



# EAT THIS!

THE NO BULLSH\*T GUIDE TO LOSING FAT AND PERMANENT WEIGHT LOSS.

# THANK YOU!

Hello there! Before we dive right into the nuts and bolts of losing fat and permanent weight loss I wanted to take a minute to introduce myself and my beautiful sexy wife Karen. We are drug free professional physique athletes who have been very fortunate to earn numerous awards and accomplishments. Karen's titles include Ms. Figure World, Ms Universe in the same year and 2 X Bikini Universe champ. Although I haven't grabbed those titles yet I will gratefully accept the title of Mr Universe through marriage.

As a team we have coached dozens of fitness models, pro bodybuilders and elite athletes to create their ultimate physique. Our programs have changed the lives of hundreds of everyday folks just like you while inspiring thousands to transform their body and create their best quality of life.

That's pretty much all I will talk about us, if you want more info you can find just about everything your little heart desires over on Google.

This guide is of incredible value as it has been proven hundreds of times over but it's only worth the paper its printed on if you don't take action and work hard daily on implementing the principles outlined for you.

Please don't take my biased word for it, read some of the inspirational stories from the folks who took advantage of the knowledge and experience we shared with them.  
[www.thisisodhi.com/success-stories](http://www.thisisodhi.com/success-stories).

I would like to thank the team over at bodhi especially Karen Monetti, Florence Brudi and Nicole Rittman for their expertise and contribution to making this ebook possible!

## **NO BULLSH\*T.**

The information you are about to read is not meant to treat or cure any medical condition although it may help with high blood pressure, high cholesterol, diabetes, depression and or anxiety. On an even more positive note, you may feel symptoms of self confidence, pride, joy, strength and or happiness. Other symptoms may include frustration, fatigue, hunger, challenges, failures and the feels of wanting to quit; all natural signs of fat loss and permanent weight loss.

I say permanent, because if you follow this guide you will be able to create your best mind, body, spirit and quality of life. I will attempt to describe this transformation process as simple as possible. Your journey will not be easy, but I guarantee it will be worth it.

Oh, and before you begin any nutrition and or exercise program you may want to check with your doctor to ensure you are healthy enough. Consider that your disclaimer.

## **EAT THIS.**

If you were hoping to read about a secret fruit from the jungles of Barbados that enables you to “Burn belly fat fast” or “Literally melt fat instantly” you may be disappointed with this book. Losing fat and permanent weight loss is a process that is simple on paper but not easy to execute. American statistics show that 97% of people who lose weight gain it back and then some, and since I read that on the inter webs, it must be true.

## **YOUR DIET SUCKS**

For real though diets don't work, especially the ones that use the words “rapid” or “fast” when referring to weight loss. It's a lifestyle change blah,blah,blah. How many times have you heard that before? As corny as it is, it's the truth. In order to understand the solution to this, you must learn why your current diet isn't the answer to permanent weight loss.

Besides the fact that most popular diets that circulate these days are geared toward drastically reducing calories and or completely removing one or more of the main sources of nutrients. The "eat this one food only" or "Just drink this shake 4 times a day" concept may fill your need for instant gratification but will ultimately damage your metabolism. There are many reasons why quick fix diets suck, here are the 5 most easily described.

## REASON #1 YOUR DIET SUCKS - YOU CALL IT A "DIET"

Correct me if I'm wrong but, once in a while maybe even once a week you "go off your diet" and have a "cheat meal" often called a binge. This is something you don't "go off of", in fact it is something you must learn and understand completely if you ever want to lose weight and keep it off permanently.

From here on out your diet isn't something you go on and off of. Your diet will now be referred to as your nutrition and something you must be aware of all of the time, yes all of the time. Permanent means forever, therefore you must develop a healthy relationship with food and be aware of what you eat, when you eat and how much you eat. Read that last part again. I'll wait right here for ya.

