



Lean in a Hurry

By Eric Buratty, CPT

*Your Final Resort for Feeling Vacation-Ready,
Impressing Others in Your Wedding Dress or Tux
and Looking Good Enough to Hook Up*

FITNESS

ADVISORY

EXPLICIT RESULTS



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First – A Friendly Legal Reminder!

Disclaimer:

The information presented herein is in no way intended as medical advice nor is it a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Please consult your physician before beginning this nutrition and exercise protocol or any other fitness programs adapted for fat loss. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time consulting with Eric Buratty Fitness, LLC, you are agreeing to accept full responsibility for your actions.

By accepting this comprehensive nutrition and exercise outline tailored to your lifestyle, you recognize that despite all precautions on the part of Eric Buratty Fitness, LLC, there are risks of injury or illness which can occur because of your use of aforementioned information, and you expressly assume such risks and waive, relinquish and release any claim which you may have against Eric Buratty Fitness, LLC, or any of its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this program.

Workout Game Plan & Structure

Three Days Low Impact Cardiovascular Activity + Three Days Strength Training + One Day Stress Restoration

Sunday, Tuesday, Thursday OR Saturday (Your Pick)

- *Beginner* – Brisk Walking
- *Intermediate* – Brisk Walking on Incline
- *Advanced* – Fast Jog Intervals on Incline

Monday, Wednesday & Friday

- *Beginner* – “Stress-Flexing Warm-Up”
+ Adjusted Weighted Circuit
- *Intermediate* – “Stress-Flexing Warm-Up”
+ Adjusted Weighted Circuit
- *Advanced* – “Stress-Flexing Warm-Up”
+ Adjusted Weighted Circuit

Thursday OR Saturday (Your Pick)

→ Off-Day (All Individuals) – Stress Restoration Day

- *Soft Tissue Foam Rolling*
- *Proactive Stretching for Power Muscle Areas*
- *Contrast Recovery Shower*
- *Weekly Food Preparation as Necessary*

Sunday

Beginner

Activity	Duration
Brisk Walking (indoor/outdoor)	30 min.

Intermediate

Activity	Duration
Brisk Walking on Incline (Treadmill – set incline @ 12-15%)	30 min.

Advanced

Activity	Duration
Fast Jog Intervals on Incline	30 min.
Start Treadmill & Walk Casually	2 min.
Increase Speed to 7 mph & Set Incline to 12% while standing on side belt	----
Jog at fully adjusted speed	20 sec.
Jump back onto treadmill sides	10 sec.
Repeat	
Walk casually to cool down	2 min.

Stress-Flexing Warm-Up

The following warm-up is to be completed **by ALL individuals before EVERY workout.**

A. Around-the-World Stretch, 10 reps (5 each direction)
B. Rollback into V-Sit Reach, 10 reps
C. Pointer Dog, 10 reps (each side)
D. Yoga Plex, 10 reps (each side)
E. Side Windshield Wipers, 10 reps
F. Yoga Push-Up, 10 reps
G. Side Lunges, 10 reps (each side)
H. Post Support High Kicks, 10 reps (each side)
I. Side Turns, 10 reps (5 elbows, 5 wide arms)
J. Jumping Jax, 100 reps

Monday

Beginner

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	Bodyweight Squat to Box or Bench (arms out in front), 8 reps
A2.	Smith Machine (guided) Overhead Press Throw, 8 reps
A3.	Prontated (overhand grip) Bent-Over Row w/ Cable, 8 reps (squeeze & hold)
Bonus Abs Work	
B.	Slow Crunches on Stability Ball, 20 reps total

Intermediate

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	DB Goblet Squat, 8 reps
A2.	DB Overhead Press, 8 reps
A3.	DB Bent-Over Row to Torso Sides, 8 reps (squeeze & hold)
Bonus Abs Work	
B.	Controlled Stability Ball Mountain Climbers, 20 reps total (each side)

Advanced

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	Barbell Front Squat (clean grip), 8 reps
A2.	Barbell Push Press, 8 reps
A3.	Barbell Bent-Over Row @ 90°, 8 reps (squeeze & hold)
Bonus Abs Work	
B.	Controlled Accordions, 20 reps total

Tuesday

Beginner

Activity	Duration
Brisk Walking (indoor/outdoor)	20 min.

Intermediate

Activity	Duration
Brisk Walking on Incline (Treadmill – set incline @ 12-15%)	20 min.

Advanced

Activity	Duration
Fast Jog Intervals on Incline	20 min.
Start Treadmill & Walk Casually	2 min.
Increase Speed to 7 mph & Set Incline to 12% while standing on side belt	----
Jog at fully adjusted speed	20 sec.
Jump back onto treadmill sides	10 sec.
Repeat	
Walk casually to cool down	2 min.

Wednesday

Beginner

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	Leg Press (guided) Machine, 8 reps
A2.	Bodyweight Close Hand Width Push-Up on Wall or Smith Machine Bar, 8 reps
A3.	Bent-Over Row w/ Cable to Torso Sides, 8 reps (squeeze & hold)
Bonus Abs Work	
B.	Slow-Motion Side-to-Sides @ Crunch Position on Floor, 20 reps total

Intermediate

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	DB Reverse Lunge, 8 reps (each side)
A2.	Barbell Close-Grip Bench Press, 8 reps
A3.	Bodyweight Inverted Row (supinated/underhand grip with Smith Machine Bar; elevated feet for men/floor variation for women, squeeze & hold), 8 reps
Bonus Abs Work	
B.	Slow-Motion Bicycle Sit-Ups, 20 reps total (each side)

Advanced

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	Sumo Deadlift, 8 reps
A2.	Bodyweight OR Weighted Dip, 8 reps (elbows tucked in)
A3.	Bodyweight OR Weighted Pull-Up (wide-grip for Men, narrow grip for Women), 8 reps (squeeze & hold)
Bonus Abs Work	
B.	Controlled Ab-Wheel/Barbell Rollouts, 20 reps total

Thursday OR Saturday (Your Pick)

Beginner

Activity	Duration
Brisk Walking (indoor/outdoor)	10 min.

