performance and the goal of the Cut Diet is physique. Therefore, a performance athlete may even get Carbohydrates during their workout depending on the intensity. Many people we do diets for are looking to reduce fat. Therefore, maintaining as much muscle tissue as possible in a lowered caloric state is our goal. In the Cut Diet, we control insulin to enhance fat loss and even our carbohydrate meal keeps insulin under control. Thus, the last thing we want on this diet is to spike insulin!

Here are some other keys to the Cut Diet:

1. **Drink Plenty of Water.** Try to drink eight glasses of water per day. The benefits of drinking provide optimal hydration as well as a feeling of "fullness" without added calories.

2. **Do not skip meals.** Skipping meals can drastically reduce your blood sugar levels and make you crave sweets later on

3. **YOU MUST EAT** to lose weight. Starving yourself may get you to lose a few quick pounds, but the repercussion of not eating and providing the body with essential nutrients will lead to an unhealthy lifestyle. When you do not eat, the body senses that there is no nutrition and its job now becomes to "Survive". It will slow down your metabolic rate and begin to eat away lean muscle tissue. This makes it extremely difficult to lose body fat once you begin to eat again.

4. **Choose fresh, wholesome foods.** Try to purchase fresh foods versus processed (packaged) foods. Packaged foods are loaded with preservatives, especially sodium and saturated fats. You will be amazed at how fast you can lose fat just by packing meals from home rather than purchasing fast food or packaged foods. You also will save a lot of money!

BCAAs… the perfect dieting fuel?

Layne Norton BS Biochemistry

In recent years BCAA supplementation has come back into 'vogue' in the bodybuilding and fitness community and with good reason; Branched Chain Amino Acids may have more research to support their use as a supplement than any other supplement available! While BCAA supplementation may be useful for gaining mass, I believe they are most useful for maintaining muscle mass while on a diet, especially for bodybuilding competitors who take their physiques to the extreme of leanness. Although getting shredded makes you look awesome onstage and on the beach… and with your opposite sex friend (or friends if you are that kind of guy/gal) it can also cause mucho loss of muscle mass.

Dieting is catabolic for several reasons. The leaner one's body gets, the more likely they are to lose muscle mass as the body will try harder and harder to hold onto body fat stores. In doing so, the body will turn to muscle to satisfy its energy needs. On the molecular level this occurs by the body increasing protein breakdown in order to liberate muscle amino acids for fuel. If this isn't bad enough it is compounded by the fact that levels of protein synthesis will also decrease due to reduced energy intake. Since the basic equation for muscle mass = (rate protein synthesis – rate of protein breakdown) you better believe this is bad news. When the rate of synthesis equals the rate of breakdown, there is no net loss or gain of muscle. If the rate of synthesis exceeds

the rate of breakdown, there is a net gain of muscle. Conversely, when the rate of breakdown exceeds the rate of synthesis, there is a net loss of muscle mass. Therefore, during dieting you may be 'burning the candle at both ends' as breakdown is elevated and synthesis is reduced.

To compound the metabolic affects of dieting, there is also the workout factor to consider. As one becomes leaner and leaner, they also become more lethargic due to decreased energy intake and decreased glycogen storage. This causes workout intensity and strength to suffer. This may increase muscle loss by preventing the individual from lifting heavy loads with the sufficient intensity required to cause their body to adapt to the workout by increasing or maintaining lean mass. Essentially what your body 'thinks' if you start using lighter weights due to strength/intensity losses is, "Hey this load isn't as heavy as I'm used to, I can use some of this muscle for energy since I don't need it for lifting a heavy load."

Thus far I have presented you with the 3-headed monster of muscle loss. So how does BCAA supplementation help prevent muscle loss? By attacking all 3 heads of this monster. It is well established that branched chain amino acids (particularly leucine) stimulate protein synthesis and can do so to a greater extend than a normal protein meal by itself. What is even more interesting is that BCAAs also increase synthesis of the cellular machinery responsible for carrying out the process of protein synthesis. So not only do BCAAs increase the RATE of

protein synthesis but they also increase the cell's CAPACITY for protein synthesis! BCAAs also work in your favor at the other end of the muscle gain equation by reducing the rate of protein breakdown. This is most accomplished by decreasing the activity of the components of the protein breakdown pathway and also by decreasing the expression (the amount of mRNA produced from the gene that codes for these components) of several complexes involved in protein breakdown. If we revisit our original balance equation for muscle mass, one can plainly see that increasing synthesis and decreasing breakdown will swing the pendulum far in favor of muscle gain/maintenance.

The positive effects of BCAA supplementation on protein breakdown & protein synthesis are not the only benefits to BCAA supplementation while on a cutting diet. BCAAs can also help improve workout focus. BCAAs compete with the amino acid Tryptophan for entry into the brain where Tryptophan can be converted to the neurotransmitter serotonin through a series of reactions. During exercise, serotonin levels rise and can (amongst other things) increase the perception of fatigue and cut workout intensity short. Supplementation with BCAAs reduces the amount of Tryptophan that enters the brain and therefore reduces the amount of serotonin that is produced, which may allow you to workout harder and longer.

Despite the numerous positive benefits to BCAA supplementation, there are many skeptics who suggest that BCAAs are overpriced and that one can just increase their

consumption of whey protein which is rich in BCAAs. Unfortunately this is not the case. The BCAAs in whey are peptide bound to other amino acids and must be liberated through digestion & absorbed into the bloodstream to exert their effects. Even though whey protein is relatively fast digesting, it still takes several hours for all the amino acids to be liberated & absorbed into the bloodstream. BCAAs in supplement form, however, are free form BCAAs and require no digestion and are therefore rapidly absorbed into the bloodstream, spiking blood amino acids to a much greater extent than peptide bound amino acids. Even a few grams of BCAAs will spike plasma levels of BCAAs to a much greater extent than a 30g dose of whey protein, impacting protein synthesis and protein degradation to a much greater degree. The reason a supplement has such a powerful effect on blood levels of BCAAs is that unlike other amino acids, BCAAs are not metabolized to a significant extent by the small intestine or the liver, therefore an oral supplement is more like a BCAA injection since it reaches the bloodstream so rapidly.

All of this information is all well and good, but what's the bottom line? The bottom line is that new studies have shown that supplementing with BCAAs (like leucine) increase muscle retention and maximize fat loss on a diet when compared to non-supplemented groups. That's the bottom line my friends, more muscle mass retained and a greater percentage of body fat lost. Forget other supplements that are long on promises but short on results, BCAAs deliver the goods!

Determining Calories For The Cut Diet

For simplicity and a rough estimate, we have divided people into six different groups (these numbers are not scientifically proven, they are estimates we have gathered based on all weights and body types using our calorie calculator) based on if you are an Endomorph, Mesomorph or Ectomorph with high or low bodyfat.

High body fat (15%+) Endomorph = 28-31 calories/kg
High body fat (15%+) Mesomorph = 32-35 calories/kg
High body fat (15%+) Ectomorph = 36-40 calories/kg

Low body fat (14%-) Endomorph = 30-33 calories/kg
Low body fat (14%-) Mesomorph = 34-36 calories/kg
Low body fat (14%-) Ectomorph = 37-40 calories/kg

For example, a 180lb male at 22% body fat who is a mesomorph body type would equal:

180/2.2 = 81.819 Kg x 32-35 calories/kg = ~2,600 – 2,900 calories

This individual would opt to use the Cut Diet 2,500 or Cut Diet 3,000. To be more accurate, for example, if this individual were 15-17% bodyfat, then we would recommend starting closer to the 2,900 calories. However, if this person started at 22-24%

bodyfat then we would recommend starting at the 2,500 calorie range. As you progress, gradually reduce total calories by 150-300 calories (strength and bodyfat reduction pending).

16 Weeks for Contest Shape?

The Cut Diet is VERY effective for getting someone ready to step onstage. However, it has its limitations. To get stage ready, we recommend starting the 16 week Cut Diet at 12-13% bodyfat or less. If you are over 15% bodyfat, you might not be able to achieve stage-ready conditioning. If you are over 15% bodyfat, the Cut Diet can help you lose fat exceptionally fast, yet is not likely to get you stage- ready in 16 weeks. Once you get to 12-13% bodyfat, this 16 week program will dial you in!

Carb Load at Night

The preference to carb load at night time (with healthy fats and no protein) is to add carbohydrates back to replenish glycogen stores (from very mild ketosis) and provide the body with an excess of calories to jolt its metabolism and keep the thyroid happy. We use fibrous veggies first to provide bulk in the gut and reduce transit time. The good fats along with low GI carbohydrates are provided to add calories, glycogen replenishment and a controlled insulin release. We do not use any protein with the carbohydrate meals because we do not want an additional,

possibly uncontrolled, insulin spike that is seen when carbohydrates and proteins are eaten together. This may appear old school, but we have added a new school twist.

No Water With The Carb Load!

We recommend drinking four to six ounces of water 60 minutes prior to the carbohydrate meal and then consume four to six ounces 45-60 minutes after the last bite of the carbohydrate meal. Even though you are consuming low GI carbs, these have a tendency to draw water to the abdomen. Any excess water intake during the meal may result in unwanted bloating or feeling of fullness before the meal is complete. Since you are consuming a major influx of total calories from nutrient dense food sources, we want to make sure you get all of this meal in.

Following The Cut Diet While Traveling

If you are going out of town for business or pleasure and plan to stick to your Cut Diet schedule, eating the recommended Carb Meal can pose problems. Getting your standard Cut Diet meals of protein, vegetables, and fats should not be an issue. You can always bring food with you, but even if you are going out to eat at a restaurant, you can order meals to fit. For example, a grilled chicken salad with an olive oil-based dressing or grilled salmon (which contains your required fats) and steamed broccoli would

work. To avoid excessive dressing on your salads, a good idea is to get your dressing on the side and as you take a bite of your salad, dip the fork into the dressing, then into the salad. This will allow the perfect taste and you will not go overboard with the calories from the dressing. Restaurants will usually put too much dressing in the salad.

The Carb Meal can pose some problems since it would be hard to get exactly what you need at a restaurant. Therefore, you have three options for your Carb Meal:

1. Bring the food required for the Carb Meal with you or go to the store and buy it.

2. If not preparing for a competition, you could be a little more lenient with your Carb Meal and order a carb source at a restaurant (i.e. a sweet potato with your meal).

3. Forgo the Carb Meal until you return home. "Missing" one Carb Meal will not harm your progress and is better than completely messing up your Carb Meal. While you may feel more depleted than usual, this will not put a damper in your fat loss efforts. Simply have your normal Carb Meal for your last meal of the day on the day you return home.

What to Expect on the Cut Diet

Once the Cut Diet begins, your body will go through some changes and adaptations. Please note these changes are normal and they will go away. Initially, you may feel weak in the gym, low energy, possible headaches, irritability and weight loss. DO NOT FREAK. The symptoms will last about one to two weeks and they do not happen to everyone. Your strength, energy, pumps and fat loss will start to kick-in between week four to six.

The first two to three carbohydrate loads can be difficult to handle. First, the amount of food is large and the stomach may have problems adjusting. This is normal. Also, you may get light-headed, woozy, dizzy and tired after the meal and even the next day. The day after this meal, you may experience gas, bloating and water retention the first two to three carbohydrate loads. One way to help avoid this is to take your time eating this meal. Make it last a minimum of 30 minutes and no longer than 45. Also, be sure that you do not lie down to bed within 45-60 minutes of the last bite.

The Calories Don't Add Up!

We don't count every calorie in the Cut Diet or any other diet we design. Instead of counting every calorie, we focus on serving sizes based on the amounts/measurements we provide.

This method began with the use of the diabetic exchange list which only counts servings rather than every calorie. Over our years and use of a very sophisticated food processor system, we have made the serving sizes to account for total calories that we believe to be most optimal and very well balanced. Unless you are wearing a monitor that can tell you every calorie you burn every minute of the day, we find it unnecessary to count every calorie from every food item. What if you have more stress on one day than on the next? What if you are mildly sick or have cold?

We think you may actually burn calories just trying to calculate them all from every darn piece of food which is a waste of time in our opinion. The Cut Diet provides grams per servings. The general rule of thumb is one carbohydrate serving is 15 grams of carbohydrates, one fat serving is five grams of fat and one protein serving is seven grams of protein. With this simple format, you can make different meals on the Cut Diet by simply sticking to the amounts allowed in our food options section. This will also allow you to match up the recommended grams of carbohydrates, fat and protein per meal as indicated.

