

Chad Howse's

FIX YOUR FAT LOSS HORMONES

THE DIET



FIX YOUR FAT LOSS HORMONES

THE DIET

DARE MIGHTY THINGS INC.

© 2015

TABLE OF CONTENTS

INTRODUCTION	4
Putting It All Into Practice	5
AN INTRO TO MACROS	7
How to Think of Food	7
Protein	8
Fat	9
Carbs	11
Cheat Meals	12
Cheat Meals vs Cheat Days	12
A Few Cheating Rules	12
Calculating Daily Caloric Intake	13
First: Your Basal Metabolic Rate	13
Calculating Your Macros	15
THE STRUCTURE OF YOUR MEALS	19
Off Day Nutrition	21
The BEST Time to Train?	22
Reasons to Work Out in the Morning	22
Reasons to Work Out in the Evening	23
Crafting the Right Morning Primer	24
READY TO FIX YOUR FAT LOSS HORMONES?	28

INTRODUCTION

What you get in many diets is filler...

A chapter here and a chapter there of content that's meant to fill a quote for the amount of pages that the author thinks will increase the perceived value of the book.

What I've found is that with longer books and ebook is that people remember the filler and forget the bare necessities needed to create the results they want.

If everything in a book or a program is essential, though, it's pretty clear as to what you need to do to create the results you want. Which is exactly what we're doing.

The *Manual* was filled with the 10 steps needed to fix your fat loss hormones. The diet is focused on only a few things. This way you know exactly what you have to do, and you can start today, right after you finish looking over this diet and the options you have here.

We've explained everything already. No more studies or proof or examples necessary. No we can focus on what you need to eat and how much you need to consume.

We'll accomplish a few things in this diet book:

1. We'll calculate how much energy you burn daily – this way you can determine how much you should consume.
2. We'll determine your starting caloric intake (assuming you're not doing the maintenance phase that we went through in the manual to begin the program).
3. We'll give you examples of what a day might look like in the *Fix Your Fat Loss Hormones* diet.
4. We'll categorize meals, this way you can structure your meals around your day. Methinks it's a smarter, easier way to eat when you know your testosterone meal shouldn't be after your workout, that's where your post workout meal should be. That way, this diet is essentially able to fit any schedule.
5. We'll show you what foods to eat and which ones to avoid.

First, though, let's talk about the mental game, because you can have everything laid out right in front of you, the path to success, to the results you want, but a lack of motivation – better yet, a lack of consistency – will leave you short of the mark.

Putting It All Into Practice

Of all the emails I get on a daily basis, the complaint or question or obstacle that I hear about most is a lack of motivation.

The problem, of course, is that people look at an endeavour like building their ideal body or burning a bunch of fat as a matter of motivation, but motivation really has nothing to do with it. Habits and actions are everything, intentions mean nothing.

A few tips before we get into the meat of the diet...

1. Plan ahead.

Know what you're going to eat and when you're going to eat it. There should be no decision-making process on your side of things when it comes to your meals. You should have a plan made in advance – ideally on a weekly basis with the meal plans, but the night before is just fine.

When I started this business I'd try to set my daily schedule that day, or as the day came I'd do this and that until I realized that things come into your life on a daily basis that try to nudge you off your course. Every *minute* we're given an option that isn't in line with where we want to go or who we want to be.

Even right now I was a dumbass and I left my phone on when writing this, it rings, a conversation ensues that didn't really need to take place, and my mind is taken away from that thing that it should be focused on.

If you don't plan your meals the night before – at the latest – you're going to consume calories that don't fit into your allotted daily caloric intake. Simple.

Plan your meals ahead and according to the daily amount of calories you should be consuming.

2. Develop habits.

Alright, habits, more than motivation, is where the secret to success lies.

As a side note, if you're feeling as though you're too run down or lacking in energy, you may be eating too few calories. Don't freak out if this happens in the first few days, that can be expected, but if you're two weeks in and you're still feeling lethargic, add an extra 25 grams of protein to your daily caloric intake.

So, habits...

You have to know when you're at your weakest, when your will-power is at its most vulnerable. At the beginning of the day we're energetic, we've made very few decisions up to this point, making our decision-making process not only easier and clearer, but less vulnerable to weakness.

As the days progress our ability to make the decisions we need to make in the name of the greater good diminishes. This is why so many people binge at night or on the way home from work, stopping at a fast food joint just to quell their hunger.

I think it's awesome to have a set meal plan laid out for the day, but if there's one area that you need to focus on most, it's the end of the day. If that means eating the same meal at the end of the day for a week or two or three until you stop binging, then by all means, that's what you have to do.

Also, take note of how the diet is set-up – assuming you workout after work, as many do, your meals with the most carbs will be after your workout, at night, when you're most likely to crave carbs.

3. Leave some calories on the table.

Where most people run into problems in not taking all of their calories into consideration. They leave out the olive oil or the sauce or the salad dressing. The reality is that all of these things have calories in them, and if you're consuming them, they're going to add to your bottom line.

