THE ICC REGIMEN: CHANGE HOW YOU EAT FOREVER

GET FIT AND DESTROY FAT WHILE ENJOYING THE FOODS YOU LOVE

BY FERNANDO ANSELMI

Living Proof

Theres some challenges in life which seem like an uphill battle without and end point within reach. For me, getting fit was one of them. It took years for me to finally reach a point where I could actually be satisfied with my progress, and within those years, moments of disappointment and hardship. Now, its all different. Nutrition has become a passion of mine, and helping people feel better with themselves is one of my priorities. I know the difference "looking good" can make for you to actually feel good, confident, and like nothing is impossible.

This book is a product of love and years of research and testing on myself and other people. What I will be calling the "ICC Regimen" is actually a compilation of tried and tested concepts, some old and some new, that have lots of scientific data behind them. It's a program that does not require you to break the bank for fancy diets, sacrifice your social life, or say goodbye to foods you may love. At the same time, however, its effectiveness is superb if you follow its guidelines closely and with respect. It will allow you to get fit fast, burning fat and losing weight while building muscle for the long run.

I'm a no fluff kind of guy, I like to get straight to the point and show you those golden nuggets of information that you can start applying TODAY. Simple and uncomplicated, that's the goal for this book. I won't bother you with hundreds of studies or scientific data on this ebook, as it is made to be as accessible as possible for most people no matter of their level of nutrition knowledge. Still, I will be leaving all of the references at the end of the book, so you can do your own research into any topic that you find particularly interesting.

How you should read this book

In my goal to make this a simple guide to follow, some of the chapters will include two versions of information. The firs one is what I will call the **“No Hassle”** version, made for people who don’t want to get into the nitty gritty of counting calories and macronutrients. Accessible and simple.

The second one will be called the **“Fitness Enthusiast”** version. Here you will find exact information on the calories and macronutrients you should be aiming for in any given day. You will need a better grasp and understanding of the calories you are consuming and a way to measure them.

Choose what works for you.

My Story: Rundown Version

My name is Fernando, and as I told you before I used to struggle a lot in the fitness department. My journey started over eight years ago. Like most redemption stories, I was at a really low point at that time. Life was just kind of boring and lacking motivation. I bet you know that feeling. Routine had me bogged down to doing the same thing day after day and I just couldn’t find any excitement in myself. I wasn’t the type of kid to enjoy sports much, sitting at home and playing computer games was the definition of an awesome day for me. My self-esteem was also all over the place. Didn’t feel good with my weight and my life style, but was afraid of stepping out of it and losing the only thing that gave me some joy. And food? Well I ate whatever I wanted when I wanted it! The happy fat boy diet is what I like to call that. But hey, my mindset wasn’t so wrong, if you don’t care about your health why should you care about your food.

But one day, that all changed. One my best friends invited me to play a game called paintball. And there I was, the slowest and probably also most out of shape kid in the whole group, trying to run around shooting balls of paint. You're probably thinking I got utterly destroyed by everyone else… and hell yes! I totally did! But while most of my friends had great time, I found something completely different, a passion.

From that day on, every weekend I got back into the paintball field, shaking with excitement. And with that, came a desire to improve myself. Just like a video game, I pictured I was one of the characters in a big pool of options. I had my own rank in speed, agility, strength, endurance, etc. And with that logic, I started looking for sports outside of paintball to help me get better in each of those skills. As the years went by I kept getting more proficient and adding trainings to my toolbox, calisthenics, sprinting, agility, weightlifting and endurance trainings where some of them.

I loved to level myself up. There's nothing like seeing progress from your own work, in a clear and measurable way. However, a couple of years after my training journey started, I had an epiphany that came from a hard place.

I just felt so tired all of the time!

With all that training, the burden on my body was so high, that it completely gave up. For about two months I felt like I was dying. My energy was low and I was just grumpy all of the time. Like the stubborn kid I was, I just kept pushing and working out twice a day sometimes. My performance dropped significantly in trainings and competition, and I was just about to give up.

Thats when nutrition came to save me. I was no stranger to nutritionists, as I had failed with them multiple times in the past, but I had never tried a sports focused one, so I decided to give it a shot. I told myself what do I have to lose. Well guys, it changed my life. At the time they told me “you need to eat more because you are burning all your calories”, which sure made a lot of sense, but once I knew that food could serve as fuel, it changed everything. And just as fuel, it is much more complicated than it sounds.

Food is fuel, not all is the same and you don’t need it all the time.

And wow! just like that I told you my story. And we’ve made it to the start of our journey, ladies and gentlemen, let me introduce you to the ICC Regimen.

SECTION 1

I’ts Not WHAT You Eat, It’s HOW You Eating It - The ICC REGIMEN Overview

We are in the age of what I call the “fancy diets”. You’ve probably heard about some of them, keto, mediterranean, paleo, carnivore, you name it. Although I’m a big supporter of the efficacy of most of them, my experience tells me most people can’t follow through when trying them out for a long period of time.

I’m all about making our lives as efficient as possible with the resources we own. We can choose to give all of our time, money, and willpower to a diet, but if you ask me, I would rather put that effort somewhere else, like in my relationships and business.

The good news is that we don’t have to compromise. There’s another way.

I was looking for an answer to this problem for a long time. As my training and business grew, my time also got slimmer and focusing on my diet became harder. I started looking for answers on how to improve nutrition for athletes without being afraid of calories, carbs, fats, etc. In other words, how can I live without worrying about my meals every hour of the week. And that’s how the ICC Regimen was born. Soon, I discovered that what worked for me as an athlete, also worked for regular people, students, older professionals, they where all getting great results just by following some simple guidelines.

The regimen was easy, realistic, adaptable, and above all, results driven.

Now I don't want to get ahead of myself, as you will be learning about the regimen in detail over the next few chapters. The regimen is about changing **how and when you eat the food that its available to you**, food that you like and food that might be considered cheating or fast food. It's about being as efficient as possible with our environment. Not being afraid of going out to eat, eating from the cafeteria at work, or enjoying some high sugar donuts a couple of times a week.

With that being said, this is a regimen, it means you will have to follow its guidelines and make some effort to stick to them. It's by all means not hard if you compare it to a strict diet, but it will require you to learn and apply what you're taught. As everything with a learning curve, you will probably find it challenging at the start, but it should be easy sailing after a couple of weeks. The regimen has three main parts or skills that you will have to master in order to apply it for your own fitness goals, each of them have their own chapter on this ebook, and examples of daily applications will be provided at the end of the book.

The skills I will teach you are by no means new or revolutionary, but I haven't personally seen anyone applying them all together in one regimen or laid down in a book.

Most of this skills require a fundamental knowledge and understanding on macronutrients (carbs, fats and proteins) so I decided to give you an overview of all of them before the introduction chapter ends, however, feel free to get skip ahead into the first chapter if you already know your way around macros.

SECTION 2

The ABC's Of Macros

In health there are two important categories of nutrients, macronutrients and micronutrients. As their names imply, "macros" are the bigger picture of nutrients that typically include the "micro" ones inside of them. Macronutrients are our source of energy and are classified as carbohydrates, fats, and protein, while micros are vitamins and minerals.

Take a piece of fish as an example. The macronutrients usually found in fish are fats and protein, while the micronutrients are calcium, magnesium, vitamin A,D,E and many more. Even though micronutrients are important, they usually take a back seat to macronutrients in the fitness side of things. Deficiencies in micros are usually measured in lab tests and are normally checked in yearly medical exams. For that reason, we won't be needing to address micros on this book.

All of the macronutrients have different functions inside our body, but simply speaking, **they can either serve as an energy source, or be stored in our body for special purposes**. To understand the distinction between them, we should look take a quick look at each one.

Proteins

Number of calories per protein gram: 4

The proteins we consume are broken down in the gut to amino acids, or aminos as they are usually called. There are up to 20 different arrangements of amino acids. Eight of these amino acids are described as 'essential', which means that the food we eat must contain proteins capable of supply-

ing them. The other amino acids can be synthesized by the liver if not provided by the diet. The body can then use these amino acids in 3 main ways:

1. As ‘building blocks’ in the production of ‘new’ proteins needed for growth and repair of tissues.
2. As an energy source.
3. As starting materials in the production of other compounds needed by the body.

So why are proteins important for our purposes? Two practical reasons: They can give us **energy** and help with **growth** and repairing of tissues.

Protein that comes from animal sources contains all of the essential amino acids needed, whereas plant sources of protein do not. However, by eating a variety of plant sources, the essential amino acids can be supplied. I would always recommend **going for animal sources** in the case of protein, as sources with higher quantities of aminos will be available.

