

12 Weeks to Your Hottest Body Ever

The 12 Week Women-Only Plan to Transform Your Body

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Chapter 1:

Men and Women—Do They Need to Train and Diet Differently?

The primary concern women have when it comes to weight training is, “I don’t want to get big or bulky.” We are here to tell you that you won’t! The hormone testosterone is responsible for the large increases in muscle mass seen when men lift weights. Women’s testosterone levels are a fraction of men’s testosterone levels. Normal testosterone levels in men are 200-1200 ng/dl while 15-70 ng/dl are normal in women. As you can see, men’s testosterone levels are SIGNIFICANTLY higher than women’s. Even if a man is at the LOW end of the men’s normal testosterone range (200 ng/dl), he still has more than twice the amount of testosterone as a woman at the HIGH end of the women’s normal testosterone range (70 ng/dl). If we look at the median or mid-range testosterone levels in men and women, men = 700 and women = 42.5. So on an average, men have 16.47 times more testosterone than women! It is clear that women do not have the hormonal support (testosterone) to gain muscle mass like men. Therefore, the fear of becoming big and bulky and looking like Arnold Schwarzenegger with a ponytail is unwarranted.

Now you may be saying, “I have seen some women bodybuilders who are very muscular and look similar to men in their build.” The *real* reason they look like that is they are most-likely using exogenous testosterone injections and/or other anabolic steroids. When women use exogenous testosterone/steroids they may show signs of hair growth on the face and chest, increased muscle mass, a redistribution of body fat from a female pattern of storage to a male pattern of storage, deepening of the voice, and other effects. The point of saying this is that unless you are on exogenous testosterone or other anabolic steroids, you will not become big and bulky from lifting weights. This is not to say that you will not gain any muscle, you will, but you will not gain muscle like a man. Instead, you will become toned and shapely.

Studies have shown that men and women do not need to train differently. If you are a woman and want to gain muscle and improve your shape and curves, then you are going to have to lift heavy weights. This means that instead doing endless reps with light weights, as the media often prescribes women to do, you need to lift some heavy weights and really challenge yourself! While performing high rep sets (15-20 reps) does have some benefit, it is not optimal to adding muscle mass. Here is a very vague overview of rep ranges:

- 1-5 reps = Strength
- 6-12 = Hypertrophy
- 12+ = Endurance

That is very superficial overview of rep ranges as there is a lot of crossover of adaptations between rep ranges. For example, many people grow lifting solely in the 1-5 rep range and 12+ rep range. But it gives you an idea of the weight you need to lift to grow; a weight that you can complete for at least 6 reps but not more than 12 reps.

Men and women do not need to train differently to see results, but what about diet? Should women eat differently than men? Not really. Men’s and women’s metabolisms are very similar except that women burn a greater ratio of fat to carbs than men. This may be one of the reasons women do well on lower carb diets. The

main thing that needs to be adjusted is one's total caloric intake. Women need fewer calories than men because men have more muscle mass and less fat (relative to total bodyweight) than women. The amount of protein, carbs, and fat will be dictated by the amount of calories one eats.

We have shown that women do not need to train or diet much differently than men. Then why do we always see women in gym performing hours of cardio and lifting the lightest dumbbells in the gym for endless reps? This is most-likely due to not being informed, or even misinformed (by the media), about how women should train. What about diet? One of the most common breakfast meals recommended to women is yogurt and a banana. Now there is nothing wrong with eating a yogurt and banana, but where is the protein and essential fatty acids? If you are a woman trying to gain lean muscle, you will need to eat adequate protein and good fats (essential fatty acids). It is time to stop listening to the media and misinformed individuals and time to become educated and get results. This book will be dedicated to informing women how to correctly gain lean muscle and lose as much fat as possible revealing a sexier you! No tricks or gimmick diets here, it is time to get results!

Chapter 2: What Is Nutrition?

Nutrition is the science of foods and nutrients and their actions within the body (including ingestions, digestion, absorption, transport, utilization and excretion). Nutrition has played a significant role in your life, even before birth, and will continue to affect your life in major ways depending on the foods you select.

- **Food Selections** - People decide what to eat and when to eat often based on social motives rather than on awareness of nutritional importance to their health. The following are various behavioral/social motives for food selections:
 1. **Body weight and personal image** - Some people select certain foods and supplements that they believe will improve their physical appearance. They avoid foods they feel might be detrimental. These decisions can be beneficial when based on sound nutrition and exercise information, but can be the reverse if based on quick fixes and fads.
 2. **Availability, convenience and economy** - People eat foods that are accessible, quick and easy to prepare and within their financial means. With today's daily stressors (work, children, finances, personal appearance, etc), quick, easy and comforting foods out weigh healthy nutrition selections all the time.
 3. **Social interactions** - Many people enjoy eating with friends. Meals are social events and the sharing of food is part of hospitality.
 4. **Emotional comfort** - Many people eat in response to stress or emotional stimuli. Eating in response to emotions and/or stress can lead to overeating and increased weight gain.
 5. **Personal preference** - People like certain flavors and certain foods.
 6. **Habits** - Certain foods are selected based on habit. People will eat cereal every morning for breakfast. Eating a familiar food and not having to make any decisions can be comforting.
 7. **Ethnic heritage or tradition** - One of the strongest influences on food selections.
 8. **Positive and negative association** - People tend to like foods that were related to a fun or happy moment in their life. On the other hand, they may not like a food because it made them sick or they ate it while they were sick.
 9. **Values** - Food selections that may reflect ones religious beliefs, political views or environmental concerns.

FOODS vs. NUTRIENTS = ENERGY

- *Foods* are products derived from plants and animals that can be consumed by the body to produce energy and nutrients for maintenance of life and the

growth and repair of tissues.

- *Nutrients* are the chemical compounds obtained from food and used by the body to provide energy, structural materials and regulating agents to support growth, maintenance and repair of the body's tissues and organs.
- *ENERGY* is the capacity to do work. The energy from food is chemical energy. The body can convert this chemical energy into mechanical, electrical and heat energy.

The Six Essential Nutrients

The body can make some nutrients, but it cannot make all of them and it makes some nutrients in insufficient amounts to meet the body's needs. The body must obtain these nutrients from foods. The nutrients that food must supply are called ESSENTIAL NUTRIENTS.

There are six classes of essential nutrients:

- Carbohydrates (Fiber)
- Fats/Lipids
- Proteins
- Water
- Minerals
- Vitamins

Macronutrients: Carbs, Protein, and Fats

This section will tell you why we use these nutrients, what they are for, and educate you on the difference within the categories.

Carbohydrates

- Types = Simple, Complex and Fiber
- Primary Function = Supply of energy for the body, digestion (fiber)
- Immediate energy source
- Only fuel useable by brain & blood cells
- Primary fuel for muscles during exercise
- Long chains of sugar units

Simple Carbohydrates

- Only 1-2 sugar units in length.
- Monosaccharides & Disaccharides
- Make foods sweet.
- Digested and absorbed quickly which leads to high blood glucose levels (large insulin spike) and conversion of food to fat in the liver
- Examples = Table sugar, candy, sodas, high fructose corn syrup, fruits, honey

Complex (starchy) Carbohydrates

- Chains of many sugar units.(10's to 1000's in length)

- Digested and absorbed slowly which leads to healthy blood glucose levels (normal insulin response) and conversion of food energy for the body
- Whole grains, oatmeal, bran, potatoes, wheat/whole grain bread/pastas

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.
- Fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes.

2 Types of Dietary Fiber:

- Soluble
 - Dissolves in water & can be broken down by bacteria in the large intestine.
 - Slows down glucose absorption and binds up cholesterol molecules.
 - Sources of Soluble fiber are: Fruits, Vegetables, Oats, Barley, Legumes
 - Benefits:
 - Slower release of glucose into bloodstream.
 - Slower stomach emptying (increased feeling of fullness).
 - Reduces absorption of dietary cholesterol.
- Insoluble
 - Does not dissolve in water and can not be broken down by bacteria in the large intestine.
 - Binds water into the feces, making it softer & bulkier so that it passes quickly & easily through the digestive system.
 - Sources of Insoluble fiber are: wheat bran, whole grain breads, whole grain cereals, cabbage, carrots, brussel sprouts
 - Benefits:
 - Prevents constipation, hemorrhoids & diverticulitis.
 - Binds up carcinogens, reducing exposure to them.

Both forms of fiber reduce fatty acid absorption (decreasing risk of CVD) and reduce the risk of Colon/Rectal cancer. However, extremely high dietary fiber intake (more than 40 grams per day) can also lead to health problems including chronic diarrhea & difficulties in dietary nutrient absorption.

