The 4 Cycle Solution

Weeks 7 - 8

Maintenance Cycle

The “Diet Break”

Meal Plans

By: Shaun Hadsall
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4CS The “Diet Break” Meal Plans
Simple Navigation

The “Diet Break” Cycle System and Set-Up (Pg 4)
The “Diet Break” Cycle Daily Meal Plans (Pg 18)
The Maintenance Cycle – “Diet Break” System and Set-up

The Maintenance Cycle is important because it helps re-establish a higher macro-nutrient profile for the body to prevent rebound weight gain and help you maintain a healthy metabolism.

It’s also necessary because it gives you a physical and psychological break from dieting, which is a key element in maintaining the results you just achieved over the last 6 weeks.

Even though the first 3 cycles use aggressive carb cycling and macro-patterning methods that are very efficient and effective for rapid fat loss, they also create massive calorie deficits at the same exact time.

Without cycling your calorie and macro-nutrient intake by moving back to a higher nutrient profile for a set period of time, you could radically alter and even damage your metabolism.

The Maintenance – “Diet Break” cycle will help spark your metabolism and stop the adaptive response from the lower nutrient profile used during the previous aggressive cycles.

In fact, there’s a specific pattern to how your body responds to food intake and exercise expenditure.

It’s called the 72hr/48hr (reserve/conserve) Adaptive Response.

Just remember that your body is always trying to evaluate and adapt to how much energy you’re taking in (calories and macro-nutrients) vs. how much energy your expending (burning off through exercise).

So in many ways, your body is the ultimate survivor…

To survive, your body has to keep the amount of energy it takes in and the amount of energy it expends in balance. The secret to maintaining sustained fat loss is to continue manipulating where your body gets its energy from.
Remember, the minute your body adapts to your diet patterns, it will do anything and everything it can to hold on to as much fat as possible because it now knows what’s happening. This is when you’ll experience metabolic slowdown and your body will start shutting down necessary hormone output and sensitivity.

Your brain will start sending signals to the rest of your body to conserve energy, shut down body temperature and reduce the absorption rate of food -- all with the intention of preserving and storing extra fat so it will have plenty of energy “just in case”.

The first three cycles we’re specifically designed to overcome all of these responses through Macro-Patterning™.

However, you can’t do this forever. Your body wants and needs a “diet break” to avoid adaptations and maintain overall metabolic health.

Here’s how it all works.

Many of you may remember the groundbreaking best-selling book Body for LIFE, by fitness legend Bill Phillips.
This book came out way back in 1998 and was responsible for introducing strength training and meal frequency to the masses. Prior to this book being released, lifting weights and eating 5 to 6 times per day was typically unheard of for mainstream exercisers.

**It was only talked about in underground gyms and inside bodybuilding circles.**

Since that time, science has come a long way to give us more insights, strategies, and aggressive tactics to accelerate this type of approach through short-term calorie manipulation and strategic exercise techniques.

This is where the philosophy of intake and expenditure comes in.

*Body for LIFE* was one of the first examples of ramping up calorie intake AND exercise expenditure simultaneously to rev up metabolism, fat burning, and increase lean muscle – ALL at the same time.

It wasn’t really talked about way back when it was first released. But today, this is commonly referred to as G-Flux (I first learned about the science behind this philosophy from John Bernardi) and it’s pretty much identical to what we use in the Maintenance – “Diet Break” cycle below.

**What is G-Flux?**

Think of it as the amount of calories you “turn over” through eating and exercising.

**If you’ve never heard of G-flux, here’s a simple formula for increasing it: Eat more; exercise more.**

Sounds pretty simple, but let’s take a deeper look.

Exercise increases metabolism. Eating increases metabolism. The trick is learning to balance the two so that you still create calorie deficit – while keeping your metabolism happy through an increased nutrient profile.
So just eating more simply will not work all by itself. You have to combine eating more with massive calorie expenditure through exercise to get the best of both worlds.

That’s what the “diet break” (aka – the Maintenance Cycle is all about).

Instead of “dieting” you start eating more calories each day but you also burn more calories through exercise.

The result?

You burn more fat and calories all while increasing your metabolism through eating and exercising more.

That’s the power of the Maintenance – “Diet Break” cycle and G flux.

Just apply this concept and watch your metabolism skyrocket – all while overcoming the “adaptive responses” associated with the previous aggressive fat loss cycles.

You’ll eat more, exercise more, and lose more. AND you’ll keep your metabolism cranking and happy.

It really is THAT simple.

