CUT DIET LEAN MASS

THE FINAL LEAN BULK PROGRAM YOU'LL EVER NEED

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Introduction

The Cut Diet has worked wonders in getting thousands of bodybuilders on stage and in their best condition ever. A lot of the time, they even gain lean mass *while* losing fat doing the Cut Diet. This has led to countless people asking us if they can bulk with the Cut Diet. The answer is YES!

Some people just respond well to lower carb diets and do not tolerate carbs well. Also, what if one wants to gain lean body mass (LBM) with little to no fat gain while maintaining near contest conditioning year round? What if rapid gains aren't what one is after, but rather steady, maintainable gains that have less chance of being lost when trying to diet down and lose all that fat accrual from the mass phase? Well, this is now possible, and Team Scivation has just the program for you – *Cut Diet Lean Mass*.

Chapter 1:
Cut Diet to GAIN

How I Found the *Cut Diet* and Why it is MASS - Worthy

I was a division-one college baseball player ("D-1") and what most would consider a top-level athlete. When I injured my elbow, I was a mess. I was living the easy life; drinking beer, eating fast food, and was quickly becoming, for lack of better terms, a fat mess. I knew this had to change because my family had a history of high blood pressure and diabetes. To get back into playing shape and rehab my elbow, I knew something had to be done.

I started to research nutrition thinking this could help me get back into playing shape in six months. At that time, I was doing volunteer work at a renal care center (a center for people with kidney disease) and a center for diabetics. All of this was volunteer work required on my resume to apply for Medical School. This is where the most fundamental part of how to diet became clear to me. There was a dietitian there who put patients on a meal plan with five to six meals per day. Some of these patients on insulin (Type I Diabetic) as well as not on insulin (Type II) were very lean and were obtaining these results with no exercise. Within six to ten weeks, patients with controlled insulin levels would reduce their body fat percentage and lose very little muscle mass or no muscle mass at all. I was amazed at these results. I thought, "What if I could eat this way and get back into shape?" I did just that. Then the thought occurred, "What if this response to balancing insulin levels via proper food intake could be duplicated in all healthy populations, athletes, exercise enthusiasts, and even bodybuilders?"

By eating small, frequent meals that are low in starchy carbohydrates and high in healthy fats and lean protein, you create adequate insulin release. By eating infrequent meals with high carbohydrates and loaded with calories, you cause a drastic insulin spike that results in excessive bodyfat storage and an insulin crash that halts fat loss. The goal is to balance insulin throughout the day and provide frequent, smaller meals to keep your metabolism revving because your body is like a furnace—if you don't keep coal in it, it will stop burning.

At Scivation, we believe in high lean protein (2.0-3.2g/kg body weight), high healthy fats and low glycemic carbohydrates (mostly fibrous ones) with timed carbohydrate loads to keep your thyroid happy. The problem with eating all low carbohydrate all the time is that your thyroid responds to not only total calories, but also carbohydrates. When there are no or very low carbohydrates in the diet for too long of a period, the thyroid senses that the body is starving or dying and its natural response is to slow down your metabolic rate to preserve bodymass. Not only do the carbohydrate loads replenish glycogen to the muscle, they also keep your thyroid cranking and burning all day long.

When you eat fat with any meal, especially a meal containing carbohydrates, it will reduce the bolus size entry into the small intestine signaling the pancreas to release an appropriate insulin concentration, not a major spike caused by carbohydrates and protein.

The bottom is that this diet has been used mostly for people trying to get extremely lean and compete, not to gain. But we have had great success implementing this is LEAN GAIN programs and this is a very good bulking strategy for those who cut with the Cut Diet and are looking to gain as much LBM and as little fat as possible. We do this by maintaining the proven Cut Diet principles but also maintaining a hypercaloric state.

In *Game Over Lean Mass*, we will go over some things already mentioned in the original Game Over but we will also tell you how to implement it to gain lean mass!

If you're looking to gain LBM and little to no fat, keep reading. *Cut Diet Lean Mass* could very well be the perfect program for you!

Chapter 2
Cut Diet Principles

Diet is about calories in and calories out first and foremost with macronutrient manipulation secondary. One thing we emphasize is controlling insulin. How do we do this? We keep protein and fat high with carbohydrates coming mainly from low glycemic index (GI) and fibrous sources. On the Cut Diet, every third day, we have a low GI carbohydrate and good fat refeed meal with no protein. A refeed is an influx of carbohydrates and overall calories above what you normally consume. This consists of the following and must be eaten in the following order:

1. Fibrous Vegetables (green beans, broccoli, spinach or asparagus) are eaten first to fill the stomach with fiber to reduce transit time of the carbohydrates coming you are about to consume.
2. Next, we consume a higher fiber complex carbohydrate, like oatmeal, along with raisins and honey (alkaline foods), and almonds as the fat source.
3. The final portion of the refeed is sweet potato (low GI, but easily digested and absorbed) and either almonds or peanut/almond butter. You might be thinking, "A carbohydrate and fat refeed meal? Are these guys crazy?"

As stated before, the problem with low carbohydrate diets is the fact that your thyroid does not operate optimally on reduced calories, let alone carbohydrates. This got us thinking, "What is the best way to infuse carbohydrates into the diet without spiking insulin too much and causing fat gain?" Then it hit us…

Never Combine Carbohydrates and Protein

The fact of the matter is, by utilizing this approach, the insulin spike is dramatically minimized and the carbohydrates will do what we want them to do, refill glycogen stores and support healthy thyroid function. When you combine fat and carbohydrates, the fat encapsulates the carbohydrates and slows down digestion, minimizing the insulin spike. When you combine protein and carbohydrates, it sends insulin skyrocketing and can lead to the last thing you want when dieting or bulking, fat storage! When bulking, this meal is very important to keeping fat burning going and to refilling your glycogen stores for lean mass gains!

We like to refeed with starchy, nutrient-dense carbohydrates and good fats with no protein every third day depending on caloric intake. This all depends on the bodytype of the individual. In our experience, 85-90% of our clients see great results with this tactic. The reason for this is to get the body in a fat-burning state but not allow it to think it is starving. One problem we have with the low-carbohydrate phase is that a person's metabolic rate (especially thyroid) functions off of calories and carbohydrates. If you cut out carbohydrates all the way, the body begins to sense a state of starvation. This will slow down the metabolic rate as well as thyroid production and you then hit the wall, or a

sticking point. What we like to do is incorporate good carbohydrates with good fats because it slows down digestion and supports healthy insulin output so there is optimal metabolism along with healthy calories and protein to promote lean mass gains. Let's face it; it is tough to gain LBM and not gain much fat, but with the proper training, diet and supplement strategies, it can be done!

Good Fats

Fat = STORED ENERGY.

"Good Fats" AKA EFAs (Essential Fatty Acids) are mono- (MUFA) and polyunsaturated fatty acids (PUFA). They are "essential" because our body does not manufacture them, and they must be obtained through our diet on a daily basis for optimal health and well-being. All fats have the same amount of calories, but their chemical compositions vary. Fats are made of chains of carbon and hydrogen atoms. The saturation refers to whether all the available positions on the carbon atoms are bonded to hydrogen atoms, or if there are any hydrogen atoms missing. The two "GOOD FATS" are:

1. *Monounsaturated Fats*

   These fats have one position missing a hydrogen atom, instead containing a double bond between carbon atoms. Monounsaturated fat is found in oils such as canola, olive, and peanut as well as most nuts and nut butters. This type of fat does not cause a rise in total cholesterol. In fact, science has indicated that individuals who substitute monounsaturated fat for saturated fat in their diet, actually shows a reduction in the bad cholesterol, and protects the good cholesterol (HDL) from decreasing.

2. *Polyunsaturated Fats*

   These fats have more than one position missing in the carbon chain, and contain more than one double bond as a result. Two major categories of polyunsaturated fats are Omega-3 and Omega-6 fatty acids. Omega-3 means there is a double bond in the third position from the end of the carbon chain. These fats are extremely healthful and have shown in clinical investigations to support cardiovascular/heart health, reduce total triglycerides and increase good cholesterol, produce hormone-like substances with anti-inflammatory benefits and promote optimal focus and concentration. The best sources of Omega-3s are fatty fish such as salmon, sardines, mackerel, herring, and rainbow trout and fish oil supplements high in DHA (docosahexaoic acid). Canola oil, walnuts, and flaxseed also contain some Omega-3. Omega-6 fats have a double bond in the sixth position from the end of the carbon chain. These fats are found in oils such as corn, soybean, cottonseed, sunflower, and safflower.

Why are EFA's important?

Our bodies must ingest a constant and balanced supply of EFA's. Essential Fatty Acids produce beneficial hormone-like compounds called eicosanoids that affect the function of virtually every system in the body. They also regulate pain and swelling, help maintain proper blood pressure and cholesterol levels, and promote fluidity in nerve transmission.

The most important Essential Fatty Acids are Eicosapentaenoic Acid (EPA), an omega-3 PUFA with 20 carbons and 5 double bonds synthesized from linolenic acid and Docosahexaenoic Acid (DHA), an omega-3 PUFA with 22 carbons and 6 double bonds synthesized from linolenic acid. They are the nutrients responsible for cell flexibility, nerve communications, mood support, and even body fat reduction. “Good” fats or Essential Fatty Acids, are the naturally-occurring, traditional fats that haven't been damaged by high heat, refining, processing or have been slightly tampered or not tampered with, such as 'partial hydrogenation'. The best of these kinds of fats are found in fish, nuts, avocados, seeds and various oils.

DIETARY FIBER

A type of carbohydrate but cannot be digested by the human gut nor does it provide any energy of which to speak. Among its protective qualities, it helps soften stool and encourages normal eliminations (healthy bowel movements). Fiber rich diets also promote a feeling of fullness, which is very beneficial for those looking to drop a few excess pounds. Finally, fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes.

- **Fibrous veggies we recommend are the green ones like broccoli, asparagus, spinach, green beans and lettuce.**

Whole Food Versus Liquid Meals

Thermogenesis is the state every individual who has ever dieted desires. How do we keep thermogenesis cranked to the fullest? Easy, keep feeding your body whole foods. Every time you eat a meal, your body has to burn calories to digest it. The more often you eat (to a point), the more thermogenic you are. So can you just drink a shake instead?

We recommend getting most of your meals from whole foods. Sometimes convenience forces us to rely on protein shakes. For this reason, we recommend a pure whey protein powder that is easy to digest and has a very high biological value. Whey protein also has unique immune benefits not offered by whole foods.

