

# FINAL PHASE MELTDOWN

## NUTRITION PLAN

Take your **results** to the  
**next level**

- *Shaun McGill*



**LOSE WEIGHT  
FAST ACADEMY**  
THE FAST AND HEALTHY WAY

## Legal Disclaimer

As a health and fitness professional with over 8 years' experience in coaching people to great results I believe 100% in what I'm sharing within these pages and know that if you apply the principles I'm sharing that you will get amazing results.

I know it sounds silly but there are people who will claim that eating healthy and only eating natural foods which god intended us to eat, will in some way have harmed them, caused mental anguish or removed the fundamental human right to freedom of choice. Worse still, some people will even get a lawyer to press a case just so they can get some money. Therefore, please read the following statement BEFORE you read the rest of this e-book or follow any of the advice given.

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# About Me

**H**i, my name is Shaun McGill and I am a certified personal trainer from Newcastle Upon Tyne in the UK.

I really appreciate you choosing me to be your guide when it comes to losing weight, transforming your body shape and improving your health.

There are thousands of personal trainers, nutritionists and health professionals out there so it gives me great pleasure knowing you chose me to help you.

I promise I won't let you down and if you follow my advice I know it will help you achieve your health and fitness goals.

So why should you listen to me when it comes to your health and transforming your body.

Well first off I have struggled with my weight myself so I have experienced what it takes to lose weight and be healthy. There are a lot of trainers out there who have very good genetics and have 6 packs whilst still eating poor diets. I am not saying these people are bad trainers and can't help you, but most of them have never experienced what it is like to be overweight and how hard it can be to lose weight. I have first-hand experience in losing weight which helps me to understand exactly what you are going through. I really do believe that my experiences of losing weight has enabled me to help people more effectively as I am able to design programmes based on real world struggles rather than just programmes which look good on paper but are so hard to follow because the trainer has never actually experienced weight loss themselves. Yes a programme based on science is great and I always look to science as the foundation to my programmes, but even the best scientific programme is useless if people can't follow it. My weight loss experiences have given me a gift to be able to create programmes and give advice which can be used in the real world to help people to lose weight and improve their health.

Just because I have experienced weight loss myself doesn't necessarily mean you should listen to me. After all thousands of people have lost weight, but it doesn't mean you should listen to them. However, I have spent over £20,000 on courses and qualifications in the 8 years I have been a personal trainer so I am also very qualified when it comes to health and fitness. I have also worked as a trainer

on TV and I have worked with footballers wives, actresses and athletes which I hope demonstrates my experience in working with people who demand a high quality results based service. I am not saying this to brag or to massage my ego, I am telling you because I want you to trust the information I give you. I really believe that in order to follow the advice someone gives you, you must respect and trust the person. I hope by sharing how much I have spent on gaining knowledge and the type of clients I have worked with will help you to respect and trust me so you follow the information I provide. I know the information I provide works, so I hope I have gained your trust and respect so you follow it.

Just a quick reminder before you get into reading the information in this E-book. It is very important for you to know the information I provide is for education purposes only. It is not medical advice and is not intended to replace the advice of health-care professionals. Please consult your doctor before beginning or making changes to your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

If you would like to know more about me and the services I provide please visit [www.loseweightfastacademy.com](http://www.loseweightfastacademy.com).

Good luck on your journey and thank you very much for letting me be your guide.

Get fit, get healthy, get happy

Your Coach For Life

Shaun McGill



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# Welcome

Welcome to the Final Phase Meltdown fat loss plan.

This plan is designed for those of you who want to take your results to the next level and get lean, toned ripped.



Once you have lost a lot of weight like you have already following my programmes, fat loss begins to slow down, which means if you want to take your results to the next level you have to work even harder and smarter.

Getting ripped isn't easy so I won't lie to you and say this plan is easy, as it isn't. It is tough and only those who are 100% dedicated and willing to train hard will complete the 30 days fully and see amazing results at the end. But I promise those of you who are committed and work as hard as you can, will see unbelievable results at the end.

Most of my other programmes focus on nutrition and exercise is thrown in to help speed up the results rather than being essential to see results, however, with this programme both nutrition and exercise are 100% essential to see the amazing results you are after. You must follow the diet exactly as laid out and you must follow the exercise plan exactly as well.

The diet is going to help trick your body into losing body fat through carb cycling and to complete the exercise you must have access to a fully equipped gym. If you aren't a member of a gym then most gyms you are able to join up for a month, although it is typically more expensive than if you join up on a 6 month contract or a 12 month contract. When choosing a gym try and choose a quieter gym so you will be able to get on the equipment you need.

The exercise and nutrition are designed to work synergistically with each other so you must stick to the diet and exercise planned for each day. Also some days you might be training twice per day, but like I said before if you want to get ripped you have to be 100% dedicated and willing to go the extra mile. If it were easy everyone would be ripped. So in order to follow this plan exactly you will have to dedicate the next 30 days to this plan. If you are busy at work and getting stuck at work till late or you have lots of things planned then I would suggest you wait till you are able to dedicate 30 days to this programme so you don't fall off half way through. If you have lots of stress in your life or lots of prior engagements then the chances are you will get burned out and fall off the plan. For best results you need to do this plan at a time in your life where you can fully dedicate 30 days and you are able to give it your full attention. If you give this plan your full attention for 30 days, train as hard as you possibly can each and every workout and follow the nutrition plan exactly then you will completely transform your body at the end of the 30 days. The hard work will definitely be worth it for the results you will see.

Just like with all of my programmes I would recommend taking before and after measurements so you can see the progress you make. I would recommend only taking your before measurements at the start and your after measurements at the end of the programme rather than measuring yourself throughout. That way you can concentrate fully on what you have to do rather than stress about your weight. If you weigh yourself regularly you will be stressing over the weight which will have a negative impact on your results as stress can slow down weight loss. If you just concentrate fully on what you have to do throughout the 30 days and only measure yourself again at the end you will find it a lot easier to stick to the plan fully and you will see better results as you will be reducing the stress which comes with weighing yourself regularly.

Good ways to measure yourself are measuring your weight, taking before and after photos and also body measurements. I would recommend measuring your waist around your belly button, your



hips which is around the largest part of your bum, your arms which is around the middle of your upper arm and your legs which is 4 inches above your knee. My preferred measuring option for this programme is definitely before and after photos as we are looking to build muscle as well as burn fat, which means you may not lose as much weight as my other programmes. However, you will definitely change your physique and look more ripped which you will be able to see in the after photos.

Remember this programme is just 30 days long so please give it your all. In the grand scheme of your whole life 30 days is a tiny fraction of your life in which you can completely transform your body if you do exactly what it tells you to do in this plan. All I am asking is for you to believe in the programme, follow it exactly and give 100% effort to your workouts and I promise you will be rewarded with unbelievable results.

I wish you all the best on your body transformation journey over the next 30 days and beyond.

Get fit, get healthy, get happy

Your Coach For Life

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# Top 10 Nutrition Tips To Melt Fat Rapidly

**B**efore we get into the actual diet plan there are some important tips you must know if you want to melt fat rapidly.

Learning these tips will help you stick to the diet plan as they help explain why the diet plan is as effective as it is. It's all good being told to do something, but from my experience you are far more likely to follow a plan if you know the reason why you are following it and the benefits you will get. I have found that people who don't take the time to read through these tips are less likely to stick to the diet plan. If you want to see amazing results, which I know you do, otherwise you wouldn't be reading this plan, then please take the time to read through this section.

For every tip you don't read and for every piece of advice you don't follow in this plan it will have a negative impact on your end results. You must get into the habit of doing EVERYTHING that is necessary in order to see the life changing results you want and that starts right now by reading everything in this nutrition plan including this tips section.



# Tip 1 – Be Prepared

**M**ost people eat unhealthy because they are not prepared. Most people don't plan their meals in advance, they don't plan their shopping list, they don't plan to have healthy snacks with them or they don't have enough time to cook all their healthy meals for each day. In order to eat healthy, preparation is the key. One night per week you should create a 7 day meal plan. From this you can prepare your shopping list. You may have to go shopping twice per week to ensure food is fresh. As you will have all the food you need and you have planned every meal, then there is no excuse for not having healthy meals and snacks with you if you aren't in the house. If you know you aren't going to be in the house then take food with you in containers. As you have planned your meals in advance then this means you can also cook more than one meal at a time. For example when you're making breakfast you can make yourself your lunch and keep it in the fridge for later or keep it in a container. You can also start to prepare the food for your other snacks and evening meal. Alternatively when cooking your evening meal you can begin cooking and preparing your foods for the following day.

Being prepared will ensure you aren't tempted to eat unhealthy. It is when you aren't prepared and you don't have healthy food with you that you become tempted to eat unhealthy because it is convenient at that moment in time.





## Tip 2 - Eat Fresh Whole Natural Foods And Organic When Possible

**W**hen looking to lose weight it is essential to eat fresh natural foods and stay away from anything that is processed or man-made. Where possible you should eat organic foods, especially during this programme if you want to see the best possible results. Studies have shown that there can be up to a 2000% difference between the nutrients in organic foods and non-organic foods. Foods that aren't organic may also have been preserved, coloured, hardened, softened or antibiotic treated, as well as subjected to numerous other ways of preserving food, using one or any number of the over 10,000 manmade chemicals used for such purposes. The chemicals found in foods are what wreak havoc to your hormones inside your body leading to fat storage. These substances have no nutritious effect, however, they are adverse to good health, as they are irritating, toxic and can even be cancer causing.

A good rule is that you should eat the same foods people ate 1000 years ago. If foods weren't around then, then you shouldn't eat the foods as they aren't natural. Make sure even if they are natural foods that they don't have any additives or preservatives added to them. Additives and preservatives will slow down fat loss because whilst your body is detoxing them from the body then it can't break down stored fat.

If you really can't afford to buy all your foods organic then the most important foods to buy organic are your meats. This is because non organic meats can be pumped full off hormones and steroids to make them grow faster. If you can make sure all your foods are organic but if it's a choice between organic meat and organic fruits and vegetables I would choose organic meat every time.



