



STOP Losing Weight, START Burning Fat

**Welcome To
Get Lean In 12
Metabolic Manipulation**

**The ULTIMATE 7-Day
Summer Fat Loss
Nutrition Cycle**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Metabolic Disruption Cycle	Strategic Fast Day	Shake & Fruit Day	Strategic Cheat Day	Strategic Fast Day	Shake & Fruit Day	Cheat Day	Deplete
Metabolic Effect	Short Term Calorie Restriction	Digestive System Transition & Calorie Manipulation	Metabolic Primer and Spark (Mid Week Break)	Short Term Calorie Restriction	Digestive System Transition & Calorie Manipulation	Metabolic Primer to Reset Fat Burning Hormones and Triggers	Lower Glycogen Stores Primer for Strategic Fast
Carb Count	20 to 30 grams	75 grams	90 to 100 grams	20 to 30 grams	75 grams	N/A Free Day	Under 20 grams

Meal Plan Rules	MONDAY	*TUESDAY	WEDNESDAY	THURSDAY	*FRIDAY	SATURDAY	SUNDAY
	Fast from 6pm Sunday until 6pm Monday Lots of filtered water and amino acids Coffee allowed	5 Protein Nutrition Shakes: First 3 Shakes mixed with favorite fruit or yogurt, last 2 shakes mix with healthy oil, almond or peanut butter	Deplete (no impact carbs) until Last 2 Meals, 1 Cheat Meal allowed, 1 serving of alcohol or dessert for evening cheat meal (pick 1 or the other not both)	Fast from 8pm Wednesday until 8pm Thursday Lots of filtered water and amino acids Coffee allowed	5 Protein Nutrition Shakes: First 3 Shakes mixed with favorite fruit or yogurt, last 2 shakes mix with healthy oil, almond or peanut butter	Eat whatever you want (Alcohol allowed, Don't binge or stuff!)	Consume 5 small meals; Combine Lean Protein, Fats, and Green Vegetables Only
CYCLE DAY	Strategic Fast	Shake & Fruit Day	Strategic Cheat Day	Strategic Fast	Shake & Fruit Day	Strategic Cheat	Deplete
Starch and Fruit amount	Zero Starches or Fruit Under 30 grams of total carbs Last meal of the day	Zero Starches 3 Servings of Fruit	2 total starches, 1 Evening Cheat Meal allowed (Don't binge or stuff)	Zero Starches 3 Servings of Fruit	Zero Starches 3 Servings of Fruit	N/A	Zero Starches or Fruit Water)

*Please Note: On Tuesdays and Fridays, you can have your fruit or yogurt on the side (instead of in your shakes), if you want.