Now, you DO NOT want to eat too little. You don't want to eat whatever your BMR is, it's just too little. You want to eat what the calculations to come will allot to you, but you don't want to go over, and it's those hidden calories where most people go over and fail to burn fat.

The solution is to leave 100-200 or so calories on the table to account for this little snacks or things that you just won't measure.

4. Set YOUR schedule.

Your diet schedule is very, very important. It should fit your lifestyle and your work schedule and whatever else you have going on. I've clustered meals into certain categories that fit around your workout.

If you're not working out that day you can follow the same schedule, however, you won't be including your post workout shake, other than that, the eating schedule and the meals will be the same.

This plan is and should be tailored to you, so take a day to figure out when to have the meals that make up the routine to ensure that you're both going to be able to prep the meals, but also that you're going to have the time to eat them without having to run off and buy something that doesn't fit into the plan.

AN INTRO TO MACROS

The diet is simple, after your metabolic re-set you're going to calculate your total daily expenditure (how many calories you burn during a given day), and use the calculations later on in this chapter to figure out just how much food you should be eating.

Keep in mind one very important thing:

This is a fat loss program, not a diet, not a workout program, it's a method that will help you fix your fat loss hormones but you need to train and train effectively (as we show you) to get the results you want.

As you'll *also* see, the calculations include multipliers for the amount of activity you do. These will help you include your workouts along with your BMR (more about what this is in a bit) while being at enough of a caloric deficit to where you're burning fat but you're not so low that you're going to feel starved or lose a ton of muscle.

So, keep reading, I'll give you an intro to the food you're going to be consuming, why you're going to be consuming it, and what portions you're going to be eating.

How to Think of Food

Food is to you, what gas is to a car.

Food is essentially that thing that gives you energy to perform the various tasks you need to perform to live. If you want to perform optimally you have to provide your body with an optimal fuel source. We all have our weaknesses, I grew up with asthma and a ton of allergies, but almost every human body is born with the capacity to perform optimally, which is what we're helping you do with *Fix Your Fat Loss Hormones*. I'll give you the methods to the madness to developing those underlying optimal hormone levels that will finally help you perform as you've always *wished* you could perform.

If you're ever heard of "if it fits your macros" (IIFYM), it's a diet theory that aims to simply have you follow certain macros, when they're consumed and what these macronutrients are don't necessarily matter. The idea of "fuel", and quality of food, discards some IIFYM approaches, and while you can definitely lose fat just by reducing your calories, you're not going to get healthier, and you're eventually going to have a body that's resistant to fat loss, and a body that burns muscle instead.

Not only are we consuming foods in the right amount and at the optimal time but we're going to consume the *best* kinds of fuel for your body. Is this a firm rule? No. You're going to have cheats, you're going to eat foods that aren't good for you because we all need a break. The diet that is unwavering is the diet that you or I will never follow.

So what is this "fuel" that we're filling up on?

This fuel comes in the form of three macronutrients:

- Carbs
- Proteins
- Fats

You need all three of these macros in varying amounts. Each has its purpose. We'll go through how each will help you reach your goals, and the approximate amounts you're going to be consuming.

Protein

1 gram of protein contains 4 calories

30% of your daily caloric intake will come from protein

Proteins are a wonderful macronutrient that we'll be consuming in a fairly large amount along with our fats. Proteins keep you anabolic, helping you build muscle, and they also help you burn fat as it's the hardest of the three macros to convert into fuel, resulting in a positive effect on your metabolism.

There are two kinds of proteins...

Complete and Incomplete Proteins

Protein is comprised of smaller molecules called **amino acids**. There are 22 amino acids in all (for the purposes of nutrition discussion, anyway), of which 9 belong to a sub-group that can only be obtained through your food; the remainder can be manufactured by your body.

The nine amino acids that can **only** be obtained from the food you eat are called *essential amino acids*.

These essential amino acids are:

- | | | |
|---------------|------------------|--------------|
| • tryptophan, | • phenylalanine, | • leucine, |
| • lysine, | • threonine, | • histidine |
| • methionine, | • valine, | • isoleucine |

A **complete protein** is one that contains adequate portions of those nine amino acids. An **incomplete protein** is one that is lacking in one or more of those amino acids. These amino acids also help your body create hormones that help regulate things like blood pressure and blood sugar levels, which are directly responsible for your metabolic rate and muscular growth.

In short, protein is extremely important, especially the complete proteins that are found in foods such as fish, poultry, eggs, and red meat – all of which we'll be eating a lot of (another reason why being a vegetarian is useless is due to the lack of complete proteins in their diets), and that's where some of the magic occurs with *FYFLH*, the foods we're going to be consuming within this meal guide are *packed* full of the good BCAAs we've just gone over. These BCAAs have been shown to prevent muscle loss during training, and dramatically improve recovery time.

When you train, your body releases cortisol and enters a catabolic state – a state where your body begins breaking down proteins and muscle. Now, this is inevitable, and it's not necessarily something you want to avoid, what you *do* want to do, however, is to get *anabolic* (repairing muscle) as fast as possible, and this is where you want to consume proteins and amino acids, ideally supplementing with the right branch chain amino acids before and during your workout.