## Tip 3 – Veggies Which Help Fight Against Stomach Fat

**Y**ou know that your mum always told you to “Eat your vegetables”. But I bet you didn’t know that there is a specific type of vegetable that contains very unique phytochemicals that actually helps to stimulate the burning of stubborn abdominal fat.

There are chemical substances such as pesticides, herbicides and petrochemicals that we are exposed to in our environment, food supply, water supply, and even from cleaning and skincare products that have an estrogenic effect. Excess exposure to these chemicals can cause hormone balance disruptions in both men and women and wreak havoc in our body. The specific type of chemicals that you need to know about is called “xenoestrogens”. These chemicals actually stimulate both men and women’s bodies to want to store more stomach fat and in men they also lead to growing man boobs (moobs) and in women they also lead to gaining weight on your hips.

Even if you choose organic foods, try to use all natural skincare products and try to avoid pollution as much as possible, it’s virtually impossible to entirely avoid your exposure to these types of belly fat stimulating xenoestrogens on a daily basis. So that’s where this unique type of vegetable comes in to help fight against the effects of the xenoestrogens.

The types of vegetables which help to burn abdominal fat are called cruciferous vegetables. This group of vegetables include broccoli, cauliflower, cabbage and Brussels sprouts. This class of vegetables contain phytochemicals



such as I3C (indole-3-carbinol) that actually help to deactivate the effects of xenoestrogens in the body, and therefore, help to fight against belly fat.

When eating these vegetables, try to include some good fats such as fat from meat and fish, extra virgin olive oil, coconut oil or avocados, because the good fats aid in the absorption of the nutrients from the cruciferous vegetables.

Eating these vegetables is only a small detail to change to your diet, however, it might just be the little bit extra help you need in order to burn stubborn belly fat.

Eating only these vegetables for every single meal will not make you thin, (so don't try just eating these vegetables) as it can lead to vitamin and mineral imbalances. These vegetables help speed up fat loss if eating regularly as part of a healthy varied diet. However, they will not help you to lose fat on their own or if you only eat these vegetables and no other vegetables. Make sure you add a mixture of these vegetables to at least 5 of your meals per week.



## Tip 4 – Eat Protein At Every Meal And Snack

**I**t is essential to eat protein at every meal or snack you have. When you eat carbohydrate alone without protein, you stimulate the release of insulin, which is your fat storing hormone. If you eat carbohydrates and fat together without protein, then you're just asking for trouble. Without protein your body stores fat and eating the two most calorie dense foods together, carbohydrates and fat will lead to you storing a tremendous amount of calories as fat.

Protein is just as essential for losing fat as it is preventing fat storage. Eating protein stimulates glucagon, which mobilises fat from storage and converts it to energy.

Protein is also essential in maintaining your muscle mass and building lean muscle mass. Without adequate protein, not only will you not build muscle, your body will tear down your existing muscle to fulfil its need for protein. Your metabolism is directly linked to the amount of muscle you have.

The more muscle you have, the higher your metabolic rate and the more calories you burn. This makes protein essential in your diet for a lean toned body.

Protein is mainly found in meat, poultry, fish and eggs but can also be found in nuts and legumes but not enough to make up the main protein in your meal. Every meal or snack you have should contain either meat, poultry, fish or eggs.

If you want to lose weight rapidly, then protein is a must in every meal you have.



## Tip 5 – Fat Won't Make You Fat (Eat Good Fats And Restrict The Bad Fats)

**F**or years now, dietary fat has been blamed for the obesity epidemic, which has resulted in people avoiding fat in foods. Fat definitely is not the culprit we have all been programmed to believe. In fact studies have shown that when fat decreased in the typical diet around the 70s and 80s and it was replaced by carbohydrates, obesity increased.

Of course there are bad fats which no one should eat, such as trans fats, processed fats and hydrogenated fats. However, there are essential fats that we should all eat (essential fatty acids). The types of fat we should eat should be from natural sources, such as meat, fish, nuts and natural oils (such as olive oil and coconut oil). Any fats that are man-made or that have been altered in anyway and don't come from their natural source should be avoided.

Good dietary fat is actually essential if you are looking to lose weight. Unlike carbohydrates fat doesn't trigger the release of insulin, your fat storing hormone. In fact, fat actually helps slow down the conversion of carbohydrates into blood sugar, as long as it is also combined with protein. Doing so actually decreases the likelihood of your body storing food as fat. Fat also speeds up fat loss, as without good fat in your diet your Leptin levels decrease. Leptin is the hormone responsible for controlling your metabolism, energy expenditure and appetite. The lower your levels of Leptin the slower your metabolism and the less energy you will expend, meaning fat loss slows down. Also the less Leptin levels you have the hungrier you will be, meaning without eating good fat in your diet you will be more likely to overeat. This means that restricting good fats in your diet will slow down fat loss, so it is essential you eat good fats in your diet.

Good fat sources are meat, fish, eggs, nuts, avocado and natural oils such as olive and coconut oil.

Most people don't get enough essential fatty acids in their diet which is why I highly recommend you take fish oil (omega-3 fatty acid). Fish oil (omega-3 fatty acid) is a supplement that I believe everyone should be taking for fat loss and overall health no matter who you are.

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. In particular there are two Omega 3 fatty acids that are essential to the body which are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These essential fatty acids cannot be produced by the body so they need to be ingested either through diet or through direct supplementation. Most people don't eat enough fish which is why you should use supplements to intake your daily requirements.

When you buy your fish oils containing Omega 3 fatty acids check they contain both eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Also don't bother splashing out on the more expensive combination supplements containing Omega 3, 6 and 9. Our bodies produce our own Omega 9 and it is also found in nuts, seeds, avocados and olive oil. And as for Omega 6, a diet high in Omega 6 and low in Omega 3 is linked to a range of conditions, including heart disease, depression, allergies and cancer which means if anything, we should be cutting down on Omega 6 not supplementing with it.

## Recommended dosage

Recommended dosage of essential fatty acids EPA and DHA to receive the benefits is 1000mg. This means you may have to take more than the recommended daily dosage on the packaging if you are to take in 1000mg. You can take more but you must not take more than 3000mg.

## Tip 6 – Drink Lots Of Pure Water

The average human body is 60-70% water, so without drinking adequate amounts of pure water your body won't function properly, in turn affecting weight loss. Water is also essential in removing toxic waste from your body. When you are dehydrated toxins aren't flushed out and build up. The Liver then tries to help out to flush out these toxins, which means your liver can't do its own jobs properly, including burning stored fat for energy. This is the least of your concerns if you don't drink enough water. 3% dehydration can decrease strength by 10%. 4-5% total weight loss from water can decrease aerobic and muscular endurance by 20 to 30% and if more than 10-12% of your body weight is lost from water, you can die.



When trying to lose weight, it is essential to drink lots of water. This doesn't mean drinking tea, coffee, fizzy drinks, sports drinks, juice, milk, alcohol and other beverages, it means drinking pure water. Drinking anything but pure water adds extra calories to your diet and most other drinks also contain chemicals harmful to your health. You should try stay away from tap water unless it is purified through either filtration, distillation and the best and most advanced method, reverse

osmosis. You can buy these filters to use in your own home, or you can buy water in the form of natural spring water and well water. If you are to buy water instead of buying an in home purification system or device to purify water, then I would recommend Avian, Buxton and Volvic. Make sure you don't drink the flavoured water though, as these contain flavourings and other chemicals, which are harmful to your body.

When trying to lose weight I would recommend drinking 3 ½ litres of pure water everyday whilst avoiding any other beverages.

A lot of people find that they go to the toilet a lot when drinking this much water. The reason why is that without sea salt in the water our body doesn't use it as well and it passes through us quicker. If you add a pinch of organic sea salt preferably organic Celtic sea salt then you will find yourself going to the toilet less often. Adding the organic sea salt also has some great benefits to your health. It is very important that you don't add normal table salt. This is a different substance which is bad for your health so stay away from this and only use the organic sea salt.

## Tip 7 – Foods You Must Avoid In Order To Melt Fat Rapidly

When it comes to food, there are some foods that are good for some of us, but bad for others, however, there are foods that are bad for everyone. This is because they have little to no nutritional value and only contain high amounts of processed fat and calories, or they have been manufactured using any number of the 10,000 man-made chemicals used for these purposes, which are harmful to our body.





## **The foods below are the foods you should avoid at all costs if you want to lose weight and be healthy:**

- Wheat
- Pasteurised and homogenised dairy
- Caffeine and none decaffeinated drinks
- Sugar and sweeteners
- Ice cream
- Fried foods
- Margarine and hydrogenated cooking oils
- Pastries, cakes and pies
- Processed meat
- Chocolate, sweets, crisps, biscuits and cookies
- Pop, fruit drinks and other sugar sweetened drinks
- White bread and pasta
- Fast foods such as McDonalds and Burger King
- Sugary breakfast cereals
- Processed foods
- Microwavable meals including low fat meals
- Alcohol

## Tip 8 – Herbs And Spices Which Speed Up Weight Loss And Improve Your Health

All herbs and spices have benefits for your health and I highly recommend using a large variety of herbs and spices in your diet, however, most people reading this plan are looking to lose weight which is why I will go through the best herbs and spices for weight loss.



The following fresh and organic herbs, spices and seasonings all help speed up fat loss, either directly through increasing your metabolism, or indirectly through having other benefits and in turn helping you to lose weight.

**Fresh garlic** or pickled garlic helps with fat loss as it regulates your blood sugar. This means garlic helps keep your blood sugar levels stable. Keeping your blood sugar stable helps to speed up fat loss through keeping your insulin level low. When blood sugar levels are stable, you are able to burn fat, whereas, when blood sugar levels fluctuate, it increases your insulin level, which increases fat storage in your body.

Garlic also helps to speed up your metabolism. This is done through increasing your body's core temperature through thermogenesis, which means your body burns more calories as your core temperature is hotter. There are many other benefits to using garlic, including garlic is a natural antibiotic, garlic helps lower blood pressure and garlic helps lower cholesterol.