Make Sure to Measure Your Dietary Fats Correctly

From the feedback we've received, it seems that the one thing that keeps people from progressing is not measuring/tracking their fat intake correctly. If you eat a steak or fatty fish such

as salmon, be sure to account for the fat in these proteins, which may take care of your fat requirement for a given meal. When it comes to peanut and almond butter, use measuring spoons or a digital scale to make sure you are eating the correct amount. It is very easy to under and over measure peanut butter and almond butter when eyeballing the amount. Remember, fat has nine calories per gram. If you over or under estimate by 10-20 grams per day, you are eating an additional or NOT eating 90-180 calories above or below what you should be, which is 630-1260 extra, or lower, calories each week. Be sure to accurately measure your fats because the calories can add up, or not be enough!

When to Lower Calories and Where From

As we have mentioned, optimal dieting is about calories in versus calories out with macronutrient manipulation as well as a major focus on insulin control through diet. Initial caloric intake when starting the Cut Diet all depends on where the individual starts. Ideally, we want to start the calories on the highest side to maintain current "scale weight" with the goal in mind to preserve/build lean body mass (LBM) and burn fat. However, a person that starts a Cut Diet at higher body fat percentage (>15%) will have lower calories than what our formula would estimate based on activity to maintain (starting body fat < 15%) current weight. The idea is to provide the calories but manipulate the macronutri-

ents (carbohydrates, fat and protein) to keep the current "scale weight" yet reduce body fat. As with all diets, you will encounter stick points. Stick points are when you do not notice changes over a week's time. Meaning that you do not see the scale lowering (as previous weeks) and/or bodyfat percentage is not lowering and/or definition is not appearing more noticeable. When these arise, calories need to be reduced or low intensity cardio increased. We prefer starting with a five to ten minute increase in cardio until 45 minutes is reached. That is the max time on any cardio machine with your heart rate (HR) at 130-150 beats per minute (BPM).

Once the next stick point occurs, we remove the grapefruit later in the day along with 15 grams of vegetables (½ cup = five grams of carbohydrates from veggies) and ten grams of fat (one oz avocado, two tsp peanut butter and six almonds = five grams of fat).

As for the carbohydrate meal, we will take out five grams fat and 15 grams of carbohydrates (first to be removed is the honey). As each stick point is reached, we try to reduce 160-220 calories from the main daily diet and then 50-100 calories from carbohydrate meal. This is tricky, but it works. You just have to listen to your body and understand what it needs. It will always need nutrients. A general rule of thumb (although not indicative for everyone's "Stick Point") is that every 2-3 weeks your daily caloric intake should be cut by ~200 calories and the Carb Meal should be cut by ~50-75 calories so that by four weeks out from the show day you are approximately 35-45% lower from

your starting calories. For instance, if you start on the CUT DIET 2500 calorie plan, you should be talking in ~ 1375 – 1625 calories per day and your Carb Meal should be ~ 480 calories - 570 calories.
PLEASE NOTE: This is a GENERAL RULE and that everybody responds somewhat different.

Do Not Stress Over Minor Things

People have the tendency to overanalyze and stress about their diet. The Cut Diet is setup so you don't have to overanalyze and stress over it. The basics of each meal are simple; eat lean protein with vegetables and good fats every 2-3 hours. If for some reason you have to wait 3.5 hours or even 4 hours after a meal to eat your next meal DO NOT STRESS! Eat your meal and then get back on schedule. If you are supposed to eat 6 oz. of lean meat for your protein and you only have a 5 oz. chicken breast cooked DO NOT STRESS! Being shy 1 oz. of protein here and there is not going to harm your progress. If something comes up and you have to cut your post workout cardio session short DO NOT STRESS! Simply do more cardio the next day or two to make up for it. Stressing over the little details is doing you more harm than good. Dieting is hard enough as is without you putting undue stress upon yourself.

Vitamins – What They Do and Where to Get Them

Mineral	DRI*	Major Food Sources	Function in the Body
Calcium	1300mg	Milk, Cheese, Yogurt, Corn Tortillas, Egg Yolks, DarkGreen Vegetables, Cauliflower	Essential role in blood clotting, muscle contraction, nerve transmission and bone and tooth formation
Magnesium	420mg	Milk, Yogurt, Green Leafy Vegetables, Whole Grain Products, Nuts, Meat	Supports protein synthesis, smooth muscle contraction, and bone health
Phosphorus	1250mg	All Meat, Milk, Cheese, Eggs, Whole Grain Products	Promotes bone formation, pH maintenance, cell membrane structure, B vitamin activation
Iron	18mg	Meat, Fish, Poultry, Shellfish, (Oysters) Whole Grain, Green Leafy Vegetables, Dried Beans, Broccoli, Raisins	Formation of Hemoglobin and Myoglobin, electron transfer and essential in oxidative rocess
Iodine	150mcg	Iodized Salts, Seafood, Vegetables	Assists in formation of thyroid hormones
Selenium	55mcg	Meat, Fish, Poultry, Seafood, Whole Grains, Nuts	Cofactor of glutathione peroxidase and antioxidant enzymes

Zinc	11mg	Meat, Fish, Poultry, Shellfish (Oysters), Dairy Products, Whole Grain Products, Vegetables, Asparagus, Spinach	Cofactor of many enzymes involved in energy metabolism, protein synthesis, immune health, sexual maturation, sensations of taste and smell
Copper	1.0mg	Meat, Fish, Poultry, Shellfish, Nuts, Eggs, Bran Cereals, Avocados, Broccoli, Bananas	Proper use of iron and hemoglobin, metalloenzyme involved in connective tissue formation and oxidation
Manganese	2.3mg	Whole Grain Products, Dried Beans and Peas, Leafy Vegetables, Bananas	Supports many enzymes involved in energy metabolism, bone formation, fat synthesis
Chromium	35mcg	Meats, Oysters, Cheese, Whole Grain Products	Enhances insulin function as glucose tolerance factor
Molybdenum	45mcg	Whole Grain Products, Dried Beans and Peas	Works with riboflavin in enzymes involved in carbohydrate and fat metabolism
Sodium	2400mg	Processed Foods, Table Salt, Dairy, soups	Nerve impulse conduction, muscle contraction, acid base balance and blood volume homoeostasis - inside cell
Potassium	3500mg	Banana, Orange, Baked Potato, yogurt	Nerve impulse conduction, muscle contraction, acid Base balance and blood volume homeostasis - inside cell

*The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient. - Council for Responsible Nutrition, 2001

Fat-Soluble Vitamins

Vitamin	DRI*	Major Food Sources	Function in the Body
Vitamin A	3000IU	Whole Milk, Fortified Milk, Cheese, Carrots, Green Leafy Vegetables Sweet Potatoes, Fortified Vegetable Oils	Maintains skin tissue and mucous membranes, supports night vision and bone health
Vitamin D	600IU	Vitamin D Fortified Foods Like Dairy Products,Fish Oils, Action of Sun Light	Acts as a hormone to increase intestinal absorption of calcium, supports bone and teeth health
Vitamin E	22IU	Vegetable Oils, Green Leafy Vegetables, Wheat Germ, Whole Grain Products, Egg Yolks	Powerful antioxidant to protect cell membranes
Vitamin K	120mcg	Eggs, Spinach, Cauliflower	Essential for blood coagulation

Water-Soluble Vitamins

Vitamin	DRI*	Major Food Sources	Function in the Body
Thiamin (B1)	1.2mg	Ham, Pork, Lean Meat, Whole Grain Products, Fortified Breads and Cereals, Legumes	A Coenzyme (CE) for energy production from carbohydrates essential for normal CNS functioning
Riboflavin (B2)	1.3mg	Milk and Dairy Products, Meat, Fortified Grain Products, Green Leafy and fats, Vegetables, Beans	A (CE) for energy production from carbohdrates maintains healtrhy skin
Niacin	16mg	Lean Meats, Fish, Poultry, Whole Grain Products, Beans, Also Formed in the Body from Tryptophan	A (CE) for the aerobic and anaerobic production of energy from carbohydrates, helps synthesize fat and blocks release of Free Fatty Acids, supports healthy skin
Vitamin B6	1.7mg	Lean Meats, Fish, Poultry, Legumes, Green Leafy Vegetables	Protein metabolism, formation of hemoglobin/red blood cells
Vitamin B12	2.4mcg	Animal Foods Only, Meat, Fish, Poultry, Milk, Eggs	Formation of DNA, Red Blood Cell and maintain nerve tissue

Water-Soluble Vitamins

Vitamin	DRI*	Major Food Sources	Function in the Body
Folic Acid	400mcg	Green Leafy Vegetables, Legumes, Nuts	A (CE) for formation of DNA, RBC development
Biotin	30mcg	Meats, Legumes, Milk, Yolks, Whole Grain, Most Vegetables	A (CE) for metabolism of carbs, fats and proteins
Pantothenic Acid	5mg	Lean Meats, Milk, Eggs, Legumes, Whole Grain Products, Most Vegetables	Functions as part of coenzyme A in energy metabolism
Vitamin C	90mg	Citrus, Green Leafy Veggies, Broccoli, Strawberries, Potatoes	Forms collagen-essential for connective tissue development supports iron absorption, antioxidant
Choline	550mg	Milk, Eggs, Peanuts	Precursor for acetylcholine, phospholipids and betaine

*The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient.

Can Women Follow the Cut Diet?

Absolutely! The Cut Diet has helped many female figure and fitness competitors' step on stage in their best condition ever and has also helped some achieve pro card status. All components of the Cut Diet, from the exercise recommendations to the supplement recommendations, are safe and very effective for women.

Chapter 4

Cut Diet Training

QUICK and EASY Exercise Tips

1. **See your doctor before starting any new exercise program.** It is always beneficial to get a physical before starting any new exercise program. You can learn a lot from a simple physical especially what you need to work on both through nutrition and exercise.
2. **Drink plenty of water before, during and after exercising.** Maintaining healthy hydration supports energy levels, increases endurance, prevents cramping and potential injuries and increases fat loss.
3. **Make an exercise plan.** Sit down and make a realistic plan as to what exercises you want to do and what days and what time of the day the workout will mesh with your schedule.
4. **Set Daily and weekly goals.** Long term goals are

great to reach for, but sometimes get lost in the shuffle and we tend to ask, "Why am I working so hard," if the ultimate goal is so far away. Take "Baby Steps" and set daily goals, then stretch it out to weekly goals. Before you know it, you will be at your ultimate long term goal.

5. **NEVER OVEREXERCISE!** Use common sense and avoid trying to do too much too soon. The key to a successful exercise program is "Little and Frequent." Exercising should not be a temporary thing, make it a lifestyle decision.

Dieting and Strength—Will it all go away?

In the first couple weeks on the Cut Diet, you might feel like you're losing strength until your body adjusts. That is perfectly normal. As time goes on, your body will adjust to the lower carbohydrate intake and by using Glutamine and healthy fats in your diet, you will find that you have more energy than before!

Training Versus Overtraining

When we tell people to perform cardio after weight training, they sometimes say, "That means I'll be in the gym for two hours!" We usually recommend between 20-35 minutes of low

intensity cardio post workout. What are these guys doing training for two hours? Weight training should take 30-45 minutes max. It is easy to overtrain, and we want to prevent that by getting in, training, and then getting out. Also, who wants to spend all day in the gym?

Note: Our Training System is outlined later in this chapter.

Cardio--Low Intensity Versus HIIT

The key to dieting is to preserve or even gain lean mass while dropping bodyfat. In our opinion, High Intensity Interval Training (HIIT) used on a dieting individual while weight training and on reduced calories will lead to one thing, muscle loss. We do not want this. We utilize cardio not only for calorie burning, but also for nutrient absorption and oxygenation of the muscles. Think about it, as your heart beats and blood flows throughout your body, the nutrients are being delivered to you muscles at an accelerated rate, thereby promoting recovery and fat-loss!

HIIT Cardio -- When and How to Add It

Despite what the previous section states, there is a time and a place for HIIT on the Cut Diet. We know that the leaner

one gets as the contest approaches, the harder it is to burn that final body fat. What we like to do is add in 1-2 days of HIIT to help get rid of that last bit of fat. After doing our LI cardio for the beginning 10-12 weeks, which works great with our high fat/low carb diet, the final 4-6 weeks may call for some HIIT. HIIT is very beneficial in post workout fat oxidation. We do not recommend HIIT on a weight training day since the effects are similar to weight training, but on a non-workout day during the last 4-6 weeks, we strongly feel that HIIT will optimize fat burning.

During HIIT, consume your Workout Nutrition as if you were weight training. HIIT can be done on non-workout days as well as in the evening or Morning on shoulder day, allowing for two days per week the last four to six weeks for HIIT. On the non-workout day, the HIIT can be very intense. The breakdown will be: Five minute warm up, 30 minutes of HIIT, then 5 minutes cool down. On shoulder day, HIIT should be either performed in the morning (then weights at night) or weights in the morning (HIIT at night). Please note on shoulder day and especially during the final four to six weeks that we recommend Workout Nutrition for weights as well as HIIT sessions. Also, on shoulder days with HIIT implemented, the HIIT can be reduced to 5 minutes for warm up, 20 minutes HIIT, and 5 minutes cool down. To enhance the fat burning effects, we recommend continuing the postworkout LI cardio and just add in the HIIT at a different time during the day.