The Keys to Burning Fat and Staying Anabolic All Day Long

Calorie Surplus

Even though you will probably eat more on this diet than any diet you have ever used before, the biggest factor in a diet is calories in versus calories out with macronutrient manipulation. By keeping insulin under control, the Cut Diet will keep your body fueled with nutrient-dense, nutritious foods and your metabolism revving for

fat-storage prevention! The two major “secrets” to the Cut Diet are to control insulin to maintain an alkaline state in the body. Below are some of the ways we accomplish this:

Control insulin levels

- Eat five to eight meals per day: Large meals can create enormous an insulin spike, which can cause your body to store fat. Small meals create a much smaller, more controlled insulin release thus less fat storage and lass fat gain.
- Never skip a meal: We don’t care if meal one was at the local buffet and you ate until you had to unbutton your pants. Do not skip your second meal! Keep the motor revving.
- Eat good fat with every meal, especially carbohydrate meals.
- Do not combine carbohydrates and protein alone, this elicits the highest insulin response. For example, a cup of oatmeal has a moderate insulin response but when you combine oatmeal with whey protein, you get a much higher response. If you do combine these, be sure to add a fat source.

Keep it Base

We are talking about controlling the acidity of your meals. Why would we do this and why does it matter?

- Your body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44. To maintain optimal health and results, you should attempt to keep your body in an alkaline state through diet. An imbalanced diet high in acidic foods can make your body acidic. This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making you more prone to chronic and degenerative disease and potentially disrupting nutrient absorption.

- Add fat to your meals! For example, when you eat a meal like oatmeal and egg whites, you are eating a very acidic meal. But when you put raisins and almonds in your oatmeal and have some steamed vegetables with it, you are lowering the acidity of that meal dramatically. All of the Cut Diet meals keep this factor in mind.

- When you cannot add fat or vegetables to your meals, add two to five grams of L-Glutamine. This will lower the acidity of your meal to keep you in a more alkaline state.

What are some Alkaline Foods?

Vegetables
Asparagus
Artichokes
Cabbage
Lettuce
Onion
Cauliflower
Radish
Watercress
Spinach
Green Beans
Celery
Cucumber
Broccoli

Fruits
Avocado
Grapefruit
Banana
Lemon
Tomato
Watermelon (neutral)

Nuts
Almonds
Pumpkin
Sunflower
Sesame
Flax

Fats & Oils
Avocado
Hemp
Flax
Olive
Evening Primrose
Borage

General Guidelines: Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume at least two to three liters of clean, pure water daily.

Grapefruit—The *Great* Fruit

We recommend obtaining your carbohydrates in every meal during the Cut Diet (not including the carbohydrate meal) from leafy green vegetables and grapefruit. Why grapefruit?

Grapefruit is loaded with naringin. The majority of caffeine and other alkaloids are metabolized by various enzymes such as CYP1A2, CYP2E1 and CYP3A4. However, naringin has been documented to inhibit CYP34A (as well as CYP1A2) activity in human liver. This means that naringin may increase the half life (extending the activity) of various alkaloids, especially caffeine. Many fat burners utilize naringin for enhanced alkaloid effect. We got hooked on in it 10-11 years ago in the Cut Diet and since then, we have never dealt with anything else. We will allow oranges if necessary but they do not contain as much naringin as grapefruit. So unless you cannot stomach them at all, eat your grapefruit! We recommend sprinkling a packet or two of Splenda® on them. In a recent study in La Jolla, CA, grapefruit consumption was found to be associated with a reduction in weight. Moreover, 2-hour post-glucose insulin levels were significantly reduced among subjects consuming half a grapefruit with each meal, as compared to a placebo.

Just Say "NO" to the Post Workout Insulin Spike

Our opinion may upset people but here it is. We do not recommend a postworkout (PWO) shake when the activity is for physique purposes. We would rather provide aminos (Branch Chain Amino Acids (BCAA) and during the workout to help reduce muscle tissue catabolism and provide energy. If you do not have BCAAs during your workout/cardio training, then we recommend a WPI shake (protein only with no carbohydrates) PWO to get the body into an anabolic state. When you hop off that cardio machine postworkout, get home and eat your next meal around 30-45 minutes following your training session.

If you are a performance athlete (hockey, tennis, soccer, basketball, etc), then a PWO shake with carbohydrates and protein would be ideal to replenish glycogen stores and get the body recovered for the next days training or event. This is irrelevant because a performance athlete would not be on the Cut Diet Lean Mass. The goal for this athlete is performance and the goal of the Cut Diet Lean Mass is physique. Therefore, a performance athlete may even get Carbohydrates during their workout depending on the intensity. Many people we do diets for are looking to reduce fat. Therefore, maintaining as much muscle tissue as possible in a lowered caloric state is our goal. In the Cut Diet Lean Mass, we control insulin to prevent fat gain and even our carbohydrate meal keeps insulin under control. Thus, the last thing we want on this diet is to spike insulin!

Here are some other keys to the Cut Diet:

1. **Drink Plenty of Water.** Try to drink eight glasses of water per day. The benefits of drinking provide optimal hydration as well as a feeling of "fullness" without added calories.
2. **Do not skip meals.** Skipping meals can drastically reduce your blood sugar levels and make you crave sweets later on
3. **YOU MUST EAT to gain quality lean mass.** The repercussion of not eating and providing the body with essential nutrients will lead to an unhealthy lifestyle. When you do not eat, the body senses that there is no nutrition and its job now becomes to "Survive". It will slow down your metabolic rate and begin to eat away lean muscle tissue. This makes it extremely difficult to prevent fat gain once you begin to eat again.
4. **Choose fresh, wholesome foods.** Try to purchase fresh foods versus processed (packaged) foods. Packaged foods are loaded with preservatives, especially sodium and saturated fats. You will be amazed at how fast you can lose fat just by packing meals from home rather than purchasing fast food or packaged foods. You also will save a lot of money!

Carb Load at Night

The preference to carb load at night time (with healthy fats and no protein) is to add carbohydrates back to replenish glycogen stores (from mild ketosis) and provide the body with an excess of calories to jolt its metabolism and keep the thyroid happy. We use fibrous veggies first to provide bulk in the gut and reduce transit time. The good fats along with low GI carbohydrates are provided to add calories, glycogen replenishment and a controlled insulin release. We do not use any protein with the carbohydrate meals because we do not want an additional, possibly uncontrolled, insulin spike that is seen when carbohydrates and proteins are eaten together. This may appear old school, but we have added a new school twist.

No Water With The Carb Load!

We recommend drinking four to six ounces of water 60 minutes prior to the carbohydrate meal and then consume four to six ounces 45-60 minutes after the last bite of the carbohydrate meal. Even though you are consuming low GI carbs, these have a tendency to draw water to the abdomen. Any excess water intake during the meal may result in unwanted bloating or feeling of fullness before the meal is complete. Since you are consuming a major influx of total calories from nutrient dense food sources, we want to make sure you get all of this meal in.

What to Expect on the Cut Diet Lean Mass

Once the Cut Diet Lean Mass begins, your body will go through some changes and adaptations. Please note these changes are normal and they will go away. Initially, you may feel weaker in the gym, low energy, possible headaches, irritability and weight loss. DO NOT FREAK. The symptoms will last about one to two weeks and they do not happen to everyone. Your strength, energy, pumps and fat loss will start to kick-in between week four to six.

The first two to three carbohydrate loads can be difficult to handle. First, the amount of food is large and the stomach may have problems adjusting. This is normal. Also, you may get light-headed, woozy, dizzy and tired after the meal and even the next day. The day after this meal, you may experience gas, bloating and water retention the first two to three carbohydrate loads. One way to help avoid this is to take your time eating this meal. Make it last a minimum of 45 minutes and no longer than 75 minutes. Also, be sure that you do not lie down to bed within 45-60 minutes of the last bite.

The Calories Don’t Add Up!

We don’t count every calorie in the Cut Diet Lean Mass or any other diet we design. Instead of counting every calorie, we focus on serving sizes based on the amounts/measurements we provide. This method began with the use of the diabetic exchange list which only counts servings rather than every calorie. Over our years and use of a very sophisticated food processor system, we have made the serving sizes to account for total calories that we believe to be most optimal and very well balanced. Unless you are wearing a monitor that can tell you every calorie you burn every minute of the day, we find it unnecessary to count every calorie from every food item. What if you have more stress on one day than on the next? What if you are mildly sick or have cold?

We think you may actually burn calories just trying to calculate them all from every darn piece of food which is a waste of time in our opinion. The Cut Diet Lean Mass provides grams per servings. The general rule of thumb is one carbohydrate serving is 15 grams of carbohydrates, one fat serving is five grams of fat and one protein serving is seven grams of protein. With this simple format, you can make different meals on the Cut Diet Lean Mass by simply sticking to the amounts allowed in our food options section. This will also allow you to match up the recommended grams of carbohydrates, fat and protein per meal as indicated.

When to Raise Calories and Where From

As we have mentioned, optimal dieting is about calories in versus calories out with macronutrient manipulation as well as a major focus on insulin control through diet. Initial caloric intake when starting the Cut Diet Lean Mass all depends on where the

individual starts. Ideally, we want to start the calories to maintain current “scale weight” with the goal in mind to prevent fat gain/build lean body mass (LBM). However, a person that starts the Cut Diet Lean Mass at a higher body fat percentage (>15%) will have lower calories than what our formula would estimate based on activity to maintain (starting body fat < 15%) current weight. The idea is to provide the calories but manipulate the macronutrients (carbohydrates, fat and protein) to keep the current “scale weight” yet reduce body fat and gain lean mass. As with all diets, you will encounter stick points. Stick points are when you do not notice changes over a week’s time. Meaning that you do not see the scale going higher (as previous weeks) and/or you just don’t feel you are making visual progress. When these arise, calories need to be increased.

Chapter 3
Using the Cut Diet principles to Gain Lean Mass

The desire to GAIN LBM is everyone's goal. How efficient one is in gaining LBM over "some" LBM and too much "unwanted" fat is the critical part. To gain weight, we know we must be in a surplus of calories. How fast and how lean we want to gain is how we determine those calories. We know that the Cut Diet methodology works for losing body fat with minimal to no muscle loss. But can the Cut Diet principles be used to gain LBM as well? We think so, and this is how we have advised/recommended utilizing the Cut Diet principles to gain LBM.

The way we have determined calories for gaining LBM (Cut Diet style) is to adjust the caloric intake to gain one pound per week. For instance, to gain 0.5- one pound per week, we need an additional 1,750-3,500 calories per week above their basal metabolic rate (BMR) (activity factor included). Therefore, a 180 pound endomorph would be 180/2.2 x (32-35 for 0.5-1 lb/wk - 40-43 for 0.5-1 lb/wk (calories for endomorph/ectomorph) = ~ (2615-2865) – (3270-3520). This allows for the use of the 2500 calorie Cut Diet with the 3,000 cal CUT DIET carb meal. By doing this, we look to increase LBM gain by 0.5 pounds per week. This style of gaining LBM is slower than traditional methods, but is very effective for gaining LBM with minimal to no fat gain.