Intermediate

Activity	Duration
Brisk Walking on Incline (Treadmill – set incline @ 12-15%)	10 min.

Advanced

Activity	Duration
Fast Jog Intervals on Incline	10 min.
Start Treadmill & Walk Casually	2 min.
Increase Speed to 7 mph & Set Incline to 12% while standing on side belt	----
Jog at fully adjusted speed	20 sec.
Jump back onto treadmill sides	10 sec.
Repeat	
Walk casually to cool down	2 min.

Friday

Beginner

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	Squat-to-Box or Bench-to-Overhead Press w/ Medicine Ball, 8 reps
A2.	Smith Machine (guided) Flat Bench Press Throw, 8 reps
A3.	Smith Machine (guided) Decline Bench Press Throw, 8 reps
A4.	Cable Bicep Curl, 8 reps (squeeze arms tight)
Bonus Abs Work	
B.	Feet Elevated 6" Slow-Motion 'Vertical Scissors,' 20 reps total

Intermediate

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	KB Sumo Deadlift High-Pull, 8 reps
A2.	Barbell Flat Bench Press, 8 reps
A3.	Barbell Decline Bench Press, 8 reps
A4.	KB Bicep Curl, 8 reps (squeeze arms tight)
Bonus Abs Work	
B.	Slow Sit-Ups from Decline Bench, 20 reps total

Advanced

Complete the following circuit **five times**.

Main Complex	Exercise
A1.	Barbell Back Squat, 8 reps
A2.	DB Flat Bench Press, 8 reps
A3.	DB Decline Bench Press, 8 reps
A4.	DB Bicep Curl, 8 reps (squeeze arms tight)
Bonus Abs Work	
B.	Dragon Flag on Decline Bench, 20 reps total

Stress Restoration Day

(Thursday OR Saturday – Your Pick)

The following soft tissue work and stretches are to be completed **by ALL individuals**.

I. Tennis Ball Roll on Butt (Glutes), completely loosen tender areas
II. <i>Foam Rolling Series</i>
A. Backside
1. Butt (Glutes)
2. Hammies (Back Upper Portions of Leg)
3. Spine (Upper/Lower Back)
B. Frontside
1. IT bands (sides of leg)
2. Thighs (front upper portions of leg)
3. Inner Thigh (groin region)
III. Static Stretching
A. Glute Stretch (2 x 15 sec. hold)
B. Hip Flexor Stretch (2 x 15 sec. hold)

A **contrast shower** can greatly enhance recovery by reducing the inflammation response to stress placed on your body throughout the week.

Water Temperature Adjustment	Duration
Start/End Shower with Warm/Hot Water	5-10 min.
Expose Entire Body to Coldest Possible Water	3-5 min.

Nutrition Game Plan & Structure

Two-to-Three Main Meals EVERY DAY + Lean Muscle Preserving/Recovery-Enhancing Workout Nutrition

Sunday, Tuesday, Thursday OR Saturday (Your Pick)

→ **Two** main meals w/ Protein + Fat “Weapons-of-Choice”

→ **One** main meal **AFTER** exercise w/ Protein + Vegetable/Starchy Carbohydrate “Weapons-of-Choice”

Monday, Wednesday & Friday

→ **One** main meal w/ Protein + Fat “Weapons-of-Choice”

→ **One** main meal **BEFORE** exercise w/ Protein + Lower-Fructose Fruit Carbohydrate “Weapons-of-Choice”

→ **One** main meal **AFTER** exercise w/ Protein + Vegetable/Starchy Carbohydrate “Weapons-of-Choice”

Thursday OR Saturday (Your Pick)

→ **Two** main meals w/ Protein + Fat “Weapons-of-Choice” **ONLY**

→ **Increase** overall fluid intake by .5 – 1 L in between meals/remainder of day

Your “Weapons-of-Choice”

These are key protein, fat and carbohydrate sources suitable for fat loss. These choices basically increase your resting metabolic rate (i.e., number of calories burned at rest). **The following choices must be included to balance your main meals efficiently and effectively.**

Fat-Mobilizing (Complete) Protein

Grass-Fed Red Meat
Ground beef/buffalo (85-90% lean)
Steak (Sirloin, Top Round, Eye of Round, Filet Minon)
Wild-Caught Fish/Seafood
Filet (salmon, cod, tilapia, haddock, flounder)
Canned in Water (tuna, sardines, mackerel)
Shellfish (crab, lobster, shrimp)
Free-Range (Organic) Chicken/Poultry
Chicken (breast, breakfast sausage, burgers)
Turkey (breast, breakfast sausage, burgers)
Eggs (cage-free/omega-3 variety)
Low-Lactose Dairy
Traditional OR Greek Yogurt (plain, made with low-fat or whole milk AND with no added sugar/fruit)

Essential (Smart) Fat

Raw/Unsalted Nuts & Seeds

Almond, Cashew, Brazil Nut, Walnut, Shredded Coconut
Pumpkin Seed, Sunflower Seed, Ground Flax Seed, Chia Seed

