



GAME OVER

VOLUME 4!

THE FINAL SHOWTIME CUT DIET YOU'LL EVER NEED!

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Chapter 1

Building Your Best Body *Efficiently*

How I Found the *Cut Diet*

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

I started to research nutrition thinking this could help me get back into playing shape in six months. At that time, I was doing volunteer work at a renal care center (a center for people with kidney disease) and a center for diabetics. All of this was volunteer work required on my resume to apply for Medical School. This is where the most fundamental part of how to diet became clear to me. There was a dietitian there who put patients on a meal plan with five to six meals per day. Some of these patients on insulin (Type I Diabetic) as well as not on insulin (Type II) were very lean and were obtaining these results with no exercise. Within 6-10 weeks, patients with controlled insulin levels would reduce their body fat percentage and lose very little muscle mass or no muscle mass at all. I was amazed at these results. I thought, “What if I could eat this way and get back into shape?” I did just that. Then the thought occurred, “What if this response to balancing insulin levels via proper food intake could be duplicated in all healthy populations, athletes, exercise enthusiasts, and even bodybuilders?”

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

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

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

As trainers to many top athletes and physique competitors, we know what it takes to get someone ready for a show or a competition. The problem is that this method has only been available for the top-level bodybuilders and athletes that we consult with, until now.

If you're ready to make a change for the better and find out my proven strategies for gaining lean muscle and losing fat, read on. This just may be the book you have been waiting for...

Chapter 2

The Three Corners of the Results Pyramid: Diet, Training and Supplementation

The Most Important Component—Synergy

We have all heard it before, “Diet is the most important thing.” From our experience, this is partially correct. You can do a lot with diet, but without adequate training with both resistance and with cardiovascular training, you will be undermining your results. If you add in proven, effectively dosed supplementation, you’ll be amazed at what these three components can do for you.

The Big Hoax

“Lose 10 pounds in two weeks!” “Eat what you want and still lose weight!” We have all heard these promises, but yet over 60% of Americans are obese or overweight. What gives? The answer is that we’ve been lied to. As consumers and physique enthusiasts, we are always looking for the next big thing and hoping for the magic pill. Unfortunately, there is no magic pill. Yes, we believe in supplements and advocate their use. But for optimal results, the other two corners cannot be ignored!

Chapter 3

Cut Diet Principles

The History and Failure of Fad Diets

Low Carbohydrate, Low Fat, The Grapefruit Diet, The Liquid Diet. Heck there are so many fad diets that have come and gone over the years that we have lost count. The one thing they all have in common is one word, “Fad”. These diets all come and go fast. However, people seem to lose weight on these diets. Then why do they fail?

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

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

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

Never Combine Carbohydrates and Protein

The fact of the matter is, by utilizing this approach, the insulin spike is dramatically minimized and the carbohydrates will do what we want them to do, refill glycogen stores and support healthy thyroid function. When you combine fat and carbohydrates, the fat slows down the bolus entry into the small intestine, reducing transit time while providing an appropriate insulin response. When you combine protein and carbohydrates, it sends insulin skyrocketing and can lead to the last thing you want when dieting, fat storage!

We like to refeed with starchy, nutrient-dense carbohydrates and good fats with no protein every third day depending on caloric intake. This all depends on the bodytype of the individual. In our experience, 85-90% of our clients see great results with this tactic. The reason for this is to get the body in a fat-burning state but not allow it to think

it is starving. One problem we have with the low-carbohydrate phase is that a person's metabolic rate (especially thyroid) functions off of calories and carbohydrates. If you cut out carbohydrates all the way, the body begins to sense a state of starvation. This will slow down the metabolic rate as well as thyroid production and you then hit the wall, or a sticking point. What we like to do is incorporate good carbohydrates with good fats because it slows down digestion and supports healthy insulin output so there is optimal metabolism along with healthy calories and protein to preserve muscle tissue. Let's face it; muscle preservation is the key to fat burning. If we have a person that begins at 185 pounds and is 19-20% bodyfat and after 12-16 weeks is 165 pounds and at 15% bodyfat, then we are not too happy with the results. On the other hand, if that same person is 180 pounds at the end of 12-16 weeks and is 10-11% bodyfat, then we have succeeded.

Good Fats

Fat = STORED ENERGY.

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

1. Monounsaturated Fats

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

2. Polyunsaturated Fats

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

position from the end of the carbon chain. These fats are found in oils such as corn, soybean, cottonseed, sunflower, and safflower.

Why are EFA's important?

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

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

DIETARY FIBER

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

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

Whole Food Versus Liquid Meals

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

We recommend getting most of your meals from whole foods. Sometimes convenience forces us to rely on protein shakes. For this reason, we recommend

Scivation Whey because it is easy to digest with a very high biological value. Whey protein also has unique immune benefits not offered by whole foods.

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. By keeping insulin under control, the Cut Diet will keep your appetite suppressed and your metabolism revving! The two major “secrets” to the Cut Diet are to control insulin to maintain an alkaline state in the body. Below are some of the ways we accomplish this:

Control insulin levels

- Eat five to eight meals per day: Large meals can create enormous an insulin spike, which can cause your body to store fat. Small meals create a much smaller, more controlled insulin release thus less fat storage and 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.

Keep it Base

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

- Your body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44. To maintain optimal health and results, you should attempt to keep your body in an alkaline state through diet. An imbalanced diet high in acidic foods can make your body acidic. This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making you more prone to chronic and degenerative disease and potentially disrupting nutrient absorption.
- Add fat to your meals! For example, when you eat a meal like oatmeal and egg whites, you are eating a very acidic meal. But when you put raisins and almonds in your oatmeal and have some steamed vegetables with it, you are lowering the acidity of that meal dramatically. All of the Cut Diet meals keep this factor in mind.

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

What are some Alkaline Foods?

Vegetables

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

Fruits

Avocado
Grapefruit
Banana
Lemon
Tomato
Watermelon (neutral)

Nuts

Almonds
Pumpkin
Sunflower
Sesame
Flax

Fats & Oils

Avocado
Hemp
Flax
Olive
Evening Primrose
Borage

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

Grapefruit—The *Great* Fruit

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

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

Blueberries for Fat Loss!

In light of recent research, volume 4 now uses blueberries as a food source to further enhance the efficacy of the Cut Diet. It was shown that polyphenol extracts from blueberries can induce weight loss in rats when they are put on a high-fat diet. Surprisingly, if the animals were consuming the fruit itself, no weight loss effects were observed. One reason might be that the fruit contains extra carbohydrates that could have inhibited the weight loss by increasing insulin. Even though blueberries are low glycemic-load carbohydrates, they will still have an impact on insulin secretion. This is why with the Cut Diet and the high amounts of protein and healthy fats, blueberries can help enhance fat loss!

Just Say “NO” to the Post Workout Insulin Spike

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

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

Here are some other keys to the Cut Diet:

- 1. Drink Plenty of Water.** Try to drink eight glasses of water per day. The benefits of drinking provide optimal hydration as well as a feeling of “fullness” without added calories.
- 2. Do not skip meals.** Skipping meals can drastically reduce your blood sugar levels and make you crave sweets later on
- 3. YOU MUST EAT to 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.
- 4. Choose fresh, wholesome foods.** Try to purchase fresh foods versus processed (packaged) foods. Packaged foods are loaded with preservatives, especially sodium and saturated fats. You will be amazed at how fast you can lose fat just by packing meals from home rather than purchasing fast food or packaged foods. You also will save a lot of money!

BCAAs... the perfect dieting fuel?

Layne Norton BS Biochemistry

In recent years BCAA supplementation has come back into ‘vogue’ in the bodybuilding and fitness community and with good reason; Branched Chain Amino Acids may have more research to support their use as a supplement than any other supplement available! While BCAA supplementation may be useful for gaining mass, I believe they are most useful for maintaining muscle mass while on a diet, especially for bodybuilding competitors who take their physiques to the extreme of leanness. Although getting shredded makes you look awesome onstage and on the beach... and with your opposite sex friend (or friends if you are that kind of guy/gal) it can also cause mucho loss of muscle mass.

Dieting is catabolic for several reasons. The leaner one's body gets, the more likely they are to lose muscle mass as the body will try harder and harder to hold onto body fat stores. In doing so, the body will turn to muscle to satisfy its energy needs. On the molecular level this occurs by the body increasing protein breakdown in order to liberate muscle amino acids for fuel. If this isn't bad enough it is compounded by the fact that levels of protein synthesis will also decrease due to reduced energy intake. Since the basic equation for muscle mass = (rate protein synthesis – rate of protein breakdown) you better believe this is bad news. When the rate of synthesis equals the rate of breakdown, there is no net loss or gain of muscle. If the rate of synthesis exceeds the rate of breakdown, there is a net gain of muscle. Conversely, when the rate of breakdown exceeds the rate of synthesis, there is a net loss of muscle mass. Therefore, during dieting you may be 'burning the candle at both ends' as breakdown is elevated and synthesis is reduced.

To compound the metabolic affects of dieting, there is also the workout factor to consider. As one becomes leaner and leaner, they also become more lethargic due to decreased energy intake and decreased glycogen storage. This causes workout intensity and strength to suffer. This may increase muscle loss by preventing the individual from lifting heavy loads with the sufficient intensity required to cause their body to adapt to the workout by increasing or maintaining lean mass. Essentially what your body 'thinks' if you start using lighter weights due to strength/intensity losses is, "Hey this load isn't as heavy as I'm used to, I can use some of this muscle for energy since I don't need it for lifting a heavy load."

Thus far I have presented you with the 3-headed monster of muscle loss. So how does BCAA supplementation help prevent muscle loss? By attacking all 3 heads of this monster. It is well established that branched chain amino acids (particularly leucine) stimulate protein synthesis and can do so to a greater extent than a normal protein meal by itself. What is even more interesting is that BCAAs also increase synthesis of the cellular machinery responsible for carrying out the process of protein synthesis. So not only do BCAAs increase the RATE of protein synthesis but they also increase the cell's CAPACITY for protein synthesis! BCAAs also work in your favor at the other end of the muscle gain equation by reducing the rate of protein breakdown. This is most accomplished by decreasing the activity of the components of the protein breakdown pathway and also by decreasing the expression (the amount of mRNA produced from the gene that codes for these components) of several complexes involved in protein breakdown. If we revisit our original balance equation for muscle mass, one can plainly see that increasing synthesis and decreasing breakdown will swing the pendulum far in favor of muscle gain/maintenance.

