

# FastFit Bootcamps 4-Pillars of Nutrition

## *4-Principles To Getting A FastFit Metabolism in 21 Days*

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Any legit fat loss expert will tell you that proper nutrition is 80% of the game when it comes to getting rid of your gut and melting off trouble spot fat in your hips, thighs, abs, and lower back

But too often I see these so called experts making nutrition much more complicated than it really has to be.

I have helped HUNDRED of people lose THOUSANDS of pounds of ugly, unwanted fat from these 4 simple rapid fat loss nutrition tips from my FastFit Nutrition system:

### **HOW TO GET A FAST METABOLISM IN 21 DAYS!**

#### **FASTFIT TIP #1: Eat OFTEN to Feed Muscle and Starve Fat!**

*Tip: Eat immediately upon waking and then every 2-4 hours for a total of 4-6 approved meals per day depending on your goals.*

*"I know I am supposed to eat like 5 or 6 times per day, but I usually skip breakfast because I am so busy and I just don't have any time to eat anything in the morning. Once I get to work it's a total rat race and I just never have time to eat anything but a candy bar or some chips from the vending machine during the day. Sometimes I have a small lunch or I'll swing by a fast-food joint. By the end of the day I am friggin' starving and I eat a really big dinner before I go to bed."*

Sadly, this statement is a pretty accurate summary of how most people in our country eat on a regular basis:

- We skip breakfast
- We eat 1 or 2 meals per day
- We eat the biggest meal of the day as our last meal before bed

Well, the good news is that you now know exactly WHAT NOT TO DO!

Now, I'll give you this: it's a bit counterintuitive that eating more often will help you lose

weight. I mean seriously, how can eating more get rid of your gut? Here's how:

It is important to first understand the evolutionary history of our ancestors. Not so long ago food was very scarce and we could go many long hours, days, or even a whole week or more between meals. Essentially, we would starve on a regular basis. Our body has an amazing ability to adapt to its environment in an effort to survive. Thus, the human body became very efficient at storing as much fat for energy as possible in case another state of famine was right around the corner whenever it would sense imminent starvation.

In addition, when your body is starving it will start to consume muscle protein for energy in an effort to save even more body fat as critical survival energy. The result is a loss of lean muscle mass and body shape and a slow, sluggish metabolism.

So, how long does it take to go without eating before your body enters SURVIVAL MODE?

Yep, you guessed it:

2-4 hours!

If you haven't eaten in the last 2-4 hours, this is what's going on in your body right now:

- It's storing ugly, unwanted body fat in all those pesky trouble spot areas like your hips, thighs, abs, and lower back!
- It's breaking down that lean, sexy muscle tissue that gives your body shape and allows you to perform at optimal levels!
- It's slowing your metabolism to a dead halt stopping fat loss in its tracks!

But wait, there's more bad news! When you don't eat every 2-4 hours your body will store as many calories as possible at your next meal to stock up for the next hunger strike. In addition, your blood sugar levels will be so low that your body is going to be craving high-carb, high-fat junk foods that will leave you feeling guilty and bloated. In other words, you will overeat junk food and become a fat-storing machine.

Once and for all, let's say it together:

No more miserable starvation diets that leave us fatter and more frustrated!

**Bottom Line:**

***Frequent Feedings Build a Fat-Melting, Muscle-Building Metabolism:***

- Increased Thermic Effect of Feeding (TEF): Every time you eat you boost your

metabolism as your body burns calories chewing, swallowing, and digesting food. If you eat 2-3 meals per day, you will only boost your metabolism 2-3 times. However eating 4-6 meals a day will result in 2-3 extra metabolic boosts per day!

- Feed Muscle and Starve Fat: Your body is programmed to survive periods of famine and starvation due to evolution. Thus, your body will store fat and eat muscle as soon as it senses the slightest signal of starvation. By eating every 2-4 hours you will both provide your body with a steady flow of muscle-building nutrients and allow your body to use fat for fuel. You will also simultaneously increase your body's natural production of anabolic hormones (good muscle-building and fat-melting hormones) and decrease your body's natural production of catabolic hormones (bad muscle-wasting and fat-storing hormones).

- Increase Performance and Improve Energy Levels: Eating every 2-4 hours effectively balances your blood sugar levels and provides a steady and consistent flow of energy to your body to maximize your daily performance at school or work and during your workouts.

