

THE

LIFESTYLE CUT DIET

**THE *FINAL* DIET YOU'LL EVER NEED TO BE
LEAN AND HEALTHY FOREVER!**

By Derek Charlebois

with Marc Lobliner and Chuck Rudolph, MEd, RD

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Chapter 1

Eat To Live And Live To Eat

The cut diet outlined in Game Over - The Final Showtime Cut Diet You'll Ever Need is geared toward competitive bodybuilders preparing to get on-stage for a competition. For the average fitness enthusiast, this diet may not be practical to follow. Therefore, Scivation has outlined The Lifestyle Diet for those not looking to get on stage but still wanting to lose fat and maintain a lean physique.

The Big Letdown

It seems like everyday a new diet fad pops up. The thing all of these “diets” have in common is one word, “FAD,” a catchy little “strategy” guaranteed to melt that fat off of your

body. There are so many new diet fads that we have lost count. Yet while the diets don't stay around long, people do get results following them. People do lose weight. Then why do they fail? Most diets will work at least short term, but who wants to live their life depriving themselves of the foods they love? And if you don't mind deprivation, which diet is right for you? What is the final answer for healthy fat loss that you can stick with?

In 1998, Americans consumed \$1,104,000,000 worth of bagels. This is just one carb food and if a diet is asking people to give up a food they obviously love very dearly, will they stick to it? No way! This is why the low-carb food market has taken a serious dive. At the other end of the dieting spectrum, a low-fat diet causes a person's blood sugar levels to fluctuate, having an impact on their mood and appetite, making them cranky and hungry all the time. Who wants to live like that? Who wants to follow an "extreme" diet that deprives you of an entire macronutrient like carbs or fat? A more practical diet would be one that allows you to eat a balanced diet of proteins, carbs and fats, while still losing fat, being healthy, and enjoying life.

Diet is mainly about calories in and calories out. The

main roadblock in dieting success is finding a diet you can stick to that will work long term. If you hate following a specific diet, then you will not follow it long term, and then you are back at square one. Below, we will lay out the diet principles that have been successful for many of our clients and us personally at not only improving appearance and self esteem, but also dramatically improving health. If getting lean and still enjoying life are two things you are interested in, read on, this book might change your life. This is no dieting fad, this is a LIFESTYLE!

Chapter 2

Why The Lifestyle Cut Diet Works

The Lifestyle Cut Diet works because it is built to fit your schedule and needs. You are allowed to eat various foods without having to count every calorie. Dieting is very stressful as is without trying to calculate every single calorie you eat. Instead The Lifestyle Cut Diet counts “servings” of foods, which makes meal planning much easier. We recommend that you measure your food the first two weeks to teach yourself what a serving really is. Soon you may not need to measure everything because you will know how much of a certain food a serving is.

The key to The Lifestyle Diet is it **MUST** work with your schedule. We ask you to give us 85% effort to follow the simple,

delicious meal plans and you take 15% for yourself. Meaning that when Friday night comes around and you want to go out and have dinner with your friends/family, YOU GO DO IT and not stress or worry about the meal plans. All we ask is that the next day, take the dog or just yourself for a 15-20 minute walk and get right back on track. We never want the meal plans to interfere with your daily lifestyle.

Another example; say Sunday morning you want pancakes, eggs, bacon and hash browns. By all means, have it. Just do not think you have to starve and not eat the rest of the day to make up for the larger breakfast. This is the last thing you want to do. Your job is to get right back on track and get that second meal in as planned.

Starving is not the answer. When you starve yourself or forget to eat, your body senses this and slows down your metabolic rate because it thinks it does not have the calories it needs to survive. The body's goal is to survive. So when it senses "starvation mode," it simply slows everything down to preserve energy stores, such as fat tissue. This means that fat burning is slowed down to preserve energy. The goal of The Lifestyle Cut

Diet is to keep the body cranking and burning calories. Every time you eat, your body has no choice but to burn calories to digest the foods. That is why we promote eating small meals more frequently. It promotes the constant burning of fat.

By eating small, frequent meals, you create a small insulin spike. By eating infrequent, higher calorie meals, you cause a larger insulin spike that can result in a blood glucose crash that halts fat loss. We want to keep insulin levels steady throughout the day. By eating smaller, more frequent meals, insulin levels remain stable and you keep your metabolism revving because your body is like a furnace—if you don't keep coal in it, it'll stop burning.

We also always include fat with our meals. When you eat fat with any meal, especially one containing carbohydrates, it reduces gastric emptying and allows your body release insulin at a much slower and steady rate than eating carbohydrates alone. Let's look at these "Keys to Dieting Success" more closely.

Chapter

3

The Keys To Burning Fat All Day Long

Calorie Control

- 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.
- Do not skip meals. Skipping meals can drastically reduce your blood sugar levels and make you crave sweets later on.
- **YOU MUST EAT TO LOSE WEIGHT.** Starving yourself may get you to lose a few quick pounds, but 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 lose body fat once you begin to eat again.

- Be aware of portion sizes of your food selections. One serving of spaghetti is $\frac{1}{2}$ cup AFTER COOKED. Most restaurants provide 4-5 servings per plate. The key is eating until you are CONTENT, not until you are FULL.

Insulin Control

Insulin is referred to as the “storage hormone” because its job is to activate transportation of nutrients (i.e. carbs and fat) into cells and to turn off the burning of nutrients. When you eat carbs, blood glucose levels rise, which the body does not like. In order to bring blood glucose levels back into normal range, the pancreas secretes insulin, which signals cells to increase the uptake of glucose from the blood into them. During this time, fat burning is blunted. Therefore we want to control insulin levels to keep fat burning elevated. Keys to doing this are:

- Eat five to six small 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 more fat loss.

- 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.

Acidity Control

We are talking about controlling the acidity of your meals. Why is this important and how can it be accomplished?

- 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 diseases 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 Lifestyle 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	Fruits	Fats & Oils
Asparagus	Grapefruit	Avocado
Artichokes	Banana	Hemp
Cabbage	Lemon	Flax
Lettuce	Tomato	Olive
Onion	Watermelon	Evening Primrose
Cauliflower	(neutral)	Borage
Radish		
Watercress	Nuts & Seeds	
Spinach	Almonds	
Green Beans	Pumpkin	
Celery	Sunflower	
Cucumber	Sesame	
Broccoli	Flax	

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.

Hydration Control

You should drink plenty of water everyday. Try to drink eight glasses (or 64 oz.) of water per day. The benefits of drinking provide optimal hydration as well as a feeling of “fullness” without added calories.

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!

- Eat one to two fruit servings and three to five vegetable serving everyday. Fruits and vegetables are packed with fiber, antioxidants, vitamins and minerals. One serving of vegetables

is one-half of a cup unless leafy. One serving of leafy vegetables is one cup. Fruits and vegetables provide nutrient dense calories and healthy fiber.

Now with an understanding on the principles and keys to The Lifestyle Cut Diet, let's discuss nutrition.

What Is Nutrition?

Nutrition is the science of foods and nutrients and their actions within the body (including ingestion, digestion, absorption, transportation, 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 and 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 with no backing.

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 and easy selections outweigh 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 foods based on flavor and taste.

6. Habits – Certain foods are selected based on habit. People will eat cereal every morning for breakfast based on

habit. Eating a familiar food and not having to make any decisions can be easy/less stressful and comforting.

7. Ethnic heritage or tradition – One of the strongest influences on food selections. Different ethnic backgrounds have staple foods that they use in their main dishes.

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 provide 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 the nutrients it needs or sufficient amounts of some nutrients; these nutrients are called essential nutrients. Essential nutrients must be consumed through one's diet in order 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
- 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 energy to body.
- Immediate energy source.
- Only fuel useable by brain & blood cells.
- Primary fuel for muscles during high intensity exercise.
- Long chains of sugar units.