We recommend increasing calories to continue gaining LBM gaining while on the Cut Diet Lean Mass by gradually switching meals from the 2500 calorie plan to the 3000 calorie plan while utilizing the 3000 calorie plan Carb Meal. For example, the above referenced 180lb person will eventually switch meal one from the 2500 calorie plan to the 3000 calorie plan. The next step will be to use meal one and meal two from the 3000 calorie diet and meals three through seven from the 2500 calorie plan. We then utilize the Carb Meal from the 3000 calorie plan every 21st meal as usual. Here is an example:

Week 1

Monday – 2500 calorie plan
Tuesday – 2500 calorie plan
Wednesday - 2500 calorie plan meals one through six then meal seven becomes Carb Meal from 3000 calorie plan
Thursday – 2500 calorie plan
Friday – 2500 calorie plan
Saturday - 2500 calorie plan meals one through six then meal seven becomes Carb Meal from 3000 calorie plan
Sunday – 2500 calorie plan
Monday – 2500 calorie plan
Tuesday- 2500 calorie plan meals one through six then meal seven becomes Carb Meal from 3000 calorie plan

***Then continue on with Carb Meal every 21st meal 3000 calorie plan.

ONCE A STICK POINT IS REACHED the routine may look like this:
Week four or five (stick point and gain pending)

- Monday – 3000 calorie plan for meals one and two then meals three through seven use Cut Diet 2500 calorie plan.
- Tuesday – 3000 calorie plan for meals one and two then meals three through seven use Cut Diet 2500 calorie plan.
- Wednesday - 3000 calorie plan for meals one and two then meals three through six use Cut Diet 2500 calorie plan then meal 7 becomes Carb Meal from 3000 calorie plan.
- Thursday – 3000 calorie plan for meals one and two then meals three through seven use Cut Diet 2500 calorie plan.
- Friday – 3000 calorie plan for meals one and two then meals three through seven use Cut Diet 2500 calorie plan.
- Saturday - 3000 calorie plan for meals one and two then meals three through six use Cut Diet 2500 calorie plan then meal 7 becomes Carb load from 3000 calorie plan.
- Sunday – 3000 calorie plan for meals one and two then meals three through seven use Cut Diet 2500 calorie plan.
- Monday – 3000 calorie plan for meals one and two then meals three through seven use Cut Diet 2500 calorie plan.
- Tuesday- 3000 calorie plan for meals one and two then meals three through six use Cut Diet 2500 calorie plan then meal seven becomes Carb Meal from 3000 calorie plan.

***Then continue on until next stick point, then increase the meals from 3000 calorie plan for meals one through four then change meals five through seven to 2500 calorie plan and keep the Carb Meal from the 3000 calorie plan.

ONCE the NEXT STICK POINT IS REACHED the routine may look like this:
Week 8-9 (stick point and gain pending)

- Monday – 3000 calorie plan for meals one through four then meals five through seven use Cut Diet 2500 calorie plan.
- Tuesday – 3000 calorie plan for meals one through four then meals five through seven use Cut Diet 2500 calorie plan.
- Wednesday - 3000 calorie plan for meals one through four then meals five and six use Cut Diet 2500 calorie plan then meal seven becomes Carb Meal from 3000 calorie plan.
- Thursday – 3000 calorie plan for meals one through four then meals five through seven use Cut Diet 2500 calorie plan.
- Friday – 3000 calorie plan for meals one through four then meals five through seven use Cut Diet 2500 calorie plan.

- Saturday - 3000 calorie plan for meals one through four then meals five and six use Cut Diet 2500 calorie plan then meal seven becomes Carb Meal from 3000 calorie plan.
- Sunday – 3000 calorie plan for meals one through four then meals five through seven use Cut Diet 2500 calorie plan.
- Monday – 3000 calorie plan for meals one through fout then meals five through seven use Cut Diet 2500 calorie plan.
- Tuesday- 3000 calorie plan for meals one through four then meals five and six use Cut Diet 2500 calorie plan then meal seven becomes Carb Meal from 3000 calorie plan.

***Then continue on until next stick point (desired goals pending) so that you are utilizing the 3000 calorie plan CUT DIET in its entirety.

Vitamins – What They Do and Where to Get Them

Mineral	DRI*	Major Food Sources	Function in the Body
Calcium	1300 mg	Milk, Cheese, Yogurt, Corn Tortillas, Egg Yolks, DarkGreen Vegetables, Cauliflower	muscle contraction, nerve transmission and bone and tooth formation
Magnesium	420 mg	Milk, Yogurt, Green Leafy Vegetables, Whole Grain Products, Nuts, Meat	Supports protein synthesis, smooth muscle contraction, and bone health
Phosphorus	1250 mg	All Meat, Milk, Cheese, Eggs, Whole Grain Products	Promotes bone formation, pH maintenance, cell membrane structure, B vitamin activation
Iron	18 mg	Meat, Fish, Poultry, Shellfish, (Oysters) Whole Grain, Green Leafy Vegetables, Dried Beans, Broccoli, Raisins	Formation of Hemoglobin and Myoglobin, electron transfer and essential in oxidative process
Iodine	150 mcg	Iodized Salts, Seafood, Vegetables	Assists in formation of thyroid hormones
Selenium	55 mcg	Meat, Fish, Poultry, Seafood, Whole Grains, Nuts	Cofactor of glutathione peroxidase and antioxidant enzymes

Zinc	11 mg	Meat, Fish, Poultry, Shellfish (Oysters), Dairy Products, Whole Grain Products, Vegetables, Asparagus, Spinach	Cofactor of many enzymes involved in energy metabolism, protein synthesis, immune health, sexual maturation, sensations of taste and smell
Copper	1.0 mg	Meat, Fish, Poultry, Shellfish, Nuts, Eggs, Bran Cereals, Avocados, Broccoli, Bananas	Proper use of iron and hemoglobin, metalloenzyme involved in connective tissue formation and oxidation
Manganese	2.3 mg	Whole Grain Products, Dried Beans and Peas, Leafy Vegetables, Bananas	Supports many enzymes involved in energy metabolism, bone formation, fat synthesis
Chromium	35 mcg	Meats, Oysters, Cheese, Whole Grain Products	Enhances insulin function as glucose tolerance factor
Molybdenum	45 mcg	Whole Grain Products, Dried Beans and Peas	Works with riboflavin in enzymes involved in carbohydrate and fat metabolism
Sodium	2400 mg	Processed Foods, Table Salt, Dairy, soups	Nerve impulse conduction, muscle contraction, acid base balance and blood volume homoeostasis - inside cell
Potassium	3500 mg	Banana, Orange, Baked Potato, yogurt	Nerve impulse conduction, muscle contraction, acid Base balance and blood volume homeostasis - inside cell

*The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient. - Council for Responsible Nutrition, 2001

Fat-Soluble Vitamins

Vitamin	**DRI***		
	3000 IU	Whole Milk, Fortified Milk, Cheese, Carrots, Green Leafy Vegetables Sweet Potatoes, Fortified Vegetable Oils	Maintains skin tissue and mucous membranes, supports night vision and bone health
	600 IU	Vitamin D Fortified Foods Like Dairy Products,Fish Oils, Action of Sun Light	Acts as a hormone to increase intestinal absorption of calcium, supports bone and teeth health
	22 IU	Vegetable Oils, Green Leafy Vegetables, Wheat Germ, Whole Grain Products, Egg Yolks	Powerful antioxidant to protect cell membranes
Vitamin K	120 mcg	Eggs, Spinach, Cauliflower	Essential for blood coagulation

Water-Soluble Vitamins

Thiamin (B1)	1.2 mg	Ham, Pork, Lean Meat, Whole Grain Products, Fortified Breads and Cereals, Legumes	A Coenzyme (CE) for energy production from carbohydrates essential for normal CNS functioning
Riboflavin (B2)	1.3 mg	Milk and Dairy Products, Meat, Fortified Grain Products, Green Leafy and fats, Vegetables, Beans	A (CE) for energy production from carbohdrates maintains healtrhy skin
Niacin	16 mg	Lean Meats, Fish, Poultry, Whole Grain Products, Beans, Also Formed in the Body from Tryptophan	A (CE) for the aerobic and anaerobic production of energy from carbohydrates, helps synthesize fat and blocks release of Free Fatty Acids, supports healthy skin
Vitamin B6	1.7 mg	Lean Meats, Fish, Poultry, Legumes, Green Leafy Vegetables	Protein metabolism, formation of hemoglobin/red blood cells
Vitamin B12	2.4 mcg	Animal Foods Only, Meat, Fish, Poultry, Milk, Eggs	Formation of DNA, Red Blood Cell and maintain nerve tissue

Water-Soluble Vitamins

Folic Acid	400 mcg	Green Leafy Vegetables, Legumes, Nuts	A (CE) for formation of DNA, RBC development
Biotin	30 mcg	Meats, Legumes, Milk, Yolks, Whole Grain, Most Vegetables	A (CE) for metabolism of carbs, fats and proteins
Pantothenic Acid	5 mg	Lean Meats, Milk, Eggs, Legumes, Whole Grain Products, Most Vegetables	Functions as part of coenzyme A in energy metabolism
Vitamin C	90 mg	Citrus, Green Leafy Veggies, Broccoli, Strawberries, Potatoes	Forms collagen-essential for connective tissue development supports iron absorption, antioxidant
Choline	550 mg	Milk, Eggs, Peanuts	Precursor for acetylcholine, phospholipids and betaine

*The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient. - Council for Responsible Nutrition, 2001

Can Women Follow the Cut Diet Lean Mass?

Absolutely! The Cut Diet has helped many female figure and fitness competitors' step on stage in their best condition ever and has also helped some achieve pro card status. All components of the Cut Diet Lean Mass, from the exercise recommendations to the supplement recommendations, are safe and very effective for women who wish to gain lean mass with minimal fat gain.

Chapter 4
Cut Diet Lean Mass Tri-Phase Training

1. **See your doctor before starting any new exercise program.** It is always beneficial to get a physical before starting any new exercise program. You can learn a lot from a simple physical especially what you need to work on both through nutrition and exercise.
2. **Drink plenty of water before, during and after exercising.** Maintaining healthy hydration supports energy levels, increases endurance, prevents cramping and potential injuries and increases fat loss.
3. **Make an exercise plan.** Sit down and make a realistic plan as to what exercises you want to do and what days and what time of the day the workout will mesh with your schedule.
4. **Set Daily and weekly goals.** Long term goals are great to reach for, but sometimes get lost in the shuffle and we tend to ask, "Why am I working so hard," if the ultimate goal is so far away. Take "Baby Steps" and set daily goals, then stretch it out to weekly goals. Before you know it, you will be at your ultimate long term goal.
5. **NEVER OVEREXERCISE!** Use common sense and avoid trying to do too much too soon. The key to a successful exercise program is "Little and Frequent." Exercising should not be a temporary thing, make it a lifestyle decision.

The Cut Diet Lean Mass and Strength—Will it all go away?

In the first couple weeks on the Cut Diet, you might feel like you're losing strength until your body adjusts. That is perfectly normal. As time goes on, your body will adjust to the lower carbohydrate intake and by using Glutamine and healthy fats in your diet, you will find that you have more energy than before! Since we are in a caloric surplus, you will find yourself feeling strong and energized!