Naturally Occurring Fatty Acids/Oils

Omega-3, Saturated & CLA (in beef, eggs & fish protein sources)
Unrefined Virgin Coconut Oil
Extra-Virgin Olive Oil
Macadamia Nut or Pumpkin Seed Oil

Dairy-Based & Substitutes

Real Butter (unsalted/grass-fed cows)
Dark Chocolate (85% or higher cocoa content)
Soy/Lactose-Free Milk Substitute
(Unsweetened Coconut Milk, Almond Milk, Flax Milk)

Fruit/Vegetable Source (Other)

Avocado
Olive

Enzyme/Antioxidant-Rich (Functional) Carbohydrate

Starchy
Potato Varieties (white, yukon gold, red, sweet)
White Rice Variety (plain, jasmine, basmati)
Brown Rice Variety (plain, jasmine, basmati, red)
“Low-Profile” Whole Grains (sprouted grain bread, quinoa)
Vegetable (Fresh/Frozen—Heated in/on Microwave-Safe Dish)
Leafy Green/Cruciferous (asparagus, broccoli, brussels sprouts/cabbage, cauliflower, kale, spinach)
Colored/Salad Toppers/Other (red onion, red/orange/yellow bell pepper, green/yellow squash, green beans, shitake/portobello mushroom, tomato)
Fruit
Apples (any green or red skin variety)
Berries (raspberries, blueberries, blackberries, strawberries)
Citrus (grapefruit, lemon, lime)
Prunus Family (peach, plum, nectarine)
Bananas
Cherries, Pineapple

Lifestyle Adjusted Meal Portions

The workouts included in this three-week game plan are **in addition to** whatever lifestyle you currently have. Whether you are **sedentary**, **somewhat active** or **very active**, you'll need to adjust your portion sizes to remain consistent with your lifestyle for the best possible results over the next three weeks.

For simplicity, the three main types of **lifestyles** will **reflect** the overall **experience level** you need to follow with the **workouts** to yield the most benefits.

Lifestyle (<i>Experience Level</i>)	Most Applicable For People Who Are
Sedentary (Beginner)	Seated for the majority of the day/week
Somewhat Active (Intermediate)	Active for designated periods throughout week (e.g., every other day or consistent on weekdays only)
Very Active (Advanced)	Already exercising daily, regularly engaging in outdoor activities and move around at their workplace frequently

Regardless of how family, friends and the media have previously influenced your mindset on what's "healthy" or "unhealthy," the following meal portion templates have been adapted to cover some of the

major variables that affect your energy (i.e., calorie) needs for achieving a leaner body. These include body type (i.e., metabolic/hormonal profile), cultural background, food preferences and intolerances. **Use these templates as a guide for your main meals in the game plan above.**

The Servings Perspective

MALE	<i>Sedentary</i>	<i>Somewhat Active</i>	<i>Very Active</i>
Complete (Fat-Mobilizing) Protein	6 oz.	8 oz.	10 oz.
Essential (Smart) Fat	naturally occurring/by product of protein sources ONLY	1/2 serving	1 full serving
Enzyme/Antioxidant-Rich (Functional) Carbohydrate			
<i>Starchy</i>	1 full serving	1 full serving	2 full servings
<i>Vegetable</i>	Unlimited	Unlimited	Unlimited
<i>Low-Fructose/Low-Impact Fruit</i>	1/2 serving	1 full serving	1 full serving

FEMALE	<i>Sedentary</i>	<i>Somewhat Active</i>	<i>Very Active</i>
Complete (Fat-Mobilizing) Protein	4 oz.	6 oz.	8 oz.
Essential (Smart) Fat	naturally occurring/by product of protein sources ONLY	naturally occurring/by product of protein sources ONLY	½ serving
Enzyme/Antioxidant-Rich (Functional) Carbohydrate			
<i>Starchy</i>	½ serving	1 full serving	1.5 full servings
<i>Vegetable</i>	Unlimited	Unlimited	Unlimited
<i>Low-Fructose/Low-Impact Fruit</i>	½ serving	1 full serving	1 full serving

The Visual Perspective

MALE	<i>Sedentary</i>	<i>Somewhat Active</i>	<i>Very Active</i>
Complete (Fat-Mobilizing) Protein	≈ 1 fist	≈ 1.5 fists	≈ 2 fists
Essential (Smart) Fat	naturally occurring/by product of protein sources ONLY (≈ 1 fist)	≈ 1 Thumb	≈ 1 ping pong ball
Enzyme/ Antioxidant- Rich (Functional) Carbohydrate			
<i>Starchy</i>	≈ 1 baseball	≈ 1 baseball	≈ 2 baseballs
<i>Vegetable</i>	Unlimited	Unlimited	Unlimited
<i>Low- Fructose/Low- Impact Fruit</i>	≈ 1 billiard ball	≈ 2 billiard balls	≈ 2 billiard balls

FEMALE	<i>Sedentary</i>	<i>Somewhat Active</i>	<i>Very Active</i>
Complete (Fat-Mobilizing) Protein	≈ Scant 1 fist	≈ 1 fist	≈ 1.5 fists
Essential (Smart) Fat	naturally occurring/by product of protein sources ONLY (≈ Scant fist)	naturally occurring/by product of protein sources ONLY (≈ 1 fist)	≈ 1 thumb
Enzyme/Antioxidant-Rich (Functional) Carbohydrate			
<i>Starchy</i>	≈ 1 billiard ball	≈ 1 baseball	≈ 1 softball
<i>Vegetable</i>	Unlimited	Unlimited	Unlimited
<i>Low-Fructose/Low-Impact Fruit</i>	≈ 1 billiard ball	≈ 2 billiard balls	≈ 2 billiard balls