Warming up with Cardio

There are some instances when cardio before weights is acceptable. If your diet is in check (which it will be if you follow the Cut Diet) and you consume Xtend pre, during and post training, your energy levels and power output will be fine. For example, some people do cardio before weights because there is no way they would be able to do cardio after weight training. Also, since they might train first thing in the morning, this helps to warm up aging joints to avoid injury.

Form Over Ego!

We cannot stress enough how important it is to maintain strict form on all movements. This means stabilizing your body and contracting your abs so you isolate the primary intended muscles. For example, when doing a standing barbell curl, tighten your abs and do not rock or swing the weight. By tightening your abs, you stabilize your body and prevent momentum. This will also help condition your abs and save your lower back.

Rest, Don't Nap, Between Sets

We recommend 60-120 seconds of rest periods between sets. This allows your body to recover some of its expended ATP but is not so long that you lose the flow of the workout. Remember, the goal is to get in and out of the weight room in 30-45 minutes.

Compound Movements – Kill 2 Birds

We like to begin the workout with compound movements, or free weight exercises targeting more than one muscle group. This is why we recommend Bench Press (chest, shoulders, triceps), Rows (back, biceps, forearms) and the daddy of them all, Squats (entire body).

No Pre-Workout Shake?

On the Cut Diet with your pre, during and post-workout Xtend, you do not need a pre workout shake or a special pre-workout meal other than the recommended handful of capsules that provide antioxidants, stimulants, nootropics, etc. that you will find in our recommended Cut Diet supplement plan. You simply need to train 60-90 minutes after one of your scheduled meals. What if you train first thing in the morning? Simply start sipping your Xtend 15 minutes prior to your workout and continue sipping throughout your weight training and cardio. This is all you need!

If you do not have Xtend, you can sip on Whey Protein Isolate during training and then consume one to two scoops (40 grams) of Whey Protein Isolate immediately post workout. Eat your next scheduled meal 30-45 minutes after your workout.

When do I eat for training?

We recommend eating first thing in the morning to get the body cranking. Breakfast is the most important meal of the day. Get up, wash your face, go to the bathroom and start making breakfast. Every meal thereafter should be two to three hours apart. So if you get up at 5am then your meals will look like this:

5:30am	Breakfast
8:00am	Meal 2
11:00am	Meal 3
1:30pm	Meal 4
4:30pm	Meal 5
7:00pm	Meal 6
9:30pm	Meal 7

Bed around 10:30-11pm

As for scheduling training, we recommend planning your meals so that one of your meals is 75-90 minutes before you workout (**PRE-WORKOUT MEAL**) and then the next meal in line is 45-60 min after the workout. This is assuming that you have your Xtend during training. If you dot not have Xtend during training, then we recommend a PWO shake of whey protein isolate/whey protein concentrate immediately following your workout. Then within 60-75 minutes, eat your next scheduled meal.

Example of morning 6 AM workout:

Six Meal Plan

4:45am	Breakfast
6-7:30am	Workout
9:30am	Meal 2
12:30pm	Meal 3
3:30pm	Meal 4
6:30pm	Meal 5
9:30pm	Meal 6

Bed around 10:30-11 pm

Seven Meal Plan

4:45am	Breakfast
6-7:30am	Workout
8:00am	Meal 2
11:00am	Meal 3
1:30pm	Meal 4
4:30pm	Meal 5
7:00pm	Meal 6
9:30pm	Meal 7

Bed around 10:30-11pm

Eight Meal Plan

4:45am	Breakfast
6-7:30am	Workout
8:00am	Meal 2
10:30am	Meal 3
1:00pm	Meal 4
3:00pm	Meal 5
5:30pm	Meal 6
7:30pm	Meal 7
9:30pm	Meal 8

Bed around 10:30-11pm

Example of evening 6 PM workout:

Six Meal Plan

7:00am	Breakfast
10:00am	Meal 2
1:00pm	Meal 3
4:30pm	Meal 4
6-7:30pm	Workout
8:30pm	Meal 5
10-10:30pm	Meal 6

Bed around 11:30-12 pm

Seven Meal Plan

6:30am	Breakfast
9:00am	Meal 2
11:30am	Meal 3
2:00pm	Meal 4
4:30pm	Meal 5
6-7:30pm	Workout
8:00pm	Meal 6
10:00-10:30pm	Meal 7

Bed around 11:30-12 pm

Eight Meal Plan

5:30am	Breakfast
7:30am	Meal 2
9:30am	Meal 3
11:30am	Meal 4
1:30pm	Meal 5
4-4:30pm	Meal 6
6-7:30pm	Workout
8:00pm	Meal 7
10:00-10:30pm	Meal 8

Bed around 11:30-12pm

As we have stated, the goal is to continually fuel the body and allow it to recover. We hear constant debate over what the best pre and post workout options are and frankly, we like to give the body what it needs during training; ample amino acids with an abundance of BCAAs, Glutamine and the proven performance enhancer, Citrulline Malate. This is why we formulated Xtend. No Xtend? Don't worry, just take Whey Protein Isolate post workout. Remember, it is not the pre-workout meal that fuels your workout; it is the many meals the days prior that fuel your training and recovery.

What if I Miss a Workout?

If you miss a workout, simply work your schedule so you get back on track. Do not skip a workout! This program is based on training each muscle group as prescribed for optimal results. For example, if you miss an arm workout on Friday, simply train arms on Saturday then train your shoulders on Sunday. You will then be on track and ready to go on Monday!

Strength Versus Bodybuilding

If you are a strength athlete or a performance athlete, you need movements performed in training to translate to your sport. Bodybuilding is about growing deeply defined, etched muscle, not performance. We know that you must condition a muscle,

strengthen it and then build it. This process takes time. However, the body also adapts very well. We recommend a 15-16 week training program (split routine hitting each body part once per week and allowing recovery, which is highly notarized by bodybuilders) that will condition, strengthen and build your muscles while on the Cut Diet. It is known in the Exercise Science realm that repetitions lower than five are designed solely for strength and power. Muscle growth (hypertrophy) is found in the 8-12 rep range. These are the two extremes. Meaning that if, hypothetically, 100% of strength is found in reps five or below and 100% growth is found in reps 10-12, then it's safe to say that strength and growth can be attained (not 100% of each) at reps 6-10. This is our focus. We divide the routine into four week categories:

Week 1: Conditioning
Week 2: Growth/Strength
Week 3: Strength/Growth
Week 4: SHOWTIME.

Weeks 1-4: Conditioning

During the Conditioning weeks, our rep ranges are 12-15 and we perform three to four sets for all upper body and lower body work. The goal is to adjust the weight (increase the load (weight) as the volume (reps) decreases) to get 12-15 reps on every exercise. Rest 60 seconds between sets.

Week 1
The goal is to handle a weight and rep range that allows for completion of 15 reps for three to four sets.

Week 2
The goal is increase the weight but drop the reps to 12.

Week 3
The goal is to increase the weight and increase the reps to 15.

Week 4
The goal is to increase the weight again, but drop the reps back to 12. By varying our weight and reps we essentially are tricking our bodies into getting major results that are not capable from old training regimes. We are promoting a new type of athlete that is in control of his body and whose training allows for complete development of muscle density, tone, definition, symmetry, and superior strength.

Weeks 5-8: Growth/Strength
During the Growth/Strength weeks, our rep ranges are six to ten and five to six sets for all upper body and lower body work. The goal is to adjust the weight (increase the load as the volume decreases) to get six to ten reps on every exercise. Rest 60-90 seconds between sets.

Week 1

The rep range will be ten reps for five sets.

Week 2

The goal is to increase the weight, but you must get eight reps for five sets.

Week 3

The goal is to increase the weight, but you must get six reps for five sets.

Week 4

The goal is to increase the weight and to increase the sets, but you must get eight reps for six sets.

Our philosophy for this program is to stimulate the muscle fiber to recruit more muscle fibers quickly. By increasing the muscle fiber density and recruitment patterns we are creating growth in the muscle. With the increase of growth, we now have the ability to increase strength through greater muscle fiber recruitment. When this happens, growth occurs more rapidly due to muscle fiber recruitment and strength gains. This allows us to perform a higher load volume for training.

Weeks 9-12: Strength/Growth

During the Strength/Growth weeks, our rep ranges are four to six and perform five to six sets for all upper body and lower body work. Rest 2 minutes between sets.

Weeks 1 and 2

The goal is to adjust the weight (decrease the load as the volume increases) to get four reps on every exercise.

Weeks 3 and 4

The goal is to maintain the same weight but increase the reps to six and perform six sets.

By having a higher level of strength we are able to increase the firing pattern of the muscle allowing for greater muscle fiber recruitment and coordination that will allow for greater symmetry and tone of the muscle prior to SHOWTIME. This will allow for a greater looking body as we go into the final stages of our training.

Weeks 13-16: SHOWTIME!

During the SHOWTIME weeks, our rep ranges rise considerably so we can further get the "conditioned" look and

etched muscle. Our total reps get up to between 25 and 30 per set after a heavier set of 8-10 reps. The reason for this is to maximally stimulate the muscle fibers and then to drop the weight and deplete all glycogen in the muscle. This will ensure that when we have our Carb Up for the show, your muscles will supercompensate and will be full and hard. Rest 60 seconds between sets.

Week 1

The goal is to adjust the weight (decrease the load as the volume increases) to get 12-15 reps on every exercise.

Week 2

The goal is to get 8-10 reps on every exercise.

Week 3

The goal is to get 8-10 reps on every exercise with a dropset to total 25-30 total reps on last set of each exercise.

Week 4 – SHOWTIME!

7th Day out CARB LOAD – This Carb Meal (the normal Carbohydrate Meal you have been doing the past 12-16 weeks) should be planned out so it occurs on the day one week prior to event. No

water intake 60 minutes prior to the Carb Meal or after the Carb Meal. Get all of your water in 60 minutes before the Carb Meal. 60 minutes after the Carb Meal, you can drink four to six ounces of water.

6th day out – Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker every meal)
99mg potassium every four hours
2.5-3 gallons of water throughout the day
Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

5th day out - Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug, standing barbell or cable curl, lunges and standing calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker every meal)
99mg potassium every four hours
2.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

4th day out – Can do 6th day out routine which was Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform the following cardio routine:

Cardio 30-35 minutes + 10-15 minutes posing practice

Salt everything (10-12 shakes of a salt shaker every meal)
99mg potassium every three hours
2 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

CARB LOAD – NO WATER intake 60 minutes prior to the Carb Meal or 60 minutes after the Carb Meal.

3rd day out – Can do 5th day out weight routine without leg training which was: Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug and standing barbell or cable curl, lunges and standing calf raises. Perform the following cardio routine:

Light Cardio 30-35 minutes + 20 min posing practice
We are not training legs to avoid any water retention or swelling of the legs for the big day.

Salt everything up to 6:00 PM (10-12 shakes of a salt shaker every meal up to 6 PM)

99mg potassium every two - three hours
1.5 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

2nd day out
15 – 20 minutes posing practice – NO Weights and 20-25 minutes of Cardio if Desired.

99mg potassium every two hours
1-1.5 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day
0.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Day before Show
15 – 20 minutes posing practice – NO Weights, No Cardio.
NO SALT AT ALL – all foods are plain, fresh (not frozen or processed) and dry, dull, bland

99mg potassium every two hours
0.5-0.75 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Night Time Meal: Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal maybe started early and cut in half to be consumed over a 4-4.5 hr period. It maybe too much food at one time and the "nibbling" effect has indicated better results. The last meal (INSTEAD OF NORMAL CARB LOAD) is the following:

Six to ten oz LEAN Fillet or Halibut - no salt, no seasoning, no marinade.
One to two cup steamed asparagus/spinach - NO SALT
12-15 oz baked potato or sweet potato - NO SALT
One to Two tbsp UNSALTED butter or almond butter
Six to Ten oz Red Wine (if applicable)

- 1.5 Hrs AFTER this meal - One large slice DENSE cheesecake (If not lactose intolerant) or RICH chocolate cake that is sugary, fatty and salty (last bite 45-60 minutes before lying down to sleep). The size should NOT bloat you nor stuff you. This should be eaten slowly and enjoyed as well as leave you "wanting more" so you are not too full. BE SURE TO HAVE AN ADDITIONAL STEAK/CHICKEN/HALIBUT AND SLICE OF CHEESECAKE or CHOCOLATE CAKE for the morning.