Training Versus Overtraining

When we tell people to perform cardio after weight training, they sometimes say, "That means I'll be in the gym for two hours!" We usually recommend between 20-35 minutes of low intensity cardio post workout. What are these guys doing training for two hours? Weight training should take 30-60 minutes max. It is easy to overtrain, and we want to prevent that by getting in, training, and then getting out. Also, who wants to spend all day in the gym?

Note: Our Training System is outlined later in this chapter.

The Importance of Year Round Cardiovascular Training

Endurance A.K.A. cardiovascular training improves the heart's ability to pump blood and increases oxygen uptake into cells. A "fit" person also burns more fat at rest and during exercise than an unfit person. Bodybuilders use cardiovascular training mainly as a means to increase caloric expenditure thereby increasing fat loss or decreasing fat gain. By doing cardio year round, you will increase your body's capacity to burn fat at both rest and exercise. Let's discuss what type of cardio to do.

Low-Moderate Intensity Cardio on Weight Training Days or Off Days

As stated in the intro, bodybuilders primarily use cardio as a means in increase their caloric expenditure (Cardiovascular training has a TON of other health benefits, but we will not touch on those benefits here). The use of low-intensity cardio, done either pre or post weight training, allows one to burn more calories while not hampering recovery. Low-intensity cardio is not as strenuous on the body as high-intensity cardio or high-intensity interval training (HIIT). It would be very hard for someone to complete a HIIT session pre weight training as it would decrease your performance when lifting weights or to complete the session post weight training as it would be very fatiguing.

We want to keep the body healthy and injury free. If you get injured, then your workouts will suffer or cease altogether. Therefore, we feel it is more practical to perform low to moderate intensity cardio on weight training days. Now one could perform their cardio separate from their weight training, but for most that would mean two trips to the gym, which is impractical; Hence, our recommendation to perform cardio pre or post weight training. We recommend 20-30 minutes of low-intensity cardio done post-workout or 30 minutes done on off days.

Whether you choose to do your cardio pre or post weight training is a personal preference. Remember, your main goal is to hit it hard in the weight room. If doing cardio pre weight training decreases your performance then it would be better for you to do it post workout. If you find that you are too tired to do cardio post weight training or simply find you become too bored and do not finish your cardio session, it would be better for you to do your cardio pre weight training. Or, you could simply do your cardio on your off days.

High-Intensity/High-Intensity-Interval Training on Non-Weight Training Days

High-intensity cardio stresses both the aerobic and anaerobic energy systems. The anaerobic energy system is what is stressed during weight training. Putting too much stress on the anaerobic system and hampering recovery is one reason why we do not recommend performing weight training and HIIT on the same day. Obviously running at 6 mph will burn more calories than running at 3 mph, but one has to balance their activities to allow for proper recovery.

There are two main types of high-intensity cardio: Continuous and Interval Training. Continuous high-intensity cardio would be running at a high speed on the treadmill or elliptical machine for a long duration (i.e. 5+ minutes). Interval training involves alternating periods of work and rest (or lower levels of work). For example, running a 100 meter sprint then walking back to the start, resting, then repeating could constitute HIIT. HIIT is more intense than high-intensity continuous cardio and much more intense than low-intensity cardio. If you choose to do HIIT, only do it on your off days.

Cardio Recommendation on the Cut Diet Lean Mass

We recommend that when trying to add lean mass to do either 20-30 minutes of low-moderate cardio pre or post weight training or 30 minutes of low-moderate intensity cardio on off days or HIIT cardio done on 2 off days.

Warming up with Cardio

There are some instances when cardio before weights is acceptable. If your diet is in check (which it will be if you follow the Cut Diet Lean Mass) and you consume your Xtend pre, during and post training, your energy levels and power output will be fine. For example, some people do cardio before weights because there is no way they would be able to do cardio after weight training. Also, since they might train first thing in the morning, this helps to warm up aging joints to avoid injury.

Form Over Ego!

We cannot stress enough how important it is to maintain strict form on all movements. This means stabilizing your body and contracting your abs so you isolate the primary intended muscles. For example, when doing a standing barbell curl, tighten your abs and do not rock or swing the weight. By tightening your abs, you stabilize your body and prevent momentum. This will also help condition your abs and save your lower back.

Rest, Don’t Nap, Between Sets

We recommend 60-120 seconds of rest periods between sets. This allows your body to recover some of its expended ATP but is not so long that you lose the flow of the workout. Remember, the goal is to get in and out of the weight room in 30-45 minutes.

Compound Movements – Kill 2 Birds

We like to begin the workout with compound movements, or free weight exercises targeting more than one muscle group. This is why we recommend Bench Press (chest, shoulders, triceps), Rows (back, biceps, forearms) and the daddy of them all, Squats (entire body).

No Pre-Workout Shake?

On the Cut Diet Lean Mass with your pre, during and post-workout Xtend, you do not need a pre workout shake or a special pre-workout meal other than the recommended handful of capsules that provide antioxidants, stimulants, nootropics, etc. that you will find in our recommended Cut Diet Lean Mass supplement plan. You simply need to train 60-90 minutes after one of your scheduled meals. What if you train first thing in the morning? Simply start sipping your Xtend 15 minutes prior to your workout and continue sipping throughout your weight training and cardio. This is all you need!

If you do not have Xtend, you can sip on Whey Protein Isolate during training and then consume one to two scoops (40 grams) of Whey Protein Isolate immediately post workout. Eat your next scheduled meal 30-45 minutes after your workout.

When do I eat for training?

We recommend eating first thing in the morning to get the body cranking. Breakfast is the most important meal of the day. Get up, wash your face, go to the bathroom and start making breakfast. Every meal thereafter should be two to three hours apart. So if you get up at 5am then your meals will look like this:

5:30am Breakfast
8:00am Meal 2
11:00am Meal 3
1:30pm Meal 4
4:30pm Meal 5
7:00pm Meal 6
9:30pm Meal 7
Bed around 10:30-11pm

As for scheduling training, we recommend planning your meals so that one of your meals is 75-90 minutes before you workout **(PRE-WORKOUT MEAL)** and then the next meal in line is 45-60 min after the workout. This is assuming that you have your Xtend during training. If you dot not have Xtend during training, then we recommend a PWO shake of whey protein isolate/ whey protein concentrate immediately following your workout. Then within 60-75 minutes, eat your next scheduled meal.

Example of morning 6 AM workout:

Six Meal Plan

4:45AM Breakfast
6-7:30 Workout
9:30 Meal 2
12:30 Meal 3
3:30 Meal 4
6:30 Meal 5
9:30 Meal 6
Bed around 10:30-11 PM

Seven Meal Plan

4:45AM Breakfast
6-7:30 Workout
8:00 Meal 2
11:00 Meal 3
1:30 Meal 4
4:30Meal 5
7:00 Meal 6
9:30 Meal 7
Bed around 10:30-11 PM

Eight Meal Plan

4:45AM Breakfast
6-7:30am Workout
8:00am Meal 2
10:30am Meal 3
1:00pm Meal 4
3:00pm Meal 5
5:30pm Meal 6
7:30pm Meal
9:30pm Meal 8
Bed around 10:30-11 PM

Example of evening 6 PM workout:

Six Meal Plan

7:00 Breakfast
10:00 Meal 2
1:00 Meal 3
4:30 Meal 4
6-7:30 Workout
8:30 Meal 5
10-10:30 Meal 6
Bed around 11:30-12 PM

Seven Meal Plan

6:30 Breakfast
9:00 Meal 2
11:30 Meal 3
2:00 Meal 4
4:30 Meal 5
6-7:30 Workout
8:00 Meal 6
10:00 – 10:30 Meal 7
Bed around 11:30-12 PM

Eight Meal Plan

5:30am Breakfast
7:30am Meal 2
9:30am Meal 3
11:30am Meal 4
1:30pm Meal 5
4-4:30pm Meal 6
6-7:30pm Workout
8:00 Meal 7
10:00 – 10:30pm Meal 8
Bed around 11:30-12pm

As we have stated, the goal is to continually fuel the body and allow it to recover. We hear constant debate over what the best pre and post workout options are and frankly, we like to give the body what it *needs* during training; ample amino acids with an abundance of BCAAs, Glutamine and the proven performance enhancer, Citrulline

Malate. This is why we formulated Xtend. No Xtend? Don't worry, just take Whey Protein Isolate post workout. Remember, it is not the pre-workout meal that fuels your workout; it is the many meals the days prior that fuel your training and recovery.

What if I Miss a Workout?

If you miss a workout, simply work your schedule so you get back on track. Do not skip a workout! This program is based on training each muscle group as prescribed for optimal results.

Tri-Phase 12-Week Mass Program

In our opinion, consistently adding weight to the bar—lifting heavier weights and/or completing more reps—is the most effective way to add muscle and grow and should be your primary concern. The number of exercises, sets, rep ranges, etc. you use is should be secondary to progressing with the loads you lift. With that said, it is impossible to add weight to the bar EVERY workout. If it were everyone would be benching 800 pounds and squatting over a 1,000. Therefore one must adjust their workouts in order to keep progressing.

When designing a weight training routine there are three main variables that can be altered in order to change the type of growth stimuli you get from the routine. These variables are volume, intensity, and frequency.

- Volume = sets * reps
  - The more sets and reps the greater the volume of a given workout
- Intensity = percentage of your 1-RM max
  - If your max bench is 315 then lifting 295 is more intense than 225 because it is a greater percentage of your 1-RM
- Frequency = number of times you work a muscle in a given time span
  - Most people use 1 week as the time span

These variables must be balanced in order to keep you progressing. If you do too much you will not be able to recover sufficiently and then you strength and muscle gains will slow. We are also going to throw another term out there—training density. The density of a workout is the sets * reps * load. You should strive to increase the density of each workout by increasing the load lifted, which should be done for every phase of training.

It is helpful to break your training up into phases, which is called periodization. One phase might focus on increasing the volume of your routine while the next phase might focus on increasing the frequency of your routine. The idea is to stimulation your muscular system in a different way with each phase in order to promote more growth. As we said in the beginning of this section, no matter what variable you are focusing on during a given training phase your primary focus should be progressing each and every workout by lifting a greater load. If you deadlifted 315 for 8 reps for your last workout

you want to beat that the next workout. This can be done by adding weight to the bar (i.e. 10 lbs.) or completing more reps (i.e. 10 reps since you got 8 last time). You must progress in order to grow!

With this information in mind, we have created a three-phase mass program. Each phase is four weeks long and focuses on one of the three training stimuli variables and is designed to promote a steady state of progression. Let's get into the program.

Phase 1—Volume

The goal of Phase 1 is to increase the volume (number of sets) each week. In addition to adding sets each week you should always strive to lift a greater load each workout.

- Week 1 = 2 sets per exercise
- Week 2 = 3 sets per exercise
- Week 3 = 4 sets per exercise
- Week 4 = 5 sets per exercise

Rest time = 90 seconds between sets.