The Macro-Energy Perspective

MALE	<i>Sedentary</i>	<i>Somewhat Active</i>	<i>Very Active</i>
Complete (Fat-Mobilizing) Protein	≈ 20 – 25 g	≈ 25 – 35 g	≈ 40 – 45 g
Essential (Smart) Fat	≈ 5 – 10 g	≈ 12 – 17 g	≈ 19 – 24 g
Enzyme/Antioxidant-Rich (Functional) Carbohydrate			
<i>Starchy</i>	≈ 35 g	≈ 35 g	≈ 70 g
<i>Vegetable</i>	Unlimited	Unlimited	Unlimited
<i>Low-Fructose/Low-Impact Fruit</i>	≈ 8 g	≈ 16 g	≈ 16 g

FEMALE	<i>Sedentary</i>	<i>Somewhat Active</i>	<i>Very Active</i>
Complete (Fat-Mobilizing) Protein	≈ 15 – 20 g	≈ 20 – 25 g	≈ 25 – 35 g
Essential (Smart) Fat	≈ 5 – 10 g	≈ 5 – 10 g	≈ 12 – 17 g
Enzyme/ Antioxidant- Rich (Functional) Carbohydrate			
<i>Starchy</i>	≈ 17 g	≈ 35 g	≈ 50 g
<i>Vegetable</i>	Unlimited	Unlimited	Unlimited
<i>Low-Fructose/Low-Impact Fruit</i>	≈ 8 g	≈ 16 g	≈ 16 g

Sample Menus

Male – Sunday, Tuesday,
Thursday OR Saturday (Cardio Workout Days)

Meal Period Lifestyle	<i>Sedentary</i>
<i>Meal One</i>	<ul style="list-style-type: none">• Chicken Sausage (<i>3 Links</i>),• Raw or Steamed Broccoli/Cauliflower Medley (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none">• Grilled/Baked Wild-Caught Salmon (<i>≈ 6 oz.</i>)• Steamed Green Beans (<i>unlimited</i>)<ul style="list-style-type: none">• Baked Potato (<i>1 medium</i>)
<i>Meal Three</i>	<ul style="list-style-type: none">• Grilled Turkey Burger (<i>≈ 6 oz.</i>)• Fresh Salad (<i>unlimited</i> mix of Spinach, Cauliflower, Cucumber, Tomato)

Meal Period Lifestyle	<i>Somewhat Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Chicken Sausage (<i>4 Links</i>), • Raw or Steamed Broccoli/Cauliflower Medley (<i>unlimited</i>) • Small Handful Cashews (<i>≈ ¼ C.</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled/Baked Wild-Caught Salmon (<i>≈ 8 oz.</i>) • Steamed Green Beans (<i>unlimited</i>) <ul style="list-style-type: none"> • Baked Potato (<i>1 large</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Turkey Burger (<i>≈ 8 oz.</i>) • Fresh Salad (<i>unlimited</i> mix of Spinach, Cauliflower, Cucumber, Tomato) • Homemade Salad Dressing (<i>½ Tbsp.</i> Olive Oil, Red Wine Vinegar, Fresh Herbs/Spices of Choice)

Meal Period Lifestyle	<i>Very Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Chicken Sausage (<i>5 Links</i>) • Raw or Steamed Broccoli/Cauliflower Medley (<i>unlimited</i>) • Handful Cashews (<i>≈ ½ C.</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled/Baked Wild-Caught Salmon (<i>≈ 8 oz.</i>) • Steamed Green Beans (<i>unlimited</i>) • Baked Potato (<i>2 medium</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Turkey Burger (<i>≈ 10 oz.</i>) • Fresh Salad (<i>unlimited</i> mix of Spinach, Cauliflower, Cucumber, Tomato) • Homemade Salad Dressing (<i>1 Tbsp.</i> Olive Oil, Red Wine Vinegar, Fresh Herbs/Spices of Choice)

**Male – Monday, Wednesday & Friday
(Weighted Workout Days)**

Meal Period Lifestyle	<i>Sedentary</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • 1 C. Greek Yogurt (plain/whole milk) • 2 Tbsp. Almond or Cashew Butter • Raw Celery and/or Carrots (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Wild Sardines (<i>1 Can – in water</i>) • Frozen or Fresh Blueberries (<i>≈ ½ C.</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Chicken Kabobs (<i>≈ 6 oz. Organic Chicken Breast, unlimited</i> veggie skewers with Green/Yellow Squash, Mushroom, Red Onion) • Jasmine Rice (<i>≈ 1 C. cooked measure (1/4 C. uncooked)</i>)

Meal Period Lifestyle	<i>Somewhat Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • 1 C. Greek Yogurt (plain/whole milk) • 1 C. Traditional Yogurt (plain/whole milk) <ul style="list-style-type: none"> • 3 Tbsp. Almond or Cashew Butter • Raw Celery and/or Carrots (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Wild-Caught Sardines (<i>1.5 Cans – in water</i>) <ul style="list-style-type: none"> • Frozen or Fresh Blueberries (<i>≈ 1 C.</i>),
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Chicken Kabobs (<i>≈ 8 oz. Organic Chicken Breast, unlimited</i> veggie skewers with Green/Yellow Squash, Mushroom, Red Onion) <ul style="list-style-type: none"> • Jasmine Rice (<i>≈ 1 C. cooked measure (1/4 C. uncooked)</i>)

