



THE **MANDIET**

QUICK START Guide

CHAD HOWSE PRESENTS

# THE **MAN** DIET

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## **The Quick Start Guide**

The purpose of this guide is to help you set yourself up for success. There are things that need to be done, and things that you need to know, *before* you start the diet, and before you start working out.

If you *haven't* purchased the *Man Workout*, get on it.

Nutrition is, indeed, incredibly important to your overall health and becoming an optimal man. But don't discredit working out.

'Tis is the gym where you'll burn more fat and get stronger. And every man needs to get stronger. Exceptions rarely exist.

And so, I've created a quick checklist for you to run through in preparation for the *Man Diet* and the *Man Workout*. Run through the list and, yes, check off what you've done. Make sure to check off the entire list by Monday of next week, which is when you'll start both the diet and the workout.

If you *haven't* bought the *Man Workout*, do that **here**:

Have you put your ducks in a row with regard to supplementation? We've covered which supplements are necessary to your overall health and success with the *Man Diet*.

In the interest, here is the list of companies we like:

[BioTRUST](#)  
[ATHLETIC GREENS](#)  
[BLUE STAR Nutraceuticals](#)

Again, the main things you're going to want to buy are in the Supplement Guide that came with this book. I highly recommend you use the supplement companies above.

These are the supplement companies I use because I know their quality. I know they give the best product, they're not after your money, rather, are more after your testimonial.

They want to hear about your experience with their company and with their products. So, if you choose to buy a supplement, use the companies above. Don't waist your money on a bad product that will do nothing for your goals.

Now, the Checklist.

- Make sure you write down your starting stats down, including weight, measurements, body fat percentage, and current clothing sizes.

Above all else, make sure you take your before picture. This is what will be one of the most effective measuring sticks to your success. You may actually *gain weight* if you're doing the workout, but you're *going to burn fat*, so don't live by the scale, it can be a deceiving tool.

- Have you read through the nutrition manual, supplement guide, and the workout manual?

Make sure you print out the list of foods as well as your workouts. Know what's "ok" to eat, and when it's "ok" to eat it. Don't start eating like a man before you understand fully, what that entails.

- Have you familiarized yourself with the exercises?

Read through the entire Man Workout before you head to the gym, or at least the first phase.

You want to head into the workout knowing exactly what you're doing. Also, you can change the exercises if you're lacking equipment. For example, every barbell exercise has a dumbbell counterpart.

- Have you signed up to a gym?

Do you need a gym membership? No. But I highly recommend one. Not merely because you're going to have access to more equipment, but it's an escape. It's a way to get out of the house, get away from your stressors, and pick up some heavy weights.

I like having that escape. You, however, may be able to get the

workouts done at your own home, in which case, have at it as long as you *do the workouts*.

➤ Can you change up exercises?

I've set up the workouts to be "location friendly". Most exercises should be able to be done within close proximity so you're not running all over the gym. If, however, this isn't so, as your gym may be set up differently, feel free to change some of the exercises.

➤ Have you gone shopping?

As soon as you finish reading the manual, head to the grocery store and buy your food! Remember, keep it organic, grass fed, and natural.