Simple Carbohydrates

- Only one to two 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.

Two 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 digestion 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 Selection Tips and Recommendations

1. Select foods high in fiber like whole grains, oats and bran.

2. Eat starchy carbs (breads, pastas, cereals, rice, etc) earlier in the day before three PM.

3. Eat fibrous vegetable carbs (broccoli, asparagus, spinach, green beans, lettuce, tomato, cucumber, etc) in place of starchy carbs after three PM.

4. Carbs provide four calories per gram.

5. Limit intake of simple sugars/sweets, fruit drinks and sodas.

6. Consume one to two fruit servings per day.

7. When eating any carbohydrate (simple or complex), it is beneficial to add one to two servings of good fats (almonds, peanut butter, avocado, flax oil, reduced fat dressing) to reduce insulin release. Fats will bind with carbohydrates in the stomach and release smaller amounts into the intestine. This smaller (bolus) amount of digested good carbs will indicate a smaller need for insulin. Therefore, reducing chances of excess fat storage.

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 the 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 white, 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 Selection 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 athletes.

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 Body:
 - Storage of Energy.
 - Absorption of Fat-Soluble Vitamins.
 - Adding Flavor & Texture to Food.
 - 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

Three TYPES of TRIGLYCERIDES

- 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)
- 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!)

Two 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 polyunsaturates, 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 Selection 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. Total calories per day from fat should not exceed 30%
3. No more than 7% of total fats from “saturated” sources - red meats, whole milk, cheese, butter, ice cream.
4. Select food low in Cholesterol – 300mg of cholesterol or less per day.
5. Select Salad dressing that are “Light” and made with canola oil, olive oil, or safflower oil.

Simple Ways to Reduce Fat Consumption

- Prepare meatless main dishes or those containing only small amounts of meat.
- 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.
- Drink non-fat milk.
- 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.

Carbophobia (Fear of Carbohydrates)
–Do Carbohydrates Make You Fat?
Or is it the Type of Carbohydrate that Make you Fat?

“Low Carb, NO Carbs, Good Carbs, Bad Carbs” That seems to be the slogan for all “dieters” nowadays. Everybody wants the quick fix. So what do we do? Who do we listen to? Well research has indicated that there are so called “Good Carbs” and “Bad Carbs”. What helps us to distinguish between a good carb or bad carb is what’s called the glycemic effect of food.

What is Glycemic Effect of Food?

The glycemic effect of food is a measure of the extent to which a food, as compared to pure glucose (given a score of 100), raises blood sugar concentrations and elicits an insulin response. The glycemic effect indicates how fast glucose is absorbed after a person eats a particular food, how high blood glucose rises, and how quickly it returns to normal. The best carbs to take in to reduce excessive fat storage are slow digesting/absorbing carbs. Slow absorbing carbs will give a low to mild rise in blood glucose and a smooth return to normal blood glucose levels (low insulin response = low glycemic effect). The undesirable carbs produce a SURGE in blood glucose, a major insulin response and then an overreaction that plunges blood glucose down (this is what causes the lethargy or

sluggishness you feel after eating a meal with high GI carbs).

Most relevant to real life, a food's glycemic effect differs depending on whether it is eaten alone or as part of a meal. Also, eating frequent, small meals spreads glucose absorption throughout the day and thus offers similar metabolic advantages to eating foods with a low glycemic effect. The reason that using the glycemic index in meal planning is popular with some dietitians is that this diet can reduce insulin secretion and improve glucose and fat metabolism. In addition, meal plans designed using Low GI foods have also been related to prevention of heart disease and diabetes as well as preventing obesity. Slow digesting and high fiber carbs prolong the presence of foods in the digestive track, increase the sensation of fullness and reduce insulin response. The lower the insulin response, the less insulin is produced, leading to better weight control. In contrast, high GI foods will cause a large insulin response or spike, causing increased cravings, low blood sugar and overeating.

Why is the Glycemic Effect of Food Important to Understand?

The theory behind the Glycemic Effect of Food is to utilize foods (Low Glycemic Index Foods) that can support healthy blood glucose by balancing insulin response naturally. Your body performs best when your blood sugar is kept relatively constant. If your blood sugar drops too low, you become lethargic and/or experience increased hunger, nausea, agitation, headaches and sweet cravings. On the other hand, if it goes too

high, your brain signals your pancreas to secrete more insulin. Insulin brings your blood sugar back down, but primarily by converting the excess sugar to stored fat. In addition to this high blood glucose is the fact that the greater the increase in insulin output the more likely it will drive down blood glucose leading to low blood glucose levels then the viscous cycle continues unless stopped. Therefore, when you eat foods that cause a large and rapid glycemic response, you may feel an initial elevation in energy and mood as your blood sugar rises, but this is followed by a cycle of increased fat storage, lethargy, and unstoppable food cravings!

How Can Understanding and Selecting Low GI Foods Help Me Lose Fat?

As stated, one of the most effective ways to reduce body fat and control insulin balance is by eating 5-6 small meals throughout the day combined with physical activity (such as resistance training and some form of cardio). Small, frequent meals also increase the thermic effect of food as well as prevent the body from going into starvation mode. Think of it as every time you eat nutrient dense and low GI foods, your body has to burn calories to digest the foods. Hence, the more frequently you eat, the more you balanced your insulin levels and the more calories you burn.

Many people think that all they have to do is “starve” themselves and they will lose weight. That is true to an extent. What happens when you do not feed your body, it senses a need to preserve itself. Over time, it slows down its metabolic rate and begins to feed on muscle tissue and body fat at a very slow rate. On a worse note, when you decide to

begin to eat again, your metabolic rate is so slow that any excess caloric intake will be stored VERY EASILY as body fat. The current science also agrees there should be a larger portion of carbohydrates mixed with more moderate amounts of protein and especially fat. The glycemic index allows us to more effectively evaluate our nutrition plan focusing on the quality of carbohydrates. For those who incorporate a larger amount of low glycemic foods, will be rewarded with a slow and steady release of glucose keeping insulin levels in check and lowering body fat.

Are there Ways to Lower the GI of Foods that I like that are High GI?

1. FATS: Fats slow gastric emptying and slows the absorption of food. If absorption into the small intestine is slowed, the insulin response will be low. Any time you add fats to a meal it will lower the GI of the meal.

2. FIBER: Vegetables anyone? Fiber is a complex structure that takes a long time for the body to break down and absorb. Some fiber is indigestible by the body. Soluble fiber found in oats & grains, fruits, and gums are ideal. As they dissolve they gel up in the stomach and slow down gastric emptying reducing the insulin response.

3. COMBINING CARBS: You can also lower the total GI of a meal by combining high glycemic carbs with low glycemic carbs. For example if you ate a baked potato (High GI) and then ate around the same amount of steamed broccoli (Low GI), the total GI of the meal would be much lower than if you just ate the baked potato.

A few pointers to about the benefits of LOW GI foods:

- To balance blood sugar levels and reduce drastic insulin spikes, eat smaller more frequent balanced meals.
- Each carbohydrate in your meals must be combined with a quality fat source and some sort of vegetable.
- You should not have a diet too low in fat. The whole craze over high fat, high protein diets are to decrease spikes in insulin and to lower the GI index of foods and meals. Just make sure you are selecting HEALTHY fats such as avocado, flax/enova oil, peanut butter, almonds, walnuts, REDUCED FAT dressing, canola oil and olive oil.
- Low GI diets help people lose body fat and control weight.
- Low GI diets increase the body's sensitivity to insulin.
- Low GI carbs reduce the risk of heart disease.
- Low GI carbs reduce blood cholesterol levels.
- Low GI carbs reduce hunger and keep you fuller for longer periods of time.
- Low GI carbs provide long lasting energy so you are alert all day long.