When to eat them: With every meal. Simply put, proteins, especially the complete proteins I've been raving about, will be an important part of *FYFLH* every guy wanting to become a healthier, stronger, fitter human...

... which should be everyone.

A few examples of high quality proteins that you should include in your diet:

- a. Animals of all kinds (beef, bison, venison, moose, elk, bear, birds, chicken, and so on).
- b. Fish of all kinds (tuna, salmon, cod, basa, shark, and so on).
- c. Whey or dairy, including cottage cheese (a personal favourite for a post workout meal), yogurt, Greek yogurt, whey protein, whey isolate, and so on.

Fat

1 gram of fat contains 9 calories.

35% of your daily caloric intake will come from dietary fat.

As we've already noted, fats are the building blocks of the building blocks of testosterone. No, I didn't misspeak. We get cholesterol from fat. Cholesterol is what our bodies need to naturally enhance our testosterone levels. We won't delve too deeply into how they've been unjustly vilified over the past few decades, rather, we'll break down the various kinds of fats, where you get them from, and how they help you.

Monounsaturated Fat

Monounsaturated fats help lower bad cholesterol and raise good cholesterol. They *do not* contribute to your waistline; rather, they help you burn more fat while maintaining more muscle. For the fellas, they'll also help you naturally enhance your testosterone levels (*muy importante*).

Brazil nuts, along with almonds, are two of the best sources of fats you can consume.

Monounsaturated fats are found mostly in nuts – like those above – and some fruit, such as avocados. This type of fat can also be found in olive oil (unheated).

Polyunsaturated Fat

Polyunsaturated fats contain Omega-3 and Omega-6 fatty acids, and, like monounsaturated fats, they lower bad cholesterol. Omega-3's are also great for your insulin health. And although we're not going to be consuming a ton of carbs (you'll consume more depending on your goals), good insulin health simply ensures you're using these carbs for fuel rather than storing them as body fat.

The studies that have shown we don't consume *enough* of these fats are endless. Where *FYFLH* really thrives is in giving us the myriad of benefits we incur from eating more healthy fats like polyunsaturated fats, and less high-glycemic carbohydrates.

Of the Polyunsaturated Fat sources, opt for cold water fish like salmon, mackerel, smelt, shad, perch, sardines, and anchovies. With all meats and fish, keep it wild, grass fed, and as natural as you can have it. Don't buy farmed fish.

Saturated Fat

And now we come to what is probably the most famous fat, fats of the saturated variety.

Saturated fats are the kinds you'll find in your favorite animals. They'll also be a hefty part of our diet and are found in bison, beef, venison, moose, and eggs – basically all of the good stuff. They *do not* add to your waistline, and the evidence that they lead to heart disease is shaky, at best.

Men need to eat delicious red meat to be optimal. And you're going to consume enough of it with this guide. *Is this not an awesome mode of eating?*

Most of these studies fail to remove high-glycemic carbohydrates, and trans fats, from the subject's diets. So while their diet may consist of a lot of lovely, bacony saturated fats, they also include all of the other garbage that we're going to stay away from.

In fact, since they naturally enhance our testosterone levels, which has an *adverse effect* on heart disease in men, then you'd think the opposite is true.

Trans Fat

Trans fats are the ugly step-daughter of the fats family.

For one, it's a man-made fat. And men tend to construct unhealthy foods that men were never meant to consume.

There's no nutritional benefit to consuming trans fats, and they're absolutely terrible for your heart and your waistline, but also your testosterone levels.

You will not consume trans fats, even in your cheat meals or cheat days. They're utterly useless and shouldn't be a part of any diet.

Trans fats are basically anything man made, so fried foods are out of the picture for this diet. I'd rather you binge on carbs and sugar than trans fats.

Carbs

1 gram of carbohydrate contains 4 calories as well,

35% of your daily caloric intake will come from Carbs

Now, there are two kinds of carbohydrates that you need to know about.

Simple carbohydrates are made up of chains of molecules that don't branch off. Examples of simple carbohydrates would include table sugar, syrups, and soda. These carbs have the greatest impact on your insulin. Your diet will consist of few simple carbs, and primarily the complex carbs we'll discuss next, with the lovely exception of the cheat day when you'll go berserk on the yumminess that can be the simple carbohydrate.

Complex carbohydrates on the other hand, do branch off. Complex carbohydrates include yams, veggies, sweet potatoes, and so forth. Carbs will not only help fuel your muscles, but also your mind. We need glucose to survive and to complete even the most rudimentary tasks. Without glucose we won't survive.

When to Have Them: You can and should have vegetables with every meal, the simple carbs, though, should be relegated to your post workout meal(s) and shake.

So, highly glycemic fruits, have post workout, but fruits that are higher in fiber content like assorted berries, you can have whenever. Veggies, whenever. Breads, if you eat bread, have it post workout.

Cheat Meals

Cheat meals aren't actually the worst thing in the world. When you're dieting over an extended period, your metabolism slows, we know, but your leptin levels also decrease. Leptin is a hormone that regulates hunger. This is a large part of why people binge when on a diet, and why they binge on highly glycemic foods, like sweets.

