

**CHEAT YOUR
WAY^{thin}**



THE PROGRAM

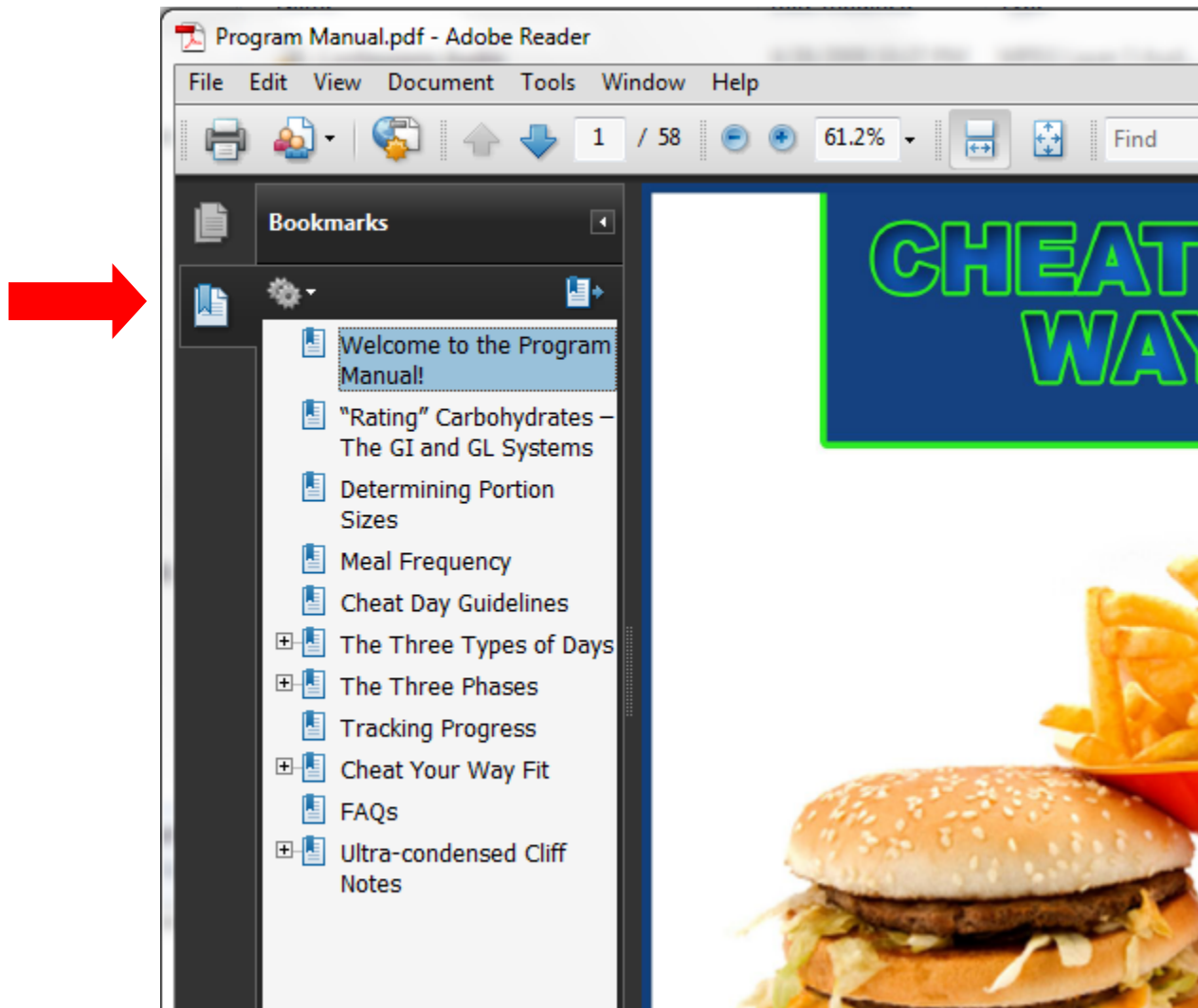
Cheat Your Way Thin

Program Manual

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Welcome to the Program Manual!

This is the straight-to-the-point, no filler, “what to do” component of the program. I’m not going to spend a lot of time on theory and science here as I’ve already done that in the Game Changer audio.

If you have not already listened to that audio, I **highly** recommend that you do so before reading any further as I believe it’s critically important that you truly understand “why” you are doing something instead of just blindly following recommendations.

And hey, it only takes 15 minutes.

With that out of the way, let’s get right into it.

NOTE: On page 48 of the manual I’ve also included an even more condensed, everything-in-one-place “cliff notes” section which is even more straight to the point than what you will find below. It is important that you read through the entire manual first, however, and then rely on the cliff notes section afterward.

“Rating” Carbohydrates – The GI and GL Systems

You are going to see the abbreviations GI and GL frequently throughout this manual, so it’s probably a good idea that we start off with a brief discussion of what these mean.

GI stands for glycemic index, while GL stands for glycemic load. They are both methods or scales for “rating” the blood sugar and insulin response to a particular source of carbohydrate.

Carbohydrates with a high blood sugar and insulin response score high on the GI/GL scales and carb sources with a low blood sugar and insulin response score low on the GI/GL scales.

There is the occasional exception, however.

Sometimes you will have a carbohydrate that scores high on the GI scale, but much lower on the GL scale. This is because glycemic index is based on a standardized 50 gram sample of carbohydrate, while glycemic load is based on the actual amount of food that someone would generally eat.

For example, cantaloupe scores rather high on the GI scale, but in order to consume 50 grams of carbohydrate from cantaloupe you'd have to eat the whole darn thing.

A normal serving size of cantaloupe (1 cup, cubed) contains 13 grams of carbohydrates, yielding a much lower blood sugar and insulin response, and therefore a low "glycemic load" for the average portion size.

In other words, GL trumps GI in "real life" situations.

Fortunately, you don't have to worry about any of that as I've already done all GI/GL research for you and have compiled extensive "acceptable" food lists based on the carbohydrates you may eat throughout the various phases and "days" of the program.

Also, while it is typically preached that low glycemic carbohydrates are the be all and end all of acceptable dietary carbohydrates, we're actually going to use higher glycemic carbohydrates strategically (such as bread, pasta, rice, cereal, potatoes) throughout the course of the program.

And while I said I wasn't going to get into too much theory here, one of the cool things about carbohydrates, blood sugar, and insulin is that all three have a direct relationship with leptin – the hormone that forms the crux of this entire program.

You learned about leptin in the Game Changer audio (again, if you have not listened to this audio, go do that now).

Basically, even while restricting calories, we can use the blood sugar and insulin response of higher GI/GL carbohydrates to give leptin and metabolism a boost as metabolism starts to fall off later in the week.

It is at this time (during the latter part of the week) that we will be using carbohydrates of this variety.