Glycemic Index of some Common Foods

If dextrose gets a score of 100, what does that mean for other foods and their score? Well, brown rice is assigned an index number of 55, which means brown rice raises blood glucose levels 55 percent as much as pure glucose. In general, foods below 55 are considered low glycemic index foods, 55-70 represents mid-glycemic index foods and over 70 are considered high glycemic foods. The following foods are listed as Low GI, Moderate GI and High GI.

Low GI (55 or less)

Breads:

100% stone ground whole wheat

Heavy mixed grain

Pumpernickel

Cereal:

All Bran

Oatmeal

Muesli

Bran Buds with Psyllium

Oat Bran

Grains:

Parboiled or converted rice

Bulgar

Barley

Pasta/noodles

Fruits:

Apple

Banana

Orange

Peaches

Strawberries

Grapes

Vegetables:

Broccoli

Cabbage

Carrots

Lettuce

Mushrooms

Green peas

Pastas:

Whole wheat pasta

Linguini

White spaghetti

Macaroni

Rice and Grains:

Brown Rice

Barely

White rice

Buckwheat

Others:

Sweet potato

Legumes

Chickpeas

Split peas

Baked beans

Milk – Whole and Non Fat

Honey

Walnuts

Yam

Lentils

Kidney beans

Soy beans

Fructose

Yogurt

Peanuts

Cashews

Medium GI (56-69)

Breads:

Whole wheat

Pita

Rye

Taco shell

Cereal:

Grapenuts

Raisin Bran

Special K

Shredded Wheat

Cream of Wheat

Rice & Grains:

Basmati rice

Couscous

Corn meal

Other:

Potato, new/white

Sweet corn

Popcorn

Black bean soup

Green pea soup

Grains:

Parboiled or converted rice

Barley

Bulgar

Pasta/noodles

Fruits:

Papaya

Kiwi

Raisins

Mango

Pineapple

Vegetables:

Corn

Beets

Pastas:

Whole wheat pasta

White spaghetti

Linguini

Macaroni

High GI (70 or more)

Breads:

White bread

Kaiser roll

Bagel, white

Cereal:

Bran flakes

Corn flakes

Rice Krispies

Cheerios

Rice & Grains:

Short-grain rice

Wild Rice

Instant Rice

Glutinous Rice

Other:

Glucose

Sucrose

Candy

Gatorade

Soda – Coke, Pepsi

Potato, baking (Russet)

French fries

Pretzels

Rice cakes

Soda crackers

Pancake syrup

Jelly beans

Food Cravings, Lack of Energy, and Frequent illness:

Can it be related to stress?

Can it be the reason I gain weight?

Stress has become an everyday word in our society. How many times have you said or heard “Boy, what a stressful day I had,” or “I have been so stressed out lately.” How often too do you shovel a sandwich down your mouth while typing an e-mail or finishing a report. Then 15 minutes later feel bloated, stuffed and tired?

The term stress describes any alteration or interruption in your life, be it physical, emotional or psychological. Many of us recognize stress as a negative feeling such as meeting a deadline for work, financial concerns, relationships, children and the list goes on. Anxiety, the unknown, fear, frustration, anger, and tension are the feelings we most often associate with stress.

The fact is, stress can also be experienced from a positive stimulus such as getting married, buying your first car or first house, witnessing your child graduate from high school. Even when your body responds to an illness, it undergoes stress.

What we do not realize is that repetitive tension and stress increases a neurochemical response that clinically has shown to lead to overeating and weight gain. When your body responds to a stressful stimulus, it goes through many neurochemical, behavioral and immunological changes. These changes are **WAY OUT OF YOUR CONTROL**. The goal is to bring your body back to a state of calmness.

It all starts with our brain. When we feel stress, the brain stimulates the pituitary gland to release a hormone called AdrenoCorticotropic Hormone (ACTH) which then signals your adrenal glands (located near your kidneys) to release various hormones, mainly adrenaline and cortisol. Adrenaline makes you feel alert, increasing heart rate and blood pressure.

Adrenaline will also increase your metabolism breaking down fats, carbohydrates and proteins for energy to get the body back to a balanced, happy state. While doing this, your body depletes itself of energy stores and essential vitamins and minerals. The other hormone released is **CORTISOL**. Cortisol is utilized to breakdown stored energy as well as muscle tissue. Cortisol also stimulates insulin, which leads to blood

sugar dips and fat storage. It's a vicious cycle that feeds on itself, over and over until the stress is calmed.

Now that we know cortisol breaks down stored energy to increase blood glucose which then stimulates insulin secretion, we now can understand why stress will cause food cravings, lethargy, irritability as well as weight gain. The cascade of events may appear as follows:

1. Stress response – Finances are tight and your bills are due. You have a report due the next day and you have to miss your son's first pop warner football game. The stressful feeling makes you feel fear, anxiety, sweaty palms, etc.

2. Hormone action – Neurochemical reactions cause adrenaline and cortisol to be released – rise in blood pressure, heart rate, alertness.

3. Action in the body – Breakdown of stored energy (carbohydrates, fats and proteins) increases blood glucose levels (which in turn causes insulin to rise) utilizing all blood sugar for protection leaving you in a LOW BLOOD GLUCOSE state.

4. LOW BLOOD GLUCOSE – One of the first signs

of low blood glucose is a craving for sweets and carbohydrates. When the blood sugar levels fall below normal, symptoms such as nervousness, irritability, fatigue, nausea, depression, disturbed vision, and headaches appear.

5. Excessive intake of sweets and refined carbohydrates - The typical human response now is to consume excessive amounts of sweets and refined carbohydrates to feel better and get blood glucose back to normal. The problem here is the EXCESSIVE intake which now increases blood glucose too high and spikes another insulin response. This insulin response is so drastic that the body stores body fat (from the excessive caloric intake) and then puts the body back into an LOW BLOOD GLUCOSE state.

6. Weight Gain, Body Fat storage - Over the long haul, this pattern of excessive sugar and refined carbohydrate intake causes the pancreas to go into overdrive. With each intake, the pancreas floods the body with insulin, which makes blood-sugar level drop dramatically back to a LOW BLOOD GLUCOSE state and the viscous cycle continues. The increase in excessive insulin is a major culprit to weight gain and fat storage.

What if I'm still hungry after I finish eating my meal?

If you eat all the protein, carbs, and fat servings for a given meal and are still hungry we recommend that you eat more green vegetables. In fact, you can eat unlimited green veggies during every meal. Green vegetables contain low amounts of carbs and high amounts of fiber, which make them great for filling you up without the added calories.

4

Chapter

Lifestyle Workout Nutrition & Supplements

In order to recovery from each workout and be ready for your next workout, proper Workout Nutrition should not be overlooked. Workout Nutrition is a term we use to describe the nutrients you give your body pre, during, and post workout. The “Backbone” of the Lifestyle Workout Nutrition is Scivation Xtend™ mixed with Primaforce Substance WPI™. The stack of Xtend + Substance WPI gives your body the building blocks (amino acids) needed to enhance your performance and recovery. Next we have the fat burning enhancers Dialene 4™ and Sesamin, which work together to boost your metabolism and elevate the oxidation of fats, leading to greater fat loss.