Carbohydrates

Number of calories per carbohydrate gram: 4

Carbohydrates, in the form of starches and sugars, are the macronutrients required in the largest amounts by normal dietary standards. When eaten and broken down, carbohydrates provide the major source of energy to fuel our daily activities. Some of the carbs we consume are converted into a type of starch known as glycogen, which is stored in the liver and muscles for later use as an energy source. Lets lay it down what we need to know about carbs as they are a double edged sword:

1. Carbs produce produce **glucose which is our main energy source**.

2. If glucose is not depleted, it is stored in our body as **glycogen, which aids in muscle building** (due to a process called protein sparing, which means the body looks to glycogen for energy instead of breaking down muscle tissue for energy).

3. However if there is **too much glycogen being stored it can come together to form fat**. These fats are then released into the blood stream (triglycerides) to be stored in the fatty tissues of the body.

Carbs are a weapon, they can be extremely powerful or damaging if used incorrectly. We must be mindful about how to consume them.

You are probably a bit confused about how to manage carbs, as finding the sweet spot can be challenging for many people. Don't worry! Our regimen will take all of the guess work out of the equation and you won't have to think much about it. Let's move on.

Fats

Number of calories per fat gram: 9

Although fats have received a bad reputation in relation to heart disease and weight gain, this is due to eating really bad sources of fat without eating the healthier ones. So scratch that out of your mind now. Some fat in the diet is essential for health and wellbeing. We will be eating plenty of fats from now on.

Our daily energy requirement should be supplied through the consumption of fats and oils. In addition to supplying energy, fats are needed to supply fatty acids that the body needs but cannot make (such as omega-3) ; assist with absorption of the fat-soluble vitamins A, D, E and K; and carotenoids provide foods with flavours and texture. Dietary fats are of 3 main types:

. Saturated fat – found in foods like meat, butter and cream (animal sources).

. Unsaturated fat – found in foods like olive oil, avocados, nuts and canola oil (plant sources)

. Trans fats – found in commercially produced baked goods, snack foods, fast foods and some margarines.

Fats are great, when they come from the right source, they provide us with energy and health benefits.

We will be seeing examples for all of this macros on the final chapters on the book.

There's one caveat though. Over the years the discussion about macronutrients has turned the oceans bloody. Communities supporting specific diets assure that mainstream advice is mostly wrong and that they have the right answers. Luckily for us in the context of this book we should be able to steer clear of this war and watch it from the sidelines, as it doesn't really involve us. However take all of the information about specific macros with pinch of salt. Even though athletes and body builders have been following this exact information for decades and achieving great results, I do believe our understanding of the potential of each macro will continue to improve as time goes on. Only future research will tell, and for now following tested nutritional advice should be a safe bet for most of us.

CHAPTER 2

2 Fundamentals To Losing Weight And Fat

We are about to discuss some fundamentals about losing weight and fat. These are the building blocks to understanding any type of dietary program. Their reasoning holds true across all diets. Getting a good grasp of them now will ensure you are more comfortable when we get to the regimen over the next few chapters.

Step 1: Why losing weight is easy

I had a friend who had a pretty sedentary lifestyle. You know, one of those guys who managed to make a living working from home. It's great! Except when it comes to getting active. He spent his days working, watching series, and basically doing whatever he wanted while being as comfortable as possible. He loved fast food too, so it was no surprise that he was a bit overweight. One day he had enough and decided to go to a nutritionist. They changed his whole diet and gave him some helpful and healthy food recommendations he should follow to lose weight. Basically replaced all the junk food for some chicken, rice, and other kinds of lifeless dishes and told him to eat approximately 2500 calories per day.

I remember checking up on him every few weeks to see how he was feeling. Great! He said multiple times. "I'm eating all of my healthy food without issues, don't even miss the junk food." Well, a month went by, and guess what, he didn't lose a single pound. In fact, he even gained weight! What happened?

To answer this question, you must be a **master of the "deficit"**. The secret to losing weight is so simple, yet so many people make it sound more complicated than it needs to be.

Simply put, to lose weight, you must eat fewer calories than what you are burning throughout the day. No matter what type of food you are eating, you must be in a **caloric deficit.**

Let's get back to the example of my friend. He had an extremely sedentary lifestyle, there was no way he was burning anywhere close to 2500 calories per day. I suspect he was close to the 2000 burning range. He obviously kept on putting weight with an extra 500 calories! The right thing to do was to decrease the number of calories to a deficit below the 2000 range, not just change to "healthy" food options. Remember, **when it comes to losing weight, food type or quality is almost non-important**, what matters is the **caloric deficit**. In other words, you must be burning more than what you are eating.

We are all different

Standard advice suggests we should take in around 2500 calories daily for men and 2000 for a woman. This is a standardized nutritional recommendation. However, we cannot continue to think like this. Our energy expenditure (calories we burn) during a day depends on various factors, such **our own body size** and our physical activity level.

The standard daily calorie recommendations are flawed because they don't take into account YOUR OWN caloric needs.

Step 2: The ONE thing to know to burn fat.

By now, you are an expert on how to lose weight by being in a caloric deficit, burning fat is just one step away. We just talked about how losing weight simply by eating fewer calories than what you are using or burning throughout the day. Losing fat is just a matter of introducing macros into the game. And I got some good news for you, by following this program you will be losing fat naturally and effectively.

In a typical diet, you will be eating about 30% protein, 50% carbs, and 20% fats in your daily calorie intake. Losing fat requires you to be in a **deficit AND to reduce your carbohydrate intake at the same time**. It's that easy.

To lose fat, you would have to cut back on your calories while at the same time **making sure most of the ones you are cutting out are carbohydrates**. Pretty easy, huh? This will allow your body to use all of the carbohydrates (glucose) you are consuming to their maximum potential without having an excess to store as fat.

I think you should be starting to get the hang of the idea. The critical factor here is your ability to differentiate macros in the food you are generally in contact with, so you can pick apart the proteins from the carbs and fats. Still, I will be giving you plenty of examples at the end of the book to provide you with some direction, we want to leave no place for doubt.

Burning fat is all about being in a caloric deficit while making sure carbs are the ones that are being reduced from our intake.

Being in a caloric deficit while reducing carbs may sound tricky at first, but no worries. That's precisely why I am here. Each of the skills we are about to get into will not only bring you to a natural deficit but will also give you the option to eat what you love WHILE losing weight and fat. Let's get right to it.

CHAPTER 3

The 1st Skill - Supercharge Your Metabolism And Improve Performance

There's one ancient concept that has recently begun to being used again by modern fitness and nutrition enthusiasts because of its several health benefits. Those include increased fat burning rate, increased longevity, improved mental focus, and potential for weight management. This concept is called **Intermittent Fasting**. In practice, it means to not consume any calories for a short timeframe, and it's the first of the three skills in the ICC regimen.

Step 1: Learning to unleash your metabolism

Our metabolism is an incredible machine. However, society has taught us to keep it neutral and comfortable because of an abundance of food around us. We will need its full potential to progress in our goals.

The concept of fasting comes directly from evolutionary science, from the idea that our ancestors didn't have available sources of food all of the time. They were forced, on many occasions, to fast for extended timeframes. Fasting became an edge for their bodies, increasing their physical performance by forcing their metabolism to work hard. This enabled our ancestors to hunt more effectively, think about strategies, stalk their prey, and, ultimately, rush in with incredible athleticism. All while being in a state of a complete absence of food in their bodies. Fasting was the ultimate tool to increase human performance.

Fast forward many millions of years, and here we are, learning what was forgotten by a complacent society that seeks pleasure every hour of every day. We had ignored one of the greatest gifts of evolution, **the power of being hungry**.

As a concept, **intermittent fasting** is also pretty simple to understand. The idea is that we restrict our time frames for eating during the day. The benefits? In practical terms, they are increased fat loss rate, better longevity in cells for a healthier and longer life, and easier weight management by controlling how many times you eat a day. Sounds a little crazy, yeah? Well, before you go out to spread the word, take a look at some of the common myths we face today when it comes to fasting.

Debunking the myths

Myth #1: Fasting Puts You in "Starvation Mode"

"Starvation mode" is the mysterious bogeyman always raised to scare us away from missing even a single meal. Luckily, this does not happen. If short-term fasting dropped our metabolism, humans as a species would not likely have survived. In fact, metabolism revs up, not down, during fasting. This makes sense from a survival standpoint. If we do not eat, our bodies use our stored energy as fuel so that we can find more food. Humans have not evolved to require three meals a day. Although food companies love that idea, the more they sell, the more they earn.

Myth #2: Fasting Makes You Burn Muscle

One persistent myth of fasting is that it burns muscle. That our body, if we're not eating, will immediately start using our muscles as an energy source. This does not actually happen. Real-world studies of fasting show that the concern over muscle loss is mostly misplaced. Alternate-day fasting over seventy days decreased body weight by 6 percent. Still, fat mass de-

creased by 11.4 percent, and lean mass (muscle and bone) did not change at all. Furthermore, alternate day fasting is an extreme example compared to intermitting fasting, in which you are eating every day.