If you'd actually like to find out the numerical value of a food's GI or GL, you may do so at www.GlycemicIndex.com. Here are some numbers to guide you:

Glycemic Index

<55 – Low

55-70 – Moderate

>70 – High

Glycemic Load

<10 – Low

10-20 – Moderate

>20 – High

Determining Portion Sizes

Within the set up of the program, you will have two options to determine the quantity of food you will eat at each meal – the portion method and the calorie method.

Personally, I prefer the portion method as it doesn't require that you tediously count anything and frankly it's a heck of a lot more practical.

That being said, we will go over determining calorie and macronutrient targets later for those who are interested in going that route.

But first, let's talk about how to determine the appropriate portion size for you and your body for each of the three macronutrients: protein, carbohydrates, and fat.

To do this, we'll use something known as the hand/fist/thumb method.

With this method, a "portion" of protein is equivalent to the size and thickness of the palm of your hand. This could be a chicken breast, piece of beef, pork chop, filet of fish, etc, of approximately that size.

For carbohydrates, a "portion" is the size of your clenched fist. Think of an apple, orange, or other piece of fruit of approximately that size, or a portion of pasta, rice, beans, etc, similar in size.

Lastly, for fat a "portion" is equal to the size and thickness of the tip of your thumb. This is particularly useful for "pure" fats like olive oil and butter, but some major sources of fat come in the form of mixed-nutrient foods (like nuts or cheese). For these foods, two "thumbs" worth is acceptable.

A list of fats that fall into this category will be provided in the food lists section of the manual.

To summarize, here are the portion guidelines:

Protein – size and thickness of the palm of your hand

Carbohydrate – size of your clenched fist

Fat – size and thickness of the tip of your thumb

The reason why hand-based portion sizes work so well is that they are relative to the size of the individual. Smaller people with smaller hands will eat less food because they require less calories. Similarly, larger people with resultantly bigger hands will eat more food because they require more calories.

It's simple, but it works.

Meal Frequency

On the Cheat Your Way Thin program you will be eating throughout the day – breakfast, lunch, and dinner are obvious staples and we'll also be including both mid-morning and mid-afternoon snacks.

We'll wrap things up at the end of the day with a pre-bedtime nutrition shake, for a total of six feedings daily.

Sample Daily Timeline
7:00 am – Breakfast
10:00 am – Mid-morning Snack
12:30 pm – Lunch
3:00 pm – Mid-afternoon Snack
6:00 pm – Dinner
9:00 pm – Pre-bedtime Shake

This type of frequent feeding schedule has many benefits; here are the majors:

1. **Leptin & Metabolism** – A constant flow of nutrients (without going long periods of time without eating) help to stabilize leptin levels throughout the day.
2. **Better Utilization to Storage Ratio** – All else being equal, 2,000 calories taken in over 2 meals will result in more of those calories being stored, while 2,000 calories spread over six meals results in more calories being burned and utilized for energy.

3. Thermic Effect of Feeding (TEF) – The thermic effect of feeding is a measure of the energy required to digest and assimilate the foods you eat. With frequent feedings, your digestive engine gets fired up multiple times per day, resulting in a great number of calories burned during digestion.

4. Craving Control – With frequent feedings, you're never more than a couple hours away from your next meal. That knowledge, coupled with the fact that you will literally always have food in your stomach throughout the day, make cravings almost a non-issue.

5. Maintenance of Lean Muscle – Dieting can do a number on calorie-burning lean muscle tissue, but a frequent feeding approach helps to lessen this dramatically by keeping a constant stream of nutrients flowing towards muscle tissue throughout the day.

Frequent Feedings	1-2 Meals/Day
Aides in the: <ul style="list-style-type: none">• Preservation of lean body mass• Curbing of hunger• Utilization of ingested calories• Increased Thermic Effect• Stabilization of leptin and metabolism	<ul style="list-style-type: none">• Starves muscle tissue• Promotes cravings• Most ingested calories are stored• No additional calories burned• Leptin plummets; metabolism crashes

Cheat Day Guidelines

From working with thousands of clients all over the world, I have found that all-out-eat-whatever-you-want type Cheat Days work better in most cases than more “controlled” approaches placing restrictions on what foods may or may not be eaten.

This is probably due to the fact that when given the opportunity to eat whatever they want most people combine carbohydrates and fats pretty liberally (ice cream, burgers, pizza, desserts, etc), and it is these two nutrients that yield the highest insulin response when combined.

Recall that insulin and leptin are very strongly correlated and you can see why this approach has been the most successful.

That said, there are a few loose guidelines that I’d like you to stick to for your Cheat Days:

Guideline #1 – Eat the Foods You Crave Without Feeling Guilty

This is the most important guideline of the Cheat Day. Take a leap of faith and go for it; trust me, it works.

When you understand how the body works, you understand that strategic cheating is ultimately what is going to shotgun your results and progress to a whole new level.

There is nothing to feel guilty about. Eat as you please and don’t think twice about “limiting” what you can and can’t eat.

Guideline #2 – Do Not Stuff Yourself or Eat Until the Point of Discomfort

Although I truly want you to eat the foods you crave without remorse, I do NOT want you to gorge yourself.

Eat until you are moderately full (don't stuff yourself), and then wait until you are at least moderately hungry again before tackling your next craving.

The Cheat Day is not meant to be a “binge”; it's meant to be an enjoyable psychological and physiological outlet to hasten results and increase dietary adherence. Don't abuse it.

Guideline #3 – Wake Up When You Would Normally Wake Up

Don't set your alarm for 5 AM on your Cheat Day if you normally wake up at 9 AM on the weekends.

Waking up sleep deprived throws your hormones out of whack, lessening the effectiveness of what we are trying to accomplish on this day.

On the morning of your Cheat Day, an optimal hormonal start is one in which your hormones are relatively stable and normalized—this occurs during a natural, not forced, awakening.

Guideline #4 – Don't Skip Meals Holding Out for a Single Feast; Eat Throughout the Day

While you may be looking forward to a big buffet or have an evening event planned, I don't want you "save" your appetite for a "main event" so to speak.

Instead, start eating when you wake up and follow the previously discussed rule of not stuffing yourself.

Studies have shown that prolonged periods of overfeeding or "cheating" are needed in order to elicit a substantial leptin response and bring your body back into "fat burning mode".

Make a *day*—not a meal—out of it.

Guideline #5 – DON'T Plan

This rule seemingly goes against everything that I preach during the actual "diet" portion of the program and for good reason.

Let's say you go to the grocery store on Thursday to stock up on goodies for your Saturday Cheat Day. You fill the cart with chips, cookies, and other snacks, then cart off home.

Now you've got extremely tempting food lying around your house for 2 day before you're "allowed" to eat it. DON'T put yourself through this torture.