As you spend these next couple weeks increasing calories and carbs, you also have to spend more time exercising, but you’ll find the benefits are worth it. When you increase your metabolic rate through the G-Flux approach you’ll also reap a lot of other benefits like:

- Increases in lean mass and decreases in fat mass
- More rapid adaptations to training stress
- Faster recovery
- Improved overall health
- Increased sympathetic nervous system (SNS) activity
- Improved nutrient partitioning (how your body uses, stores, and handles carb and calorie intake)
- Improved deliver of vitamins, minerals, and phytonutrients

Additionally, fat burning enzymes will be elevated, your body won’t feel deprived from a nutritional standpoint, and eating more on a daily basis will be a welcomed break after moving through the first 3 cycles of Macro-Patterning™.

The Maintenance - “Diet Break” Cycle includes
3 types of days throughout the week:

5 Baseline days:

- Baseline days are carried over from Cycle 2 (the original Macro-Patterning™ plan). They give your body a baseline to start from.
Your baseline days will consist of basic nutrient intake containing proteins through the day and one starch with two different meals before 3pm for women and one starch in 3 different meals for men before 3pm. You should also make sure to move your starch intake to pre (3 hours before) and post workout (45 to 60 minutes after).

This will limit fat spillover and ensure proper nutrient partitioning of the extra calories and carbs.

You'll also notice that you'll be allowed more fruit on these days and you can substitute a fruit for a starch on any baseline days.

Any fat intake will be from mostly “friendly” or “good fat” sources. Always try to consume your fats in meals that don’t have starches or fruits.

1 Carb Up day:

Carb up is typically used for Friday night, but can be used for social events on other days of the week as well.

You'll keep carbs low early in the day and then consume a couple starchy carb meals at the end of your day during the evening hours to “spark” the metabolism and give you some flexibility to still have a life. Another obvious reason we call it “the Diet Break”.

1 Cheat Day:

Cheat days are typically used as a weekend reward for clean eating during the week.

Even though you’ll be eating more calories, your choices need to be healthy. If they are, your body will easily adjust to the extra calorie intake WITHOUT storing the extra calories as fat, which means your body will be craving some cheat food at least one day per week.

Your cheat day is not a free ticket to go crazy, but feel free to reward yourself with your favorite foods and have some alcohol on this day if you’d like. Remember to time your intake of alcohol to be AFTER a few cheat meals. Otherwise you could just negate the hormonal effect and metabolic response of cheating.

Just make sure you don’t binge drink or stuff yourself to death with unhealthy foods.

The cheat day is also necessary to help spark metabolic rate and reset fat burning hormones, which primes your body for better fat loss results the other days of your week.
Week 7 & 8 Maintenance - “The Diet Break”
Meal Plan & Exercise Schedule

<table>
<thead>
<tr>
<th>Maintenance “Diet Break”</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>DAY 43 &amp; 50</td>
<td>DAY 44 &amp; 51</td>
<td>DAY 45 &amp; 52</td>
<td>DAY 46 &amp; 53</td>
<td>DAY 47 &amp; 54</td>
<td>DAY 48 &amp; 55</td>
<td>DAY 49 &amp; 56</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of Day</th>
<th>Baseline</th>
<th>Baseline</th>
<th>Baseline</th>
<th>Baseline</th>
<th>Carb Up</th>
<th>Cheat Day</th>
<th>Baseline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch amount</td>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>N/A</td>
<td>Free Day</td>
<td>2x Women 3x Men</td>
</tr>
<tr>
<td>Exercise Schedule</td>
<td>1 hour of weights or bodyweight training</td>
<td>UCS 1.0 Ultimate Cardio Solution</td>
<td>1 hour of weights or bodyweight training</td>
<td>UCS 2.0 Ultimate Cardio Solution</td>
<td>1 hour of weights or bodyweight training</td>
<td>ATC Ab Targeted Cardio</td>
<td>1 hour of steady state cardio</td>
</tr>
</tbody>
</table>

A Quick WARNING about this cycle...

- Make clean eating choices. Just because we’re raising calorie intake on this cycle does NOT mean it’s a free ticket to eat like crap.

- Continue to prepare your food ahead of time and use a cooler, food containers, a shaker and water bottles when necessary.

- Control the environments you spend your time in and try not to eat out. If you do, get a to-go container and portion control your food.

- Continue to hang out with people who will support your goals during this journey.

- AVOID friends, family, and co-workers who will tempt you and bring you down.

The way I see it, there are 4 types of people in this world. Those who subtract from your goals in life, those who add value to your goals in life, those who divide the goals you’re trying to achieve in life, and those who multiply your efforts in life.