Workout 1	Back+Traps
Workout 2	Chest+Shoulders
Workout 3	Legs
Workout 4	Arms

Back+Traps

Deadlift	2-5 X 6-10
Pull-Up	2-5 X 6-10
Bent Over Row	2-5 X 6-10
BB Shrug	2-5 X 6-10
DB Shrug	2-5 X 6-10

Chest+Shoulder

Bench Press	2-5 X 6-10
Incline DB Press	2-5 X 6-10
Dips	2-5 X 6-10
Military or DB Press	2-5 X 6-10
DB Side Lateral	2-5 X 6-10

Legs

Squats	2-5 X 6-10
Stiff Leg Deadlift	2-5 X 6-10
Leg Extension	2-5 X 6-10
Leg Curl	2-5 X 6-10
Lunges	2-5 X 6-10

Arms+Calves

BB Curl	2-5 X 6-10
Close Grip Bench	2-5 X 6-10
Skull Crusher	2-5 X 6-10
DB Curl	2-5 X 6-10
Standing Calf Raise	2-5 X 6-10
Seated Calf Raise	2-5 X 6-10

The rep range for Phase 1 is 6-10, which means you want to get at least 6 reps but no more than 10 reps. If you cannot get 6 reps then the weight is too heavy. If you can get more than 10 reps then the weight is too light. Once you can complete 10 reps with a given weight you should increase the weight for the next set. For example, if you can squat 225 lbs. for 10 reps the increase the weight to 235 lbs.

Phase 2—Intensity

The Goal of Phase 2 is to lift a near maximal load for low reps. There will be no changes in the number of sets you complete, just the load you lift.

- Week 1 = 8-RM
- Week 2 = 6-RM
- Week 3 = 4-RM
- Week 4 = 2-RM

Rest time = 2-3 minutes between sets.

Workout 1	Upper Body A
Workout 2	Lower Body A
Workout 3	Upper Body B
Workout 4	Lower Body B

Upper Body A		Upper Body B	
Bench Press	3 X 2-8	Incline Press	3 X 2-8
Bent Over Row	3 X 2-8	Pull-Up	3 X 2-8
Military Press	3 X 2-8	DB Shoulder Press	3 X 2-8
BB Shrug	3 X 2-8	DB Shrug	3 X 2-8
Close Grip Bench	3 X 2-8	Skull Crusher	3 X 2-8
BB Curl	3 X 2-8	DB Curl	3 X 2-8

Lower Body A		Lower Body B	
Squats	3 X 2-8	Deadlift	3 X 2-8
Stiff Leg Deadlift	3 X 2-8	Leg Press	3 X 2-8
Seated Calf Raise	3 X 2-8	Standing Calf Raise	3 X 2-8

The rep range for Phase 2 is 2-6, but unlike Phase 1, you are going to shoot for a given rep number for each workout. The goal for week one is to use a weight that allows you to complete 3 sets of 8 reps; week two is to complete 3 sets of 6 reps; week three is to complete 3 sets of 4 reps; week four is to complete 3 sets of 2 reps. Each week you will be lifting a heavier load. For Deadlift it may be something like:

- Week 1 = 315 for 3 X 8

- Week 2 = 335 for 3 X 6
- Week 3 = 355 for 3 X 4
- Week 4 = 375 for 3 X 2

If you prefer, you can do arms after legs on the lower body day since the volume is lower on leg day. Some people may prefer to do all of the upper body in one workout because they find leg training more taxing or just because of personal preference. We leave it up to each individual to decide whether they prefer to train arms in the upper body workouts or the lower body workouts.

Phase 3—Frequency

The goal of Phase 3 is to hit each muscle more frequently than Phase 1 & 2.

Workout 1	Whole Body A	2 X 4-6	Rest = 2 mins
Workout 2	Whole Body B	2 X 6-10	Rest = 90 sec
Workout 3	Whole Body C	2 X 10-12	Rest = 30 sec
Workout 4	Weak Point		

Each workout uses different exercises and different rep ranges, though the same exercises could be used for each workout if one prefers. The goal is to do two sets of an exercise for each muscle group. Here is an example of how this workout could be set up:

Muscle	**Workout A (Mon)**	**Workout B (Wed)**	**Workout C (Fri)**
Quad	Squats	Leg Press	Leg Extension
Ham	Stiff Leg Deadlift	Lying Leg Curl	Seated Leg Curl
Calf	Seated Calf Raise	Standing Calf Raise	Donkey Calf Raise
Chest	Flat Press	Incline Press	Decline Press or Dips
Back	Bent Over Row	Pull-up	Rack Deadlift
Delt	Military Press	DB Side Lateral	Cable Lateral
Trap	Barbell Shrug	DB Shrug	Low-Pulley High Row
Tris	Close Grip Bench	Skull Crusher	Tricep Pressdown
Bis	Barbell Curl	DB Curl	Cable Curl

Weak Point Training (Saturday)

The weak point training day is here so each individual person can pick what they need to work on. If you need to bring up your back and calves, then work your back and calves. If you need to bring up your chest and biceps, then work your chest and biceps. An example Weak Point day for chest and biceps would be:

Incline BB Press	3 X 4,8,12
Flat DB Press	3 X 4,8,12
DB Curls	3 X 4,8,12
Hammer Curls	3 X 4,8,12

It is common for people to have underdeveloped calves, forearms, and posterior (rear) delts. The weak point training day would be perfect to workout on these muscles. An example routine for these weak points would be:

Calves	Standing Calf Raise	3 X 4,8,12
	Seated Calf Raise	3 X 4,8,12
Forearms	BB Forearm Curl	3 X 4,8,12
	DB Forearm Curl	3 X 4,8,12
Rear Delts	DB Rear Lateral	3 X 4,8,12
	Reverse Pec Dec	3 X 4,8,12

At this point in your training you should have an idea of what exercises you need to do in order to bring up your weak points. Because of the low volume of training during the week (a total of 6 sets per muscle group), there should be a low chance for overtraining to occur even though you are hitting your weak muscle group very frequently.

Week 13

After 12 weeks of intense training your body may be pretty "beat up." Therefore, week 13 should be a recovery week meaning no training. This off time will help your body recover and refresh you for your upcoming training weeks. After your week off, you can restart the Tri-Phase Training Program at phase-1.

Cardio: Why we recommend it

While we believe that diet is 90% of getting lean and gaining lean mass, we still recommend 20-30 minutes of cardio (130-150 Heart Rate which is equivalent to 55-65% VO2 Max age/gender pending) four to five days per week depending on body type and bodyfat percentage while on the Cut Diet Lean Mass. Cardio is essential for supplying oxygen to your muscles for maximum growth. Too much cardio or cardio at a high level of intensity on the same day as weight training will eat at muscle tissue. This is counterproductive because we are trying to gain mass and store as little fat as possible. Long duration cardio is more geared toward cardiovascular training (at or above 80% VO2 Max). Therefore, lower intensity cardio increases fat oxidation (burns bodyfat) and does not catabolize (waste) nearly as much muscle as high intensity cardio when done on a workout day. We usually recommend light walking on a treadmill with an incline or the elliptical machine.

Chapter 5
Essential Cut Diet Lean Mass Supplementation

This is what we do: We *supplement your performance*. What does that mean? Well, as we said before, there is no magic pill. But by utilizing these real-world proven and science-based supplements, we can tip the scales (literally!) in your favor to the lean, hard body of your dreams!

The Cut Diet Lean Mass program is based on utilizing cutting-edge diet and training principles to help you achieve your best body ever. Each of recommended supplements will work together with the Cut Diet Lean Mass program and help you achieve your fitness and physique goals. However, if you cannot afford to add supplements in your diet, you will still see good results with the Cut Diet Lean Mass program and Training program. Here are the most important supplements to optimize *your* Cut Diet!

Pre-Workout = Primaforce Primal EAA + Primaforce Primal N2O
During Workout = Scivation Xtend

Fat Loss Enhancers = Scivation Sesamin + Scivation Dialene 4

Getting Primal, but Not Primitive—Primal EAA + Primal N2O* Pre-Workout Nutrition

The word “primal” means of first or fundamental importance. When it comes to pre-workout nutrition, no better word than “primal” could be used to describe it because it is of fundamental importance to your workout performance. The nutrients you give your body prior to working out can make of break your performance; it could be the difference between winning and losing the race. With proper pre-workout nutrition, you may be able to get an extra three to four reps, lift 10-15 more pounds, or shave a minute off your time than if you simply overlooked your pre-workout nutrition. Well it’s time to stop overlooking your pre-workout nutrition and get PRIMAL with PRIMAFORCE!

Primal EAA is a high leucine EAA blend while Primal N2O is a pre-workout performance/NO booster that contains creatine, citrulline malate, arginine, beta-alanine, tyrosine, carnitine, and caffeine along with NAC for anti-oxidant support. Each supplement is very effective on its own, but when taken together pre-workout, the results are out of this world!

The Synergy of Primal EAA and Primal N2O

Research has shown time and time again that the essential amino acids (EAA) boost protein synthesis when taken around your workout. Free-form EAA do not need to be digested and are therefore absorbed very rapidly, leading to a greater spike of amino acids and protein synthesis than if a whole protein source was consumed. Free-form EAA even outperformed whey protein, a fast digesting protein, when both were taken pre-workout (Kerksick, 2006). **Supplementing with free-form EAA is more effective than using a whole protein source, even whey protein.**

The increase in protein synthesis from supplemental EAA is greater when the EAA are taken pre-workout versus post-workout (Tipton, 1999). One of the reasons for this difference in protein synthesis is EAA delivery to skeletal muscle is greater when they are taken pre-workout due to increased blood flow to skeletal muscle during exercise. At rest, skeletal muscle receives very little blood compared to the rest of the body, but during exercise, over 80% of blood is sent to the working skeletal muscle. The rate-limiting step of amino acid uptake into skeletal muscle is the transportation of the amino acids through the blood to the skeletal muscle, which is governed by blood flow (Wolfe, 2004). **Greater results can be seen by supplementing with EAA pre-workout than post-workout due to increased blood flow.**

One way to further increase the effectiveness of supplemental EAA is to increase blood flow to skeletal muscle beyond what normal exercise does. This can be accomplished by increasing the production of Nitric Oxide (NO) in the body during exercise. NO vasodilates blood vessels, thereby increasing blood flow. This increase, when combined with exercise means greater blood flow and amino acid deliver and uptake in the working skeletal muscle. Supplementing with Arginine and Citrulline Malate has been shown to increase NO production (Douglas, 2004). In addition to increasing amino acid delivery to skeletal muscle, blood flow is thought to be one of the factors that increases protein synthesis post-workout (Douglas, 2004). **Supplementing with Arginine and Citrulline Malate to increase NO production not only increases amino acid delivery to skeletal muscle, but it also may boost post-workout protein synthesis.**

In addition to the effect Primal EAA and Primal N2O have on protein synthesis and blood flow to skeletal muscle, Primal N2O also contains the proven performance enhancers creatine, citrulline malate, beta-alanine, tyrosine, carnitine, and caffeine. All of these supplements work together to increase ATP (energy) production, performance, power output, work capacity, lean mass, and strength while decreasing fatigue. **Primal N2O contains proven performance and energy enhancers, which allow you to workout harder and longer, leading to greater results.**

Primal EAA and Primal N^2O contain synergistic ingredients that work together to take the results you will see to the next level and beyond. There is nothing primitive about these supplements. Stack them and you will feel what it is like to have your pre-workout nutrition dialed in.