Here are all the pitfalls of planning out a Cheat Day:

- Pre-mature cheating due to having tempting food items lying around the house
- You wake up on Saturday and have different cravings than you did on Thursday—meaning you bought the wrong stuff!
- Massive amounts of leftovers as you'll always overestimate how much you'll eat when you buy during the week—again resulting in extremely tempting food lying around the house when returning to the “diet” portion of the program

The ideal way to approach the Cheat Day is to plan nothing, wake up, and then have at it based on what you feel like eating at that point. Just “go with the flow”.

I also recommend that if you are going to go shopping, do so the morning of the Cheat Day (not before) and buy in reasonable quantities.

If there are leftovers, **throw them out** before going to bed. You don't want this stuff lying around the next day.

It's incredibly easy to get back on track with the diet portion of the program after a day of indulgences, but just as easy to continue snacking if this food is readily available. Get rid of the temptation before going to bed and it will be a cinch.

Guideline #6 – Avoid Excess Alcohol Consumption

A beer or two or a glass of wine is fine, but overdoing it with the alcohol intake on your Cheat Day can have significant negative affects.

Studies have shown that excess alcohol consumption has an immediate negative impact on leptin levels, which essentially cancels out everything we are trying to accomplish with the Cheat Day.

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In all honesty, I prefer that alcohol is avoided as it's an area where many people push the envelope, but I'd be lying if I told you that I didn't regular enjoy a couple cold Miller Lites on my Cheat Day 😊

Some Closing Words on the Cheat Day

This day is **all** about enjoyment. Eat the foods you love, don't feel guilty, speed along your fat loss, and reap the many psychological and physiological benefits of taking some "time off" from the regular program. This is YOUR day.

The Three Types of Days

Throughout the course of the program you will find three “types” of days:

- Low Carb
- Low GI/GL
- Higher GI/GL

Let's go over specific guidelines for each, and then we'll talk about how we arrange them within the three different phases of the diet.

Low Carb Day Guidelines

- One portion of lean protein per meal/snack
- One portion of fat per meal/snack
- Zero portions of carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies* as desired

*list of “free” vegetables that can be enjoyed anytime is given on page 20

Low GI/GL Day Guidelines

- One portion of lean protein per meal/snack
- One portion of fat per meal/snack
- One portion of low GI/GL carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

Higher GI/GL Day Guidelines

- One portion of lean protein per meal/snack
- Zero portions of fat per meal/snack
- One portion of higher GI/GL carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

Acceptable Carbohydrates on Low GI/GL Days

- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
- Fruit: apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- No-sugar added apple sauce
- Light Yogurt (no sugar added)
- Other Vegetables: artichoke, beets, pumpkin, rutabaga, squash
- Whole Grain Breads: 100% Whole Wheat, Pumpernickel, Rye, Oat Bran, Buckwheat, Barley Kernal (limit to a max of one per day during low-GI/GL days)
- Other Grains: barley, basmati, quinoa, oatmeal, oat bran, 100% whole wheat tortilla wraps (limit to a max of one per day during low-GI/GL days)
- Oatmeal, oat bran (limit to a max of one meal per day on low GI/GL days)
- Sweet potato, yam (limit to a max of one per day on low GI/GL days)

Ideally, the bulk of carbs on these days should come from legumes and fruits. Additionally, there is no limit to the amount of “free” veggies you consume. As you will see in the sample menus of the Deluxe Package, however, other carbs mentioned above (oatmeal, whole grain breads/tortillas, sweet potatoes, yams, etc) have been included so you never feel deprived.

Acceptable Carbohydrates on Higher GI/GL Days

- Any carb source from the low GI/GL list
- Wild rice, brown rice
- Couscous
- Cornmeal
- Cereals: All-Bran, Special K, Cheerios, Fiber One, Bran Chex, Bran Flakes
- Pasta – any type
- New potatoes
- Corn, Peas, Parsnips
- Bananas

The majority of carbs on these days should come from various grains, breads, potatoes, and pastas (again, fruit and legumes are okay, but limit their use on these days in favor of the “starchier” carbs/grains listed above).

Also, given that we are limiting fat intake with each meal/snack on higher GI/GL days, you’ll want to choose lean protein sources such as chicken or turkey breast and avoid things like “dark meat” chicken and anything but extremely lean cuts of red meat.

Acceptable Protein Sources

- Beef (steak, ground beef, etc)
- Cottage Cheese
- Deer/Venison
- Eggs (whole or whites)
- Finfish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring, etc)
- Ham (fresh)
- Lamb
- Milk protein powders (whey and/or casein)
- Pork (tenderloin, chop, etc)
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc)
- Skinless Chicken (breast, thigh, wing, etc)
- Turkey breast

Acceptable Fat Sources

Dairy

- Butter
- Cheese
- Cottage Cheese
- Cream

Oils

- Canola Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils

Fat-containing Meats

- Beef
- Chicken (dark meat)
- Duck
- Lamb
- Pork

Raw Nuts

- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts

Fish

- Anchovies
- Bluefish
- Herring
- Salmon
- Mackerel
- Sardines
- Tuna

Other

- All Natural Peanut Butter (in moderation)
- Almond Butter
- Avocado/Guacamole
- Flax seeds (ground)
- Eggs

NOTE: Because some protein sources are also ample sources of fat, they are listed under both the acceptable proteins and fats lists.

Here is a quick rule to guide you when choosing whether or not to add fat to a meal:

- If you are consuming a very lean source of protein, add additional fat to meals which call for a portion of fat
- If you are consuming a protein source that already contains substantial fat (i.e. steak) then there is no need to add additional fat to the meal

Free Veggies

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Green Onion
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

*Free Veggies can be added to any meal in any quantity or consumed at any time of day.

The Calorie Method (Optional)

As mentioned previously, you will have the option to either go with the portion method or the calorie method for determining the quantity of food you will eat at each meal.

For those who prefer the calorie method, I will provide you with calculations and macro breakdowns in this section.

Determining Your Lean Body Mass

All calorie calculations are based on lean body mass, or total weight minus body fat.

For example, a 200 lb male with 20% body fat has 40 lbs of body fat ($200 \times 20\%$), leaving him with 160 lbs of lean body mass.

To determine your lean body mass, you will have to have your body fat percentage assessed. By far the easiest way to do this is via the use of an electronic body fat scale.

You can purchase these at Bed, Bath, & Beyond, Linens & Things, Walmart, Target, etc. The most popular and recommended brand is Tanita.

Now you may have heard that these scales are not very reliable and lack accuracy, however when used correctly they are indeed both accurate and reliable (and exceptionally convenient).

Below is an excerpt from my blog in which I discussed this very issue:

Without a doubt, these scales can seem pretty worthless if you don't really understand a) how they work, and b) how to use them to produce reliable, consistent data.