**EAT THIS LOSE FAT Success Principle** - Learn the *science behind metabolism and fat loss*. We will dive more into how you can figure out what foods you should eat and how much later on, but for now let's chat about a few more reasons why your current diet sucks.

## REASON #2 YOUR DIET SUCKS - YOU LABEL "GOOD" AND "BAD" FOODS

WHAT EVER YOU DO, DON'T EAT THESE FOODS! I heard that one about 2 dozen times. Eliminating certain foods that you love from your lifestyle will not work for permanent weight loss. In the beginning when you are super motivated and disciplined this approach may seem the easiest. Just take all of the "bad" foods out of your diet; pizza, ice cream, steak, wine and the naughty list goes on. I took a guess at which foods you call bad, I could be wrong but I am probably right.

Let me give you a for instance. Your "diet" is going well and you are feeling great. You are losing weight by only eating lean meats, fruits and vegetables. You know, the "good" foods. You think this time will be different, you are on a roll and haven't even missed the midnight ice cream snack attack on the weekends, or that glass of wine with dinner.

And then, you attend a birthday party, wedding or "special" occasion and allow yourself a "cheat" meal after much debate of if you should or not. You go for it. And your "diet" is now ruined so you might as well have a second piece of cake and maybe a third or you head straight for that bag of mini peanut butter chocolate deliciousness that you have been "depriving" yourself from. Enter binge fest. I've been there before, many times actually and I always ended up feeling like shit mentally and physically. I would beat myself up mentally because I lacked discipline and my body felt like a puff of marshmallow; soft, squishy, swollen and bloated.

A lot of quotations I use here, because it's all bullsh\*t. Restricting yourself too much of happy foods will quickly make you unhappy and susceptible to binge eating and most likely roller coaster dieting. You don't have to deprive yourself of eating anything anymore, and wipe away those good and bad food lists you fictionally created.

**EAT THIS LOSE FAT Success Principle** - You will learn about our *Flexible Eating* approach to losing fat and keeping it off later in this book but for now, grab your popcorn and let's move on.

### REASON #3 YOUR DIET SUCKS - YOU COUNT CALORIES

A calorie is a calorie right? So if you just drastically reduce your daily caloric intake you will lose fat. Right? Wrong. You may lose weight but it won't always be fat, sometimes it will be muscle and we all know how important muscular strength is.

Calories are described as units of nutritional energy. This means everything we eat has a nutrient value attached to it, coming from protein, carbohydrates and fats. For example; every gram of protein we eat contains 4 calories, every carbohydrate we eat contains 4 calories and every gram of fat we eat contains 9 calories.

Our bodies need a nice blend of proteins, carbohydrates and fats to ensure a healthy and stable fat burning metabolism. These are called macro nutrients and all three have significant values to all our internal energy systems.

**EAT THIS LOSE FAT Success Principle** - Take calorie counting one step further and learn *macro nutrients* and how to *track your food* properly to create a healthy fat burning metabolism for permanent weight loss.

### REASON #4 YOUR DIET SUCKS - YOU EXPECT QUICK RESULTS

It's human nature I guess to expect results immediately. I mean our world has become instant gratification, and if that scale doesn't move in the direction we want it to every week we automatically get upset and quickly throw the towel in. So we rebel and eat everything that isn't tied down. But there is always Monday right around the corner, we can just start our dieting efforts again. Until next time.

I like to refer to this as the lottery ticket mentality; the one way ticket to success. I'll just eliminate all alcohol, sugary, starchy, and "fattening" foods from my diet and I will be fine. Losing fat properly can be done efficiently but not quickly especially if you want it to be stay permanently off your belly, ass and thighs. This goes back to the very first thing we talked about early on, remember "rapid" or "fast" shouldn't be said in the same sentence as weight loss.

**EAT THIS LOSE FAT Success Principle** - We encourage you to not focus solely on the number on the scale, but more about how you feel, how your clothes fit and how well you planned and tracked your meals that week. Oh, and have patience.