Myth #3: Fasting Causes Low Blood Sugar

Sometimes people worry that blood sugar will fall very low during fasting, and they will become shaky and sweaty. This does not actually happen. During fasting, our body begins by breaking down glycogen (remember, that's the glucose in short-term storage) in the liver to provide glucose. This happens every night as you sleep to keep blood sugars healthy as you fast overnight. However, if you have any type of diabetes, you should do further research on your own. There are studies suggesting fasting could even help improving Type 2 diabetes. Again, you should be really informed before taking action if you have any kind of underlying condition.

Myth #4: Fasting Deprives the Body of Nutrients

Macros shouldn't be a problem, and micronutrient deficiency is rare in the developed world. With shorter fasting periods (less than twenty-four hours), there is ample opportunity before and after the fast to eat nutrient-dense foods to make up for missed meals. For longer fasts, it is a good idea to take a general multivitamin.

Step 2: How to begin NOW

So by now, you know a lot about the benefits of fasting, or not eating for more extended periods, so let's talk about how to begin applying it to your life today.

There are lots of types of fasting; however, they only differ by the feeding windows they have. Inside of what we call intermitting fasting, **we have 16 and 20 hours fasts with their corresponding 8 and 4 hour eating win-**

dows. They should be ideal for beginners as they allow you to continue eating daily while getting most of the benefits from longer fasts.

The application is pretty straightforward. Let's say you choose to do a 16 hour fast. The idea is for you to not consume any calories for 16 hours during the day. It may sound hard at first, but hear me out a bit more. **People usually decide to start their fasts at night**, say around 8pm, that would mean that by the time you woke up at 8am, you would be almost done with your fast. Only 4 hours more to go! You would only need to wait until 12pm to have your breakfast! Then your 8-hour eating window starts, and you can eat until 8pm before you begin fasting again. Choose the fasting times that you feel will be adequate for you and try it tomorrow. It's beautiful, it's simple, and it's incredible.

If you only have an 8 or 4-hour window to eat, you will be full of just three or two meals a day! And you know what that means? Your meals will be HUGE, and snacking is out of the question. **I would recommend you pick a 16-hour fast** to start with. Going longer than that could raise the problem of under-eating (it's hard to eat lots of calories on a 4-hour window).

Fasting and weight management

I love intermitting fasting for weight management. Fasting can be your secret weapon when it comes to going out for some "cheat meals."

Let's suppose you have a big party or friends gathering at night. You know you are going to be consuming lots of calories, what could be better than doing a 20 hour fast and eating just while you are there! Really the options are endless and bring a lot of flexibility to controlling your nutrition and not sacrificing your social life to do it. And if you are still struggling with the idea of not eating for more than 16 hours, I will have some useful tips for you to control your hunger at the end of the book, so don't worry!

Okay, take a few minutes to take that in, because we are not stopping. We are about to combine fasting with two other powerful skills inside the regimen. Let's keep it rolling!

CHAPTER 4

The 2nd Skill: Destroy Fat By Not Showing Your Hand

We just learned how to boost our metabolism and control our weight easily by introducing daily fasts into our life. Now let us stack another strong skill on top, how to burn fat like a pro. The second skill is called **"Carb Cycling"**, and will enable you to train your body to use different sources of energy while maintaining peak performance.

Step 1: Getting the lay of the land

In the second chapter, we talked about how decreasing the number of carbs you consume while in a caloric deficit will enable you to burn the fat continuously. Here we will learn how to do it efficiently by keeping our body on its toes and once again demanding the best performance out of our metabolism. Allowing you to grow muscle, get rid of the harmful fat, and not gain fat in the process.

As the name implies, carb cycling is about changing the amount of carbs you eat daily, or in other words, cycling them. To make this process easier, we have three designated terms, **high-carb days, moderate-carb days, and no-carb days**. The idea is for you to maintain a caloric deficit during most of these days. Except for your high carb days, in which you will go over your calories a little bit if you wish. Bear with me as we go through all of them.

Small Warning: To apply this skill at its full potential, you'll need to be able to relate most of the food in your environment to its corresponding macro. For example, bread-carbs, meat-protein, avocado-fats. This information is vastly available for you online; however, I will be leaving some food recommendations with their corresponding macros in the final chapters of this ebook.

No-carb days:

Two days a week, you will eat minimal carbs. These are what are known as "No Carb" days. That means the only carbs you will take in on these days will be in the form of fibrous veggies. You will eat **ZERO** grains, beans, bread, pasta, fruit, etc. on these days. None.

High-carb days:

Two more days a week, you will "spike" your carb intake. These are known as "high carb" days. ****You can eat one or two servings of carbs with every meal**** on these high-carb days. But always integrating intermitting fasting as it will only allow you to eat full meals three or two times a day.

Moderate-carb days:

The other three days of the week, you will limit your carb intake to a single serving of carbs three times a day. If you have three meals during the day, you will only eat carbs three times, and only **ONE serving of carbs with each meal** (choose one carb type for each serving: grains, beans, bread, pasta, fruit, etc.).

If it sounds challenging for you to keep up with the macros, don't worry, it's all about getting used to it. Later we will talk about how to **identify the right serving size of all macros** and how to give you an idea about what

your overall caloric intake should be. Counting calories for many people is out of the question as it proves to be stressful, and I agree, is not very sustainable, in my opinion. However, I will need you to have an overall mastery of the appropriate serving sizes for commonly found sources of food such as bread, pasta, rice, etc. This will allow you to live without counting calories but, at the same time, avoiding overeating on high carb caloric food.

Your free day

Once a week, you will have a free day, where you will be able to eat two portions of ANY carbs on each of your three meals a day. However, there's a catch, this **must be one of your two high-carb days**. There's not much to explain here, just make sure its one of your high-carb days and that you don't go too crazy with it.

Step 2: How to choose your days

Before choosing your days, we must focus on your personal goals and current fitness levels. If you are focused on losing weight fast, but being physically active several days a week is not an option, then only apply moderate and no-carb days into your week. These, combined with intermitting fasting, will ensure you get results super fast.

On the other hand, if you have a commitment to physically train AT LEAST three times a week, then applying the three types of carb days will prove beneficial to build muscle, reduce fat and improve your metabolism over the long run. If needed, add an extra no-carb day. If you are not losing fat quickly enough, go to three no-carb days a week.

Matching carb intake to your activity level

Ideally, you'll want to match how active you are on each day to your carb cycling days. For example, the days you are going to be training hard at the gym should be your high-carb days. You will have all of that energy available from the carbs to help you push through your training. And it will also make its assimilation on your body much better. After all, we don't want that glucose to turn into fat if you are not using it.

On the days that you don't have time to go to the gym but want to get active, perhaps do a little run, HIIT, or some other type of cardio, it would be ideal to choose your moderate-carb days for it. As it will ensure you maintain your deficit and also use some of the carbs for energy during the exercise. Getting used to portion sizes can be a little tricky at first, so staying on the safe side means getting active and burning some calories just in case.

Finally, the days you will be mostly sedentary or recovering from your workouts are ideal to be your no-carb days. The increased fat you will be consuming will ensure you remain full throughout the day. And your metabolism will work on using the remaining fuel from previous days to enhance your body in beneficial ways.

My personal example

I usually schedule my week like this; Monday, Friday, and Sunday are moderate-carb days; Tuesday and Thursday are my no-carb days, and Wednesday and Saturday are my high-carb days (Saturday is my free day).

On my moderate-carb days, I'm usually training HIIT or some yoga. On my no-carb days, its mostly cardio, yoga, or just taking a day off. And finally, on my high-carb days, I'm going strong with calisthenics, weights, or some

agility and sprints. As you can see, I arranged it in a way to work correctly around my workouts. So that I have enough time to recover from the heavy stuff while also being fueled enough to go for those demanding workouts a couple times a week.

Moreover, it also works for my carbs cravings. I'm usually craving them in the middle of the week, and on Saturday, my free day, when I'm staying at home most of the time or going out at night. So getting those high-carb days strategically placed is really beneficial in satiating your appetite during the week.

Step 3: Let's not get overboard with it

It can be easy to start eating like crazy on your high carb days, so just be mindful of it. Most of the time, I don't worry about if I'm busting my ass training, but if you are not, just try to stay on the safe side, please. ALWAYS be mindful of portion size, and everything should be fine, really that's key.

You will be eating more fat on your no-carb days, so let's address them for a minute. Fats a good for you... at least, some fats are good for you. I don't want you to worry so much about your fat that you start counting fat grams in your food, but there are a few things you need to consider. Go easy on the nuts, as some nuts and seeds are really good for you, but they are incredibly calorically dense. That means you can wolf a lot of calories if you overdo it. So, only eat raw nuts and seeds (and nut butter) on your no-carb and moderate carb days, and in limited amounts. The same goes for those fatty cuts of meat like bacon. Save them for a no-carb day, so you will have something delicious to hold you off until tomorrow, but be careful about overeating them. Remember that fats have the highest calorie counts out of the three macronutrients type (holding an amazing 9 calories per gram), so don't go crazy!