Carbohydrate Tips and Recommendations

1. Eat fibrous vegetable carbs (broccoli, asparagus, spinach, green beans, lettuce, tomato, cucumber, etc) in place of starchy carbs during the day (up to three cups per day).
2. Carbs provide four calories per gram.
3. Eliminate intake of simple sugars/sweets, fruit drinks and sodas.

4. Carbohydrates are NOT essential, but we included it in this section because fiber is essential and we recommend fibrous vegetable carbs in this book.

Proteins

- These nutrients serve as structural building blocks and the “work horses” in body chemistry.
- They are only used as a source of energy when alternative sources are not adequately available - very inefficient conversion to glucose!
- Functions of Protein in Body:
 - Structural Components of Body (esp. Muscle, Bone).
 - Enzymes (“workhorses” of body chemistry).
 - Hormones (communication).
 - Antibodies (immunity).
 - Emergency source of energy.
 - Help maintain body fluid balance.
- Made up of NITROGEN containing subunits called AMINO ACIDS.
- There are 20 total amino acids
- 9 of the 20 amino acids are essential: Histidine, Isoleucine, Phenylalanine, Methionine, Leucine, Threonine, Valine, Lysine, and Tryptophan

Protein Quality—Complete vs. Incomplete

- COMPLETE PROTEINS
 - Contain all the essential amino acids in adequate amounts.
 - Good sources include: Lean meat, boneless/skinless chicken breast, fresh fish, egg whites, cheese, milk, soy.
- INCOMPLETE PROTEINS:
 - Lacking in one or more of the essential amino acids.
 - Least present essential amino acid (relatively) is the Limiting Factor in protein synthesis.
- Complimentary Proteins (need to mix & match to get correct quantities and balance).
- Examples:
 - wheat bread/peanut butter
 - beans/rice

Protein Tips and Recommendations

1. Select lean meats such as halibut, tilapia, boneless/skinless chicken breast (white meat), lean turkey breast, egg whites and whey protein.
2. Necessary for building lean muscle tissue.
3. Protein provides 4 calories per gram.
4. Protein needs vary based on activity levels; 0.8 grams per kg body weight in normal people and 1.2 - 2.2 grams per kg body weight in various athletes. On a lowered carbohydrate plan, these numbers can increase.
5. If on a high protein diet, it is essential to stay hydrated. Dehydration and increased protein intake can cause the kidneys to over work themselves.

FATS / LIPIDS

- These nutrients represent the most concentrated source of energy.
- They are a necessary nutrient in the body, only excesses should be avoided!
- Functions of Fat in the Body:
 - Storage of Energy.
 - Absorption of Fat-Soluble Vitamins.
 - Structural Components of Hormones.
 - Structural Components of Cell Membranes.
 - Insulation of Body.
 - Cushioning of Body.

Triglycerides

- 95% of all stored lipids in the body.
- 90% of fat weight in foods.
- Function = Stored Energy.

3 Types of Triglycerides

- MONOUNSATURATED
 - All hydrogen bonding locations are filled except ONE.
 - One pair of carbons is double bonded.
 - Sources: olive & canola oil, avocados, almonds, peanut butter.
 - Reduces total blood cholesterol, LDL, and blood triglyceride levels. (Reducing risk of heart disease, stroke, and some cancers!)
 - Increases HDL levels - MOST EFFECTIVE FOR PROMOTING CARDIOVASCULAR HEALTH!
- POLYUNSATURATED
 - Multiple hydrogen bonding locations are open.
 - Multiple double bonds are present.
 - Unstable so liquid at room temperature.
 - Sources: Corn & sunflower oils, soy, walnuts, fish, and dark green leafy vegetables.
 - Reduces total blood cholesterol, LDL, and blood triglyceride levels. (Reducing risk of heart disease, stroke, and some cancers!)
- SATURATED
 - All hydrogen bonding locations are filled.
 - No carbons are double bonded.
 - More stable so solid at room temperature.
 - Common in red meats, whole milk, cheese, butter, ice cream.
 - Causes increases in LDL production! (the “bad” cholesterol)

2 Essential Fatty Acids (BOTH are polyunsaturated)

- Omega-6 Fatty Acids (AKA Linoleic Acid)
 - Common sources include vegetable oils, seeds, nuts, and whole grains.
 - Commonly found in margarine, mayonnaise, and salad dressings.
- Omega-3 Fatty Acids (AKA Linolenic Acid)
 - Common sources are fish and fish oils.
 - This one is where deficits usually occur!
- Functions:

- Same as other polyunsaturated fats, but also affect growth in infants and proper functioning of nerves and cell membranes.
- Deficits:
 - Can lead to growth retardation, decreased reproductive function, kidney/liver failure.

Fat Tips and Recommendations

1. Select lean fats rich in omega 3 and omega 6 fatty acids such as fish oil, olive & canola oil, avocados, almonds, peanut butter, nuts, Etc.
2. No more than 7% of total fats from “saturated” sources - red meats, whole milk, cheese, butter, ice cream.
3. Select Salad dressing that are “Light” and made with canola oil or safflower oil.

Simple Ways to Reduce BAD (saturated) Fat Consumption

- Use skinless chicken & turkey.
- Bake, barbecue, broil, steam, roast, or stew meats rather than frying.
- Use lean cuts of meat and trim off visible fat.
- Limit creamy spreads and dressings (substitute vinaigrettes).
- Avoid cooking with lard or tropical oils (palm & coconut).
- Skim the fat off the top of soups (they naturally dissociate & float at the top)
- Use tomatoes, onions, peppers, garlic, etc. to add flavor to sauces instead of butter, creams, or cheeses.

Now that we have gone over some nutrition basics, let's get into the diet we recommend for women to gain lean muscle and lose fat!

Chapter 3:

Dieting for Women—General Guidelines

Before we get into the recommended diets for women trying to lose fat and gain lean muscle, let's go over some general diet guidelines.

Calorie Control

The biggest factor in a diet is calories in versus calories out; your total calories will determine if you lose or gain weight. Eating too many calories will lead to fat gain. But if you don't eat enough calories you will not gain lean muscle. Setting a target calorie intake and counting the amount of calories you eat each day is vital to losing fat and gaining lean muscle.

Macronutrient Manipulation

While your total caloric intake is the most important diet factor, the ratio of protein to carbs to fat can dictate whether the weight you gain/lose is muscle or fat. A diet that contains 80% of calories from carbs, 10% from protein, and 10% from fat will produce different results than a diet containing 40% of calories from carbs, 40% from protein, and 20% from fat.

Stay Hydrated

You should drink plenty of water everyday. Try to drink at least eight glasses (or 64 oz.) of water per day. The benefits drinking water provides are optimal hydration as well as a feeling of "fullness" without added calories. Sometimes people will mistake thirst for hunger. Because of this, staying hydrated can also prevent overeating.

Quality Control

Choose fresh, wholesome foods over pre-packaged, processed foods. Packaged foods are loaded with preservatives, especially sodium and saturated fats, and often have high amounts of sugars, such as high fructose corn syrup. 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!

Insulin Control

Insulin is the "storage" hormone. When it is secreted fat burning is blunted. By controlling insulin secretion by choosing low GI carbs you can decrease fat gain/increase fat loss. Stable blood sugar levels also improve energy levels and ones mood. All of our diets are based around insulin control, leading to leaner muscle gains with little to no fat gain.

Adequate Protein

In order to gain lean muscle you need to eat enough protein to sustain the creation of new muscle proteins. You may not be used to eating the amount of protein our prescribed diet recommends, but once you get into the groove you should not have any problems and will enjoy how full and satisfied you feel.

Essential Fats

Essential fatty acids (EFAs) are vital to the proper functioning on your body. Dietary fats got a bad wrap due to the diet fads of the 80's and 90's, which promoted eating as little fat as possible, but in reality EFAs are needed by the body and are part of a healthy diet. Eating fats does not equate to getting fat. In fact, most EFAs help support the fat burning process and maintaining a lean body. Do not be scared to eat the good fats recommended in this book! EFAs are not the enemy.

As we discussed in the opening chapter, women do not need to diet much differently than men. One metabolic difference between men and women is women burn a greater ratio of fat to carbs than men, which is the reason why women tend to do very well on a low carb diet. Due to this fact we recommend women follow a low-carb (not no carb) diet to lose fat and gain toned, lean muscle. Let's get into the diet!

