THE SEPTEMBER SLIMDOWN

A 28 Day FastFit "Pre-Holiday Shred" To Lean Out, Skyrocket Confidence And Drop A Pant Size Before Halloween!

Jeff McDaniel

In this 28-day body composition program, you will be changing the way you THINK about eating. We are going to dispel the typical myths of fat loss and show you how reducing body fat at a rapid rate is possible by eating healthy, great-tasting foods.

The magic of this program is in the science of it. Lucky for you, I have done all the research and spent countless hours perfecting this program with literally thousands of clients since 2006. All you have to do is reap the rewards of our hard work and follow the plan laid out in the pages that follow to see rapid fat loss.

Week 1 Overview (Ketosis)

The average person attempting to undergo a fat loss program initially has a hard time seeing results, and if results are achieved, he or she has an even more difficult time keeping the pounds off.

Why?

Because the majority of people's bodies are trained to burn carbohydrates for energy instead of fat—even during intense exercise. Don't miss that statement! On this program, we will be conditioning your body to BURN FAT.

Week 1 Training

If you are a beginner, perform three 30-minute workouts per week at FastFit and 30-minutes of walking all of there days. No days off. More advanced individuals add more than three workouts and more intense off day training.
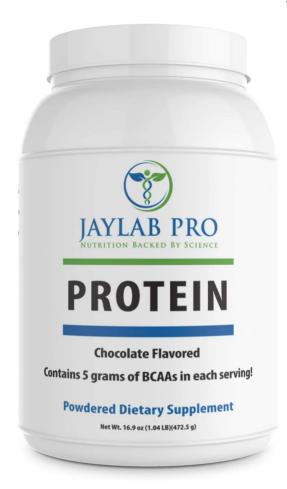
Week 2 Nutrition

For the first week of this program, we will be putting your body into Ketosis.

The Method-Behind-The-Madness: What is Ketosis?

The metabolic state of ketosis simply means that the quantity of ketone bodies in the blood have reached higher than normal levels. When the body is in a KETOGENIC state, lipid (fat) energy metabolism has ramped up. This means that the body will start breaking down your own body fat to fuel the body's normal, everyday functions.

What's so great about Ketosis?

As I mentioned, the main benefit is that it increases the body's ability to utilize fats for fuel, which greatly diminishes on a high-carbohydrate diet. When on high- carbohydrate diets, the body can usually expect an energy source to keep entering the body. But in the state of ketosis, the body has to become efficient at mobilizing fats as energy. Do this and you will CHANGE.

A Note About Supplementation:

Anyone who has ever trained with me for 5 seconds knows that my philosophy in nutrition is that you build your diet on Protein & Produce meals. Real food for Real results. That being said, I recognize that the majority of my clients busy men and women, working professionals who don't always have time to prepare food, and in particular, they struggle with the protein intake. For that very reason I'm a big fan of supplementing a high-quality, protein powder to fill in the gaps. I personally recommend the JayLab Pro Vanilla or Chocolate Protein Powder that we have at FastFit since it is one of the rare protein powders that is

-Naturally-sweetened with Stevia NOT sugar

-Gluten-free

-Contains 5g of BCAA's which is HUGE for Fat Loss

It's available online **HERE** but we get this at wholesale cost and keep it supplied at the gym.

Choosing Your Food in Week 1 (The Color System)

Blue = Low Carb

Examples:

- Lean meats: chicken, turkey, tilapia, salmon

- Eggs

- Cheeses: string cheese, cottage cheese

- Beef: Burgers (no bun), steak

- Stevia-Sweetened Protein powder *(JayLabPro)*

- Peanut butter: low sugar

Yellow = Moderate carb, healthy fats

Examples:

- Lean meats with richer sauces: chicken cream sauce, pork with BBQ sauce

- Egg recipes: quiche (no breading), omelets

- Beef recipes: meatloaf, meatballs

- Stevia-Sweetened Protein powder with Oatmeal *(JayLabPro)*

Red = High carb, high fiber, high protein

Examples:

- Chicken quesadillas (low carb wrap)

- Flatbread sandwiches (low carb bread)

- Crab cakes

- Pita sandwiches (low carb pita)

How do I know which ones I can have?