## REASON #5 YOUR DIET SUCKS - YOU HAVE HIDDEN ALLERGIES

There may be some nasty consequences behind a obesity ridden nation that genetically modifies food to the point where we become allergic or sensitive to certain foods. This one may not be completely your fault. Some foods we eat have become so far from real food that our bodies have not been able to handle processed chemicals labeled as edible.

Some foods MAY cause inflammation in certain people who are sensitive. Now, I'm not saying that you are allergic or sensitive. Don't jump on the hipster vegan, dairy, gluten free bandwagon just yet. I am saying that on occasion certain foods may be effecting your metabolism and hindering your fat loss goals. The last thing we talked about was our *Flexible Eating* approach that allows you to eat just about anything you want and still lose fat. Obviously if you are sensitive to certain foods, you are allowed to re-create a list of "bad" foods or foods you should avoid.

**EAT THIS LOSE FAT Success Principle** - I know it's the trendy thing to do these days, but try an *elimination diet*, if you feel you may be sensitive to certain foods. Do not eliminate calories drastically but start with gluten and dairy as they are the most common culprits.

## METABOLISM

Before you learn what to eat, you must be aware of how and when to eat. There is much to understand when it comes to nutrition but if you were to study one thing to master, make it your metabolism.

Although the science behind metabolism is complex, the process can be explained simply. Our bodies break down food and use it for energy. The process of manipulating your metabolism is complex but can be explained simply.

## FAT STORING MACHINE

Science says you are either storing fat or burning fat. The extra fat around your belly, ass and thighs is called stored body fat. Your metabolism has been trained to store body fat for a later use. I say trained, because excess weight as fat is mostly due to inactivity and not so healthy eating habits.

In order to burn that stored body fat you must train your metabolism to use food more efficiently. We do this by only eating the bare minimum for what we need and our body will utilize the stored body fat for energy resulting in weight loss.

The goal isn't to stay in a restricted caloric state forever. By making the fat loss process a slow and steady one, we enable our bodies to become efficient to the point where we burn only what we need. This essentially slows our metabolism or metabolic rate down a bit in the

beginning. As you drop body fat and head toward your goal, you will notice weight coming off slower and eventually stopping. At this point, you continue with your current macro numbers and grind through for a bit longer until the body says "I need more food". While increasing food slowly your metabolism will adjust and begin to burn the extra as it comes in. The extra food ignites your internal fire and enables you to burn more calories/food. Make sense?

If not, check this out.

## **FAT BURNING MACHINE**

Imagine your metabolism as a huge fire in the woods. Hot as hell and blazing through wood which will be considered food for this analogy. That fire will eventually fizzle out unless you throw another piece of wood (more food) into it. What happens now? A blazing fat burning inferno. Put that in your pipe and smoke it.

This process isn't quick, and takes months sometimes up to a year to actually create an efficient metabolism. What I have seen more times than I would like, is people get to this point in which they feel they have plateaued and give up. I get it, it's difficult to work hard on meal planning and prepping every day, week after week, month after month and not see the scale move. But this is where the magic happens, if you can get to this point and stay disciplined enough you will eventually be able to eat the same amount of food, if not more than you were before you began your permanent weight loss plan.

# FOOD - MACROS DEFINED

I could write a whole book on this section alone, but for a simple read and breakdown of macronutrients I created a cliff notes version.

## Glucose and Fat Metabolisms

- Glucose is the form of sugar humans use for energy: Carbs are the body's preferred source of energy.
- Avoiding Carbs is not the solution!
- Eating Carbs in the right amount will increase the use of body fat for energy.