The positive effects of BCAA supplementation on protein breakdown & protein synthesis are not the only benefits to BCAA supplementation while on a cutting diet. BCAAs can also help improve workout focus. BCAAs compete with the amino acid Tryptophan for entry into the brain where Tryptophan can be converted to the neurotransmitter serotonin through a series of reactions. During exercise, serotonin levels rise and can (amongst other things) increase the perception of fatigue and cut workout intensity short. Supplementation with BCAAs reduces the amount of Tryptophan

that enters the brain and therefore reduces the amount of serotonin that is produced, which may allow you to workout harder and longer.

Despite the numerous positive benefits to BCAA supplementation, there are many skeptics who suggest that BCAAs are overpriced and that one can just increase their consumption of whey protein which is rich in BCAAs. Unfortunately this is not the case. The BCAAs in whey are peptide bound to other amino acids and must be liberated through digestion & absorbed into the bloodstream to exert their effects. Even though whey protein is relatively fast digesting, it still takes several hours for all the amino acids to be liberated & absorbed into the bloodstream. BCAAs in supplement form, however, are free form BCAAs and require no digestion and are therefore rapidly absorbed into the bloodstream, spiking blood amino acids to a much greater extent than peptide bound amino acids. Even a few grams of BCAAs will spike plasma levels of BCAAs to a much greater extent than a 30g dose of whey protein, impacting protein synthesis and protein degradation to a much greater degree. The reason a supplement has such a powerful effect on blood levels of BCAAs is that unlike other amino acids, BCAAs are not metabolized to a significant extent by the small intestine or the liver, therefore an oral supplement is more like a BCAA injection since it reaches the bloodstream so rapidly.

All of this information is all well and good, but what's the bottom line? The bottom line is that new studies have shown that supplementing with BCAAs (like leucine) increase muscle retention and maximize fat loss on a diet when compared to non-supplemented groups. That's the bottom line my friends, more muscle mass retained and a greater percentage of body fat lost. Forget other supplements that are long on promises but short on results, BCAAs deliver the goods!

Determining Calories For The Cut 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 all 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 = 28-31 calories/kg

High body fat (15%+) Mesomorph = 32-35 calories/kg

High body fat (15%+) Ectomorph = 36-40 calories/kg

Low body fat (14%-) Endomorph = 30-33 calories/kg

Low body fat (14%-) Mesomorph = 34-36 calories/kg

Low body fat (14%-) Ectomorph = 37-40 calories/kg

For example, a 180lb male at 22% body fat who is a mesomorph body type would equal:

$180/2.2 = 81.819 \text{ Kg} \times 32-35 \text{ calories/kg} = \sim 2,600 - 2,900 \text{ calories}$

This individual would opt to use the Cut Diet 2,500 or Cut Diet 3,000. To be more accurate, for example, if this individual were 15-17% bodyfat, then we would recommend starting closer to the 2,900 calories. However, if this person started at 22-24% bodyfat then we would recommend starting at the 2,500 calorie range. As you progress, gradually reduce total calories by 150-300 calories (strength and bodyfat reduction pending).

16 Weeks for Contest Shape?

The Cut Diet is VERY effective for getting someone ready to step onstage. However, it has its limitations. To get stage ready, we recommend starting the 16 week Cut Diet at **12-13%** bodyfat or less. If you are over 15% bodyfat, you might not be able to achieve stage-ready conditioning. If you are over 15% bodyfat, the Cut Diet can help you lose fat exceptionally fast, yet is not likely to get you stage-ready in 16 weeks. Once you get to **12-13%** bodyfat, this 16 week program will dial you in!

Carb Load at Night

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

No Water With The Carb Load!

We recommend drinking four to six ounces of water 60 minutes prior to the carbohydrate meal and then consume four to six ounces 45-60 minutes after the last bite of the carbohydrate meal. Even though you are consuming low GI carbs, these have a tendency to draw water to the abdomen. Any excess water intake during the meal may result in unwanted bloating or feeling of fullness before the meal is complete. Since you are consuming a major influx of total calories from nutrient dense food sources, we want to make sure you get all of this meal in. But if you are thirsty during your carb load, feel free to drink something! We would hate for you to choke! Just don't drink too much to avoid bloating and discomfort.

Following The Cut Diet While Traveling

If you are going out of town for business or pleasure and plan to stick to your Cut Diet schedule, eating the recommended Carb Meal can pose problems. Getting your standard Cut Diet meals of protein, vegetables, and fats should not be an issue. You can always bring food with you, but even if you are going out to eat at a restaurant, you can order

meals to fit. For example, a grilled chicken salad with an olive oil-based dressing or grilled salmon (which contains your required fats) and steamed broccoli would work. To avoid excessive dressing on your salads, a good idea is to get your dressing on the side and as you take a bite of your salad, dip the fork into the dressing, then into the salad. This will allow the perfect taste and you will not go overboard with the calories from the dressing. Restaurants will usually put too much dressing in the salad.

The Carb Meal can pose some problems since it would be hard to get exactly what you need at a restaurant. Therefore, you have three options for your Carb Meal:

1. Bring the food required for the Carb Meal with you or go to the store and buy it.
2. If not preparing for a competition, you could be a little more lenient with your Carb Meal and order a carb source at a restaurant (i.e. a sweet potato with your meal).
3. Forgo the Carb Meal until you return home. "Missing" one Carb Meal will not harm your progress and is better than completely messing up your Carb Meal. While you may feel more depleted than usual, this will not put a damper in your fat loss efforts. Simply have your normal Carb Meal for your last meal of the day on the day you return home.

What to Expect on the Cut Diet

Once the Cut 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 weak in the gym, low energy, possible headaches, irritability and weight loss. **DO NOT FREAK.** The symptoms will last about one to two weeks and they do not happen to everyone. Your strength, energy, pumps and fat loss will start to kick-in between week four to six.

The first two to three carbohydrate loads can be difficult to handle. First, the amount of food is large and the stomach may have problems adjusting. This is normal. Also, you may get light-headed, woozy, dizzy and tired after the meal and even the next day. The day after this meal, you may experience gas, bloating and water retention the first two to three carbohydrate loads. One way to help avoid this is to take your time eating this meal. Make it last a minimum of 30 minutes and no longer than 45. Also, be sure that you do not lie down to bed within 45-60 minutes of the last bite.

The Calories Don't Add Up!

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

count every calorie from every food item. What if you have more stress on one day than on the next? What if you are mildly sick or have cold?

We think you may actually burn calories just trying to calculate them all from every darn piece of food which is a waste of time in our opinion. The Cut Diet provides grams per servings. The general rule of thumb is one carbohydrate serving is 15 grams of carbohydrates, one fat serving is five grams of fat and one protein serving is seven grams of protein. With this simple format, you can make different meals on the Cut Diet 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 not be enough!

I Can't Eat All of the Vegetables!

You're fine. Just add in five grams of Primaforce Glutaform to the meal and everything will work out. Try your best to get in all of your vegetables as prescribed in the diet, but if you don't, it will be okay!

Cheat Meals

This is a hardcore, showtime Cut Diet. **YOU ARE NOT ALLOWED TO CHEAT!** But if you do happen to cheat, just continue on as if you didn't and eat your next meal. **DO NOT STRESS OVER IT! DO NOT STARVE YOURSELF OR MISS A MEAL!** This will do more harm than good. Just move on!

When to Lower Calories and Where From

As we have mentioned, optimal dieting is about calories in versus calories out with macronutrient manipulation as well as a major focus on insulin control through diet. Initial caloric intake when starting the Cut Diet all depends on where the individual starts. Ideally, we want to start the calories on the highest side to maintain current "scale weight" with the goal in mind to preserve/build lean body mass (LBM) and burn fat. However, a person that starts a Cut Diet at higher body fat percentage (>15%) will have

lower calories than what our formula would estimate based on activity to maintain (starting body fat < 15%) current weight. The idea is to provide the calories but manipulate the macronutrients (carbohydrates, fat and protein) to keep the current “scale weight” yet reduce body fat. 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 lowering (as previous weeks) and/or bodyfat percentage is not lowering and/or definition is not appearing more noticeable.** When these arise, calories need to be reduced or low intensity cardio increased. We prefer starting with a five to ten minute increase in cardio until 45 minutes is reached. That is the max time on any cardio machine with your heart rate (HR) at 130-150 beats per minute (BPM).

Once the next stick point occurs, simply drop to the next calorie level. It is as simple as that!

Do Not Stress Over Minor Things

People have the tendency to overanalyze and stress about their diet. The Cut Diet is setup so you don’t have to overanalyze and stress over it. The basics of each meal are simple; eat lean protein with vegetables and good fats every 2-3 hours. 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 1 oz. 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.

Can Women Follow the Cut Diet?

Absolutely! The Cut Diet has helped many female figure and fitness competitors’ step on stage in their best condition ever and has also helped some achieve pro card status. All components of the Cut Diet, from the exercise recommendations to the supplement recommendations, are safe and very effective for women.

Chapter 4

Cut Diet Training

Dieting and Strength—Will it all go away?

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

Training Versus Overtraining

When we tell people to perform cardio after weight training, they sometimes say, "That means I'll be in the gym for two hours!" We usually recommend between 30 and 45 minutes of low intensity cardio post workout. What are these guys doing training for two hours? Weight training should take 45-60 minutes max. It is easy to overtrain, and we want to prevent that by getting in, training, and then getting out. Also, who wants to spend all day in the gym?

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

Cardio--Low Intensity Versus HIIT

The key to dieting is to preserve or even gain lean mass while dropping bodyfat. In our opinion, High Intensity Interval Training (HIIT) used on a dieting individual while weight training and on reduced calories will lead to one thing, muscle loss. We do not want this. We utilize cardio not only for calorie burning, but also for nutrient absorption and oxygenation of the muscles. Think about it, as your heart beats and blood flows throughout your body, the nutrients are being delivered to your muscles at an accelerated rate, thereby promoting recovery and fat-loss!

HIIT Cardio -- When and How to Add It

Despite what the previous section states, there is a time and a place for HIIT on the Cut Diet. We know that the leaner one gets as the contest approaches, the harder it is to burn that final body fat. What we like to do is add in 1-2 days of HIIT to help get rid of that last bit of fat. After doing our LI cardio for the beginning 10-12 weeks, which works great with our high fat/low carb diet, the final 4-6 weeks may call for some HIIT. HIIT is very beneficial in post workout fat oxidation. We do not recommend HIIT on a weight training day since the effects are similar to weight training, but on a non-workout day during the last 4-6 weeks, we strongly feel that HIIT will optimize fat burning.

