

This diet has been a staple of past and present training regimes. Diets can be very hard to follow long term. If you are really going to make a difference in eating habits, you have to find a balance and make lifestyle changes. The purpose of this diet is for weight loss and to burn fat, while keeping muscle tissue and actually growing muscle tissue.

The diet is ketogenic for 6 days and a carb load on day 7. The idea is to bring your body into a state of ketosis and to use fat as fuel (fat will melt off). This is the diet I used to lose 30 lbs in 2 months and felt amazing.

- Eddie

Monday - Saturday

(Ketogenic // High Fat, Protein, Low Carb)

Meal One:

3 Eggs
1/2 avocado
2 Dates

Meal Two:

Almond Butter on Ezekiel Bread
Green Salad w/Oil & Apple Cider Vinegar

Meal Three:

4 oz of Protein (Chicken, Beef, Salmon, Tofu)
Green Beans Seasoned to your taste
1 Sugarfree Jello

Meal Four:

1 Can of Tuna (Tablespoon of Mayo)

Cucumbers & Tomatoes w/Oil & Apple Cider Vinegar

Meal 5:

6 oz of Salmon

1 Sugarfree Jello

3 Tbsp of Apple Cider Vinegar in 12 oz of water

- LOTS OF WATER
- Coffee is ok
- No soft drinks
- On hard workout days, it is important to add a carb post workout (rice, sweet potato)
- The sugar free jello is meant to trick your brain into feeling as if it has had its sugar fix.
- Apple Cider Vinegar is a magic potion. Google it.
- Meal plans are very difficult to stick to, so just remember that if you are in a pinch, look for fats, proteins, vegetables. Avoid carbs unless immediately before or immediately after working out.
- EAT CLEAN BRO is an excellent prepared meal service that I recommend.

This diet is a cyclical ketogenic diet. Here is a link to learn about what it is:

<https://www.bulletproof.com/diet/keto/cyclical-keto-diet/>

Sunday

CARB DAY

Meal One:

2 Fried Whole Eggs

1/2 whole grain Bagel with Cream cheese

1 banana

Meal Two:

Pancakes With Syrup

1 Sweet Potato

1/2 banana

Meal Three:

Peanut Butter & Banana on Whole Wheat

Meal Four:

Tuna in Oil

Brown Rice

Green Beans

Meal Five:

Orange

Raisin Bagel

If you have any questions regarding this diet, email me directly.