## Carbohydrates : Setting the record straight.

- Supply energy to the body in the form of Glucose: the only energy source for red blood cells and is the preferred energy source for the brain and central nervous system.
- Should account for about 50% of the daily food intake
- Don't make you fat : excess calories do!
- Excess calories from **any** source will lead to gain weight.
- People who gain weight with high Carb diet do so because they consume **too many** calories.
- **Limit added sugars** - recommended daily consumption : 100 to 150 calories a day for women and men, *or maximum 6 to 9 teaspoons of table sugar !*
- **Low Carbs diets** are not always the best option as the restriction of grains, fruits and vegetables can result in nutrient deficiencies.
- Plant based foods are low in saturated fats and cholesterol-free, plus loaded with vitamins, minerals and fibers with demonstrated beneficial effect on Hypertension, CV diseases, diabetes, colorectal cancer.

## Simple Carbs vs. Complex Carbs

- **Simple carbohydrates** are made of just one or two sugar molecules : glucose, fructose, galactose
- they are the *quickest* source of energy and digest fast.
- found *naturally* in foods such as fruits, milk, and milk products.
- *added sugars* are found in processed and refined foods
- **Complex carbohydrates** have long chains of sugar molecules : starch and fibers
- are like time releasing capsules because it requires time to break down long chains into smaller glucose molecules
- found naturally in raw plant foods such as green vegetables, grains and foods made from them (oatmeal, pasta, and whole-grain breads), starchy vegetables (potatoes, sweet potatoes, corn, and pumpkin), and legumes (beans, lentils, peas).

## Fat is necessary.

### Functions of fat

- back up source of energy and energy storage
- body insulation to maintain proper temperature
- protective cushion to protect the body and organs
- **Permits** absorption of fat soluble vitamins, Vit A,D, E and K
- **Maintains** structural components of cells membranes, production of sex hormones and making hair and skin healthy.
- **Limit your fat intake** as some fat is needed in the diet but not too much.

- Fat has twice as many calories as proteins or carbohydrates so eating too much fat will put the pounds on!
- No more than **20 to 35% of your daily calories from fat.**

## Dietary Fats are mainly Triglycerides

- CHOLESTEROL is not a bad thing. It is responsible for hormone and Vitamin D production, digestion, and provides support for cell membranes.
- **TRIGLYCERIDES** are the **main** source of fat in our body. They are made of unsaturated fatty acids, saturated fatty acids, and trans fatty acids.
- about **99%** of the stored body fat comes from triglycerides.
- intake of too many trans and saturated fatty acids increase your cholesterol (LDL cholesterol) leading to cardiovascular complications.

## Protein is the most abundant substance in the body (except for water of course!)

### Functions of protein

- Structural: proteins that are the building block of the body, *for ex. collagen in the skin*
- Contractile: proteins involved in muscle contraction and movement.
- Hormonal: proteins that act as messengers in the body.
- Enzymes: proteins that facilitate chemical reactions in the body
- Storage/Transport: example, hemoglobin transports oxygen throughout the body
- Antibodies: specialized proteins involved in defending the body from antigens, bacteria and viruses.

## Protein Needs

- Recommended daily intake should be **10 to 35%** of calories
- Determine protein need based on body weight : for most adults is approximately **0.8 grams of protein per kilogram** of bodyweight per day
- The quality of a protein depend on its composition and absorption and usage

**Composition** : Proteins are constructed from **a set of 20 amino acids**

- + **10 amino acids** can be produced by the body.  
*Alanine, proline, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, serine, glycine, and tyrosine.*
- + **9 Essential amino acids** must be acquired through diet (*10 for children*)  
*Example: histidine, threonine, isoleucine, methionine, leucine, lysine, phenylalanine, tryptophan, and valine, Arginine (essential for children)*

**\*\* A complete protein is a source of protein that contains an adequate proportion of all 9 essential amino acids. Example: a whole egg or a mix of rice and beans**

**Absorption** varies depending on different factors like size, structure, the amount BCAAs, and how it is packaged.

**\*\* Animal protein is a more usable form of protein for our body than plant protein.**

# FOOD JOURNAL

But do I have to??

Really? I have to track **everything** I eat??

YES. YES. and YES.