During HIIT, consume your Workout Nutrition as if you were weight training. HIIT can be done on non-workout days as well as in the evening or morning on shoulder day, allowing for two days per week the last four to six weeks for HIIT. On the non-workout day, the HIIT can be very intense. The breakdown will be: Five minute warm up, 30

minutes of HIIT, then 5 minutes cool down. On shoulder day, HIIT should be either performed in the morning (then weights at night) or weights in the morning (HIIT at night). Please note on shoulder day and especially during the final four to six weeks that we recommend Workout Nutrition for weights as well as HIIT sessions. Also, on shoulder days with HIIT implemented, the HIIT can be reduced to 5 minutes for warm up, 20 minutes HIIT, and 5 minutes cool down. To enhance the fat burning effects, we recommend continuing the postworkout LI cardio and just add in the HIIT at a different time during the day.

Warming up with Cardio

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

Form Over Ego!

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

Rest, Don't Nap, Between Sets

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

Compound Movements – Kill 2 Birds

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

No Pre-Workout Shake?

On the Cut Diet with your pre, during and post-workout Xtend, you do not need a pre workout shake or a special pre-workout meal. You simply need to train 60-90 minutes after one of your scheduled meals. What if you train first thing in the morning? Simply start sipping your Xtend 15 minutes prior to your workout and continue sipping throughout your weight training and cardio. This is all you need!

If you do not have Xtend, you can take one scoop of Scivation Whey pre workout and then consume one to two scoops (40 grams) of Scivation Whey immediately post workout. Eat your next scheduled meal 30-45 minutes after your workout.

When do I eat for training?

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

Wake Up 5:30 AM
Meal 1: 6:00 AM
Meal 2: 9:00 AM
Meal 3: 12:00 PM
Meal 4: 3:00 PM
Meal 5: 6:00 PM
Meal 6: 9:00 PM
Bed around 9:30-10pm

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

Example of morning 6 AM workout:

If you are working out early in the morning you may not have time to eat a meal and wait an hour for it to digest before working out. In this situation we recommend waking up, downing your VasoCharge + Xtend (discussed later in book), and heading to the gym. Your meal schedule may look like this:

Six Meal Plan

- Wake up at 5:30 (mix up your VasoCharge+Xtend)
- Head to gym at 5:45 AM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 AM (sip on Xtend during your workout)
- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 1:00 PM
- Meal 4: 4:00 PM
- Meal 5: 7:00 PM
- Meal 6: 9:30 PM
- Bed around 10 PM

Seven Meal Plan

- Wake up at 5:30 (mix up your VasoCharge+Xtend)
- Head to gym at 5:45 AM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 AM (sip on Xtend during your workout)
- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 12:00 PM
- Meal 4: 2:00 PM
- Meal 5: 4:00 PM
- Meal 6: 6:00 PM
- Meal 7: 9:00 PM
- Bed around 10 PM

Eight Meal Plan

- Wake up at 5:30 (mix up your VasoCharge+Xtend)
- Head to gym at 5:45 AM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 AM (sip on Xtend during your workout)
- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 12:00 PM
- Meal 4: 2:00 PM
- Meal 5: 4:00 PM
- Meal 6: 6:00 PM
- Meal 7: 8:00 PM
- Meal 8: 10:00 PM
- Bed around 10:30 PM

Example of evening 6 PM workout:

Six Meal Plan

- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 1:00 PM
- Meal 4: 4:00 PM
- Head to gym at 5:45 PM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 PM (sip on Xtend during your workout)
- Meal 5: 8:00 PM
- Meal 6: 10:00 PM
- Bed around 10:30 PM

Seven Meal Plan

- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 12:00 PM
- Meal 4: 2:00 PM
- Meal 5: 4:00 PM
- Head to gym at 5:45 PM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 PM (sip on Xtend during your workout)
- Meal 6: 8:00 PM
- Meal 7: 10:00 PM
- Bed around 10:30 PM

Eight Meal Plan

- Meal 1: 6:00 AM
- Meal 2: 8:00 AM
- Meal 3: 10:00 PM
- Meal 4: 12:00 PM
- Meal 5: 2:00 PM
- Meal 6: 4:00 PM
- Head to gym at 5:45 PM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 PM (sip on Xtend during your workout)
- Meal 7: 8:00 PM
- Meal 8: 10:00 PM
- Bed around 10:30 PM

As we have stated, the goal is to continually fuel the body and allow it to recover. We hear constant debate over what the best pre and post workout options are and frankly, we like to give the body what it *needs* during training; ample amino acids with an abundance of BCAAs, Glutamine and the proven performance enhancer, Citrulline Malate. This is why we formulated Xtend. No Xtend? Don't worry, just take Scivation Whey post workout. Remember, it is not the pre-workout meal that fuels your workout; it is the many meals the days prior that fuel your training and recovery.

What if I Miss a Workout?

If you miss a workout, simply work your schedule so you get back on track. Do not skip a workout! This program is based on training each muscle group as prescribed for optimal results. 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! This is why we like a five day split. There is wiggle room if you need an off day.

I Don't Want to Do this Training Program!

Fine, just stop your whining! Simply use the program of your choice. We recommend a five day per week split while on the Cut Diet because we like doing LI cardio on training days. The Cut Diet is meant for a five day per week program for optimal results. But feel free to use whatever program you'd like! Another GREAT program for the Cut Diet is TriPhase Training found at www.scivationbooks.com.

Strength Versus Bodybuilding

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. This process takes time. However, the body also adapts very well. We recommend a 17 week training program for the Cut Diet (split routine hitting each body part once per week and allowing recovery, which is highly notarized by bodybuilders) that will work *with* the Cut Diet to get you in your best condition ever! We will use a highly advanced pyramiding system that will take into account volume, load, and will also provide change to stimulate your muscles to grow even while dieting and losing bodyfat! This is the first program of its kind and is guaranteed to help you get the show-winning and jaw dropping body you have always dreamed of when used in conjunction with the Cut Diet. We divide the routine into four week categories and one SHOWTIME week, so 17 total weeks. Here is the program!

Perform 30-45 minutes of cardio on training days either first thing in the morning on an empty stomach with Dialene 4 in your system while sipping on Xtend, Pre or Post Workout. Cardio is a MUST on the Cut Diet for optimal results!

Cut Diet Peak Pyramid Training

The Spilt Overview

Day 1: Chest and Abs

Day 2: Back

Day 3: OFF

Day 4: Shoulders

Day 5: Arms and Calves

Day 6: Legs and Abs

Day 7: OFF

Week 1: 15, 12 WORKOUT A

Week 2: 15, 12, 10 WORKOUT B

Week 3: 15, 12, 10, 8 WORKOUT A

Week 4: 15, 12, 10, 8, 6 WORKOUT B

Week 5: 6, 8, 10, 12, 15 WORKOUT A
Week 6: 6, 8, 10, 12 WORKOUT B
Week 7: 6, 8, 10 WORKOUT A
Week 8: 6, 8 WORKOUT B
Week 9: 15, 12 WORKOUT A
Week 10: 15, 12, 10 WORKOUT B
Week 11: 15, 12, 10, 8 WORKOUT A
Week 12: 15, 12, 10, 8, 6 WORKOUT B
Week 13: 6, 8, 10, 12, 15 WORKOUT A
Week 14: 6, 8, 10, 12 WORKOUT B
Week 15: 6, 8, 10 WORKOUT A
Week 16: 6, 8 WORKOUT B
Week 17: SHOWTIME WEEK!

Alternate between workout A and workout B each week. Week 1 = workout A, week 2 = workout B, week 3 = workout A, week 4 = workout B, etc.

Chest Workout A

Flat Bench Press
Incline DB Press
Flat DB Flies
High-Pulley Cable Crossovers
Ab Workout #1
Decline Crunches 3 X 8-12
Back Extensions 3 X 8-12

Chest Workout B

Incline Barbell Press
Flat DB Press
Incline DB Flies
Low-Pulleys Cable Crossovers
Ab Workout #2
Lying or Hanging Leg Raises 3 X 8-12
Torso Twist 3 X 8-12

Back Workout A

Pull-Ups
Bent Over Row
T-Bar Row
Straight-Arm Pulldown

Back Workout B

Chin-Ups
Deadlifts
Lat Pulldowns
Seated Cable Row

Delts + Traps Workout A

Military Press
DB Side Lateral
Bent Over Cable Lateral
Barbell Shrug
DB Shrug

Delts + Traps Workout B

DB Shoulder Press
1-Arm Cable Lateral
Bent Over DB Rear Lateral
Behind the Back Barbell Shrug
Reverse Pec Dec

Arms+Calves Workout A

Barbell Curl
Close Grip Bench
Cable Curl
Tricep Pressdown
Standing Calf Raise
Seated Calf Raise

Arms+Calves Workout B

DB Curl
Skull Crusher
Reverse Cable Curl
Reverse Tricep Pressdown
Seated Calf Raise
Standing Calf Raise

Leg Workout A

Squats
Stiff Leg Deadlift
Leg Extension
Leg Curl
Ab Workout #2
Lying or Hanging Leg Raises 3 X 8-12
Torso Twist 3 X 8-12

Leg Workout B

Hack Squat or Front Squats
Leg Press
Seated Leg Curl
DB Lunges
Ab Workout #1
Decline Crunches 3 X 8-12
Back Extensions 3 X 8-12

Explanation of Phases

Phase 1 (Weeks 1-4)

Week 1: 15, 12

Week 2: 15, 12, 10

Week 3: 15, 12, 10, 8

Week 4: 15, 12, 10, 8, 6

We will start with lower volume, lighter workout with only two sets and build up to a higher volume, intense workout with five total sets and heavy weight. You can do a warm up set or two before the first set. You want to raise the weight for each set and decrease the reps. An example for Week 4 will be:

Warm Up: 95 x 15

135 x 15

155 x 12

175 x 10

195 x 8

215 x 6

Phase 2 (Weeks 5-8)

Week 5: 6, 8, 10, 12, 15

Week 6: 6, 8, 10, 12

Week 7: 6, 8, 10

Week 8: 6, 8

We will start heavy with lower reps and then lighten the load and decrease the weight. We recommend 2-3 warm up sets prior to hitting your first heavy set.