On the other hand, when you've got "A" and "B" down pat, body fat scales can be an invaluable tool to easily track body composition without having to bust out a pair of calipers or set up an appointment to have your body fat evaluated at your local gym (which has its own set of accuracy problems).

Today I'll clear up the confusion and tomorrow you'll actually be able to use the body fat function of your scale to produce some meaningful data.

First, let's cover how they work:

Electronic body fat scales use a technology called bioelectrical impedance (BEI) to assess body fat.

With this method, a very light, unnoticeable electrical current is passed through the body and the percentage of the current that is repelled and the percentage "absorbed" or conducted are both measured.

The assumption is that body fat will repel the current while all lean tissue will act as a conductor, leaving the percentage repelled as your estimated body fat percentage.

Here's the problem:

This method is highly dependant on consistent levels of body water, something that is not often consistent to say the least.

For example, if you just exercised or are dehydrated, the measurements will be off. If you have a different level of body water than when you last measured, the measurements will be off. If you take your body fat in the morning, and then again in the evening, the measurements will be off.

In other words, in order to get consistent readings, you have to be consistent in your measurement practices; this is what I recommend:

Body water is at its most stable point every day first thing in the morning before eating and drinking anything. This is when you should be taking your body fat readings.

Another recommendation is to only measure at most twice weekly. There are too many fluctuations that happen from one day to the next, and it's flat out psychological torture to be stepping on the scale every day.

I do not allow my clients to get on the scale but once a week-period. And if they email me with concerns about scale weight being up from yesterday, I simply respond with "Give me an update on Saturday morning."

Be consistent with your measuring practices and you'll be surprised just how consistent your measurements become.

With that said, let's get into the calculations:

Fat Weight = Total Weight x Body Fat %

Lean Body Mass (LBM) = Total Weight – Fat Weight

Low Carb Day Calorie/Macro Breakdown

Total Calories = LBM x 11

Macronutrient Breakdown: 40% Protein, 10% Carbohydrate, 50% fat

Lower GI/GL Day Calorie/Macro Breakdown

Total Calories = LBM x 12

Macronutrient Breakdown: 35% Protein, 45% Carbohydrate, 25% fat

Higher GI/GL Day Calorie/Macro Breakdown

Total Calories = LBM x 13

Macronutrient Breakdown: 35% Protein, 50% Carbohydrate, 15% fat

Determining Gram Amounts from Calorie and Macro Breakdown Information

Once you have determined your target calorie intake for each day, you can easily use the macronutrient breakdown recommendations to determine gram targets for each macronutrient. Use the following numbers and equation to guide you:

Protein = 4 calories per gram

Carbs = 4 calories per gram

Fat = 9 calories per gram

Gram equation: Total calories x macro percentage / calories per gram = grams of macronutrient

For example, if your target calorie intake is 2,000 calories for a Higher GI/GL day and you wanted to figure out how many of grams of carbohydrate you would need to eat on this day, you'd use the following equation:

2,000 (total calories) x 50% (macro percentage) / 4 (calories per gram) = 250 grams of carbohydrate

You'd then repeat this process for other macronutrients and days plugging in the appropriate numbers.

Alternatively, you can always use the portion method (which is recommended).

The Three Phases

The Cheat Your Way Thin program is made up of three phases – The Priming Phase, The Core Phase, and The Maintenance Phase.

In this section, we will discuss all three in detail.

The Priming Phase

First and foremost, you'll be happy to know that the entire program starts off with your first Cheat Day. Yes, on Day 1 of the Priming Phase you'll be indulging in all your favorite foods.

I love you, too.

This actually has a purpose: to ensure that you start the diet both psychologically satisfied and with a hormonal environment primed to burn fat.

After the Cheat Day, it's right down to business with a 19-day "prime" in which we'll be utilizing a mix of Low Carb and Low GI/GL days.

Here is the set up of the 3-week Priming Phase:

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 1	Cheat Day	Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	Low Carb
Week 2	Low GI/GL	Low Carb	Low GI/GL	Low Carb	Low GI/GL	Low Carb	Low GI/GL
Week 3	Low GI/GL	Low GI/GL	Low GI/GL	Low GI/GL	Low GI/GL	Low GI/GL	Cheat Day

As
you
can
see,
Day

1 is a Cheat Day and then the remainder of week 1 is made up of Low Carb days.

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Week 2 is a mix of Low Carb and Low GI/GL days and then in week 3 we transition exclusively to Low GI/GL days.

The function of this phase is to prime leptin receptors to be extremely “receptive” to the set-up and weekly Cheat Days that we will be utilizing in the diet’s main phase, The Core Phase.

We do this by limiting carbohydrates in the first week and then gradually reintroducing them throughout week 2 and 3 of the phase.

The Priming Phase ends with another Cheat Day, then on to the Core Phase.

Typical weight loss during this initial 3 week phase is 7-12 pounds.

The Core Phase

The Core Phase is the main phase of the diet in which we will begin implementing strategic weekly Cheat Days.

The length of this phase is dependant on your goals and how much weight you’d like to lose. Essentially, you’ll continue with the Core Phase until you reach your goal weight (then it’s on to the Maintenance Phase to maintain that progress!).

Also, you will have five different options to choose from when setting up the weekly format of this phase based on your individual preferences and carbohydrate tolerance.

Below we’ll go over each option and then you can choose which version you’d like to go with personally.

Core Phase Option #1 – The Standard Set Up

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Sun	Mon	Tues	Wed	Thur	Fri	Sat
Low Carb	Low Carb	Low GI/GL	Low GI/GL	Higher GI/GL	Higher GI/GL	Cheat Day

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rd set-up is the general set-up of the program that most people have used and experienced success with. It's a great starting point, and you'll probably find that you'll do quite well with it. That said, it may need some adjusting, and that's where options 2 through 5 come in.

First, a very brief explanation of the set up:

After a Saturday Cheat Day, your body will be extremely primed for fat loss. Because of this, we start the new week off with two Low Carb days to fully take advantage of the fat burning potential of these days.

Then as leptin and metabolism start to drop off mid-week, we begin to reintroduce carbohydrates and insulin to counteract the drop in the form of low GI/GL days. Then, several days later when leptin dips again we transition to higher GI/GL carb days, keeping your body happy with even more carbs and insulin.

Finally, the week ends with a leptin-restoring Cheat Day and the cycle repeats.

You can expect to lose 1-2 lbs of pure fat per week during this phase. If things are not progressing that quickly (or if you know your body does not process carbohydrates well), you may want to give one of the other four options a try.

Core Phase Option #2 – The 3-2-1 Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Low Carb	Low Carb	Low Carb	Low GI/GL	Low GI/GL	Higher GI/GL	Cheat Day

With this

option, we simply drop a Higher GI/GL day from the end of the week and replace it with another Low Carb at week's start.

This is the first adjustment I often use with clients if they are not initially progressing with the Core Phase and it generally immediately bumps them right into the 1-2 lb range.