Implementing Xtend & Substance WPI–Workout Nutrition

Xtend–Energy Aminos

- Branched Chain Amino Acids (L-Leucine, L-Isoleucine and L-Valine)
- Glutamine
- Citrulline Malate
- Vitamin B6
- Workout Nutrition Dosing
 - <150 lbs. = 2 Scoops
 - 150-200 lbs. = 4 Scoops
 - >200 lbs. = 6 Scoops

Substance WPI–Whey Protein Isolate

- 100% Whey Protein Isolate
- Workout Nutrition Dosing
 - <150 lbs. = 1 Scoop
 - 150-200 lbs. = 1.5 Scoops
 - >200 lbs. = 2 Scoops

During exercise, Branched Chain Amino Acid (BCAA) oxidation, especially leucine, is increased. The BCAA are different from other amino acids in that they are primarily metabolized in skeletal muscle. In order to meet the increased demand for BCAAs during exercise, the body breaks down muscle tissue to supply additional BCAA. By supplying the body exogenous BCAA during exercise, one can meet the increased demand for BCAA oxidation without breaking down muscle tissue to supply the needed BCAA. This leads to greater gains in lean muscle tissue and fat loss. Because BCAA serve as a “fuel” for skeletal muscle, BCAA supplementation has been used to enhance sports performance and recovery.

Implementing Dialene 4 & Sesamin—The Fat Burners! Dialene 4—Fat Loss You Can Feel

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. Well, we have found the golden ticket of fat loss. Move over Willy Wonka and drop the chocolate, we are about

to burn some serious fat! If you have been looking for the ultimate fat burner, read on. Dialene 4 could change the way you look and feel within the blink of an eye....

The Mission

Our goal with Dialene 4 was to use synergy to create the ultimate fat burner. A fat burner so effective that you can feel it working and burning off that pesky fat. How we do that involves more than just putting effective ingredients in a capsule. For Scivation, it entails researching and testing how these compounds can work synergistically and then delivering it through a never-before used, scientifically advanced, patent-pending delivery system to ensure optimal delivery. We did just that. Here is a brief overview of these combinations:

G4 Fat Incinerating Matrix 675mg

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

The bottom line is that this matrix is meant burn fat at an unparalleled rate. EGCG from Green Tea, Caffeine USP, Chlorogenic Acid, Feruloyl Quinic Acid, Neochlorogenic acids and Naringin work together to ignite thermogenesis, increase lipolysis (fat burning) and even improve glucose tolerance. Bottom line, NOTHING on the market compares to the G4 Fat Incinerating Matrix for burning fat! All without any crash at all.

CogniLean Blend 660mg
(N-Acetyl-L-Tyrosine, Phenylethylamine, D,L-Phenylalanine, Vinpocetine)

This is the most synergistic blend for mental performance ever created. The CogniLean Blend is especially useful while dieting with lowered calories and/or carbs. The bottom line is that this blend increases blood flow and the addition of N-Acetyl-L-Tyrosine to Phenylethylamine and D,L-Phenylalanine prevents these compounds from breaking down and puts them to work. And as you will see after trying your free sample (see end of article), they work unbelievably well. On top of that you have Vinpocetine, which increases blood flow to the brain.

The increased blood flow also enhances fat burning, working with the G4 Fat Incinerating Matrix to make Dialene 4 even MORE POTENT of a fat burner. Hold onto your seats, the ride is not over yet....

LipoLean Blend 325mg

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

This is the blend created by Myself and Layne Norton, Scivation athlete and Natural Bodybuilding Pro who is also a leader in BCAA research at the University of Illinois. Cayenne Pepper was added because it 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. 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. Then there is the proprietary Citrus Peel Extract blend used exclusively by

Scivation. This is one of the biggest discoveries on lipolysis to date. Scivation found it, and expect copycats to follow suit.

The Sci-Cap™ Revolution

Dialene 4 is delivered with the revolutionary Sci-Cap™ Technology. Sci-Caps utilize a unique, patent-pending delivery system that stabilizes Dialene 4's components in Candelia Wax. Candelia Wax is a natural, plant-derived wax that is used commonly in kosher and vegetarian formulations. Unlike other liquid capsules, Dialene 4 forms a gel-like mixture inside of the capsule rather than free-flowing liquid. This provides for maximum protection and stability of Dialene 4's highly-effective components in various climates as well as reduces the risk of melting, where softgels will stick together over time. This ensures that the components in Dialene 4 go to work and burn that pesky fat without wasting even one milligram!

Dialene 4™ is the result of years of scientific research featuring the G4™ Fat Incinerating Matrix, shown in clinical studies to promote large increases in nor-adrenalin all while

having numerous health benefits. Dialene 4 works through four pathways:

- Promote increased fatty acid liberation from fat cells and oxidation of those fatty acids by increasing the body's metabolic rate
- Provide a strong boost in energy
- Promote Fat Burn
- Support optimal mental focus and clarity

By adding Dialene 4 to the Lifestyle Cut Diet you will increase the amount of fat released from fat cells and then burn that newly released fat, accelerating your weight and fat loss.

Sesamin—The Healthy Solution to Fat Loss

What is Sesamin and What Does it Do?

Sesamin is a naturally occurring lignan found in sesame seeds and oil. A lignan is a molecule that combines with a receptor or 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).

Fat can be oxidized in the mitochondria and the peroxisomes of cells, the majority of this oxidation occurring in skeletal muscle cells and the liver. PPARalpha activation by sesamin increases fat oxidation in mitochondria and peroxisomes by increasing the creation of enzymes involved in the oxidation of fatty acids. As its name suggests, activation of the Peroxisome Proliferator-Activator Receptor causes the creation of new peroxisomes. More enzymes for fat oxidation and more peroxisomes means more fat 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. So Sesamin works in two ways to make you lean (and keep you lean): increasing fat oxidation and decreasing fat storage.

Additional Health Benefits of Sesamin

In addition to increasing fat oxidation and decreasing lipogenesis, Sesamin supplementation also has many health

benefits. Sesamin has been shown to be antihypertensive, an antioxidant itself and increase the recycling of vitamin E, provide liver protection against alcohol and improve liver and kidney function, decrease cholesterol levels while increasing high density lipoprotein (HDL aka “good cholesterol”) levels, and is an anti-inflammatory. These health benefits alone make Sesamin supplementation a wise decision.

How much and when should I take Sesamin?

Sesamin is generally dosed at 1500 mg per day divided into three 500mg dosages spread throughout the day, but some users may desire to use more or less (1,000-2,000 mg). Sesamin is best taken with a meal that includes fat because the fat will increase the lymphatic absorption of Sesamin, thereby increasing its effectiveness.

Sesamin “Point-Blank” Summary

Sesamin supplementation will prime your body to oxidize fat and not store it. Sesamin supplementation should also help spare muscle mass while dieting and has MANY positive health benefits.

Sesamin:

- Increases Thermogenesis
- Increases Fat Oxidation
 - Up-regulates “Fat-burning” Enzymes
- Decreases Fat Storage
 - Down-regulates “Fat-storage” Enzymes
- Increases Insulin Sensitivity
- Increases Ketone Formation
 - A Fuel Used When Dieting
 - Spares Glucose
- Potent Anti-Oxidant
- Cholesterol Reducer
 - Increases HDL levels
 - Decreases LDL levels
- Decreases blood pressure (antihypertensive)
- Improves Liver and Kidney Health
- Anti-inflammatory
- No Stimulant Effect

Chapter 5

Lifestyle Workout

You can follow whatever training program you'd like while following the Lifestyle Cut Diet, but we recommend lifting weights 4-5 times a week with a similar workload as the workouts below in order to burn sufficient calories to lose fat.

The following recommended workout is a 4-day split, hitting each muscle once a week. The days can be swapped around if need be.