Warm up: 95 x 15, 135 x 12, 185 x 10

225 X 6

205 X 8

185 X 10

165 X 12

145 X 15

Phase 3 (Weeks 9-12)

Week 9: 15, 12

Week 10: 15, 12, 10

Week 11: 15, 12, 10, 8

Week 12: 15, 12, 10, 8, 6

We will start with lower volume, lighter workout with only two sets and build up to a higher volume, intense workout with five total sets and heavy weight. You can do a warm up set or two before the first set. You want to raise the weight for each set and decrease the reps. An example for Week 4 will be:

Phase 4 (Weeks 13-16)

Week 13: 6, 8, 10, 12, 15

Week 14: 6, 8, 10, 12

Week 15: 6, 8, 10

Week 16: 6, 8

We will start heavy with lower reps and then lighten the load and decrease the weight. We recommend 2-3 warm up sets prior to hitting your first heavy set.

Warm up: 95 x 15, 135 x 12, 185 x 10

225 X 6

205 X 8

185 X 10

165 X 12

145 X 15

Week 17 – SHOWTIME!

7th Day out CARB LOAD – This **Carb Meal** (the normal Carbohydrate Meal you have been doing the past 12-16 weeks) should be planned out so it occurs on the day one week prior to event. No water intake 60 minutes prior to the **Carb Meal** or after the **Carb Meal**. Get all of your water in 60 minutes before the Carb Meal. 60 minutes after the Carb Meal, you can drink four to six ounces of water.

6th day out – Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker **every meal**)

99mg potassium every four hours

2.5-3 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

5th day out - Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug, standing barbell or cable curl, lunges and standing calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker **every meal**)

99mg potassium every four hours

2.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

4th day out – – Can do **6th day out routine** which was Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform the following cardio routine:

Cardio 30-35 minutes + **10-15 minutes posing practice**

Salt everything (10-12 shakes of a salt shaker **every meal**)

99mg potassium every three hours

2 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

All taken together three times per day

(Note- Scivation Showtime was formulated specifically to meet these recommendations)

100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

CARB LOAD – NO WATER intake 60 minutes prior to the Carb Meal or 60 minutes after the Carb Meal.

3rd day out – Can do **5th day out weight routine without leg training which was:** Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug and standing barbell or cable curl, lunges and standing calf raises. Perform the following cardio routine:

Light Cardio 30-35 minutes + **20 min posing practice**

We are not training legs to avoid any water retention or swelling of the legs for the big day.

Salt everything up to 6:00 PM (10-12 shakes of a salt shaker **every meal up to 6 PM**)

99mg potassium every two - three hours

1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

All taken together three times per day

625 mg Uva Ursi – three times per day

(Note- Scivation Showtime was formulated specifically to meet these recommendations)

100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

2nd day out

15 – 20 minutes posing practice – NO Weights and 20-25 minutes of Cardio if Desired.

99mg potassium every two hours

1-1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

All taken together three times per day

(Note- Scivation Showtime was formulated specifically to meet these recommendations)

100mg caffeine – three times per day

0.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Day before Show

15 – 20 minutes posing practice – NO Weights, No Cardio.

NO SALT AT ALL – all foods are plain, fresh (not frozen or processed) and dry, dull, bland

99mg potassium every two hours

0.5-0.75 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

All taken together 3-4 times per day

(Note- Scivation Showtime was formulated specifically to meet these recommendations)

100mg caffeine – three times per day

Night Time Meal: Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal maybe started early and cut in half to be consumed over a 4-4.5 hr period. It maybe too much food at one time and the “nibbling” effect has indicated better results. The last meal (INSTEAD OF NORMAL CARB LOAD) is the following:

Six to ten oz LEAN Fillet or Halibut - no salt, no seasoning, no marinade.
One to two cup steamed asparagus/spinach - NO SALT
12-15 oz baked potato or sweet potato - NO SALT
One to Two tbsp UNSALTED butter or almond butter
Six to Ten oz Red Wine (if applicable)

- **1.5 Hrs AFTER this meal** - One large slice DENSE cheesecake (If not lactose intolerant) or RICH chocolate cake that is sugary, fatty and salty (last bite 45-60 minutes before lying down to sleep). **The size should NOT bloat you nor stuff you. This should be eaten slowly and enjoyed as well as leave you “wanting more” so you are not too full.** BE SURE TO HAVE AN ADDITIONAL STEAK/CHICKEN/HALIBUT AND SLICE OF CHEESECAKE or CHOCOLATE CAKE for the morning.

EARLY Breakfast Day of Show: To be nibbled on to avoid bloated feeling

1-2 whole eggs
Three to five oz steak
½ - ¾ cup oatmeal or **4-6 oz baked sweet potato**
½ of the cheese cake or chocolate cake
Two tbsp honey

99mg potassium every two hours

0.5-0.75 gallons of water throughout the day – Here is the tricky part. Your body needs water to FILL UP the muscles; however it’s a fine line of when you add salt to foods as well as begin to gradually add water on competition day. The rule of thumb is if you feel great about how you look keep water minimal and away from food intake. If you feel flat then consume water three to five oz every 45-60 minutes and three to five salt shakes onto nibbled food or you can use Gatorade (with the electrolytes and sodium) four to six oz every 45-60 minutes. PLEASE NOTE: These are tips that may work for you or you may try different approaches as you learn your body. The key is PAYING ATTENTION TO DETAIL, especially the last week.

100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day
625 mg Uva Ursi – three times per day

All taken together three times per day
(Note- Scivation Showtime was formulated specifically to meet these recommendations)

100mg caffeine – three times per day

Food to bring with Day of Show (nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED:

Other half of cheese cake/chocolate cake

Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Keep away from food intake. This is loaded with carbohydrates and electrolytes and can help fill you back up.

Baked sweet potatoes

Lean protein (boiled chicken or more of the steak/halibut)

Almond butter

Snickers candy bar – eat 30-45 minutes prior to getting on stage of both prejudging (morning show) and finals (night show)

Cardio: Why we recommend it

While we believe that diet is 90% of getting lean and reducing bodyfat, we still recommend 30-45 minutes of cardio (walking at a leisurely pace, usually around 3.0-3.6 speed) four to five days per week depending on body type and bodyfat percentage while on the 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. Long duration cardio is more geared toward cardiovascular training (at or above 80% VO2 Max). Therefore, lower intensity cardio increases fat oxidation (burns bodyfat) and does not catabolize (waste) nearly as much muscle as high intensity cardio, especially on a reduced calorie/low carbohydrate diet. We usually recommend light walking on a treadmill.

As you have read, there are times when we do recommend HIIT. In the final four weeks leading into your BIG DAY, you can add in HIIT. This will shock your body into using up that stubborn fat you might have sitting around your lower abs and glutes and if you have your Workout Nutrition for HIIT and keep it to the last four weeks, muscle loss is not a huge concern.

Chapter 5

Essential Cut Diet Supplementation

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

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

Pre-Workout = Primaforce Scivation Vasocharge

During Workout = Scivation Xtend

Fat Loss Enhancers = Scivation Sesamin + Scivation Dialene 4

Supplementation to Decrease Fatigue during Exercise

Fatigue is defined as “The decreased capacity or complete inability of an organism to function normally because of excessive stimulation or prolonged exertion (dictionary.com).” With regards to exercise, fatigue could be considered the point where your performance has decreased or you can no longer perform. Examples of fatigue in relation to exercise would be:

- Inability to perform another rep during a set of bench press
- Inability to continue running during a 5k race
- Inability to maintain peak velocity during a 100m sprint

One can prolong the time until fatigue by giving their body substrates/nutrients pre-workout. We are going to examine the metabolic causes of fatigue during exercise and discuss how precise supplementation can decrease the onset of fatigue during exercise, allowing you to train more intensely.

Causes of Fatigue during exercise

Newsholme et al. (1992) proposed that there are at least five metabolic factors that can cause fatigue during exercise:

- Increase in plasma tryptophan:BCAA concentrations
- Decrease in muscle phosphocreatine levels
- Hypoglycemia (low blood glucose levels)
- Muscle glycogen depletion
- Proton (H⁺) accumulation in muscles

Reference: Newsholme, 1992

Anyone of these metabolic factors of fatigue can cause your workout performance to suffer. We will examine each of these metabolic factors and then address how to overcome them through supplementation.

Plasma Ratio of Tryptophan:BCAA

5-hydroxytryptamine (5-HT) levels in the brain are believed to be a contributing factor to fatigue. Transport of the amino acid tryptophan, the precursor for 5-HT, across the blood brain barrier (BBB) is the rate limiting step in 5-HT synthesis. Therefore, increased plasma tryptophan levels can lead to fatigue. The Branched-Chain-Amino-Acids (BCAA) are transported across the BBB by the same carrier as tryptophan. During exercise the plasma ratio of Tryptophan:BCAA increases (tryptophan increases and BCAA decreases), leading to fatigue.

Muscle Phosphocreatine Levels

The body needs a continuous supply of energy to both perform and survive. All of the body's energy requiring processes use the potential energy stored within the bonds of adenosine triphosphate (ATP). The phosphocreatine (PCr) system is an anaerobic (does not require oxygen), alactic (does not produce lactic acid) system that rapidly restores ATP levels.

While this reaction is very rapid, it has a low capacity, meaning it cannot produce a tremendous amount of energy. Therefore, it is in greatest demand during high-intensity, short duration exercise, such as resistance training and sprints. The maximum energy able to be yielded from this reaction occurs after about 10 seconds. After those 10 seconds, energy for ATP resynthesis must be obtained from stored nutrients. Because resistance training heavily relies on the PCr system for energy production, depletion of phosphocreatine levels can decrease performance (i.e. the number of reps you can complete).

Hypoglycemia

Hypoglycemia is low blood glucose levels caused by a low carbohydrate intake or excessive insulin secretion (insulin causes glucose [carbs] in the blood to be stored) and is commonly experienced during exercise. When blood glucose levels drop below normal levels during exercise one often becomes fatigued. This is due to glucose being a primary fuel during exercise, especially high-intensity exercise. Hypoglycemia can be overcome by consuming adequate dietary carbohydrates and maintaining stable insulin/blood sugar levels both before you workout and while you workout.