Chapter 4: The CHA Diet

Sometimes we get caught up in dietary extremes. Remember the Grapefruit Diet? Basically, you ate grapefruit. It had thousands of followers. Then you had the no-fat diet, where people would avoid fat like Barry Bond's avoids drug tests. The latter diet example is probably the most disastrous of any widespread diet we have ever seen since fats are essential nutrients. The government got behind this fad and started recommending these carb-orgy diets and the food producers soon followed with fat free, YUMMY, sugar-laden food that would spike one's insulin higher than Robert Downey Jr. on Prom Night. On a personal note, Scivation President Marc Lobliner even saw his father lose his life following a version of this extreme and unhealthy **government recommended** diet to complications from type-two diabetes. This made Marc curious. He began to study insulin and carbohydrate consumption and soon became an advocate of a controlled carbohydrate and low-glycemic diet. Over the years, Marc's body has become a machine and operates best with no carbs at all. He is now the founding member of C.H.A.—Carb Haters Anonymous. He is working toward his IFBB (bodybuilding) Pro Card and is doing it without carbs! In this book, we will show you how to lose fat and gain toned, lean muscle without carbs. If you like protein and fat and the site of a bagel makes you tremble, read on.

After starting Scivation, Marc brought on a brilliant Director of Research and Development, Chuck Rudolph, MEd, RD. Marc had no idea that Chuck was the founder of the Cut Diet, a controlled carbohydrate diet that worked mainly with calorie control and insulin control. Together, along with their R&D team including Derek Charlebois, they launched the hit Showtime Cut Diet Book, Game Over. This peaked Marc's interest even more. But one question we have always gotten on the book is if it is possible to further refine the diet to eliminate the Carb Meals. Initially, we thought not a chance. But remember, the body is not a textbook and some people can do this with great results. Is it optimal? It is hard to say, but if keeping bodyfat low, having no cravings, and supplying your body with the essential amino acids and essential fatty acids it needs (there is no such thing as an essential carbohydrate), you can lose fat and gain toned, lean muscle.

Why No Carbs?

Carbs add up fast. We know that consuming 400grams of Fruity Pebbles cereal can be done in a heartbeat. This leads to the famous CRASH that occurs when your blood sugar drops after these carbs have come and gone out of your system. This is usually what causes people to have to nap after lunch at their desk at work. You know, that large woman in Human Resources who rocks out a jumbo burrito and chips at lunchtime and then is brain dead the rest of the day and passing gas like a fuel pump at the Shell station. We have many clients who get this way even after eating a mixed meal of oatmeal, vegetables and protein. In fact, Marc Lobliner has this issue. No matter what he eats with his carbs, if he has carbs, it's sleepy time for the Machine. That is why since he is a Machine, he chooses to use only the finest fuel. Comparing carbs to fat for energy is kind of like comparing automobile gasoline. If carbs are 87 octane, then fats are racing fuel! While a racing car can probably run on 87 octane, it will not be running optimally. But on racing fuel, BOOM, pure SPEED

AND POWER. The same goes for your fat burning and muscle building engine. Give it carbohydrates and it will surely run, but then it will CRASH! Give it HEALTHY fats, and you have yourself a lean, mean, fat burning and muscle building MACHINE!

Did You Just Say “Healthy Fats?” Is That Even Possible?

Fat is where it's at! Give me good fat and I'll give you healthy cholesterol, increased fat oxidation during training, optimal hormone levels, appetite control and many other benefits. Not to mention the blunting of insulin response that can halt fat loss—YEAH BUDDY!

Being Just a REGULAR Girl

You eat less veggies on this diet than our Cut Diet, thus the need for fiber supplements arise. We will go into how to cleanse and shock your body every once in a while with a protein and vegetable day with no fat, but on other days your fiber will be coming mostly from nuts/nut butters. What we recommend is a good Psyllium Husk Powder UNFLAVORED and with no added anything. Some of these “sugar free” flavored fiber supplements add a whopping dose of maltodextrin. On the C.H.A. Diet, this is a NO-NO! Thus, we will stick to an unflavored bulk psyllium powder.

Where are the Veggies?

You can throw in some green veggies here and there without negatively affecting anything such as broccoli, lettuce, asparagus, spinach and green beans, but try to limit these to **no more than three cups per day**. What we do to shock the system and also to get your body the amazing nutrients provided by vegetables is have two days per week as a NO FAT/VEGGIE ONLY day. It is our opinion that this primes and shocks the body to be more accepting to the food we are giving it the other five days of the week and is beneficial when both trying to lose fat and gain lean muscle. So on this one day, you will replace the servings of fat with two to four servings of vegetables (depending on what calorie plan you are on). Here is the breakdown for vegetable measurements per serving:

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.

On veggie days simply replace the fat with veggies! For example, if your meal looks like this:

6 oz Chicken
6 tsp Peanut Butter

Simply Change it to this:

6 oz Chicken
6 oz Asparagus

We are almost doing this in reverse of the Cut Diet strategy. Rather than having a calorie surplus an average of twice per week, we are doing the opposite by having a caloric deficit twice per week. But you might find that your body will respond very favorably and even gain some unexpected lean muscle while losing fat. All of these veggies will also clean you out nicely! The change of taste will almost feel as if you are cheating on your diet!

Determining Starting Calories for the C.H.A. Diet

This is the tricky part. Since there are no carb loads and we will be using this LIFESTYLE type diet for both losing fat and gaining lean muscle, we will establish a starting point and then move the calories up or down based on progress. Here is how we will determine your starting calories for the C.H.A. Diet:

For simplicity and a rough estimate, we have divided people into six different groups (these numbers are not scientifically proven, they are estimates we have gathered based on weights and body types using our calorie calculator) based on if you are an Endomorph, Mesomorph or Ectomorph with high or low bodyfat.

High	body	fat	(15%+)	Endomorph	=	20-23	calories/kg
High	body	fat	(15%+)	Mesomorph	=	24-27	calories/kg
High	body	fat	(15%+)	Ectomorph	=	28-30	calories/kg
Low	body	fat	(14%-)	Endomorph	=	22-25	calories/kg
Low	body	fat	(14%-)	Mesomorph	=	26-29	calories/kg
Low	body	fat	(14%-)	Ectomorph	=	30-33	calories/kg

For example, a 160lb female at 15% body fat who is an endomorph body type would equal:

$160/2.2 = 72.72 \text{ Kg} \times 20-23 \text{ calories/kg} = \sim 1450 - 1670 \text{ calories}$. This female would start at the 1500 calorie CHA diet. Calories would then be increased or decreased depending on her progress.

When to Decrease Calories

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 down (as previous weeks) and/or your caliper measurements don't change and/or you just don't feel you are making visual progress. When these stick points arise, calories need to be decreased. The C.H.A. diet has diet plans in 200-300 calories increments. When weight loss stalls simply go down to the next calorie plan. For example, if you are on the 1700 calorie plan and weight loss stalls, decrease to the 1500 calorie plan.

When to Increase Calories

If your goal is to add toned, lean muscle then you will need to eat sufficient calories. One important thing to note is that on this diet it is possible to lose fat and gain toned, lean muscle at the same time. Tracking your weight and bodyfat percentage progression will help you determine the calorie plan you should follow to reach your ideal goals. If you don't feel you are gaining any lean muscle and aren't gaining fat then you can increase your calories to the next calorie plan. So if you are eating 1500 calories then you should go up to the 1700 calorie plan.

Before we get into the calorie plans, remember you are allowed up to 3 cups of vegetables per day (these will not be listed in the meal plans). Also, if a meal calls for 6 oz. of lean meat or 2 scoops protein powder you could also do 3 oz. lean meat **and** 1 scoop protein powder to meet your protein requirement. Do not go over 56 grams of protein (8 oz. lean meat) per meal unless it is a "free" meal at a restaurant as explained below. It will not hurt you, but we do not see a reason to get over 56 grams per meal.

C.H.A. MEAL PLANS

The C.H.A. meal plans are setup in 200-300 calories increments, ranging from 1000 to 3000 calories. Following this diet is simple. Simply calculate your starting caloric intake then when a "stick point" is reached go to the next calorie plan. For example, if you are losing fat on the 1700 calorie plan and your weight loss has stalled, then follow the 1500 calorie plan. If you are trying to gain lean muscle on the 1500 calorie plan your muscle gains stall, then follow the 1700 calorie plan. There is no need to add or remove servings, simply go to the next calorie plan.