- Trick Your Body Into Thinking It's Being Overfed: Unfortunately, your body has no real interest in being lean. However, by eating every 2-4 hours, even when you are in a caloric deficit, you trick your body into thinking that food is always shortly on the way and thus you will avoid the pitfalls of starvation-induced muscle loss and fat-storage.

- Avoid the Spillover Effect: When you eat a few big meals each day, the higher caloric and macronutrient content of these meals are more likely to lead to a spillover of nutrients resulting in unwanted fat gain. This is because it is often too difficult for your body to digest large quantities of food. By eating 4-6 smaller, evenly distributed meals each day you are preventing this overflow of nutrients and making it easier for your body to digest and make use of all the nutrient-dense food you are putting into your body.

- A study from Georgia State University concluded that people who opted to eat every 2-3 hours rather than the typical 2-3 meals per day have better blood sugar levels, fewer catabolic hormones, more anabolic hormones, less blood cholesterol, better body composition, and higher metabolic rates! When was the last time you ate?

Expert's Suggestion: Set Your Metabolic Alarm Clock!

Most of us wake up every day to an alarm clock. It is safe to say that the majority of us would probably not wake-up every morning when we are supposed to if we did not have this alarm clock.

Do you honestly think you are going to eat every 2-4 hours unless your body tells you to? We are all so very busy and there truly never seems to be enough time in the day and that is why it is critical that we give our bodies the incentive to eat as often as possible.

Thus, it is essential to establish a daily eating schedule so that your metabolism has the ideal internal alarm clock to optimize your health, body composition, and performance. If you commit to eating every 2-4 hours for a total of 4-6 approved meals for at least 2 weeks, I promise you that your stomach will be rumbling for that next meal sooner than later. IT'S LIKE CLOCKWORK!

## **HOW TO GET A FAST METABOLISM IN 21 DAYS!**

### **FASTFIT TIP #2: Eat the RIGHT Meals at the RIGHT times to build your dream body!**

*Tip: Eat the RIGHT Complete Meals at the RIGHT Times: Eat Core Meals anytime. Reserve Activity Meals for breakfast or ideally within 3 hours of intense activity.*

What I am about to tell you is what I have found to be THE most effective nutritional strategy for helping people look better naked. It is so powerfully that people usually see noticeable changes in their physiques after just a couple of days of implementing it. I am not exaggerating when I say that it will change your body and your life forever!

#### **WARNING:**

IMPLEMENTING THIS STRATEGY WILL LIKELY RESULT IN A DEAD SEXY BODY THAT WILL BE THE TALK OF THE TOWN. DO NOT FOLLOW THIS ADVICE UNLESS YOU ARE OKAY WITH BOTH INTENSE FLATTERY FROM YOUR PEERS AND INTERESTED GLANCES FROM THE OPPOSITE SEX. IT'S ABOUT TO GET TOO HOT IN HERE!

FastFit Nutrition consists of two main types of meals: core meals and activity meals. Core meals consist of lean proteins, fruits and veggies, and healthy fats and can be eaten anytime. Activity meals consist of lean proteins, fruits and veggies, and nutrient dense carbohydrates (whole grains and legumes) and are best consumed either for breakfast or within 3 hours of intense activity. This simple and brutally effective nutrient timing strategy alone will take your sex appeal to the next level!

#### **Two Types of Complete Meals: Core Meals and Activity Meals**

##### **Core Meals (CM)**

Consist of Powerful Proteins (PP), Vivacious Veggies (VV), and Fabulous Fats (FF) and can be consumed anytime of day.

##### **The Core Meal Effect:**

**More Lean Muscle Mass and Less Body Fat ----> Amazing Metabolisms ----->**

## Amazing Cores

**- Core Meals Serve as your Nutritional Foundation:** These meals can be eaten at anytime of the day. By eating Core Meals every 2-4 hours you maintain stable blood sugar levels and provide a steady flow of energy to your body all day long. In this way, these meals prevent the huge fat-storing insulin spikes typical of the diets of most Americans that come from:

- a.) Frequently eating a large quantity of refined or junk carbohydrates
- b.) Overeating later in the day after skipping meals

**- Core Meals lead to Fast Metabolisms:** Core Meals create the optimal hormonal environment for simultaneous lean muscle gain and fat loss. By providing all of the essential nutrients to build and maintain lean muscle mass and metabolism without any of the “extras” (starchy or sugary carbs) Core Meals allow your body to melt its fat stores at the same time. This what we call a “Fast Metabolism” that is working to help you look better 24-7!