Muscle Glycogen Depletion

Glycogen is glucose stored in the body in the form of glucose chains. These chains can contain hundreds to thousands of glucose molecules. The glycogen in our bodies is created from the glucose and other nutrients we consume in our diets. This glucose becomes “trapped” in the liver and muscles, where it is synthesized and stored for later use. The liver can hold around 100 grams of glycogen, while muscle can store around 325 grams. The amount of unstored glucose circulating in the blood is only around 15 to 20 grams (Katch and McArdle, 1988) (Powers and Howley, 2001).

The glycogen stored in the liver is released, when needed, to be used in the production of ATP. The glycogen stored in skeletal muscle is used to produce ATP for that muscle to use. Low glycogen levels have been shown to cause decreased intensity, mental focus, and performance during endurance exercise while endurance performance increases when sufficient glycogen is present (Pizza, 1995). Like hypoglycemia, muscle glycogen levels can remain elevated by consuming adequate dietary carbohydrates and maintaining stable insulin/blood sugar levels.

Proton (H⁺) accumulation in Muscle

During exercise, blood and skeletal muscle pH levels may become acidic due to hydrogen ion (H⁺) accumulation, which is termed metabolic acidosis. In order to stabilize an acidic pH level the body must neutralize the excess acids. The two main ways the body does this is by taking calcium (and other minerals) from bones and glutamine from skeletal muscle. Both of these corrective mechanisms have negative consequences for the body.

Skeletal muscle contains the body’s greatest glutamine stores. Glutamine binds to H⁺ to create ammonium, which is excreted from the body. In the face of metabolic acidosis and elevated H⁺ levels, breakdown of skeletal muscle and glutamine release is increased and can lead to muscle protein loss in addition to causing fatigue. The build-up of H⁺ in the blood and skeletal muscle is the cause of the burning sensation you feel during exercise (i.e. high rep leg extensions).

Now that we have a basic understanding of the metabolic factors causing fatigue during exercise we can discuss which supplements can be used to delay the onset of fatigue and improve performance.

Supplementing to Decrease Fatigue during Exercise

The most important thing one can do to decrease fatigue during exercise is consume adequate dietary macronutrients (protein, carbs, and fat) and get enough rest/recovery time. Once this is done, supplementation of the following supplements can be used to delay fatigue and enhance performance.

- BCAA
- Creatine
- Citrulline Malate

- Beta-Alanine
***Note there are other viable supplements that could be used, but this article will focus on these four supplements.

Branched Chain Amino Acids (BCAA)

The BCAA (leucine, isoleucine, and valine) are different from the other 17 amino acids in that they are primarily metabolized in skeletal muscle (Layman, 2003) and metabolized at a much lower rate in the liver (Norton, 2005). Studies show that BCAA ingestion during exercise delays fatigue due to limiting the amount of tryptophan that can cross the BBB (Bromstrand, 2006). In addition to dietary intervention, BCAA supplementation has been shown to spare muscle glycogen during exercise (Bromstrand, 2006).

Fatigue and protein loss can be diminished by supplementing with BCAA, which increases de novo synthesis of glutamine inside skeletal muscle, allowing H⁺ to be removed from the muscle (Houston, 2001). We see that BCAA supplementation can delay the onset of fatigue by overcoming three of the five metabolic causes of fatigue: increase in plasma tryptophan:BCAA concentrations, muscle glycogen depletion, and proton (H⁺) accumulation in muscles.

Creatine

Creatine supplementation is used to supply the body with more creatine, increasing the body's capacity for phosphocreatine and ATP resynthesize through the PCr system. Phosphocreatine depletion is one of the metabolic factors leading to fatigue. If you can increase the amount in creatine in your muscles, your muscles should have more creatine to use in the resynthesis of phosphocreatine, delaying the onset of fatigue.

Research has shown creatine monohydrate supplement to decrease ATP loss during intense anaerobic performance while at the same time increasing work performed. This enhancement in anaerobic performance from creatine monohydrate supplementation has been shown in both men and women (Tarnopolsky, 2000). Skeletal muscle has a limited storage of creatine. Therefore supplementing with creatine increases your ability to form ATP and therefore increases the available energy for exercise (Casey et al. 1996 & 2000).

Citrulline-Malate

Citrulline-Malate has been shown to increase the rate of oxidative ATP production during exercise and the rate of phosphocreatine replenishment post exercise (Bendahan, 2002). Increasing the rate of ATP production and phosphocreatine production would aid in delaying fatigue.

Citrulline-Malate also has anti-fatigue properties due to its ability to decrease ammonia/H⁺ levels and prevent against metabolic acidosis (Callis, 1991). Decreasing the sensation of fatigue (i.e. burning sensation) would allow one to workout harder and push out additional reps.

Beta-Alanine

Beta-alanine is one of the two amino acids (histidine being the other) that make up the protein carnosine. Carnosine is an important metabolic buffer in skeletal muscle (Suzuki, 2002), which means it helps maintain the acid-base balance in the presence of high H⁺ (hydrogen ion) concentrations. Beta-Alanine availability is the limiting factor in muscle carnosine synthesis (Hill, 2007). Beta-alanine supplementation increases muscle carnosine levels and aids decreasing muscle H⁺ levels. Beta-Alanine supplementation has directly been shown to decrease neuromuscular fatigue (Stout, 2006).

Putting It All Together

There are at least five metabolic factors that can cause fatigue during exercise:

- Increase in plasma tryptophan:BCAA concentrations
- Decrease in muscle phosphocreatine levels
- Hypoglycemia (low blood glucose levels)
- Muscle glycogen depletion
- Proton (H⁺) accumulation in muscles

Reference: Newsholme, 1992

Once you have your dietary needs met, you can incorporate specific supplements to delay fatigue and enhance performance by fighting against the above metabolic factors. In this article we learned that the recommended supplements delay fatigue and improve performance by:

- BCAA—decreasing blood tryptophan levels, sparing muscle glycogen, increasing de novo glutamine production to shuttle H⁺ out of skeletal muscle.
- Creatine—increasing phosphocreatine and ATP resynthesis
- Citrulline Malate—increasing ATP production and phosphocreatine replenishment, delaying fatigue by decreasing ammonia/H⁺ concentrations
- Beta-Alanine—decreasing muscle H⁺ levels, delaying neuromuscular fatigue

Combining these supplements with a well-structured diet can allow you to workout more intensely by delaying fatigue and enhancing performance.

Pre-Workout Supplementation Recommendation

- 5-10 grams BCAA
- 2-5 grams Creatine Monohydrate
- 3 grams Citrulline-Malate
- 2 grams Beta-Alanine

Scivation Has Got Your Pre-Workout Supplementation Covered!

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 skin-bursting pumps, mind-blowing energy and unbelievable endurance to help you attack the weights like a beast. 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 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 Branched-Chain-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.

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 Serving VasoCharge
- 1 Serving Xtend

You should follow this up during your workout by sipping 2-6 scoops 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 grow like never before.

Scivation Fat Oxidation Stack—Seasmin + Dialene 4

Sesamin

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

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

Of vital importance, Sesamin increases the expression of the mitochondrial enzyme carnitine palmitoyl transferase (CPT), among other enzymes [2]. CPT, the rate-limiting enzyme in beta-oxidation of fatty acids in skeletal muscle and liver cell mitochondria, is found on the outer membrane of mitochondria and carries fatty acids across the membrane into the mitochondria by binding to them. Increasing the expression of CPT, along with other enzymes involved in beta-oxidation, will allow more fatty acids to be transported into the mitochondria where they can be oxidized.

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

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

Dialene 4

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

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

Dialene 4 Increases Adrenaline Output

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

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

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

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

Norepinephrine's (NE) Role in Lipolysis

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

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

Dialene 4 Ingredients

B Vitamins

Vitamin B3 (Niacinimide USP): 75mg

Vitamin B6 (Pyridoxine HCl): 50mg

Vitamin B5 (Pantothenic Acid): 25mg

Vitamin B12 (Methylcobalamin): 100mcg

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

G4 Fat Incinerating Matrix 725mg

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

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

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

Caffeine USP

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

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

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

Green Coffee Bean Extract

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

Naringin

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

CogniLean Blend 660mg

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

N-Acetyl-L-Tyrosine

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

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

Phenylethylamine (PEA)

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

D,L-Phenylalanine

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

Vinpocetine

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

LipoLean Blend 325mg

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

Cayenne Pepper (40,000 HU)

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

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

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

Evodiamine

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

Sesamin + Dialene 4

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

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

References:

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

Scivation Whey

On the Cut Diet, we will use Scivation Whey as a nice, flavorful change of pace for a meal or for those times when you cannot make a whole food meal. We will mix Scivation Whey with a fat source such as peanut butter and create a tasty treat! If possible, have some broccoli on the side. If you cannot do this or just do not feel like vegetables with your shake, simply throw in 5 grams of Primaforce Glutaform to make this meal more alkaline.

Scivation Whey contains high quality whey protein. Whey protein is unsurpassed in its ability to provide fast acting protein that is readily absorbed and utilized by your muscles. In addition to a delicious taste, Scivation whey is:

- Loaded with BCAA and Glutamine to help build lean muscle.
- Perfect for high protein diets.
- Fast acting—ideal for pre and post workout use.
- Aspartame free.

Scivation Solution 5

This is the PERFECT Cut Diet meal replacement. All you need is Solution 5 and your meal is set. You have your protein, fat and vegetables right there!

Scivation has done it again. First, Scivation perfected Workout Nutrition with Xtend. Now, Scivation set out to create the PERFECT meal to fit their diet theories, such as the world famous Cut Diet (www.cutdiet.com). We cannot even call this a meal replacement, because nothing else even compares. Solution 5™ is a delicious, rich, amazingly tasty meal beverage that combines the perfect ratio of protein, essential fatty acids and fiber and is perfect for carb-controlled diets. Solution 5 even provides an effective dose of DHA along with the equivalent of multiple servings of vegetables and fruit per serving. Scivation just took the guesswork out of dieting.

Scivation Showtime™ - Natural Diuretic Formula to Get You DRY!

Scivation has formulated a new natural, herbal diuretic based on what Chuck Rudolph recommends for coming in dry and hard. Introducing Scivation Showtime!

Scivation Showtime contains:

- Dandelion Extract
- Uva Ursi
- Vitamin B6
- Potassium

Scivation Showtime contains all the ingredients you need to naturally expel water. We choose not to include caffeine in this formula for two reasons: (1) most people already take products with caffeine in them and (2) not including caffeine allows users to take Showtime in the late evening and before going to bed without interrupting their sleep. As any competitor knows it is very hard to sleep the night before a competition and the last thing you need is stimulants running through you keeping you awake.

