



Your 28 Day Formula For Fat Loss Success!

Rapid Fat Loss Formula

Welcome to the best 28 days of your life! This program is not for the faint of heart or the half committed. I urge you to dedicate yourself to this plan and your results for the next 28 days. Let nothing stand in your way of achieving success and reaching your goals. If you simply follow the plan that we layout for you each day for the entire 28 days you will see incredible results.

The days of losing 2lbs per week are over. There are methods and plans that allow you to achieve much higher fat loss results than this and we have worked hard to create a plan so effective you will be amazed by the results.

This Rapid Fat Loss Formula is a combination of three different nutrition principles that are very effective for fat loss. When we combine these three principles into one plan it creates a perfect storm for fat loss. The key is following the plan!

The first principle that we are going to focus on is our protein and produce principle. This is basically sticking to lean proteins and green or colorful veggies for your meals to get the most out of your fat loss nutrition. The real trick here is the elimination of starchy carbohydrates. This will boost your metabolism and teach your body how to incinerate fat all day long, every day!

Our second principle is intermittent fasting. This is a rather new phenomenon that has disproved the, “eat 6 meals a day or your metabolism will slow down,” mindset. During your intermittent fasting periods you will eat nothing and drink only non-calorie containing drinks for up to 18 hours at a time. Most of the 18-hour fasting period will take place while you sleep, so you won’t be awake and hungry all the time! Fasting will help your body burn up fat and learn how to utilize the nutrients that you are giving it during a regular feeding day.

Our third principle is something that I used at the start of my own fat loss journey and use to this day to get results, and get them fast. It is taken from the velocity diet, and basically involves having shakes for all meals for a specific period of time. On this plan you will have shakes as meals for two straight days on the days that give us all the most trouble, the weekends! The best part about this is that you can’t mess it up unless you don’t follow the plan. This plan also allows one cheat meal per weekend to get incredible results!

Your week is going to look like this:

Monday- 4 meals of protein and veggies

Tuesday- 4 Meals of protein and veggies

Wednesday- Intermittent Fasting (IM) and 2 Meals of protein and veggies

Thursday- 4 Meals of protein and veggies

Friday – 4 Meals of protein and veggies

Saturday- Velocity Day (3 Shakes total) and One Cheat Meal

Sunday- Velocity Day (5 shakes total)

On your IM day you will stop eating by 12pm. Your last meal will be lunch on Wednesdays. You will then go from 12pm-6am the next day without eating any food or ingesting any shakes. It will be tough but you will survive! Ignore the hunger and stay busy.

For the Velocity days your shakes are going to consist of 2 scoops of protein and a tablespoon of flax meal for women, and 3 scoops of protein and tablespoon of flax meal for men. You will drink the shakes spaced evenly every 3-4 hours throughout the day.

On Saturdays you can pick your cheat meal. This is to provide a mental break from the plan and allow for social activity. You have exactly 120 minutes to cheat. I suggest sticking to a healthy option here if possible, but you are free to cheat. Those that keep it healthy will get the best results.

During these 28 days, it will be extremely important to plan your meals and weekly eating! I have included an exact meal plan with suggested serving sizes for men and women. You need to make sure you have your supplements in order and are doing everything possible to get the best results.

Supplement Guide

Multivitamin take once daily

Vitamin D3- 1 1000mg tablet daily, purchase anywhere

Fish Oil- - take 2 servings daily (morning and evening)

Protein- You'll probably need 2-3 tubs during 28 days minimum, Flax Meal- mix with shakes on Velocity Days, any will do

I would visit The Vitamin Shoppe look for a Whey Protein with minimal Carbohydrates. Shop on taste and don't be talked into the latest wiz bang miracle supplement. Take your list of needs and stick to it.

Supplement Schedule

Daily, first thing in the morning- Multivitamin, fish oil, Vitamin D3

Daily, between 12pm-2pm- Fish oilProtein- as needed for meals/meal replacement

Travel Guide

If you are traveling during this 28 day program you will be challenged with eating well. I urge you to stick to the plan as closely as possible. Here is what you need to do while traveling.

- 1) Ensure you have enough protein for yourself that is individually bagged up for your trip.
- 2) Every morning ensure that you get in a great workout! This is of the utmost importance. Get in a 20 minute metabolic workout during your trips each day. NO EXCUSES!

- 3) Start the day off with a shake (simple protein and water or Fusion and water). You can get Flax Meal packets at Kroger in the organic section. I highly recommend these as well. If your trips fall on Velocity Days you won't have an issue. Just stick to the plan. If it is on a fasting day you can fast. If it is a regular meal day continue on.
- 4) At lunch stick to a salad with lots of veggies, chicken or salmon on the salad, and dressing on the side.
- 5) Dinner should be the same. Very simple.
- 6) Skip all other items. If it isn't on this list it should not go in your mouth!