Well, there you go, another powerful skill is in the books. You now hold power to quickly lose weight by limiting your daily caloric intake by making your feeding windows smaller (with intermitting fasting). And the ability to burn all the fat you want by cycling the number of carbs you consume every day. Your body will adapt to use every last drop of glucose before it gets stored as fat.

You are probably screaming to yourself… How can it get better!

And that's where skill number three gets into play, so let's wrap this up!

CHAPTER 5

The 3rd Skill: Unlimited "Cheat" Meals

Back in my early dieting days, all the standard advice I heard was that you couldn't eat those high carbs and high sugar meals more than once a week, or at all. Man, it was tough… I mean, who doesn't want to eat some pizza or donuts once in a while! Well, I had to learn how to live without them for years, until I stumbled unto another golden nugget of information. It allowed me to keep my diet in check while at the same time enjoy one of my greatest pleasures in life, eating! What does that mean for you? It means you will have the OPTION to have a couple of big cheat meals a week if you follow some rules. Welcome to the third and final skill of the regimen, **Carb Loading**.

We will talk about integrating the three skills together over the next chapter. And even though I call this the optional skill, keep in mind, you will want to use carb loading ONLY during your high-carb and moderate-carb days. So you can still maximize the effectiveness of **carb cycling** (2nd skill).

Step 1: How to neutralize bad carbs

This may be one of the most controversial parts of this book, but trust me, if you follow the rules, you can eat or "cheat" with whatever you want a couple of times a week.

The carb loading method has **four essential rules to make it work**, let's go over them:

. Shift calories to later in the day, eating lighter in the morning and early afternoon, and feasting at night.

. Keep carbs at an absolute minimum throughout the day until training.

. Train in the afternoon, at around 5pm or so.

. Start ingesting carbs after your training session, up to 30 minutes later.

Continue eating carbs throughout the night.

The logic behind carb-loading is also simple. The idea is that by pushing most of our calories to later on the day (especially carbs) and training before eating, will shift our body's insulin sensitivity to its lowest point. When insulin is low, our body will be in a full fat-burning mode. After training, we are basically an absorbing machine. This allows us to eat **carbs that are high on their glycemic index** (carbs that will produce a strong insulin response) without harmful consequences.

That's all there is to it. It may seem too good to be true, but it's how the body works. Eat bacon and eggs, maybe a chicken salad, a few nuts, cottage cheese, a hamburger patty with a tomato, and some mustard—**fat and protein before training**. Train in the evening, say from 5 to 6:30, then start slamming the carbs. Pizza, French fries, donuts, sandwiches, ice cream, whatever, as long as there's carbs involved.

Step 2: How to maximize results

By now, you know the four rules to be able to eat whatever you want. Foods that would make any nutritionist cringe their teeth as you mention them, still I've seen people deviating or slacking off the training part. You CANT.

Training is one of the most vital parts of carb-loading, along with shifting most of your calories to the evening. Sadly, the cheat codes to eating even

the unhealthiest of foods will only get us somewhere. Still, I would take that trade-off any day of the week. Wouldn't you?

This method was studied by its potential to create muscle (with all the carbs you will be eating) while at the same time not retaining fat. For that reason, **Anaerobic** training, or strength training as some people know it, its the best way to get all the bang for your buck. This would mean hitting the gym for some weightlifting or going really hard on bodyweight exercises. Enough to really damage the tissues on your bodies so they can absorb all the fuel from those carbs you will be eating.

A word on training without carbs. Many people worry about going to train without consuming any carbs before their exercise. This is just insane. We are regularly consuming carbs throughout the week, as we learned with fasting, our bodies have adapted to the absence of all kinds of food for more extended periods. You have all the fuel you need inside of you! Plus, you will be shredding fat like a mad man while your body is focused on using all of the glucose it has stored to feed you with energy during exercise.

Some essential points to remember

When you choose to cheat with some "bad" carbs, your high and moderate-carb days will become allays for carb loading, and fasting will enable you to shift your calories to later on the day. Just don't make it an everyday thing for you, carb cycling works at its best when you actually cycle carbs throughout the week.

It's all optional. I'm not telling you that eating all of this crazy food is a necessity for you to be in the best shape of your life. For me personally, most of the time, I prefer to have regular high-carb days, eating a couple of servings of carbs in my meals all throughout the day. But that's because I

don't crave donuts or pizza too often. If you do, then carb-loading is the best tool you could ever ask for! Just be sure to follow its rules and to FEAST with carbs at night, as most of your calories will come from that moment.

Let's do a quick recap:

Breakfast is essential—to skip. When you first wake, the body is in a dominant fat-burning mode. Eating carbs could put you in fat-gaining mode. (And you will be fasting during that time so no worries!)

Eating at night helps preserve and helps grow muscle mass. (Eat extremely lightly during the day)

It's safe to train without carbs. Strength and hypertrophy training is unaffected by day-time carbs.

Train at night. Training at night lowers catabolic hormones and raises anabolic. And you're stronger at night.

Well, there you have it, we are pretty much done with the ICC Regimen theory by now. Now it's all about getting comfortable with it and the next few chapters are there to help you do exactly that. We will be going through some examples, tips, and recommendations. All of the information in one place is what I wish I had all of those years ago, and my mission is for you to be armed for anything life can throw at you. Let's continue!

CHAPTER 6

Connecting The Dots

A word about diet types

I bet you've heard a lot about different diet types such as keto, carnivore, primal, paleo, etc. They are all great, each has its own benefits and drawbacks. Just to give you a quick idea, the carnivore and primal diets focus on consuming lots of proteins (primarily meat) and some fats. For that reason, they are great for people with allergies, self immune disorders, and inflammation issues. After all, if you are only eating meat and veggies, you're pretty much safe from food-related many problems. For example, an overload of carbs can cause inflammation. The ketogenic diet follows the same rules but changes the order, it's about eating high amounts of fat and some protein. This should get your body into a state we call "ketosis," where your body is basically fueled by fats and burning fat like crazy too. The keto diet is also great against inflammation.

On the other hand, we have low carb diets such as paleo and Mediterranean diets. On those, you will eat all of the macros but watching your carbs at the same time. When it comes to comparing diets, it is all about preference and personal needs. Going for a no-carb diet could be great for you if you find the benefits of such diets compelling to you, for any reason. However, carbs included diets hold their own weight against the others, and many benefits, including muscle building, constant energy, and tissue recovery. Glucose is an excellent fuel for our body, it's been used for millions of years, and its effects will remain inside of us for ages to come.

However, in my opinion, the most significant factor that tips the scales in favor of carb-included diets is **sustainability**.

It's simply more convenient for people in the world we live in to follow a diet that includes carbs in it. We are surrounded by them everywhere we go, and that's not going to change anytime soon. Committing to no-carb diets means your whole body will have to adapt to high amounts of proteins and fats (to be in a ketogenic state, for example). Slacking off is not an option when that happens, as you will feel physically terrible if you deviate from the diet. It really weighs on you when it comes to commuting around or traveling.

At the same time, you will need to make an effort to consume high-quality food, which means lots of money out of your wallet. Buying steaks and high-quality fatty products are expensive, and the market is just starting to grow, so competition is scarce. Not all of us can afford that.

What I'm offering you

It's likely that if you've been paying attention so far, you already figured it out our regimen will force us to be in a low carb diet most of the time. After all, we will be eating carbs only 5 days a week, three of which we will reduce our portions of carbs (moderate-carb days) to half. And that's great, as we will be getting benefits from all types of diets at the same time. While fasting and during no-carb days, our bodies will turn to fat-burning mode. On our moderate-carb days, we will surprise our metabolism with carbs again and enjoy the benefits of fully absorbing glucose (and not store it as fat). Lastly, on our high-carb days, we will take advantage of full muscle building power and enjoy carbs with every meal, or go full-on slamming and eat our favorite foods at night with **carb-loading**.

The best part, however, is that you don't need to break the bank or go looking for special foods anywhere. It's about eating from our regular environment but choosing the macros you will eat for that specific day. For example, if you are on a no-carb day and go out for lunch in a cafeteria, leave the rice and just eat the meat with some bacon and a salad. The next day you will be back to enjoying carbs, so it's really not that hard to make an effort.

Step 1: Calories and Macros fun time

How to calculate your daily calorie consumption

No Hassle Version:

If you don't want to calculate calories or even count them, then you should stick to portion control for each macro in your meals throughout the day. I will be giving you an exact meal plan example for you to follow in chapter seven. From there, you can easily pick the food you want to eat based on its macro type and on the adequate serving size for YOUR OWN BODY.

Fitness enthusiast version:

There is no one-way answer to calculate your approximate calorie consumption per day. Some nutritionists have their methods of doing it by taking fat percentages into the equation, and some others just care about overall weight and activity level.