Meal Period Lifestyle	<i>Very Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • 2 C. Greek Yogurt (plain/whole milk) • 4 Tbsp. Almond or Cashew Butter <ul style="list-style-type: none"> • Raw Celery and/or Carrots
<i>Meal Two</i>	<ul style="list-style-type: none"> • Wild-Caught Sardines (<i>2 Cans – in water</i>) <ul style="list-style-type: none"> • Frozen or Fresh Blueberries & Pineapple Mix (<i>≈ 1/3 C. each</i>),
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Chicken Kabobs (<i>≈ 10 oz. Organic Chicken Breast, unlimited veggie skewers with Green/Yellow Squash, Mushroom, Red Onion</i>) <ul style="list-style-type: none"> • Jasmine Rice (<i>≈ 2 C. cooked measure (1/2 C. uncooked)</i>)

**Male – Thursday OR Saturday
(Your Pick – Non-Workout/Off Days)**

Meal Period Lifestyle	<i>Sedentary</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Fried Egg Omelet(3 Cage-Free/Omega-3 Eggs cooked with nonstick/nonfat cooking spray on stove top) • Include Spinach/Tomato/Mushroom/Bell peppers (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled Grass-Fed Sirloin Steak (<i>≈ 6 oz.</i>) • Veggie Stir-Fry over light water coating for non-stick on stove top • Include Broccoli, Shredded Cabbage and Shitake Mushrooms (<i>unlimited</i>)

Meal Period Lifestyle	<i>Somewhat Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Fried Egg Omelet(4 Cage-Free/ Omega-3 Eggs cooked with Coconut Oil (<i>≈ 1 tsp.</i>) for nonstick on stove top) • Include Spinach/Tomato/Mushroom/Bell peppers (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled Grass-Fed Sirloin Steak (<i>≈ 8 oz.</i>) • Veggie Stir- Fry over light water coating & Coconut Oil (<i>≈ 2 tsp.</i>) for non-stick on stove top • Include Broccoli, Shredded Cabbage and Shitake Mushrooms (<i>unlimited</i>)

Meal Period Lifestyle	<i>Very Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Fried Egg Omelet(5 Cage-Free/ Omega-3 Eggs cooked with Coconut Oil (≈ 2 tsp.) for nonstick on stove top) • Include Spinach/Tomato/Mushroom/Bell peppers (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled Grass-Fed Sirloin Steak (≈ 10 oz.) • Veggie Stir- Fry over light water coating & Coconut Oil (≈ 1 Tbsp.) for non-stick on stove top • Include Broccoli, Shredded Cabbage and Shitake Mushrooms (<i>unlimited</i>)

**Female – Sunday, Tuesday,
Thursday OR Saturday (Cardio Workout Days)**

Meal Period Lifestyle	<i>Sedentary</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Chicken Sausage (<i>2 Links</i>), • Raw or Steamed Broccoli/Cauliflower Medley (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled/Baked Wild-Caught Salmon (<i>≈ 4 oz.</i>) • Steamed Green Beans (<i>unlimited</i>) <ul style="list-style-type: none"> • Baked Potato (<i>1 small</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Turkey Burger (<i>≈ 4 oz.</i>) • Fresh Salad (<i>unlimited</i> mix of Spinach, Cauliflower, Cucumber, Tomato)

Meal Period Lifestyle	<i>Somewhat Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Chicken Sausage (<i>3 Links</i>), • Raw or Steamed Broccoli/Cauliflower Medley (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled/Baked Wild-Caught Salmon (<i>≈ 6 oz.</i>) • Steamed Green Beans (<i>unlimited</i>) <ul style="list-style-type: none"> • Baked Potato (<i>1 medium</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Turkey Burger (<i>≈ 6 oz.</i>) • Fresh Salad (<i>unlimited</i> mix of Spinach, Cauliflower, Cucumber, Tomato)

Meal Period Lifestyle	<i>Very Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Chicken Sausage (<i>4 Links</i>), • Raw or Steamed Broccoli/Cauliflower Medley (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled/Baked Wild-Caught Salmon (<i>≈ 8 oz.</i>) • Steamed Green Beans (<i>unlimited</i>) <ul style="list-style-type: none"> • Baked Potato (<i>1 large</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Turkey Burger (<i>≈ 8 oz.</i>) • Fresh Salad (<i>unlimited</i> mix of Spinach, Cauliflower, Cucumber, Tomato) • Homemade Salad Dressing (<i>½ Tbsp.</i> Olive Oil, Red Wine Vinegar, Fresh Herbs/Spices of Choice)

**Female – Monday, Wednesday & Friday
(Weighted Workout Days)**

Meal Period Lifestyle	<i>Sedentary</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • 2 C. Traditional Yogurt (plain/low-fat milk) <ul style="list-style-type: none"> • 1 Tbsp. Almond or Cashew Butter • Raw Celery and/or Carrots (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Wild-Caught Sardines (<i>1 Can – in water</i>) • Frozen or Fresh Raspberries (<i>≈ ½ C.</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Chicken Kabobs (<i>≈ 4 oz. Organic Chicken Breast, unlimited veggie skewers with Green/Yellow Squash, Mushroom, Red Onion</i>) <ul style="list-style-type: none"> • Jasmine Rice (<i>≈ ½ C. cooked measure (1/8 C. uncooked)</i>)