Your leptin levels are actually regulated or boosted by insulin, which is spiked by amino acids and complex carbs. So yes, cheat meals *do* have a benefit, they can help you stay on course, they can help you keep your fat burning hormones at optimal levels, but they have a time and a place, as does everything.

Cheat Meals vs Cheat Days

Cheat days are simply too much. They can work with certain fasting protocols, but to be effective you have to eat very little, if anything, the day before or after a cheat day.

That's why we're going to have cheat *meals*, and they're going to be focused around your workouts.

A Few Cheating Rules

1. Your cheat meal must contain protein.

You can have a treat, ice cream, chocolate, whatever, but you also have to have some protein. It isn't a meal that won't count, it counts, so you're going to need to add your protein in there with the meal.

If you have a cheat treat or meal, be it pancakes or just some chocolate, I highly recommend you accompany it with a protein shake – it's a fast, simple and easy way to get your protein in with this cheat meal so that you're not insanely full afterward.

2. They must come after a workout, possibly before (there's a downside to before).

When we train in the gym with the resistance training workouts we're going to be performing as a part of *FYFLH* we're heightening our body's sensitivity to insulin. What this essentially does is it increases or improves our ability to deal with carbohydrates.

So when you have your cheat meal you're actually going to use a greater percentage of those highly glycemic carbs to fuel your muscles rather than storing them as fat.

You can have your cheat meal right after your workout, or you can have it for your post workout meal an hour or two after your workout.

This also means that your off days have to be clean days. No Sunday cheat days while watching football if you don't first go to the gym.

3. Only a couple cheat meals a week, max.

Listen, your goal is to burn fat here. It's to fix your fat loss hormones and build your ideal body. Cheat meals are good if they help you stay afloat, but how many of them do you really need?

If you're really having trouble sticking to the meal guide that's filled with very tasty man-foods, have a couple cheat meals a week, but let's try and thin them out as we go along with the program.

Start with two cheat meals a week, then get to two cheat meals a month. And always – ALWAYS – keep track of your cheat meals.

4. Chocolate, count it, make it dark, but eat it post workout often.

Now, I'll have a couple squares of dark chocolate (85%) after almost every workout. It's one of those "smaller things in life" that I just don't feel like living without. It also quells that desire to have a full on cheat meal that I'm sure you feel as well.

The thing is, dark chocolate is actually great for you. It's an antioxidant, it helps fight cancers and it tastes great.

I wouldn't count this as a cheat meal at all, but just a part of your post workout shake. With a couple squares of dark chocolate on the tongue, I can go a lot longer without a cheat meal.

Calculating Daily Caloric Intake

First: Your Basal Metabolic Rate

To know how much you should eat, you must understand how much you burn.

The simplest and best way to calculate your BRM (*Basal Metabolic Rate*), or how many calories your body is burning in the run of a day without activity is the Katch McArdle formula.

Here's how it works:

$$BMR = 370 + (21.6 * LBM)$$

LBM is your lean body mass, or your body mass without body fat. It's also in kilograms for the calculation (1 kg = 2.2 lbs).

So if our BMR is $370 + (21.6 * \text{our LBM})$, that means we're going to have to find out our lean body mass.

You calculate LBM by subtracting your body fat weight from your total body weight.

$$LBM = (1 - BF\% \text{ expressed as decimal numeral}) * \text{total body weight}$$

I spent most of my time in math class doing push-ups for getting in trouble, so stick with me, I need this stuff spelled out for me as well. So let's use me as an example.

Right now I'm 189 pounds and 8 percent bodyfat. So my calculations will be as follows (just plug in your info into the calculations below instead of mine).

$$1 - 0.08 = 0.92$$

$$0.92 * 189 = 174 \text{ lbs. (LBM)}$$

To get it back into pounds (for some reason we use pounds here in Canada a heck of a lot more than kilos, even though we're on the metric system) for you fellas in the States.

$$174 / 2.2 = 79 \text{ kg}$$

So, back to that original calculation for my BMR...

$$370 + (21.6 * 79) = 2,076 \text{ calories per day}$$

Once you know your BMR, you can calculate your Total Daily Energy Expenditure by using the following calculations depending on how much you exercise during the week.

- by 1.2 if you exercise 1 to 3 hours per week,
- by 1.35 if you exercise 4 to 6 hours per week, or
- by 1.5 if you exercise vigorously for 6 or more hours per week.

You need to know this number so you can determine how many calories you're going to consume during a given week. Without this number you're throwing darts in the dark.

Now, this isn't a set in stone number. This calculation is as close as we can get to that BRM, but things like muscle mass and age have an effect on your BMR. After you do these calculations and figure out how many calories you should be consuming in a day (it's the number after you've multiplied it by your activity, you shouldn't be consuming only your BMR, that's far too low a calorie number on a daily basis), test it out.

Try this number for a week – that is, this caloric number that you want to hit daily. You may find that even though the math is correct you still need to cut a few more calories from your diet, and by all means do so.

The ideal fat loss you're looking to get around 1 pound per week off the scale. Now, you're looking for fat loss and not just weight loss. So after you do your calculations and add your activity multipliers in there, you should have your daily allotment for calories.