Core Phase Option #3 – The Double Triple Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Low Carb	Low Carb	Low Carb	Low GI/GL	Low GI/GL	Low GI/GL	Cheat Day

With this

option, we drop the Higher GI/GL days from the program completely and instead go with 3 Low Carb days followed by 3 Low GI/GL days.

Some people simply do not do well with regularly consuming “starchy” carbohydrates and find that avoiding these days works best for them.

Core Phase Option #4 – The Camel Hump Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Low Carb	Low Carb	Low GI/GL	Low GI/GL	Low Carb	Low Carb	Cheat Day

With the

option, we use mostly Low Carb days with a “camel hump” of Low GI/GL days mid-week. This option works well for those who like to “deplete” their muscle carbohydrate stores a bit before the large carbohydrate intake of the Cheat Day.

With this approach it is less likely that the calories and carbohydrates ingested during the Cheat Day will spill over to fat storage. It's not something that most have to worry about, but for some it's an issue and the camel hump approach is a quick and easy solution.

Core Phase Option #5 – The Low Carb Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	Cheat Day

This
is
opti

on is rather simple – Low Carb all the way up until the Cheat Day, then repeat.

Some individuals simply do very well with a low-carb setup and it is easiest for them to stick with the same type of menu all week.

Others (like me) don't do well with a long term Low Carb set up, so you'll have to base your decision on your past experiences.

Which to Choose?

If you aren't sure which option to choose for the Core Phase, I recommend that you start with the Standard set up and adjust from there if necessary.

I could have just simply provided you with the standard set up and that's it, but I wanted to give you some other options to troubleshoot your experience if you fall into the small percentage of people who don't do as well with this approach (or if one of the other options initially looks most appealing to you).

Fact is, most people do very well with the Standard set up.

As a second option, I'd suggest the 3-2-1 approach. Again, this one simple change (adding an extra Low Carb day and omitting a Higher GI/GL day) often times does the trick for getting things moving in the right direction.

The other options are there for you to play with as well and the set up you choose may ultimately just be a matter of preference.

Truth is, you'll likely progress with any of the five options, but you may find one fits in best with your personality, schedule, etc. And when you do that, all the better!

The Maintenance Phase

Once you've use the Priming and Core Phases to hit your goal weight, then it's on to maintain all the wonderful progress you've made with the Maintenance Phase.

I call this phase the Cheat Your Way Thin "Lifestyle" as it's all about transitioning into a way of eating that you will be able to continue with for months and years to come.

And here's the best part about this entire program: you are going to find that keeping the weight off is **easy**.

Seriously easy.

Why? Simply because Cheat Your Way Thin does something that no other calorie-restrictive diet does—it **protects** your metabolism over the entire course of the diet to ensure that lost weight stays lost.

Throughout the course of your fat loss journey you did everything right. You kept leptin and metabolism high week after week. You used strategic cheating and carbohydrate cycling to keep your body from "catching on" to the fact that you were dieting.

That's HUGE.

You see, with other programs the complete opposite occurs. At the completion of your "diet" metabolism is so beaten down from week after week of calorie restriction that it becomes virtually impossible to keep the weight from piling back on once you resume any sort of normal eating pattern.

Bad news for your past, a bright light for your future.

Here are the basic guidelines for the Maintenance Phase:

- Only one Low Carb day per week (the day after your Cheat Day)
- Throughout the rest of the week, mix and match Low GI and Higher GI days, with a minimum of 2 Low GI days

Here is an example week within the maintenance phase:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Low Carb	Low GI/GL	Higher GI/GL	Higher GI/GL	Low GI/GL	Higher GI/GL	Cheat Day

Even if you

were using more of a low-carb approach during the Core Phase, you will do fine with this type of set up to **maintain** your weight.

And best yet, you still get to enjoy your Cheat Days. Talk about a *livable* way to eat!

Again, it is up to you how you structure this phase. There are no set days that must be Low Carb, Low GI/GL, or Higher GI/GL (with the exception of the Low Carb day following your Cheat Day).

This phase is about three things: less structure, more flexibility, and more food!

Cheat Your Way Thin Supplementation Guide

As you've seen throughout the program manual, I've recommended the use of several fundamental/foundation supplements that I believe everyone should be using to maximize results and overall health.

These are food-based and nutrient-based supplements (protein, carbohydrate, essential fatty acids, essential vitamins/minerals/antioxidants), NOT bogus fat burners or quick-fix supplements making outrageous claims.

The fact is, you only need the most basic, fundamental supplements to be extremely successful with any weight loss program and need not spend hundreds of dollars on "pills" that fail to deliver.

The supplements I recommend are from Prograde Nutrition® and are available at www.ProgradeStore.com

Best part, I like to work out special deals for my customers, so I got on the phone with Prograde and "convinced" them to give you 15% off your first order. Pretty cool, huh? Just use the coupon code **cheat15** at checkout (all lowercase, no spaces) and get 15% off your entire order.

Why do I recommend Prograde®? Simple:

- First and foremost, they are the brand of supplements that I personally use. If I don't use and believe it to be beneficial to ME, I don't recommend it to my customers. Period.
- The supplements are of the highest quality and you get exactly what the labels says (they are a certified GMP [Good Manufacturing Practices] "A" rated manufacturer; the highest possible certification for quality control). This is a

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MAJOR problem with other brands, and one of the major reasons I am so comfortable recommending Prograde®.

- 100% Organic, again, extremely high quality
- Most importantly, they are an honest, stand-up company that only produces the “foundation” supplements that truly make a difference - the exact supplements I recommend - and nothing more. They don’t try to get over on consumers by putting together a bunch of B.S. products with the many “quick-fix” claims that you often see.

The specific supplements I recommend for use with the Cheat Your Way Thin program are:

- **VGF 25+® for men/women (multi-nutrient for men/women)** – VGF 25+ is MUCH more than a multi-vitamin as it’s made directly from more than 25 whole vegetables, greens and fruits (thus the name).
- **EFA Icon® (extremely pure, potent essential fatty acids)** – Fish oil (omega-3 fatty acid) is the number one supplement that I believe everyone should be taking for fat loss and overall health, no matter who you are, across the board. To name just a few of the fat burning and health benefits these “wonder” fats possess, omega-3 fatty acids have been shown to decrease the risk for developing heart disease and cancer, decrease blood pressure, improve liver and kidney function, reduce joint pain, improve vision, improve diabetic conditions, decrease occurrences and intensities of migraine headaches, **increase circulating levels of leptin**, reduce stress, and increase metabolic rate. If you are not using fish oil, make it a point to start supplementing with it right away. As for EFA icon, it has several benefits over conventional fish oil in that it is the most absorbed form of fish oil, highly potent and high quality without any toxins such as trace mercury. Not only does this carry the quality benefit, but

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because of its high potency, you don't have to worry about choking down large quantities of big "horse pill", low-quality fish oil. In fact, just 2 small pills are the equivalent of TEN large standard fish oil capsules and only a total of a ½ gram of fat.