Meal Period Lifestyle	<i>Somewhat Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • 1 C. Greek Yogurt (plain/low-fat milk) • 2 Tbsp. Almond or Cashew Butter • Raw Celery and/or Carrots (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Wild-Caught Sardines (<i>1 Can – in water</i>) • Frozen or Fresh Raspberries (<i>≈ 1/3 C.</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Chicken Kabobs (<i>≈ 6 oz. Organic Chicken Breast, unlimited</i> veggie skewers with Green/Yellow Squash, Mushroom, Red Onion) • Jasmine Rice (<i>≈ 1 C. cooked measure (1/4 C. uncooked)</i>)

Meal Period Lifestyle	<i>Very Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • 1 C. Greek Yogurt (plain/low-fat milk) • 1 C. Traditional Yogurt (plain/low-fat milk) <ul style="list-style-type: none"> • 3 Tbsp. Almond or Cashew Butter • Raw Celery and/or Carrots (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Wild-Caught Sardines (<i>1.5 Cans – in water</i>) • Frozen or Fresh Raspberries & Pineapple Mix (<i>≈ ½ C. each</i>)
<i>Meal Three</i>	<ul style="list-style-type: none"> • Grilled Chicken Kabobs (<i>≈ 8 oz. Organic Chicken Breast, unlimited veggie skewers with Green/Yellow Squash, Mushroom, Red Onion</i>) <ul style="list-style-type: none"> • Jasmine Rice (<i>≈ 1.5 C. cooked measure (3/4 C. uncooked)</i>)

**Female – Thursday OR Saturday
(Your Pick – Non-Workout/Off Days)**

Meal Period Lifestyle	<i>Sedentary</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Fried Egg Omelet(2 <i>Cage-Free/Omega-3 Eggs</i> cooked with nonstick/nonfat cooking spray on stove top) • Include Spinach/Tomato/Mushroom/Bell peppers (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled Grass-Fed Sirloin Steak (<i>≈ 4 oz.</i>) • Veggie Stir-Fry over light water coating for non-stick on stove top • Include Broccoli, Shredded Cabbage and Shitake Mushrooms (<i>unlimited</i>)

Meal Period Lifestyle	<i>Somewhat Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Fried Egg Omelet(3 Cage-Free/Omega-3 Eggs cooked with nonstick/nonfat cooking spray on stove top) • Include Spinach/Tomato/Mushroom/Bell peppers (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled Grass-Fed Sirloin Steak (<i>≈ 6 oz.</i>) • Veggie Stir-Fry over light water coating for non-stick on stove top • Include Broccoli, Shredded Cabbage and Shitake Mushrooms (<i>unlimited</i>)

Meal Period Lifestyle	<i>Very Active</i>
<i>Meal One</i>	<ul style="list-style-type: none"> • Fried Egg Omelet(4 Cage-Free/Omega-3 Eggs cooked with Coconut Oil (≈ 1 tsp.) for nonstick on stove top) • Include Spinach/Tomato/Mushroom/Bell peppers (<i>unlimited</i>)
<i>Meal Two</i>	<ul style="list-style-type: none"> • Grilled Grass-Fed Sirloin Steak (≈ 8 oz.) • Veggie Stir-Fry over light water coating & Coconut Oil (≈ 2 tsp.) for non-stick on stove top • Include Broccoli, Shredded Cabbage and Shitake Mushrooms (<i>unlimited</i>)

Key Habits for Success

Approximately three weeks are necessary to develop new (positive) habits or break old (bad) habits. This means that the next three weeks are your opportunity for a positive life-changing experience. **The following habits will guarantee your success with this program.**

Overall

- Tell your family, your friends—or some enemies. The more people you update on your mindset and progress, the more **responsible** you are about **taking action**. Expect to be watched, admired and ultimately supported.
- Get at least **six and-a-half to seven hours of sleep** EVERY night for maximum results. **Consistently** going to bed and waking up within one or two hours of the same time every day creates the most beneficial **carryover effect** possible for **workout performance** and **metabolic adaptations**.
- Be **open-minded** and **proactive** about your vision. Before officially starting your transformation, expect to be challenged in a way that places you outside of your comfort zone, and make provisions for **saying no** to the **things that distract you** from your plan(s) three weeks from now.

Workouts

- Similar to maintaining positive sleeping habits, schedule your workout within two hours of the same time every day for **consistency** in **remaining motivated** and for the most favorable **adaptation (hormonal)** response.
- **Complete every workout with quality**—from going the extra mile during cardio to performing every rep as if it were your last during the weighted exercises. For maximum results during the weighted circuits, **select a weight** that you can lift **10-12 times while fresh**, and keep **rest periods** between exercises to **10-60 seconds**.
- Use **proper form** and **full range-of-motion** to your advantage in **reducing soreness** and **increasing recovery** from workouts. Feeling “ready for more” the next day is all about **activating healthy blood flow to the whole body**. The higher quality your nutrition and sleep habits are, the healthier balance of blood circulation that will be available in the first place.

Nutrition

- **Make sure that the majority of your beverages contain zero calories. Consume two cups of cold water before and/or after every meal and at least one cup in between.** Let me make it clear that I refuse to recommend alcohol as a positive health habit; you will enhance your overall results by eliminating alcohol all together. However, I realize that only moderation is realistic for some people and that **one** light beer or glass of red wine during/after (NOT before) the evening meal won't impact noticeable progress over this short period.
- **Spice up your dishes!** If variety is the spice of life, culture is the flavor of food. Just because you're incorporating more wholesome, healthful food choices into your diet, that doesn't mean your taste preferences have to be sacrificed all together. Plus—some of the more popular culinary spices and herbs are actually highly recommended (e.g., cinnamon, rosemary, basil, garlic, curry, turmeric, cumin, red pepper, paprika, ginger, mint).
- **Keep meals ridiculously simple, and keep exceptions out of the picture.** I'm aware that the choices I presented in this nutrition game-plan aren't an all-inclusive list of health foods. But they get the job done. And you'll be surprised about how well everything else "falls into place" if you just let these foods "do the work for you." For convenient portion control, use measuring tools as secondary serving utensils.

