



FOX FITNESS  
TRAINING

## ■ THE HYPER-FAT-LOSS PROGRAM

- I've learned the best kept nutrition secrets from doctors, therapists, nutritionists, and other fitness experts. And I've read every diet and nutrition book I could get my hands on, over 100 in total! This plan takes the best of the best to give maximal results in minimal time.
- People lose an average of **10 pounds within the first 10 days** when combining this eating plan with resistance training and cardio. The best of the popular nutrition and diet programs average about 3 pounds of weight loss in the first 10 days. "This is the best diet I've ever tried. I could feel my stomach going down after only 3 days!" - Sharyn Sharif
- This program has all the requirements to make it compatible when treating such ailments as Candida, Arthritis, Migraine, Eczema, Depression, Acne, and Irritable Bowel Syndrome. Many times these conditions can be a limiting factor in weight loss because of the constant elevation of stress hormones, which influence the body to store fat.

### CHOOSE YOUR OWN ADVENTURE!

Get physician clearance first. Start with a program compatible for you, and progress up:

#### ***The Bronze Program (The Foundation):***

1. Eat as much as you want, but only consume the foods listed, with no exceptions.
2. After breakfast, eat every 3 hours to kickstart the metabolism. If necessary, set an alarm to remind you. Stop eating 3 hours before bed.

#### ***The Silver Program:***

1. Consume starchy carbs only in the first half of the day.

#### ***The Gold Program:***

1. Consume starchy carbs only first thing in the morning, or immediately post-workout.
2. Supplement breakfast, lunch and dinner with:
  - 1 or 2 Acidophilus Capsules
  - 1 or 2 Fish Oil Capsules
  - 500 mg vitamin C Capsule
  - 1 Digestive Enzyme Capsule\*
  - 1 Cayenne Capsule
  - 1 Ginger Capsule

\* Avoid taking for longer than 8 weeks to avoid physiological dependency.

#### ***The Platinum Program (Short Term, such as Photo Shoot Prep):***

1. No starches or sweeteners.
2. Continue with the *Gold Program* Supplements.
3. Begin drinking Dandelion Tea to shed excess water and increase definition.
4. Consider taking a thermogenic formula in its lowest dosage. May contain stimulants such as caffeine and ephedrine (In a 10:1 ratio). Check with your doctor first. Go 3 days on and 3 days off, for the maximum duration of one month.

Kinesiologist: Brendan J. Fox CSCS, CK, CFC,SPN, EFT, SPS ☎ 905.261.6342 🌐 [www.FoxFitness.ca](http://www.FoxFitness.ca)

## ☆ **The Veggies:**

- Any Green Vegetables: Broccoli, spinach, celery, cucumber, artichokes, green pepper, etc.
- Avocados
- Carrots
- Zucchini
- Onions
- Garlic
- Black Olives (stored in water)
- Bamboo Chutes
- Water Chestnuts
- Hot Peppers

*Avoid soy, tofu, beans, tomato, sweet peppers, squash, potato, corn, mushrooms, cauliflower, alfalfa sprouts, beets, anything pickled or marinated in vinegar, and eggplants. These vegetables are either high sugar, or at high risk of mould.*

## ☆ **The Fruit:**

- Green Apples
- Lemon or lemon juice
- Lime or lime juice

*Avoid other fruits and fruit juices, as they tend to be too high in sugar.*

## ☆ **The Proteins:**

- Eggs (preferably prepared with the yolk still runny)
- Liquid Egg Whites
- Chicken
- Fish (Such as Tilapia, Salmon, Trout, Tuna, Herring, Cod, etc.)
- Lamb
- Turkey
- Lean Beef

*All meats are recommended as fresh, and unprocessed. Avoid pork, deli meat, sausages, bacon, battered meat, smoked or cured meat, leftovers more than 2 days old, and canned meat. These meats are contaminated with nitrates and other compounds that put them at risk of compromising your results.*

## ☆ **The Dairy Products:**

- Plain Organic Kefir: A liquid sparkling yogurt drink. Liberty is a reputable brand.
- Butter