Where and how you measure becomes all the more important, so we'll cover that in a sec.

Calculating Your Macros

We've gone through the percentages and the amount of calories within each macro, so how to do then set up your meal plan (we'll actually have examples of meal plans and how to structure your meals in a bit)?

Remember these numbers:

- 1 gram of carbohydrate contains 4 calories as well,
- 35% of your daily caloric intake will come from carbs
- 1 gram of fat contains 9 calories.
- 35% of your daily caloric intake will come from dietary fat
- 1 gram of protein contains 4 calories
- 30% of your daily caloric intake will come from protein

Now, let's say your calculations are that you should be consuming 3,000 calories a day as a nice round number. What will that look like in grams?

Your daily calories from your macros in grams:

So we'll have the macro, multiply the daily caloric intake by the decimal of the percentage (3,000 x .35) to find the calories from the macro, then divide that by the number of calories per gram to come up with the number of grams per macro that you're going to consume daily.

- ▶ Carbs: $(3,000 \times .35) / 4 = 262.5$ grams of carbs per day.
- ▶ Fat: $(3,000 \times .35) / 9 = 116.6$ grams of fat per day.
- ▶ Protein: $(3,000 \times .3) / 4 = 225$ grams of protein per day.

From here you can look at the examples of how to set up your meals. I've made things a heck of a lot easier for you by grouping your calories into specific meals.

Why We're Having Macro Blocks

Ever want bacon and eggs only to realize that this single meal may fill your daily fats quota, and the meal plan you're following calls for a bit of fat in *every* meal?

I have. Balanced meals don't let you fully enjoy the foods you want to consume in a given meal. Heck, if I want a fatty meal I want a *fatty* meal, and I want to maximize my body's benefit from having said meal. This is a large reason as to why we're grouping our meals with a singular focus.

We have our *testosterone meals* that are higher in fats and cholesterol, the building blocks of testosterone. Then we have our *post workout* or *lean muscle* meals that are higher in lean proteins and much higher in carbohydrates, for other very specific reasons.

Your *lean mass meals* are there to do a couple things:

- a. To spike your insulin and in turn stop the muscle breakdown that occurs during training. The BCAAs from the lean proteins you're going to consume in these meals (one of which is a shake) will have the same effect. In short, this post workout meal is here to help you maintain and even gain that lean muscle, and to prevent muscle loss.
- b. Bring the nutrients you need to your body to start the recovery process immediately. We're having *Athletic Greens* after our workouts, along with proteins and veggies and a bunch of carbs.

With the meals set up as they are you're going to feel like you're "cheating" even though you're sticking within your daily caloric intake. You're going to get the best of the fats meals and the best of the carbs meals, with protein tagging along the entire way.

Movement vs Intake

If you've been training for a week or two and you're not noticing any reduction in weight, the first step isn't a dietary adjustment, but rather a movement or training adjustment.

If you're in the gym for 4-5, 60-minute weightlifting sessions and four of our cardio sessions, that's easily enough, and it may be time to dock your calories back just a bit. One of the biggest problems we run into with fat loss is under-judging the calories we're consuming. You're likely consuming more than you think, so if you're as active as you can be within the confines of the program, cut back.

Remember: You do not want to reduce intake below your BMR, as this can cause too much metabolic slowdown.

First step: Increase activity.

Second step: Decrease calories.

With the first step, don't forget the power of simply walking. Yes, walk up the stairs rather than taking the escalator. Walk to the gym rather than driving (something that I've actually started doing). Walk your dog rather than paying someone to do it.

Walk, walk, walk.

Walk everywhere and at every opportunity you get. It can make a huge difference in your body composition as walking won't negatively effect your lean muscle mass like jogging and other forms of longer, slower cardio will.

Measurement of Your Fat Loss (not weight loss)

What's the best measurement you can make?

Your waist.

Simple.

By measuring your waist, if that thing's shrinking, you're losing fat even if the scale isn't going anywhere.

My favourite measurement?

Pictures.

As soon as you open this book and start reading, take a before picture. Tarps off, just you and your phone in the mirror. Note the time of day you take it at, ideally take it before you eat.

But the visual changes you're going to see are powerful, and even if the scale doesn't move because of the muscle you may gain during this process, your body composition is going to change and a visual confirmation of this is a powerful thing to have.

Plus I want your testimonials!

So take that picture as soon as you get to this point in the book.

Go now, take the picture. I can wait.

Now that you're back, measuring your body fat is also very important. It takes some time, but I highly recommend you do it.

The Best Method To Measure Your Body Fat Percentage

Now, your bodyfat percentage is the most important thing you can measure. If your body fat percentage is dipping, you're losing fat. Simple. The scale can stall or stay stagnant, but you can be losing muscle and gaining fat or losing fat and gaining muscle, so the scale isn't always the most accurate measurement you can use.

Body fat callipers are.

They're less than \$10, and you just follow the instructions on the box and they'll take you through everything.

[You can buy them here on Amazon](#)

There you have it, now you're set to start your diet.

How long do you diet for?