**Fresh ginger** has many benefits including helping with weight loss, as it has been shown to temporarily increase your metabolism by nearly 20%. Again this is through increasing thermogenesis in your body, allowing your body to burn more calories. Ginger is also excellent at improving your circulation to help detoxify your body as it expands your blood vessels. Doing so enables more blood to be moved around your body, enabling your body to receive more nutrients, as well as enabling your body to detoxify more waste products. Ginger has also been found to reduce pain and inflammation, lower cholesterol, relieve gas and bloating and has cancer preventing properties.

Another great spice which aids in fat loss is **cinnamon**. Although cinnamon does not directly increase fat burning (such as by increasing metabolic rate, etc.,) it can actually help you to burn off abdominal fat and get leaner through an indirect link. Although cinnamon has dozens of health benefits, the main benefit that will help you to get leaner is through its strong effect on controlling blood sugar levels in your body. Cinnamon helps your body to metabolise sugar about 20 times faster and lower your body's blood-sugar levels, which will help you burn abdominal fat faster. This is because when keeping blood sugar lower this simultaneously allows your body to produce less insulin, which is your fat storing hormone. As your insulin levels are lower then you are able to burn fat faster. As cinnamon controls your blood sugar and keeps it stable, it will also control your appetite and help prevent cravings, which will make fat loss easier. All it takes is about 1/4 of a teaspoon added to your meal or snack in order to get these fat loss benefits.

The final fat burning spice is **cayenne pepper**. Cayenne pepper is one of the best fat burning spices and can increase your metabolism by up to 25% for several hours after ingestion. There are two reasons why cayenne pepper increases your metabolism. The first is through thermogenesis, where you burn more calories, due to your core temperature being increased. The second way is through cayenne's main ingredient called capsaicin, which helps burn calories in your body in a way similar to exercise, but it's not going to be as dramatic as exercise.

None of these herbs, spices and seasonings are going to burn your fat on their own. If anyone says they will there are lying to you and exaggerating, however, they will help speed up fat loss. **Garlic, ginger, cinnamon** and **cayenne pepper** are all tremendous aids in helping your body work more efficiently, which will lead to better health and faster fat loss. They are not miracle workers, just aids to make fat loss quicker and simpler.

## Tip 9– Vary The Foods You Eat

Varying the foods you eat is essential if you want to regenerate your body, rejuvenate your mind, lose weight and reclaim your life. People tend to eat the same foods day in day out without ever really thinking about what they are eating. Most people have about 10 meals or even less that they cycle through over and over again. This means people tend to stick with eating the same meat, the same poultry, the same fish, the same 2-3 fruits and the same 3-4 vegetables over and over again.

Even if you are eating good foods, eating the same foods all the time can cause problems including slowing down or even preventing fat loss. Despite the fact what you are eating is healthy, eating the same foods over and over again can lead to food intolerances and sensitivities, vitamin and mineral imbalances and hormone fluctuations. This is the last thing you want as your body must be in balance in order to regenerate itself and burn fat.

The solution to this problem is very simple. All you have to do is rotate the foods you eat and try to avoid eating the same food more than twice per week. This will ensure your body receives all the nutrients, vitamins and minerals it needs as well as prevent hormone fluctuations and food sensitivities. Once your body is getting all the nutrients it needs, rather than some, then your cells will begin to regenerate and you will start to reclaim your life.





A good way to vary your protein sources is to choose 3-4 sources of meat (beef, lamb, rabbit and venison), 2-3 sources of poultry (chicken, turkey and duck) and 3-4 sources of fish (salmon, sea bass, cod and sardines) and keep rotating through them.

In order to vary your fruits and vegetables you can set out to eat all the fruits and vegetables on the allowable food list every 30 days or at the very least widen your choices to rotate between at least 10 different fruits and 12 different vegetables. The more different fruits and vegetables you eat the better as they all contain different vitamins and minerals which will mean it is more likely your vitamin and mineral level will become balanced. Remember to definitely include broccoli, cauliflower, cabbage and Brussels sprouts to at least 5 meals per week as they fight off the negative effects of too much xenoestrogens such as belly fat and moobs in men and weight gain on thighs and hips in women.

You should also make sure you eat sulphurous foods regularly and especially during the first few weeks (I would recommend you eat them daily during first two weeks) because these foods will speed up your body's detoxification process. Eating sulphurous foods will help detoxify the harmful chemicals that are currently in your body quicker which will result in faster fat loss. Sulphurous foods include foods such as garlic, onions, asparagus, shallots, broccoli, cauliflower, cabbage and Brussels sprouts.

I do understand it may take a bit more effort to shop more often for the different foods and to learn to cook the different foods, however, the more varied your diet the better the results you will achieve. Those of you who vary your diet the most will be the ones who start to feel better quicker, regenerate their body, rejuvenate their mind and lose the most weight. If you get lazy and get stuck in a rut of eating the same foods then your results will not be as impressive and you will eventually reach a plateau. If you keep varying your foods then you will keep losing weight until you reach your ideal weight.

# Tip 10 – Cook And Prepare Your Foods Properly

In order to achieve the best results possible it is essential to not only eat the correct foods but also to prepare and cook them correctly. This is to ensure the foods you eat don't lose any of their vitamins, minerals, nutrients and enzymes during the cooking process and also to ensure the foods don't change their structure to something your body doesn't recognise.

There are many different ways to cook food, however, not all of them are healthy which you may or may not know already know.

When preparing your food it is essential not to use a microwave or cook your foods at too high a temperature

- Why you should avoid microwaving - Not enough is known about the long term effects but there are many more arguments against than for. Microwaving changes the molecular structure of food to something other than what the body has recognised as food for millions of years.
- Why you shouldn't cook foods at too high a temperature - Enzyme activity diminishes after 116 degrees and enzymes are totally destroyed at 220 degrees. For this reason, it is always preferable to cook food as little as possible and at as low a temperature as possible.

You could be doing everything right in terms of the food you are eating, however, if you use the microwave or cook your foods at too high a temperature you may not be getting all the benefits from the vitamins, minerals, nutrients and enzymes in the foods.

It is getting lots of vitamins, minerals and nutrients which is going to help you lose weight fast. The more vitamins, minerals and nutrients you intake in the fastest possible time the faster you will lose weight.





# Final Phase Meltdown Nutrition Plan

The Final Phase Meltdown nutrition plan is a carbohydrate cycling protocol. Carb cycling has been shown in studies to help you to lose weight faster than non carb cycling protocols and it is a great way to overcome a plateau which often occurs the closer you get to your goal weight.

Carb cycling works well because it prevents your body adapting to eating the same number of calories, it gives you a psychological relief from the days when you are eating low carb, but most importantly it works because of its effects on your hormone Leptin.

Recent research has found a specific hormone called Leptin which controls a number of metabolic processes in your body and therefore indirectly controls the rate of fat loss.

Leptin is without a doubt the most important hormone you probably never heard of. It is a hormone made by fat tissue that acts on the brain to regulate food intake and body weight.

Leptin plays a key role in regulating energy intake and expenditure including regulating your appetite and your metabolism. In simple terms the more Leptin you produce the less hungry you are and the faster your metabolism is to help you lose weight fast. On the other hand the less Leptin you produce the hungrier you are and the slower your metabolism is which makes it harder to lose weight.

Research has shown that Leptin levels are mediated by two things. The first is your level of body fat. Leptin is produced in your fat cells which means the more fat you have the higher your Leptin levels are and the less fat you have the lower your Leptin levels. This is why when you are fat and begin a diet you lose body fat rapidly and then as you lose weight fat loss slows down as you gradually produce less Leptin which in turn slows down your metabolism.

The second mediator of Leptin is your calorie intake. The higher your calorie intake the higher your levels of Leptin are and the lower your calorie intake the lower your levels of Leptin. This basically means eating less slows down your metabolism and in turn slows down weight loss. The bad news for dieters is that lowering your calorie intake decreases Leptin irrespective of whether you lose body fat or not. So even if you eat less food you may not lose weight as eating less can decrease Leptin and slow down your metabolism.

In fact if you go on a calorie restriction diet then your leptin levels quickly fall (by 50% or more after only one week). This is why on a restriction diet you lose weight rapidly for a very short space of time and then it comes to a halt. When you restrict calories and your leptin levels drop, this sends a signal to the body that you're semi-starved and not consuming enough calories. This puts the breaks on your metabolism and creates a hormonal environment extremely conducive to fat storage. Thyroid hormones (hormones extremely important to metabolism) respond by taking a dive and the abdominal fat-storing stress hormone cortisol skyrockets. And if that wasn't bad enough, the appetite stimulating hormone ghrelin increases making your life even more miserable as your appetite increases. This is why people often put the weight back on and more after they go on a restriction diet. Unfortunately not only do they have an increased appetite so eat more, their body is primed for storing belly fat.

If you are smart with your nutrition, it is possible to use Leptin to your advantage to help you lose weight fast and prevent you reaching a plateau. In fact the effect of carb cycling on Leptin is the reason why carb cycling is so effective when it comes to weight loss. When you eat low carbs for a few days you begin to lose weight rapidly, then as your Leptin levels begin to fall and weight loss begins to slow if you have a high carb day to boost the Leptin levels back up again you can keep losing weight fast. Through carb cycling you get the benefits of a low carb diet to help you burn fat and the higher carb days to ensure your hormones work with you to allow you to keep losing weight fast.

There are some diets out there which use carb cycling as an excuse to eat bad foods regularly to boost your Leptin levels back up. Yes eating bad food does boost your Leptin levels and I do allow you to have the occasional cheat meal on my 8 week Lose Weight Fast Academy course because it works and it gives you psychological relief from the diet, but it's not eating bad food that boosts Leptin, it is eating higher carbs. The healthier way to do it is to eat healthy carbs on your high carb days rather than going and eating bad foods so that's what we will be doing during this plan. As this plan is only 30 days then we will stick to eating healthy carbs on high carb days as I am sure you can get through 30 days without needing the psychological relief of a cheat meal, because after all, you are 100% dedicated to getting a ripped physique and it is more effective to not have a cheat day of bad foods.