During week 1, each day you can have:

- 1 Red item

- 2 Yellow items

- Up to 5 Blue items

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1								
Meal 2								
Meal 3								
Meals 4								
Meal 5								

Jeff McDaniel, *September Slimdown Nutrition Guide*, www.fastfit.club

Week 2 Overview (pH Balance)

Ramp up time! Now that you have gotten used to the ketogenic diet and your body has learned to balance it with exercise, it is time to ramp up your diet to achieve maximum results. During week 2, we'll be putting you through a pH balance phase. For maximum results, you will slightly increase your training intensity during this week.

Week 2 Training

Strive to increase your intensity at each FastFit workout. This can be done by working up in weight, performing a harder progression of the exercise or adding in a "finisher" at the end. If you did 30 minutes of walking increase that to 40 minutes.

Week 2 Nutrition

For the next week of this program, I'm going to be balancing your pH levels.

The Method-Behind-The-Madness: What are my pH levels?

pH is a measure of the acidity or alkalinity of your body. Human blood pH should be slightly alkaline. An imbalanced diet high in acidic foods such as carbohydrates, sugars, and processed foods, puts pressure on the body's regulating systems to maintain pH neutrality. When this happens, it can be nearly impossible for a person to lose weight— and especially to maintain it. By helping your body become more alkaline, we will be putting you on the fast track to weight loss—and helping you keep it off!

What's so great about being slightly alkaline?

Most people trying to lose weight through exercise or eating less food cannot do so if their body is acidic (this is the #2 cause of weight retention in most individuals). The main benefit of being slightly alkaline is that all of the body's systems (circulatory, digestive, respiratory, etc.) can function as they were meant to before humans began eating a typical American/domesticated diet. In this alkaline state, the body begins returning to its natural weight and energy level.

Choosing Your Food in Week 1 (The Color System)

Blue = Low Carb Examples:

- Lean meats: chicken, turkey, tilapia, salmon

- Eggs

- Cheeses: string cheese, cottage cheese

- Beef: Burgers (no bun), steak

- Stevia-Sweetened Protein powder *(JayLabPro)*

- Peanut butter: low sugar

Yellow = Moderate carb, healthy fat

Examples:

- Lean meats with richer sauces: chicken cream sauce, pork with BBQ sauce

- Egg recipes: quiche (no breading), omelets

- Beef recipes: meatloaf, meatballs

- Stevia-Sweetened Protein powder with Oatmeal *(JayLabPro)*

Red = High carb, high fiber, high protein

Examples:

- Chicken quesadillas (low carb wrap)

- Flatbread sandwiches (low carb bread)

- Crab cakes

- Pita sandwiches (low carb pita)

Green = Veggie, high alkaline

Examples:

- Broccoli

- Green beans

- Asparagus

- Zucchini & squash

How do I know which ones I can have?

Similar to Week 1, each day you can have:

- 1 Red item

- 2 Yellow items

- Up to 5 Blue items

- 2 Green items

See Template below:

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1								
Meal 2								
Meal 3								
Meal 3 (Alkaline)								
Meals 4								
Meal 5								
Meal 5 (Alkaline)								

Jeff McDaniel, *September Slimdown Nutrition Guide*, www.fastfit.club

Week 3 Overview (Regulate Blood Sugar)

During week 3, you'll be experiencing a very exciting process! With this specific nutrition regimen, you will be training your body to burn fat and use the carbs you eat properly!

During this time, you will be rev'ing up the intensity of your training! This increased intensity will pair well with the specific carbs added to your diet. These should help you recover faster and be able to perform at a higher level during the workouts.

Week 3 Training

Intense effort, all-out activity. You will be following the coaching program provided by your fitness coach.

Week 3 Nutrition

For the next week of this program, we will be regulating your body's blood sugar and conditioning it to use carbs efficiently. You will be doing this by intentionally adding a grain or starch immediately after your resistance-training workout.

The Method-Behind-The-Madness: What is blood sugar?

The number one cause of obesity, diabetes, and heart disease is unregulated blood sugar. The concentration of sugar flowing through your blood at a given time helps determine whether a person can lose weight.