- **Prograde Workout® (pre/post workout recovery beverage)** - ideal formulation of fast acting proteins and carbohydrates to support stimulate lean muscle mass and recovery. You can use this on any day, including low-carb days, just substitute it for your next schedule meal.
- **Prograde Protein® (low-carb, pharmaceutical grade protein supplement)** – Prograde Protein is the perfect solution for the last meal of the day. It's made from cold-processed, pharmaceutical grade whey (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality), and contains the full spectrum of amino acids (including a hefty dose of branch chain amino acids) to promote the retention of your hard-earned calorie-burning lean muscle tissue.
- **Prograde Organic Cravers® (meal replacement bars)** – Cravers® are quite honestly the best tasting meal replacement bars on the planet, and I'm not even exaggerating (AND they're 100% organic). In reality, most meal replacement bars are barely "tolerable". With Cravers®, I actually *look forward* to having one of these every single day—they're that good..

One thing to realize is that the protein powder, pre/post workout beverage, and protein bars are all FOOD -- while the cost adds up a bit, you are **substituting** them for MEALS and they average only a couple bucks each (there aren't many meals out there that only cost a couple bucks).

This is how I actually SAVE money on groceries each month (the regular use of Prograde Protein®, Workout®, and Cravers® typically cuts my “food” cost by one third each month, easily), and when you use them, you’ll do the same.

One last very important thing - they also offer a very convenient shipped-right to your door monthly program (this is what I do) in which you get **free shipping and a huge discount on bulk orders**.

Basically, they send you a month’s supply each month of the supplements you choose (so you never have to worry about reordering or running out), give you a huge discount, and then hook you up with FREE shipping on top of it.

I told you; they’re a great company. I don’t know of **any** other company that does this and I’ve been using this service for quite some time and love it.

How to Order and Get 15% OFF Everything!

==> www.ProgradeStore.com

Here’s the really cool part – since I have an “in” with the owners of Prograde (Jayson and Jim are good friends of mine, and Jayson even provided the meal plans in the Deluxe edition of this very program), EVERYTHING is 15% off for my customers. Just enter the coupon code **cheat15** (all lowercase, no spaces) once your order is finalized and you’ll receive 15% off your first order.

Again, realize that utilizing meal replacements is going to cut your grocery bill and SAVE you money. That’s in addition to adding major convenience to your nutrition plan.

Enjoy the decreased monthly bills and remember to use your special Cheat Your Way Thin discount code for even more savings!

[Click HERE to start your order](#)

(be sure to use the code cheat15 to save 15%!)

Looking out for ya!

Tracking Progress

Tracking progress during the Priming and Core Phases (and even the Maintenance Phase to a degree) is critically important to your overall success.

A very popular saying amongst fitness professionals is “If you’re not assessing, you’re just guessing!” And that’s essentially true. The only *real* way to know if something is working is to regularly assess and track your progress.

With Cheat Your Way Thin, we will be using several methods of tracking progress—scale weight, body fat %, and girth measurements.

Both scale weight and body fat percentage can be assessed via an at home electronic body fat scale. We talked about these scales earlier in the calorie section (see pg X of this manual).

Below are the locations for the various girth measurements you’ll be taking:

Bust/Chest

Waist (around the navel)

Hips

Right Arm

Right Thigh

Right Calf

For arm, thigh, and calf measurements, simply double each to account for the other limb when calculating total inches lost. For example, if your right thigh measurement has gone down one inch, it is safe to assume that your left thigh measurement has also decreased by one inch for a total of two inches lost from both thighs collectively.

Below are example measurements for a female who used the Cheat Your Way Thin program for six weeks:

	Starting	Week 6	Difference
Bust	38"	35"	-3"
Waist	36"	33"	-3"
Hips	38"	36"	-2"
Right Arm	12"	11.5"	$-.5" \times 2 = -1"$
Right Thigh	24"	22.5"	$-1.5" \times 2 = -3"$
Right Calf	12"	11.5"	$-.5" \times 2 = -1"$
		Total	-13"

When To Measure

Measurements should be taken once weekly, the morning of your Cheat Day—that's it.

Do not—*I repeat; do NOT*—weight yourself daily. Due to the carbohydrate cycling and Cheat Days used with this program, you will experience significant fluctuations in water balance throughout the week causing daily measurements to be all over the place.

With this program, daily scale readings mean nothing. What we are concerned with is consistent, week to week progress, and that is assessed by taking consistent weekly measurements.

One more time: stepping on the scale daily will do nothing more than break your focus and cause unnecessary stress and worry (which will in turn slow progress)—don't do it.

With that out of the way, here is how you should be measuring:

Starting measurements should be taken the Sunday you begin the Priming Phase (this is a Cheat Day), first thing in the morning before eating anything. This is the way you will always measure each week—first thing in the morning, before eating anything. Consistent measuring practices ensure consistency and accuracy in your measurements.

From here, measurements will be taken once weekly on the morning of your Cheat Day (or every 7th day during the Priming Phase).

You can log your progress easily via the log sheets in the Cheat Your Way Thin Success Journal & Workbook.

Cheat Your Way Fit

Despite being a “diet” program, this program does have an exercise component to it. Simply put, if you’re not willing to get off the couch and move a little bit, you’re doing your health, your body, and your fat loss a great disservice.

That said, I’m not going to overwhelm you with hours of exercise to be conducted weekly. Instead, you’ll find that the exercise recommendations fall in line with the rest of the program—extremely effective and efficient.

Briefly, here are some of the reasons why diet + exercise (and not simply diet alone) is the ultimate combination for the fastest fat loss, especially with this program:

- **More fat loss, less muscle loss** – In general, someone who is dieting who is also exercising will lose more fat and less muscle than someone who attempts to lose weight through dieting alone. Maintaining lean muscle tissue while dieting is critically important to keeping metabolism high as each pound of lean muscle on your frame burns an additional ~50 calories daily.
- **Improved leptin sensitivity** – Exercise has been shown to improve leptin sensitivity dramatically, which means your body will be even more responsive to the Cheat Days and carbohydrate cycling used throughout the Cheat Your Way Thin program.
- **Strategically timed exercise doubles results** – After a Cheat Day the body is extremely primed for fat loss—metabolism and levels of fat burning hormones are at their peak and your body will officially be “in the zone” to burn massive body fat. To take full advantage of this “post-cheat window of fat burning opportunity” we will be strategically timing exercise at the beginning of the week

to work synergistically with the Low Carb days in order to yield the fastest possible results.

For the exercise portion of the program, we will be using a technique called Mixed Intensity Training (MIT) that is set up in a manner to get your optimal results in minimal time.