You will never fully understand how to eat for your personal needs unless you track your daily food intake on a regular basis. I'm not saying this is forever; however, in order to be aware of the portions and variety of food you eat, your food must be tracked, especially in the beginning of your permanent weight loss program.

We have had the pleasure of coaching people towards a lifestyle of eating within their means and while developing a healthy relationship with food - when they were ready of course. Even after 25 years, I continue to track the majority of my foods from day to day. Let me add to that: I have maintained a lean 5-6% body fat physique for the past 5 years by following this approach. Trust me, I eat my fair share of ice cream, steak and I love me some bourbon. Point is - Track your food Daniel son. This works.

## FLEXIBLE EATING

Not only does tracking your food help with structuring your meals, it enables you to eat those foods you once labeled as "bad". How you ask? Well, it's very simple actually but most people make it way more complicated than it has to be.

Once you know what your ideal protein, carb and fat numbers are for your fat loss goals, you can interchange foods as you wish as long as they fit your macros. Now, I wouldn't recommend eating pizza and wine every meal because you won't get much energy from the simple sugars and high fat but having a reeses peanut butter cup or two before a workout never hurt anyone.

I included a sample day of meals from one of our successful members who continues to lose weight while tracking, planning and executing the permanent weight loss plan. She is a 45 yr old woman looking to lose 25lbs.

**Daily Food Intake**



	Amount and Food Source	Protein	Carbs	Fat	Calories
<b>Pre Workout</b>	1 rice cake	1.0	7.0	0.0	32.0
	1 tsp honey	0.0	5.6	0.0	22.4
	1 oz banana	0.3	6.5	0.0	27.2
					0.0
<b>Post Workout</b>	1/2 scoop protein powder	12.0	2.0	1.0	65.0
	<b>Meal Totals</b>	<b>13.3</b>	<b>21.1</b>	<b>1.0</b>	<b>146.6</b>
	Amount and Food Source	Protein	Carbs	Fat	
<b>Breakfast</b> 7:00a	1 whole wgg	6	1	5	73.0
	2 egg whites	7.2	0.4	0	30.4
	1/4cup veggies for eggs	1	2	0	12.0
	1 tsp butter	0	0	3.6	32.4
	1 slice toast	3	11	1	65.0
		<b>Meal Totals</b>	<b>17.2</b>	<b>14.4</b>	<b>9.6</b>
	<b>Running Total for Day</b>	<b>30.5</b>	<b>35.5</b>	<b>10.6</b>	<b>359.4</b>
	Amount and Food Source	Protein	Carbs	Fat	
<b>Morning Snack</b> 9:30AM	Protein bar or				0.0
	1 (7oz) container Fage 2% plain yogurt	20	8	4	148.0
	3 oz strawberries	0.6	6.5	0.3	31.1
					0.0
	<b>Meal Totals</b>	<b>21</b>	<b>15</b>	<b>4</b>	<b>179.1</b>
	<b>Running Total for Day</b>	<b>51.1</b>	<b>50</b>	<b>14.9</b>	<b>538.5</b>
	Amount and Food Source	Protein	Carbs	Fat	
<b>Lunch</b> 12:00 pm	4 oz chicken	24	0	1	105.0
	2 oz sweet potato	1.15	11.75	0.1	52.5
	5oz broccoli	3.4	10.2	0.6	59.8
	1 oz avocado	0.6	2.4	4.2	49.8
		<b>Meal Totals</b>	<b>29.15</b>	<b>24.35</b>	<b>5.9</b>
	<b>Running Total for Day</b>	<b>80.25</b>	<b>74.35</b>	<b>20.8</b>	<b>805.6</b>
	Amount and Food Source	Protein	Carbs	Fat	
<b>Afternoon Snack</b> 2:00 or 2:30p					0.0
	2oz hummus	2	4	5	69.0
	4 oz baby carrots	0.5	7	0.1	30.9
	2 oz cucumbers	0.4	2.1	0.1	10.9
	<b>Meal Totals</b>	<b>3</b>	<b>13</b>	<b>5</b>	<b>110.8</b>
	<b>Running Total for Day</b>	<b>83</b>	<b>87</b>	<b>26</b>	<b>916.4</b>
	Amount and Food Source	Protein	Carbs	Fat	
<b>Dinner</b> 0:00	4 oz chicken	24	0	1	105.0
	1/4 cup brown rice	1.3	9.8	0.8	51.6
	green beans	1.2	4.9	0.2	26.2
	1 tsp EVVO	0	0	4.7	42.3
		<b>Meal Totals</b>	<b>26.5</b>	<b>14.7</b>	<b>6.7</b>
	<b>Running Total for Day</b>	<b>110</b>	<b>102</b>	<b>33</b>	<b>1141.5</b>
	Amount and Food Source	Protein	Carbs	Fat	
<b>Extras</b>					0.0
					0.0
					0.0
					0.0
	<b>Meal Totals</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.0</b>
<b>TOTAL MACRONUTRIENT NUMBERS FOR DAY</b>		<b>110</b>	<b>102</b>	<b>33</b>	<b>1141.5</b>
<b>MACRO GOALS</b>		<b>100-110</b>	<b>100-105</b>	<b>30-35</b>	