Scivation has taken the guess work out of getting dry with the combination of our Peak Week Strategies and our natural diuretic formula Showtime.

Cut Diet Summary

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

Chapter 6

The Cut Diet

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

Cut Diet Food Measurements and Acceptable Sources

Carbohydrates: all equal to ~15g carbs

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

*Blueberries – 3.5 oz or 99g

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

Vegetables: all equal to ~5g carbs

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

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

Protein: All equal to ~7g protein

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

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

Fats: all equal to ~5g fat

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

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

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

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

<u>1200 Calories</u>					<u>Servings</u>		
<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Meal 1	25	35	10	330	2	5	2
Meal 2	5	32	5	193	0.33	4.5	1
Meal 3	5	21	10	194	0.33	3	2
Meal 4	5	21	10	194	0.33	3	2
Meal 5	5	21	5	149	0.33	3	1
Meal 6	5	21	5	149	0.33	3	1
Total	50	151	45	1209			

<u>1500 Calories</u>					<u>Servings</u>		
<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Meal 1	25	35	10	330	2	5	2
Meal 2	10	35	10	270	0.66	5	2
Meal 3	10	35	10	270	0.66	5	2
Meal 4	10	28	10	242	0.66	4	2
Meal 5	5	28	10	222	0.33	4	2
Meal 6	5	28	5	177	0.33	4	1
Total	65	189	55	1511			

<u>1750 Calories</u>					<u>Servings</u>		
<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Meal 1	25	35	10	330	2	5	2
Meal 2	10	35	10	270	0.66	5	2
Meal 3	10	35	10	270	0.66	5	2
Meal 4	10	35	10	270	0.66	5	2
Meal 5	10	35	10	270	0.66	5	2
Meal 6	25	35	10	330	2	5	2
Total	90	210	60	1740			

<u>2000 Calories</u>					<u>Servings</u>		
<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Meal 1	25	42	15	403	2	6	3
Meal 2	10	42	10	298	0.66	6	2
Meal 3	10	42	10	298	0.66	6	2
Meal 4	10	42	10	298	0.66	6	2
Meal 5	10	42	10	298	0.66	6	2
Meal 6	25	35	15	375	2	5	3
Total	90	245	70	1970			

<u>2250 Calories</u>					<u>Servings</u>		
<u>Meals</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Meal 1	30	42	15	423	2	6	3
Meal 2	10	49	10	326	0.66	7	2
Meal 3	10	49	15	371	0.66	7	3
Meal 4	10	49	15	371	0.66	7	3
Meal 5	10	49	10	326	0.66	7	2
Meal 6	30	42	15	423	2	6	3
Total	100	280	80	2240			

2500 Calories					Servings		
Meals	Carbs	Protein	Fat	Calories	Carbs	Protein	Fat
Meal 1	30	49	15	451	2	7	3
Meal 2	15	49	15	391	1	7	3
Meal 3	15	49	15	391	1	7	3
Meal 4	15	49	15	391	1	7	3
Meal 5	15	49	15	391	1	7	3
Meal 6	30	49	15	451	2	7	3
Total	120	294	90	2466			

2750 Calories					Servings		
Meals	Carbs	Protein	Fat	Calories	Carbs	Protein	Fat
Meal 1	30	49	20	496	2	7	4
Meal 2	15	49	20	436	1	7	4
Meal 3	15	49	20	436	1	7	4
Meal 4	15	49	20	436	1	7	4
Meal 5	15	49	20	436	1	7	4
Meal 6	30	49	20	496	2	7	4
Total	120	294	120	2736			

3000 Calories					Servings		
Meals	Carbs	Protein	Fat	Calories	Carbs	Protein	Fat
Meal 1	30	49	20	496	2	7	4
Meal 2	30	49	20	496	2	7	4
Meal 3	30	49	20	496	2	7	4
Meal 4	30	49	20	496	2	7	4
Meal 5	30	49	20	496	2	7	4
Meal 6	30	49	20	496	2	7	4
Total	180	294	120	2976			

3500 Calories					Servings		
Meals	Carbs	Protein	Fat	Calories	Carbs	Protein	Fat
Meal 1	30	49	20	496	2	7	4
Meal 2	30	49	20	496	2	7	4
Meal 3	30	49	20	496	2	7	4
Meal 4	30	49	20	496	2	7	4
Meal 5	30	49	20	496	2	7	4
Meal 6	30	49	20	496	2	7	4

Meal 7	30	49	20	496		2	7	4
Total	210	343	140	3472				

4000 Calories						Servings		
Meals	Carbs	Protein	Fat	Calories		Carbs	Protein	Fat
Meal 1	30	49	20	496		2	7	4
Meal 2	30	49	20	496		2	7	4
Meal 3	30	49	20	496		2	7	4
Meal 4	30	49	20	496		2	7	4
Meal 5	30	49	20	496		2	7	4
Meal 6	30	49	20	496		2	7	4
Meal 7	30	49	20	496		2	7	4
Meal 8	30	49	20	496		2	7	4
Total	240	392	160	3968				

Here are some sample Cut Diet menus for different calorie levels.

Cut Diet 1200

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

Meal 1

8 egg whites
 1 whole egg
 1.33 cup steamed spinach
 6 almonds
 6.5 oz PEELED ruby red grapefruit or 99g blueberries
35g protein, 25g carbohydrates, 10g fat

Meal 2

1.75 scoops Scivation Whey
 4 tsp peanut butter or 12 almonds or 1 oz avocado
 1/2 cup steamed Broccoli or green beans or 4 oz steamed asparagus
35g protein, 5g carbohydrates, 10g fat

Meal 3

3 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)
 1/2 cup steamed Broccoli or green beans or 4 oz steamed asparagus

4 tsp peanut butter or 12 almonds or 2 oz avocado
21g protein, 5g carbohydrates, 10g fat

Meal 4

1 scoop Scivation Whey
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
4 tsp peanut butter or 12 almonds or 2 oz avocado
21g protein, 5g carbohydrates, 10g fat

Meal 5

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

Meal 6

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

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

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

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

½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**

4-6 packets splenda for sweetening

12 almonds = 10g fat

4 oz yam or sweet potato = 30g carbohydrates

2 tsp peanut butter or almond butter = 5g fat

4-6 packets splenda for sweetening

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

Cut Diet 1500

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

Meal 1

8 egg whites
1 whole egg
1.33cup steamed spinach
6 almonds
6.5 oz PEELED ruby red grapefruit or 99g blueberries
35g protein, 25g carbohydrates, 10g fat

Meal 2

1.75 scoops Scivation Whey
4 tsp peanut butter or 12 almonds or 2 oz avocado
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
35g protein, 10g carbohydrates, 10g fat

Meal 3

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

Meal 4

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

Meal 5

1.75 scoops Scivation Whey
12 almonds
½ cup steamed Broccoli or green beans or 4 oz steamed asparagus
35g protein, 5g carbohydrates, 10g fat

Meal 6

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

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

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

Meal must be eaten in this order.

1.5 cup steamed green beans or 12 oz asparagus = 15g carbohydrates
½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates
6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**
4-6 packets splenda for sweetening
12 almonds = 10g fat
6 oz yam or sweet potato = 45g carbohydrates
4 tsp peanut butter or almond butter = 10g fat
4-6 packets splenda for sweetening

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

Cut Diet 1750

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

Meal 1

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

Meal 2

2 scoops Scivation Whey
2 tbsp peanut butter or 18 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
42g protein, 10g carbohydrates, 15g fat

Meal 3

5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)

1 cup steamed Broccoli or green beans or 8 oz steamed asparagus

4 tsp peanut butter or 12 almonds

35g protein, 10g carbohydrates, 10g fat

Meal 4

5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)

1 cup steamed Broccoli or green beans or 8 oz steamed asparagus

4 tsp peanut butter or 12 almonds

35g protein, 10g carbohydrates, 10g fat

Meal 5

5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna (albacore packed/canned in water)+ 5g GlutaForm

12 almonds

1 cup steamed Broccoli or green beans or 8 oz steamed asparagus

35g protein, 10g carbohydrates, 10g fat

Meal 6

1.75 scoops Scivation Whey

½ cup steamed Broccoli or green beans or 4oz asparagus

1 oz avocado

6.5 oz PEELED ruby red grapefruit or 99g blueberries

35g protein, 25g carbohydrates, 5g fat

Protein – 214g = 856 Calories, Carbohydrates (not including Carbohydrate night) –

85g = 340 Calories, Fat – 65g = 585 Calories

Total Calories – 1781 Calories NON-carbohydrate night

Total Calories – 2236 – Carbohydrate nights

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

Meal must be eaten in this order.

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

½ cup oatmeal (measured dry then add water and microwave) = 30g carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**

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

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

Cut Diet 2000

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

Meal 1 6 egg whites
 1 whole egg
 2 oz grilled chicken breast
 1.33 cup steamed spinach
 12 almonds
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

42g protein, 25g carbohydrates, 15g fat

Meal 2 2 scoops Scivation Whey
 2 tbsp peanut butter **or** 18 almonds
 1 cup steamed Broccoli or green beans or 8 oz steamed asparagus

42g protein, 10g carbohydrates, 15g fat

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

42g protein, 10g carbohydrates, 15g fat

Meal 4 2 scoops Scivation Whey
 1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
 4 tsp peanut butter **or** 12 almonds

42g protein, 10g carbohydrates, 10g fat

Meal 5 6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)+ 5g GlutaForm

12 almonds

6.5 oz PEELED ruby red grapefruit or 99g blueberries

1 cup steamed Broccoli or green beans or 8 oz steamed asparagus

42g protein, 25g carbohydrates, 10g fat

Meal 6 5 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)

½ cup steamed Broccoli or green beans or 4oz asparagus

1 oz avocado

35g protein, 5g carbohydrates, 5g fat

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

Total Calories – 1950 Calories NON-carbohydrate night

Total Calories – 2495 Calories – Carbohydrate nights

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

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

¾ cup oatmeal (measured dry then add water and microwave) = 45g
carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**