We recommend taking one Scoop Primal EAA + two Scoops Primal N2O 15-30 minutes pre-workout.

References:
Douglas, Borsheim, and Wolfe. Potential Ergogenic Effects of Arginine and Creatine Supplementation J Nutr. 2004 Oct;134(10 Suppl):2888S-2894S.

Kerksick CM, Rasmussen CJ, Lancaster SL, Magu B, Smith P, Melton C, Greenwood M, Almada AL, Earnest CP, Kreider RB. The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training. J Strength Cond Res. 2006 Aug;20(3):643-53.

Tipton, K., Ferrando, A., Phillips, S., Doyle, D. & Wolfe, R. (1999). Postexercise net protein synthesis in human muscle from orally administered amino acids. The American Journal of Physiology, 276(4), E628-E634.

Wolfe, et. al., In vivo muscle amino acid transport involves two distinct processes. Am J Physiol Endocrinol Metab. 2004 Jul;287(1):E136-41.

Scivation Xtend—During Workout Nutrition

We have formulated Scivation Xtend to increase protein synthesis, recovery, and performance using a precise blend Branch-Chained-Amino Acids (BCAA), L-Glutamine, and Citrulline Malate. BCAA are a must have for workout nutrition. In summary, the metabolic roles of the BCAA Include:

- Substrate for energy production
- Substrate for protein synthesis
- Precursor for the formation of other amino acids
    - Primarily Alanine and Glutamine
- Metabolic signals (Primarily Leucine)
    - Stimulates protein synthesis through insulin secretion/activation of the PI3K pathway
    - Stimulates protein synthesis through activation of mTOR
    - Stimulates leptin expression in adipocytes through activation of mTOR

Xtend was formulated to give the body what it needs during exercise. As you exercise, the body increases the demand for various nutrients and if the body is not fed those nutrients, it must obtain them from other sources (i.e. breakdown of skeletal muscle to obtain amino acids). Both BCAA and Glutamine oxidation/demand is increased during exercise. In order to meet this increased demand for BCAA and Glutamine, the body breaks down muscle protein. Breaking down muscle protein to obtain BCAA and Glutamine is not conducive to growth and recovery. BCAA supplementation has been

shown to not only increase protein synthesis, but also to decrease protein breakdown. **By supplementing with Xtend during your workouts you are creating an ideal environment for muscle growth.**

There is endless research backing BCAA supplementation as part of one's workout nutrition. One way to further increase the effectiveness of supplemental BCAA is to increase blood flow to skeletal muscle beyond what normal exercise does. This can be accomplished by increasing the production of Nitric Oxide (NO) in the body during exercise. NO vasodilates blood vessels, thereby increasing blood flow. This increase when combined with exercises means greater blood flow and amino acid delivery and uptake in the working skeletal muscle. Supplementing with Citrulline Malate has been shown to increase NO production (Douglas, 2004). In addition to increasing amino acid deliver to skeletal muscle, blood flow is thought to be one of the factors that increases protein synthesis post-workout (Douglas, 2004). **Supplementing with Citrulline Malate to increase NO production not only increases amino acid delivery to skeletal muscle, but it may also boost post-workout protein synthesis.**

We recommend sipping 4-10 scoops of Xtend during your workout.

References:

Douglas, Borsheim, and Wolfe. Potential Ergogenic Effects of Arginine and Creatine Supplementation J Nutr. 2004 Oct;134(10 Suppl):2888S-2894S.

Scivation Fat Oxidation Stack—Seasmin + Dialene 4

Sesamin

Sesamin is a lignan isolated from sesame seeds. A lignan is a molecule that combines with another entity acting as an "activator." In the case of sesamin, it binds to and activates a receptor called Peroxisome Proliferator-Activator Receptor Alpha (PPARalpha). Sesamin has been shown to be a potent PPARalpha activator [1].

The PPAR receptor family is divided into three subgroups: alpha, beta/delta, and gamma. PPARalpha is highly expressed in muscle, the liver, kidneys, and heart and is involved in the regulation of lipid metabolism, specifically the transcription of the genes involved in the beta-oxidation (burning) of fatty acids and lipogenesis. Activation of PPARalpha increases gene expression of the fatty acid oxidation enzymes and decreases gene expression of lipogenic enzymes.

Of vital important, Sesamin increases the expression of the mitochondrial enzyme carnitine palmitoyl transferase (CPT), among other enzymes [2]. CPT, the rate-limiting enzyme in beta-oxidation of fatty acids in skeletal muscle and liver cell mitochondria, is found on the outer membrane of mitochondria and carries fatty acids across the membrane into the mitochondria by binding to them. Increasing the expression of CPT,

along with other enzymes involved in beta-oxidation, will allow more fatty acids to be transported into the mitochondria where they can be oxidized.

In addition to increasing the oxidation of fat, Sesamin supplementation has also been shown to decrease lipogenesis (fat storage) by decreasing lipogenic enzymes in the liver. Sesamin has been shown to decrease lipogenic the gene expression of sterol regulatory element binding protein-1 (SREBP-1), acetyl-CoA carboxylase, and fatty acid synthase, among other lipogenic enzymes [3], which means less fat is esterified in the liver and therefore less fat is stored in adipose tissue (fat cells).

So Sesamin works in two ways to make you lean (and keep you lean): increasing fat oxidation and decreasing fat storage.

Dialene 4

It has been a couple of years since our ally in fat loss, ephedra, was forced off of the market. Since then, we have been fed false promises by companies saying that they have found the next ephedra, or made ephedra obsolete, or…..you get the point. The bottom line is that when it comes to fat loss and energy, these products let you down. In fact, they might have let you down so much that you still buy ephedrine HCl and stack it with these so-called fat burners.

The Scivation team has been working hard to formulate the *dream* fat burner. Then one day, Scivation Advisory Board Member, Biochemist and Natural Bodybuilding Pro Layne Norton presented Scivation Director of Research & Development Chuck Rudolph with a compound with such impressive data that along with Derek Charlebois, they began immediately working. What came about was perhaps the ultimate fat burner.

Dialene 4 Increases Adrenaline Output

The ingredients in Dialene 4 work synergistically to increase Adrenaline output. The term “adrenaline” is commonly used to refer to the body’s excitatory catecholamine, Epinepherine (E) and Norepinepherine (NE) (Dopamine being the third catecholamine), which are regulators of lipolysis.

The sympathetic nervous system’s postganglion neurons release NE as their neurotransmitter. When large amounts of NE are produced during times of stress, it can “spillover” into the blood and act on receptors throughout the body. Catecholamines can act on adipose tissue via direct sympathetic innervations or the general circulation (Coppack et al 1994).

Catecholamines act on the alpha (1 and 2) and beta (1, 2, and 3) adrenoreceptors throughout the body, with E having a greater affinity for the beta-receptors and NE for the alpha-receptors. Activation of the alpha1 and beta-receptors is lipolytic (causes fat breakdown) while activation of the alpha2 receptor is anti-lipolytic (blunts fat breakdown).

At rest, plasma catecholamine levels are low, causing the lipolytic rate to be regulated by the inhibitory action of the alpha2-receptors (Horowitz 2003). During exercise, the large increase in catecholamines causes the activation of the beta-receptors to override the alpha2-receptor inhibition of lipolysis and whole body lipolysis increases. This is where Dialene 4 comes into play. Using Dialene 4 during the day when plasma catecholamine levels are low allows you to overcome the inhibitory action of the alpha2-receptors and stimulate lipolysis (fat breakdown). Dialene 4 accomplishes this by increasing NE release and keeping NE levels elevated.

Norepinephrine's (NE) Role in Lipolysis

1. NE release from synaptic nerves
2. NE binds to beta-adrenergic receptors
3. Stimulatory guanine nucleotide regulatory proteins (G-proteins) within the cell membrane activate the enzyme adenylate cyclase
4. Adenylate cyclase converts ATP into 3'-5' camp
    - Cyclic AMP phosphodiesterase (PDE) halts this step
    - Prostaglandins have receptors coupled to inhibitory G proteins (Gi), which decrease adenylate cyclase activity and thus decrease cAMP concentrations in the cell.
    - When a beta-adrenergic agonist such as NE stimulates a fat cell it produces adenosine. Adenosine interacts with its receptor coupled to regulatory G proteins (Gi) which inhibits adenylate cyclase activity and prevents the accumulation of cAMP
5. cAMP binds to the regulatory subunit of protein kinase A
6. Protein kinase A releases its catalytic subunit
7. The catalytic subunit phosphorylates Hormone Sensitive Lipase (HSL), transforming it into the active form, HSL-P
8. HSL-P catalyzes a three step hydrolysis reaction to reduce triglycerides into glycerol and fatty acids
    - Re-esterification can occur (Lipogenesis)

A summary of the above scientific jargon is **NE increases lipolysis, which is vital to fat loss.**

Dialene 4 Ingredients

B Vitamins
Vitamin B3 (Niacinimide USP): 75mg
Vitamin B6 (Pyridoxine HCl): 50mg
Vitamin B5 (Pantothenic Acid): 25mg
Vitamin B12 (Methylcobalamin): 100mcg

The B vitamins are essential to whole body metabolism, especially fat loss. We included the B vitamins in Dialene 4 to ensure your body has what it needs to burn fat at its full potential.

G4 Fat Incinerating Matrix 725mg

(Lean Green™ (Green Tea standardized for 50% EGCG), Caffeine (USP), Green Coffee Bean Extract (Containing Chlorogenic Acid, Feruloyl Quinic Acid and Neochlorogenic acid), Naringin

Lean Green™ (Green Tea Standardized to 50% EGCG)

The active in green tea is EGCG. EGCG has thermogenic effects and has been shown to assist in weight loss by decreasing dietary fat absorption, appetite suppression, and catechol-O-methyl-transferase (COMT) inhibition. COMT is involved in the breakdown of catecholamines (i.e. NE). By inhibiting COMT, NE breakdown is slowed and it is able to activate the adrenergic receptors to a greater degree and enhance lipolysis.

Caffeine USP

Caffeine, a plant alkaloid belonging to the drug class methylxanthines and is found in natural sources such as coffee beans, tea leaves, cocoa beans, and other plants, is the world's most widely used stimulant. Caffeine is a Central Nervous System (CNS) stimulant shown to delay fatigue and improve cognitive performance.

Caffeine acts as an adenosine receptor antagonist. Adenosine decreases the release of stimulatory/excitatory neurotransmitters (i.e. norepinephrine [NE]). Therefore, blocking the adenosine receptor allows a greater excitation to occur by increasing NE's ability to activate the adrenergic receptors.

Caffeine inhibits phosphodiesterase (PDE), causing a build-up of cAMP levels and greater effect of NE on fatty acid lipolysis. PDE blunts lipolysis; therefore inhibiting PDE allows lipolysis to proceed at an accelerated rate. The end result is there are more fatty acids available for oxidation after consumption of caffeine.