As well as using carb cycling during the 30 days we are also going to use intermittent fasting. Long term fasting isn't good for the body but intermittent bouts of fasting can help speed up fat loss. Studies have shown that it takes 72 hours of fasting for your metabolism to slow down so intermittent bouts of fasting won't have any negative impacts; however, you will see benefits such as during the fast you will burn off stored glycogen which means you are able to burn stored fat faster. Intermittent fasting is also good for digestion. It takes around 24 hours to fully digest foods which means by

going without food for extended periods gives your digestive system a chance to rest. Another benefit of intermittent fasting is that while you are fasting human growth hormone is raised. Human growth hormone is one of the hormones responsible for burning fat and building muscle and as it is higher during fasting your body becomes even more efficient at burning fat and building muscle. If done properly intermittent fasting can have many other positive benefits including regulating blood sugar, reducing bad cholesterol, reducing inflammation, improving cellular repair, acting as a hormone reset and eating less calories has also been linked to increasing your life expectancy. Don't get me wrong there are good ways to fast and bad ways to fast. Make sure you are fasting properly by following a plan like this one which has fasting on specific days to work with your hormones rather than just fasting as you feel like it which may work against your hormones.

Combining fasting and carb cycling on top of the principle of eating fresh whole natural foods which are preferably organic gives you the ultimate recipe to trick your body into dropping body fat very rapidly. The Final Phase meltdown nutrition plan has 5 different daily methods to rotate through in a very specific way to help you burn the maximum amount of fat. Before I lay out the order of the methods on the specific days I am going to explain each daily method in full so you know exactly what to do on each day.

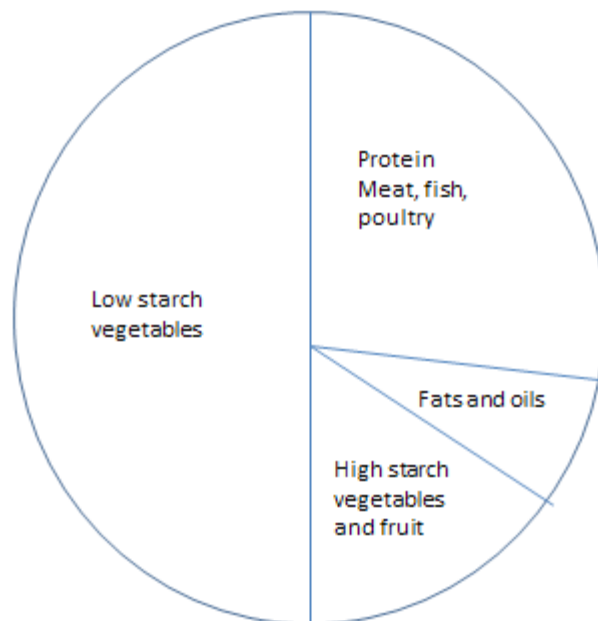
# Method 1

## Meat, Veg and Fruit

**T**his method is designed to build health and cleanse the body. The quicker you build health through giving your body the nutrients it needs and the faster your body detoxifies the faster you will lose weight. It is very important on these days to eat as big a variety of fruits and vegetables as possible to get as many vitamins, minerals and nutrients into your body as possible.

Remember to follow the 10 tips especially eating protein at every meal and snack and drinking 3 ½ litres of water per day. You should eat 3 meals per day when following this method. Make sure to spread them evenly throughout the day.

You should stick as closely as possible to eating the foods in these proportions on your plate for every single meal you have when using this method.



## Allowable Foods

Remember all foods must be fresh, whole, natural and preferably organic and must not contain any other ingredients, additives or preservatives.

Meat	Poultry	Seafood
Beef	All eggs	Cat fish
Bison	Chicken	Cod
Lamb	Duck	Crab
Pork	Game birds	Crayfish
Rabbit	Goose	Flounder
Venison	Pheasant	Haddock
Wild game	Quail	Halibut
Essential the below foods come from organic sources otherwise they will be very toxic	Turkey	Herring
Heart		Lobster
Kidney		Mackrel
Liver		Mussel
		Oyster
		Salmon
		Sardines
		Scallop
		Sea bass
		Shrimp (prawns)
		Squid
		Shark
		Swordfish
		Turbot
		Tuna
		Trout
		Whitefish

Low starch vegetables	High starch vegetables	Fruit
Asparagus	Artichoke	Apple
Avocado	Aubergine	Apricot
Beetroot	Carrot	Banana
Broccoli	Courgette	Blackberry
Brussels sprouts	Leek	Blueberry
Bamboo shoots	Olives	Boysenberry
Cabbage	Parsnip	Cantaloupe
Cauliflower	Potato (including sweet)	Cherry
Celery	Pumpkin	Coconut
Corn	Squash	Cranberry
Cucumber	Swede	Elderberry
Dill	Turnip	Fig
Eggplant		Gooseberry
Fennel		Grape
Garlic		Grapefruit
Ginger root		Guava
Ginseng		Kiwi fruit
Green bean		Lemon
Green pea		Lime
Kale		Loganberry
Kohlrabi		Mango
Lettuce		Melon
Mushroom		Nectarine
Mustard collard		Orange
Okra		Papaya
Onion		Passion fruit
Parsley		Peach
All peppers		Pear
Radish		Pineapple
Rocket		Plum
Shallot		Pomegranate
Spinach		Raisin
Tomato		Raspberry
Watercress		Red-current
		Rhubarb
		Satsuma
		Star fruit
		Strawberry
		Tangerine



Oils and fats		Herbs	Spices
Oil/Fat	Uses	Anise Basil Bay leaf Caraway Chervil Dill weed Fennel seed Fenugreek Garlic Marjoram Oregano Peppermint Rosemary Sage Spearment Tarragon Thyme	Black pepper Cardamom Cayenne Chilli Clove Coriander Cumin Mace Nutmeg Paprika Saffron Cinnamon Ginger Mustard seed Parsley
Almond oil	Salad dressings, sauces, sautéing,		
Extra virgin coconut oil	Baking, frying,		
Coconut butter	Baking, frying,		
Flaxseed oil	Can be used for salad dressings.		
Extra virgin olive oil	Salad dressings, marinades, sautéing. Can be used for baking and frying but not ideal for this.		
<p>The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it off the internet.</p> <p>When buying oil make sure you choose glass bottles rather than plastic as plastic leaks chemicals and contaminates the oil.</p>			

## Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use organic fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, make sure you add garlic, ginger, cinnamon and cayenne pepper to your diet as they all help with fat loss.

# Method 2

## Meat and Low Carb Veg Only

**T**his method is cutting out all carbs except low carb vegetables and is great for fat burning. You should vary the vegetables you eat as much as possible to get as many vitamins, minerals and nutrients into your body as possible.

Remember to follow the 10 tips especially eating protein at every meal and snack and drinking 3 ½ litres of water per day. You should eat 4 meals per day when following this method. Make sure to spread them evenly throughout the day.

Your plate should be 50% protein coming from meat, poultry and seafood and 50% low starch vegetables.

## Allowable Foods

Remember all foods must be fresh, whole, natural and preferably organic and must not contain any other ingredients, additives or preservatives.

Meat	Poultry	Seafood
Beef	All eggs	Cat fish
Bison	Chicken	Cod
Lamb	Duck	Crab
Pork	Game birds	Crayfish
Rabbit	Goose	Flounder
Venison	Pheasant	Haddock
Wild game	Quail	Halibut
Essential the below foods come from organic sources otherwise they will be very toxic	Turkey	Herring
Heart		Lobster
Kidney		Mackrel
Liver		Mussel
		Oyster
		Salmon
		Sardines
		Scallop
		Sea bass
		Shrimp (prawns)
		Squid
		Shark
		Swordfish
		Turbot
		Tuna
		Trout
		Whitefish

**Low starch vegetables**

Asparagus  
Avocado  
Beetroot  
Broccoli  
Brussels sprouts  
Bamboo shoots  
Cabbage  
Cauliflower  
Celery  
Corn  
Cucumber  
Dill  
Eggplant  
Fennel  
Garlic  
Ginger root  
Ginseng  
Green bean  
Green pea  
Kale  
Kohlrabi  
Lettuce  
Mushroom  
Mustard collard  
Okra  
Onion  
Parsley  
All peppers  
Radish  
Rocket  
Shallot  
Spinach  
Tomato  
Watercress

Oils and fats		Herbs	Spices
Oil/Fat	Uses	Anise Basil Bay leaf Caraway Chervil Dill weed Fennel seed Fenugreek Garlic Marjoram Oregano Peppermint Rosemary Sage Spearmint Tarragon Thyme	Black pepper Cardamom Cayenne Chilli Clove Coriander Cumin Mace Nutmeg Paprika Saffron Cinnamon Ginger Mustard seed Parsley
Extra virgin coconut oil	Baking, frying,		
Coconut butter	Baking, frying,		
Extra virgin olive oil	Salad dressings, marinades, sautéing. Can be used for baking and frying but not ideal for this.		
<p>The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it off the internet.</p> <p>When buying oil make sure you choose glass bottles rather than plastic as plastic leaks chemicals and contaminates the oil.</p>			

## Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use organic fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, make sure you add garlic, ginger, cinnamon and cayenne pepper to your diet as they all help with fat loss.

# Method 3

## Higher Carb Regeneration Diet

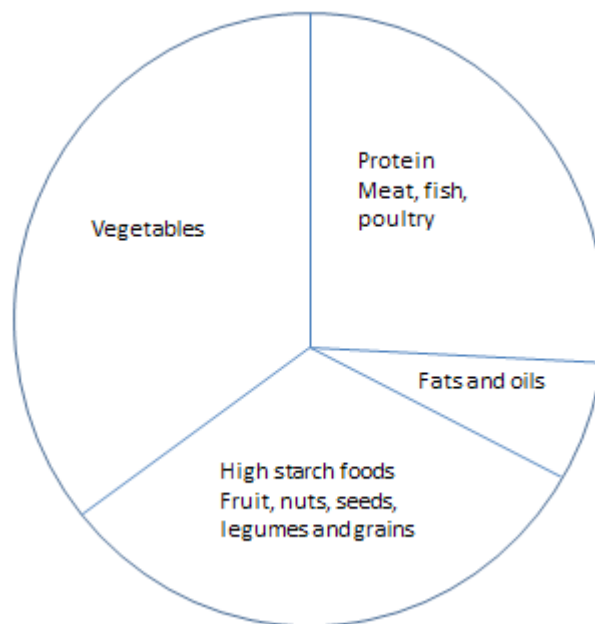
**T**his method is the carb refeed day where you eat a higher amount of carbs in order to boost your Leptin levels back up. You will be eating the foods from our Regeneration Diet.