The diet, like the training routine with its 3 phases, is meant to last 3 months. It's going to be a focused, intense, awesome 3 months, but it's not meant to extend beyond that because of the negative effects on your metabolism.

After the diet, you want to go back through the metabolic re-set, after which you can diet down again, or simply maintain where you're at. Hopefully at the end of this, the *Fix Your Fat Loss Hormones*, you'll be where you want to be.

If there's still more work to do, awesome, now your hormones are healthier and if you choose to go after gaining some lean muscle mass or if you want to burn more fat, your body will be better equipped to do so.

THE STRUCTURE OF YOUR MEALS

Each meal within the *Fix Your Fat Loss Hormones Diet* has a purpose.

There are testosterone meals, and there are recovery meals. The recovery meals will be post workout, and depending on when you train, your testosterone meals will either be pre or much later in the day after you've trained.

Here's an example of one of the meal plans you can add to your order...

Upon Rising: 1 Scoop Athletic Greens
Testosterone Meal 3.5oz Steak 3 Whole Eggs 1oz Almonds 3g Fish Oil Pre Workout: 15g BCAA
Post Workout Shake 2 Scoop Whey Protein 1 Scoop Athletic Greens 1 Banana 1 Cup Rolled Oats (uncooked) 4oz. Fat Free Greek Yogurt 1 tsp. Cinnamon 5g Creatine
Post Workout Meal 4oz. Chicken Breast 1 Cup Brown Rice 1 Cup Steamed Broccoli 5oz. Sweet Potato

THE DIET

Testosterone Meal
4oz. Chicken Breast 2 tbsp. Flax Seed Oil 1 Cup Broccoli 2.5oz Avocado
Lean Mass Meal
3.5oz Steak 1 Cup Brown Rice 1 Cup Mixed Vegetables

Now, you'll see the structure and the focus of each meal.

We're getting in our lean proteins and our carbs after our workouts, for a couple meals and a shake. Our testosterone meals are either before our workouts, or after, depending on when you're training.

Here's another example of the structure of your diet (print these pages out and past them on your fridge so you know what to eat and when to eat it).

MORNING TRAINING
7am – Workout
8am - Post Workout Shake (heavy proteins + carbs)
9:00am – Post Workout Meal (heavy proteins + carbs)
12pm – Lean Mass Meal – Protein + Carbs (light fats)
3:30pm – Testosterone Meal – Protein + Fats (low carbs)
6:30pm – Testosterone Meal 2 – Protein + Fats (low carbs)

Schedule for those who workout in the EVENING:

EVENING TRAINING	
7am – FIRST Meal - Testosterone Meal (low carbs)	
11:30 – Light meal Testosterone Meal 2 (low carbs/slow carbs)	
2:30pm – Lean Mass Meal Protein + Carbs (low fats) (notice the time, at least 2 hours before your workout)	
5pm – Workout	
6pm – Post Workout Shake (heavy carbs + Proteins)	
7:00pm – Post Workout Meal (heavy carbs + proteins)	

Off Day Nutrition

The calories you've calculated are taking into account your activity. So what happens when you're not active?

Keep in mind that the multiplying you did to your BMR was an average of your weekly activity, so if you're consuming the same amount of calories per day that's fine.

There are, however, adjustments you can make. For example, I eat more on training days than I do on off days. I actually eat more meals. This is where the off day fast comes in, and the removal of the post workout protein shake from my daily meals.

Here's how your off day nutrition can look like if you're following the off day fast.

Things to keep in mind:

- Your fast is a 16 hour fast with an 8 hour feeding window. So if your last meal is at 7pm the night before, your first meal the next day will be at 11am the next morning. Yes, we're using our sleep period for the bulk of our fast.
- Coffee suppresses appetite, and it has no effect on insulin, so drink coffee in the morning to keep up this fast.
- Start with fats first for breakfast. Having meat for breakfast, like bacon or ground bison, is a great option because meat slows the rise of blood sugar, helping you experience increased energy levels throughout the day. You're also going to feel fuller for longer with a fattier diet because fats keep you full for a longer period than carbs do.

- d. Cutting your post workout shake is enough of a caloric drop in comparison to your training day. You don't have to go too drastic with this off day calorie cutting, you're not going to eat *nothing*, but you're also burning less fuel so consuming fewer calories is a good idea.

Off Day Nutrition
7pm – Time of Yesterday's Final Meal
11:00 – Testosterone Meal (low carbs/slow carbs)
2:30pm – Testosterone Meal 2 (low carbs/slow carbs)
5pm – Lean Mass Meal (heavy carbs + proteins)
7:00pm – Lean Mass Meal (heavy carbs + proteins)

The BEST Time to Train?

So what's the best time to train to burn fat?

The best time to train, for you, is the best time for *you to train*. That is, when can you get your BEST workouts in?

There are a few benefits to training in the morning, but there are benefits to training in the evening as well.

Reasons to Work Out in the Morning

When you're sleeping you're in a fasted state, and typically a fasted state of over 6 hours. Now, when your body is in a "fed" state, you're giving your body fuel to burn so it doesn't have to dip into its stored fat like it does when its in a fasted state.