Green Coffee Bean Extract

Green Coffee Bean Extract contains lipolytic acids, specifically chlorogenic acid, feruloyl quinic acid and neochlorogenic acids. These acids have been shown to improve glucose tolerance, decrease fat accumulation, and increase lipolysis.

Naringin

Naringin is a citrus flavanoid found it citrus fruits such as grapefruit and oranges. Grapefruit juice has been shown to decrease the breakdown of caffeine and prolong its effects and impact on fat loss. Naringin is believed to cause this effect from grapefruit. Adding Naringin to Dialene 4 will enhance the effects of caffeine.

CogniLean Blend 660mg

(N-Acetyl-L-Tyrosine, Phenylethylamine, D,L-Phenylalanine, Vinpocetine)

N-Acetyl-L-Tyrosine

Tyrosine is a nonessential amino acids used to make the catecholamine neurotransmitters dopamine, norepinephrine, and epinephrine, thyroid hormones, and the skin pigment melanin.

Stress, such as exercise, depletes the amount of dopamine and norepinephrine in the brain. Tyrosine supplementation has been shown to decrease the negative effects of stress, decrease fatigue, and increase cognitive performance. It is believed that Tyrosine supplementation can increase athletic performance by offsetting fatigue and reducing the risk of overtraining or "burn out".

Phenylethylamine (PEA)

PEA is an amphetamine-like compound found naturally in the brain that is believed to elevate mood and have a stimulating effect.

D,L-Phenylalanine

D,L-Phenylalanine is a 50/50 mix of D-Phenylalanine and L-Phenylalanine. L-Phenylalanine is an essential amino acid while D-Phenylalanine is a non-protein amino acid that is not used in protein synthesis. Phenylalanine can be metabolized to PEA and is also a precursor for norepinephrine and dopamine.

Vinpocetine

Vinpocetine increases circulation and blood flow to the brain. Just like cayenne, vinpocetine's ability to increase blood flow aids in the transportation of fatty acids to tissues where they can be burned.

LipoLean Blend 325mg

(Cayenne Pepper 40,000 HU, Citrus Peel Extract (containing limonene and terpinen-4-ol), Evodiamine)

Cayenne Pepper (40,000 HU)

Cayenne peppers have been used for centuries as a folk medicine for stimulating circulation, aiding digestion and relieving pain (topically). Cayenne increases thermogenesis by dilating blood vessels and increasing blood circulation. Blood flow to adipose tissue is very important for the transportation of fatty acids to be burned. Increasing blood flow allows more fatty acids to be delivered to tissues where they can be burned.

Citrus Peel Extract (containing limonene and terpinen-4-ol)

Citrus Peel Extract contains compounds that are very lipolytic, two of the most potent compounds being limonene and terpinen-4-ol.

Evodiamine

Evodiamine is an alkaloid extracted from the plant Evodiae Fructus. In-vitro studies and studies done on rats have shown evodiamine to decrease fat uptake into cells, increase body temperature, and increase catecholamine secretion

Sesamin + Dialene 4

Sesamin and Dialene 4 work together to increase the liberation of fatty acids from fat cells and increase the oxidation of these fatty acids, leading to greater losses in fat and less fat stored. Using Sesamin + Dialene 4 on the Cut Diet Lean Mass program will lead to less unwanted fat gains! We recommend stacking Sesamin and Dialene 4 together as follows:

- Sesamin—Take 1 capsule 3 times a day with meals
- Dialene 4—Take 2-3 capsules upon waking and 6-8 hours later

References:

1. JARQ 37 (3), 151 – 158 (2003)'
2. J Agric Food Chem. 2001 May;49(5):2647-51
3. Biochim Biophys Acta. 2001 Nov 30;1534(1):1-

Cut Diet Lean Mass Summary

1. Control insulin throughout the day by combining good fat and lean protein with green vegetables.
2. Control the acidity of your meals by consuming alkaline foods and/or supplementing with L-Glutamine.
3. Eat frequently, every two to three hours.
4. Do NOT consume a post workout shake unless you do not have Workout Nutrition DURING your workout. If this is the case, then we would recommend whey protein PWO then a whole meal 30-45 minutes later.
5. Do cardio 20-30 minutes pre or post workout at 40-50% VO2 Max (130-150 beats per minute on average). On off days, you can do HIIT cardio if desired.

Chapter 6
The Cut Diet Lean Mass

This program is laid out for OPTIMAL RESULTS. However, with any diet, there needs to be some flexibility regardless of the goal in mind. Thus, here are some acceptable food choices when you have to venture off of the menu laid out in this chapter.

Cut Diet Food Measurements and Acceptable Sources

Carbohydrates:

all equal to ~15g carbs
* Baked Sweet potato (no skin) – 57gg or 2 oz
* Yams (no skin) - 57g or 2 oz
* Oatmeal (Instant) - ¼ cup or 20g
* Rolled Oats - ¼ cup or 20.25g
* Steel Cut Oats, dry - 1/8 cup or 20g
* Honey - ¾ tbsp or 15.8g
* Grapefruit - 6.5 oz or 184g
* Raisins - 2 tbsp or 18.5g
* Orange - 3.5 oz or 99g

Other than orange and grapefruit, these carb sources are meant for the Carb Meal and CANNOT be interchanged. The Carb Meal is designed as laid out for a reason and this is not a meal that can be changed when seeking optimal results.

Vegetables:

all equal to ~5g carbs
* Asparagus 4 oz or 113 g
* Broccoli 78g or ½ cup
* Green Beans 62.5g or ½ cup
* Onions 53g or 1/3 cup
* Spinach 125g or 2/3 cup
* Celery 120g or 4.25 oz
* Cucumber 156g or 5.5 oz
* Green onions 50g or 1.75 oz
* Mushrooms 78g or 2.5 oz
* Tomato 90g or ½ cup
* Salad greens (lettuce, romaine) 165g or 3 cups

Our preferred vegetables are asparagus, broccoli, green beans and spinach. Use all other options sparingly.

Protein:

All equal to ~7g protein
* Chicken breast (white meat) boneless/skinless - 1 oz or 28.35g
* Turkey breast (LEAN) - 1 oz or 28.35g
* Fresh fish (cod, haddock, halibut, tuna in water), tilapia - 1 oz or 28.35g
* Egg whites - 2 or 67g
* Egg Beaters - ¼ cup or 2.15 oz or 61g
* Lean Sirloin/fillet - ¾ oz or 21.25g

*NOTE: You can substitute 3oz of any of these protein choices for 1 scoop of Substance WPI if desired.

Fats:

all equal to ~5g fat
* Avocado - 1 oz or 28.35g
* Almonds (dry roasted) - 1/3 oz or 1 tbsp or 8.6g (~6 pieces)
* Enova oil - 1 Tsp or 4.5g
* Oil (olive or canola, Enova) - 1 tsp or 4.5g or 0.16 oz
* Peanuts - 1/3 oz or 9.36g (~10 pieces)
* Peanut/Almond butter (smooth or crunchy) - 2 tsp or 0.38 oz or 10.6g
* Salad dressing (Light, reduced-fat) - 2 Tbsp or 30g
* Smart Balance spread - 1 tbsp or 14g
* Walnuts - 1Tbsp or 1/4 oz or 7.5g

Our preferred sources of fat are Almond Butter, Almonds, Avacado and Peanut Butter.

Based on the calorie equation above, here are different Cut Diet options depending on the individual.

*Unless noted, measurements are based on cooked or steamed food.

Cut Diet LEAN MASS 1200

DURING Workout Shake = 1 scoop Primal EAA with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
1 whole egg
1 oz grilled chicken
1.33 cup steamed spinach
6 almonds
6.5 oz PEELED ruby red grapefruit – Splenda packets can be used to sweeten if desired
35g protein, 25g carbohydrates, 10g fat

Meal 2
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
4 tsp peanut butter or 12 almonds or 1 oz avocado
1/2 cup steamed Broccoli or green beans or 4 oz steamed asparagus
32g protein, 5g carbohydrates, 5g fat

Meal 3
3 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
21g protein, 5g carbohydrates, 10g fat

Meal 4
3 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
21g protein, 5g carbohydrates, 10g fat

Meal 5
3 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
6 almonds
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
21g protein, 5g carbohydrates, 5g fat

Meal 6
3 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
1 oz avocado
21g protein, 5g carbohydrates, 5g fat

Protein – 151g = 604 Calories, Carbohydrates (not including Carbohydrate night) – 50g = 200 Calories, Fat – 45g = 405 Calories
Total Calories – 1209 Calories NON-carbohydrate night
Total Calories – 1535 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1 cup steamed green beans or 12 oz asparagus = 10g carbohydrates

2. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
   2 tbsp raisins = 15g carbohydrates
   4-6 packets splenda for sweetening
   12 almonds = 10g fat

3. 4 oz yam or sweet potato = 30g carbohydrates
   2 tsp peanut butter or almond butter = 5g fat
   4-6 packets splenda for sweetening

85g Carbohydrates = 340 Kcals, 15g Fat = 135 Kcals

Cut Diet LEAN MASS 1500

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
1 whole egg
1 oz grilled chicken
1.33cup steamed spinach
6 almonds
6.5 oz PEELED ruby red grapefruit – Splenda packets can be used to sweeten if desired
35g protein, 25g carbohydrates, 10g fat

Meal 2
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
4 tsp peanut butter or 12 almonds or 2 oz avocado
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus beans
35g protein, 10g carbohydrates, 10g fat

Meal 3
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
35g protein, 10g carbohydrates, 10g fat

Meal 4
4 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
28g protein, 10g carbohydrates, 10g fat

Meal 5
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
12 almonds
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
35g protein, 5g carbohydrates, 10g fat

Meal 6
4 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
1 oz avocado
28g protein, 5g carbohydrates, 5g fat

Protein – 190g = 760 Calories, Carbohydrates (not including Carbohydrate night) – 65g = 260 Calories, Fat – 55g = 495 Calories
Total Calories – 1515 Calories NON-carbohydrate night
Total Calories – 1938 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

Meal must be eaten in this order.

1. 1.5 cup steamed green beans or 12 oz asparagus = 15g carbohydrates

2. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
   2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
   12 almonds = 10g fat

3. 6 oz yam or sweet potato = 45g carbohydrates
   4 tsp peanut butter or almond butter = 10g fat
   4-6 packets splenda for sweetening

105g Carbohydrates = 420 Kcals, 20g Fat = 180 Kcals

Cut Diet LEAN MASS 1800

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
1 whole egg
1 oz grilled chicken
1.33 cup steamed spinach
12 almonds
6.5 oz PEELED ruby red grapefruit – Splenda packets can be used to sweeten if desired
35g protein, 25g carbohydrates, 15g fat

Meal 2
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 tbsp peanut butter or 18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds
35g protein, 10g carbohydrates, 10g fat

Meal 4
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter or 12 almonds
35g protein, 10g carbohydrates, 10g fat

Meal 5
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
12 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
35g protein, 25g carbohydrates, 10g fat

Meal 6
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4oz asparagus
1 oz avocado
35g protein, 5g carbohydrates, 5g fat

Protein – 214g = 856 Calories, Carbohydrates (not including Carbohydrate night) – 85g = 340 Calories, Fat – 65g = 585 Calories
Total Calories – 1781 Calories NON-carbohydrate night
Total Calories – 2236 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb

Meal must be eaten in this order.