The 36 hour fast always comes after the higher carb day as the higher carb day boosts Leptin so you can lose more fat during the fast. Make sure you have your last meal of the higher carb day at 8pm when fasting is the next method used.

Remember to follow the 10 tips especially eating protein at every meal and snack and drinking 3 ½ litres of water per day. You should eat 3 meals per day when following this method. Make sure to spread them evenly throughout the day.

Even though this is a carb re-feed day don't go over-board with the carbs.

You should stick as closely as possible to eating the foods in these proportions on your plate for every single meal you have when using this method.





## Allowable Foods

Remember all foods must be fresh, whole, natural and organic and must not contain any other ingredients.

Meat	Poultry	Seafood
Beef Bison Lamb Pork Rabbit Venison Wild game Essential the below foods come from organic sources otherwise they will be very toxic Heart Kidney Liver	All eggs Chicken Duck Game birds Goose Pheasant Quail Turkey	Cat fish Cod Crab Crayfish Flounder Haddock Halibut Herring Lobster Mackrel Mussel Oyster Salmon Sardines Scallop Sea bass Shrimp (prawns) Squid Shark Swordfish Turbot Tuna Trout Whitefish

Fruit	Vegetables	Grains and rice
Apple Apricot Banana Blackberry Blueberry Boysenberry Cantaloupe Cherry Coconut Cranberry Elderberry Fig Gooseberry Grape Grapefruit Guava Kiwi fruit Lemon Lime Loganberry Mango Melon Nectarine Orange Papaya Passion fruit Peach Pear Pineapple Plum Pomegranate Raisin Raspberry Red-current Rhubarb Satsuma Star fruit Strawberry Tangerine Tomato	Asparagus Artichoke Aubergine Avocado Beetroot Broccoli Brussels sprouts Bamboo shoots Carrot Cabbage Cauliflower Celery Corn Courgette Cucumber Dill Eggplant Fennel Garlic Ginger root Ginseng Green bean Green pea Kale Kohlrabi Leek Lettuce Mushroom Mustard collard Okra Olives Onion Parsnip Parsley All peppers Potato (including sweet) Pumpkin Radish Rocket Rhubarb Swede Shallot Spinach Squash Turnip Watercress	Amaranth Barley Basmati rice Brown rice Cornmeal Kamut Millet Oats Quinoa Rye Wild rice  <p>Even though grains are allowed you must eat them sparingly and infrequently to ensure you lose weight in the fastest possible time. Fruit and vegetables are better forms of carbohydrates for weight loss. If you are to have grains the best time to have grains is in your pre or post workout meal. Make sure it is only a small portion though and no bigger than a handful. If you include a small portion of oats in your breakfast meal, they must be fresh natural organic oats and not instant oats such as oats so simple. Most grains also contain gluten, which is another reason to limit them. Gluten is often responsible for digestive troubles including IBS and these digestive problems can slow down weight loss.</p>

Legumes	Nuts and Seeds	Oils and fats	
Adzuki beans Black beans Black eyed peas Butter beans Chickpeas Fava beans Great north beans Kidney beans Lentils Lima beans Mung beans Navy beans Pink beans Pinto beans Red beans Tempeh White beans	Almond Beech nut Brazil nut Cashew nut Chestnut Flex Hazelnut Hickory Macadamia Peanuts Pecans Pine nut Pistachio Poppy seeds Pumpkin seeds Sesame seeds Sunflower seeds Walnut	Oil/Fat	Uses
		Almond oil	Salad dressings, sauces, sautéing,
		Canola oil	Baking, sautéing, sauces, salad dressings.
		Extra virgin coconut oil	Baking, frying,
		Coconut butter	Baking, frying,
		Flaxseed oil	Can be used for salad dressings.
		Fish oil	Nutritional supplement only
		Extra virgin olive oil	Salad dressings, marinades, sautéing.
		Palm kernel oil	Baking and frying.
		The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it off the internet.	
		When buying oil make sure you choose glass bottles rather than plastic as plastic leaks chemicals and contaminates the oil.	

## Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use organic fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, remember to add garlic, ginger, cinnamon and cayenne pepper to your diet as they all help with fat loss.

Herbs	Spices
Anise	Black pepper
Basil	Cardamom
Bay leaf	Cayenne
Caraway	Chilli
Chervil	Clove
Dill weed	Coriander
Fennel seed	Cumin
Fenugreek	Mace
Garlic	Nutmeg
Marjoram	Paprika
Oregano	Saffron
Peppermint	Cinnamon
Rosemary	Ginger
Sage	Mustard seed
Spearmint	Parsley
Tarragon	
Thyme	

# Method 4

## Meat only

**T**his method is meat only and is very low carb which helps you to reach Ketosis. Ketosis is where you switch from burning sugar for energy to burning fat.

Remember to follow the 10 tips and it is very important to drink at least 3 ½ litres of water per day. In fact you would be better off drinking more water on these days and aim for 4 to 4 ½ litres of water per day on these days. You should eat 4 meals per day when following this method. Make sure to spread them evenly throughout the day.

I would also recommend eating two different types of protein at each meal. You may want to pair meat and fish, meat and poultry or poultry and fish together at each meal so you are eating more than one food at a meal.

For example you may have steak and salmon for breakfast, chicken breast for a snack, for lunch prawns and steak, turkey for a snack and then lamb and mackerel for dinner.

## Allowable Foods

Remember all foods must be fresh, whole, natural and organic and must not contain any other ingredients.

Meat	Poultry	Seafood
Beef	All eggs	Cat fish
Bison	Chicken	Cod
Lamb	Duck	Crab
Pork	Game birds	Crayfish
Rabbit	Goose	Flounder
Venison	Pheasant	Haddock
Wild game	Quail	Halibut
Essential the below foods come from organic sources otherwise they will be very toxic	Turkey	Herring
Heart		Lobster
Kidney		Mackrel
Liver		Mussel
		Oyster
		Salmon
		Sardines
		Scallop
		Sea bass
		Shrimp (prawns)
		Squid
		Shark
		Swordfish
		Turbot
		Tuna
		Trout
		Whitefish



Oils and fats		Herbs	Spices
Oil/Fat	Uses	Anise Basil Bay leaf Caraway Chervil Dill weed Fennel seed Fenugreek Garlic Marjoram Oregano Peppermint Rosemary Sage Spearmint Tarragon Thyme	Black pepper Cardamom Cayenne Chilli Clove Coriander Cumin Mace Nutmeg Paprika Saffron Cinnamon Ginger Mustard seed Parsley
Extra virgin coconut oil	Baking, frying,		
Coconut butter	Baking, frying,		
Extra virgin olive oil	Salad dressings, marinades, sautéing. Can be used for baking and frying but not ideal for this.		
<p>The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it off the internet.</p> <p>When buying oil make sure you choose glass bottles rather than plastic as plastic leaks chemicals and contaminates the oil.</p>			

## Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use organic fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, make sure you add garlic, ginger, cinnamon and cayenne pepper to your diet as they all help with fat loss.

# Method 5

## 36 Hour Fast

**T**his method is where you will be fasting for 36 hours. You will have your last meal at 8pm the evening before the fast day. You will then fast for a full day and your next meal will be at 8am the next morning. This will be 36 hours in total. If you eat your last meal at a different time then make sure the next time you eat changes so its 36 hours apart.

On a fast day you should aim to drink 4 to 4 ½ litres of water. If you wish you can drink caffeine free herbal teas as well.

If you do feel hungry then the hunger will pass after 30 minutes or so. If you start to feel ill and faint then please eat as the fast is not meant to be torture or punishment. Make sure you eat something healthy and low carb if you have to break the fast.

The most important thing is to eat low carb when you come off a fast. If you eat high carb it will very likely get stored as fat.

You should always eat higher carb before a fast and then low carb the day coming off a fast as this manipulates your hormones to help you lose weight. If it is done the other way round then instead it works against your hormones and won't have the desired outcome of helping you to lose weight.

# 30 Day Final Phase Meltdown Daily Diet Plan

The number down the left hand side is the day number.

## Important note

Please remember to have your last meal at 8pm the evening before the 36 hour fast protocol and the day after have your first meal at 8am to ensure you do the full 36 hour fast.

Please print off this daily diet plan and keep it somewhere accessible so you can read it daily to plan your days in advance.

1. Method 1 – Meat, veg and fruit 3 meals per day
2. Method 1 – Meat, veg and fruit 3 meals per day
3. Method 2 – Meat and low carb veg only  
4 meals per day
4. Method 2 – Meat and low carb veg only  
4 meals per day
5. Method 2 – Meat and low carb veg only  
4 meals per day
6. Method 2 – Meat and low carb veg only  
4 meals per day
7. Method 3 – Higher carb Regeneration Diet  
3 meals per day
8. Method 4 – Meat only 4 meals per day
9. Method 2 – Meat and low carb veg only  
4 meals per day
10. Method 2 – Meat and low carb veg only  
4 meals per day
11. Method 3 – Higher carb Regeneration Diet  
3 meals per day
12. Method 4 – Meat only 4 meals per day
13. Method 4 – Meat only 4 meals per day
14. Method 4 – Meat only 4 meals per day
15. Method 3 – Higher carb Regeneration Diet  
3 meals per day
16. Method 5 – 36 hour fast
17. Method 4 – Meat only 4 meals per day
18. Method 2 – Meat and low carb veg only  
4 meals per day
19. Method 3 – Higher carb Regeneration Diet  
3 meals per day
20. Method 5 – 36 hour fast
21. Method 4 – Meat only 4 meals per day
22. Method 4 – Meat only 4 meals per day
23. Method 3 – Higher carb Regeneration Diet  
3 meals per day
24. Method 5 – 36 hour fast
25. Method 4 – Meat only 4 meals per day
26. Method 2 – Meat and low carb veg only  
4 meals per day
27. Method 3 – Higher carb Regeneration Diet  
3 meals per day
28. Method 5 – 36 hour fast
29. Method 4 – Meat only 4 meals per day
30. Method 1 – Meat, veg and fruit 3 meals per day

# Supplements

**A**s this programme is very intense I recommend using supplements to make sure your body is getting everything it needs to work efficiently and to make sure you see the best results possible.