Monday

Barbell or DB Bench Press	3 X 6-10
Barbell or DB Incline Press	3 X 6-10
Barbell or DB Shoulder Press	2 X 6-10
DB Side Lateral	2 X 6-10

Tuesday

Pull-Up or Lat Pulldown	3 X 6-10
Bent Over Row or Seated Cable Row	3 X 6-10
Barbell Shrug	2 X 6-10
DB Shrug	2 X 6-10

Thursday

Squats or Leg Press	3 X 6-10
Stiff Leg Deadlift or Leg Curl	3 X 6-10
Lunges	3 X 6-10
Standing Calf Raise	2 X 6-10
Seated Calf Raise	2 X 6-10

Friday

Barbell or DB Curl	3 X 6-10
Skull Crusher	3 X 6-10
Cable Curl	3 X 6-10
Tricep Pressdown	3 X 6-10
Barbell Forearm Curl	3 X 6-10

A More Advanced Training Routine

If you are a strength athlete or a performance athlete, you need movements performed in training to translate to your sport. Bodybuilding is about growing deeply defined, etched muscle, not performance. We know that you must condition a muscle, strengthen it and then build it. This process takes time. However, the body also adapts very well. We recommend a 12-week training program (split routine hitting each body part once per week and allowing recovery, which is highly notarized by bodybuilders) that will condition, strengthen and build your muscles while on the Lifestyle Cut Diet. It is known in the Exercise Science realm that repetitions lower than five are designed for strength and power. Muscle growth (hypertrophy) is found in the 8-12 rep range. These are the two extremes. Meaning that if, hypothetically, 100% of strength is found in reps five or below and 100% growth is found in reps 10-12, then it's safe to say that strength and growth can be attained (not 100% of each) at reps 6-10. This is our focus. We divide the routine into three phases:

Phase 1: Conditioning

Phase 2: Growth/Strength

Phase 3: Strength/Growth

Weeks 1-4: Conditioning

During the Conditioning weeks, our rep ranges are 12-15 and we perform three to four sets for all upper body and lower body work. The goal is to adjust the weight (increase the load (weight) as the volume (reps) decreases) to get 12-15 reps on every exercise. Rest 60 seconds between sets.

Week 1

The goal is to handle a weight and rep range that allows for completion of 15 reps for three sets.

Week 2

The goal is increase the weight but drop the reps to 12.

Week 3

The goal is to increase the weight and increase the reps to 15.

Week 4

The goal is to increase the weight again, but drop the reps back to 12. By varying our weight and reps we essentially are tricking our bodies into getting major results that are not capable from old training regimes. We are promoting a new type of athlete that is in control of his body and whose training allows for complete development of muscle density, tone, definition, symmetry, and superior strength.

Weeks 1-4 – Conditioning 12-15 Reps 3 Sets

Monday – Chest

Exercise to be performed in order

1. Incline Barbell Press - 3 sets 12-15 reps
2. Flat Barbell Press - 3 sets 12-15 reps
3. Dumbbell flys - 3 sets 12-15 reps
– smooth and controlled motion
4. Push Ups - 3 sets to failure
5. Crunches - 3 sets 30 seconds
6. Reverse crunches - 3 sets 30 seconds

Tuesday – Legs

Exercise to be performed in order

1. Squat - 3 sets 12-15 reps each leg
2. Straight Leg Dead Lift - 3 sets 12-15 reps
3. Leg curl - 3 sets 12-15 reps
4. Leg press - 3 sets 12-15 reps each leg
5. Leg extension - 3 sets 12-15 reps
6. Standing Calf Raises - 3 sets 12-15 reps
7. Seated Calf Raise - 3 sets 12-15 reps

Wednesday – Back

Exercise to be performed in order

1. Bent Over Barbell row - 3 sets 12-15 reps
2. 1 Arm Dumbbell Rows - 3 sets 12-15 reps
3. Cable Pull Downs - 3 sets 12-15 reps
(like dumbbell pullover but with cable standing)
4. Wide Grip Pull downs - 3 sets 12-15 reps
5. Dumbbell Shrugs
with Abduction start - 3 sets 12-15 reps
6. Hyperextensions - 3 sets 12-15 reps
– smooth and controlled motion

Friday – Arms

Exercise to be performed in order

1. Standing Barbell Curls - 3 sets 12-15 reps
2. Preacher Curls - 3 sets 12-15 reps
3. Hammer Curls - 3 sets 12-15 reps
4. Triceps Press Down
with V-Bar or Rope - 3 sets 12-15 reps
5. Over the Head Extensions
using rope or Skull Crushers - 3 sets 12-15 reps
6. Weighted Dips - 3 sets 12-15 reps
7. V-ups - 3 sets 30 seconds
8. Leg raises - 3 sets 30 seconds

Saturday – Shoulders

Exercise to be performed in order

1. Dumbbell Military Press
NO BACK SUPPORT - 3 sets 12-15 reps
2. Seat Front Dumbbell Raise
NO BACK SUPPORT - 3 sets 12-15 reps
3. Standing Side Lateral Raise - 3 sets 12-15 reps

4. Rear Deltoid Machine
or Bent Over Rear Delt Fly - 3 sets 12-15 reps
- smooth and controlled motion
5. Standing Calf Raises - 4 sets 15 reps
6. Seated Calf Raises - 4 sets 15 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Weeks 5-8: Growth/Strength

During the Growth/Strength weeks, our rep ranges are six to ten and five to six sets for all upper body and lower body work. The goal is to adjust the weight (increase the load as the volume decreases) to get six to ten reps on every exercise. Rest 60-90 seconds between sets.

Week 1

The rep range will be ten reps for five sets.

Week 2

The goal is to increase the weight, but you must get eight reps for five sets.

Week 3

The goal is to increase the weight, but you must get six reps for five sets.

Week 4

The goal is to increase the weight and to increase the sets, but you must get eight reps for six sets.

Our philosophy for this program is to stimulate the muscle fiber to recruit more muscle fibers quickly. By increasing the muscle fiber density and recruitment patterns we are creating growth in the muscle. With the increase of growth, we now have the ability to increase strength through greater muscle fiber recruitment. When this happens, growth occurs more rapidly due to muscle fiber recruitment and strength gains. This allows us to perform a higher load volume for training.

Weeks 5-8 – Growth/Strength 6-10 Reps 5 Sets

Monday – Chest

Exercise to be performed in order

1. Incline Barbell Press - 5 sets 6-10 reps
2. Flat Barbell Press - 5 sets 6-10 reps
3. Peck Deck - 3 sets 8-10 reps
– smooth and controlled motion
4. Push Ups - 3 set to failure
5. V-ups - 3 sets 30-45 seconds
6. Leg raises - 3 sets 30-45 seconds

Tuesday – Legs

Exercise to be performed in order

1. Squats - 5 sets 6-10 reps
2. Straight Leg Dead Lift - 5 sets 6-10 reps
3. Leg curl - 3 sets 8-10 reps
4. Stationary Barbell Lunges - 5 sets 6-10 reps
5. Leg extension - 3 sets 8-10 reps
6. Standing Calf Raises - 3 sets 8-12 reps
7. Seated Calf Raises - 3 sets 8-12 reps

Wednesday – Back

Exercise to be performed in order

1. Bent Over Row - 5 sets 6-10 reps
2. Close grip low row - 5 sets 6-10 reps
3. Wide Grip Pull downs - 5 sets 6-10 reps
4. Dumbbell Pull overs - 3 sets 8-10 reps
5. Barbell Shrugs - 5 sets 6-10 reps
6. Hyperextensions - 3 sets 8-10 reps
– smooth and controlled motion

Friday – Arms

Exercise to be performed in order

1. Standing Dumbbell curls - 5 sets 6-10 reps
2. Single arm Dumb bell
Preacher Curls - 5 sets 6-10 reps
3. Concentration Curls - 3 sets 8-10 reps
4. Close grip press - 5 sets 6-10 reps
5. V bar press down - 5 sets 6-10 reps
6. Single arm
over the head extension - 3 sets 8-10 reps
7. Toe touches - 3 sets 30-45 seconds
8. Roman Chair Knee ups - 3 sets 30-45 seconds

Saturday – Shoulders

Exercise to be performed in order

1. Dumbbell Military Press
NO BACK SUPPORT - 5 sets 6-10 reps
2. Seat Front Dumbbell Raise
NO BACK SUPPORT - 5 sets 6-10 reps
3. Standing Side Lateral Raise - 5 sets 6-10 reps
4. Rear Deltoid Machine
or Bent Over Rear Delt Fly - 5 sets 6-10 reps
– smooth and controlled motions
5. Standing Calf Raises - 3 sets 8-12 reps
6. Seated Calf Raises - 3 sets 8-12 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Weeks 9-12: Strength/Growth

During the Strength/Growth weeks, our rep

ranges are four to six and perform five to six sets for all upper body and lower body work. Rest 2 minutes between sets.