EARLY Breakfast Day of Show: To be nibbled on to avoid bloated feeling

1-2 whole eggs
Three to five oz steak
½ - ¾ cup oatmeal or 4-6 oz baked sweet potato
½ of the cheese cake or chocolate cake
Two tbsp honey

99mg potassium every two hours
0.5-0.75 gallons of water throughout the day

– Here is the tricky part. Your body needs water to FILL UP the muscles; however it's a fine line of when you add salt to foods as well as begin to gradually add water on competition day. The rule of thumb is if you feel great about how you look keep water minimal and away from food intake. If you feel flat then consume water three to five oz every 45-60 minutes and three to five salt shakes onto nibbled food or you can use Gatorade (with the electrolytes and sodium) four to six oz every 45-60 minutes. PLEASE NOTE: These are tips that may work for you or you may try different approaches as you learn your body.

The key is PAYING ATTENTION TO DETAIL, especially the last week.

100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Food to bring with Day of Show (nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED:

Other half of cheese cake/chocolate cake
Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Keep away from food intake. This is loaded with carbohydrates and electrolytes and can help fill you back up.
Baked sweet potatoes
Lean protein (boiled chicken or more of the steak/halibut)
Almond butter
Snickers candy bar – eat 30-45 minutes prior to getting on stage of both prejudging (morning show) and finals (night show)

Weeks 1-4 – Conditioning 12-15 Reps 3-4 Sets

Monday – Chest
Exercise to be performed in order

1. Incline Barbell Press - 3-4 sets 12-15 reps
2. Flat Barbell Press - 3-4 sets 12-15 reps
3. Dumbbell flys - 3-4 sets 12-15 reps - smooth and controlled motion

4. Push Ups - to failure
5. Crunches - 3-4 sets 30 seconds
6. Reverse crunches - 3-4 sets 30 seconds

Tuesday – Legs
Exercise to be performed in order

1. Squat - 3-4 sets 12-15 reps
2. Straight Leg Dead Lift - 3-4 sets 12-15 reps
3. Leg curl - 3-4 sets 12-15 reps
4. Leg press - 3-4 sets 12-15 reps reps each leg
5. Leg extension - 3-4 sets 12-15 reps
6. Standing Calf Raises - 3-4 sets 12-15 reps
7. Seated Calf Raise - 3-4 sets 12-15 reps

Wednesday – Back
Exercise to be performed in order

1. Bent Over Barbell row - 3-4 sets 12-15 reps
2. 1 Arm Dumbbell Rows - 3-4 sets 12-15 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3-4 sets 12-15 reps
4. Wide Grip Pull downs - 3-4 sets 12-15 reps
5. Dumbbell Shrugs with Abduction start - 3-4 sets 12-15 reps
6. Hyperextensions - 3-4 sets 12-15 reps - smooth and controlled motion

Friday – Arms
Exercise to be performed in order

1. Standing Barbell Curls - 3-4 sets 12-15 reps
2. Preacher Curls - 3-4 sets 12-15 reps
3. Hammer Curls - 3 sets 12-15 reps
4. Triceps Press Down with V-Bar or Rope - 3-4 sets 12-15 reps
5. Over the Head Extensions using rope or Skull Crushers - 3-4 sets 12-15 reps
6. Weighted Dips - 3 sets 12-15 reps
7. V-ups - 3-4 sets 30 seconds
8. Leg raises - 3-4 sets 30 seconds

Saturday – Shoulders
Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 3-4 sets 12-15 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT - 3-4 sets 12-15 reps
3. Standing Side Lateral Raise - 3-4 sets 12-15 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 3 sets 12-15 reps - smooth and controlled motion
5. Standing Calf Raises - 4 sets 15 reps
6. Seated Calf Raises - 4 sets 15 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Weeks 5-8 – Growth/Strength 6-10 Reps 5-6 Sets

Monday – Chest
Exercise to be performed in order

1. Incline Barbell Press - 5-6 sets 6-10 reps
2. Flat Barbell Press - 5-6 sets 6-10 reps
3. Peck Deck - 3-4 sets 8-10 reps – smooth and controlled motion
4. Push Ups - to failure
5. V-ups - 3-4 sets 30-45 seconds
6. Leg raises - 3-4 sets 30-45 seconds

Tuesday – Legs
Exercise to be performed in order

1. Squats - 5-6 sets 6-10 reps
2. Straight Leg Dead Lift - 5-6 sets 6-10 reps
3. Leg curl - 3-4 sets 8-10 reps
4. Stationary Barbell Lunges - 5-6 sets 6-10 reps
5. Leg extension - 3-4 sets 8-10 reps
6. Standing Calf Raises - 3-4 sets 8-12 reps
7. Seated Calf Raises - 3-4 sets 8-12 reps

Wednesday – Back
Exercise to be performed in order

1. High Row Wide Grip - 5-6 sets 6-10 reps
2. Close grip low row - 5-6 sets 6-10 reps
3. Wide Grip Pull downs - 5-6 sets 6-10 reps
4. Dumbbell Pull overs - 3-4 sets 8-10 reps
5. Barbell Shrugs - 5-6 sets 6-10 reps
6. Hyperextensions - 3 sets 8-10 reps – smooth and controlled motion

Friday – Arms
Exercise to be performed in order

1. Standing Dumbbell curls - 5-6 sets 6-10 reps
2. Single arm Dumb bell Preacher Curls - 5-6 sets 6-10 reps
3. Concentration Curls - 3 sets 8-10 reps
4. Close grip press - 5-6 sets 6-10 reps
5. V bar press down - 5-6 sets 6-10 reps
6. Single arm over the head extension – 3 sets 8-10 reps
7. Toe touches - 3-4 30-45 seconds
8. Roman Chair Knee ups - 3-4 sets 30-45 seconds

Saturday – Shoulders
Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT
   - 5-6 sets 6-10 reps

2. Seat Front Dumbbell Raise NO BACK SUPPORT - 5-6 sets 6-10 reps
3. Standing Side Lateral Raise - 5-6 sets 6-10 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 5-6 sets 6-10 reps - smooth and controlled motions
5. Standing Calf Raises - 3-4 sets 8-12 reps
6. Seated Calf Raises - 3-4 sets 8-12 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Weeks 9-12 – Strength/Growth 4-6 Reps and 5-6 Sets

Monday – Chest
Exercise to be performed in order

1. Incline Barbell Press - 5-6 sets 4-6 reps
2. Flat Barbell Press - 5-6 sets 4-6 reps
3. Dumbbell flys - 3-4 sets 6-8 reps – smooth and controlled motion
4. Push Ups - to failure
5. Crunches - 3-4 sets 30-45 seconds
6. Reverse crunches - 3-4 sets 30-45 seconds

Tuesday – Legs
Exercise to be performed in order

1. Squat - 5-6 sets 4-6 reps
2. Straight Leg Dead Lift - 5-6 sets 4-6 reps
3. Leg curl - 3-4 sets 6-8 reps
4. Leg press - 5-6 sets 4-6 reps
5. Leg extension - 3-4 sets 6-8 reps
6. Standing Calf Raises - 3-4 sets 8-12 reps
7. Seated Calf Raises - 3-4 sets 8-12 reps

Wednesday – Back
Exercise to be performed in order

1. Bent Over Barbell row - 5-6 sets 4-6 reps
2. 1 Arm Dumbbell Rows - 5-6 sets 4-6 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3-4 sets 6-8 reps
4. Wide Grip Pull downs - 5-6 sets 4-6 reps
5. Dumbbell Shrugs with Abduction start - 5-6 sets 4-6 reps
6. Hyperextensions - 3 sets 8-12 reps – smooth and controlled motion

Friday – Arms
Exercise to be performed in order

1. Standing Barbell Curls - 5-6 sets 4-6 reps

2. Preacher Curls - 5-6 sets 4-6 reps
3. Seated Hammer Curls - 3-4 sets 6-8 reps
4. Triceps Press Down with V-Bar or Rope - 5-6 sets 4-6 reps
5. Weighted Dips - 5-6 sets 4-6 reps
6. Over the Head Extensions using ROPE or Skull Crushers - 3-4 sets 6-8 reps
7. V-ups - 3-4 sets 30-45 seconds
8. Leg raises - 3-4 sets 30-45 seconds

Saturday – Shoulders
Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 5-6 sets 4-6 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT - 5-6 sets 4-6 reps
3. Standing Side Lateral Raise - 5-6 sets 4-6 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 5-6 sets 4-6 reps - smooth and controlled motion
5. Standing Calf Raises - 3-4 sets 8-12 reps
6. Seated Calf Raises - 3-4 sets 8-12 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Week 13 – SHOWTIME (1st week of 4)

Monday – Chest
Exercise to be performed in order

1. Incline Dumbbell Press - 3 sets 12-15 reps
2. Flat Dumbbell Press - 3 sets 12-15 reps
3. Dumbbell flys - 3 sets 12-15 reps – smooth and controlled motion
4. Push Ups - to failure
5. Crunches - 3 sets for 30 – 45 seconds
6. Reverse crunches - 3 sets for 30 - 45 seconds

Tuesday – Legs
Exercise to be performed in order

1. Squat – 4 sets 12-15 reps
2. Straight Leg Dead Lift - 3 sets 12-15 reps
3. Leg curl –3 sets 12-15 reps
4. Stationary Barbell Lunges 3 sets 12-15 reps
5. Leg extension– 3 sets 12-15 reps
6. Standing Calf Raises – 4 sets 20 reps
7. Seated Calf Raises – 4 sets 20 reps

Wednesday – Back
Exercise to be performed in order

1. Bent Over Barbell row - 3 sets 12-15 reps

2. 1 Arm Dumbbell Rows - 3 sets 12-15 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3 sets 12-15 reps
4. Wide Grip Pull downs - 3 sets 12-15 reps
5. Dumbbell Shrugs with Abduction start - 4 sets 15 reps
6. Hyperextensions - 3 sets 20 reps – smooth and controlled motion

Friday – Arms
Exercise to be performed in order

1. Standing Barbell Curls - 3 sets 12-15 reps
2. Preacher Curls - 3 sets 12-15 reps
3. Hammer Curls - 2 sets 12-15 reps
4. Triceps Press Down with V-Bar or Rope - 3 sets 12-15 reps
5. Over the Head Extensions using ROPE or Skull Crushers - 3 sets 12-15 reps
6. Weighted Dips - 2 sets 12-15 reps
7. V-ups - 3 sets for 30 – 45 seconds
8. Leg raises - 3 sets for 30 – 45 seconds

Saturday – Shoulders
Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 3 sets 12-15 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT

- 3 sets 12-15 reps

3. Standing Side Lateral Raise
   - 3 sets 12-15 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly
   - 3 sets 12-15 reps – smooth and controlled motions
5. Standing Calf Raises - 4 sets 15 reps
6. Seated Calf Raises - 4 sets 15 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Week 14 – SHOWTIME (2nd week of 4)

Monday – Chest
Exercise to be performed in order

1. Incline Dumbbell Press - 3 sets 8-10 reps
2. Flat Dumbbell Press - 3 sets 8-10 reps
3. Dumbbell flys - 3 sets 8-10 reps – smooth and controlled motions
4. Push Ups - to failure
5. Crunches - 3 sets for 30 – 45 seconds
6. Reverse crunches - 3 sets for 30 – 45 seconds

Tuesday – Legs
Exercise to be performed in order

1. Squat - 3 sets 8-10 reps
2. Straight Leg Dead Lift - 3 sets 8-10 reps
3. Leg curl - 3 sets 8-10 reps
4. Leg press - 3 sets 8-10 reps
5. Leg extension - 3 sets 8-10 reps
6. Standing Calf Raises - 3 sets 30 reps
7. Seated Calf Raises - 3 sets 30 reps

Wednesday – Back
Exercise to be performed in order

1. Bent Over Barbell row - 3 sets 8-10 reps
2. 1 Arm Dumbbell Rows - 3 sets 8-10 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3 sets 8-10 reps
4. Wide Grip Pull downs - 3 sets 8-10 reps
5. Dumbbell Shrugs with Abduction start - 3 sets 15 reps
6. Hyperextensions - 3 sets 30 reps – smooth and controlled motion

Friday – Arms
Exercise to be performed in order

1. Standing Barbell Curls - 3 sets 8-10 reps

2. Preacher Curls - 3 sets 8-10 reps
3. Hammer Curls - 3 sets 8-10 reps
4. Triceps Press Down with V-Bar or Rope - 3 sets 8-10 reps
5. Over the Head Extensions using ROPE or Skull Crushers - 3 sets 8-10 reps
6. Regular Body weight Dips - 3 sets for 30 seconds
7. V-ups - 3 sets for 30 – 45 seconds
8. Leg raises - 3 sets for 30 – 45 seconds

