Ok, so you already know conventional low calorie/low fat dieting is not fun. Now we also know that on top of that, it just plain doesn’t work. The standard low-fat/low calorie diets have done more harm for our health than good. Unfortunately, what you have been told in most cases is 100% WRONG. Cutting calories DOES NOT mean you burn more fat—it means you burn less calories.

But I have your solution...

The Blast Fat, Give Back Nutrition program simply and elegantly solves the issues of conventional dieting, allowing you to eat foods regularly off-limits to dieters. In addition, we will rely almost exclusively on nutritious and wholesome **REAL** foods (with a few exceptions) to replenish your body and promote healthy fat loss.

Real food is what our body was designed to eat. When you feed your body in a manner consistent with it’s design, it becomes lean and healthy—and you become happy. Choosing foods that are natural, organic, unprocessed, and whole will prime your body for optimal health and fitness.

This plan will deliver fast results for sure, but even more importantly, it can easily be translated into a lifestyle that will last the rest of your life.

I wanted to keep this guide short and sweet, so here it is. Please do not hesitate to get back to me with any questions.

**The Basics**

The basics of this program are super simple: Eat real and wholesome foods; avoid junk food, bad fats, most sugars and hidden carbs. Simply concentrate on foods that nourish your body and give it what it needs to not just survive, but THRIVE.

We will be keeping our carbs relatively low (but not zero) and our protein relatively high, while eating only the healthiest fats. This means lean and healthy proteins, tons of vegetables, fruits and natural sources of fat. I have designed this plan specifically to feed your metabolic furnaces (your muscles) while starving off unwanted fat.

When you follow this plan, you will NEVER go hungry, and your body will literally transform right before your eyes daily. You’ll be eating the most nutritious, best-tasting meals, as fat melts right off you.

To make this program as simple and done-for-you as possible, I have enlisted the assistance of celebrity chef Diana Keuilian. She is the best-selling author of “The Recipe Hacker” and is legendary for creating amazing-tasting, fat-burning meals (and even desserts) that the entire family will love. Yes, even your kids will love the recipes :)

She has put together a Holiday recipe book, exclusively for The Blast Fat, Give Back participants.

**Keeping the Carbs in Check**

Fat loss is dictated by our bodies’ hormonal levels, primarily insulin. When insulin is high, fat burning is simply not possible. And when we eat carbs, we secrete insulin and thus fat loss comes to a screeching halt. So, it is imperative that we control insulin levels. Fortunately, there is good news: we can control insulin directly by controlling our carb intake.

Problem solved.

To keep insulin at the optimal levels for fat loss I recommend no more than 50g carbs per day net. (“Net” means you subtract the fiber from a food’s total carb count, so if a given food has 25 carbs but 10 of them come from fiber, then the net total is 15g)

**Yeah, What About The Calories?**

The component of this program I care LEAST about is the calorie levels. More and more research says that calories are not *as significant* as we thought in the fat loss battle. What is important: the body’s hormonal environment (i.e. low insulin levels).

What that means is that WHAT you eat is significantly more important than HOW MUCH you eat when it comes to fat loss.

Really, I am more concerned with you not eating *enough* (as that KILLS your metabolism) than I am with you eating too much. So for this program, we recommend women not go below 1200 calories per day. You’ll be fine if you follow the menus, I promise.

So again, calories are pretty low on my list of fat loss concerns. Stick to the plan and your success is guaranteed.

**The Power of Protein**

Protein is VITALLY important in this program. You see, our muscles are primarily composed of protein (once you take out the water.) We will be working our muscles hard in boot camp during this program, so we MUST supply our bodies with the raw materials needed to rebuild and repair from these workouts.

Carb control is important to fat burning, but it is equally important that we keep our muscle and other lean tissues well-nourished to increase metabolism.

Protein also takes twice as much energy to digest and assimilate as it takes for carbs and fat, and it can also blunt appetite. In addition, it stimulates cognitive function. Protein is good stuff, and can make you feel good and look good.

Good sources of protein include: meats, chicken, turkey, fish, cottage cheese, (certain) protein powders, whole eggs, and even (nitrite-free) bacon. Be sure to go organic whenever you can.