Weeks 1 and 2

The goal is to adjust the weight (decrease the load as the volume increases) to get four reps on every exercise.

Weeks 3 and 4

The goal is to maintain the same weight but increase the reps to six and perform six sets.

By having a higher level of strength we are able to increase the firing pattern of the muscle allowing for greater muscle fiber recruitment and coordination that will allow for greater symmetry and tone of the muscle. This will allow for a greater looking body as we go into the final stages of our training.

Weeks 9-12 – Strength/Growth 4-6 Reps and 5-6 Sets

Monday – Chest

Exercise to be performed in order

1. Incline Barbell Press - 5-6 sets 4-6 reps
2. Flat Barbell Press - 5-6 sets 4-6 reps
3. Dumbbell flys - 3-4 sets 6-8 reps
- smooth and controlled motion
4. Push Ups - to failure
5. Crunches - 3-4 sets 30-45 seconds
6. Reverse crunches - 3-4 sets 30-45 seconds

Tuesday – Legs

Exercise to be performed in order

1. Squat - 5-6 sets 4-6 reps
2. Straight Leg Dead Lift - 5-6 sets 4-6 reps
3. Leg curl - 3-4 sets 6-8 reps
4. Leg press - 5-6 sets 4-6 reps
5. Leg extension - 3-4 sets 6-8 reps
6. Standing Calf Raises - 3-4 sets 8-12 reps
7. Seated Calf Raises - 3-4 sets 8-12 reps

Wednesday – Back

Exercise to be performed in order

1. Bent Over Barbell row - 5-6 sets 4-6 reps
2. 1 Arm Dumbbell Rows - 5-6 sets 4-6 reps
3. Cable Pull Downs - 3-4 sets 6-8 reps
(like dumbbell pullover but with cable standing)
4. Wide Grip Pull downs - 5-6 sets 4-6 reps
5. Dumbbell Shrugs
with Abduction start - 5-6 sets 4-6 reps
6. Hyperextensions - 3 sets 8-12 reps
– smooth and controlled motion

Friday – Arms

Exercise to be performed in order

1. Standing Barbell Curls - 5-6 sets 4-6 reps
2. Preacher Curls - 5-6 sets 4-6 reps
3. Seated Hammer Curls - 3-4 sets 6-8 reps
4. Triceps Press Down
with V-Bar or Rope - 5-6 sets 4-6 reps
5. Weighted Dips - 5-6 sets 4-6 reps

6. Over the Head Extensions
using ROPE or Skull Crushers - 3-4 sets 6-8 reps
7. V-ups - 3-4 sets 30-45 seconds
8. Leg raises - 3-4 sets 30-45 seconds

Saturday – Shoulders

Exercise to be performed in order

1. Dumbbell Military Press
NO BACK SUPPORT - 5-6 sets 4-6 reps
2. Seat Front Dumbbell Raise
NO BACK SUPPORT - 5-6 sets 4-6 reps
3. Standing Side Lateral Raise - 5-6 sets 4-6 reps
4. Rear Deltoid Machine
or Bent Over Rear Delt Fly - 5-6 sets 4-6 reps
– smooth and controlled motion
5. Standing Calf Raises - 3-4 sets 8-12 reps
6. Seated Calf Raises - 3-4 sets 8-12 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

Lifestyle Cardio

30-45 minutes of low-intensity cardio (heart rate of 130-150 bpm) should be done prior to or after every workout. Low-intensity cardio done pre or post-workout promotes increased blood flow and nutrient and oxygen delivery throughout the body, which aids in fat loss and recovery. Additional cardio may be done on two of the three off days.

While we believe that diet is 90% of getting lean and reducing bodyfat, we still recommend 30-45 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 Lifestyle Cut Diet.

Cardio is essential for supplying oxygen to your muscles for maximum growth. Our entire approach to dieting is based on muscle preservation. Too much cardio or cardio at a high level of intensity will eat at muscle tissue. This is counterproductive because we are trying to lose fat and keep as much muscle as possible. Lower intensity cardio increases

fat oxidation (burns body fat) and does not catabolize (waste) nearly as much muscle as high intensity cardio, especially on a reduced calorie/low carbohydrate diet. We usually recommend light walking on a treadmill with an incline.

Chapter Training Essentials

QUICK and EASY Exercise Tips

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.

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 with your pre, during and post-workout

Xtend and Substance WPI cocktail, 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 Lifestyle Cut Diet 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 and Substance WPI cocktail 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. As for scheduling training, we recommend planning your meals so that one of your meals is 60-90 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/Substance WPI cocktail during training. If you do not have Xtend/Substance WPI 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. Every meal thereafter should be two to four hours apart.

If you get up at 6am and train in the morning then your meals will look like this:

6:00 AM - Meal 1
7-8:30 AM - Workout
9:00 AM - Meal 2
12:00 PM - Meal 3
4:00 PM - Meal 4
8:00 PM - Meal 5

If you get up at 6am and train in the evening then your meals will look like this:

6:00 AM - Meal 1
9:00 AM - Meal 2
12:00 PM - Meal 3
3:00 PM - Meal 4
6-7:30 PM - Workout
8:30 PM - Meal 5

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. For example, if you miss an arm workout on Friday, simply train arms on Saturday then train your shoulders on Sunday. You will then be on track and ready to go on Monday!

Setting Up Your Own Lifestyle Cut Diet

Your goal is to get 5-6 small meals per day. Eating small,

frequent meals helps keep blood glucose and insulin levels stable, keeps you full and satisfied, and promotes fat loss.

Lifestyle Protein Intake

The Lifestyle Cut Diet is geared towards making dieting less complicated so you can live your life. Instead of getting bogged down with counting every single gram of protein from your diet and trying to hit an exact amount each day, we simply recommend eating 4-6 oz. of a lean protein source each meal. 1 oz. of lean meat equals about 7 grams of protein, so you will be eating 28-42 grams of protein per meal. Good proteins include chicken, lean beef and turkey, tuna and other fish, eggs (also has fat) and egg whites, and protein supplements.

Lifestyle Carbohydrate Intake

The Lifestyle Cut Diet is a low carbohydrate diet, structured to maintain stable insulin and blood sugar levels. Our carbohydrate intake recommendation is simple, 1-2 cups of green vegetables with each meal and 2-3 pieces of fruit per day eaten with meals. Each cup of vegetables contains about 10

grams of carbs. A meal that contains 1 cup of vegetables and 1 piece of fruit will have about 30 grams of carbohydrates in it.

Lifestyle Fat Intake

Dietary fat is very important for proper body functioning. Most people have an unbalanced view of dietary fat and therefore limit it. The Lifestyle Cut Diet promotes getting good fats with every meal, which helps to maintain stable blood glucose and insulin levels. We recommend getting 10-20 grams of fat with each meal. Good sources of fat include: almonds and almond butter, peanuts and peanut butter, avocado, flax seed and olive oil, and eggs.