Saturday – Shoulders
Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 3 sets 8-10 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT - 3 sets 8-10 reps
3. Standing Side Lateral Raise - 3 sets 8-10 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 3 sets 8-10 reps – smooth and controlled motions
5. Standing Calf Raises - 3 sets 30 reps
6. Seated Calf Raises - 3 sets 30 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Week 15 – SHOWTIME (3rd week of 4)

Monday – Chest
Exercise to be performed in order

1. Incline Dumbbell Press
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Flat Dumbbell Press
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Dumbbell flys
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
   - smooth and controlled motion
4. Push Ups - 1 set to failure
5. Crunches - 3 sets for 30 – 45 seconds
6. Reverse crunches - 3 sets for 30 – 45 seconds

Tuesday – Legs
Exercise to be performed in order

1. Squat
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Straight Leg Dead Lift
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Leg curl
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

4. Stationary Barbell Lunges
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
5. Leg extension
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Standing Calf Raises
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
7. Seated Calf Raises
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

Wednesday – Back
Exercise to be performed in order

1. Bent Over Barbell row
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. 1 Arm Dumbbell Rows
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing)
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
4. Wide Grip Pull downs
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
5. Dumbbell Shrugs with Abduction start
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Hyperextensions
   - 3 sets 40 reps – smooth and controlled motion

Friday – Arms
Exercise to be performed in order

1. Standing Barbell Curls
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Preacher Curls
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Hammer Curls
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
4. Triceps Press Down with V-Bar or Rope
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
5. Over the Head Extensions using ROPE or Skull Crushers
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Regular Bodyweight Dips
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
7. V-ups 3 sets for 30 – 45 seconds
8. Leg raises - 3 sets for 30 – 45 seconds

Saturday – Shoulders
Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Standing Side Lateral Raise

- 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

4. Rear Deltoid Machine or Bent Over Rear Delt Fly
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
   - smooth and controlled motions
5. Standing Calf Raises
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Seated Calf Raises
   - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Cardio: Why we recommend it

While we believe that diet is 90% of getting lean and reducing bodyfat, we still recommend 30-45 minutes of cardio (130-150 Heart Rate which is equivalent to 55-65% VO2 Max age/gender pending) four to five days per week depending on body type and bodyfat percentage while on the Cut Diet. Cardio is essential for supplying oxygen to your muscles for maximum growth. Our entire approach to dieting is based on muscle preservation. Too much cardio or cardio at a high level of intensity will eat at muscle tissue. This is counterproductive because we are trying to lose fat and keep as much muscle as possible. Long

duration cardio is more geared toward cardiovascular training (at or above 80% VO2 Max). Therefore, lower intensity cardio increases fat oxidation (burns bodyfat) and does not catabolize (waste) nearly as much muscle as high intensity cardio, especially on a reduced calorie/low carbohydrate diet. We usually recommend light walking on a treadmill with an incline.

As you have read, there are times when we do recommend HIIT. In the final four weeks leading into your BIG DAY, you can add in HIIT. This will shock your body into using up that stubborn fat you might have sitting around your lower abs and glutes and if you have your Workout Nutrition for HIIT and keep it to the last four weeks, muscle loss is not a huge concern.

Chapter 5

Essential Cut Diet Supplementation

This is what we do: We supplement your performance. What does that mean? Well, as we said before, there is no magic pill. But by utilizing these real-world proven and science-based supplements, we can tip the scales (literally!) in your favor to the lean, hard body of your dreams!

The Cut Diet is based on utilizing cutting-edge diet and training principles to help you achieve your best body ever. Each of recommended supplements will work together with the Cut Diet and help you achieve your fitness and physique goals. However, if you cannot afford to add supplements in your diet, you will still see good results with the Cut Diet and Training program. Here are the most important supplements to optimize your Cut Diet!

Pre-Workout = Primaforce Primal EAA + Primaforce Primal N2O
During Workout = Scivation Xtend

Fat Loss Enhancers = Scivation Sesamin + Scivation Dialene 4

Getting Primal, but Not Primitive

- Primal EAA + Primal N2O* PreWorkout Nutrition

The word "primal" means of first or fundamental importance. When it comes to pre-workout nutrition, no better word than "primal" could be used to describe it because it is of fundamental importance to your workout performance. The nutrients you give your body prior to working out can make of break your performance; it could be the difference between winning and losing the race. With proper pre-workout nutrition, you may be able to get an extra three to four reps, lift 10-15 more pounds, or shave a minute off your time than if you simply overlooked your pre-workout nutrition. Well it's time to stop overlooking your pre-workout nutrition and get PRIMAL with PRIMAFORCE!

Primal EAA is a high leucine EAA blend while Primal N2O is a pre-workout performance/NO booster that contains creatine, citrulline malate, arginine, beta-alanine, tyrosine, carnitine, and caffeine along with NAC for anti-oxidant support. Each supplement is very effective on its own, but when taken together pre-workout, the results are out of this world!

The Synergy of Primal EAA and Primal N2O

Research has shown time and time again that the essential amino acids (EAA) boost protein synthesis when taken around

your workout. Free-form EAA do not need to be digested and are therefore absorbed very rapidly, leading to a greater spike of amino acids and protein synthesis than if a whole protein source was consumed. Free-form EAA even outperformed whey protein, a fast digesting protein, when both were taken pre-workout (Kerksick, 2006). Supplementing with free-form EAA is more effective than using a whole protein source, even whey protein.

The increase in protein synthesis from supplemental EAA is greater when the EAA are taken pre-workout versus post-workout (Tipton, 1999). One of the reasons for this difference in rotein synthesis is EAA delivery to skeletal muscle is greater when they are taken pre-workout due to increased blood flow to skeletal muscle during exercise. At rest, skeletal muscle receives very little blood compared to the rest of the body, but during exercise, over 80% of blood is sent to the working skeletal muscle. The rate-limiting step of amino acid uptake into skeletal muscle is the transportation of the amino acids through the blood to the skeletal muscle, which is governed by blood flow (Wolfe, 2004). Greater results can be seen by supplementing with EAA pre-workout than post-workout due to increased blood flow.

One way to further increase the effectiveness of supplemental EAA is to increase blood flow to skeletal muscle beyond what normal exercise does. This can be accomplished by increasing the production of Nitric Oxide (NO) in the body during exercise. NO vasodilates blood vessels, thereby increasing blood flow. This increase, when combined with exercise means greater blood flow

and amino acid deliver and uptake in the working skeletal muscle. Supplementing with Arginine and Citrulline Malate has been shown to increase NO production (Douglas, 2004). In addition to increasing amino acid delivery to skeletal muscle, blood flow is thought to be one of the factors that increases protein synthesis post-workout (Douglas, 2004). Supplementing with Arginine and Citrulline Malate to increase NO production not only increases amino acid delivery to skeletal muscle, but it also may boost post-workout protein synthesis.

In addition to the effect Primal EAA and Primal N2O have on protein synthesis and blood flow to skeletal muscle, Primal N2O also contains the proven performance enhancers creatine, citrulline malate, beta-alanine, tyrosine, carnitine, and caffeine. All of these supplements work together to increase ATP (energy) production, performance, power output, work capacity, lean mass, and strength while decreasing fatigue. Primal N2O contains proven performance and energy enhancers, which allow you to workout harder and longer, leading to greater results.

Primal EAA and Primal N2O contain synergistic ingredients that work together to take the results you will see to the next level and beyond. There is nothing primitive about these supplements. Stack them and you will feel what it is like to have your pre-workout nutrition dialed in.

We recommend taking one Scoop Primal EAA + two Scoops Primal N2O 15-30 minutes pre-workout.

References:
Douglas, Borsheim, and Wolfe. Potential Ergogenic Effects of Arginine and Creatine Supplementation J Nutr. 2004 Oct;134(10 Suppl):2888S-2894S.

Kerksick CM, Rasmussen CJ, Lancaster SL, Magu B, Smith P, Melton C, Greenwood M, Almada AL, Earnest CP, Kreider RB. The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training. J Strength Cond Res. 2006 Aug;20(3):643-53.

Tipton, K., Ferrando, A., Phillips, S., Doyle, D. & Wolfe, R. (1999). Postexercise net protein synthesis in human muscle from orally administered amino acids. The American Journal of Physiology, 276(4), E628-E634.

Wolfe, et. al., In vivo muscle amino acid transport involves two distinct processes. Am J Physiol Endocrinol Metab. 2004 Jul;287(1):E136-41.

Scivation Xtend—During Workout Nutrition

We have formulated Scivation Xtend to increase protein synthesis, recovery, and performance using a precise blend Branch-Chained-Amino Acids (BCAA), L-Glutamine, and Citrulline Malate. BCAA are a must have for workout nutrition. In summary, the metabolic roles of the BCAA Include:

- Substrate for energy production
- Substrate for protein synthesis
- Precursor for the formation of other amino acids

    - Primarily Alanine and Glutamine
- Metabolic signals (Primarily Leucine)
    - Stimulates protein synthesis through insulin secretion/activation of the PI3K pathway
    - Stimulates protein synthesis through activation of mTOR
    - Stimulates leptin expression in adipocytes through activation of mTOR

Xtend was formulated to give the body what it needs during exercise. As you exercise, the body increases the demand for various nutrients and if the body is not fed those nutrients, it must obtain them from other sources (i.e. breakdown of skeletal muscle to obtain amino acids). Both BCAA and Glutamine oxidation/demand is increased during exercise. In order to meet this increased demand for BCAA and Glutamine, the body breaks down muscle protein. Breaking down muscle protein to obtain BCAA and Glutamine is not conducive to growth and recovery. BCAA supplementation has been shown to not only increase protein synthesis, but also to decrease protein breakdown. By supplementing with Xtend during your workouts you are creating an ideal environment for muscle growth.

There is endless research backing BCAA supplementation as part of one's workout nutrition. One way to further increase the effectiveness of supplemental BCAA is to increase

blood flow to skeletal muscle beyond what normal exercise does. This can be accomplished by increasing the production of Nitric Oxide (NO) in the body during exercise. NO vasodilates blood vessels, thereby increasing blood flow. This increase when combined with exercises means greater blood flow and amino acid delivery and uptake in the working skeletal muscle. Supplementing with Citrulline Malate has been shown to increase NO production (Douglas, 2004). In addition to increasing amino acid deliver to skeletal muscle, blood-flow is thought to be one of the factors that increases protein synthesis post-workout (Douglas, 2004). Supplementing with Citrulline Malate to increase NO production not only increases amino acid delivery to skeletal muscle, but it may also boost post-workout protein synthesis.

We recommend sipping 4-10 scoops of Xtend during your workout.

References:

Douglas, Borsheim, and Wolfe. Potential Ergogenic Effects of Arginine and Creatine Supplementation J Nutr. 2004 Oct;134(10 Suppl):2888S-2894S.

Scivation Fat Oxidation Stack—Seasmin + Dialene 4

Sesamin

Sesamin is a lignan isolated from sesame seeds. A lignan is a molecule that combines with another entity acting as an "activator." In the case of sesamin, it binds to and activates a receptor called Peroxisome Proliferator-Activator Receptor Alpha (PPARalpha). Sesamin has been shown to be a potent PPARalpha activator [1].

The PPAR receptor family is divided into three subgroups: alpha, beta/delta, and gamma. PPARalpha is highly expressed in muscle, the liver, kidneys, and heart and is involved in the regulation of lipid metabolism, specifically the transcription of the genes involved in the beta-oxidation (burning) of fatty acids and lipogenesis. Activation of PPARalpha increases gene expression of the fatty acid oxidation enzymes and decreases gene expression of lipogenic enzymes.

Of vital important, Sesamin increases the expression of the mitochondrial enzyme carnitine palmitoyl transferase (CPT), among other enzymes [2]. CPT, the rate-limiting enzyme in beta-oxidation of fatty acids in skeletal muscle and liver cell mitochondria, is found on the outer membrane of mitochondria and carries fatty acids across the membrane into the mitochondria by binding to them. Increasing the expression of CPT, along with other enzymes involved in beta-oxidation, will allow more

fatty acids to be transported into the mitochondria where they can be oxidized.

In addition to increasing the oxidation of fat, Sesamin supplementation has also been shown to decrease lipogenesis (fat storage) by decreasing lipogenic enzymes in the liver. Sesamin has been shown to decrease lipogenic the gene expression of sterol regulatory element binding protein-1 (SREBP-1), acetyl-CoA carboxylase, and fatty acid synthase, among other lipogenic enzymes [3], which means less fat is esterified in the liver and therefore less fat is stored in adipose tissue (fat cells).

So Sesamin works in two ways to make you lean (and keep you lean): increasing fat oxidation and decreasing fat storage.