If you can't afford these supplements it's no problem as you will still see amazing results, however, if you can afford them then they will give you extra help to see unbelievable results.

These supplements should be taking every day throughout the 30 days, except on the fast days. On the fast days you must only have water and herbal teas and nothing else.

**Ashwagandha** – Ashwagandha is an adaptogen which means it helps your body adapt to stressors. It contains anti-inflammatory, antioxidant and anti-stress properties and its benefits include improved sleep, encourages adrenal recovery and it helps stabilise mood. Through improving your sleep, helping you adapt to stress and aiding your adrenal glands Ashwagandha helps you to lose weight.

Recommended dosage – Take 1 tea spoon added to boiling water 1 to 3 times per day between the hours of 1pm and 6pm. If you take it just once then 3pm or 4pm is the ideal time. If you take it before 1pm it messes up your normal cortisol levels and taking after 6pm can disturb your sleep. You can get it from [www.vitame.co.uk](http://www.vitame.co.uk).

**Omega 3 Fatty Acids** – Omega 3 fatty acids are essential to the body and cannot be produced by the body so they need to be ingested either through diet or through direct supplementation. Most people don't eat enough fish which is why you should use supplements to intake your daily requirements.

When you buy your fish oils containing Omega 3 fatty acids check they contain both eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Also don't bother splashing out on the more expensive combination supplements containing Omega 3, 6 and 9. Our bodies produce our own Omega 9 and it is also found in nuts, seeds, avocados and olive oil. And as for Omega 6, a diet high in Omega 6 and low in Omega 3 is linked to a range of conditions, including heart disease, depression, allergies and cancer which means if anything, we should be cutting down on Omega 6 not supplementing with it.

Recommended dosage – Recommended dosage of essential fatty acids EPA and DHA to receive the benefits is 1000mg. This means you may have to take more than the recommended daily dosage on the packaging if you are to take in 1000mg. You can take more but you must not take more than 3000mg.

**Magnesium** – Magnesium is required by every cell of your body and for over 300 chemical reactions. It is necessary for energy metabolism, protein synthesis, nerve function, keeping your muscles relaxed, your kidneys working properly and maintaining your immune system.

Recommended dosage – Take 400mg per day and it is best taking 90 minutes before bed. Use forms that end in ate such as citrate or sulphate rather than oxide forms.

**Zinc** – Zinc deficiency is the fifth leading risk factor for disease in the developing world.

Zinc is essential for the proper function of cellular metabolism and about 100 enzymes rely on zinc. Zinc is vital for growth and development. It is instrumental in immune response, brain function and the ability to reproduce. It is also needed to help detoxify alcohol, to support bone growth, for digesting proteins, for energy production, for protein metabolism and it is a powerful antioxidant protecting your cells against damage

Recommended dosage – Take 600mg per day ideally 90 minutes before bed.

**Milk Thistle** – Milk thistle helps speeds up detoxification and can help you burn fast faster through improving liver function. It protects the liver from toxins and pollutants and stimulates the growth of new liver cells. Milk thistle also guards against free radical damage.

Recommended dosage – Take as described on the package





# Expected Reactions To Following The Final Phase Meltdown Nutrition Plan

**D**on't worry if you feel any negatives affects when you first start following the diet plan. This is a good sign as it means your body is detoxifying itself of the harmful chemicals that have been stored in your body through years of poor nutrition. The negative effects are a sign the diet is working and your body is detoxing and the good thing is the worst of it will be over in in a few days. By the end of the first week, for most people, the negative effects will have gone and you will start to see massive improvements in your health. As the nutrition plan is intensive don't worry if you lack energy throughout the programme. This is to be expected with an intensive fat loss protocol. If you want to see amazing results then you have to go the extra mile which often means suffering a little. In order to look your very best and be ripped you're often not feeling your best in terms of energy. As soon as you finish the programme I would recommend following my free Regeneration Diet for at least 30 days to increase your energy and maintain your results. You can download it free at [www.LoseWeightFastAcademy.com](http://www.LoseWeightFastAcademy.com).

## Common signs of detoxification and temporary indicators of positive changes in your metabolism:

Bloodshot eyes	Food cravings	Nausea
Bone aches	Hives	Nervousness
Constipation	Insomnia	Nightmares
Dehydration	Intestinal gas	Rashes
Depression	Irritability	Shortness of breath
Diarrhoea	Joint pain	Skin rash
Dizziness	Loss of appetite	Thirst
Dry mouth	Lymph gland swelling	Headache
Fatigue	Migrating aches/pains	Weakness
Fever blisters	Nasal discharge	

# Lifestyle

Your nutrition is essential to melt fat rapidly, however, there are a few lifestyle changes you can make which speeds up the process. In fact if you don't make these lifestyle changes alongside your diet then it can dramatically affect your results. Not sleeping at the correct time and not controlling your stress levels has a massive impact on your health and can even prevent the best exercise and diet programmes from helping you lose weight. If at any point you stop losing weight and hit a plateau with your diet and exercise programme and you're not cheating then sleep and stress are the first place to look. They have a massive impact on your health and weight loss yet most programmes don't address them.

If you want to see the best results possible from this plan and you want to regenerate your body, rejuvenate your mind, lose weight and reclaim your life, then sleeping at the correct time and reducing your stress is essential.



# Get Sufficient Sleep

**Y**ou might be thinking to yourself, what has sleep got to do with weight loss? Actually, getting enough sleep is very important if you're looking to lose weight. Lack of sleep disrupts your hormones to make you feel hungrier and store more fat. Sleep loss has been shown to affect the secretion of cortisol, which is a hormone that regulates appetite. As a result of not getting sufficient sleep, individuals may continue to feel hungry despite adequate food intake. Lack of sleep also interferes with the body's ability to metabolise carbohydrates, which leads to high levels of blood sugar. High blood sugar promotes the overproduction of insulin, your fat storing hormone, as well as insulin resistance, which is a critical step into the development of diabetes.

It is recommended that you get at least 8 hours of sleep per night and if you're looking to lose weight then you should be in bed by 10pm or at the very latest 11pm, at least 5 nights of the week.

You may not be aware but your body adjusts itself based on your circadian rhythm and the amount of sunlight outside. Your circadian rhythm is inherited through thousands of years of evolution. Not only do you have a circadian rhythm for when you should eat food, your circadian rhythm also tells you when you should sleep. Your circadian rhythm tells your body to physically recover approximately between the hours of 10pm-2am and to mentally recover approximately between 2am-6am. If you aren't getting to bed until 12am, you are missing out on 2 crucial hours of physical repair. Lack of sleep may be the missing link in your quest to lose weight. Just by going to sleep at the recommended time of 10pm, can help make a huge difference to your health through allowing your body to recover through the appropriate rest it needs.

To ensure you get a good night's sleep, you should sleep in a pitch dark room to increase the release of melatonin. Melatonin is a hormone, which helps regulate your circadian rhythm. Lack of melatonin will lead to lack of good quality sleep, insomnia, wakefulness and other more detailed sleep disturbances. Melatonin is released at night, whilst you sleep, however, its release can be disturbed through prolonged exposure to light, irregular sleeping patterns and sleeping in rooms that have lights on. To ensure melatonin is released and you get a good night sleep, it is important you sleep in a pitch black room with no lights and to go to sleep at a regular time every night. If you don't get

a good nights sleep, then this will disturb your physical recovery between 10pm and 2am and your mental recovery between 2am and 6am.

## Tips to help you get a good night's sleep

- Do not watch TV before bed. Instead read a book or magazine.
- Take your mind off work or other thoughts that may cause stress and for you to over think.
- Don't do anything mentally or physically stimulating just before you go to bed.
- Eat slightly more carbs in your evening meal (if your plan allows carbs). When you eat carbs you often feel sleepy. Use this to your advantage by eating more carbs on an evening. As long as they are good carbs and not things like chocolate you won't gain weight. This not eating carbs late at night comes from you shouldn't eat sugary things like chocolate late at night. Eating good carbs is fine and can help you sleep better.

## Important note

If you usually go to bed late then it may take up to 7 nights of going to bed early before you actually fall asleep straight away. The first few times you try going to sleep earlier you may struggle to fall asleep. Don't worry, keep going to sleep by 10pm and once you get used to it and start falling asleep at that time you will feel the benefits.



# Reduce Stress

**S**tress reduction is vital for good health. However, it is also very important if you are looking to lose weight. When we become stressed, cortisol is released into the bloodstream, due to your body's 'fight or flight' response to coping with stressful situations. Cortisol is an important hormone in the body, which is secreted by the adrenal glands and is involved in proper glucose metabolism, regulation of blood pressure, insulin release for blood sugar maintenance, immune function and your inflammatory response. It also helps us deal with stressful situations, through preparing us to either 'fight or flight' through allowing a quick burst of energy for survival reasons, a burst of quick immunity, lowering sensitivity to pain, increasing memory functions and it also helps maintain homeostasis in the body. However, if cortisol is released for an extended period, then it causes negative side effects. Higher and more prolonged levels of cortisol in the bloodstream have been shown to have negative effects on your health, such as:

- Impaired cognitive performance
- Blood sugar imbalances such as hyperglycaemia
- Suppressed thyroid function
- Increased secretion of insulin (your fat storing hormone)
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems, than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes and higher levels of bad cholesterol (LDL) and lower levels of good cholesterol (HDL).

As you can see, there are many negative side effects to your health due to stress, not just increased fat storage in the abdominal area and increased secretion of your fat storing hormone insulin.