Lifestyle Carb Refeed/Cheat Meal

In Game Over, we recommend a carb refeed consisting of oatmeal and sweet potatoes every three days. In The Lifestyle Cut Diet we give you the option of having a “cheat” meal in place of the carb refeeds, which will allow you to go out to eat with your friends and family and enjoy yourself while not hampering your progress. While we recommend eating good

complex carbs like grains (such as oatmeal) and starches (such as sweet potatoes) for your carb refeed, a couple slices of pizza every now and then will not kill your progress and allows you to enjoy life.

Cheaters Always Prosper
The OFFICIAL Scivation Guide to Dietary “Cheating”

By: Chuck Rudolph, MEd, RD

With

Marc Lobliner and Derek Charlebois

Since publishing Game Over—The Final Showtime Cut Diet You’ll Ever Need, we have been bombarded with emails and comments. The one most frequently asked question is how and when it is okay to deviate from the plan. The answer for this is simple...Never! If following the Cut Diet, you should not cheat and if you do cheat, it better not be often. If you do happen to cheat, don’t cry to us that your results aren’t optimal. The bottom line is that the Cut Diet relies on getting the body primed and in the zone. Cheats throw this off.

But what if following more of a lifestyle type Cut Diet where you taper carbs throughout the day or even bulking? These are situations where cheating is acceptable and downright yummy. If you like eating pie and being lean at the same time read on and find out how you can cheat and win!

How much can I cheat?

Let's set forth some guidelines. While it is okay to have the occasional Thanksgiving-like feast where you eat until your pants don't fit and your feet are swollen, we do not recommend doing this on a weekly basis. Thus, when following the aforementioned diets, we recommend two to three cheat meals per week with calories at around 150% of your normal meal. Meaning that if a normal meal for you yields 500 calories, you will want the cheat to be around 750 calories. But how do you count cheat calories? You don't. It is all about moderation and approximating the total. In essence, eat until you are full yet not stuffed.

What can I eat for my cheat meal?

We recommend making healthy choices, but the beauty

of a cheat meal is that you can cave in to those cravings! If you feel like a piece of pie, get a nice slice of Pecan Pie. If you feel like cheese, buy some Gouda! Just try to control yourself and not eat the whole pie or an entire cheese wheel. The beauty is that you can kiss those protein to carb to fat ratios goodbye for this meal. Enjoy the freedom!

Why am I always bloated after cheat meals?

You are bloated because you ate a lot of food and probably knocked back a few Diet Cokes as well! To alleviate some of the bloat, limit fluid intake around the cheat meal. However, since the bloat will subside in 72 hours or so, just enjoy the meal and deal with it unless of course, you have to take your shirt off in the upcoming days!

What should I eat before a cheat meal if I know it is going to happen?

Just eat your regularly scheduled meals and then roll into the cheat meal as a replacement for one of your scheduled meals.

What about after the cheat? Should I not eat?

Eat your next scheduled meal after the cheat meal. If too full to do this, simply skip the meal (try not to do this) or eat a portion of your next scheduled meal.

What if about after that?

If you feel you went overboard on the cheat meal, then add five to ten minutes of cardio to the next two to three cardio sessions. If the day after the cheat meal is an off day from weight training, you can go to the gym on the off day for 20 to 30 minutes of cardio.

Although we put a lot of effort into looking the way we do, it is always nice to be able to be “normal” once in a while. Unless you are on a Showtime Cut Diet and cheating is not an option, live a little! Take your spouse or date out to Red Lobster and eat up some shrimp! Heck, get some oysters and get your freak on! Bodybuilding and the physique enthusiast lifestyle is all about balance, consistency and longevity. So do what Scivation recommends, put down that food scale once in a while and live life!

Chapter 7

The Blueprint For Your Lifestyle Diet

Simplified Lifestyle Serving Breakdown

- Protein per meal
 - <150 lbs. = 4 oz. Lean Protein /4 servings
 - 150-200 lbs. = 5 oz. Lean Protein/5 servings
 - >200 lbs. = 6 oz. Lean Protein/6 servings
- Carbs
 - Starchy carbs kept in meals 1-3
 - 1-2 Cups of Vegetables per meal
 - 2 pieces of fruit per day
- Fats per meal
 - <150 lbs. = 2 servings
 - 150-200 lbs. = 2-3 servings
 - >200 lbs. = 3-4 servings

Sample Day (5 Meals)–Weight = 180 lbs

Meal 1

- 5 servings protein
- 2 servings starchy carbs
- 2 servings fat
- Green Veggies

Meal 2

- 5 servings protein
- 1 serving fruit
- 2 servings fat
- Green Veggies

Meal 3

- 5 servings protein
- 2 servings starchy carbs
- 2 servings fat
- Green Veggies

Meal 4

- 5 servings protein
- 1 serving fruit
- 2 servings fat
- Green Veggies

Meal 5

- 5 servings protein
- 3 servings fat
- Green Veggies

Now Picking Foods and Adding Supplements to the Above Setup

*Choose foods from the Approved Food List at the end of this book

Upon Wakening

- 1 serving Dialene 4™

Meal 1 (Take 1 Sci-Cap™ of Sesamin)

- 9 TBSP Egg Whites (3 servings protein)

- 2 Whole Eggs (2 servings protein & 2 servings fat)
- 1 Cup Cooked Spinach + Mushrooms
(put in eggs as an omelet)
- 2 pieces Whole Wheat Toast (2 servings carbs)

Meal 2

- 1.5 Scoops Substance WPI (5 servings protein)
- 2 TBSP Peanut Butter (2 servings fat)
- 1 Cup Green Beans (If possible)
- 6.5 oz Grapefruit (1 serving carbs)

Meal 3 (Take 1 Sci-Cap of Sesamin)

- 5 oz. Chicken (5 servings protein)
- 2/3 Cups Brown Rice (2 servings carbs)
- 1 Cup Broccoli
- 15-20 Almonds (2 servings fat)

Pre-workout

- 1 serving Dialene 4

Workout Nutrition

- 1 Scoops Substance WPI™
- 4 Scoops Xtend™

Meal 4

- 1.5 Scoops Substance WPI (5 servings protein)
- 2 TBSP Almond Butter (2 servings fat)
- 1 Cup Green Beans (If possible)
- 6.5 oz Grapefruit (1 serving carbs)

Meal 5 (Take 1 capsule of Sesamin)

- 5 oz. lean beef (5 servings protein & 1 serving fat)
- 2 oz. Avocado with added Salsa (2 servings fat)
- 2 Cups Lettuce
 - All mixed together as a salad

Chapter

High Performance Nutrient Selection

Starches

(equal to 1 serving of Carbohydrate)
12-15 grams carbohydrate

Breads

- Bagel - whole-wheat, oat-bran, 9-grain (3.5 inch) $\frac{1}{2}$ or 42g
- Bread - whole-wheat, oat-bran, 9-grain 1 slice or 32g
- Ezekiel bread (sprouted grains NO FLOUR) 1 slice
- Whole Wheat English muffin $\frac{1}{2}$ or 33g
- Whole Wheat Pita bread (6.5 inch in diameter) $\frac{1}{2}$ or 32g
- Whole Wheat Tortilla, 6 inches across 1 or 35g

Cereals & Grains

- Barley (pearled) (dry) 1.25 tbsp or 15.6g
- Kashi Medley 1/3 cup or 19.8g
- Cream of Wheat regular or quick (dry) 1.5 tbsp or 16.7g
- Granola, low-fat (Heartland brand) 2.5 tbsp or 16.5g
- Grape-Nuts (Post brand) 2.5 tbsp or 16.5g
- Honey 3/4 tbsp or 15.8g
- Millet (dry) 1.5 tbsp or 18.75g
- Oat Bran (dry) 3.5 tbsp or 20.5g
- Oatmeal (Quaker Instant/Old Fashion, dry) 1/4 cup or 20g
- Pasta, wheat (noodles, bowtie, shells etc), (cooked) 1/3 cup or 46g
- Quinoa Grain (dry) 1.75 tbsp or 18.6g
- Rice, brown long-grain (cooked) 1/3 cup or 64.35g
- Rolled Oats 1/4 cup or 20.25g
- Steel Cut Oats, dry 1/8 cup or 20g

