



FOX FITNESS
TRAINING

■ THE HYPER-FAT-LOSS PROGRAM 2

- The Hyper-Fat-Loss Program produces exceptional results when compared to conventional diet programs. Unlike most nutrition plans in which the body experiences a rebound effect in body fat, the Hyper-Fat-Loss Program produces results that are sustainable long-term. How is it different from other plans?
 1. A focus on substitution, not deprivation. You must eat to lose fat and keep it off!
 2. Respect for the hormonal effects of specific foods on bodyfat, a newly discovered factor.
 3. Breathing Room, the plan allows you to still consume all your favorite foods each week, whether it be during a cheat day, or cheat meal.
- This plan can be used in 2 ways:
 1. Transition: Can develop new habits to ease the transition into Hyper-Fat-Loss 1.
 2. Long Term Maintenance: As a follow up to the first phase of the Hyper-Fat-Loss Program.
 3. Long Term Health & Weight Loss: Although the results aren't as dramatic as Hyper-Fat-Loss 1, the results are steady and pronounced.

CHOOSE YOUR OWN ADVENTURE!

Get physician clearance first. Start with a program compatible for you, and progress up. Nobody expects you to do this perfectly. Follow the rules 80% of the time in order for the plan to produce results:

The Bronze Program (The Foundation):

1. Eat as much as you want, but consume the listed foods at least 80% of the time.
2. Eat every 3 hours. Begin when you wake up, continue to until 3 hours before bed.

The Silver Program:

1. Consume starchy carbs only in the first half of the day.
2. No fruit past 6pm
3. Enjoy one cheat day a week, in which the nutritional rules relax.

The Gold Program:

1. Only consume starchy carbs or fruit first thing in the morning, or 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.

3. Enjoy one cheat meal per week. Eat whatever you want in a 4 hour period.

☆ **The Veggies:**

- Any Green Vegetables: Broccoli, spinach, celery, cucumber, artichokes, green pepper, etc.
- Avocados
- Carrots
- Zucchini
- Onions
- Garlic
- Black Olives
- * Green Olives
- Bamboo Chutes
- Water Chestnuts
- Hot Peppers
- Cauliflower
- Beans
- Tomato/Tomato Sauce
- Red Peppers
- Sweet Potato
- Yams
- Mushrooms

Avoid soy, tofu, white potato, and corn

☆ **The Fruit:**

- Berries: Blackberries, blueberries, raspberries, etc
- Grapefruit
- Kiwi 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 yolks still runny)
- Liquid Egg Whites
- Chicken
- Fish (Such as Tilapia, Salmon, Trout, Tuna, Herring, Cod, etc.)
- Lamb
- Turkey
- Lean Beef

☆ **The Dairy Products:**

- Plain Organic Kefir: A liquid sparkling yogurt drink. Liberty is a reputable brand.
- Plain yogurt
- Cottage Cheese
- Ricotta Cheese
- Feta Cheese
- Micellar Casein Protein Shakes (i.e. "Muscle Milk")
- Butter

Avoid dairy products such as milk and cream.

☆ **The Starches:**

- Brown Rice
- Basmati Rice
- Wild 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. The majority of the population is gluten intolerant, yet remain undiagnosed. When these people consume certain grains, levels of the fat storing hormone escalate.

☆ **The Beverages:**

- Water: Feel free to add lemon or lime juice
- Unprocessed Tea: Use green tea, yerba mate, chamomile etc. Avoid black tea.
- Soda Water: Unsweetened varieties, such as Perrier.

☆ **Sweeteners:**

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

☆ 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.
- Raw Nuts: Almonds, Walnuts, Cashews, Pistachios, etc. Avoid peanuts.
- Light popcorn
- Synthetic flavor extracts, such as vanilla (check the label to make sure there's no sugar.)
- Greens+ beverage
- Apple Cider Vinegar
- Hot sauce
- Mustard
- Baking powder
- Baking soda
- All herbs and spices in any combination (i.e. cayenne, ginger, rosemary, basil, thyme, etc.)

Avoid condiments such as ketchup, and barbeque sauce.

A Sample Day

- **Breakfast:** *Eggs with red pepper, green pepper, feta cheese, onions, spinach, and garlic.*
- **Snack:** *Plain Yogurt with berries*
- **Lunch:** *Curry chicken and Sweet Potato*
- **Snack:** *Almonds*
- **Dinner:** *Steak and mushrooms, with veggie salad and apple cider vinegar/olive oil dressing.*
- **Evening Snack:** *Muscle Milk Protein Shake.*

Q & A with Brendan

When is the best time to eat fruit?

Most fruit spends about 20 minutes in your stomach if it is eaten on its own, or in combination with other quickly digested foods. The exception is berries, and lemon or lime juice, which can be consumed just about any time.

I'm having trouble eating every 3 hours, what can I do?

Consider keeping emergency ration packages set up in various convenient places so that you always have a food option available. For example:

- 1. You could keep a container of nuts in your car.*
- 2. You could leave a bag of green apples or grapefruit in your fridge at work.*

In addition, you may also find it necessary to set a 3 hour alarm to constantly remind you that it's time to eat. Eating every 3 hours, even if not hungry, will eventually jump start your metabolism so that you are hungry ever 3 hours, and your body will no longer necessitate storing fat to conserve energy.