If you have absolutely no idea about what your calorie consumption should be, then I would suggest **going online and using calorie-calculators**. You can find plenty of them on google, and the top-ranked ones are pretty good as a starting point. They will ask you about your weight, lifestyle, and exercise activity level. These are based on the common recommendations we went over in the **calorie deficit** chapter. Being extremely honest here is what it is all about. From there, you will get your overall caloric recommendation for maintaining weight. Sometimes they will even give you advice for losing weight also, which would be your calories with the deficit included (usually a 300-500 caloric deficit). You can choose to apply this deficit to your recommended ranges depending on your goals. If losing LOTS of weight is what you want, then apply a deficit. If not, just grab the

recommended and follow this program, you will be losing fat like crazy and building muscle at the same time.

How to calculate your macros

No-Hassle Version:

Here, I will give you an overall look at your macros should be on each of the three types of days you will have during the week. No need to count calories or grams per macro. Just follow portion size and food type, and you should be on your way. **More on that on chapter 8.**

. High-carb days: 60% carbs, 30% protein, 10% fats. These days, it's all about eating TWO servings of carbs throughout the day in each one of your THREE meals.

. Moderate-carb days: 30% carbs, 40%protein, 30% fats. Here you will be eating ONE serving of carbs throughout the day in each one of your THREE meals.

. No-carb days: 60% proteins, 40% fats. On these days, you will not eat any carbs, and your meals will be all composed of protein and fats portions.

Fitness enthusiast version:

Once you have an approximate number of how many calories you should be eating. Pick between maintaining weight and focusing on muscle building and fat loss, or going for weight loss at the same time decreasing your calories by 300-500 calories. When you get to your final number, you can easily calculate your macros from there.

Let's say you got to a 2500 calorie recommendation for your weight and activity level. Imagine you just want to lose fat and build muscle but not lose too much weight, so we are NOT going to apply a deficit. Then what you want to do is grab that number and apply it to each of your days:

. High-carb days: 60% carbs, 30% protein, 10% fats. **On high carb days, you will eat your full calories, 2500**. It should look something like 1500 calories or 375 grams of carbs, 750 calories or 187 grams of proteins, and 250 calories or 28 grams of fat.

. Moderate-carb days: 30% carbs, 40%protein, 30% fats. **On moderate-carb days, you will have a small deficit bringing your calories down to 2300**. That would give us 690 calories or 173 grams of carbs, 880 calories or 220 grams of protein, and 690 calories or 77 grams of fat.

. No-carb days: 60% proteins, 40% fats. **On no-carb days, you will have a bigger deficit and not eat any carbs at all, taking your total calories to 2100**. That would give us 1260 calories or 315 grams of protein, and 840 calories or 93 grams of fat.

Nothing is perfect

Now, remember these are all guidelines. It's unreasonable to think that you will eat absolutely ZERO carbs during no-carb days. As a lot of prepared foods already have some type of carbs attached to them. Still, the idea is to make an effort to not eat carbs at all. One banana alone has like 20 grams of carbs, so be careful! We will see more about food recommendations later to help you stayed informed.

Commit to the skills

I want you to succeed, and for that, I need your commitment to following the guidelines of the three skills we've learned in this book. A lot of people adapt in one or two weeks, while others struggle to maintain composure during their fasts at the start, or simply don't cycle their carbs. For the ones who follow the program carefully, the results have been amazing. And for the ones who slacked off here and there, well, it has varied a lot.

In the end, it all comes down to discipline. Your body will try to trick your mind many times, making you think you NEED to eat during your fasts or craving carbs like a mad person on no-carb days, but you must trust what you know. When you have trust in the plan, then nothing can make you deviate from your goal. You will be prepared for those challenging times because you'll have anticipated them already. And you are not alone on this, I still got some tips for you to make your life easier while adapting, and you can contact me for support whenever you need it.

The ICC Regimen is about enjoying life while getting fit

I decided to pull this project together because I genuinely believe we can find a balance between living fit and enjoying life. Enjoying all types of food, not breaking the bank for fancy diets, or simply be allowed to go out for drinks with your friends once in a while. Think about, you have everything you need around you, no need to make drastically changes. All you need is to know your macros, know how to identify types of food by their macros, and lastly, push through when it gets hard. It's not crazy either, millions of people already practice the skills I've shown you here, they will unlock the potential in your own body. In the long run, it will be worth it, so start today.

CHAPTER 7

Keep It Moving

In life, there is no way to get around some things, and exercise is one of them. We are made for it, we have evolved with it, so we must practice it. The truth is you can lose weight without it, but the results are not nearly the same as what an active lifestyle could provide for you. Exercise will get you pumping with high energy levels, fill you with endorphins, improve sleep quality, build muscle, and help you burn those calories.

Types of training

We have two main exercise classifications, **Aerobic and Anaerobic exercises**.

Aerobic exercise is any type of cardiovascular conditioning or "cardio." During cardiovascular conditioning, your breathing and heart rate increase for a sustained time. Examples of aerobic exercise include swimming laps, running, or cycling. An excellent way to think about is if you can still talk without running out of breath while exercising, then it's probably aerobic training. Some benefits of aerobic exercising include:

can help you lose weight and keep it off

may help lower and control blood pressure

may increase your stamina and reduce fatigue during exercise

activates immune systems, making you less likely to get colds or the flu

strengthens your heart

boosts mood

On the other hand, Anaerobic exercises involve quick bursts of energy. They are performed at maximum effort for a short time. Examples include jumping, sprinting, or heavy weight lifting. It would be tough to talk during these types of exercises as breathing is more agitated. Some benefits of anaerobic exercising include:

strengthens bones

burns fat

builds muscle

increases stamina for daily activities

As we have discussed in previous chapters, it would be wise to incorporate both types of training into your weekly routines. Aerobic or cardio exercises don't require much effort to start with, and you can do them pretty much anywhere. I would suggest incorporating them for your no-carb and moderate-carb days. Anaerobic training, such as weight lifting/sprinting, is also essential for us to squeeze into our routine at least two times a week. I would suggest doing so in your high-carb days.

If you have the time, train every day

When you get the hang of mixing and cycling your workouts, you should be able to train every day without feeling tired or too sore. The idea is to go easy on some days and go hard on other ones. Just like we learned in carb cycling, you can cycle your training on three different levels of intensity.

I usually vary between high-intensity training days, moderate training days, and low training days. Weights are generally reserved for high training, HIIT and cardio for moderate exercise, and cardio and yoga for low training days.

You should keep changing and experimenting until you find the perfect combo that works for YOU. A while ago, I was really into sprinting, for example, but then my schedule changed, and I start weight lifting more because I could do it from home. It's all about testing and trying guys.

If you are busy, HIIT is your friend

Is there a way to get great results while only exercising twice or three times a week?

Well, if you perform it correctly, a 20 minute HIIT routine should get you there. High-Intensity Interval Training or HIIT is a type of anaerobic exercise. During HIIT, you will be performing several exercises (usually bodyweight) with incredible high intensity for short intervals of time. It's an excellent option for the ones who don't have the time for longer routines or simply don't like exercising much. HIIT will get your muscles pumping and your metabolism on fat-burning mode.

Moreover, there's a belief that HIIT continues to burn fat even after 24 hours of doing the actual exercising, so it's pretty impressive. Your endurance will likely also increase from these workouts, allowing you to go harder on other types of training. I would suggest that if you don't have much time during the week, then doing HIIT twice or three times should be your sweet spot.

There's one problem, though. Many people don't seem to understand that high intensity means high intensity. What I mean is while training HIIT, you should be at your maximum potential. There should be no room for having a conversation or distracting yourself. Remember this is not cardio, for HIIT to work you should be dying for 20 minutes, giving it your all.

So don't get lazy friends!

CHAPTER 8

Everything You Need

Controlling how much you eat

Let's talk about portion size. You must control your portions if you want to drop stubborn fat. And for the ones who don't like to count calories or grams, this will be your everything, so make sure to become proficient at it.

Open your hand and look at the size of your open palm. Now turn it on its side and look at the thickness of your hand. That's the size of a portion of protein (chicken, fish, turkey, eggs, whatever) for you.

Now, close your hand into a fist. That's about the size of a portion of carbs (rice, beans, sweet potato, yams, carrots, oatmeal, etc.) for you. For fat, the correct portion size should be half of your palm. Finally, when it comes to fibrous veggies, you can eat as much as you want.

Carb-Cycling portions Per-Day

No hassle version:

Here you will find the portions you should be eating of each macro on each of our three carb-cycling days. No need to count calories or macros, just make sure you are controlling portion size for each of the macros. When in doubt, less is more. Pick any of the food options (listed below) inside of each macro for any given portion. Good luck!

CARB-CYCLING PORTIONS PER-DAY

NO-CARB DAYS

Remember during these days you can go with fatty proteins too. (Like bacon)

1st Meal:
- 2 portions of protein(s)
- Fibrous Veggie - as much as you want
- 1 portion fat

2nd Meal:
- 2 portions of protein(s)
- Fibrous Veggie - as much as you want

3rd Meal:
- 2 portions of protein(s)
- Fibrous Veggie - as much as you want
- 1 portion fat

MODERATE-CARB DAYS

During these days watch out for your carb and fat intake, it should be low. No fatty proteins allowed.