# FOOD CALCULATING

Everything you eat needs to be calculated and tracked in your journal. Majority of foods these days have the nutrition facts on the label. There are foods (like apple, for instance) that do not have labels on them. Here we must do some research for their macronutrient content.

Books these days have become a thing of the past when searching for macro counts, however here a few that can be of good reference:

- [The Calorie Counter](#) by Ph. D Karen J. Nolan Ph. D and Jo-Ann Heslin M.A. R.D CDN
- [The Complete Book of Food Counts, 9th Edition: The Book That Counts It All](#) by Corinne T. Netzer

Some great websites/apps that are simple, convenient and free are:

- [calorieking.com](http://calorieking.com)
- [www.nutritiondata.self.com](http://www.nutritiondata.self.com)
- [sushifaq.com](http://sushifaq.com)
- [myfitnesspal.com](http://myfitnesspal.com)
- my macros +

\* Don't forget the power of google if all fails.

## How to Calculate Macros When Cooking a Large Meal

We encourage cooking as much food as you can at home in order to track macros as accurate as possible. I know that finding the macronutrients for a meal can be very confusing, so here is a step by step process of how to do this:

1. Create a list of all the ingredients you are using.
2. Before adding any of the ingredients into your meal, write down how much you used of the item. You will find this out by weighing the items on a scale.
3. Once you have figured out the amounts used for each item, you will look up the macronutrients using either the label provided to you or an online food database. If all else fails, google nutrition facts for the actual food item(s)
  - *For example*, if you used 5 chicken sausage links and each link is 10gr protein, 0gr carbs and 2gr fat, then you would write on your paper 50gr protein, 0gr carbs and 10gr fat.
  - If you are weighing an item like spinach, you would put the spinach on the scale. Get the physical weight and write it down. So if you use 200gr spinach, you would account for 4.8gr protein, 7.1gr carbs, and 0gr fat.
4. Add up all the macronutrients for what you used to get a grand total.