What's so great about regulating your blood sugar level?

THE #1 reason that most people cannot lose weight is that most Americans' bodies have been trained to store food as fat. We can all thank the typical American diet and its love of processed foods, "hidden" sugars, starches, and excess calories for this! Even if a person cuts fat out of their diet completely, the carbohydrates they consume will be stored as fat just the same. But when blood sugar is regulated, the body knows exactly what to do with the carbs ingested: It sends them to the muscles and liver, where they are used for energy and brain function instead of fat storage.

Choosing Your Food in Week 3

Blue = Low Carb

Examples:

- Lean meats: chicken, turkey, tilapia, salmon

- Eggs

- Cheeses: string cheese, cottage cheese

- Beef: Burgers (no bun), steak

- Stevia-Sweetened Protein Powder *(JayLabPro)*

- Peanut butter: low sugar

Yellow = Moderate Carb, Healthy Fat

Examples:

- Lean meats with richer sauces: chicken cream sauce, pork with BBQ sauce

- Egg recipes: quiche (no breading), omelets

- Beef recipes: meatloaf, meatballs

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Examples:

- Chicken quesadillas (low carb wrap)

- Flatbread sandwiches (low carb bread)

- Crab cakes

- Beef: Burgers (no bun), steak

- Stevia-Sweetened Protein Powder *(JayLabPro)*

- Peanut butter: low sugar

Green = Veggie, high alkaline

Examples:

- Broccoli

- Green beans

- Asparagus

- Zucchini & squash

Purple = Starch, high fiber

- Sweet potato

- Brown rice

- Quinoa

- Oatmeal

How do I know which ones I can have?

Similar to previous weeks, each day, you can have:

- 1 Red item

- 2 Yellow items

- Up to 5 Blue items

- 1 Purple item IMMEDIATELY FOLLOWING YOUR WORKOUT

See Template Below:

See an example below.	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1								
Blood Sugar								
Meal 2								
Meal 3								
Meal 4								
Meal 5								

Week 4 Overview (2nd Ketosis)

This is a reset week. You'll get a little break physically, and if you follow the program, you can expect to lose another 5–8 pounds. You will be cutting back the intensity compared to the last couple weeks, as we condition the body to continue burning fat by cycling you back around into a ketogenic diet.

Week 4 Training

Continue to slowly progress your training program and increase your recovery work.

Week 4 Nutrition

For the next week of this program, we will be putting your body back into Ketosis.

Why Ketosis again?

You're now doing an extended version of what's known as "carb cycling". We're manipulating your macro-nutrients during the weeks, and also from week to week. This is one of the most powerful methods that professionals use to break through, or even prevent, hitting plateaus.

The Method-Behind-The-Madness: What's so great about "Carb-Cycling"?

Carb Cycling forces your body to continue adapting. By having a few weeks of eating veggies and carbs, then periodically going *back* into ketosis, your body will continue to adapt and adjust the way we want it to—getting back to its maintenance weight.

Choosing Your Food in Week 4

(Same as week 1) **Blue** = Low Carb Examples:

Blue = Low Carb

Examples:

• Lean meats: chicken, turkey, tilapia, salmon

• Eggs

• Cheese: string cheese, cottage cheese

• Beef: Burgers (no bun), steak

• Stevia-Sweetened Protein Powder *(JayLabPro)*

• Peanut butter: low sugar

Yellow = Moderate carb, healthy fat

Examples:

• Lean meats with richer sauces: chicken cream sauce, pork with BBQ sauce

• Egg recipes: quiche (no breading), omelets

• Beef recipes: meatloaf, meatballs

• Stevia-Sweetened Protein powder with oatmeal *(JayLabPro)*

Red = High carb, high fiber, high protein

Examples:

- Chicken quesadillas (low carb wrap)

- Flatbread sandwiches (low carb bread)

- Crab cakes

- Pita sandwiches (low carb pita)

How do I know which ones I can have?

During week 4, each day you can have:

- 1 Red item

- 2 Yellow items

- Up to 5 Blue items

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1								
Meal 2								
Meal 3								
Meal 4								
Meal 5								

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