Generally, I like women to have a minimum of 120 grams of protein per day. Don’t worry—the numbers are taken care of when you follow the menus, so there is no guesswork on your part!

**Eat Fat and Get Lean**

Remember this simple fact: Natural fats are awesome, while man-made ones aren’t so much. Remember that one simple thing, and you are golden.

Another thing to remember is this: Eating fat DOES NOT make you fat. That’s just not how it works. We do need to make sure we eat the *right* fats to nourish our bodies.

In fact, our bodies LOVE fat. Our brains are mostly fat. Our cell membranes are made of fat. Healthy skin and hair also depend on dietary fat to stay radiant.

Our hormone production RELIES on fat. Our bodies were literally made to function optimally with a relatively high fat intake.

Going low fat is simply a HUGE mistake. That is why this program has the perfect level of healthy fat included to give our bodies what they need to flourish.

You can have plenty of healthy and natural fat in this program—plus, when you follow the menus, you don’t have to count fat grams or calories at all. We have included things like coconut oil, avocados, nuts, meats, natural cheeses, butter (grass-fed) and even bacon (so long as it has not been processed). It’s all been done for you.

But you must AVOID anything that says it is hydrogenated or partially hydrogenated. “Trans fats”, as they are known as, are quite toxic and should be avoided at all costs.

**Cheat Night :)**

This is unquestionably the most awesome (or, at the very least, the most fun) part of this program: the night when you throw all the rules out the window.

From 5-6pm until bed, feel free to eat whatever you want. Optimally, this would be a very high carb/low fat affair. (Pretty much the opposite of every other day.)

Seriously—whatever you want. My preference is to stick with healthy sources and avoid junk.

This pre-planned cheat time accomplishes a few different things. First, it regulates a hormone called leptin in the body. Simply put, leptin is your body’s fat regulation hormone. When leptin levels fall, fat loss stalls or even ceases. When we “cheat”, leptin production increases, and fat loss gets a nice jump start. Cool right?

Secondly (and, in my opinion, more importantly), a cheat time gives us a psychological break. It’s a night where we don’t have to think about the “rules” or being perfect. We can just relax and enjoy ourselves. Here’s something very important to remember: The psychology of fat loss is more important than the physiology of fat loss.

**Alcohol**

To get the maximum benefit from this nutrition program, alcohol consumption needs to be kept to a minimum, preferably zero.

“BUT WHY???” I hear your plea…

Well, the unfortunate fact is that booze stops fat loss in its tracks. I can’t tell you how many times a client has come to me perplexed as to why their fat loss has come to a stop, only for me to find out they are having “a glass or two” of wine each night.

When the wine stops, the fat loss starts up again.

So how much is ok? It’s impossible for me to say for sure, as everyone is different, but what I can say is no alcohol—for now—is really your best option.

Will a glass of wine once a week derail you? Probably not. But again, I prefer making this program as efficient as possible, and keeping alcohol out makes that happen.

Final note: If you are going to imbibe, keep it minimal and do it on your cheat night.

**Water**

Here is my advice on water: Drink more. To fully optimize this plan, you should work your way up to drinking a gallon per day.

Yes, one gallon.

Yes, that is a lot.

Yes, you will pee a lot.

The deal is your body functions best when fully hydrated, plus the processing of fat (fat burning) happens most easily when properly hydrated. This will also reduce water retention under the skin.

Also, an added benefit of extra water is that it will help detoxify your body over the next 6 weeks. Body fat can store toxins, and when you are burning fat at a high rate (which you will), you are also potentially releasing more toxins.

And keep this in mind: While drinking more water will not make you burn more fat, not having enough water will prevent your body from burning fat.

**Your Success**  
The true strength of this program is not the fact that the fat burning principles are based on science and years of in-the-trenches experience. It’s not the amazing recipes and cookbook or done-for-you menus. It’s not the unlimited access to all the Afterburn fat loss sessions either. Those are all great and will contribute to your success, but that’s not it...

It’s you.

It’s you as a member of your new fitness family, your community, your tribe.