So you're going to experience greater fat loss with a morning workout where you're walking into the gym and training ([as shown by research](#)) in a fasted state. There are, however, drawbacks...

The main drawback of a morning workout in a fasted state is muscle loss. This, however, can be combatted by taking 10-15 grams of BCAAs 15 minutes before you start training.

Find the best supplements on the market here: [BioTrust BCAA Matrix](#)

Another drawback is why I personally don't train in a fasted state, and it has to do with strength. Now, [caffeine has been shown to increase strength](#) and focus during a workout, so it's important to have caffeine 15 minutes before you head to the gym as well (more on this in a sec), but I find that I'm a heck of a lot stronger and am able to train harder when I have some food in my stomach prior to training.

Now, I eat 2 hours before I train so as to give my body enough time to at least process the foods I've consumed. I wouldn't eat any closer to your workout because the nutrients you're consuming will make you feel lethargic and just go unused, so many of you will have to skip breakfast anyway if you're training in the morning.

I like a breakfast. I get up at 5am, work, eat 3 hours later, work, then go to the gym at noon and have my post workout shake after and my delicious post workout meal after that. This is my schedule though, so tailor your diet to yours.

Reasons to Work Out in the Evening

The *best* reason to train in the evening is because it fits your schedule. It's the same number one reason for training in the morning. Whenever you're going to, without a doubt, get your workout in is when you should train.

That's what's most important, so if you have your kids in the morning or if you need to get to work first thing, then train in the evening or in the afternoon.

If you're training in the evening, you also get to consume the majority of your carbs later in the evening which, with the spike in insulin, will help you sleep, and as we discussed in the manual, sleeping is one of the – if not *the* – most important factor to fixing your fat loss hormones.

Strength also tends to be a bit better in the afternoon or evening – again, personally I prefer the afternoon, as if I leave my workouts until after my work day it'll be late at night and I won't be able to have my pre-workout caffeine without ruining my sleep, I'm also pooped at night.

In short, when should you train?

When you get the most out of your workouts, and whenever your schedule permits it.

Know one thing, though, if you're lazy in the morning and you're not going to get to the gym 100% of the time, then don't train in the morning.

If you're tired at the end of the day and you're going to welcome the excuse to skip today's workout, then don't train after work and instead train at lunch or before work.

Crafting the Right Morning Primer

This doesn't necessarily have to do with diet, but with how you perform at whatever you do in life, and *in life*.

The morning routine should be simple, and strict. I call it a primer because it's this routine that will set you up for an awesome, disciplined day.

A few things that have helped me get a heck of a lot more done in my days as they've given me a greater purpose and more energy:

a. Wake up early.

This is especially important if you have a family or if you want to be successful. It's not the getting up early and grinding right away where the real benefit lies. Getting up early – ideally an hour or more before anyone else in your house gets up – gives you alone time.

It gives you time to follow the routine laid out for you below. It gives you time to prep and think and to set yourself up for an awesome day.

Getting up early has also helped me sleep better, but there's a catch, you also have to go to bed early to make waking up early at all useful.

After 8 or 9 pm I find that I'm relatively useless. I don't work past 8 because in doing so I end up keeping myself up a lot later because my mind is now running and thinking of what I've been working on. So, instead of watching TV I just read and go to bed.

I also wake up at 5 am or earlier. So if I'm sleeping by 930 pm that means I'm getting 7.5 hours of sleep, but because this is a 7 day a week routine (that's clearly broken from time to time but overall stuck to) my body is primed to go to bed at a certain time and primed to wake up at a certain time – I rarely ever actually need an alarm, which is the ideal.

How to Get Up Early:

Start by waking up 15 minutes earlier on 3-4 day blocks. So you wake up at 6:45am for 3 days in a row, then on the fourth day drop it to 6:30am until you've reached your rising goal.

Get in the process of jumping out of bed and doing something very active first thing in the morning. As this becomes a habit it will make waking up earlier much easier on your body and on your mind.

And be sure to follow the rest of this routine as well if you're waking up early, of course, but if you're not as well, it's a great morning routine that will set you up for an awesome day and an accomplished day.

b. Drink 2 big glasses to start (and ... per pound).

The human body is made up of 60 percent water, and muscle is made up of about 70 percent water. When you're sleeping at night your body is functioning, burning calories and consuming water, but you're not taking in any H₂O.

Come morning time many of us are dehydrated and we don't even know it. Try this tomorrow: Drink two big glasses of cold water upon rising. I mean *right away*. You'll feel it. You'll feel it in your muscles and how your body performs.

So how much water do you need on a daily basis?

Well, men need more water than women. The Institute of Medicine reported in 2004 that women should consume about 91 ounces of water—or three-quarters of a gallon—per day, and men should consume about 125 ounces per day (a gallon is 128 ounces). That may seem like a lot of water, but keep in mind a few things...

For one, there's water in your food, and the Institute's calculations include the water – about 20 percent of your daily intake – that you'll get from food. However, you're also training and sweating a fair bit while on this program, and you should be regardless of whether you're on this program at all, so that means a lot more water loss than the average human (you're not the average human!).