Dialene 4

It has been a couple of years since our ally in fat loss, ephedra, was forced off of the market. Since then, we have been fed false promises by companies saying that they have found the next ephedra, or made ephedra obsolete, or…..you get the point. The bottom line is that when it comes to fat loss and energy, these products let you down. In fact, they might have let you down so much that you still buy ephedrine HCl and stack it with these so-called fat burners.

The Scivation team has been working hard to formulate

the dream fat burner. Then one day, Scivation Advisory Board Member, Biochemist and Natural Bodybuilding Pro Layne Norton presented Scivation Director of Research & Development Chuck Rudolph with a compound with such impressive data that along with Derek Charlebois, they began immediately working. What came about was perhaps the ultimate fat burner.

Dialene 4 Increases Adrenaline Output

The ingredients in Dialene 4 work synergistically to increase Adrenaline output. The term "adrenaline" is commonly used to refer to the body's excitatory catecholamine, Epinepherine (E) and Norepinepherine (NE) (Dopamine being the third catecholamine), which are regulators of lipolysis.

The sympathetic nervous system's postganglion neurons release NE as their neurotransmitter. When large amounts of NE are produced during times of stress, it can "spillover" into the blood and act on receptors throughout the body. Catecholamines can act on adipose tissue via direct sympathetic innervations or the general circulation (Coppack et al 1994).

Catecholamines act on the alpha (1 and 2) and beta (1, 2, and 3) adrenoreceptors throughout the body, with E having a greater affinity for the beta-receptors and NE for the alpha-receptors. Activation of the alpha1 and beta-receptors is lipolytic (causes fat breakdown) while activation of the alpha2 receptor is anti-lipolytic (blunts fat breakdown).

At rest, plasma catecholamine levels are low, causing the lipolytic rate to be regulated by the inhibitory action of the alpha2-receptors (Horowitz 2003). During exercise, the large increase in catecholamines causes the activation of the beta-receptors to override the alpha2-receptor inhibition of lipolysis and whole body lipolysis increases. This is where Dialene 4 comes into play. Using Dialene 4 during the day when plasma catecholamine levels are low allows you to overcome the inhibitory action of the alpha2-receptors and stimulate lipolysis (fat breakdown). Dialene 4 accomplishes this by increasing NE release and keeping NE levels elevated.

Norepinephrine's (NE) Role in Lipolysis

1. NE release from synaptic nerves
2. NE binds to beta-adrenergic receptors
3. Stimulatory guanine nucleotide regulatory proteins (G-proteins) within the cell membrane activate the enzyme adenylate cyclase
4. Adenylate cyclase converts ATP into 3'-5' camp

- Cyclic AMP phosphodiesterase (PDE) halts this step
- Prostaglandins have receptors coupled to inhibitory G proteins (Gi), which decrease adenylate cyclase activity and thus decrease cAMP concentrations in the cell.
- When a beta-adrenergic agonist such as NE stimulates a fat cell it produces adenosine. Adenosine interacts with its receptor coupled to regulatory G proteins (Gi) which inhibits adenylate cyclase activity and prevents

the accumulation of cAMP
5. cAMP binds to the regulatory subunit of protein kinase A
6. Protein kinase A releases its catalytic subunit
7. The catalytic subunit phosphorylates Hormone Sensitive Lipase (HSL), transforming it into the active form, HSL-P
8. HSL-P catalyzes a three step hydrolysis reaction to reduce triglycerides into glycerol and fatty acids

- Re-esterification can occur (Lipogenesis)

A summary of the above scientific jargon is NE increases lipolysis, which is vital to fat loss.

Dialene 4 Ingredients

B Vitamins
Vitamin B3 (Niacinimide USP): 75mg
Vitamin B6 (Pyridoxine HCl): 50mg
Vitamin B5 (Pantothenic Acid): 25mg
Vitamin B12 (Methylcobalamin): 100mcg

The B vitamins are essential to whole body metabolism, especially fat loss. We included the B vitamins in Dialene 4 to ensure your body has what it needs to burn fat at its full potential.

G4 Fat Incinerating Matrix 725mg
(Lean Green™ (Green Tea standardized for 50% EGCG), Caffeine (USP), Green Coffee Bean Extract (Containing Chlorogenic Acid, Feruloyl Quinic Acid and Neochlorogenic acid), Naringin

Lean Green™ (Green Tea Standardized to 50% EGCG)

The active in green tea is EGCG. EGCG has thermogenic effects and has been shown to assist in weight loss by decreasing dietary fat absorption, appetite suppression, and catechol-O-methyl-transferase (COMT) inhibition. COMT is involved in the breakdown of catecholamines (i.e. NE). By inhib iting COMT, NE breakdown is slowed and it is able to activate the adrenergic receptors to a greater degree and enhance lipolysis.

Caffeine USP

Caffeine, a plant alkaloid belonging to the drug class methylxanthines and is found in natural sources such as coffee beans, tea leaves, cocoa beans, and other plants, is the world's most widely used stimulant. Caffeine is a Central Nervous System (CNS) stimulant shown to delay fatigue and improve cognitive performance.

Caffeine acts as an adenosine receptor antagonist. Adenosine decreases the release of stimulatory/excitatory neurotransmitters (i.e. norepinephrine [NE]). Therefore, blocking the adenosine receptor allows a greater excitation to occur by increasing NE's ability to activate the adrenergic receptors.

Caffeine inhibits phosphodiesterase (PDE), causing a build-up of cAMP levels and greater effect of NE on fatty acid lipolysis. PDE blunts lipolysis; therefore inhibiting PDE allows lipolysis to proceed at an accelerated rate. The end result is there are more fatty acids available for oxidation after consumption of caffeine.

Green Coffee Bean Extract

Green Coffee Bean Extract contains lipolytic acids, specifically chlorogenic acid, feruloyl quinic acid and neochlorogenic acids. These acids have been shown to improve glucose tolerance, decrease fat accumulation, and increase lipolysis.

Naringin

Naringin is a citrus flavanoid found it citrus fruits such as grapefruit and oranges.
Grapefruit juice has been shown to decrease the breakdown of caffeine and prolong its effects and impact on fat loss. Naringin is believed to cause this effect from grapefruit. Adding Naringin to Dialene 4 will enhance the effects of caffeine.

CogniLean Blend 660mg

(N-Acetyl-L-Tyrosine, Phenylethylamine, D,L-Phenylalanine, Vinpocetine)

N-Acetyl-L-Tyrosine

Tyrosine is a nonessential amino acids used to make the catecholamine neurotransmitters dopamine, norepinephrine, and

epinephrine, thyroid hormones, and the skin pigment melanin. Stress, such as exercise, depletes the amount of dopamine and norepinephrine in the brain. Tyrosine supplementation has been shown to decrease the negative effects of stress, decrease fatigue, and increase cognitive performance. It is believed that Tyrosine supplementation can increase athletic performance by offsetting fatigue and reducing the risk of overtraining or "burn out".

Phenylethylamine (PEA)

PEA is an amphetamine-like compound found naturally in the brain that is believed to elevate mood and have a stimulating effect.

D,L-Phenylalanine

D,L-Phenylalanine is a 50/50 mix of D-Phenylalanine and L-Phenylalanine. L-Phenylalanine is an essential amino acid while D-Phenylalanine is a non-protein amino acid that is not used in protein synthesis. Phenylalanine can be metabolized to PEA and is also a precursor for norepinephrine and dopamine.

Vinpocetine

Vinpocetine increases circulation and blood flow to the brain. Just like cayenne, vinpocetine's ability to increase blood flow aids in the transportation of fatty acids to tissues where they can be burned.

LipoLean Blend **325mg**
(Cayenne Pepper 40,000 HU, Citrus Peel Extract (containing limonene and terpinen-4-ol), Evodiamine)

Cayenne Pepper (40,000 HU)

Cayenne peppers have been used for centuries as a folk medicine for stimulating circulation, aiding digestion and relieving pain (topically). Cayenne increases thermogenesis by dilating blood vessels and increasing blood circulation. Blood flow to adipose tissue is very important for the transportation of fatty acids to be burned. Increasing blood flow allows more fatty acids to be delivered to tissues where they can be burned.

Citrus Peel Extract (containing limonene and terpinen-4-ol)

Citrus Peel Extract contains compounds that are very lipolytic, two of the most potent compounds being limonene and terpinen-4-ol.

Evodiamine

Evodiamine is an alkaloid extracted from the plant Evodiae Fructus. In-vitro studies and studies done on rats have shown evodiamine to decrease fat uptake into cells, increase body temperature, and increase catecholamine secretion

Sesamin + Dialene 4

Sesamin and Dialene 4 work together to increase the liberation of fatty acids from fat cells and increase the oxidation of these fatty acids, leading to greater losses in fat and less fat

stored. Using Sesamin + Dialene 4 on the Cut Diet Lean Mass program will lead to less unwanted fat gains! We recommend stacking Sesamin and Dialene 4 together as follows:

- Sesamin—Take 1 capsule 3 times a day with meals
- Dialene 4—Take 2-3 capsules upon waking and 6-8 hours later

References:

1. JARQ 37 (3), 151 – 158 (2003)'
2. J Agric Food Chem. 2001 May;49(5):2647-51
3. Biochim Biophys Acta. 2001 Nov 30;1534(1):1-

Cut Diet Summary

1. Control insulin throughout the day by combining good fat and lean protein with green vegetables.
2. Control the acidity of your meals by consuming alkaline foods and/or supplementing with L-Glutamine.
3. Eat frequently, every two to three hours.
4. Do NOT consume a post workout shake unless you do not have Workout Nutrition DURING your workout. If this is the case, then we would recommend whey protein PWO then a whole meal 30-45 minutes later.
5. Do cardio 30-45 minutes pre or post workout at 40-50% VO2 Max (130-150 beats per minute on average).

Chapter 6

The Cut Diet

This program is laid out for OPTIMAL RESULTS. However, with any diet, there needs to be some flexibility regardless of the goal in mind. Thus, here are some acceptable food choices when you have to venture off of the menu laid out in this chapter.

Cut Diet Food Measurements and Acceptable Sources

Carbohydrates: all equal to ~15g carbs

- Baked Sweet potato (no skin) – 57gg or 2 oz
- Yams (no skin) - 57g or 2 oz
- Oatmeal (Instant) - ¼ cup or 20g
- Rolled Oats - ¼ cup or 20.25g
- Steel Cut Oats, dry - 1/8 cup or 20g
- Honey - ¾ tbsp or 15.8g
- Grapefruit - 6.5 oz or 184g
- Raisins - 2 tbsp or 18.5g
- Orange - 3.5 oz or 99g

Other than orange and grapefruit, these carb sources are meant for the Carb Meal and CANNOT be interchanged. The Carb Meal is designed as laid out for a reason and this is not a meal that can be changed when seeking optimal results.

Vegetables: all equal to ~5g carbs

- Asparagus 4 oz or 113 g
- Broccoli 78g or ½ cup
- Green Beans 62.5g or ½ cup
- Onions 53g or 1/3 cup
- Spinach 125g or 2/3 cup
- Celery 120g or 4.25 oz
- Cucumber 156g or 5.5 oz
- Green onions 50g or 1.75 oz
- Mushrooms 78g or 2.5 oz
- Tomato 90g or ½ cup
- Salad greens (lettuce, romaine) 165g or 3 cups

Our preferred vegetables are asparagus, broccoli, green beans and spinach. Use all other options sparingly.

Protein: All equal to ~7g protein

- Chicken breast (white meat) boneless/skinless - 1 oz or 28.35g
- Turkey breast (LEAN) - 1 oz or 28.35g
- Fresh fish (cod, haddock, halibut, tuna in water), tilapia - 1 oz or 28.35g

- Egg whites - 2 or 67g
- Egg Beaters - ¼ cup or 2.15 oz or 61g
- Lean Sirloin/fillet - ¾ oz or 21.25g

*NOTE: You can substitute 3oz of any of these protein choices for 1 scoop of Substance WPI if desired.

Fats: all equal to ~5g fat

- Avocado - 1 oz or 28.35g
- Almonds (dry roasted) - 1/3 oz or 1 tbsp or 8.6g (~6 pieces)
- Enova oil - 1 Tsp or 4.5g
- Oil (olive or canola, Enova) - 1 tsp or 4.5g or 0.16 oz
- Peanuts - 1/3 oz or 9.36g (~10 pieces)
- Peanut/Almond butter (smooth or crunchy) - 2 tsp or 0.38 oz or 10.6g
- Salad dressing (Light, reduced-fat) - 2 Tbsp or 30g
- Smart Balance spread - 1 tbsp or 14g
- Walnuts - 1Tbsp or 1/4 oz or 7.5g

Our preferred sources of fat are Almond Butter, Almonds, Avacado and Peanut Butter.

Based on the calorie equation above, here are different Cut Diet options depending on the individual.

*Unless noted, measurements are based on cooked or steamed food.