1. 1.5 cup steamed green beans or 12 oz asparagus = 15g carbohydrates

2. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
   2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
   12 almonds = 10g fat

3. 8 oz yam or sweet potato = 60g carbohydrates
   2 tsp peanut butter or almond butter = 10g fat
   4-6 packets splenda for sweetening

120g Carbohydrates = 480 Kcals, 20g Fat = 180 Kcals

Cut Diet LEAN MASS 2000

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
1 whole egg
2 oz grilled chicken breast
1.33 cup steamed spinach
12 almonds
6.5 oz PEELED ruby red grapefruit – Splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 15g fat

Meal 2
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 tbsp peanut butter **or** 18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 tbsp peanut butter **or** 18 almonds
42g protein, 10g carbohydrates, 15g fat

Meal 4
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 tsp peanut butter **or** 12 almonds
42g protein, 10g carbohydrates, 10g fat

Meal 5
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
12 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 25g carbohydrates, 10g fat

Meal 6
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4oz asparagus
1 oz avocado
35g protein, 5g carbohydrates, 5g fat

Protein – 245g = 980 Calories, Carbohydrates (not including Carbohydrate night) **– 85g = 340 Calories, Fat – 70g = 630 Calories**

Total Calories – 1950 Calories NON-carbohydrate night
Total Calories – 2495 Calories – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates

2. ¾ cup oatmeal (measured dry then add water and microwave) = 45g carbohydrates
   2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   4-6 packets splenda for sweetening
   18 almonds = 15g fat

3. 6 oz yam or sweet potato = 45g carbohydrates
   2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

120g Carbohydrates = 480 Kcals, 30g Fat = 270 Kcals

Cut Diet **LEAN MASS 2500**

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
1 whole egg
2 oz grilled chicken
1.33 cup steamed spinach
4 tsp peanut butter **or** 12 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 15g fat

Meal 2
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 tbsp peanut butter
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 tbsp peanut butter **or** 18 almonds
42g protein, 15g carbohydrates, 15g fat

Meal 4
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 tbsp peanut butter or 18 almonds
42g protein, 10g carbohydrates, 15g fat

Meal 5
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 6
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
3 oz avocado or 18 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 15g fat

Meal 7
5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
2 oz avocado or 12 almonds
35g protein, 5g carbohydrates, 10g fat

Protein – 287g = 1148 Calories, Carbohydrates (not including Carbohydrate night) **– 100g = 400 Calories, Fat – 100g = 900 Calories**

Total Calories – 2448 Calories NON-carbohydrate night
Total Calories – 3068 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates

2. ¾ cup oatmeal (measured dry then add water and microwave) = 45g carbohydrates
   2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   ¾ tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
   18 almonds = 15g fat

3. 8 oz sweet potato = 60g carbohydrates
   2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

150g Carbohydrates = 600 Kcals, 30g Fat = 270 Kcals

Cut Diet LEAN MASS 3000

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
1 whole egg
2 oz grilled chicken
1.33 cup steamed spinach
2 tbsp peanut butter **or** 18 almonds **or** 3 oz avocado
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
42g protein, 25g carbohydrates, 20g fat

Meal 2
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
24 almonds
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
42g protein, 20g carbohydrates, 20g fat

Meal 3
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
4 oz avocado **or** 24 almonds
42g protein, 15g carbohydrates, 20g fat

Meal 4
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
4 oz avocado or 24 almonds
42g protein, 15g carbohydrates, 20g fat

Meal 5
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
24 almonds
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
42g protein, 15g carbohydrates, 20g fat

Meal 6
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 oz avocado + 6 almonds or 3 oz avocado or 18 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
49g protein, 25g carbohydrates, 15g fat

Meal 7
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
3 oz avocado or 18 almonds or 2 oz avocado + 6 almonds
49g protein, 15g carbohydrates, 15g fat

Protein – 308g = 1232 Calories, Carbohydrates (not including Carbohydrate night) **– 130g = 520 Calories, Fat – 130g = 1170 Calories**

Total Calories – 2922 Calories NON-carbohydrate night
Total Calories – 3521 Calories – Carbohydrate nights

Every 21th meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates

2. 1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates
   2 tbsp raisins or 6.5 oz grapefruit = 15g carbohydrates
   ¾ tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
   18 almonds = 15g fat

3. 10 oz yam or sweet potato = 75g carbohydrates
   2 tbsp peanut butter or almond butter = 15g fat
   4-6 packets splenda for sweetening

180g Carbohydrates = 720 Kcals, 30g Fat = 270 Kcals

Cut Diet LEAN MASS 3500

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
2 whole eggs
2 oz grilled chicken
2-2/3 cup steamed spinach
2 tbsp peanut butter **or** 18 almonds **or** 3 oz avocado
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
49g protein, 30g carbohydrates, 25g fat

Meal 2
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 3
8 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
56g protein, 20g carbohydrates, 25g fat

Meal 4
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 5
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
49g protein, 30g carbohydrates, 20g fat

Meal 6
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Meal 7
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
4 oz avocado **or** 24 almonds
49g protein, 15g carbohydrates, 20g fat

Protein – 351g = 1404 Calories, Carbohydrates (not including Carbohydrate night) **– 150g = 600 Calories, Fat – 160g = 1440 Calories**

Total Calories – 3444 Calories NON-carbohydrate night
Total Calories – 4118 Calories – Carbohydrate nights

Every 21th meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates

2. 1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates
   4 tbsp raisins or 13 oz grapefruit = 30g carbohydrates
   2 tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
   18 almonds = 15g fat

3. 12 oz sweet potato = 90g carbohydrates
   2 tbsp peanut butter **or** almond butter = 15g fat
   4-6 packets splenda for sweetening

210g Carbohydrates = 840 Kcals, 30g Fat = 270 Kcals

Cut Diet LEAN MASS 4000

DURING Workout Shake = **1 scoop Primal EAA** with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

Meal 1
6 egg whites
2 whole eggs
2 oz grilled chicken
2-2/3 cup steamed spinach
2 tbsp peanut butter **or** 18 almonds **or** 3 oz avocado
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desire
49g protein, 35g carbohydrates, 25g fat

Meal 2
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 3
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
49g protein, 20g carbohydrates, 25g fat

Meal 4
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
42g protein, 20g carbohydrates, 25g fat

Meal 5
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
6.5 oz PEELED ruby red grapefruit – splenda packets can be used to sweeten if desired
49g protein, 35g carbohydrates, 25g fat

Meal 6
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 20g carbohydrates, 20g fat

Meal 7
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Meal 8
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
49g protein, 15g carbohydrates, 20g fat

Protein – 386g = 1544 Calories, Carbohydrates (not including Carbohydrate night) **– 180g = 720 Calories, Fat – 185g = 1665 Calories**

Total Calories – 3929 Calories NON-carbohydrate night
Total Calories – 4663 Calories – Carbohydrate nights

Every 24th meal is the Carb meal. It is the last meal and it replaces Meal 8. The Carb Meal must be eaten in this order.

1. 1.5 cups steamed green beans or 12 oz asparagus = 15g carbohydrates

2. 1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates
   4 tbsp raisins or 13 oz grapefruit = 30g carbohydrates
   2 tbsp honey = 15g carbohydrates
   4-6 packets splenda for sweetening
   18 almonds = 15g fat

3. 14 oz sweet potato = 105g carbohydrates
   2 tbsp peanut butter **or** almond butter = 15g fat
   4-6 packets splenda for sweetening

225g Carbohydrates = 900 Kcals, 30g Fat = 270 Kcals

When to Start The Showtime Cut Diet

When you start the Showtime Cut Diet depends on the goal you have in mind. When dieting for a show, we recommend starting the Cut Diet at 12-13% bodyfat max. Prior to starting the Cut Diet Lean Mass, you should have decided what percent bodyfat you want to be at when dieted down (at the end of the 16 week Cut Diet). You should then allow for 2-3% increase during the gain phase over the 10-14 weeks of the Cut Diet Lean Mass Program. When starting the Showtime Cut Diet, simply cut calories from the Cut Diet Lean Mass as if you had already been on the Showtime Cut Diet. What this means is that if you are on the Cut Diet 3,000 and want to start dieting for a show 16 weeks away, simply reduce calories as laid out in Game Over—The Final Showtime Cut Diet You'll Ever Need. The Cut Diet can be found at www.cutdiet.com.

Chuck Rudolph MEd, RD

Chuck Rudolph is a Registered Dietitian and holds a Masters degree in Nutrition Education with concentration in Biochemistry. Chuck is a Nutritional Research Investigator and Nutritional Product Developer for Scivation/PrimaForce - an elite nutritional research and supplement company. At Scivation/PrimaForce, Chuck is currently involved with the research and the development of innovative nutritional supplements directed at utilizing cutting edge nutrients for enhanced wellness and performance. Chuck is also the Director of Sports Nutrition at the Cutting Edge Athletics training facility in Southern California, Nutrition Consultant/Lifestyle Dietitian for OCFitnessBootCamp.com and the Co-founder of DietsByChuck.com.

Being a former college athlete, Chuck Rudolph's expertise is directed at enhancing sports performance through superior nutrition planning and sufficient supplementation. He has developed successful meal plans for various professional, college and high school athletes. Chuck has authored and co-authored various published scientific articles that are written for health care practitioners and consumers. Currently, his personal interests involve novelty formulations for sports fitness and recovery, weight management, cardiovascular and liver health and antioxidant protection.

Through his efforts, Chuck Rudolph MEd, RD has acquired an excellent reputation for his ability to assess and implement nutritional excellence. His years of practical and clinical experience have given him a unique ability in connecting together the disparity between nutrition science and its application for optimal physical wellness and performance.

Marc Lobliner

Marc Lobliner is the President of Scivation, Inc. He is a Certified Personal Trainer with over eight years of experience in the Health and Fitness Industry--including over four years with Weider Publications.

Marc's education is in Marketing having attended college at California Lutheran University in Thousand Oaks, CA. as a Marketing Communications major and also graduating Cum Laude with a BS in Marketing.

Derek Charlebois

Derek "The Beast" Charlebois is an ACE certified personal trainer, competitive bodybuilder, and holds a Bachelor's degree in Exercise Science from The University of Michigan. Derek is the Promotions Coordinator/R&D at Scivation/Primaforce and is involved in coordinating promotions, research and development, advertising, and marketing. Derek is an accomplished author with articles on such websites as Bodybuilding.com, Bulknutrition.com, the online magazines StrengthAndScience.com and MusclesAndCuts.com. Derek is available for online personal training. His website is www.beastpersonaltraining.com.