1st Meal:
- 2 portions of protein(s)
- Fibrous Veggie - as much as you want
- 1 portion of carbs

2nd Meal:
- 2 portions of protein(s)
- Fibrous Veggie - as much as you want
- 1 portion of carbs

3rd Meal:
- 1 portions of protein(s)
- Fibrous Veggie - as much as you want
- 1 portion of carbs
- 1 portion fat

HIGH-CARB DAYS

During these days you should be consuming nearly zero fats. And try incorporate fruits as one of your carbs portions on every meal.

1st Meal:
1 portions of protein(s)
Fibrous Veggie - as much as

1st Meal:
1 portions of protein(s)
Fibrous Veggie - as much as

1st Meal:
- 1 portions of protein(s)
- Fibrous Veggie - as much

you want
2 portion of carbs

you want
2 portion of carbs

as you want
- 2 portion of carbs

FREE DAY

The key here is not to go crazy with portion size.

1st Meal:
1 portions of protein(s)
Fibrous Veggie - as much as you want
2 portion ANY of carbs

1st Meal:
1 portions of protein(s)
Fibrous Veggie - as much as you want
2 portion ANY of carbs

1st Meal:
- 1 portions of protein(s)
- Fibrous Veggie - as much as you want
- 2 portion ANY of carbs

Fitness Enthusiast version

You should already know how to calculate your macros for each of the carb-cycling days (like I showed you in chapter 6), so there's not much else to say. Eat whatever you like as long as you get to your calorie and macros goal for any given day.

Not all food is the same

If you want excellent results, then you must make an effort to go for healthy options most of the time. In our regime, you will have a free day and the choice to have free meals using carb-loading, so there are no excuses. Let's go over food options for each of your days.

Carbs You Should Go For - Moderate-Carb Days & High-Carb Days

Brown rice

Wild Rice

Oats

Sweet potatoes or Yams

Carrots

Beans/Legumes (this includes peanuts and peas)

Quinoa

Whole-wheat pasta

Whole-grain bread, pitas, etc.

Fruit (all types)

Proteins You Should Go For - All days

Chicken (white meat)

Turkey (white meat)

Fish (canned and fresh)

Shellfish (all types)

Protein powder (preferably whey post-workout, and casein before bed; meal replacement shakes must be low-carb)

Lean Beef (including lean cuts of steak and lean hamburger)

Low-Fat Cottage Cheese (0 or 1% fat)

Egg whites (Egg Beaters or other egg whites in cartons)

Fatty Protein You Should Go for - Only no-carb days

Chicken (dark meat)

Turkey (dark meat)

Eggs (whole eggs, look for omega-3 eggs)

Pork Fatty cuts of Beef (look for grass-fed)

Cottage Cheese (Whole Milk)

Fibrous Veggies - eat any time, any day, as much as you like

Alfalfa Sprouts

Artichoke Hearts

Arugula

Asparagus

Bamboo Shoots

Bean Sprouts

Beet Greens (not beets - they are high in sugar)

Bock Choy

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Celery

Chard

Chives

Collard Greens

Cucumber

Dandelion greens

Eggplant

Endive

Escarole

Fennel

Green beans (they are low-carb)

Hearts of Palm

Jicama

Kale

Kohlrabi Leeks

Lettuce

Mushrooms

Okra

Olives

Onion

Parsley

Peppers (all types)

Pickles (not sweet - check the label for added sugar)

Pumpkin (unsweetened)

Radishes

Rhubarb

Salad greens, all types

Sauerkraut

Scallions

Snow Peas

Spaghetti squash

Spinach

String beans

Summer squash

Tomatoes (they're actually a fruit, so go easy on them)

Turnips

Water Chestnuts

Wax beans (they are low-carb)

Zucchini

Fats you Should go For - limited amounts on no-carb and moderate-carb days only

Avocado

Butter

Nut butter, except peanut butter (peanuts are legumes, and therefore are classified as a starch; almond butter is best, but don't overdo it!)

Raw nuts

Cheese

Sample Meal Plan for Carb-Loading

Carb-Loading Sample Meal Plan for a day

Approx. Meal Time	Meal
1st Meal, breaking your fast :	• Coffee • 1, 2 teaspoons of Heavy whipped cream • 6 eggs whites / 1/2 lb bacon
2nd Meal (around 4pm) :	• Hamburguer patty, mustard • slice of cheese
3rd Meal, after training (around 7pm) :	• 3 spicy Chicken Filets • Frosty (like milkshake) • Pizza or large fry

Sample Carb-Cycling Day

Remember, if you are craving some “bad” carbs and are willing to really go all in at night, then you must follow the **carb-loading rules**. Only use it on days you are allowed to eat carbs.

SAMPLE MEAL PLAN FOR EACH DAY

NO-CARB DAYS

Remember during these days you can go with fatty proteins too. (Like bacon)

1st Meal:

- Egg white omelet with spinach, mushrooms, and diced tomato
- Lean Beef Cut

2nd Meal:

- Grilled chicken breasts, salad
- Canned tuna fish in water, drained and wrapped in iceberg lettuce leaves

3rd Meal:

- Lean flank steak, sautéed red and green peppers
- Bacon
- Salad with avocado slices

MODERATE-CARB DAYS

During these days watch out for your carb and fat intake, it should be low. No fatty proteins allowed.

1st Meal:

- Egg white omelet with peppers, onions, and diced tomato. Salsa for a garnish.
- Black beans
- Grilled turkey breasts, salad

2nd Meal:

- Grilled chicken breasts, salad
- Quinoa
- Egg whites

3rd Meal:

- Steamed fish
- Brown rice, large salad
- Beef jerky and home made kale chips.

HIGH-CARB DAYS

During these days you should be consuming nearly zero fats. And try incorporate fruits as one of your carbs portions on every meal.

1st Meal:

- Three egg whites, whole-wheat toast,
- Oatmeal, sliced cucumbers
- Chicken nuggets

1st Meal:

- Burger patty on whole-wheat bun with onion, lettuce, tomato, pickles, and mustard,
- Baked sweet potato fries, large salad
- Low-fat cottage cheese and fresh pineapple

1st Meal:

- Whole-grain pasta with extra meat sauce,
- Chicken large salad with croutones

CHAPTER 9

Tips & Tricks

Top Fasting Tips

- Drink water: Start each morning with a full eight-ounce glass of water. It will help you start your day hydrated and set the tone for drinking plenty of fluids throughout the day.

- Stay busy: It'll keep your mind off food. Try fasting on a busy workday. You may be too busy to remember to be hungry.

- Drink coffee: Coffee is a mild appetite suppressant. There's also some evidence that green tea may suppress appetite. Black tea and homemade bone broth may also help control appetite. Don't use sugar or anything with calories on it as it will spike your metabolism and end your fast. There are plenty of zero calories sweeteners on the market, go easy on them, or avoid them entirely if you can.

- Ride the waves: Hunger comes in waves; it is not constant. When it hits, slowly drink a glass of water or a hot cup of coffee. Often by the time you've finished, your hunger will have passed.

- Don't tell people you are fasting: Most people will try to discourage you simply because they don't understand what it is.

- Give yourself one month: It takes time for your body to get used to fasting. The first few times you fast will be difficult, so be prepared. Don't be discouraged. It gets easier.

- Don't binge: After your fast, pretend it never happened. Eat normally as if you had never fasted.

- Fit fasting into your own life: This is the most important tip I can offer, and it has the most significant impact on whether you stick to your fast-

ing regimen. Do not change your life to fit your fasting schedule, change your fasting schedule to match your life. Don't limit yourself socially because you're fasting.

Carb-Loading and clean food

Clean food fits pretty easily into Carb-Loading. The first half of the day, the ultra-low-carb portions, is the perfect time to slam some veggies (check our list). At night, however, we should avoid these healthy carbs as they sabotage the whole reason carb-loading works in the first place. You need to trigger a strong insulin response. Carb-Loading does not depend on junk; it's just that it allows you to eat it without consequence. If you wish so, eating lots of healthier carbs that spike your insulin is also an option. Use white rice, sweet potatoes, the winter squashes, ripe bananas, and grapes, all of which produce strong insulin reactions.

Common Carb-Cycling Pitfalls

Free Day Leftovers

Whatever junk food you don't eat on your free day, throw it away. Having it around will result in your being tempted to snack on that food during the week. So, at the end of the day, when you've stuffed yourself, and you can't eat another bite, toss the leftovers in the trash.

That also goes for keeping junk food in your cabinet and fridge. Don't. Here's the rule about buying junk food for your free day: What you will eat on a free day, gets purchased on a free day, and consumed or tossed out on a free day.