**- Fast Metabolisms Lead to Awesome Cores:** Your body’s core muscles collectively consist of the abs, hips, thighs, and lower back. These are the areas that most fitness enthusiasts want to improve the most. Unfortunately, these areas tend to be the stubborn fat areas for most people (generally the abs and lower back for men and the hips and thighs for women). In other words, there is no amount or type of exercise that will make your core musculature more visible without a strategic nutrition plan to trick your body into shedding the unwanted body fat that is hiding these coveted “eye candy” muscles. Core Meals unlock your CORE’S potential by building a FAST METABOLISM that will get rid of these unsightly trouble spot areas that are hindering your body’s true physical appeal!

### Activity Meals (AM):

Activity Meals consist of Powerful Proteins (PP), Vivacious Veggies (VV), and Energy Carbs (EC) and should only be consumed immediately upon waking for breakfast and/or within 3 hours post-workout. Activity Meals fuel both the optimal performance of and the recovery from high-intensity exercise.

### The Activity Meal Effect:

**Improved Workout Performance and Recovery -----> More Lean Muscle Mass -----  
> Fast Metabolisms**

**- Activity Meals Are Activity Dependent:** The total number of activity meals you consume on a daily basis is directly related to your activity level. The less active you are, the lower the number of activity meals your body needs to function optimally. In general, the average American adult with a sedentary job should only consume a maximum of one Activity Meal per day and even this is often not needed.

**- Activity Meals Are Body Type And Goal Dependent:** The total number of Activity Meals you consume on a daily basis is directly related to your body type and/or your training goals. If you are prone to weight gain or want to lose body fat (endomorph), your body will respond best to fewer Activity Meals and more Core Meals. If you struggle to gain weight (ectomorph) or want to build muscle, your body will respond best to fewer Core Meals and more Activity Meals.

**- Activity Meals Must Be Consumed At The Right Time(s):**

These meals are best consumed at two specific times of day: breakfast and/or within the 3-hour Workout Window (e.g. within 3-hours of performing high-intensity exercise, the sooner the better). This revolutionary concept is known as nutrient partitioning and essentially means that at these times your body preferentially stores Energy Carbs (EC) in muscle cells instead of fat cells. This is when your body best handles the insulin surges caused by EC consumption (e.g. sugary and starchy carbohydrates). At these times your body preferentially uses these foods to build and repair muscle and to re-stock the sugar stores in your muscles as training fuel for upcoming workouts. However, eating Activity Meals at other times of the day will often lead to unwanted fat-storage that will hide that lean, attractive muscle that you are training so hard to get!

**- Activity Meals Promote Optimal Muscle Growth And Recovery:** Activity Meals provide all of the necessary nutrients to jump-start muscle growth and recovery in addition to igniting a muscle-building, fat-burning metabolism for hours and hours after the completion of your workout.

**The Bottom Line:**

**Eat Core Meals anytime. Reserve Activity Meals for breakfast or ideally within 3 hours of intense activity. By eating this way you will not believe how much better you will look in the mirror!**

## **HOW TO GET A FASTFIT METABOLISM IN 21 DAYS!**

### **FASTFIT TIP #3: Eat Portions, NOT Calories**

*Tip: Focus on portion sizes, not calorie counting! 80% of the foods that I recommend can be measured using your fist alone.*

To keep it even simpler, use this incredible lose-your-gut eating strategy at every meal:

Men: Eat 2 fists worth of an extra lean protein source (anything that has a face or a mother and runs, flies, or swims) AND at least 1-2 fists worth of fibrous green veggies (anything green and from the ground)

Women: Eat 1 fist worth of an extra lean protein source (anything that has a face or a mother and runs, flies, or swims) AND at least 1-2 fists worth of fibrous green veggies (anything green and from the ground)

## HOW TO GET A FAST METABOLISM IN 21 DAYS!

### **FASTFIT TIP#4: Drink Water To Look Better In A Swimsuit!**

*Tip: Focus on portion sizes, not calorie counting! 80% of the foods that I recommend can be measured using your fist alone.*

#### Be a Hydration Specialist

This one is pretty simple. If you do not drink enough water you will die. Humans can go without food for days, weeks, and even months in some circumstances and survive. However, it only takes a couple of days (and in some instances, a span of only a couple of hours) of dehydration before serious health risks or even death present themselves. Over 60% of your body is made of water and it is absolutely essential for a wide variety of physiological functions. Thus, water is at the top of the FastFit Food Pyramid as it is the most essential component of sound nutrition.