I eat this way on trips all the time and most of the time I am so busy that I actually lose weight while I am gone. Pre bag up all daily supplements and protein serving options and get a small blender bottle to help with your plan.

Workouts

During these 28 days you are going to need to train at least 5 days per week. If you are already doing this that is great, if not get ready to start. For 28 days you should just suck it up and train!

The goal is to get in at least 2 strength days (these can even be from the home workout library in the members section of the website) and 2 interval training (refer to the interval guide in the members area of the website) days each week. The fifth training day can be your selection of either strength or metabolic.

I am also going to encourage you to walk for at least 20-30 minutes each day on top of your regular workouts. If you can find time this will help to get you a bit more active. You are dedicated to getting results right?

I will be passing along videos for you to do at home for metabolic workouts on the Facebook group.

Support

There will be a time during your 28 day period in which you will need support. It is certain that you will want to quit, you will want to cheat, and you will want to throw in the towel. This will likely happen during the first 5 days. Days 3-5 are the hardest. Get your mind set to make it through the first week!

If you need support, you should post on the Facebook page. Let everyone know that you are in need of a little encouragement. This is your first line of defense. Post your success, your failures, and your troubles in this group. It is completely private and only those in this program and myself can see your posts. I want you to be comfortable posting to the group.

If you need additional help, email me personally at tlowder@hotmail.com. I will get to your questions as quick as possible.

If you still need help or need a good kick in the ass, you and I will set up a phone call to do a 15 minute coaching session. I will be a straight shooter during our calls. I call it like I see it, so don't expect a pat

on the back if you aren't doing what you are supposed to do on the program. I will motivate you like you have never been motivated, but I will also be very honest with you.

I am open to texts as well. Just let me know who the text is from! 309-275-1731 is my cell phone. I usually don't give this out to our Force clients, but you guys have my full support and attention.

Week One Meal Plan

Day One

Meal 1- Denver Omelet (Women 2 egg white and 1 full egg , Men 2 egg whites, 2 full eggs)

Meal 2- **Spinach Salad with Spiced Pork with Ginger dressing** (1 Serving Women and Men)

Meal 3- **Sautéed Tilapia with Pan Seared Peppercorn Sauce** (women 4 ounces , Men 6 ounces)

Grilled or Roasted Asparagus (8-12 spears in light olive oil and sea salt)

Meal 4 – 1 Power Crunch Bar

Day Two

Meal 1- Peanut Butter Shake – shake with 1 tbps of natural pb (1 Serving Women and Men)

Meal 2- Ground Beef with Zucchini and Tomatoes (Women 4 ounces , Men 6 ounces)

Meal 3- Grilled Chicken salad (women 4 ounces, Men 6 ounces)

Meal 4- 1 Power Crunch Bar

Day Three

Meal 1- Scrambled Eggs green peppers and onions (Women 2 egg white and 1 full egg and Men 2 eggs 2 egg whites)

Meal 2- Burger 90% lean beef or turkey (Women 4 ounces, Men 6 ounces)

Roasted Peppers (2 Servings Women and Men)

12pm-6am Thursday- FAST

Day Four

Meal 1- Spinach and Cheese Omelet (2 egg whites 1 egg Women and 2 eggs and 2 whites Men)

Meal 2- Chocolate Peanut Butter Shake (1 Serving Women and Men)

Meal 3- Bison, Turkey or Beef Burger (Women 4 ounces, Men 6 ounces) Roasted Peppers (2 Servings Women and Men)

Meal 4- Chicken, Cashew, and Red Pepper Stir Fry

(Women 4 ounces, Men 6 ounces)

2 Cups Spinach, ¼ Cup Cheese (shredded), any other veggies you want to add and 2 tbsp of dressing

Day Five

Meal 1- Mexican Omelet – use a touch of taco seasoning and salsa (Women 2 egg whites and 1 egg, Men 2 eggs 2 whites Serving)

Meal 2- Baked Salmon with Dill

(4 ounces Women and Men 6 ounces)

Meal 3- Beef Tenderloin Steak

(4 ounces Women and Men 6 ounces)

2 Cups Spinach, ¼ Cup Cheese (shredded), any other veggies you want to add and 2 tbsp of dressing

Meal 4- Shake 1 scoop women 1.5 scoops men

Day Six

Women- 3 evenly spaced protein shakes - each shake contains 2 scoops protein and 2 tbsp flax meal.

Men- 3 evenly spaced protein shakes- each shake contains 3 scoops of protein and 2 tbsp of flax meal

1 Cheat Meal! – Choose wisely and keep it to less than 120 minutes of eating time

Day Seven

Women- 5 evenly spaced protein shakes - each shake contains 2 scoops protein and 2 tbsp flax meal.

Men- 5 evenly spaced protein shakes- each shake contains 3 scoops of protein and 2 tbsp of flax meal

Notes: For those of you that like routine you can repeat this for all four weeks. If you want a change of pace or you don't like one of the meal options you can simply rotate out one of the included recipes and replace it with the same serving size.