WHICH ones are you hanging out with??
WEEK 7 & 8 • RULES
MAINTENANCE CYCLE
Days 43 - 56

1. Write down everything that goes in your mouth so you know what you are consuming.
2. Eat every 3.5 to 4 hours up until 2 hours prior to bed.
3. Eat at least 4 or 5 meals each day (not necessary on Cheat days). Six meals (shown below) is for advanced folks with faster metabolisms.
4. Don’t binge or stuff on Cheat day and follow all cheat day guidelines from above (details provided in Cycle 3).
5. Make sure fat intake is low (below 10 grams) with all Starch and Fruit based meals on Baseline days.
6. The success of Maintenance is to make sure to try and have 5 Baseline days in a row.
7. Decide which day will be your Cheat day and which will be your Carb Up day before the week begins.
8. Try to eat only “clean non-processed” starches and fresh fruits on all Baseline days.
9. Keep sweets and alcohol to cheat days only.
10. Consume all starch and/or fruit based meals early in your day OR before and after workouts whenever possible. Ex: 1 starch or fruit based meal three hours before high intensity exercise. 1 to 2 starch and/or fruit based meals within 1 to 3 hours after exercise.
11. Don’t be afraid of the extra carb intake on this plan. Just make sure you always have protein in every meal and never eat a carb by itself if you’re still trying to burn fat.
   *If you’re not exercising CUT out at least one starch per day and use only ONE cheat meal per week.
12. If you still have a lot of weight to lose, use this cycle for at least two weeks to give your body a new set point and higher nutrient profile before moving onto another cycle of aggressive macro-patterning.
13. Decide your next goals. You can start back over with the four cycle solution if you wish or you can move on to the bonus meal plan schedule provided below. Remember: never use the 7 day carb depletion diet more than 3 times per year.
14. Use only foods provided from the approved lists below.

*NOTE: I also provided you with a long term rapid fat loss bonus cycle at the end of this guide. :-)
The “Diet Break” – Maintenance Cycle Meal Types

You’ll see the following meal combinations on your Diet Break Nutrition Plan Templates below you’ll see a few different types of meals listed:

1. P + S (protein + starch)
2. P + S + V (protein + starch + vegetables)
3. P + V + O (proteins + vegetables + fats / oil)
4. P + O (proteins + fats / oil)
5. P + A (protein + fruit)
6. FF (free food)
7. SA (sweets and alcohol)

** Directions and guidelines for each individual day of the plan are provided below each individual meal plan chart below.

**If you feel it’s necessary to count calories or you’re concerned with portion control, refer to your Quickstart Guide. It breaks down calorie counting, grams, and portion sizes in more details. Guidelines are also provided below.
Protein Requirements & Substitutions:
1. Consume Protein at each meal 4 times minimum per day, 5 meals ideal.
2. Consume the amount of protein listed below.
3. Cottage Cheese and Greek Yogurt may only be consumed once per day.
4. When eating egg whites you may have a few yolks whole eggs with your whites if desired. Try to use local farm fresh eggs or cage free/organic when possible.

Type (P) = Proteins for the Diet Break Cycle

- Eggs and egg whites (try to use cage free or locally farmed fresh eggs)
  - Men: 2 whole with 4 – 5 whites
  - Women: 1 whole with 2 – 3 whites

- Cottage cheese (try to use full fat raw or almond cheese)
  - Men: 1 cup
  - Women: ½ cup

- Greek Yogurt (no/low sugar plain flavors only)
  - Men: 1 cup
  - Women: ½ cup

- Lean beef, venison, lamb, pork tenderloin, or fresh ham (try to use grass fed or locally farmed raise)
  - Men: 5 – 6 ounces
  - Women: 3 – 4 ounces

- Turkey breast (try to use cage free organic turkey meat)
  - Men: 6 – 8 ounces
  - Women: 4 – 5 ounces

- Chicken breast (try to use cage free organic chicken meat)
  - Men: 6 – 8 ounces
  - Women: 4 – 5 ounces

- Low carb protein powder (make sure you use a low temperature processed brand)
  - Men: 1½ - 2 scoops (30 – 40 grams)
  - Women: 1 – 1½ scoops (20 to 30 grams)

- Fresh wild caught fish: Salmon, Trout, Tuna, Cod, Tilapia, White fish
- Men: 6 – 8 ounces
- Women: 3 – 4 ounces

- Other wild caught seafood: lobster, crab, shrimp, scallops (limit intake)
  - Men: 6 – 8 ounces
  - Women: 3 – 4 ounces

**Starch Requirements & Serving Sizes:**

1. Consume only the following Starchy Carbs and follow the directions and guidelines for each day provided below each daily nutrition template.