The Induction Period For Major Carb Addicts

If you are a significant carb addict, you are going to have to kick start your metabolism into burning fat instead of sugar for fuel. This is going to help maximize your fat loss. To do this, you must avoid having a free day for the first 12 days of the regimen. The good news is that by avoiding these foods entirely for the initial 12-day period, you will kick-start your body into burning fat and dropping weight faster.

Post-High-Carb Day (And Free Day) Bloat

Eating carbs causes your body to retain water. That's a fact. So, the day after a high-carb day, you are going to weigh more and look heavier than you do the day after a no-carb day. Don't let this freak you out!

For one, the weight you gain on high-carb days is mostly water. Second, your weight is going to fluctuate from day to day on this program. That's perfectly normal. But, what we want to see is a steady downward trend over time. That's why I recommend you only weigh yourself once a week, and only on the morning after a no-carb day. Also, track your body fat percentage by checking it when you weigh yourself every other week. You should see a trend of 1-2 lbs. of weight loss a week, and about 0.5 percent body fat loss per week.

Tricks To Make Your Life Easier While Carb Cycling

. Never schedule two high-carb days in a row. Psychologically, it's too hard to come back from for many people. Also, you run the risk of putting on

more weight than you can take back off in a week, due to an excessive metabolism shift. Spread your high-carb days out.

- Always schedule a moderate-carb or no-carb day right after your free day.
- Monitor your body fat percentage, not the scale. The scale is a liar. For one, when you start adding lean muscle tissue, you will gain weight because muscle is more dense than fat.
- Measure your body fat percentage every week at the same time of the day, in the same state.
- If you get hungry on no-carb days, mix up some chocolate whey or egg white protein powder in 4-6 ounces of water or unsweetened almond milk.
- Another trick for no-carb day hunger pains is to keep no-carb snacks around. Celery sticks with low-fat cottage cheese is a good one to have on hand. Beef jerky can be a life-saver when you're away from the house.
- Fill up on salad or veggies at the beginning of every meal on a free day. It'll keep you from over-doing it.

Other Tricks To Accelerate Your Weight Loss

Extra HIIT

If you want to boost your fat loss, add in extra HIIT sessions each week. Doing HIIT three or four days a week instead of once or twice can really help boost your metabolism and increase your overall caloric burn.

Sleep

A lack of enough sleep can also elevate your cortisol levels. Plus, it can prevent recovery from workouts, making it more challenging to stay on your workout schedule.

Lock And Load, It's Up To You Now

And here we are, you have the knowledge, the tools, the examples, and everything you might need to get started today. The motivation is the only thing I cannot give you. Everything is a choice, it's your choice.

Charge yourself with energy, with purpose. Lay down your goal, visualize it, and I promise you this program will get you there. If you get empty, look at your motivation, recharge, and keep pushing. Love the hunger, it's not the enemy, it's a sign of you becoming stronger with every day.

Master your brain, let it guide your body, and not the other way around. Being fit shouldn't even be an option for us, its what we are meant to be. It's in our DNA, in the billions of ancestors that got us where we are today. We need it to be full, to be happy, to be masters of our own so we can move on to master other things.

This road has changed many lives for the better, I know it did mine, and I know it will change yours too. With that being said, thank you. Thank you for letting me share my knowledge and my passion with you. If you need help, I'll always be happy to be there for you, just one DM away.

References

Books you should read:

Dolore, David. Carb Cycling: The Carb Cycling Guide - Powerful Tips On Carb Cycling For Rapid And Sustained Weight Loss (Diet Guide, Weight Loss, Cycling Diet).

Jason Fung. "The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended."

Massie, Michael. Carb Cycling For Rapid Fat Loss: The Solution to Lose Stubborn Fat Faster Than You Ever Thought Possible .

John Kiefer, MS. Carb Back-Loading - Manual For Total Body Fat Control

References:

1. Newsholme EA, Dimitriadis G. Integration of biochemical and physiologic effects of insulin on glucose metabolism. Exp Clin Endocrinol Diabetes. 2001;109 Suppl 2:S12234. Review.

2. Rivellese AA, De Natale C, Di Marino L, Patti L, Iovine C, Coppola S, Del Prato S, Riccardi G, Annuzzi G. Exogenous and endogenous postprandial lipid abnormalities in type 2 diabetic patients with optimal blood glucose control and optimal fasting triglyceride levels. J Clin Endocrinol Metab. 2004 May;89(5):2153-9.

3. Chen YD, Swami S, Skowronski R, Coulston A, Reaven GM. Differences in postprandial lipemia between patients with normal glucose tolerance and noninsulin-dependent diabetes mellitus. J Clin Endocrinol Metab. 1993 Jan;76(1):172-7.

4. Stinson JC, Owens D, McBrinn S, Collins P, Johnson A, Tomkin GH. The regulation of post-prandial cellular cholesterol metabolism in type 2

diabetic and non-diabetic subjects. Diabet Med. 1993 Jun;10(5):420-6.

5. Strandberg TE, Tilvis RS, Lindberg O, Valvanne J, Sairanen S, Ehnholm C, Tuomilehto J. High plasma insulin is associated with lower LDL cholesterol in elderly individuals. Atherosclerosis. 1996 Apr 5;121(2):267-73.

6. Brandi LS, Santoro D, Natali A, Altomonte F, Baldi S, Frascerra S, Ferrannini E. Insulin resistance of stress: sites and mechanisms. Clin Sci (Lond). 1993 Nov;85(5):525-35. ر

7. Petrides AS, Luzi L, DeFronzo RA. Time-dependent regulation by insulin of leucine metabolism in young healthy adults. Am J Physiol. 1994 Sep;267(3 Pt 1):E361-8.

8. Jensen MD, Miles JM, Gerich JE, Cryer PE, Haymond MW. Preservation of insulin effects on glucose production and proteolysis during fasting. Am J Physiol. 1988 Jun;254(6 Pt1):E700-7.

9. Fryburg DA, Barrett EJ, Louard RJ, Gelfand RA. Effect of starvation on human muscle protein metabolism and its response to insulin.

10. Gelfand RA, Barrett EJ. Effect of physiologic hyperinsulinemia on skeletal muscle protein synthesis and breakdown in man. J Clin Invest. 1987 Jul;80(1):1-6.

11. Bonadonna RC, Saccomani MP, Seely L, Zych KS, Ferrannini E, Cobelli C, DeFronzo RA. Glucose transport in human skeletal muscle. The in vivo response to insulin. Diabetes. 1993 Jan;42(1):191-8.

12. Tessari P, Inchiostro S, Biolo G, Vincenti E, Sabadin L. Effects of acute systemic hyperinsulinemia on forearm muscle proteolysis in healthy man. J Clin Invest. 1991 Jul;88(1):27-33.

13. Brooks DC, Bessey PQ, Black PR, Aoki TT, Wilmore DW. Insulin stimulates branched chain amino acid uptake and diminishes nitrogen flux from skeletal muscle of injured patients. J Surg Res. 1986 Apr;40(4):395-405.

14. Fryburg DA, Jahn LA, Hill SA, Oliveras DM, Barrett EJ. Insulin and insulin-like growth factor-I enhance human skeletal muscle protein an-

abolism during hyperaminoacidemia by different mechanisms. J Clin Invest. 1995 Oct;96(4):1722-9.

15. Denne SC, Liechty EA, Liu YM, Brechtel G, Baron AD. Proteolysis in skeletal muscle and whole body in response to euglycemic hyperinsulinemia in normal adults. Am J Physiol. 1991 Dec;261(6 Pt 1):E809-14.

16. Inculet RI, Finley RJ, Duff JH, Pace R, Rose C, Groves AC, Woolf LI. Insulin decreases muscle protein loss after operative trauma in man. Surgery. 1986 Jun;99(6):752-8.

17. Boden G, Chen X, Desantis RA, Kendrick Z. Effects of insulin on fatty acid reesterification in healthy subjects. Diabetes. 1993 Nov;42(11):1588-93.

18. Campbell PJ, Carlson MG, Hill JO, Nurjhan N. Regulation of free fatty acid metabolism by insulin in humans: role of lipolysis and reesterification. Am J Physiol. 1992 Dec;263(6 Pt 1):E1063-9.

19. Groop LC, Bonadonna RC, Simonson DC, Petrides AS, Shank M, DeFronzo RA. Effect of insulin on oxidative and nonoxidative pathways of free fatty acid metabolism in human obesity. Am J Physiol. 1992 Jul;263(1 Pt 1):E79-84.

20. Sidossis LS, Wolfe RR. Glucose and insulin-induced inhibition of fatty acid oxidation: the glucose-fatty acid cycle reversed. Am J Physiol. 1996 Apr;270(4 Pt 1):E733-8.

21. Meek SE, Nair KS, Jensen MD. Insulin regulation of regional free fatty acid metabolism. Diabetes. 1999 Jan;48(1):10-4.

22. Jacob S, Hauer B, Becker R, Artzner S, Grauer P, Loblein K, Nielsen M, Renn W, Rett K, Wahl HG, Stumvoll M, Haring HU. Lipolysis in skeletal muscle is rapidly regulated by low physiological doses of insulin. Diabetologia. 1999 Oct;42(10):1171-4.