Cut Diet 1200

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
1 whole egg
1 oz grilled chicken
1.33 cup steamed spinach
6 almonds
6.5 oz PEELED ruby red grapefruit
- Splenda packets can be used to sweeten if desired

35g protein, 25g carbohydrates, 10g fat

Meal 2

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
4 tsp peanut butter or 12 almonds or 1 oz avocado
1/2 cup steamed Broccoli or green beans or 4 oz steamed asparagus
35g protein, 5g carbohydrates, 5g fat

Meal 3

3 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)

½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
21g protein, 5g carbohydrates, 10g fat

Meal 4

3 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
21g protein, 5g carbohydrates, 10g fat

Meal 5

3 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
6 almonds
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
21g protein, 5g carbohydrates, 5g fat

Meal 6

3 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
1 oz avocado
21g protein, 5g carbohydrates, 5g fat

Protein – 151g = 604 Calories, Carbohydrates (not including Car-

bohydrate night) – 50g = 200 Calories, Fat – 45g = 405 Calories
Total Calories – 1209 Calories NON-carbohydrate night
Total Calories – 1535 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1 cup steamed green beans or 12 oz asparagus = 10g carbohydrates
2. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
3. 2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
4. 12 almonds = 10g fat
5. 4 oz yam or sweet potato = 30g carbohydrates
6. 2 tsp peanut butter or almond butter = 5g fat
   4-6 packets splenda for sweetening

85g Carbohydrates = 340 Kcals, 15g Fat = 135 Kcals

Cut Diet 1500

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
1 whole egg
1 oz grilled chicken
1.33cup steamed spinach
6 almonds
6.5 oz PEELED ruby red grapefruit
– Splenda packets can be used to sweeten if desired
35g protein, 25g carbohydrates, 10g fat

Meal 2

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
4 tsp peanut butter or 12 almonds or 2 oz avocado
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus beans
35g protein, 10g carbohydrates, 10g fat

Meal 3

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
35g protein, 10g carbohydrates, 10g fat

Meal 4

4 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
28g protein, 10g carbohydrates, 10g fat

Meal 5

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
12 almonds
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
35g protein, 5g carbohydrates, 10g fat

Meal 6

4 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
1 oz avocado
28g protein, 5g carbohydrates, 5g fat

Protein – 190g = 760 Calories, Carbohydrates (not including Carbohydrate night) – 65g = 260 Calories, Fat – 55g = 495 Calories
Total Calories – 1515 Calories NON-carbohydrate night
Total Calories – 1938 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

Meal must be eaten in this order.

1. 1.5 cup steamed green beans or 12 oz asparagus = 15g carbohydrates
2. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
3. 2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
4. 12 almonds = 10g fat
5. 6 oz yam or sweet potato = 45g carbohydrates
6. 4 tsp peanut butter or almond butter = 10g fat
   4-6 packets splenda for sweetening

105g Carbohydrates = 420 Kcals, 20g Fat = 180 Kcals

Cut Diet 1800

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
1 whole egg
1 oz grilled chicken
1.33 cup steamed spinach
12 almonds
6.5 oz PEELED ruby red grapefruit
– Splenda packets can be used to sweeten if desired
35g protein, 25g carbohydrates, 15g fat

Meal 2

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 tbsp peanut butter or 18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds
35g protein, 10g carbohydrates, 10g fat

Meal 4

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or

Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds
35g protein, 10g carbohydrates, 10g fat

Meal 5

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
12 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
35g protein, 25g carbohydrates, 10g fat

Meal 6

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4oz asparagus
1 oz avocado
35g protein, 5g carbohydrates, 5g fat

Protein – 214g = 856 Calories, Carbohydrates (not including Carbohydrate night) – 85g = 340 Calories, Fat – 65g = 585 Calories
Total Calories – 1781 Calories NON-carbohydrate night
Total Calories – 2236 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb

Meal must be eaten in this order.

1. 1.5 cup steamed green beans or 12 oz asparagus = 15g carbohydrates
2. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
3. tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
4. 12 almonds = 10g fat
5. 8 oz yam or sweet potato = 60g carbohydrates
6. 2 tsp peanut butter or almond butter = 10g fat
   4-6 packets splenda for sweetening

120g Carbohydrates = 480 Kcals, 20g Fat = 180 Kcals

Cut Diet 2000

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
1 whole egg

2 oz grilled chicken breast
1.33 cup steamed spinach
12 almonds
6.5 oz PEELED ruby red grapefruit
– Splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 15g fat

Meal 2

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 tbsp peanut butter or 18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 tbsp peanut butter or 18 almonds
42g protein, 10g carbohydrates, 15g fat

Meal 4

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds
42g protein, 10g carbohydrates, 10g fat

Meal 5

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
12 almonds
6.5 oz PEELED ruby red grapefruit
– splenda packets can be used to sweeten if desired
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 25g carbohydrates, 10g fat

Meal 6

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4oz asparagus
1 oz avocado
35g protein, 5g carbohydrates, 5g fat

Protein – 245g = 980 Calories, Carbohydrates (not including Carbohydrate night) – 85g = 340 Calories, Fat – 70g = 630 Calories

Total Calories – 1950 Calories NON-carbohydrate night
Total Calories – 2495 Calories – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates

2. ¾ cup oatmeal (measured dry then add water and microwave) = 45g carbohydrates
3. 2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
4. 18 almonds = 15g fat
5. 6 oz yam or sweet potato = 45g carbohydrates
6. 2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

120g Carbohydrates = 480 Kcals, 30g Fat = 270 Kcals

Cut Diet 2500

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
1 whole egg
2 oz grilled chicken
1.33 cup steamed spinach
4 tsp peanut butter or 12 almonds
6.5 oz PEELED ruby red grapefruit
– splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 15g fat

Meal 2

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 tbsp peanut butter
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 tbsp peanut butter or 18 almonds
42g protein, 15g carbohydrates, 15g fat

Meal 4

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 tbsp peanut butter or 18 almonds
42g protein, 10g carbohydrates, 15g fat

Meal 5

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 6

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
3 oz avocado or 18 almonds
6.5 oz PEELED ruby red grapefruit
– splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 15g fat

Meal 7

5 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
2 oz avocado or 12 almonds
35g protein, 5g carbohydrates, 10g fat

Protein – 287g = 1148 Calories, Carbohydrates (not including Carbohydrate night) – 100g = 400 Calories, Fat – 100g = 900 Calories

Total Calories – 2448 Calories NON-carbohydrate night
Total Calories – 3068 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates
2. ¾ cup oatmeal (measured dry then add water and microwave) = 45g carbohydrates
3. tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
4. ¾ tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
5. 18 almonds = 15g fat
6. 8 oz sweet potato = 60g carbohydrates
7. 2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

150g Carbohydrates = 600 Kcals, 30g Fat = 270 Kcals

Cut Diet 3000

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
1 whole egg
2 oz grilled chicken
1.33 cup steamed spinach
2 tbsp peanut butter or 18 almonds or 3 oz avocado

6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 20g fat

Meal 2

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
24 almonds
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
42g protein, 20g carbohydrates, 20g fat

Meal 3

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
4 oz avocado or 24 almonds
42g protein, 15g carbohydrates, 20g fat

Meal 4

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
4 oz avocado or 24 almonds
42g protein, 15g carbohydrates, 20g fat

Meal 5

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
24 almonds
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
42g protein, 15g carbohydrates, 20g fat

Meal 6

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 oz avocado + 6 almonds or 3 oz avocado or 18 almonds
6.5 oz PEELED ruby red grapefruit
– splenda packets can be used to sweeten if desired
49g protein, 25g carbohydrates, 15g fat

Meal 7

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
3 oz avocado or 18 almonds or 2 oz avocado + 6 almonds
49g protein, 15g carbohydrates, 15g fat

Protein – 308g = 1232 Calories, Carbohydrates (not including Carbohydrate night) – 130g = 520 Calories, Fat – 130g = 1170 Calories

Total Calories – 2922 Calories NON-carbohydrate night
Total Calories – 3521 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates
2. 1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates
3. tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
4. ¾ tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
5. 18 almonds = 15g fat
6. 10 oz yam or sweet potato = 75g carbohydrates
7. 2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

180g Carbohydrates = 720 Kcals, 30g Fat = 270 Kcals

Cut Diet 3500

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
2 whole eggs
2 oz grilled chicken
2-2/3 cup steamed spinach
2 tbsp peanut butter or 18 almonds or 3 oz avocado
6.5 oz PEELED ruby red grapefruit
– splenda packets can be used to sweeten if desired
49g protein, 30g carbohydrates, 25g fat

Meal 2

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 3

8 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
56g protein, 20g carbohydrates, 25g fat

Meal 4

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 5

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
49g protein, 30g carbohydrates, 20g fat

Meal 6

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Meal 7

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Protein – 351g = 1404 Calories, Carbohydrates (not including Carbohydrate night) – 150g = 600 Calories, Fat – 160g = 1440 Calories

Total Calories – 3444 Calories NON-carbohydrate night
Total Calories – 4118 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates
2. 1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates
3. 4 tbsp raisins or 13 oz grapefruit = 30g carbohydrates
4. 2 tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetenin
5. 18 almonds = 15g fat
6. 12 oz sweet potato = 90g carbohydrates
7. 2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

210g Carbohydrates = 840 Kcals, 30g Fat = 270 Kcals

Cut Diet 4000

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1

6 egg whites
2 whole eggs
2 oz grilled chicken
2-2/3 cup steamed spinach
2 tbsp peanut butter or 18 almonds or 3 oz avocado
6.5 oz PEELED ruby red grapefruit
– splenda packets can be used to sweeten if desired
49g protein, 35g carbohydrates, 25g fat

Meal 2

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 3

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or

Tuna (albacore packed/canned in water)
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 4

6 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
42g protein, 20g carbohydrates, 25g fat

Meal 5

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds or 30 almonds or 2 oz avocado + 18 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
49g protein, 35g carbohydrates, 25g fat

Meal 6

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 20g carbohydrates, 20g fat

Meal 7

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Meal 8

7 oz grilled chicken breast or halibut/tilapia or Sirloin fillet or Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Protein – 386g = 1544 Calories, Carbohydrates (not including Carbohydrate night) – 180g = 720 Calories, Fat – 185g = 1665 Calories

Total Calories – 3929 Calories NON-carbohydrate night
Total Calories – 4663 Calories – Carbohydrate nights

Every 24th meal is the Carb meal. It is the last meal and it replaces Meal 8. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates
2. 1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates
3. 4 tbsp raisins or 13 oz grapefruit = 30g carbohydrates
4. 2 tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
5. 18 almonds = 15g fat
6. 14 oz sweet potato = 105g carbohydrates
7. 2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

225g Carbohydrates = 900 Kcals, 30g Fat = 270 Kcals

When to Use Certain Food Choices

At four weeks out, it is SHOWTIME! Here are the preferred food choices for these critical weeks:

- Halibut
- Tilapia
- Chicken
- Egg Whites
- Asparagus
- Spinach
- Green Beans
- Avocado
- Almonds
- Almond Butter
- Peanut Butter (sparingly)

Chapter 7

Dialing it in for The Big Day
Chuck Rudolph Reveals His Secret Technique

Whether it's for a bodybuilding contest, a photo shoot or just to look as good as you can for one particular day, this is the best way to showcase your lean mass and lack of bodyfat. This is a 7 day program (considering you have been following the Cut Diet for the previous weeks leading to your target day) meant to get you looking your very best for that target day.

You may be asking why we eat certain foods leading into the show. Well, here are the reasons:

- Cheesecake is typically loaded with fat and sugar. At this point in the diet your body wants all the carbohydrates it can get. Since you are carb depleted and water

depleted, this sugar/fat combo will begin to fill up your muscles with glycogen as well as any lingering water…

- The red wine is alcohol, a natural diuretic and as a bonus, it tastes damn good with the fillet!

- There is no water intake around this meal or with the cheesecake to avoid any possible "spill-over".

What to Eat if You're Lactose Intolerant Instead of the Cheesecake

Scivation President Marc Lobliner competed using cheesecake as his carb up "goody" and found himself in a gastrointestinal battle with reality. This is not the time you want to disrupt anything "down there". Thus, we have scoured the internet and in his own hunt for a perfect chocolate, lactose-free cake, Marc found this recipe that not only had the fat, carbs and salt to fill him out, but didn't cause any negative side effects. If you can find a store-bought, lactose-free cake, go for it. But if you're like us and like to control the ingredients, this recipe just might be the thing you're after!