*Dairy products such as milk, yogurt, cheese, curds, cream and cottage cheese should be avoided, as they are not ideal for the intestinal flora.*

## ☆ **The Starches:**

- Brown Rice
- Brown Rice Pasta
- Brown Rice Flour
- Puffed Brown Rice Cereal (i.e. Nature's Path)
- Brown Rice Milk (i.e. Natura Brand)
- Brown Rice Cakes
- Brown Rice Crisps
- Buckwheat Flour

*Avoid all other grains. These foods are either high sugar, or are candidates for food intolerance, a mild reaction responsible for increasing levels of the fat storing hormone.*

## ☆ **The Beverages:**

- Water: Feel free to add lemon or lime juice. Non-carbonated is preferred.
- Unprocessed Tea: Use green tea, yerba mate, chamomile etc. Avoid black tea.

## ☆ **Sweeteners:**

- Stevia Extract (purest possible, may have malted ingredients)
- Unsweetened Carob
- Carob Powder
- Unsweetened Apple Sauce

*Avoid sugar, it is a major player when it comes to body fat, it raises levels of the fat storing hormone and inhibits the functions of Vitamin C, therefore be a contributing to post-exercise soreness and general illness. Sugar may be disguised under a variety of names on food labels such as sucrose, glucose, maltose, dextrose, corn sugar, corn syrup, levulose, sorbitol, fructose, lactose, galactose, mannitol, honey, high-fructose corn syrup, molasses, maple syrup, turbinado, and hexitol.*

## ☆ **Miscellaneous Items:**

- Oils: Such as Sesame Oil, Flaxseed Oil, Extra Virgin Olive Oil, Walnut Oil, etc.
- Seeds: such as sesame seeds, sunflower seeds, pumpkin seeds, etc. Must be raw.
- Synthetic flavor extracts, such as vanilla (check the label to make sure there's no sugar.)
- Greens+ beverage
- Baking powder
- Baking soda
- All herbs and spices in any combination (i.e. cayenne, ginger, rosemary, basil, curry, etc.)

*Avoid condiments such as ketchup, barbeque sauce, and anything containing vinegar.*

## **A Sample Day**

- **Breakfast:** *Eggs with green pepper, spinach, and garlic.*
- **Snack:** *Green Apple.*
- **Lunch:** *Chicken and Brown Rice.*
- **Snack:** *Carrot and celery sticks*
- **Dinner:** *Vegetable Salad with Salmon Fillet and raw sesame seeds sprinkled on top.*
- **Evening Snack:** *Plain Kefir*

## **Q & A with Brendan**

### ***Is there a "best time" to consume various types of protein?***

*First thing in the morning and post-workout:* Eggs or fish offer the fastest absorption.

*If going a long stretch without food:* Lamb and beef have the most gradual absorption.

*In the Evening:* Kefir and turkey are best to assist in helping you to sleep.

### ***What can I do if I want to avoid spending time cooking?***

There are a number of options.

- *First:* Restaurants such as the Mongolian Grill provide a convenient eat-out alternative. Choose the meats, vegetables, spices, and oils you desire, but pass on the rest.
- *Second:* Prepare food in advance. You can slice up the veggies you prefer, and freeze them in ziploc bags. For example, green pepper in one bag, carrots in another, etc etc.
- *Third:* You can prepare large quantities of food in advance. Cook large batches of brown rice or chicken, and keep the leftovers refrigerated in large tupperware containers.
- *Fourth:* You can prepare all your meals in the morning. While the eggs are cooking, and the water for tea is boiling, you can set some meat on a portable grill. Meanwhile, prepare a few tupperware containers with rice, salad, veggies, lemon juice, oil, etc. When the meat is finished, pack it in the tupperware containers, then sit down and enjoy your breakfast!

### ***Is there an ideal way to drink my beverages?***

Drink only water or:

- Yerba Mate in the morning - it's ephedrine-like compounds immobilize fat and boost energy
- Green tea in the afternoon
- Chamomile tea in the evening - it can sedate the nervous system, helping you to relax