1000 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	28	10	202
Meal 2	0	28	10	202
Meal 3	0	28	10	202
Meal 4	0	28	10	202
Meal 5	0	28	10	202
Total	0	140	50	1010

- Meal 1 4 Egg Whites
 2 Whole DHA eggs
 28g protein, 10g fat
- Meal 2 4 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 28g protein, 10g fat
- Meal 3 4 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 28g protein, 10g fat
- Meal 4 4 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 28g protein, 10g fat
- Meal 5 4 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 28g protein, 10g fat

1150 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	35	10	230
Meal 2	0	35	10	230
Meal 3	0	35	10	230
Meal 4	0	35	10	230
Meal 5	0	35	10	230
Total	0	175	50	1150

- Meal 1 6 Egg Whites
 2 Whole DHA eggs
 35g protein, 10g fat
- Meal 2 5 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 35g protein, 10g fat
- Meal 3 5 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 35g protein, 10g fat
- Meal 4 5 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 35g protein, 10g fat
- Meal 5 5 oz Lean Meat (Fish, Chicken, Beef)
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 35g protein, 10g fat

1400 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	35	15	275
Meal 2	0	35	15	275
Meal 3	0	35	15	275
Meal 4	0	35	15	275
Meal 5	0	35	15	275
Total	0	175	75	1375

Meal 1
4 Egg Whites
3 Whole DHA eggs
35g protein, 15g fat

Meal 2
5 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
35g protein, 15g fat

Meal 3
5 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
35g protein, 15g fat

Meal 4
5 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
35g protein, 15g fat

Meal 5
5 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
35g protein, 15g fat

1500 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	42	15	303
Meal 2	0	42	15	303
Meal 3	0	42	15	303
Meal 4	0	42	15	303
Meal 5	0	42	15	303
Total	0	210	75	1515

Meal 1
6 Egg Whites
3 Whole DHA eggs
42g protein, 15g fat

Meal 2
6 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat

Meal 3
6 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat

Meal 4 6 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat

Meal 5 6 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat

1750 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	42	20	348
Meal 2	0	42	20	348
Meal 3	0	42	20	348
Meal 4	0	42	20	348
Meal 5	0	42	20	348
Total	0	210	100	1740

Meal 1 4 Egg Whites
4 Whole DHA eggs
42g protein, 20g fat

Meal 2 6 oz Lean Meat (Fish, Chicken, Beef)
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat

Meal 3 6 oz Lean Meat (Fish, Chicken, Beef)
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat

Meal 4 6 oz Lean Meat (Fish, Chicken, Beef)
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat

Meal 5 6 oz Lean Meat (Fish, Chicken, Beef)
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat

1900 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	49	20	376
Meal 2	0	49	20	376
Meal 3	0	49	20	376
Meal 4	0	49	20	376
Meal 5	0	49	20	376
Total	0	245	100	1880

Meal 1 6 Egg Whites
4 Whole DHA eggs
49g protein, 20g fat

- Meal 2 7 oz Lean Meat (Fish, Chicken, Beef)
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat
- Meal 3 7 oz Lean Meat (Fish, Chicken, Beef)
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat
- Meal 4 7 oz Lean Meat (Fish, Chicken, Beef)
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat
- Meal 5 7 oz Lean Meat (Fish, Chicken, Beef)
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat

2100 Calorie Plan

<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	0	49	25	421
Meal 2	0	49	25	421
Meal 3	0	49	25	421
Meal 4	0	49	25	421
Meal 5	0	49	25	421
Total	0	245	125	2105

- Meal 1 4 Egg Whites
 5 Whole DHA eggs
 49g protein, 25g fat
- Meal 2 7 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 49g protein, 25g fat
- Meal 3 7 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 49g protein, 25g fat
- Meal 4 7 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 49g protein, 25g fat
- Meal 5 7 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 49g protein, 25g fat

2250 Calorie Plan

<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	0	56	25	449
Meal 2	0	56	25	449
Meal 3	0	56	25	449
Meal 4	0	56	25	449
Meal 5	0	56	25	449
Total	0	280	125	2245

- Meal 1 6 Egg Whites
 5 Whole DHA eggs
 56g protein, 25g fat
- Meal 2 8 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 56g protein, 25g fat
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 56g protein, 25g fat
- Meal 4 8 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 56g protein, 25g fat
- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 56g protein, 25g fat

2500 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Total	0	280	150	2470

- Meal 1 4 Egg Whites
 6 Whole DHA eggs
 56g protein, 30g fat
- Meal 2 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 4 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

2700 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	0	224
Total	0	336	150	2694

Meal 1 4 Egg Whites
 6 Whole DHA eggs
 56g protein, 30g fat

Meal 2 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 4 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 6 8 oz Lean Meat (Fish, Chicken, Beef)
 56g protein

3000 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	30	494
Total	0	336	180	2964

Meal 1 4 Egg Whites
 6 Whole DHA eggs
 56g protein, 30g fat

- Meal 2 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 4 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat
- Meal 6 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

C.H.A. Protein & Veggie Day Meal Plans

On your no fat days simply follow the protein & veggie meal plan that matches your protein intake. If you are eating 28 grams of protein per meal, follow the 28 grams of protein meal plan. If you are eating 42 grams of protein per meal, follow the 42 grams of protein meal plan.

28 Grams of Protein per Meal Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	10	28	0	152
Meal 2	10	28	0	152
Meal 3	10	28	0	152
Meal 4	10	28	0	152
Meal 5	10	28	0	152
Total	50	140	0	760

- Meal 1 8 Egg Whites
 8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
 28g protein, 10g carbs
- Meal 2 4 oz Lean Meat (Fish, Chicken, Beef)
 8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
 28g protein, 10g carbs
- Meal 3 4 oz Lean Meat (Fish, Chicken, Beef)
 8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
 28g protein, 10g carbs
- Meal 4 4 oz Lean Meat (Fish, Chicken, Beef)
 8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
 28g protein, 10g carbs
- Meal 5 4 oz Lean Meat (Fish, Chicken, Beef)
 8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
 28g protein, 10g carbs

35 Grams of Protein per Meal Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	10	35	0	180
Meal 2	10	35	0	180
Meal 3	10	35	0	180
Meal 4	10	35	0	180
Meal 5	10	35	0	180
Total	50	175	0	900

- Meal 1 10 Egg Whites
8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
35g protein, 10g carbs
- Meal 2 5 oz Lean Meat (Fish, Chicken, Beef)
8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
35g protein, 10g carbs
- Meal 3 5 oz Lean Meat (Fish, Chicken, Beef)
8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
35g protein, 10g carbs
- Meal 4 5 oz Lean Meat (Fish, Chicken, Beef)
8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
35g protein, 10g carbs
- Meal 5 5 oz Lean Meat (Fish, Chicken, Beef)
8 oz Asparagus or 1 cup Broccoli or 1 cup Green Beans or 1 1/3 cups Spinach
35g protein, 10g carbs

42 Grams of Protein per Meal Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	15	42	0	228
Meal 2	15	42	0	228
Meal 3	15	42	0	228
Meal 4	15	42	0	228
Meal 5	15	42	0	228
Total	75	210	0	1140

- Meal 1 12 Egg Whites
12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
42g protein, 15g carbs
- Meal 2 6 oz Lean Meat (Fish, Chicken, Beef)
12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
42g protein, 15g carbs
- Meal 3 6 oz Lean Meat (Fish, Chicken, Beef)
12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
42g protein, 15g carbs

Meal 4 6 oz Lean Meat (Fish, Chicken, Beef)
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 42g protein, 15g carbs

Meal 5 6 oz Lean Meat (Fish, Chicken, Beef)
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 42g protein, 15g carbs

49 Grams of Protein per Meal Plan

Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	15	49	0	256
Meal 2	15	49	0	256
Meal 3	15	49	0	256
Meal 4	15	49	0	256
Meal 5	15	49	0	256
Total	75	245	0	1280

Meal 1 14 Egg Whites
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 49g protein, 15g carbs

Meal 2 7 oz Lean Meat (Fish, Chicken, Beef)
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 49g protein, 15g carbs

Meal 3 7 oz Lean Meat (Fish, Chicken, Beef)
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 49g protein, 15g carbs

Meal 4 7 oz Lean Meat (Fish, Chicken, Beef)
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 49g protein, 15g carbs

Meal 5 7 oz Lean Meat (Fish, Chicken, Beef)
 12 oz Asparagus or 1 1/2 cups Broccoli or 1 1/2 cups Green Beans or 2 cups Spinach
 49g protein, 15g carbs

56 Grams of Protein per Meal Plan

Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	20	56	0	304
Meal 2	20	56	0	304
Meal 3	20	56	0	304
Meal 4	20	56	0	304
Meal 5	20	56	0	304
Total	100	280	0	1520

- Meal 1 16 Egg Whites
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 2 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 4 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs

56 Grams of Protein per Meal Plan- 6 Meals

Meals	Carbs	Protein	Fat	Calories
Meal 1	20	56	0	304
Meal 2	20	56	0	304
Meal 3	20	56	0	304
Meal 4	20	56	0	304
Meal 5	20	56	0	304
Meal 6	20	56	0	304
Total	120	336	0	1824

- Meal 1 16 Egg Whites
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 2 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 4 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs
- Meal 6 16 Egg Whites
16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
56g protein, 20g carbs

Meal 7 8 oz Lean Meat (Fish, Chicken, Beef)
 16 oz Asparagus or 2 cups Broccoli or 2 cups Green Beans or 2 2/3 cups Spinach
 56g protein, 20g carbs

C.H.A. Food Selections

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 protein powder 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, Avocado and Peanut Butter.