The Healthy Transition: Key Steps for Long-Term Leanness

Keeping weight off once you lose it is even more important than the process that helped you get there. In order to use your initial transformation as an opportunity for leveraging further progress, you'll have to consider the overall **sustainability** of your **nutrition** and **exercise habits**. This means that you'll have to **adapt to what your body responds best to** as you develop a healthier lifestyle.

We are all different but **not that different**. Being able to stay ahead of the game will involve your putting the following key steps into action.

I. Determine if you are a RULES or FREEDOM type of person.

RULES People

These people have an emotional/psychological attachment to food and exercise, so they thrive on structured plans. In terms of nutrition, they find comfort in knowing how many meals to eat, when to eat them and what food quantities to measure. For exercise, these people are motivated by following exercise prescriptions, rest periods and rep numbers to the letter. Without a specific framework, lower self-esteem and higher anxiety can sneak up and hinder their progress.

FREEDOM People

These people are most uplifted by following general diet and workout principles, so the majority of their results come from “going with the flow.” In terms of nutrition, they find comfort in adjusting their dietary needs to suit a “low-carb” or “low-fat” nutrition profile without further direction. As for exercise, these people gain motivation from regulating their workouts around the exercises/ reps that feel best to their muscles and body on a given day. Whenever too much structure and schedule takeover, less mental relief and greater boredom can interfere with their progress.

II. Nutrition-Related

A. Slightly expand your natural whole foods-based list to select from to remain healthy but not so strict.

Proteins

Grass-Fed Red Meat

Ground beef/buffalo (85-90% lean) & Brisket

Any Cut of Steak (Sirloin, Top Round, Eye of Round, Filet Mignon, Skirt, New York Strip)

Pork & Lamb

Ham, Canadian Bacon, Pork Loin, Pork Chop, Pork Tenderloin

Ground Lamb, Lamb Chop

Wild-Caught Fish/Seafood

Filet (salmon, cod, tilapia, haddock, flounder, roughy, snapper, halibut, sea bass)

Canned in Water (tuna, sardines, mackerel, anchovy)

Shellfish (crab, lobster, shrimp, oysters, clams)

Free-Range (Organic) Chicken/Poultry

Chicken (breast, sausage, burgers, leg, thigh, wing)

Turkey (breast, sausage, burgers, leg, thigh, wing)

Eggs (cage-free, omega-3 variety)

Low-Lactose & Conventional Dairy

Traditional or Greek Yogurt (plain, whole milk)

Cheese (Cottage, Parmesan, Feta, Mozzarella & Ricotta)

Fats

Raw/Unsalted Nuts & Seeds

Almond, Cashew, Brazil Nut, Walnut, Pecan, Pistachio, Hazelnut,
Shredded Coconut, Nut Butters & Nut Flours for Baking
Pumpkin Seed, Sunflower Seed, Ground Flax Seed,
Chia Seed, Sesame Seed

Naturally Occurring Fatty Acids/Oils

Omega-3, Saturated & CLA (in beef, eggs & fish protein sources)
Unrefined Virgin Coconut Oil
Extra-Virgin Olive Oil
Macadamia Nut and Pumpkin Seed Oil
Saturated/Polyunsaturated (Low-Fat/Moderated Cheese Portions)

Dairy-Based & Substitutes

Real Butter (unsalted/grass-fed cows)
Dark Chocolate (85% or higher cocoa content)
Soy/Lactose-Free Milk Substitute
(Unsweetened Coconut Milk, Almond Milk or Flax Milk)
Cheese (Cottage, Parmesan, Feta, Mozzarella & Ricotta)

Fruit/Vegetable Source (Other)

Avocado
Olive

Carbohydrates

Starchy & Legume-Based

Any Potatoes (white "russett," yukon gold, red, sweet)

Any White Rice Variety (plain, jasmine, basmati)

Any Brown Rice Variety (plain, jasmine, basmati, red, noodles, puffed rice cereal & rice cakes)

Any Other Whole Grains (sprouted grain bread, quinoa, steel-cut & old-fashioned oats, buckwheat, pita, pumpernickel, rye)

Beans/Legumes (Black, Kidney, Lima, Navy, Pinto, White, Black-Eyed Peas, Green Peas, Chickpeas)

Vegetable (Fresh/Frozen—Heated in/on Microwave-Safe Dish)

Leafy Green/Cruciferous (asparagus, broccoli, brussels sprouts/cabbage, cauliflower, kale, spinach, okra)

Colored/Salad Toppers/Other (red onion, red/orange/yellow bell pepper, green/yellow squash, green beans, shitake/portobello mushroom, tomato, carrots, beets, pumpkin, rutabaga, butternut squash)

Lower-Fructose/Low-Impact, Conventional Fruit & Extracted Sugars

Apricot, Papaya, Pineapple

Berries (raspberries, blueberries, blackberries, strawberries)

Citrus (grapefruit, lemon, lime)

Prunus Family (peach, plum, nectarine)

Conventional (Apple, Banana, Orange, Grapes, Watermelon, Kiwi, Cherries, Cantaloupe, Honeydew, Mango)

Extracted Sugars (Raw Honey, Vanilla/Banana/Almond Extract)

B. Make sure that the majority of your meals are cooked/prepared by you.

- 1.** Get rid of any foods in your house that make you take steps away from your goal (i.e., highly-processed, extremely long shelf-life items). In other words, stop making junk food available in the first place.
- 2.** Use healthy substitutes in recipes that normally call for lower-quality ingredients (e.g., almond/coconut flour instead of regular processed flour for baking, rice noodles or veggies instead of traditional pasta noodles).
- 3.** Make homemade salad dressings, culinary spices/herbs and zero-calorie condiments a regular part of your balanced meals (e.g., Salad dressing consisting of any oil under fats in food lists above, wine & apple cider vinegars, seeds . . . mustard, zero-calorie hot sauce, horseradish, lemon-juice).