- *For Example*, if you had 5 ingredients and they were 5gr protein, 50gr protein, 2gr protein, 14gr protein and 3gr protein, your total grams of protein for the entire batch you are preparing is 74gr protein.
  - Do this for every macronutrient (Protein, Carbs and Fat)
5. Cook and prepare your meal(s).
  6. When all finished, put an empty bowl on your food scale and 'tare' it so that it says zero.
  7. Put your mixture into the bowl on the scale. This will give a total volume of food that you made.
  8. Write down the total volume of the batch.
  9. Next, to find your macros, you want to know what each gram of food will give you as far as your macros are considered. This way you are not stuck eating recalculated portions that may not fit your intake needs.
    - *For example*: The Whole batch weighs 1000 grams in weight. The Macros for all the ingredients is 200gr protein, 150gr carbs and 50gr fat. To find the per gram count, you will divide total macros by total weight
    - In this example your macronutrients would be as follows: Per gram of food you will get 0.2gr protein, 0.15gr carbs, and 0.05gr fat.
  10. Once you get your per gram count, you can then eat the amount you need to fill your day.
  11. If this is too challenging still, you can always revert back to measuring the batch with cups. So you may find that you get 10 cups out of the dish that you just made. To find the nutritional value of each cup you will divide the total macros by 10.
- \* A useful tool to help calculate your recipes is the recipe calculator on [sparkpeople.com](http://sparkpeople.com)

## Example recipe

# Chicken Sausage Stir Fry

Ingredients	Protein(gr)	Carbs(gr)	Fat(gr)
12 Chicken Sausage Links	180	24	42
890gr Frozen Spinach (thawed)	25.5	32.3	3.5
530gr (2-14.5oz cans) Can Cannellini Beans (drained and rinsed)	32.6	89.5	0
820gr (2-14.5oz cans) Can Diced Tomatoes (pre flavored with Spices)	7.2	32.1	1.6
480gr (2 bags) Quinoa/ Brown Rice Mix (purchased at Costco)	20.3	159	12

## Instructions

Heat up pan with cooking spray. Cut Chicken Sausage into pieces and sauté in pan. Add all other ingredients and mix. Cook until heated through.

**Whole Batch Makes:** 265.6 gr Protein / 336.9 gr Carbs / 59.1 gr Fat  
**Volume** for the whole batch is 3700 grams

So divide the Total Macros by the Total Volume to get what the nutrition for a gram is.

**Per GRAM (Serving):** 0.07 gr Protein / 0.09 gr Carbs / .016 gr Fat

# EXERCISE

Yes, you have to. Although we have seen some dedicated members lose more 75lbs by tracking food and not working out. Losing weight with nutrition alone is possible but exercise of some sort should be a staple in everyone's weekly routine.

We will get into some exercise stuff, but for now let's chat about what to eat before and after you workout.

## PRE WORKOUT

You want to have some type of carb 20-30 min prior to working out. The reason? You want your blood sugar to increase to create a shot of energy as well as getting your metabolism fired up for the workout.

Here are a few ideas (just to name a few):

- Fruit
- A slice of bread with PB2/peanut butter and a little fruit
- A protein bar
- Cereal
- Rice cakes with fruit/honey/or jam

And like I mentioned earlier, no one ever got hurt eating a Reese's peanut butter cup or 2 before a workout. Remember, as long as it fits your macros, you can make it, eat it, and still lose fat. No bullsh\*t.

## POST WORKOUT

You want to replenish and allow your body to recover. The best thing to eat/drink after a workout is protein. This way your muscles can restore and start repairing!

We feel that protein shakes are the best as they are already liquefied and therefore get absorbed quickly. If you happen to drink a shake, your next meal will depend on your hunger.

If you are hungry in a half hour, then eat a balanced meal. If you can wait an hour, then wait. But know that you do not have to wait the three hours in-between like normal meal spacing.

**EAT THIS LOSE FAT Success Principle** - You also want to make sure there is not too much fat or carb grams in your meal/snack immediately after workout. You are in the fat loss stage during this time, and do not want to compromise the fat burn by consuming too much food.

## **Eat this build muscle**

Who knows maybe there is another book to be launched with the same no bullsh\*t approach to building muscle.

For now, I want you to understand that you must make exercise a part of your daily living. Trust me, this is it the easy part. The info in this book should be the first thing you study and master as nutrition is 50% of the permanent weight loss equation, in our opinion.