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.

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

How to Go Out to Eat on the C.H.A. Diet

If you are four weeks or less out from a show, pack all of your meals and never be caught slipping. But the fact of the matter is that even while dieting (unless less than four weeks out!), you can enjoy as many as four meals a week out without

measuring a thing! The secret? Well, it isn't a secret, but just don't eat carbs! Let's say your fat Aunt is in town and wants to eat at the Golden Corral (an all you can eat buffet). Our thought, especially if trying to gain muscle, is to slap on your chaps and spurs and ride on down there and have you some good eatin'! Just walk straight to the grill area and get some meat, period. It can be lean, fatty, steak, chicken...who cares!? It is just one meal and we do not allow for carb-laden cheat orgies on this diet. Thus, eat up! There is only so much damage you can do with protein and fat and if you're trying to gain lean mass, even better! Just be sure NOT to miss your next meal.

What to Expect on the C.H.A. Diet

Once the C.H.A. Diet 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 fully kick-in between week two to four. Your body is switching from using carbohydrates for energy to using fats for energy. Here is an analogy that we believe was stated (similar at least) by Dave Palumbo: Think of your body as a race car and fats and carbs as gasoline. Sure, a race car could probably run on 87 octane, but it runs much better on racing fuel. Carbs are like 87 octane gas and fats are like racing fuel. Sure, your body can operate on carbs, but it will operate much better and more efficiently on fats, your body's racing fuel!

The Calories Don't Add Up!

We don't count every calorie in the C.H.A Diet 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 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 a cold? Either of these things could change the amount of calories you require for that day.

We think you may actually burn calories just trying to calculate them all from every darn piece of food you eat, which is a waste of time in our opinion. The C.H.A. Diet 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 C.H.A. Diet 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.

Make Sure to Measure Your Dietary Fats Correctly

From the feedback we've received, it seems that the one thing that keeps people from progressing is not measuring/tracking their fat intake correctly. If you eat a steak or fatty fish such as salmon, be sure to account for the fat in these proteins, which may take care of your fat requirement for a given meal. When it comes to peanut and almond butter, use measuring spoons or a digital scale to make sure you are eating the correct amount. It is very easy to under and over measure peanut butter and almond butter when eyeballing the amount. Remember, fat has nine calories per gram. If you over or under estimate by 10-20 grams per day, you are eating an additional or NOT eating 90-180 calories above or below what you should be, which is 630-1260 extra, or lower, calories each week. Be sure to accurately measure your fats because the calories can add up, or may not be enough!

Do Not Stress Over Minor Things

People have the tendency to overanalyze and stress about their diet. The C.H.A Diet is setup so you don't have to overanalyze and stress over it. The basics of each meal are simple; eat lean protein and good fats every 2-3 hours on protein/fat days and eat lean protein and vegetables on protein/vegetable days. If for some reason you have to wait 3.5 hours or even 4 hours after a meal to eat your next meal DO NOT STRESS! Eat your meal and then get back on schedule. If you are supposed to eat 6 oz. of lean meat for your protein and you only have a 5 oz. chicken breast cooked DO NOT STRESS! Being shy one ounce of protein here and there is not going to harm your progress. If something comes up and you have to cut your post workout cardio session short DO NOT STRESS! Simply do more cardio the next day or two to make up for it. Stressing over the little details is doing you more harm than good. Dieting is hard enough as is without you putting undue stress upon yourself.

Chapter 5: Curve Appeal—Exercises to Help Add Sexy Curves

What is the most common thing you see women do in the gym? Cardio. And if they do lift weights the pick up a 5 pound dumbbell and do endless reps. As we discussed in the first chapter, women need to lift heavy, challenging weights just like men in order to gain muscle. While machines do provide sufficient stimulation to gain muscle, nothing can beat free-weight/compound exercises. In this chapter we will go over a few free-weight and compound exercises that we will incorporate in the weight training presented in the next chapter.

Deadlifts

Deadlifts are a full body exercise, meaning it stimulates just about every muscle in the body. Deadlifts hit the legs, back, traps, abs, obliques, etc. Deadlifts are a must for building a fully developed body. If you don't do them, you are selling your results short.

Squats

Squats are perhaps the most effective exercise you can do for overall leg development. Free-weight barbell squats are a compound exercise that hits the entire upper leg, quadriceps, hamstrings, and glutes. Like deadlifts, if you don't squat you are selling yourself short. These are a must for sexy, toned legs.

Lunges

Lunges are great for targeting the glutes, hamstrings, and quadriceps. Doing lunges will help tighten up your legs and butt and give you the curves you want.

Pull-Ups

Pull-ups work the muscles of the back, biceps, and forearms. Most gyms have an assisted pull-up machine, so if you cannot do pull-ups with your bodyweight, this machine will allow you to do pull-ups with less than your bodyweight.

Dips

Dips work the muscles of the chest, shoulders, and triceps. Dips are a great exercise for overall upper body development, especially the shoulders and triceps. Most gyms have an assisted dip machine, so if you cannot do dips with your bodyweight, this machine will allow you to do dips with less than your bodyweight.

For a visual demonstration of these exercises go to www.exrx.net

Chapter 6:

12-Week Workout Program to Gain Sexy Muscle and Curves

As I said in the opening chapter, women need to lift heavy, challenging weights in order to gain muscle. Lifting heavy weights will not cause women to get big and bulky like men because women produce a fraction of the testosterone that men do. When women begin working out, their goals are to tone up and gain shape/curves and following this program will accomplish just that! In this 12-week program, you will decrease the number of reps you complete and increase the load you lift as you progress. The number of sets per exercise stays the same, but the rep range changes.

Weeks 1-4

During weeks 1-4, you will be lifting in the 8-12 rep range. What this means is that you want to complete at least 8 reps but no more than 12 reps for each set. If you cannot complete 8 reps, then the weight is too heavy and you should decrease the load. If you can complete more than 12 reps, then the weight is too light and you should increase the load.

Monday- Upper Body A

Bench Press	3 X 8-12
Bent Over Row	3 X 8-12
DB Shoulder Press	3 X 8-12
Lying Tricep Extension	3 X 8-12
Barbell or DB Curl	3 X 8-12

Thursday- Upper Body B

Dips	3 X 8-12
Pull-Ups	3 X 8-12
DB Side Lateral	3 X 8-12
Tricep Cable Pressdown	3 X 8-12
Cable Curl	3 X 8-12

Tuesday- Lower Body A

Squat	3 X 8-12
Stiff Leg Deadlift	3 X 8-12
Leg Extension	3 X 8-12
Leg Curl	3 X 8-12
Standing Calf Raise	3 X 8-12
<i>Abs</i>	
Lying Leg Raise	3 X 10-15
Swiss Ball Crunch	3 X 10-15

Friday- Lower Body B

Deadlift	3 X 8-12
Leg Press	3 X 8-12
Lunges	3 X 8-12
Seated Calf Raise	3 X 8-12
DB Shrugs (Optional)	3 X 8-12
<i>Abs</i>	
Incline Crunch	3 X 10-15
Back Extension	3 X 10-15

Note: Rest Periods = 1 Minute

Weeks 5-8

During weeks 5-8, you will be lifting in the 6-8 rep range. What this means is that you want to complete at least 6 reps but no more than 8 reps for each set. If you cannot complete 6 reps, then the weight is too heavy and you should decrease the load. If you can complete more than 8 reps, then the weight is too light and you should increase the load.

Monday- Upper Body A

Bench Press	3 X 6-8
Bent Over Row	3 X 6-8
DB Shoulder Press	3 X 6-8
Lying Tricep Extension	3 X 6-8
Barbell or DB Curl	3 X 6-8

Thursday- Upper Body B

Dips	3 X 6-8
Pull-Ups	3 X 6-8
DB Side Lateral	3 X 6-8
Tricep Cable Pressdown	3 X 6-8
Cable Curl	3 X 6-8

Tuesday- Lower Body A

Squat	3 X 6-8
Stiff Leg Deadlift	3 X 6-8
Leg Extension	3 X 6-8
Leg Curl	3 X 6-8
Standing Calf Raise	3 X 6-8
<i>Abs</i>	
Lying Leg Raise	3 X 10-15
Swiss Ball Crunch	3 X 10-15

Friday- Lower Body B

Deadlift	3 X 6-8
Leg Press	3 X 6-8
Lunges	3 X 6-8
Seated Calf Raise	3 X 6-8
DB Shrugs (Optional)	3 X 6-8
<i>Abs</i>	
Incline Crunch	3 X 10-15
Back Extension	3 X 10-15

Note: Rest Periods = 90 Seconds

Weeks 9-12

During weeks 9-12, you will be lifting in the 4-6 rep range. What this means is that you want to complete at least 4 reps but no more than 6 reps for each set. If you cannot complete 4 reps, then the weight is too heavy and you should decrease the load. If you can complete more than 6 reps, then the weight is too light and you should increase the load. This phase of the 12-week program is going to be very challenging and produce accelerated results.