4. Incorporate a **metabolic rebound** into your daily, weekly and/or monthly nutrition plan.

Also known as a natural anabolic rebound, cheating meal period, or intermittent re-feed, a metabolic rebound involves an **intentional but temporary contrast in the number of calories you consume**. The higher amount of energy will primarily come from carbohydrate food choices. When executed properly, the temporary transition from a caloric deficit (i.e., stricter diet) to a surplus (i.e., loose diet) “wakes-up” your metabolism in a way that increases your motivation to stay on track.

Your **current level of leanness** and **activity state** will help you determine **how often** and **when** to incorporate a metabolic rebound into your nutrition plan. Your overall **fitness mentality** will help you choose the most beneficial carbohydrate sources during this period.

This step is particularly helpful during transition periods—such as at the end of a diet/workout program (like this one), over the holidays, during special occasions (birthday parties, restaurant outings) and even plateaus wherein you stop making progress.

IMPORTANT: Don’t be afraid to “eat more” than what you’re accustomed to. Just DON’T eat to the point of discomfort.

Use the following example template and your personality type to apply this step.

Lifestyle (<i>Experience Level</i>)	Frequency	RULES People	FREEDOM People
Sedentary (<i>Beginner</i>)	1x/week (one meal)	4-6 oz. Protein + Veggies (<i>unlimited</i>) + 1 Serving Dessert or Treat of Choice	Low-Fat Meal, 2x Carb Portion
Somewhat Active (<i>Intermediate</i>)	1x/week (full day, all meals)	6-8 oz. Protein + Veggies (<i>unlimited</i>) + 1 Serving Dessert or Treat of Choice	Low-Fat Meals, 2x Carb Portions
Very Active (<i>Advanced</i>)	1x/day (one meal), every other month	8-10 oz. Protein + Veggies (<i>unlimited</i>) + 1 Serving Dessert or Treat of Choice	Low-Fat Meals, 2x Carb Portions

III. Exercise-Related

A. Purposely find ways to do more work beyond your workouts.

Your non-exercise physical activity can make a noticeable difference in year-round bodyfat levels. Any of the following habits would count towards your non-exercise physical activity.

- Parking farther away from store entrances
- Taking the stairs instead of elevators
- Carrying moderate-weighted luggage at the airport (instead of rolling)
- Going for a casual walk in between/after meals

B. Keep workouts *short but intense* – especially when life gets busier.

Sometimes the best workouts you'll ever have are also the ones that are short-and-sweet. They keep you focused and become very sustainable options during stressful days.

C. Select weighted exercises that are standing-oriented and involve larger ranges-of-motion over isolated, shorter movements.

Simply put, weighted exercises stimulate the lean muscle growth that increases your resting metabolic rate. This is because weights teach your mind and body to recruit fast-twitch muscle fibers, which are superior to their slow-twitch counterparts. Slow-twitch muscle fibers help skinny people look good in clothes. Fast-twitch muscle fibers help lean people look good naked.

- Select squat and deadlift variations over seated leg extensions and hamstring curls.
- Select standing overhead presses over seated variations, push-ups before chest machines and bent-over rows ahead of bicep curls.

D. Train in all rep ranges to receive the benefits of all energy systems.

You have probably noticed that the magic number of reps in this program is eight per set. This rep range happens to offer strength and hypertrophy benefits that contribute to lean muscle growth for the majority of exercises performed by both genders. However, you can also have a great workout by training in rep ranges 1-7 and 9-15. Don't be afraid to experiment with these other rep ranges; just be mindful of the total volume that allows you to keep intensity highest. This will basically be the total number of reps/work you can perform during a given workout

without exceeding your capacity to recover—all while keeping rest periods relatively short.

IV. Feel-Good-Related

A. Tell the world.

Staying true to yourself also means keeping it real with the rest of the world. As previously noted, your self-esteem and motivation for staying on track has a lot to do with others noticing your change for the better. Setting an example by taking care of your body creates a positive sphere of influence to others around you.

B. Keep a journal or log to determine what works and what doesn't.

Maintaining an accurate log of your nutrition/exercise habits serves as one of the best and least expensive forms of wellness insurance you can possibly invest in. A log is the ultimate reflection of YOUR habits, priorities and actions and how no one else is going to be the change for YOU. Noting what works and what doesn't keeps you honest toward how much progress you continue to make.

C. Dress for success, and look like a winner.

This may sound cheesy, but having a winning attitude is strongly associated with looking good. Caring about how you look is basically the first indicator of how successful you want to be. Maintaining confidence within your body language and posture also has a large carryover effect in your daily productivity.

D. Stay clean and maintain good hygiene.

Being well-bathed, smelling fresh and keeping your teeth clean actually favors a healthy inflammation response to physical and mental stress. Therefore, having less junk on your body or in your teeth is one of the easiest and most-overlooked ways for staying lean.

Exercise Demonstrations for Workouts

[Lean-in-a-Hurry Workout/Exercise Demos](#)