Unlike monotonous, boring “steady state” cardio in which you do the same low-intensity activity for 45 minutes straight, Mixed Intensity Training requires that you “mix up” the intensity during each workout by transitioning back and forth between periods of higher and lower intensities.

Research has shown this type of training to have many benefits over traditional cardio, including:

- **More calories burned** – While total calories burned during the actual exercise session are similar for steady state and MIT workouts (although MIT workouts are much shorter), MIT workouts have been shown to increase metabolism for up to 48 hours after the workout has been completed. That means you can be watching TV, driving the kids to school, cooking dinner, out at the mall—whatever—and you’ll still be burning calories from the workout you did *yesterday*. Pretty darn cool. Slow-go, steady state cardio does not share this benefit.
- **Greater fat loss** – It makes sense that if a workout burns more calories, it will also burn more fat, but just how much more? Well, one particular study which analyzed the effects of an MIT-style workout versus traditional “slow-go” cardio and found that those in the MIT group burned nearly *nine times* more body fat than the low intensity group. Other studies have reported similar findings.

- **Greater fitness** – MIT is again the clear winner when it comes to improving one's overall level of fitness as studies have shown time and time again that MIT improves both aerobic and anaerobic (slow and fast paced energy systems) capacity above and beyond what is possible with steady state cardio.

So without further ado, below are the guidelines for the 18-minute MIT workout you will be performing as part of the Cheat Your Way Thin program:

Cheat Your Way Fit Workout Guidelines

Interval 1: 2 minutes light; 2 minutes hard

Interval 2: 2 minutes light; 2 minutes hard

Interval 3: 2 minutes light; 2 minutes hard

Interval 4: 2 minutes light; 2 minutes hard

Cool Down: 2 minutes very light

In the above workout we will use something known as the Rating of Perceived Exertion (RPE) scale to determine the intensity for each interval.

If you can imagine a scale ranging from 1 to 10, with 10 being maximal effort and 1 being hardly any effort at all, the “light” portion of each interval should fall somewhere around a score of 4 (what brisk walking feels like in most cases), and the “hard” portion of the interval should be in the 7-8 range (can't easily talk).

The beauty of the RPE scale is that it is relative to you as an individual. If you are just starting out with fitness, then an 8 on the RPE scale may be a very light jog. If you are more advanced, however, an 8 may be considerably harder/faster.

Regardless, what matters most is that you are pushing yourself as an individual and you needn't compare your workouts with what is "hard" or "easy" for someone else. Just make sure you are putting in the effort on your end and the rest will take care of itself.

As far as mode of exercise is concerned, walking/running is preferred and requires no equipment other than a pair of running shoes (assuming you are conducting exercise outside), however, other modes such as the treadmill, stair stepper, elliptical trainer, stationary bike, rower, swimming, and skipping rope are acceptable and can be used for variety.

When To Perform Your Workouts

It is recommended that you perform 3-4 workouts weekly for a total of 60-80 minutes of MIT per week.

Two of those sessions should come early in the week (Sunday and Monday), and one of them absolutely must be done the day after your Cheat Day.

Again, the body is extremely primed to burn fat after a Cheat Day, so in order to fully capitalize on the fat burning potential of this time period we will be combining low-carb diet days with increased activity.

The other 1-2 workouts should come later in the week; Thursday and/or Friday work well.

As for optimal time of day, it is recommended that you perform your workouts in the morning in order to take full advantage of an entire day of heightened metabolism; if not feasible with your schedule, afternoon workouts will suffice.

Adding In Additional Moderate-Intensity Activity

Within reason, it's difficult to get too much activity. Adding in some walking, light jogging, or participating in a recreational sport are all great ways to increase activity and burn even more calories.

Feel free to add any of these activities to your weekly routine.

FAQs

With the specifics of the Cheat Your Way Thin program covered, I'd like to take the next few pages to answer some of the more frequently asked questions that have come up in regards to the program.

Q: What if “cheating” seems to result in a one step forward, one step backward phenomenon?

On rare occasion (less than 10% of those who follow the Cheat Your Way Thin program), individuals may experience a phenomenon in which they lose several pounds during the week, cheat, and then end up weighing around about the same at the end of the following week.

In this rare case, don't panic, a few simple adjustments can quickly have you netting positive fat loss each week.

Simply put, I have never worked with a client in which cheating “didn't work” for them. Sometimes it takes a few tweaks, but it works for everyone, and it will work for you.

Here are several options:

- The first line of defense is to switch the version of the Core Phase you are doing based on the recommendations I provided previously. This will fix the issue 99% of the time.
- Another option is to change the nature of your Cheat Day from the “all-out eat whatever you want” style to a more controlled carbohydrate “refeed”. If going this route, you still needn't monitor calories, just stick to adding calories mostly through low-fat, high glycemic carbohydrate sources.

Here are just some examples of foods that work well in this scenario: fat free fig newtons, angel hair pasta, bagels, breads, raisins, grape juice, potatoes, baked potato chips, baked tortilla chips and salsa, animal crackers, low-fat ice cream or non-fat frozen yogurt, low-fat pop tarts, low-fat graham crackers, low-fat cookies, rice, and pretzels.

I'm not a huge fan of this method as I think there are other (better) ways to fix any issues without having to be restrictive on your Cheat Day. That said, some people do very well with, and actually enjoy, this type of approach.

- One other way to create positive net fat loss from Cheat Day to Cheat Day is to simply add a couple extra days between Cheat Days. For example, instead of Cheating every 7th day, try cheating every 9th or 10th day. This gives you 2-3 extra days to recover from the previous weeks cheat and net a couple pounds of positive fat loss.

The downside of this approach is that it is a lot less uniform than weekly Cheat Days (i.e. your Cheat Day would always fall on a different day of the week), which makes weekly scheduling a bit tougher.

All in all, none of these things will probably be an issue for you, but if they are, you have the several above options. Believe me, it will work for you (and then you can enjoy it for the rest of your life), it just may take a few weeks of tweaking for a select few.

Again, my number one recommendation is to switch the version of the Core Phase you are following—it's the easiest (and most effective) solution.

Q: What if I have a social event, dinner, etc, to attend on a day other than Saturday? Can I switch my Cheat Day?

Yes, you can permanently switch your Cheat Day (which we will discuss in the next question), or you can temporarily switch it on an “as needed” basis for special events, etc.

For example, let’s say that you have a birthday party to attend on a Thursday evening, but your normal Cheat Day is regularly scheduled for Saturday (a day in which you don’t really have anything planned that particular week). Do you have to tough it out Thursday (and abstain from all the goodies present) and wait it out until Saturday?

Nope!

You can easily change your Cheat Day to Thursday with one easy super simple switch-a-roo: just swap the two days completely.