Oh yea, for those of you who do not care about your health know this: A DEHYDRATED ORGANISM CANNOT LOSE UNWANTED BODY FAT! Your body is only interested in survival and in maintaining homeostasis. As soon as your body senses that it is dehydrated it will go into survival mode and then your body will have no interest in burning body fat. Thus, in order to maximize fat loss and get sexy you need to trick your body into thinking “everything is okay” so that it can effectively burn fat without ever going into survival mode.

Below is a brief summary of key benefits of being a hydration specialist:

- Water is the most vital component of sound nutrition

- A dehydrated organism cannot effectively lose body fat
- Water is needed to flush toxins and fat out of our bodies
- Adequate water intake increase metabolism, performance, and energy levels

#### The Expert's Suggestions:

- Always be prepared: Carry a full water bottle around with you and sip on it all day long
- Make your water bottle your own: Whenever we take ownership of something, we will put more effort into maintaining it if not improving it. Thus, take ownership of your water bottle and make it the best around. Feel free to name your water bottle (e.g. Wilson the volleyball from "Castaway") and/or add creative designs to your water bottle to enhance its visual appeal. Do not share your water bottle with anyone else and be ready to use physical force if necessary to protect your water bottle.

#### The Water Bottle Mantra

"This is my water bottle. There are many like it, but this one is mine. My water bottle is my best friend. It is my life. I must master it as I must master my life. Without me, my water bottle is useless. Without my water bottle, I am useless."

#### Hydration Guidelines:

**DRINK AT LEAST 8-16 OZ (1-2 CUPS) OF WATER FOR EVERY 1-2 WAKING HOURS AND ELIMINATE ALL CALORIE-CONTAINING\* AND ALCOHOLIC BEVERAGES**

\*Besides your approved workout drinks and meal replacement shakes

#### 1.) Drink Immediately Upon Waking to Boost Metabolism and to Keep Your Heart Ticking

- You have just spent the whole night sleeping (ideally 7-8 hours) so you are going to wake up extremely dehydrated. It is critical to hydrate as soon as you roll out of bed so that you rev up your metabolic engine and start your day off on the right note.
- Good Morning Metabolism: German scientists recently discovered that drinking 2 cups of cold water immediately upon waking boosts metabolism by 24% for 90 minutes following this good morning chug. Interestingly enough, a smaller amount of water had NO EFFECT on metabolism!
- Save Your Heart: Researchers at Loma Linda University found that men who drank five 8-ounce glasses of water a day were 54% less likely to suffer from fatal heart attacks than those men who drank two 8-ounce glasses or fewer. By drinking 16 oz of



water first thing in the morning you are already out-drinking some of these numbskulls!

- Drink at least 16 oz (2 cups) of CHILLED water

## 2.) Drink Before Meals to Prevent Overeating AND Between Meals to Stay Full

- Before Meals: Drinking at least 8-16 oz of water before each meal will help prevent overeating because water competes with food for space in the stomach. Thus the more water you drink, the less EXTRA food you will eat. This regulation of caloric intake makes drinking enough water an essential component in optimizing fat loss.

- Between Meals: Drinking at least 8-16 oz of water between each meal will help keep you full all day long. Most of us confuse hunger for dehydration, particularly during the cold, dry winter season. Staying hydrated between feedings will keep your energy levels high and prevent those usual hunger pangs that lead you to the twinkie machine at work or school!

- Drink at least 8-16 oz (1-2 cups) of water

## 3.) Drink During Activity to Boost Performance and Muscle Growth

- Water is nature's ULTIMATE performance enhancer. Your muscles are composed of 80% water and even a 1% decrease in body water has a negative effect on both workout performance and recovery. That is why proper pre, mid, and post-workout hydration has been shown to lower exercising heart rate, reduce heat stress, maintain performance, and prevent strength losses typical of dehydration.

- In addition, German researchers recently discovered that there is a higher rate of protein synthesis (muscle growth) in well-hydrated muscle cells.

- Adequate water intake is also critical to minimizing the aging process as it helps prevent the drying up of connective tissues surrounding our muscles and joints. This means less nagging aches and pains both now and down the road!

- Drink at least 8-16 oz (1-2 cups) of CHILLED water for every 15 minutes of activity\*

\*NOTE: Mineral imbalances may occur during exercise that produces large losses of sweat (particularly in hot environments). That's why it's best to consume a workout drink containing protein and/or carbs and minerals (e.g. protein shake or fruit flavored kefir). Please refer to the Workout Nutrition Section for more info.

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