Plus, more muscle = more water needed to run and fuel and pump that muscle.

Now, I live in Canada and we use litres up here – even though, somehow, we use pounds more than kilos - and I've been consuming 5-7 litres a day like clockwork for the past umpteen amount of years.

For you Americanos that's around 1.3–2 gallons a day.

I recommend that you do the same if you're working hard in the gym and if you're in a warm climate where you tend to sweat more. 1 gallon should be your base, if you're finding that you need more, simply add more.

Quality of Water

Tap water is out. The amount of chemicals in today's tap water is just out of control, but bottled water isn't much better, especially since it's kept in the plastic bottles that contain those chemical estrogens that hurt your T levels.

The solution: A good carbon water filter.

They're relatively cheap, and you can pour your water into a glass bottle and carry it around as such rather than having to carry it in a plastic water bottle.

c. 20 push-ups, 20 sit-ups, 20 squats for 3 sets.

This isn't a part of your workout, but doing an activity like the following mini-workout as soon as you pop out of bed will have an awesome metabolic effect on your body. It also just wakes you up and it wakes your muscles up.

I highly recommend you add this little mini primer to your day, to be done within 10 minutes of waking up.

d. Read.

Yes, as a part of this diet I'm telling you to read. Read something enlightening or inspiring to start your day. Learn something to start your day.

Listen, this diet, this entire *Fix Your Fat Loss Hormones* system is designed to help you do one thing: get better.

Reading helps you do the same. Start your day off with 20 minutes of reading and put the journey you're on and the struggles you have in your day in perspective.

As a side note, we talked about cortisol a bit in the manual, well, cortisol is a stress hormone, and stress, though life can throw a lot of unwelcomed crap into our lives, is a mental thing, it's something that's under our control.

You can defeat stress in your life, it's entirely within your power whether you stress and worry or whether you're able to focus on the right things and on improving.

I won't cover stress at too much length in this part of the book simply because there are two books that, if you take them to heart, will show you how to stop worry and start living, and how to find meaning within whatever you're going through.

Buy these two books and read them in succession:

- ▶ [*Man's Search for Meaning by Viktor Frankl*](#)
- ▶ [*How to Stop Worrying and Start Living by Dale Carnegie*](#)

e. Gratitude and Review.

To go along with the war against stress – and make no mistake, it's a war – practice this simple exercise every morning.

Take out your journal and write 3 things that happened within the last 24 hours that you're thankful for.

This isn't "3 things I'm thankful for". Anyone can put their family or their health or their job every day. These are 3 things that've happened within the last 24 hours.

Also, review what you put the day before.

This simple exercise will make you a happier man, guaranteed.

f. Cold shower.

We talked about the value of a cold shower where inflammation and testosterone and recovery are concerned. Starting your day with a cold shower really, really sets you on the right path.

It obviously wakes you up and gets you on point for the remainder of the day.

Caffeine

Before we close the diet section of *Fix Your Fat Loss Hormones* it's important that we go over caffeine.

Caffeine is awesome. I absolutely love it, coffee in particular. And though every Tom, Dick, and Harry out there will tell you that caffeine is a terrible drug out to keep you unhealthy and dependant on it's wondrous taste and awakening properties, the truth says otherwise.

In fact, caffeine has been shown to [increase strength](#) and [fat loss](#) and [alertness](#). So not only are you going to have a more effective workout because of increases in energy, you're going to burn more fat and likely maintain more muscle because of how awesome caffeine is.

So how much should you consume?

[Extensive research](#) says that you should aim to keep it within 6mg of caffeine per kg of bodyweight. For me, at 189 pounds, that's around 515mg of caffeine a day. And with an espresso being 77 mg, that gives me over 6 espressos a day, which is quite a bit, and rarely do I get to that amount unless I'm also adding in my pre workout shake.

[How much caffeine is in each beverage \(database\)?](#)

Have a day off of caffeine each week just so you're not creating an intolerance to it. It's like any other nutrient, if you consume it everyday your body becomes unable to absorb it and use it as it initially did when you first started having it.

Pre workout recommendation: Consume half of your daily caffeine intake before your workout to ensure that you're getting the absolute most from your workout.

READY TO FIX YOUR FAT LOSS HORMONES?

By now I'm sure you're tired of reading, so I'll just stop.

We've covered everything you need to know about how to fix your fat loss hormones and how to get the most out of your body. Now it's time to act!

Steps:

Note: Before you do any of the steps, follow the metabolic re-set if you've been dieting previous to the FYFLH program.

1. Calculate your BMR.
2. Multiply it by your activity figure.
3. Now you have your daily calories, figure out your macros with the simple calculations I've given you.
4. Figure out how to structure your diet to fit your schedule by using the models we've given you.
5. Plan your next week's meals centered around a single, simple structure.
6. Look over the training program and the exercises in the membership site.
7. Go grocery shopping.

That's it!

You're there. You've taken action by buying this awesome program, now it's time to take action by eating and training and breaking the boundaries that once held you back!

In touch.

Be Legendary,

Chad Howse