LACTOSE-FREE CHOCOLATE CAKE WITH CRUMB TOPPING

1-1/2 cups all-purpose flour
1 cup sugar
1/4 cup Cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1 cup water
1/4 cup plus 2 tablespoons vegetable oil or Enova Oil
1 tablespoon white vinegar
1 teaspoon vanilla extract
CRUMB TOPPING (recipe follows)

Heat oven to 350°F. Grease and flour 9-inch square baking pan. In large bowl, stir together flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar and vanilla, beat with spoon or whisk just until batter is smooth and ingredients are well blended. Pour batter into prepared pan. Sprinkle CRUMB TOPPING over batter. Bake 35 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack.

CRUMB TOPPING: In small bowl, stir together 1/2 cup graham cracker crumbs, 1/4 cup chopped nuts and 2 tablespoons melted butter (salted or unsalted).

The Worst Two Words in Bodybuildng Contests, “Spill Over.”

At this point in the diet and exercise plan, “spill-over” will not likely occur until 24-36 hours after this sugar, carb, fat frenzy. What happens here is, because you have depleted your body of most of its water, now that you are loading up and eating these carbohydrate and fat laden foods, they go directly into your muscles and they bring in any left over water present, thus filling up the muscle for that "Full” look and “Drying Out" your skin. This helps provide the illusion of paper-thin skin and tight, full muscles.

Week out from Show

7th Day out CARB LOAD – This Carb Meal (the normal Carbohydrate Meal you have been doing the past 12-16 weeks) should be planned out so it occurs on the day one week prior to event. No water intake 60 minutes prior to the Carb Meal or after the Carb Meal. Get all of your water in 60 minutes before the Carb Meal. 60 minutes after the Carb Meal, you can drink four to six ounces of water.

6th day out – Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated

calf raises. Perform your regular cardio routine.
Salt everything (10-12 shakes of a salt shaker every meal)
99mg potassium every four hours
2.5-3 gallons of water throughout the day
Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

5th day out - Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug, standing barbell or cable curl, lunges and standing calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker every meal)
99mg potassium every four hours
2.5 gallons of water throughout the day
Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

4th day out – Can do 6th day out routine which was Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform the following cardio routine:

Cardio 30-35 minutes + 10-15 minutes posing practice
Salt everything (10-12 shakes of a salt shaker every meal)
99mg potassium every three hours
2 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

CARB LOAD – NO WATER intake 60 minutes prior to the Carb Meal or 60 minutes after the Carb Meal.

3rd day out – Can do 5th day out weight routine without leg training which was: Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug and standing barbell or cable curl, lunges and standing calf raises.

Perform the following cardio routine:

Light Cardio 30-35 minutes + 20 min posing practice
We are not training legs to avoid any water retention or swelling

of the legs for the big day.
Salt everything UP to 6:00 PM (10-12 shakes of a salt shaker every meal up to 6 PM)

99mg potassium every two - three hours
1.5 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

2nd day out

15 – 20 minutes posing practice – NO Weights and 20-25 minutes of Cardio if Desired.
99mg potassium every two hours
1-1.5 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

0.5 gallons of water throughout the day
Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Day before Show

15 – 20 minutes posing practice – NO Weights, No Cardio.
NO SALT AT ALL – all foods are plain, fresh (not frozen or processed) and dry, dull, bland
99mg potassium every two hours
0.5-0.75 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Night Time Meal: Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal maybe started early and cut in half to be consumed over a 4-4.5 hr period. It maybe too much food at one time and the "nibbling" effect has indicated better results. The last meal (INSTEAD OF NORMAL CARB LOAD) is the following: Six to ten oz LEAN Fillet or Halibut - no salt, no seasoning, no marinade.

One to two cup steamed asparagus/spinach - NO SALT
12-15 oz baked potato or sweet potato - NO SALT
One to Two tbsp UNSALTED butter or almond butter
Six to Ten oz Red Wine (if applicable)

- 1.5 Hrs AFTER this meal - One large slice DENSE cheesecake (If not lactose intolerant) or RICH chocolate cake that is sugary, fatty and salty (last bite 45-60 minutes before lying down to sleep). The size should NOT bloat you nor stuff you. This should be eaten slowly and enjoyed as well as leave you "wanting more" so you are not too full. BE SURE TO HAVE AN ADDITIONAL STEAK/CHICKEN/HALIBUT AND SLICE OF CHEESECAKE or CHOCOLATE CAKE for the morning.

EARLY Breakfast Day of Show: To be nibbled on to avoid bloated feeling

1-2 whole eggs
Three to five oz steak
½ - ¾ cup oatmeal or 4-6 oz baked sweet potato
½ of the cheese cake or chocolate cake
Two tbsp honey
99mg potassium every two hours
0.5-0.75 gallons of water throughout the day – Here is the tricky

part. Your body needs water to FILL UP the muscles; however it's a fine line of when you add salt to foods as well as begin to gradually add water on competition day. The rule of thumb is if you feel great about how you look keep water minimal and away from food intake. If you feel flat then consume water three to five oz every 45-60 minutes and three to five salt shakes onto nibbled food or you can use Gatorade (with the electrolytes and sodium) four to six oz every 45-60 minutes.

PLEASE NOTE: These are tips that may work for you or you may try different approaches as you learn your body.

The key is PAYING ATTENTION TO DETAIL, especially the last week.
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Food to bring with Day of Show (nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED:
Other half of cheese cake/chocolate cake
Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Keep away from food intake. This is loaded with carbohydrates and electrolytes and can help fill you back up.
Baked sweet potatoes
Lean protein (boiled chicken or more of the steak/halibut)

Almond butter
Snickers candy bar – eat 30-45 minutes prior to getting on stage of both prejudging (morning show) and finals (night show)

Playing it Safe

Some of us got into this lifestyle and regardless of purposes of filling out and looking good for one day, like to maintain our healthy lifestyle and avoid things like cake! Scivation President Marc Lobliner found out there was a reason he didn't eat cheesecake beyond a fear of getting fat before his first show—lactose intolerance! By subjecting yourself to foods you are not used to, you can elicit a reaction that can be unpredictable. Well, Scivation has a solution for this and the program is right here!

The CLEAN Night-Before Carb Up, Lobliner-Style!

CLEAN Night Time Meal: Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal may be started early and cut in half to be consumed over a 4-4.5 hr period. It might be too much food at one time and the "nibbling" effect has indicated better results. The last meal (INSTEAD OF NORMAL CARB LOAD) is the following:

Six to ten oz LEAN Fillet/Halibut/Chicken - no salt, no seasoning, no marinade.

One to two cup steamed asparagus/spinach - NO SALT
12-15 oz sweet potato - NO SALT
Two tbsp of almond butter
Six to Ten oz Red Wine (optional, but recommended)

- 1.5 Hrs AFTER this meal – More sweet potato and almond butter with NO protein to avoid insulin spike.

CLEAN EARLY Breakfast Day of Show: To be nibbled on to avoid bloat feeling

1-2 whole eggs
Three to five oz steak/chicken/halibut
½ - ¾ cup oatmeal
Two tbsp honey

99mg potassium every three hrs
1 – 1.5 gallons of water throughout the day
100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Food to bring with Day of Show

(nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED):

Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Just keep away from food intake.
Baked sweet potatoes
Lean protein (Steak/Boiled Chicken/Halibut)
Almond butter
Snickers candy bar – eat 30-45 minutes prior to getting on stage. If allergic to peanuts or you just don't like the idea of eating candy bars, simply have more sweet potato and almond butter.

The Big Day—Enjoy It!

You've done it! The Cut Diet and training program has helped you get in SHOWTIME condition. Now get on stage and show those abs!

People all respond differently. If you need any advice or clarification on how to tweak the Cut Diet to your own needs, please visit http://www.scivation.com and go into the Cut Diet forums. Here, you can receive guidance and help from your peers as well as the authors of this book.

What To Do AFTER The Show

After the show, the diet must change to a more balanced/lifestyle approach to get you back to your maintenance calories or gradually get you to the caloric intake for your next goals without the DRASTIC BLOAT or severe weight gain. What we recommend is gradually adding 200 calories per day for a week on workout days and 100 calories per day for a week on non-workout days. Then each week add another 100 calories to workout days and 100 calories every other week on non-workout days until you reach your desired maintenance caloric intake. These calories can come from lean protein (one to three servings), healthy fats (one to two servings) and good carbohydrates (one to three servings). When adding in carbohydrates, start with breakfast first and gradually add carbs up to meal three, then meals four and on should be vegetables, protein and fat. When you reach your desired caloric intake for your next goal, your non-workout day calories should be 400-600 calories less than your workout day calories and your carbohydrates should be reduced as well on this day.

Chuck Rudolph MEd, RD

Chuck Rudolph is a Registered Dietitian and holds a Masters degree in Nutrition Education with concentration in Biochemistry. Chuck is a Nutritional Research Investigator and Nutritional Product Developer for Scivation/PrimaForce - an elite nutritional research and supplement company. At Scivation/PrimaForce, Chuck is currently involved with the research and the development of innovative nutritional supplements directed at utilizing cutting edge nutrients for enhanced wellness and performance. Chuck is also the Director of Sports Nutrition at the Cutting Edge Athletics training facility in Southern California, Nutrition Consultant/Lifestyle Dietitian for OCFitnessBootCamp.com and the Co-founder of DietsByChuck.com.

Being a former college athlete, Chuck Rudolph's expertise is directed at enhancing sports performance through superior nutrition planning and sufficient supplementation. He has developed successful meal plans for various professional, college and high school athletes. Chuck has authored and co-authored various published scientific articles that are written for health care practitioners and consumers. Currently, his personal interests involve novelty formulations for sports fitness and recovery, weight management, cardiovascular and liver health and antioxidant protection.

Through his efforts, Chuck Rudolph MEd, RD has acquired an excellent reputation for his ability to assess and implement nutritional excellence. His years of practical and clinical experience have given him a unique ability in connecting together the disparity between nutrition science and its application for optimal physical wellness and performance.

Marc Lobliner

Marc Lobliner is the President of Scivation, Inc. He is a Certified Personal Trainer with over eight years of experience in the Health and Fitness Industry--including over four years with Weider Publications.

Marc's education is in Marketing having attended college at California Lutheran University in Thousand Oaks, CA. as a Marketing Communications major and also graduating Cum Laude with a BS in Marketing.

Sean Kane

Sean Kane is a dedicated professional with an extensive educational and specialized background in developing advanced training programs for amateur and professional athletes (NFL, MBL, NHL, NBA, USTA). Sean is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA); as well as a Performance Enhance-

ment Specialist and Corrective Exercise Specialist through the National Academy of Sports Medicine (NASM); a United States Weightlifting Club Coach with Team Southern California (USAW); in addition to being a Titleist Performance Institute Certified Golf Fitness Instructor (TPI-CGFI).

Sean graduated from California University Pennsylvania with a Masters Degree in Athletic Performance and Injury Prevention. He completed his undergraduate work at California State University, Fullerton in Kinesiology with an emphasis in Exercise Physiology and Athletic Training. He has co-authored two books with Scivation/Prima Force Nutrition to increase strength gains and to increase muscle mass. In addition, Sean has been a guest lecturer with Chapman University and Fullerton College. Furthermore, he is heading up the performance rehabilitation programming for the LARS ligament replacement procedure performed in Austria. Sean is committed to maximizing the athletic potential of all athletes through the most current research in the field of Exercise Science.

Derek Charlebois

Derek "The Beast" Charlebois is an ACE certified personal trainer, competitive bodybuilder, and holds a Bachelor's degree in Exercise Science from The University of Michigan. Derek is the Promotions Coordinator/R&D at Scivation/Primaforce and is involved in coordinating promotions, research and development,

advertising, and marketing. Derek is an accomplished author with articles on such websites as Bodybuilding.com, Bulknutrition.com, the online magazines StrengthAndScience.com and MusclesAndCuts.com. Derek is available for online personal training. His website is www.beastpersonaltraining.com.

Game Over

The Final Showtime Cut Diet You'll Ever Need!
Volume 3

In an upscale training facility catering to collegiate and professional athletes located in Southern California, Chuck Rudolph, MEd, RD has spent the last thirteen years perfecting his diet and nutrition strategies. Chuck has helped many elite athletes, including professional bodybuilders, obtain their best physiques ever. In Game Over, Chuck takes you through all of the steps in the Cut Diet including diet, training and supplementation in a 16 week showtime program in collaboration with industry experts Marc Lobliner, President of Scivation, Inc.; Derek Charlebois; and elite trainer Sean Kane. If you're ready to take your physique to the next level for a show or even just to show some abs this summer, Game Over is the guide you need!

"Chuck Rudolph, MEd, RD provides a unique and non-traditional approach for attaining a leaner physique. This information won't be found in that dietetics manual collecting dust on your bookshelf! So read Chuck's Game Over: The Final Showtime Cut Diet You'll Ever Need! and see if it brings you one step closer to the physique you want."

-Jose Antonio, Ph.D., CEO of the International Society of Sports Nutrition

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