Monday- Upper Body A

Bench Press	3 X 4-6
Bent Over Row	3 X 4-6
DB Shoulder Press	3 X 4-6
Lying Tricep Extension	3 X 4-6
Barbell or DB Curl	3 X 4-6

Thursday- Upper Body B

Dips	3 X 4-6
Pull-Ups	3 X 4-6
DB Side Lateral	3 X 4-6
Tricep Cable Pressdown	3 X 4-6
Cable Curl	3 X 4-6

Tuesday- Lower Body A

Squat	3 X 4-6
Stiff Leg Deadlift	3 X 4-6
Leg Extension	3 X 4-6
Leg Curl	3 X 4-6
Standing Calf Raise	3 X 4-6
<i>Abs</i>	
Lying Leg Raise	3 X 10-15
Swiss Ball Crunch	3 X 10-15

Friday- Lower Body B

Deadlift	3 X 4-6
Leg Press	3 X 4-6
Lunges	3 X 4-6
Seated Calf Raise	3 X 4-6
DB Shrugs (Optional)	3 X 4-6
<i>Abs</i>	
Incline Crunch	3 X 10-15
Back Extension	3 X 10-15

Note: Rest Periods = 2 Minutes

Exercise Tips

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 from injury.

Warm-Up Properly

You should perform 1-3 warm-up sets before working a given muscle group. For example, if you are going to bench press 85 lbs for your work sets then do a warm-up set with 45 lbs (just the bar) and then a set with 65 lbs before trying to bench press 85 lbs.

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.

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! You have three off days per week. If you miss Tuesday's workout then try to do it on Wednesday and then get back on your normal schedule.

You now have a complete 12-week workout program. Next we are going to discuss a topic that will interest all women, why do trouble areas of fat exist?

Chapter 7:

Tricep, Thigh, and Booty Fat—Why “Trouble Areas” Exist

Most women have “trouble areas” or places on the body where the most fat is stored and it is difficult to get rid of. In most women these areas are primarily the thighs, glutes (butt), and in some women the triceps (back of the arms) and “love handles”. After dieting to lose weight and tone up these trouble areas the last thing you want to do is regain excess fat. If you don’t keep your CHA diet clean and controlled you will gain fat, and it will most likely be in these trouble areas. In this chapter, we will go over why these trouble areas exist and in the next chapter outline a plan to keep these trouble areas lean and sexy while adding lean mass.

Simply put, some areas in the body have more receptors that block fat breakdown than receptors that increase fat breakdown. In men, these areas are the lower abs and love handles. In women, they are the thighs and butt.

In this chapter, we will look at some of the physiological factors controlling fat loss and then in the next chapter go over a stubborn fat cardio protocol and then beneficial supplements for losing stubborn fat.

Norepinephrine and Adrenergic Receptors

Body fat storage is controlled by many different factors ranging from diet to hormones to receptor density. Of importance to this article is receptor density. Without diving to deep into the nerdy, science stuff, a receptor can be looked at like a lock that a key (i.e. a hormone) fits into.

The term “adrenaline” is commonly used to refer to the body’s excitatory catecholamines, Epinephrine (E) and Norepinephrine (NE), which are regulators of lipolysis (fat breakdown). NE and E acts on receptors called adrenergic receptors of which there are alpha (1 & 2) and beta (1, 2, & 3) subtypes. Activation of the alpha1 and beta-receptors is lipolytic (causes fat breakdown) while activation of the alpha2 receptor is anti-lipolytic (blunts fat breakdown). Stubborn fat areas have a high density of alpha2 receptors, making it harder for fat breakdown to occur in that area.

In order to burn stubborn fat we must override the inhibitory effect of the alpha2 receptors (which will be discussed later). Now that we know the cause of stubborn fat areas we need to learn how to burn the fat!

Stored Triglycerides—Body Fat We Want to LOSE

While all cells contain some fat, it is mainly stored in muscle (intramuscular triglycerides) and in adipose tissue (body fat). Adipose tissue is the body’s main fat storage site and the fat we all want to lose.

Adipose tissue is divided into individual cells called adipocytes. These adipocytes hold stored triglyceride (1 glycerol molecule bonded to 3 fatty acids) droplets, which serve as a source of energy for the body. These droplets make up 95% of adipocytes’ volume. In order for this storage of potential energy (60,000-100,000 kcal) to be used and to LOSE BODYFAT (everyone’s goal), it must be mobilized through lipolysis (the breakdown of triglycerides).

Lipolysis involves splitting the triglycerides into a glycerol molecule and 3 separate fatty acids (FFA). Once the fatty acids diffuse (exit) from the adipocytes, they bind to plasma albumin (a protein in the blood) in order to be transported to active tissues where they can be burned. In order to lose body fat, the fatty acids must be burned!

Transport of FFA to be Burned!

Blood flow is of prime importance to the transportation of FFA away from adipocytes and through the circulation to active tissues where they can be burned. This is especially important during exercise where energy requirements are heightened.

Low blood flow could cause the accumulation of FFA within adipose tissue resulting in less available FFA to be oxidized and a greater chance of FFA to be turned back into triglycerides. It has been found that the stubborn fat areas (thighs and butt) have poor blood flow. Therefore in order to get rid of stubborn fat we must increase blood flow. What is the best way to increase blood flow? Exercise! In addition to this certain supplements can also increase blood flow (more on this later). Increasing blood flow throughout the body will assist in losing weight by transporting FFA to where they can be burned.

FFA Oxidation—Burning Body Fat

When the FFAs reach muscle tissue, they are transported into a muscle cell. Once in the muscle cell, the FFAs can re-esterfy (rebind) with glycerol to form triglycerides to be stored in the muscle or bind with intramuscular proteins to be used for energy production in the mitochondria. In the mitochondria, the fatty acids undergo beta-oxidation, meaning they are burned for energy. We want the FFAs to be burned in the mitochondria. Increasing energy demands through exercise is the best way to accomplish but there are supplements that can help give you an extra boost.

Summary Thus Far

- Stubborn fat areas are caused by a high density of Alpha2 receptors and poor blood flow
- Lipolysis must be increased in order for FFAs to be burned
- Blood flow to adipose tissue and transportation of FFAs away from adipose tissue is vital to fat loss
- FFAs must be BURNED to body fat loss to occur
- Exercise is the best way to increase blood flow to adipose tissue, transportation of FFAs, and oxidation of FFAs

Knowing these facts allows us to choose supplements that will assist in burning through stubborn fat. The next chapter will go over a cardio protocol that can help burn stubborn fat and then go over some supplements to help burn fat in stubborn areas and then the Scivation Workout Nutrition Stack.

Chapter 8: Stubborn Fat Cardio Protocol

The Stubborn Fat Cardio Protocol

In the last chapter we learned that NE/E activate the receptors that stimulate lipolysis (fat breakdown). Research shows that NE/E secretion increases with exercise intensity. In addition, as cardio duration increases fat utilization increases while carbohydrate utilization decreases. So we need to perform high-intensity cardio for a long duration of time to maximize fat burning. The only problem is one cannot maintain high-intensity cardio for a long duration. So how can we overcome this while maximizing fat loss? By doing the following: 10-15 minutes HIIT followed by 15-30 minutes of Low-Intensity Cardio.

High Intensity Interval Training or HIIT is training where you alternate between intervals of high-intensity and low-intensity exercise. An example would be sprinting all-out for 100 meters then walking for 100 meters then repeating. One cannot sprint at full intensity for a prolonged time because sprinting and any other form of high-intensity cardio utilizes the anaerobic energy systems, specifically the Phosphocreatine system, which power short-term activity. After going all out, one must rest and give the Phosphocreatine system time to “recharge”. Additionally after sprinting all-out a couple times you are going to start feeling fatigued. After 10 sprints you are pretty much worn out. While you might not be able to sprint at full speed anymore you can still walk and jog as the intensity is not as high as sprinting and other uses the aerobic energy systems. Knowing this we can setup a cardio program to maximize fat burning:

- 15 seconds all out followed by 45 seconds of low-intensity cardio
- Repeat 10-15 times.
- 15-30 minutes of low-intensity cardio

This cardio could be done on the treadmill, elliptical, bike, running track, etc. We usually recommend the elliptical machine as it is low impact and easy to change speeds. We also recommend doing the Stubborn Fat Cardio Protocol separate from weight training, either first thing in the morning (if training in the evening) or on off days from the gym. To start, we recommend doing the Stubborn Fat Cardio Protocol 2-4 times per week.