The other 50% is divided into two parts:

25% Mindset

25% Exercise

Your exercise routine should be a blend of strength training, muscle building and conditioning. When I refer to muscle building, don't think body building, think muscular development. We understand the term bodybuilding may cause some raised eye brows due to the 1% of the human population that devotes themselves to building a physique to resemble a greek god or goddess. You CAN have that muscular, toned sexy body without the extreme measures a competitive physique athlete takes.

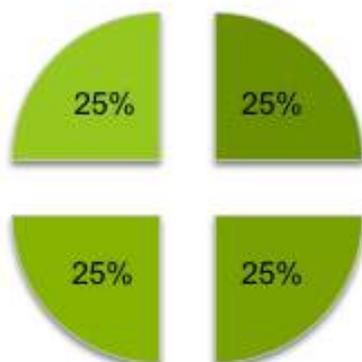
And ladies, lifting heavy weights will not make you bulky.

What makes you look bulky is the extra fat around your ass, belly and thighs. Once you lose that extra fat of course by following the guidelines we generously provided for you, you will soon develop that dream body we see gracing the covers of fitness magazines.

An example of a balanced month of exercise/fitness can look something like the following which was taken directly from the AMPED Fitness program book. Btw, this program has changed the lives of hundreds of committed, determined and results driven people.

# Non Linear Periodization

Monthly



- Power/Strength
- Hypertrophy
- Aerobic/Anerobic Conditioning (A2-CON)
- Technique/Transition

As linear means one dimension, you can easily understand why we want to avoid this when training for overall strength and conditioning balance.



CONFIDENTIAL © BODHI BY ANTHONY MONETTI, LLC PROPRIETY INFORMATION | [THISISBODHI.COM](https://thisisbodhi.com)

# Program Design

## Non Linear Periodization

### Hans Selye's G.A.S. Theory:

(General Adaptation Syndrome)

- **Shock** - initial response, may be soreness, stiffness, temporary decrease in performance
- **Resistance** - (super compensation) - the body makes various biochemical, structural, mechanical, and physiological adjustments that result in increased performance
- **Maladaptation** - occurs when there is no variety in the stimulus or when the total stress from the work load and extraneous stress are too great- results in decreased performance.



© CONFIDENTIAL BODHI BY ANTHONY MONETTI, LLC PROPRIETY INFORMATION

## AMPED FITNESS

OLD SCHOOL EXERCISE. NEW SCHOOL SCIENCE.

Based on the fundamentals of physical education, this functional training program is designed to cover all aspects of getting stronger, building muscle and performing like a an athlete. With a combination of 25 years experience and modern day science Anthony Monetti has developed the PHAT principles in which he and his coaching team educate you on.

Each week of the month is dedicated to a specific goal with exercises to coincide. Each day is different from the next which all include a metabolic conditioning component. Our main group training calendar is based upon strength and conditioning principles that have developed world class athletes.

## P.H.A.T PRINCIPLES

**Power and Strength (P)** – You will learn how to properly perform and advance the 6 main exercises that have built world class athletes and will lay the ground work for any strength training program.

**Hypertrophy (H)** – In text book terms this means building muscle. Exercises with unique rep and set combinations will focus on specific muscles of the body to tighten, tone and create the look you see on the covers of fitness magazines.

**Aerobic / Anaerobic Conditioning (A)** – A well balanced physique consists of looking good of course, but also having the heart, lung, and muscular endurance to match. This metabolic conditioning week will test and improve your overall athletic performance. Not an athlete? that's ok, you will feel like one after this week.

**Transition (T)** – We like to call this week technique as well, as we focus on exercises and movements that need extra attention. It takes thousands of reps to master perfect form even on some basic human movements. As we advance as athletic human beings we want to make sure we maintain the quality over quantity principle.

Next Steps:

1. Study this guide and write all your questions down.
2. Schedule your free nutrition consultation and begin your journey today!

[info@thisisbodhi.com](mailto:info@thisisbodhi.com)

908.526.2288



p.s. Check out these links  
below for some inspirational message from our members!

[Success stories](#)

[We lost over 5,000lbs!](#)