The reason stress makes weight loss harder and typically leads to increased body fat, is because cortisol interferes with the way you process foods and it interferes with the regulation of your fat



storing hormone insulin. When cortisol increases, so does your insulin level, meaning you store more fat. Cortisol also interferes with the way you process foods, meaning your food isn't metabolised to use as energy and is instead stored as fat. Unfortunately, the fat you store due to increased cortisol levels is around your stomach area.

This happens because abdominal fat has around five times more cortisol receptors than body fat from anywhere else in your body. This means that your abdominal area receives more cortisol than anywhere else in your body, which leads to increased fat storage around your abdomen due to the increased amount of cortisol. What's even worse is that once cortisol has bound itself to the receptors found on abdominal fat, it restricts the fat from that area from releasing fatty acids to be burned as fuel. In other words, the fat that lands on your stomach is "stubborn", and doesn't want to leave. Most fat burning methods even struggle to burn abdominal fat. The best and most effective way to burn body fat from your stomach is to incorporate stress reducing activities into your diet and exercise programme.

In today's day and age, it is very important to neutralise your stress hormones if you want good health and you want to lose weight. In the past, stresses were followed by intense exercise such as fighting and hunting or fleeing from wild animals. Now we get other kinds of stress such as overworking, lack of sleep, relationship problems and financial stress, however, we don't neutralise the stress afterwards. It doesn't matter what kind of stress it is, any kind of stress will have the same effect on the body and produce the same 'fight or flight' response and increase cortisol secretion. Unfortunately, we very rarely neutralise our stress through balancing it with either exercise or relaxation. This leads to more and more cortisol being secreted and building up in our blood stream, which increases our chances of poor health and increased body fat.

To keep cortisol levels healthy and under control, you should exercise intensely to produce hormones which offset the effects of cortisol, or you should activate the body's relaxation response after the fight or flight response occurs. Most of the time, it wouldn't be a viable option to exercise straight after a stressful situation, however, you can learn to relax your body with various stress management techniques. You can also make lifestyle changes in order to prevent your body from reacting to stress in the first place. The following have been found to be very helpful in maintaining healthy cortisol levels:

- Exercise
- Yoga
- Tai chi
- Sex
- Massage

- Imagery
- EFT (emotional freedom technique)
- Hypnosis
- Listening to Music
- Breathing Exercises
- Meditation
- Balancing work and recreation
- Restricting the cause of stress

It is important you use as many of the above techniques to reduce your stress levels to improve your health and to help you lose weight. Along with the exercise you will be doing in the programme the minimum you should be doing to reduce stress is to spend 10 minutes every day sitting or lying in a quiet place and breathing deeply. Even just 10 minute per day relaxing and breathing deeply will allow your body time to relax and recover from everyday stresses. The more of these stress reducing techniques you can incorporate on a daily and weekly basis the better.



# Bonus Lifestyle Tip

## Increase Your Circulation

**T**he blood's function in the body is to deliver oxygen and necessary nutrients to different parts of the body. When the blood does not reach all the necessary parts, it can cause some serious health problems. At best, poor blood circulation will mean that you may occasionally feel numbness and a tingling sensation in your feet and hands. At worst, however, you may be at risk of a stroke and heart attack because when the arteries are too blocked up, the oxygen in the blood may not be able to reach certain vital organs. In some severe cases this may lead to death. Because lack of blood circulation can cause major problems it is essential you improve your blood circulation.

When it comes to fat loss your blood circulation is important to make sure all the cells in your body are being delivered the nutrients and oxygen to function optimally. It's no use eating the correct foods yet having poor circulation and your cells not receiving those nutrients. There are many ways to improve your circulation including exercise, inversion therapy, massage and skin brushing, however, there is one simple procedure which you can do every day to improve your circulation and to make sure all your cells receive the nutrients they need.

### Hot and cold Showers

Warm water makes the blood rush to your skin, and cool water makes the blood rush to your organs. This switching between hot and cold triggers better circulation by forcing blood to move around your body. The ideal practice would be to switch numerous times between hot and cold water, but merely ending the shower with cold water does help with circulation. At the end of your daily shower, alternate hot, then cold, then hot, etc, every 15 seconds for at least 7 cycles. Make sure you use common sense and the water isn't too hot to burn you. Make sure you do this to your whole body to receive the full benefits, however, if you notice you have poor circulation in a certain area of the body (colder skin in a certain area is an indicator of poor circulation to that area) then you can do extra cycles of hot and cold to that area of your body to improve your circulation there.



There are many other benefits to hot and cold showers including better looking skin, healthier hair and feeling energised.

Ideally you should have a hot and cold shower at least once per day to increase your circulation to ensure your body can work efficiently to burn fat.

# Weight Loss Tool – 7 Day Meal Planner

**T**he 7 day meal plan is to be used to plan your meals in advance, which is essential when you are trying to lose weight. If you plan what you are eating, you are more likely to eat healthy, than if you just eat on the spur of the moment. By planning out your food, you are less likely to cheat on your diet and you are held accountable for what you eat. Those who plan their diet will be those who will achieve the best results and in the quickest possible time.

Planning a week at a time will help when it comes to food shopping, so you know exactly what food you need to buy for that week. I have also included a box at the bottom for exercise, which will help when it comes to planning your post workout meal or snack.

It is best to sit down the same night every week (preferably a Sunday), plan out your exercise and food on this plan, make yourself a shopping list and then go and buy the food the next day, when you know exactly what you need.

If you don't use this tool, then you will likely cheat on your diet and not achieve the results you want and deserve. All it takes is 20-30 minutes once per week to plan your diet to ensure you eat healthy, so you achieve amazing fat loss results.

The 7 day meal plan is an essential tool for weight loss, so make sure you use it and stick to eating the foods you have planned.

## 7 Day Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Snack	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Lunch	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Snack	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Dinner	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Snack	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Type of exercise planned	Time:	Time:	Time:	Time:	Time:	Time:	Time:



# Sample 30 Day Meal Plan

This sample 30 day meal plan is to give you an idea of the variety of foods you should be eating; it is not the meal plan you must eat. This sample meal plan is kept very simple; however, you can make more complicated meals. Just remember to stick to the allowable foods only on the specific days.

## Day 1 Method 1 Meat, Veg and Fruit

<b>Breakfast</b> Salmon with poached egg and asparagus and blueberries and blackberries
<b>Lunch</b> Sea bass with spinach and shallots and pineapple and mango
<b>Dinner</b> (7pm till 8pm) Beef with sprinkle of cayenne pepper, cauliflower and green beans and strawberries

## Day 2 Method 1 Meat, Veg and Fruit

<b>Breakfast</b> Turkey, mushroom and onion omelette with a grapefruit
<b>Lunch</b> Sardines with lettuce, cucumber and tomatoes and Kiwi fruit
<b>Dinner</b> (7pm till 8pm) Beef steak with cabbage and cauliflower and a pear

## Day 3 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Chicken omelette and spinach
<b>Lunch</b> Prawns cooked in garlic with asparagus and broccoli
<b>Snack</b> Chicken leg and pepper sticks
<b>Dinner</b> Pork with broccoli and sprouts

## Day 4 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Tuna omelette
<b>Lunch</b> Mackerel with lettuce, beetroot, spring onions and watercress
<b>Snack</b> Turkey with avocado
<b>Dinner</b> Lamb with basil tomatoes, spinach and peppers

## Day 5 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Salmon with a poached egg and a large mushroom
<b>Lunch</b> Beef steak with Brussels sprouts, and cauliflower
<b>Snack</b> Small portion of crab with pepper sticks
<b>Dinner</b> Duck with red cabbage and asparagus

## Day 6 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Ham, spinach and onion omelette
<b>Lunch</b> Cod with spinach and cauliflower
<b>Snack</b> Mackerel with celery, cucumber and peppers
<b>Dinner</b> Halibut with lettuce, cucumber, tomatoes and onions

## Day 7 Method 3 Higher Carb Regeneration Diet

<b>Breakfast</b> Oats made with water and two eggs with blueberries
<b>Lunch</b> Chicken with turnip, cauliflower, carrots and brown rice
<b>Dinner</b> Beef steak with kidney beans, cabbage, sweet potatoes, butternut Squash with cinnamon

## Day 8 Method 4 Meat Only

<b>Breakfast</b> Steak and salmon
<b>Lunch</b> Duck and sea bass
<b>Snack</b> Chicken and Turkey
<b>Dinner</b> Lamb and scallop

## Day 9 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Salmon with asparagus, spinach, mushroom and tomatoes
<b>Lunch</b> Prawn stir fry with ginger cooked in water
<b>Snack</b> Small portion of mussels and broccoli
<b>Dinner</b> Liver with shallots, red peppers and onions in garlic

## Day 10 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Turkey, mushroom and onion omelette
<b>Lunch</b> Sea bass with spinach and shallots
<b>Snack</b> Chicken with broccoli and Brussels sprouts
<b>Dinner</b> Beef with sprinkle of cayenne pepper, cauliflower and green beans

## Day 11 Method 3 Higher Carb Regeneration Diet

<b>Breakfast</b> Prawns and pink grapefruit with wild rocket, dill, olives and avocado and brazil nuts
<b>Lunch</b> Liver with kidney beans, shallots, red peppers, potatoes cooked in garlic followed by melon
<b>Dinner</b> (7pm till 8pm) Duck cooked in orange with red cabbage, carrots, asparagus and basmati rice then mango

## Day 12 Method 4 Meat Only

<b>Breakfast</b> Steak and crab
<b>Lunch</b> Turkey and sardines
<b>Snack</b> Chicken and mussels
<b>Dinner</b> Pork and prawns

## Day 13 Method 4 Meat Only

<b>Breakfast</b> Steak and chicken
<b>Lunch</b> Lamb and sea bass
<b>Snack</b> Turkey and haddock
<b>Dinner</b> Liver and duck

## Day 14 Method 4 Meat Only

<b>Breakfast</b> Steak and tuna
<b>Lunch</b> Duck and venison
<b>Snack</b> Chicken and mackerel
<b>Dinner</b> Kidney and cod

## Day 15 Method 3 Higher Carb Regeneration Diet

<b>Breakfast</b> Oats made with water and two eggs with blackberries and raspberries
<b>Lunch</b> Chicken with turnip, cauliflower, carrots and wild rice
<b>Dinner</b> Beef steak with butter beans, cabbage, sweet potatoes, butternut Squash with cinnamon