4-6 packets splenda for sweetening

18 almonds = 15g fat

6 oz yam or sweet potato = 45g carbohydrates

2 tbsp peanut butter or almond butter = 15g fat

4-6 packets splenda for sweetening

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

Cut Diet 2250

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

- Meal 1
10 egg whites
1 whole egg
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
12 almonds
6.5 oz PEELED ruby red grapefruit or 99g blueberries
42g protein, 30g carbohydrates, 15g fat
- Meal 2
2.5 scoops Scivation Whey
4tsp peanut butter **or** 12 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
49g protein, 10g carbohydrates, 10g fat
- Meal 3
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 tbsp peanut butter **or** 18 almonds
49g protein, 10g carbohydrates, 15g fat
- Meal 4
2.5 scoops Scivation Whey
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
2 tbsp peanut butter **or** 18 almonds
49g protein, 10g carbohydrates, 15g fat
- Meal 5
7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)+ 5g GlutaForm
12 almonds
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
49g protein, 10g carbohydrates, 10g fat
- Meal 6
6 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12oz asparagus
3 oz avocado
6.5 oz PEELED ruby red grapefruit or 99g blueberries
42g protein, 30g carbohydrates, 15g fat

Protein – 280g = 1120 Calories, Carbohydrates (not including Carbohydrate night) – 100g = 4000 Calories, Fat – 80g = 720 Calories

Total Calories – 2240 Calories NON-carbohydrate night

Total Calories – 2530 Calories – Carbohydrate nights

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

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

¾ cup oatmeal (measured dry then add water and microwave) = 45g carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**

4-6 packets splenda for sweetening

18 almonds = 15g fat

6 oz yam or sweet potato = 45g carbohydrates

2 tbsp peanut butter or almond butter = 15g fat

4-6 packets splenda for sweetening

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

Cut Diet 2500

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

Meal 1 12 egg whites
 1 whole egg
 1.5 cup steamed Broccoli or green beans or 8 oz steamed asparagus
 12 almonds
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 15g fat

Meal 2 2.5 scoops Scivation Whey
 2 tbsp peanut butter
 1.5 cup steamed Broccoli or green beans or 8 oz steamed asparagus

49g protein, 15g carbohydrates, 15g fat

Meal 3 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
 (albacore packed/canned in water)
 1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus

2 tbsp peanut butter **or** 18 almonds

49g protein, 15g carbohydrates, 15g fat

Meal 4 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)

1.5 cup steamed Broccoli or green beans or 8 oz steamed asparagus

2 tbsp peanut butter **or** 18 almonds

49g protein, 15g carbohydrates, 15g fat

Meal 5 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)+ 5g GlutaForm

18 almonds

1.5 cup steamed Broccoli or green beans or 8 oz steamed asparagus

49g protein, 15g carbohydrates, 15g fat

Meal 6 2.5 scoops Scivation Whey

1.5 cup steamed Broccoli or green beans or 8 oz steamed asparagus

3 oz avocado or 18 almonds

6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 15g fat

**Protein – 294 = 1176 Calories, Carbohydrates (not including Carbohydrate night) –
120g = 480 Calories, Fat – 90g = 810 Calories**

Total Calories – 2466 Calories NON-carbohydrate night

Total Calories – 2885 Calories – Carbohydrate nights

**Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 7. The
Carb Meal must be eaten in this order.**

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

$\frac{3}{4}$ cup oatmeal (measured dry then add water and microwave) = 45g
carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g
carbohydrates**

$\frac{3}{4}$ tbsp honey = 15g carbohydrates

4-6 packets splenda for sweetening

18 almonds = 15g fat

8 oz sweet potato = 60g carbohydrates

2 tbsp peanut butter or almond butter = 15g fat
4-6 packets splenda for sweetening

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

Cut Diet 2750

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

Meal 1 12 egg whites
 1 whole egg
 1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
 1 tbsp peanut butter **or** 18 almonds
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

Meal 2 2.5 scoops Scivation Whey
 2 tbsp peanut butter
 1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus

49g protein, 15g carbohydrates, 20g fat

Meal 3 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
 (albacore packed/canned in water)
 1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
 2 tbsp peanut butter **or** 18 almonds

49g protein, 15g carbohydrates, 20g fat

Meal 4 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
 (albacore packed/canned in water)
 1 1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
 8 tsp peanut butter **or** 18 almonds

49g protein, 15g carbohydrates, 20g fat

Meal 5 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
 (albacore packed/canned in water)+ 5g GlutaForm
 24 almonds

1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus

49g protein, 15g carbohydrates, 20g fat

Meal 6 2.5 scoops Scivation Whey
1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
4 oz avocado or 18 almonds
6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

Protein – 294g = 1176 Calories, Carbohydrates (not including Carbohydrate night) – 120g = 480 Calories, Fat – 120g = 1080 Calories

Total Calories – 2736 Calories NON-carbohydrate night

Total Calories – 3316 Calories – Carbohydrate nights

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

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

$\frac{3}{4}$ cup oatmeal (measured dry then add water and microwave) = 45g carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**

$\frac{3}{4}$ tbsp honey = 15g carbohydrates

4-6 packets splenda for sweetening

18 almonds = 15g fat

8 oz sweet potato = 60g carbohydrates

2 tbsp peanut butter or almond butter = 15g fat

4-6 packets splenda for sweetening

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

Cut Diet 3000

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

Meal 1 6 egg whites
 1 whole egg
 2 oz grilled chicken
 1.33 cup steamed spinach
 2 tbsp peanut butter **or** 18 almonds **or** 3 oz avocado
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

Meal 2 2.5 scoops Scivation Whey
 2 cups steamed Broccoli or green beans or 16 oz steamed asparagus
 4 oz avocado or 18 almonds

49g protein, 30g carbohydrates, 20g fat

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

49g protein, 30g carbohydrates, 20g fat

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

49g protein, 30g carbohydrates, 20g fat

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

49g protein, 30g carbohydrates, 20g fat

Meal 6 2.5 scoops Scivation Whey
 1 cup steamed Broccoli or green beans or 8 oz steamed asparagus
 4 oz avocado or 18 almonds
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 15g fat

Protein – 294g = 1176 Calories, Carbohydrates (not including Carbohydrate night) – 180g = 720 Calories, Fat – 120g = 1180 Calories

Total Calories – 2976 Calories NON-carbohydrate night

Total Calories – 3470 Calories – Carbohydrate nights

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

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

1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates

6.5 oz PEELED ruby red grapefruit or 99g blueberries = **15g carbohydrates**

¾ tbsp honey = 15g carbohydrates

4-6 packets splenda for sweetening

18 almonds = 15g fat

10 oz yam or sweet potato = 75g carbohydrates

2 tbsp peanut butter or almond butter = 15g fat

4-6 packets splenda for sweetening

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

Cut Diet 3500

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

Meal 1 12 egg whites
 1 whole egg
 1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
 2 tbsp peanut butter **or** 18 almonds **or** 3 oz avocado
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

Meal 2 2.5 scoops Scivation Whey
 3 cup steamed Broccoli or green beans or 16 oz steamed asparagus
 2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds

49g protein, 30g carbohydrates, 20g fat

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

49g protein, 30g carbohydrates, 20g fat

Meal 4 2.5 scoops Scivation Whey
2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18
almonds

49g protein, 30g carbohydrates, 20g fat

Meal 5 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds
6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

Meal 6 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)
3 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds

49g protein, 30g carbohydrates, 20g fat

Meal 7 2.5 scoops Scivation Whey
3 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18
almonds

49g protein, 30g carbohydrates, 20g fat

**Protein – 343g = 1372 Calories, Carbohydrates (not including Carbohydrate night) –
210g = 840 Calories, Fat – 140g = 1260 Calories**

Total Calories – 3472 Calories NON-carbohydrate night

Total Calories – 4146 Calories – Carbohydrate nights

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

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

1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates

13 oz PEELED ruby red grapefruit or 198g blueberries= **30g carbohydrates**

2 tbsp honey = 15g carbohydrates

4-6 packets splenda for sweetening

18 almonds = 15g fat

12 oz sweet potato = 90g carbohydrates

2 tbsp peanut butter **or** almond butter = 15g fat

4-6 packets splenda for sweetening

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

Cut Diet 4000

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

Meal 1 12 egg whites
 1 whole eggs
 2 cup steamed Broccoli or green beans or 16 oz steamed asparagus
 2 tbsp peanut butter **or** 18 almonds **or** 3 oz avocado
 6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

Meal 2 2.5 scoops Scivation Whey
 3 cup steamed Broccoli or green beans or 16 oz steamed asparagus
 2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds

49g protein, 30g carbohydrates, 20g fat

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

49g protein, 30g carbohydrates, 20g fat

Meal 4 2.5 scoops Scivation Whey
3 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds

42g protein, 30g carbohydrates, 20g fat

Meal 5 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)
1.5 cup steamed Broccoli or green beans or 16 oz steamed asparagus
2 tbsp peanut butter + 12 almonds **or** 30 almonds or 2 oz avocado + 18 almonds
6.5 oz PEELED ruby red grapefruit or 99g blueberries

49g protein, 30g carbohydrates, 20g fat

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

49g protein, 30g carbohydrates, 20g fat

Meal 7 7 oz grilled chicken breast **or** halibut/tilapia **or** Sirloin fillet **or** Tuna
(albacore packed/canned in water)
3 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds

49g protein, 30g carbohydrates, 20g fat

Meal 8 2.5 scoops Scivation Whey
3 cup steamed Broccoli or green beans or 12 oz steamed asparagus
2 oz avocado + 12 almonds or 4 oz avocado or 24 almonds

49g protein, 30g carbohydrates, 20g fat

Protein – 392g = 1568 Calories, Carbohydrates (not including Carbohydrate night) – 240g = 960 Calories, Fat – 160g = 1440 Calories

Total Calories – 3968 Calories NON-carbohydrate night

Total Calories – 4702 Calories – Carbohydrate nights

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

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

1 cup oatmeal (measured dry then add water and microwave) = 60g carbohydrates

13 oz PEELED ruby red grapefruit or 198g blueberries= **30g carbohydrates**

2 tbsp honey = 15g carbohydrates

4-6 packets splenda for sweetening

18 almonds = 15g fat

14 oz sweet potato = 105g carbohydrates

2 tbsp peanut butter **or** almond butter = 15g fat

4-6 packets splenda for sweetening

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

When to Use Certain Food Choices

At four weeks out, it is SHOWTIME! Here are the preferred food choices for these critical weeks:

- Halibut
- Tilapia
- Chicken
- Egg Whites
- Asparagus
- Spinach
- Green Beans
- Avocado
- Almonds
- Almond Butter
- Peanut Butter (sparingly)

Chapter 7

Dialing it in for The Big Day—Chuck Rudolph Reveals His Secret Technique

Whether it's for a bodybuilding contest, a photo shoot or just to look as good as you can for one particular day, this is the best way to showcase your lean mass and lack of bodyfat. This is a 7 day program (considering you have been following the Cut Diet for the previous weeks leading to your target day) meant to get you looking your very best for that target day.