In other words, whatever you were supposed to be doing diet wise on Thursday, do that on your Cheat Day, and then move the Cheat Day to Thursday so you can enjoy the party.

Naturally, this isn’t something that you’d want to do every week (it’s ideal to have consistency with your Cheat Days from week to week), but the occasional swap is A-OK.

Q: What if I’d like permanent Cheat Day to be another day other than Saturday? For instance, I generally have family over Sunday afternoon and think having my Cheat Day on this day would be most ideal for me.

No problem. There’s no magic to Saturday. Go ahead and make the switch to literally any day of the week you’d like, and then follow the diet on the other 6 days as outlined.

Q: Are there any long-term negative health effects that I should be concerned about with the regular indulgence of the Cheat Your Way Thin program?

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I get this question a lot, and it's kind of silly when you think about it. With the Cheat Your Way Thin program, you're losing weight and increasing your physical fitness – do you think that **one day** of enjoying some of your favorite foods is going to negate all those positive adaptations and the extremely healthy choices that you are making during the other six? I'm sure you see my point, but just in case, that answer is "No, it's not."

That said, if you have any medical conditions whatsoever, you must clear your participation in any weight loss program (including this one) with them first.

Q: What about special populations such as diabetics or those with cardiovascular disease? Is this diet safe for them?

Piggy-backing off of the last question, I want to make sure I'm clear here: consult with your doctor before beginning any exercise program to make sure it is a good fit for you, and always, *a/ways* follow his or her advice.

Q: I regularly perform resistance training and use a post-workout nutrition shake. Is a post-workout shake allowed on this program?

Yes, absolutely. Just substitute it for your next scheduled meal, regardless of the type of day (even if it is a low-carb day). For best results, I recommend using Prograde Workout®, which can be purchased at www.ProgradeStore.com. Use the coupon code "cheat15" (all lowercase without the quotes) to receive 15% off of your entire first order.

Q: I'm still a little anxious about a full day of dietary indulgence; can't I just have a single cheat meal?

Not if you want to experience the best results. Research has proven that cheat “meals” DO NOT WORK for substantially replenishing leptin levels. For that to happen, you need a prolonged period of overfeeding (8 to 12 hours), not a single meal.

Sure, cheat meals are a nice psychological outlet, but that’s where it ends. If you are looking for the physiological benefit of **faster fat loss**, then you need to take a leap of faith and trust me with the approach I’ve recommended here. Cheat Days, not meals, prevent diet plateaus and help bring about steady, consistent, fast fat loss each and every week. Use them.

Q: Do you recommend the use of any “damage control” supplements for the Cheat Day?

Some people will try to use insulin-mimicking substances such as ALA or r-ALA on their Cheat Days as a means of “damage control” so to speak, but I am of the opinion that these substances may potentially interfere with the natural upregulation of leptin and other hormones that we are trying to achieve. That, and I don’t see any real benefit to supplementing with anything on your Cheat Day. Just eat and let your hormones naturally do what they know to do when you provide your body with surplus calories.

Q: I’m a vegetarian/vegan; can I still do this diet? What alterations do I need to make, if any?

Of course! You’ll have to get a bit creative with your food selection, however, to ensure you are getting enough protein. For meals in which you do not consume a portion of protein directly (because of the absence of meat in your diet), try adding some tofu and increasing the legume and nut content of the meal as both of these food types contain substantial protein.

Also, you’ll need to rely more on protein supplements than most. The highest quality protein powder that I know of is Prograde Nutrition’s “Prograde Lean” ®, which can be

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purchased at www.ProgradeStore.com. I even got my friend and Director of Research and development at Prograde Jayson Hunter, R.D. to hook you up with a 15% discount on your entire first order. Just use the coupon code “cheat15” at checkout (all lowercase without the quotes).

Ultra-condensed Cliff Notes

Meal Frequency

Sample Daily Timeline
7:00 am – Breakfast
10:00 am – Mid-morning Snack
12:30 pm – Lunch
3:00 pm – Mid-afternoon Snack
6:00 pm – Dinner
9:00 pm – Pre-bedtime Prograde Lean ® Nutrition Shake

Cheat Day Guidelines

Guideline #1 – Eat the Foods You Crave Without Feeling Guilty

Guideline #2 – Do Not Stuff Yourself or Eat Until the Point of Discomfort

Guideline #3 – Wake Up When You Would Normally Wake Up

Guideline #4 – Don't Skip Meals Holding Out for a Single Feast; Eat Throughout the Day

Guideline #5 – DON'T Plan

Guideline #6 – Avoid Excess Alcohol Consumption

The Three Types of Days

Low Carb Day Guidelines

- One portion of lean protein per meal/snack
- One portion of fat per meal/snack

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- Zero portions of carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies* as desired

*list of “free” vegetables that can be enjoyed anytime is given on page 20

Low GI/GL Day Guidelines

- One portion of lean protein per meal/snack
- One portion of fat per meal/snack
- One portion of low GI/GL carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

Higher GI/GL Day Guidelines

- One portion of lean protein per meal/snack
- Zero portions of fat per meal/snack
- One portion of higher GI/GL carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

The Three Phases

The Priming Phase

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 1	Cheat Day	Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	Low Carb
Week 2	Low GI/GL	Low Carb	Low GI/GL	Low Carb	Low GI/GL	Low Carb	Low GI/GL
Week 3	Low GI/GL	Low GI/GL	Low GI/GL	Low GI/GL	Low GI/GL	Low GI/GL	Cheat Day

The
Core
Phase

ase

Core Phase Option #1 – The Standard Set Up

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Core Phase
Low Carb	Low Carb	Low GI/GL	Low GI/GL	Higher GI/GL	Higher GI/GL	Cheat Day	

Option #2 – The 3-2-1 Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Core Phase
Low Carb	Low Carb	Low Carb	Low GI/GL	Low GI/GL	Higher GI/GL	Cheat Day	

Option #3 – The Double Triple Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Core Phase
Low Carb	Low Carb	Low Carb	Low GI/GL	Low GI/GL	Low GI/GL	Cheat Day	

Option #4 – The Camel Hump Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Core Phase
Low Carb	Low Carb	Low GI/GL	Low GI/GL	Low Carb	Low Carb	Cheat Day	

Option #5 – The Low Carb Approach

Sun	Mon	Tues	Wed	Thur	Fri	Sat	The
Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	Low Carb	Cheat Day	

Maintenance Phase

Here are the basic guidelines for the Maintenance Phase:

- Only one Low Carb day per week (the day after your Cheat Day)
- Throughout the rest of the week, mix and match Low GI and Higher GI days, with a minimum of 2 Low GI days

Here is an example week within the maintenance phase:

Sun	Mon	Tues	Wed	Thur	Fri	Sat
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Low Carb	Low GI/GL	Higher GI/GL	Higher GI/GL	Low GI/GL	Higher GI/GL	Cheat Day
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