In addition, you can perform low-intensity cardio post-workout or on off days if Stubborn Fat Cardio is done on weight training days. This is optional, but will speed up fat loss. We recommend having at least one day a week completely off from all exercise.

Chapter 9:

The Stubborn Fat Supplement Stack

In order to lose that last bit of stubborn fat, you will have to diet and train more intensely. Sometimes that doesn't work or is just straight up not possible. This is where specific dietary supplements that target fat loss come into play. In this chapter we will go over supplements that will help increase fat loss in stubborn areas. This strategy works great when coupled with the CHA diet to help increase fat loss especially in stubborn areas.

The Stubborn Fat Stack

Yohimbine HCL

Yohimbine is an alpha2 receptor antagonist (Kucio, 1991), which means it inhibits the action of the alpha2 receptor. By blocking the alpha2 receptor with Yohimbine, the negative feedback caused by NE binding to the alpha receptors is reduced and fatty acid liberation is increased. Yohimbine has been shown to increase fat loss (Kucio, 1991) by increasing the amount of fat mobilization and oxidation (Berlan, 1991) and blood flow to adipose tissue due to alpha2 antagonism (Galitzky, 1993). So Yohimbine addresses two of the stubborn fat issues we are trying to correct: alpha2 receptor action and blood flow.

Caffeine

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. Caffeine addresses the need to increase fat lipolysis so that FFAs can be burned and body fat can be lost.

ALCAR

The amino acid L-Carnitine plays a vital role in energy metabolism, specifically the transport of fatty acids into mitochondria where they can be burned. ALCAR is the acetylated form of carnitine and is the most popular form of supplemental carnitine. ALCAR is a potent antioxidant shown to have anti-aging, cardio-protective,

cognitive enhancing, and adaptogen properties. ALCAR increases exercise performance by increasing fat oxidation (Hongu, 2003). ALCAR is believed to increase the transportation of FFAs into the mitochondria where they can be burned.

Green Tea Extract

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. Green tea extract increases lipolysis, making more FFAs available to be burned.

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 (Ide, 2003).

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 fat metabolism. Activation of PPARalpha increases gene expression of the fatty acid oxidation enzymes and decreases gene expression of lipogenic (fat storage) enzymes. So Sesamin works in two ways to make you lean (and keep you lean): increasing fat oxidation and decreasing fat storage.

Supplement Summary

- Yohimbine blocks Alpha2 activation allowing for greater fat breakdown to occur and also increase blood flow to adipose tissue, making it perfect for targeting stubborn fat.
- Caffeine increases lipolysis by inhibiting the Adenosine receptor and PDE and also increases energy and delays fatigue.
- ALCAR increases the transportation of FFAs into the mitochondria and enhances fat oxidation.
- Green Tea Extract inhibits COMT thereby increasing lipolysis
- Sesamin increases the genes involved in fat oxidation, increasing one’s capacity to burn fat and also decreases fat storage

The combination of Yohimbine+Caffeine+ALCAR+Green Tea Extract+Sesamin would make for the PERFECT Stubborn Fat Stack, especially when used with a specific cardio strategy in the previous chapter. For women I recommend the following dosages to be taken prior to your Stubborn Fat Cardio Protocol:

- 2.5 mg Yohimbine
- 100 mg Caffeine
- 500 mg ALCAR

- 500 mg Green Tea Extract
- 500 mg Sesamin taken 3 times a day with meals

Yohimbine, Caffeine, ALCAR, and Green Tea Extract can be bought in single ingredient products from Primaforce, but there is a much easier solution—Scivation's Dialene 4.

Scivation's Dialene 4 contains all the ingredients recommended for the stubborn fat stack with the exception of Yohimbine. Using Dialene 4 takes the guess work out as it is formulated for exactly what we need. The ingredients in Dialene 4 work synergistically to increase Adrenaline output. The term "adrenaline" is commonly used to refer to the body's excitatory catecholamines Epinephrine (E) and Norepinephrine (NE), which are regulators of lipolysis. Dialene 4 specifically increases NE levels and keeps them elevated. When NE is released it binds to receptors that cause the breakdown and release of fatty acids from fat cells. In order for fat to be burned it must be released from fat cells. By increasing NE levels and keeping them elevated, more fat can be released from fat cells, which means more body fat is lost. Using Dialene 4 heightens the body's ability to burn fat by enhancing lipolysis thereby increasing fat loss.

So instead of taking a bunch of different pills you can simply take 1-2 Dialene 4 Sci-Gels (start at 1 Sci-Gel to assess tolerance) plus 1 capsule of Primaforce Yohimbine HCL. 1-2 additional Dialene 4 Sci-Gels can also be taken 6-8 hours after your first dose to increase fat loss.

Now that we have outlined a Stubborn Fat Cardio and Supplement Protocol we will examine the Scivation Workout Nutrition Stack and then set up a complete program.

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Chapter 10:

Scivation Workout Nutrition Stack™—Xtend + VasoCharge

Scivation has made pre-workout supplementation a thoughtless endeavor. Imagine if you could take the scientifically-proven, synergistic ingredients to guarantee you have all bases covered and to assure that you get the mind-blowing energy and unbelievable endurance to help you take your workouts to the next level. Then imagine if you could fuel your muscles DURING your workout to encourage lean muscle growth and endless energy with enhanced recovery. If you're like anyone here at Team Scivation, this is a dream come true. Time to stop dreaming.

Scivation Xtend is the ULTIMATE pre, during and post workout formula ever created. It has even created its own category—Workout Nutrition™. Scivation VasoCharge, formerly known as VasoXplode, has become the standard in pre workout supplementation featuring Beta Alanine, NO Enhancers, Mental Performance Boosters and the VasoRush™ Blend.

Scivation now gives it to you in one complete stack at an unbelievable price. The Scivation Workout Nutrition Stack™ is here, and it is time for you to get your swole on.

Q: What are two of the main causes of poor performance and lack of growth/progress for bodybuilders and fitness enthusiasts?

A: Fatigue and increased protein breakdown (catabolism).

If you do not have the energy and drive to lift harder and heavier each workout then you will not grow.

If you leave protein breakdown levels unchecked and allow muscle breakdown to occur during a workout then you will not grow.

Without proper workout nutrition you will not grow and progress and the rate you could with sufficient diet and supplement strategies. Scivation has taken the guess work out of workout nutrition and created a supplement combo that will increase your energy and performance, delay fatigue, and decrease protein breakdown WHILE increasing protein synthesis (the key to muscle growth). It's time to start taking your workout nutrition (pre and during workout) seriously and supplement with the Scivation Workout Nutrition Stack—Vasocharge + Xtend!

Scivation Vasocharge

We have formulated Scivation Vasocharge around ingredients that are scientifically proven to increase performance and lean muscle growth. Vasocharge contains synergistic ingredients that work together to take the results you will see to the next level and beyond.

1. Creatine + Citrulline Malate
 - Synergistically increases performance
2. Creatine + Beta-Alanine
 - Synergistically increases performance and lean mass gains
3. Citrulline Malate + Arginine
 - Increases blood flow and amino acid deliver to skeletal muscle, leading to increased protein synthesis (muscle growth)
4. Tyrosine + ALCAR + Caffeine + D,L-Phenylalanine
 - Increases energy and mental focus while delaying fatigue, allowing you to workout harder and longer.

Vasocharge is formulated to allow you to increase the intensity of your workouts while delaying fatigue, which results in greater progress being made. VasoCharge increases energy production and power output, decreases H⁺ accumulation and fatigue, and increases blood flow and the deliver of amino acids to skeletal muscle, making it an all-in-one pre-workout powerhouse.

Scivation Xtend

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.

The goal of weight training is to increase protein synthesis. In order to gain muscle mass, protein turnover (protein turnover = protein synthesis - protein breakdown) must be positive. An increase in protein synthesis from weight training can lead to an increase in muscle mass. If we are increasing protein breakdown during training, we are decreasing the training session's overall anabolic effect and limiting muscle growth.

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.

What all this means is ingesting BCAA primes your body for growth by increasing protein synthesis and energy production in muscle. All of these actions are beneficial to an athlete and should not be overlooked. There is endless research backing BCAA supplementation as part of one's workout nutrition. In addition, the citrulline malate found in Xtend increases atp/energy production, delays fatigue, and increase blood flow and amino acid deliver to muscle and the glutamine promotes increased recovery.