23. Stumvoll M, Jacob S, Wahl HG, Hauer B, Loblein K, Grauer P, Becker R, Nielsen M, Renn W, Haring H. Suppression of systemic, intramuscular, and subcutaneous adipose tissue lipolysis by insulin in humans. J Clin Endocrinol Metab. 2000 Oct;85(10):3740-5.

24. Dyck DJ, Steinberg G, Bonen A. Insulin increases FA uptake and esterification but reduces lipid utilization in isolated contracting muscle. Am J Physiol Endocrinol Metab. 2001 Sep;281(3): E600-7.

25. Bonadonna RC, Groop LC, Zych K, Shank M, DeFronzo RA. Dose-dependent effect of insulin on plasma free fatty acid turnover and oxidation in humans. Am J Physiol. 1990 Nov;259(5 Pt 1):E736-50.

26. Characteristics for suppression of glycerol release and conversion to glucose in humans. Diabetes. 1986 Dec;35(12):1326-31.

27. Coppack SW, Frayn KN, Humphreys SM, Dhar H, Hockaday TD. Effects of insulin on human adipose tissue metabolism in vivo. Clin Sci (Lond). 1989 Dec;77(6):663-70. ſ Arner P, Bolinder J, Ostman J. Glucose stimulation of the antilipolytic effect of insulin in humans. Science. 1983 Jun 3;220(4601):1057-9.

28. Capaldo B, Napoli R, Di Marino L, Guida R, Pardo F, Sacca L. Role of insulin and free fatty acid (FFA) availability on regional FFA kinetics in the human forearm. J Clin Endocrinol Metab. 1994 Sep;79(3):879-82.

29. Pimenta WP, Saad MJ, Paccola GM, Piccinato CE, Foss MC. Effect of oral glucose on peripheral muscle fuel metabolism in fasted men. Braz J Med Biol Res. 1989;22(4):46576.

30. Macfarlane GT, Gibson GR, Cummings JH. Comparison of fermentation reactions in different regions of the human colon. J Appl Bacteriol. 1992 Jan;72(1):57-64.

31. Sunvold GD, Hussein HS, Fahey GC Jr, Merchen NR, Reinhart GA. In vitro fermentation of cellulose, beet pulp, citrus pulp, and citrus pectin using fecal inoculum from cats, dogs, horses, humans, and pigs and ruminal fluid from cattle. J Anim Sci. 1995 Dec;73(12):3639-48.

32. Titgemeyer EC, Bourquin LD, Fahey GC Jr, Garleb KA. Fermentability of various fiber sources by human fecal bacteria in vitro. Am J Clin Nutr. 1991 Jun;53(6):1418-24.

33. Bourquin LD, Titgemeyer EC, Fahey GC Jr. Vegetable fiber fermentation by human fecal bacteria: cell wall polysaccharide disappearance and

short-chain fatty acid production during in vitro fermentation and water-holding capacity of unfermented residues. J Nutr. 1993 May;123(5):860-9.

34. Bourquin LD, Titgemeyer EC, Fahey GC Jr, Garleb KA. Fermentation of dietary fibre by human colonic bacteria: disappearance of, short-chain fatty acid production from, and potential water-holding capacity of, various substrates. Scand J Gastroenterol. 1993 Mar;28(3):249-55.

35. Bourquin LD, Titgemeyer EC, Garleb KA, Fahey GC Jr. Short-chain fatty acid production and fiber degradation by human colonic bacteria: effects of substrate and cell wall fractionation procedures. J Nutr. 1992 Jul;122(7):1508-20.

36. Daniel M, Wisker E, Rave G, Feldheim W. Fermentation in human subjects of nonstarch polysaccharides in mixed diets, but not in a barley fiber concentrate, could be predicted by in vitro fermentation using human fecal inocula. J Nutr. 1997 Oct;127(10):1981-8.

37. Fernandes J, Rao AV, Wolever TM. Different substrates and methane producing status affect short-chain fatty acid profiles produced by In vitro fermentation of human feces. J Nutr. 2000 Aug;130(8):1932-6.

38. Dongowski G, Lorenz A, Anger H. Degradation of pectins with different degrees of esterification by Bacteroides thetaiotaomicron isolated from human gut flora. Appl Environ Microbiol. 2000 Apr;66(4):1321-7.

39. Topping DL, Clifton PM. Short-chain fatty acids and human colonic function: roles of resistant starch and nonstarch polysaccharides. Physiol Rev. 2001 Jul;81(3):1031-64. Review.

40. Gumà A, Zierath JR, Wallberg-Henriksson H, Klip A. Insulin induces translocation of GLUT-4 glucose transporters in human skeletal muscle. Am J Physiol. 1995 Apr;268(4 Pt 1):E613-22.

41. Khayat ZA, Patel N, Klip A. Exercise- and insulin-stimulated muscle glucose transport:distinct mechanisms of regulation. Can J Appl Physiol. 2002 Apr;27(2):129-51. Review.

42. Ryder JW, Chibalin AV, Zierath JR. Intracellular mechanisms underlying increases in glucose uptake in response to insulin or exercise in skeletal

muscle. Acta Physiol Scand. 2001 Mar;171(3):249-57. Review.

43. Barnard RJ, Youngren JF. Regulation of glucose transport in skeletal muscle. FASEB J. 1992 Nov;6(14):3238-44. Review.

44. Thorens B, Mueckler M. Glucose transporters in the 21st Century. Am J Physiol Endocrinol Metab. 2010 Feb;298(2):E141-5. Review.

45. Stuart CA, Howell ME, Zhang Y, Yin D. Insulin-stimulated translocation of glucose transporter (GLUT) 12 parallels that of GLUT4 in normal muscle. J Clin Endocrinol Metab. 2009 Sep;94(9):3535-42.

46. Stuart CA, Yin D, Howell ME, Dykes RJ, Laffan JJ, Ferrando AA. Hexose transporter mRNAs for GLUT4, GLUT5, and GLUT12 predominate in human muscle. Am J Physiol Endocrinol Metab. 2006 Nov;291(5):E1067-73.

47. Moller L, Norrelund H, Jessen N, Flyvbjerg A, Pedersen SB, Gaylinn BD, Liu J, Thorner MO, Moller N, Lunde Jorgensen JO. Impact of growth hormone receptor blockade on substrate metabolism during fasting in healthy subjects. J Clin Endocrinol Metab. 2009 Nov;94(11):4524-32.

48. Møller N, Møller J, Jørgensen JO, Ovesen P, Schmitz O, Alberti KG, Christiansen JS. Impact of 2 weeks high dose growth hormone treatment on basal and insulin stimulated substrate metabolism in humans. Clin Endocrinol (Oxf). 1993 Nov;39(5):577-81.

49. Bianda TL, Hussain MA, Keller A, Glatz Y, Schmitz O, Christiansen JS, Alberti KG, Froesch ER. Insulin-like growth factor-I in man enhances lipid mobilization and oxidation induced by a growth hormone pulse. Diabetologia. 1996 Aug;39(8):961-9.

50. Møller N, Schmitz O, Pørksen N, Møller J, Jørgensen JO. Dose-response studies on the metabolic effects of a growth hormone pulse in humans. Metabolism. 1992 Feb;41(2):172-5.

51. Møller N, Jørgensen JO, Alberti KG, Flyvbjerg A, Schmitz O. Short-term effects of growth hormone on fuel oxidation and regional substrate metabolism in normal man. J Clin Endocrinol Metab. 1990 Apr;70(4):1179-86.

52. Bounous G, Gold P. The biological activity of undenatured dietary whey proteins: role of glutathione. Clin Invest Med. 1991 Aug;14(4):296-309.

53. Baruchel S, Viau G. In vitro selective modulation of cellular glutathione by a humanized native milk protein isolate in normal cells and rat mammary carcinoma model. Anticancer Res. 1996 May-Jun;16(3A):1095-9.

54. Marshall K. Therapeutic applications of whey protein. Altern Med Rev. 2004 Jun;9(2):136-156.

55. Micke P, Beeh KM, Buhl R. Effects of long-term supplementation with whey proteins on plasma glutathione levels of HIV-infected patients. Eur J Nutr. 2002 Feb;41(1):12-8. ר

56. Micke P, Beeh KM, Schlaak JF, Buhl R. Oral supplementation with whey proteins increases plasma glutathione levels of HIV-infected patients. Eur J Clin Invest. 2001 Feb;31(2):171-8.

57. Bounous G, Batist G, Gold P. Immunoenhancing property of dietary whey protein in mice: role of glutathione. Clin Invest Med. 1989 Jun;12(3):154-61.

58. Bounous G, Gervais F, Amer V, Batist G, Gold P. The influence of dietary whey protein on tissue glutathione and the diseases of aging. Clin Invest Med. 1989 Dec;12(6):343-9.