The difference this time is you are not alone. You have the support of not only our certified coaches and staff, but of every other member of the Blast Fat, Give Back Program.

When you have questions about the nutrition program (or anything for that matter), head to our private Facebook group and post. This Facebook group is private and exclusive to our Fit Body Family. It’s where to go when you have questions or when you hit a stumbling block. You will have us at your side every step of the way.

It is also where you will go to celebrate your successes. Your accomplishments (no matter how small) will be an inspiration to all your fellow Blast Fat, Give Back participants.

When you dedicate yourself to change, while utilizing all of the resources at your disposal, your success is a 100% certainty.

**Conclusion**

That’s it. It is really not that complicated, but if you have any questions, DO NOT HESITATE to contact me—that is what I am here for. The best place to reach out to me is in our private Facebook group because I can guarantee you that if you have a question, someone else is wondering too but are too shy to ask.

Following this guide can potentially change your life forever. Now is your time to rediscover the strong and beautiful woman you are. Now is your time to be the best version of you the world has ever seen.

You have been given the keys to a new, lean, healthy body, and a renewed and energized life. All you have to do is turn the key and walk through the door. Trust me, you’re going to love it here!

**Making Exchanges**

I’ve outlined the target calories below, as well as the nutritional goal for each meal and snack, in order to provide you with the guidance to successfully exchange while attaining your desired results.

Breakfast: 250 calories (7am)

The goal for breakfast is to enjoy a mixture of complex carbs and protein, with the target of 250 calories.

Snack #1: 150 calories (9:30am)

The goal for snack #1 is to enjoy a mixture of complex carbs and protein, with the target of 150 calories.

Lunch: 250 calories (12pm)

The goal for lunch is to enjoy a mixture of complex carbs, protein and veggies, with the target of 250 calories.

Snack #2: 150 calories (2:30pm)

The goal for snack #2 is to enjoy mostly protein, with the target of 150 calories.

Dinner: 250 calories (5pm)

The goal for dinner is to enjoy a mixture of protein and veggies, with the target of 250 calories.

Dessert: 150 calories (7:30pm)

The goal for dessert is to enjoy a low sugar sweet, with the target of 150 calories.

Daily Calorie Target: 1,200

**Cheat Meal?**

I know you were wondering about the possibility of adding in a cheat meal to your weekly meal plan. The answer is, yes, you can certainly add in one cheat meal per week! The best strategy is to add this meal on the weekend, or when you plan to go out socially, and to keep the damage to within reason. Remember, you are on a mission here to transform your body in this 21-Day Challenge, and so while a weekly cheat meal is fun and well-earned, always remember that deviating too far from the plan will end up slowing your results. Cheat responsibly!!

**Making It Work For YOU**

My goal is for this meal plan to be an easy, doable part of your life. There are many ways to meet the nutritional goals above, even without doing any cooking. I highly recommend doing meal prep once or twice a week, and packaging all of your meals and snacks in containers in the fridge, for easy grab-n-go access.

If you are comfortable in the kitchen, and love the idea of these new recipes, then the meal plan as written will work very well for you. You could even make exchanges among the recipes to try more recipes out.

However, if you are not comfortable in the kitchen, then let’s get real. How can you make this meal plan work for you? First, rest assured that it’s very possible. We simply need to approach it with the different, creative, method below.

The Little-Or-No-Cooking Method

1. Reduction in Variety: Doing little to no cooking will require that you give up a lot of the variety that the plan as written provides. This will be less about flavors and more about practicality.
2. Finding Ready-To-Eat Foods: A good deli or meat market, along with a few healthy restaurants will help make this possible:

* Purchase cooked brown rice from your local deli (and use 1/3 cup for your complex carb in your lunch)
* Purchase roasted, shredded chicken from your local deli or restaurant (and use 3oz for the protein in your lunch and dinner)
* Purchase steamed green veggies from your local deli (and use ½ cup as the veggie in your lunch and dinner)

For more recipes, meal planning and a free physical cookbook from me, Diana Keuilian, visit me at RealHealthyRecipes.com! Good luck with this challenge! XOXO