By supplementing with Xtend during your workouts there is no need to use those sugary sports drinks in order to recover. Xtend allows you to recover more quickly without the adding calories and sugar that can lead to fat gain.

Vasocharge + Xtend

By combining Vasocharge and Xtend pre-workout you prime your body for heightened performance and anabolism. Our pre-workout recommendation (taking 15 minutes pre-workout) is:

- 1-2 Scoops Vasocharge
- 1-2 Scoops Xtend

You should follow this up during your workout by sipping 2-3 servings of Xtend throughout your entire workout. This will ensure protein synthesis levels stay elevated and your body is primed for growth.

While many people overlook the power of workout nutrition, with the Scivation Workout Nutrition Stack you can be ensured that your body has the nutrients and substrates it needs to performance better than ever and gain the lean muscle you never could before while supporting fat loss.

Chapter 11: Putting a Complete Program Together

We have gone over a lot of information. To make things easy for you we will outline a couple sample workout and supplement schedules.

Schedule #1

Monday: Stubborn Fat Cardio (AM), Weight Training (PM)

Tuesday: Stubborn Fat Cardio (AM), Weight Training (PM)

Wednesday: OFF

Thursday: Stubborn Fat Cardio (AM), Weight Training (PM)

Friday: Stubborn Fat Cardio (AM), Weight Training (PM)

Saturday: OFF

Sunday: OFF

Daily Schedule (Mon, Tues, Thurs, Fri)

Upon Waking (6 AM)

- 1-2 Dialene 4 Sci-Gels
- 1 Primaforce Yohimbine Capsule (2.5 mg)

(6:30 AM) Stubborn Fat Cardio

- *Sip on 2-4 Scoops of Xtend during your cardio*

Meal 1 (7 AM)

- 500 mg Scivation Sesamin

Meal 2 (11 AM)

Mid-Afternoon Supplements (12 PM)

- 1-2 Dialene 4 Sci-Gels

Meal 3 (3 PM)

- 500 mg Scivation Sesamin

15 Minutes prior to Weight Training

- 1-2 Scoops VasoCharge
- 1-2 Scoops Xtend

Weight Training (5 PM)

- Sip on 2-6 scoops Xtend during your workout

Meal 4 (6 PM)

Meal 5 (9 PM)

- 500 mg Scivation Sesamin

***On off days take your Sesamin with meals 1, 3, and 5. 1-2 Dialene 4 Sci-Gels can be taken in the morning and 6-8 hours later.

Note: Low-intensity cardio can be done post-weight training or on your off days when you don't do the Stubborn Fat Cardio Protocol.

Schedule #2

Monday: Stubborn Fat Cardio (AM), Weight Training (PM)

Tuesday: OFF

Wednesday: Stubborn Fat Cardio (AM), Weight Training (PM)

Thursday: OFF

Friday: Stubborn Fat Cardio (AM), Weight Training (PM)

Saturday: Stubborn Fat Cardio (AM), Weight Training (PM)

Sunday: OFF

Daily Schedule (Mon, Wed, Fri, Saturday)

Upon Waking (6 AM)

- 1-2 Dialene 4 Sci-Gels
- 1 Primaforce Yohimbine Capsule (2.5 mg)

(6:30 AM) Stubborn Fat Cardio

- *Sip on 2-4 Scoops of Xtend during your cardio*

Meal 1 (7 AM)

- 500 mg Scivation Sesamin

Meal 2 (11 AM)

Mid-Afternoon Supplements (12 PM)

- 1-2 Dialene 4 Sci-Gels

Meal 3 (3 PM)

- 500 mg Scivation Sesamin

15 Minutes prior to Weight Training (4:45 PM)

- 1-2 Scoops VasoCharge
- 1-2 Scoops Xtend

Weight Training (5 PM)

- Sip on 2-6 scoops Xtend during your workout

Meal 4 (6 PM)

Meal 5 (9 PM)

- 500 mg Scivation Sesamin

***On off days take your Sesamin with meals 1, 3, and 5. 1-2 Dialene 4 Sci-Gels can be taken in the morning and 6-8 hours later.

Note: Low-intensity cardio can be done post-weight training or on your off days when you don't do the Stubborn Fat Cardio Protocol.

Schedule #3

Monday: Weight Training

Tuesday: Weight Training

Wednesday: Stubborn Fat Cardio

Thursday: Weight Training

Friday: Weight Training

Saturday: Stubborn Fat Cardio

Sunday: OFF

Daily Schedule

(Mon, Tues, Thurs, Fri)

Upon Waking (15 Minutes prior to Weight Training)

- 1-2 Scoops VasoCharge
- 1-2 Scoops Xtend

Weight Training (6:30 AM)

- Sip on 2-6 scoops Xtend during your workout

(Wed, Sat)

Upon Waking (6 AM)

- 1-2 Dialene 4 Sci-Gels
- 1 Primaforce Yohimbine Capsule (2.5 mg)

(6:30 AM) Stubborn Fat Cardio

- *Sip on 2-4 Scoops of Xtend during your cardio*

(All Days)

Meal 1 (8 AM)

- 500 mg Scivation Sesamin

Meal 2 (11 AM)

Mid-Afternoon Supplements (12 PM)

- 1-2 Dialene 4 Sci-Gels

Meal 3 (2 PM)

- 500 mg Scivation Sesamin

Meal 4 (5 PM)

Meal 5 (8 PM)

- 500 mg Scivation Sesamin

***On off days take your Sesamin with meals 1, 3, and 5. 1-2 Dialene 4 Sci-Gels can be taken in the morning and 6-8 hours later.

Note: Low-intensity cardio can be done post-weight training or on your off days when you don't do the Stubborn Fat Cardio Protocol.

Schedule #4

Monday: Weight Training

Tuesday: Stubborn Fat Cardio

Wednesday: Weight Training

Thursday: Stubborn Fat Cardio

Friday: Weight Training

Saturday: Weight Training

Sunday: OFF

Daily Schedule

(Mon, Wed, Fri, Sat)

Upon Waking (6:15 AM- 15 Minutes prior to Weight Training)

- 1-2 Scoops VasoCharge
- 1-2 Scoops Xtend

Weight Training (6:30 AM)

- Sip on 2-6 scoops Xtend during your workout

(Tues, Thurs)

Upon Waking (6 AM)

- 1-2 Dialene 4 Sci-Gels
- 1 Primaforce Yohimbine Capsule (2.5 mg)

(6:30 AM) Stubborn Fat Cardio

- *Sip on 2-4 Scoops of Xtend during your cardio*

(All Days)

Meal 1 (8 AM)

- 500 mg Scivation Sesamin

Meal 2 (11 AM)

Mid-Afternoon Supplements (12 PM)

- 1-2 Dialene 4 Sci-Gels

Meal 3 (2 PM)

- 500 mg Scivation Sesamin

Meal 4 (5 PM)

Meal 5 (8 PM)

- 500 mg Scivation Sesamin

***On off days take your Sesamin with meals 1, 3, and 5. 1-2 Dialene 4 Sci-Gels can be taken in the morning and 6-8 hours later.

Note: Low-intensity cardio can be done post-weight training or on your off days when you don't do the Stubborn Fat Cardio Protocol.

Chapter 12: Conclusion and Summary of Main Points

We have gone over a lot of information and hopefully helped you understand the way women need to diet and train in order to gain lean muscle and lose fat. To make things easy, we will now summarize the main books of this book.

- Women will not get big and bulky from lifting weights, but instead lose fat and gain lean, toned muscles.
- Women should lift weights just like men.
- Women do not need to diet differently than men, but need to calculate their needed caloric intake based on their weight.
- Women burn a greater ratio of fat to carbs than men and tend to do well on low-carb diets.
- Calorie Control, Macronutrient Manipulation, Staying Hydrated, Eating Quality Foods, Insulin Control, Eating Adequate Protein and Essential Fats are all vital to a healthy diet and gaining lean muscle.
- Stubborn fat areas are caused by a high density of Alpa2 receptors and poor blood flow.
- Lipolysis must be increased in order for FFAs to be burned
- Blood flow to adipose tissue and transportation of FFAs away from adipose tissue is vital to fat loss.
- FFAs must be BURNED to body fat loss to occur.
- Exercise is the best way to increase blood flow to adipose tissue, transportation of FFAs, and oxidation of FFAs.
- The Stubborn Fat Cardio and Supplement Protocols are great ways to get rid of stubborn fat.
- The Xtend + VasoCharge stack is the Ultimate Workout Nutrition Stack, making sugary sports drinks obsolete.
- Consistency is the key to success. Create a workout schedule and diet and stick to it!

There you have it! It is time to put all this information to action and gain the sexy muscle and curves you've always wanted. Time to get your hottest body ever!