Starchy Vegetables

- Baked potato (no skin) 63.8g or 2.25 oz
- Baked Sweet potato (baked no skin) 56.7g or 2 oz
- Yams (baked, no skin) 56.7g or 2 oz

Dried Beans & Lentils

ALSO COUNTS AS 1 MEAT SERVING

- Black Beans (S&W - canned) 106g or 3.75 oz
- Red Kidney, Pinto Beans (Green Giant - canned) 85g or 3 oz

Fruits

(equal to 1 serving of Carbohydrate)

12-15 grams carbohydrate

- Apple, (with peel) 3.25 oz or 92g
- Banana, (peeled) 2.25 oz or 64g
- Blueberries (fresh) 3.5 oz or 99g
- Grapefruit, (peeled) 6.5 oz or 184g
- Grapes 3 oz or 85g
- Mango (fresh) 3 oz or 85g
- Orange, (peeled) 3.5 oz or 99g
- Pineapple 4 oz or 113g
- Peach (fresh) 4.55 oz or 127.5g
- Pear (fresh) 3 oz or 85g
- Papaya (fresh) 5 oz or 141.75g

- Raisins (seedless) 2 tbsp or 18.5g
- Strawberries (fresh) 6.5 oz or 184g
- Watermelon (fresh) 5 oz or 141.75g

Milk

(equal to 1 serving of Protein & 1 serving Carbohydrate)

12-15 grams carbohydrates

6-8 grams protein

Milk & Very Low-Fat Milk

- Skim milk (0 grams fat) 1 cup or 8 Floz
- 1% Milk 1 cup or 8 Floz
- Plain non-fat yogurt $\frac{3}{4}$ cup or 6 oz
- Yoplait/Dannon Light Fruit yogurt 6 oz (1 container)

Low-Fat Milk

Also Counts as 1 Fat serving

- 2 % milk 1 cup or 8 oz
- Plain low-fat yogurt $\frac{3}{4}$ cup or 6.5 oz
- Sweet acidophilus milk 1 cup

Whole Milk

Also Counts as 2 Fat servings

- Whole milk 1 cup or 8 oz

Vegetables

(equal to 1 serving of Vegetables)

4-6 grams carbohydrates

- All servings sizes are based on (raw or steamed)

- Asparagus 4 oz or 113 g
- Broccoli 2.75oz or 78g or 1/2 cup
- Cauliflower 2.75oz or 78g or 1/2 cup
- Green Beans 2.2oz or 62.5g or 1/2 cup
- Onions 53g or 1.86 oz or 1/3 cup
- Spinach 125g or 4.4oz or 2/3 cup
- Celery 120g or 4.25 oz or 1 cup

- Cucumber 156g or 5.5 oz or 1/3 cup
- Green onions 50g or 1.75 oz or 1/2 cup

- Mushrooms 78g or 2.5 oz or 1/2 cup
- Tomato 90g or 3.2 oz or 1/2 cup
- Salad greens (lettuce, romaine) 165g or 5.2 oz or 3 cups

Protein

(equal to 1 serving of Meat)

6-8 grams protein

Very Lean Meat

(all measurements AFTER cooked)

- 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, tilapia) 1 oz or 28.35g
- Shell fish (crab, lobster, shrimp) 1.25 oz or 35.5g
- Egg whites 2 or 67g
- Egg Beaters 1/4 cup or 2.15 oz or 61g
- Non-fat cottage cheese 1/4 cup or 2 oz or 57 g
- Salmon Fillet 1 oz or 28.35g (also counts as 1/2 fat serving)
- Lean Sirloin 3/4 oz or 21.25g
- Egg (including yolk) 1 or 50g (also counts as 1 fat serving)
- Cheese 2% (Reduced Fat) 1 oz or 28.35g (also counts as 1 fat serving)
- Salmon 1 oz or 28.35g (also counts as 1/2 fat serving)

Fat (equal to 1 serving of Fat)
5 grams fat

Monounsaturated Fats & Polyunsaturated Fats

- Avocado 1 oz or 28.35g
- Almonds (dry roasted) 1/3 oz (~ 6 pieces) or 1 tbsp or 8.6g
- Benecol light 1 tbsp or 14g
- Cashews 1/3 oz or 1 tbsp or 9.65g
- Enova oil 1 Tsp or 4.5g
- Flax oil 1 Tsp or 4.5g
- Mayonnaise (Light, reduced-fat) 1 Tbsp or 15g
- Oil (olive or canola, Enova) 1 tsp or 4.5g or 0.16 oz
- Peanuts 1/3 oz or 9.36g
- Peanut/Almond butter (smooth or crunchy) 2 tsp or 0.38 oz or 10.6g
- Pecans 1/4 oz or 1 tbsp or 7.44g
- Salad dressing (Light, reduced-fat) 2 Tbsp or 30g
- Sesame seeds 1Tbsp or 1/3 oz or 9.4g
- Smart Balance Light spread 1 tbsp or 14g
- Sunflower seeds 1Tbsp or 1/3 oz or 9.0g
- Walnuts 1Tbsp or 1/4 oz or 7.5g

Free Food List

Less than 20 calories per serving

Less than 5 gram carbohydrates per serving

Recommended at 1 serving per meal per day

Fat Free or Reduced Fat

- Cream cheese 1 Tbsp
- Creamers, non-dairy liquid 1 Tbsp
- Creamer, non-dairy powder 2 Tbsp
- Mayonnaise, fat-free 1 Tbsp
- Margarine, fat-free 4 Tbsp
- Miracle Whip, non-fat 1 Tbsp
- Salad dressing, fat-free 1 Tbsp
- Sour cream, fat-free 2 Tbsp

Sugar Free or Low Sugar

- Hard candy, sugar free 1 piece
- Gelatin dessert, sugar free 1
- Gum, sugar free 1 piece
- Jam or jelly. Low sugar or light 2 tsp
- Syrup, sugar free 2 Tbsp

Drinks

- Coffee
- Club soda
- Diet soft drinks, sugar free
- Tea
- Tonic water

Sugar Substitutes

- Equal (aspartame)
- Splenda (Sucralose)
- Sprinkle Sweet (saccharin)
- Sweet One (Acesulfame potassium)
- Sweet 'n Low (saccharin)

Chapter 9

The Authors

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 Muscles AndCuts.com. Derek is available for online personal training. His website is www.beastpersonaltraining.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.

Sean Kane

Sean Kane is a dedicated professional with an extensive educational and specialized background in developing advanced training programs for amateur and professional athletes (NFL, MBL, NHL, NBA, USTA). Sean is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA); as well as a Performance Enhancement Specialist and Corrective Exercise Specialist through the National Academy of Sports Medicine (NASM); a United States Weightlifting Club Coach with Team Southern California (USAW); in addition to being a Titleist Performance Institute Certified Golf Fitness Instructor (TPI-CGFI).

Sean graduated from California University Pennsylvania with a Masters Degree in Athletic Performance and Injury Prevention. He completed his undergraduate work at California State University, Fullerton in Kinesiology with an emphasis in

Exercise Physiology and Athletic Training. He has co-authored two books with Scivation/Prima Force Nutrition to increase strength gains and to increase muscle mass. In addition, Sean has been a guest lecturer with Chapman University and Fullerton College. Furthermore, he is heading up the performance rehabilitation programming for the LARS ligament replacement procedure performed in Austria. Sean is committed to maximizing the athletic potential of all athletes through the most current research in the field of Exercise Science.