## Day 16 Method 5 36 Hour Fast

## Day 17 Method 4 Meat Only

<b>Breakfast</b> Steak and salmon
<b>Lunch</b> Duck and sardines
<b>Snack</b> Chicken and Tuna
<b>Dinner</b> Lamb and heart

## Day 18 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Tuna omelette with spinach
<b>Lunch</b> Cod with lettuce, beetroot, spring onions and watercress
<b>Snack</b> Turkey with avocado
<b>Dinner</b> Pork with basil, tomatoes, spinach and peppers

## Day 19 Method 3 Higher Carb Regeneration Diet

<b>Breakfast</b> Prawns and pink grapefruit with wild rocket, dill, olives and avocado and almonds and apple
<b>Lunch</b> Chicken with kidney beans, shallots, red peppers, potatoes cooked in garlic then rhubarb
<b>Dinner</b> (7pm till 8pm) Duck cooked in orange with red cabbage, carrots, asparagus and wild rice then kiwi fruit



## Day 20 Method 5 36 Hour Fast

## Day 21 Method 4 Meat Only

<b>Breakfast</b> Steak and crab
<b>Lunch</b> Turkey and sardines
<b>Snack</b> Chicken and mussels
<b>Dinner</b> Pork and prawns

## Day 22 Method 4 Meat Only

<b>Breakfast</b> Steak and chicken
<b>Lunch</b> Lamb and sea bass
<b>Snack</b> Turkey and halibut
<b>Dinner</b> Liver and kidney

## Day 23 Method 3 Higher Carb Regeneration Diet

<b>Breakfast</b> Oats made with water and two eggs with strawberries and cranberries
<b>Lunch</b> Lamb with turnip, cauliflower, carrots and basmati rice then brazil nuts
<b>Dinner</b> Chicken with chickpeas, cabbage, sweet potatoes, butternut Squash then an orange

## Day 24 Method 5 36 Hour Fast

## Day 25 Method 4 Meat Only

<b>Breakfast</b> Steak and salmon
<b>Lunch</b> Lamb and trout
<b>Snack</b> Turkey and crab
<b>Dinner</b> Liver and duck

## Day 26 Method 2 Meat and Low Carb Veg Only

<b>Breakfast</b> Chicken omelette and spinach and spring onions
<b>Lunch</b> Prawns cooked in garlic with asparagus and broccoli
<b>Snack</b> Chicken leg and pepper sticks and avocado
<b>Dinner</b> Pork with broccoli and sprouts

## Day 27 Method 3 Higher Carb Regeneration Diet

<b>Breakfast</b> Oats made with water and two eggs with blueberries, almonds and a banana
<b>Lunch</b> Lamb with pinto beans, shallots, red peppers, potatoes cooked in garlic then rhubarb
<b>Dinner</b> (7pm till 8pm) Duck cooked in orange with red cabbage, carrots, asparagus and wild rice then kiwi fruit

## Day 28 Method 4 36 Hour Fast

## Day 29 Method 4 Meat Only

<b>Breakfast</b> Steak and salmon
<b>Lunch</b> Duck and sea bass
<b>Snack</b> Chicken and crab
<b>Dinner</b> Lamb and sardines

## Day 30 Method 1 Meat, Veg and Fruit

<b>Breakfast</b> Salmon with poached egg and asparagus and blueberries and blackberries
<b>Lunch</b> Sea bass with spinach and shallots and pineapple and mango
<b>Dinner (7pm till 8pm)</b> Beef with sprinkle of cayenne pepper, broccoli and cabbage and a kiwi fruit

# Maintenance Plan

**T**hrough following the Final Phase Meltdown Plan you will see a dramatic change in your physique, which I am sure you will want to maintain.

In order to maintain your results I would recommend following my free Regeneration Diet (you can download it here [www.LoseWeightFastAcademy.com](http://www.LoseWeightFastAcademy.com)) for 30 days and then after 30 days follow it for 90% of the time. It is best to follow it exactly for 30 days to build your health and improve your energy levels which will reduce the likelihood of putting weight back on after an intensive protocol.



After the first 30 days of following the Regeneration Diet fully you can then follow it 90% of the time and the other 10% of the time you can eat what you want, within reason of course. This means you can have 1-4 cheat meals per week. Rather than add in the odd cheats here and there I would stick to set meals and times only for foods not on your allowable foods list in the Regeneration Diet. If you start having the odd coffee, the odd slice of bread with meals, the odd glass of alcohol and the odd biscuit after meals then it soon adds up and can have you back at your old habits before you know it. You may just think it's on the odd occasion you are having these things, but in reality you might be having them every day or something you shouldn't have at every meal.

Rather than adding the odd thing in here and there which is hard to keep control of, you are far better off having specific cheat meals and the rest of the time follow the Regeneration Diet 100%. If you want to have a coffee, a glass of wine, chocolate, bread or anything else not on the allowable food list in the Regeneration Diet then have it at a specific planned cheat meal. You can have as many of these things you like at a cheat meal without going crazy. The reason why having them all at one meal rather than spread throughout the day is better, is because having all these things at one meal will affect your hormones negatively once whereas as if you spread them throughout the day then they would affect your hormones negatively multiple times. Remember your hormones have a far bigger influence on your weight than calories, so keeping your hormones balanced is essential if you want to maintain your weight

Because everyone is different I would advise you to add 1 cheat meal per week in at a time rather than going straight for the 4 cheat meals per week. Some people may be ok eating 4 cheat meals per week and maintaining their weight whereas others may only be able to have 1 cheat meal and if they have anymore they start gaining weight.

I would advise you begin with 1 cheat meal per week and if you maintain your weight after 2-3 weeks of doing this then you can add another cheat meal in. If you are still maintaining your weight after 2-3 weeks then you can add a third cheat meal and if you are still maintaining your weight then add a fourth cheat meal. For the good of your health 4 cheat meals would be the maximum amount of cheat meals I would recommend even if you can get away with more whilst maintaining your weight. Remember that your health is just as important, if not more important than your weight, so you should focus on building health once you have reached your ideal weight.

When you are adding in your cheat meals, if you start gaining weight then this is a sign that you are eating too many cheat meals. Make sure you take the cheat meals out again completely for a week or two and then add them in again one by one. Add them back in one by one until you are back at the amount where you maintained your weight at the amount before you started gaining weight.

Remember everyone is different; some people may be able to have 3 or 4 cheat meals per week whereas others may only be able to have 1 per week. As everyone is different, it is important you find out the number of cheat meals per week which works for you. Your friends may be able to eat 4 cheat meals per week and maintain their weight whereas you may only be able to have 1 cheat meal in order to maintain your weight. It may not seem fair if you can only have the 1 cheat meal

but unfortunately this is how your body works. If you want to maintain your results then you have to listen to your body rather than copy what your friends are doing. If you do go above what works for you then you will gradually put the weight back on. This is the last thing you want after putting in all the hard work and effort to lose the weight.

In my opinion a diet is only successful if you maintain your results. If you just keep losing weight then gaining it and losing it and then gaining it again you're pretty much just wasting your time and effort. It is much easier to lose the weight once and then eat in moderation to maintain your results than it is to keep losing weight and regaining it. Plus it is much healthier to maintain your weight than it is to keep putting weight on and losing it again. If you want to live a long healthy and happy life at your ideal weight then it is important to maintain your results and not go back to your old habits.

Now I do realise that life may get in the way of following the maintenance plan 100% after you have completed the initial programme to reach your ideal weight. You may go on holiday, have a wedding to attend or party's to go to. If this is the case then the important thing is to get straight back on the maintenance plan as soon as possible. Often people feel guilty they have went against the plan and fall back into old habits because they feel guilty. If you do have a night out or for any reason have a few meals or a few days where you don't follow the maintenance plan fully, just get straight back on the plan. A night off or a few days off the plan might lead to gaining a pound or two, but it's not the end of the world like some people think. Often people see having a night off or a few days off as a failure and give up completely. It's not a failure it's just living life. The only way to fail is if you give up completely. As long as you get back on the plan as soon as possible you will be heading in the right direction to maintain your ideal weight and continue building health. If you give up with the maintenance plan completely then you will start to regain your weight and before you know it you will have put it all back on so please make sure you stick to the maintenance plan of following my free Regeneration Diet 90% of the time.

I wouldn't expect myself to stick 100% to eating healthy for the rest of my life and I certainly wouldn't expect you too which is why I recommend sticking to the Regeneration Diet 90% of the time to maintain your weight. Just remember though, the further you deviate from eating fresh whole natural foods the less likely you are to see results and maintain your weight and the less healthy you will be. If regular nights out or meals out start to creep in then don't expect to keep seeing as fast results or maintain your results like a lot of people still expect to see. If you want to keep seeing



amazing results then you have to stick to the plan 100% and if you want to maintain your results you have to stick to it 90% of the time. If you do go back to your old bad habits then weight gain is guaranteed so please make sure this plan is a lifestyle change for the long run and not something you do for 30 days and then go back to your old ways.



# Final Words

Although the Final Phase Meltdown is designed to melt fat rapidly and help you get a ripped physique, you will also greatly improve your health. Most people forget about their health and only focus on weight loss, but building health is equally, if not more important. After the 30 days please remember how important your health is and continue to eat healthy, maintain or continue losing weight and continue building health. I want working with me to be a life changing experience which leads to a healthier and happier life.

Whilst following the 30 day plan please put all the information into practice so I can help you to achieve the best results possible. I want to help you to lose fat, change your body shape, improve your confidence, increase your self-esteem and teach you the tools to live a long and healthy life at your ideal weight.

The only way I can help you to achieve all this and make working with me a life changing experience, is if you work put the information from this plan into practice.

Imagine how you will feel having achieved the body you want and having the confidence to achieve anything you want in life. This will become a reality if you put the effort in and use all the information I provide.

Good luck on your journey and thank you very much for letting me be your guide.

Get fit, get healthy, get happy

Your Coach For Life

Shaun McGill



[www.LoseWeightFastAcademy.com](http://www.LoseWeightFastAcademy.com)