You may be asking why we eat certain foods leading into the show. Well, here are the reasons:

- Cheesecake is typically loaded with fat and sugar. At this point in the diet your body wants all the carbohydrates it can get. Since you are carb depleted and water depleted, this sugar/fat combo will begin to fill up your muscles with glycogen as well as any lingering water...making you very tight and vascular.
- The red wine is alcohol, a natural diuretic and as a bonus, it tastes damn good with the fillet!
- There is no water intake around this meal or with the cheesecake to avoid any possible "spill-over".

What to Eat if You're Lactose Intolerant Instead of the Cheesecake

Scivation President Marc Lobliner competed using cheesecake as his carb up "goody" and found himself in a gastrointestinal battle with reality. This is *not* the time you want to disrupt anything "down there". Thus, we have scoured the internet and in his own hunt for a perfect chocolate, lactose-free cake, Marc found this recipe that not only had the fat, carbs and salt to fill him out, but didn't cause any negative side effects. If you can find a store-bought, lactose-free cake, go for it. But if you're like us and like to control the ingredients, this recipe just might be the thing you're after!

LACTOSE-FREE CHOCOLATE CAKE WITH CRUMB TOPPING

1-1/2 cups all-purpose flour
1 cup sugar
1/4 cup Cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1 cup water
1/4 cup plus 2 tablespoons vegetable oil or Enova Oil
1 tablespoon white vinegar
1 teaspoon vanilla extract
CRUMB TOPPING (recipe follows)

Heat oven to 350°F. Grease and flour 9-inch square baking pan. In large bowl, stir together flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar and vanilla, beat with spoon or whisk just until batter is smooth and ingredients are well blended. Pour batter into prepared pan. Sprinkle CRUMB TOPPING over batter. Bake 35 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack.

CRUMB TOPPING: In small bowl, stir together 1/2 cup graham cracker crumbs, 1/4 cup chopped nuts and 2 tablespoons melted butter (salted or unsalted).

The Worst Two Words in Bodybuilding Contests, “Spill Over.”

At this point in the diet and exercise plan, “spill-over” will not likely occur until 24-36 hours after this sugar, carb, fat frenzy. What happens here is, because you have depleted your body of most of its water, now that you are loading up and eating these carbohydrate and fat laden foods, they go directly into your muscles and they bring in any left over water present, thus filling up the muscle for that "Full" look and “Drying Out" your skin. This helps provide the illusion of paper-thin skin and tight, full muscles.

Week out from Show

7th Day out CARB LOAD – This **Carb Meal** (the normal Carbohydrate Meal you have been doing the past 12-16 weeks) should be planned out so it occurs on the day one week prior to event. No water intake 60 minutes prior to the **Carb Meal** or after the **Carb Meal**. Get all of your water in 60 minutes before the Carb Meal. 60 minutes after the Carb Meal, you can drink four to six ounces of water.

6th day out – Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker **every meal**)

99mg potassium every four hours

2.5-3 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

5th day out - Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug, standing barbell or cable curl, lunges and standing calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker **every meal**)

99mg potassium every four hours

2.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

4th day out – – Can do **6th day out routine** which was Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform the following cardio routine:

Cardio 30-35 minutes + 10-15 minutes posing practice

Salt everything (10-12 shakes of a salt shaker **every meal**)

99mg potassium every three hours

2 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day All taken together three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

CARB LOAD – NO WATER intake 60 minutes prior to the Carb Meal or 60 minutes after the Carb Meal.

3rd day out – Can do **5th day out weight routine without leg training which was:** Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug and standing barbell or cable curl, lunges and standing calf raises. Perform the following cardio routine:

Light Cardio 30-35 minutes + 20 min posing practice

We are not training legs to avoid any water retention or swelling of the legs for the big day.

Salt everything UP to 6:00 PM (10-12 shakes of a salt shaker **every meal up to 6 PM**)

99mg potassium every two - three hours

1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day All taken together **three-four** times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

2nd day out

15 – 20 minutes posing practice – NO Weights and 20-25 minutes of Cardio if Desired.

99mg potassium every two hours

1-1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day All taken together three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

0.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Day before Show

15 – 20 minutes posing practice – NO Weights, No Cardio.

NO SALT AT ALL – all foods are plain, fresh (not frozen or processed) and dry, dull, bland

99mg potassium every two hours

0.5-0.75 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day All taken together **three-four** times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

Night Time Meal: Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal maybe started early and cut in half to be consumed over a 4-4.5 hr period. It maybe too much food at one time and the “nibbling” effect has indicated better results. The last meal (**INSTEAD OF NORMAL CARB LOAD**) is the following:

Six to ten oz LEAN Fillet or Halibut - no salt, no seasoning, no marinade.

One to two cup steamed asparagus/spinach - NO SALT

12-15 oz baked potato or sweet potato - NO SALT

One to Two tbsp UNSALTED butter or almond butter

Six to Ten oz Red Wine (**if applicable**)

- **1.5 Hrs AFTER this meal** - One large slice DENSE cheesecake (**If not lactose intolerant**) or RICH chocolate cake that is sugary, fatty and salty (last bite 45-60 minutes before lying down to sleep). The **size should NOT bloat you nor stuff you. This should be eaten slowly and enjoyed as well as leave you “wanting**

more” so you are not too full. BE SURE TO HAVE AN ADDITIONAL STEAK/CHICKEN/HALIBUT AND SLICE OF CHEESECAKE or CHOCOLATE CAKE for the morning.

EARLY Breakfast Day of Show: To be nibbled on to avoid bloated feeling

1-2 whole eggs
Three to five oz steak
½ - ¾ cup oatmeal **or 4-6 oz baked sweet potato**
½ of the cheese cake or chocolate cake
Two tbsp honey

99mg potassium every two hours

0.5-0.75 gallons of water throughout the day – Here is the tricky part. Your body needs water to FILL UP the muscles; however it’s a fine line of when you add salt to foods as well as begin to gradually add water on competition day. The rule of thumb is if you feel great about how you look keep water minimal and away from food intake. If you feel flat then consume water three to five oz every 45-60 minutes and three to five salt shakes onto nibbled food or you can use Gatorade (with the electrolytes and sodium) four to six oz every 45-60 minutes. PLEASE NOTE: These are tips that may work for you or you may try different approaches as you learn your body. The key is PAYING ATTENTION TO DETAIL, especially the last week.

100mg Vitamin B6 – three times per day
1000mg Dandelion – three times per day All taken together three times per day
625 mg Uva Ursi – three times per day
100mg caffeine – three times per day

Food to bring with Day of Show (nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED:

Other half of cheese cake/chocolate cake

Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Keep away from food intake. This is loaded with carbohydrates and electrolytes and can help fill you back up.

Baked sweet potatoes
Lean protein (boiled chicken or more of the steak/halibut)
Almond butter
Snickers candy bar – eat 30-45 minutes prior to getting on stage of both prejudging (morning show) and finals (night show)

Playing it Safe

Some of us got into this lifestyle and regardless of purposes of filling out and looking good for one day, like to maintain our healthy lifestyle and avoid things like cake!

Scivation President Marc Lobliner found out there was a reason he didn't eat cheesecake beyond a fear of getting fat before his first show—lactose intolerance! By subjecting yourself to foods you are not used to, you can elicit a reaction that can be unpredictable. Well, Scivation has a solution for this and the program is right here!

The CLEAN Night-Before Carb Up, Lobliner-Style!

CLEAN Night Time Meal: Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal may be started early and cut in half to be consumed over a 4-4.5 hr period. It might be too much food at one time and the “nibbling” effect has indicated better results.

The last meal (**INSTEAD OF NORMAL CARB LOAD**) is the following:

Six to ten oz LEAN Fillet/Halibut/Chicken - no salt, no seasoning, no marinade.

One to two cup steamed asparagus/spinach - NO SALT

12-15 oz sweet potato - NO SALT

Two tbsp of almond butter

Six to Ten oz Red Wine (optional, but recommended)

- **1.5 Hrs AFTER this meal** – More sweet potato and almond butter with NO protein to avoid insulin spike.

CLEAN EARLY Breakfast Day of Show: To be nibbled on to avoid bloat feeling

1-2 whole eggs

Three to five oz steak/chicken/halibut

½ - ¾ cup oatmeal

Two tbsp honey

99mg potassium every three hrs

1 – 1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

All taken together three times per day

Food to bring with Day of Show (nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED):

Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Just keep away from food intake.

Baked sweet potatoes

Lean protein (Steak/Boiled Chicken/Halibut)

Almond butter

Snickers candy bar – eat 30-45 minutes prior to getting on stage. If allergic to peanuts or you just don't like the idea of eating candy bars, simply have more sweet potato and almond butter.

The Big Day—Enjoy It!

You've done it! The Cut Diet and training program has helped you get in SHOWTIME condition. Now get on stage and show those abs!

People all respond differently. If you need any advice or clarification on how to tweak the Cut Diet to your own needs, please visit <http://www.scivation.com> and go into the Cut Diet forums. Here, you can receive guidance and help from your peers as well as the authors of this book.

What To Do AFTER The Show

After the show, the diet must change to a more balanced/lifestyle approach to get you back to your maintenance calories or gradually get you to the caloric intake for your next goals without the DRASTIC BLOAT or severe weight gain. What we recommend is gradually adding 200 calories per day for a week on workout days and 100 calories per day for a week on non-workout days. Then each week add another 100 calories to workout days and 100 calories every other week on non-workout days until you reach your desired maintenance caloric intake. These calories can come from lean protein (one to three servings), healthy fats (one to two servings) and good carbohydrates (one to three servings). When adding in carbohydrates, start with breakfast first and gradually add carbs up to meal three, then meals four and on should be vegetables, protein and fat. When you reach your desired caloric intake for your next goal, your non-workout day calories should be 400-600 calories less than your workout day calories and your carbohydrates should be reduced as well on this day.

Chuck Rudolph MEd, RD

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

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

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

Marc Lobliner

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

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

Derek Charlebois

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