All "A" meals can be substituted for other "A" meals, "B" for "B" and "C" for "C".

In the shakes if it calls for "Carb or Calorie Countdown" you should replace that with Blue Diamond Almond/Coconut Blend Milk (unsweetened).

Fasting days and Velocity days are not interchangeable or negotiable.

Recipes

Spinach Salad with Spiced Pork with Ginger dressing

Serves 4

- 1 (1-pound) pork tenderloin, trimmed
- 1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)
- 2 tablespoons brown sugar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- Cooking spray
- 3 cups baby spinach leaves
- 2 cups thinly sliced Napa cabbage
- 1 cup red bell pepper strips
- 1/4 cup low-fat sesame ginger dressing (such as Newman's Own)

Directions:

Cut pork crosswise into 1/2-inch slices; flatten each slice slightly with hand. Combine pork and Sriracha in a bowl, tossing to coat. Add sugar, garlic powder, and salt; toss well.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3 minutes on each side or until done. Remove from heat; keep warm. Combine spinach, cabbage, and bell pepper in a large bowl. Add sesame ginger dressing; toss well. Arrange 1 1/2 cups spinach mixture in each of 4 shallow bowls; top each serving with 3 ounces pork.

Beef Tenderloin Steak

Serves 4

4 (4-ounce) filet mignon steaks, trimmed

1/4 teaspoon salt

1/4 teaspoon black pepper

Cooking spray

3/4 cup port or other sweet red wine

2 tablespoons jellied cranberry sauce

2 tablespoons fat-free, less-sodium beef broth

1/8 teaspoon salt

1/8 teaspoon black pepper

1 garlic clove, minced

2 tablespoons crumbled blue cheese

Directions:

Heat a large cast-iron skillet over medium-high heat. Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat steaks with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm. Add port, cranberry sauce, broth, 1/8 teaspoon salt, 1/8 teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to 1/4 cup (about 4 minutes). Serve steaks with sauce; top with cheese.

Sautéed Tilapia with Pan Seared Peppercorn Sauce

Serves 2

3/4 cup fat-free, less-sodium chicken broth

1/4 cup fresh lemon juice

1 1/2 teaspoons drained brine-packed green peppercorns, lightly crushed

1 teaspoon butter

1 teaspoon vegetable oil

2 (6-ounce) tilapia or sole fillets

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup all-purpose flour

2 teaspoons butter

Lemon wedges (optional)

Directions:

Combine first 3 ingredients.

Melt 1 teaspoon of butter with oil in a large nonstick skillet over low heat.

While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour.

Increase heat to medium-high; heat 2 minutes or until butter turns golden brown. Add fillets to pan; sauté 3 minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to 1/2 cup (about 3 minutes). Remove from heat. Stir in two teaspoons of butter with a whisk. Serve sauce over fillets. Garnish with lemon wedges, if desired.

Baked Salmon with Dill

Serves 4

4 (6-ounce) salmon fillets (about 1 inch thick)

Cooking spray

1 1/2 tablespoons finely chopped fresh dill

1/2 teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

4 lemon wedges

Directions:

Preheat oven to 350°.

Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper. Bake at 350° for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lemon wedges.

Chicken, Cashew, and Red Pepper Stir Fry

Serves 4

3 3/4 teaspoons cornstarch, divided

2 tablespoons low-sodium soy sauce, divided

2 teaspoons dry sherry

1 teaspoon rice wine vinegar

3/4 teaspoon sugar

1/2 teaspoon hot pepper sauce (such as Tabasco)

1 pound chicken breast tenders, cut lengthwise into thin strips

1/2 cup coarsely chopped unsalted cashews

2 tablespoons canola oil

2 cups julienne-cut red bell pepper (about 1 large)

1 teaspoon minced garlic

1/2 teaspoon minced peeled fresh ginger

3 tablespoons thinly sliced green onions

Directions:

Combine 1 teaspoon cornstarch, 1 tablespoon soy sauce, and next 4 ingredients (through hot pepper sauce) in a small bowl; stir with a whisk. Combine remaining 2 3/4 teaspoons cornstarch, remaining 1 tablespoon soy sauce, and chicken in a medium bowl; toss well to coat. Heat a large nonstick skillet over medium-high heat. Add cashews to pan; cook 3 minutes or until lightly toasted, stirring frequently. Remove from pan. Add oil to pan, swirling to coat. Add chicken mixture to pan; sauté 2 minutes or until lightly browned. Remove chicken from pan; place in a bowl. Add bell pepper to pan; sauté 2 minutes, stirring occasionally. Add garlic and ginger; cook 30 seconds. Add chicken and cornstarch mixture to pan; cook 1 minute or until sauce is slightly thick. Sprinkle with cashews and green onions.