2. Serving sizes: Men under 200 lbs = 1 cup, Men over 200 lbs. = 1½ cups.
   Women = ½ to ¾ cup. *Unless indicated differently on meal plan.

3. Make sure to move your starch (and fruit) based meals to post workout or before 3pm if you're not exercising.

4. Limit fat intake to under 10 grams in all meals containing starches.

**Type (S) = Starches for the Diet Break Cycle**

- Steel cut slow cook oats/oatmeal
- Sweet potato / Yam
- Potatoes
- Acorn and butternut squash
- Wild rice, brown rice, black rice, white rice (steamed not fried)
- Quinoa
- Acorn squash
- Gluten free / wheat free pasta: rice flour or black bean
- Legumes (avoid all canned beans and canned foods): kidney beans, black beans, black-eyed peas, lima beans, red beans, chickpeas, pinto beans, butter beans, navy beans, lentils
- Acceptable breads: Ezekiel, Millet, Rice (avoid all whole grains, wheat breads, or wheat based products)
- Acceptable wraps: Ezekiel or wheat/gluten free: rice flour or sprouted grain
- Corn (locally farmed only and limit intake)
- Peas

*Try to stick with starches from nature as much as possible. Limit your intake of processed carbs.*
Vegetable Requirements & Serving Sizes:
1. Consume one serving of your favorite vegetables listed below as indicated on your daily nutrition templates.
2. Don’t snack on veggies between meals on this plan.
3. You can consume other veggies not listed below in limited amounts. Just don’t go crazy.
4. Serving size (men and women) = 1-2 cup on all veggies (raw, steamed, or minimally cooked)

Type (V) = Vegetables for the Diet Break Cycle

- Broccoli
- Asparagus
- Cucumber
- Lettuce
- Cabbage
- Cauliflower
- Spinach
- Green beans
- Radishes
- Onions
- Celery
- Mushrooms
- Artichoke
- Peppers (any type)
- Arugula
- Tomatoes
- Spaghetti Squash
- Brussels sprouts
- Zucchini
- Kale
- Spring mix
- Collard greens
- Eggplant
- Carrots

* Try to use organic or locally farm grown whenever possible.
Fruit Requirements & Serving Sizes:

1. You may have 1 serving of any of the following fresh fruits in place of a starch on Baseline days or when indicated with an “A” on your meal planner.

2. You can consume fruit not listed below during this cycle. Just make sure it’s fresh and try to use organic or local farm raised whenever possible.

3. Serving size men = 1 to 1½ cups. Women = ½ to 1 cup.

4. NO fruit juices.

**Type (A) = Fruits for the Diet Break Cycle**

- Cherries
- Apples
- Oranges
- Grapefruit
- Bananas
- Apricots
- Kiwi
- Mango
- Watermelon
- Blueberries
- Raspberries
- Blackberries
- Peaches
- Cranberries
- Papaya
- Plums
- Pineapple
- Nectarines
- Tangerines
- Pears
- Grapes
- Melon (honeydew, cantaloupe, etc.)
Fat or Oil Requirements & Substitutions:

1. Consume ONLY one serving of fat as indicated on your daily nutrition templates below.

2. Serving size (men and women) = 1 tablespoon. Cheese = a sprinkle or small serving. Yolks = 1 or 2 max. Krill or fish oil = 2 to 3 grams (1,000 mg = 1 gram)

3. Monitor your portion sizes carefully with fats. It’s very easy to overdo it and add in an additional 300 to 400 calories per day if you’re not careful.

4. Make sure you LIMIT fat to 10 grams of lower in any meals containing starchy carbs or fruits.

Type (O) = Fats or Oil for the Diet Break Cycle

- Flaxseed oil or ground up flaxseeds
- Krill oil or organic fish oil
- Olive oil
- Mayo (use small amounts and avoid canola or vegetable oils)
- Small amounts of raw cheese or almond cheese
- Grass fed or organic butter
- Coconut oil
- Egg Yolks (cage free or farm fresh)
- Heavy Cream
- Raw nuts or seeds (monitor portions carefully)
- Nut butters (1 tablespoon women, men 1½-2 tablespoons)
- 2-3 ounces of avocado
- Egg yolks (only if they’re cage free, hormone free, organic, or local farm raised)
Type (FF/SA) = Free Foods / Sweets & Alcohol
Requirements & Substitutions:

In order to maximize glycogen replenishment and leptin sensitivity properly, limit alcohol intake, excessive intake of High Fructose Corn Syrup, deep-fried foods and empty sweets like candy.

Stick to things like things like Pizza, Spaghetti, Lasagna, Steak, Quality Burgers, Mac and cheese, Fajitas, etc. REAL cheat food. Not fake, over the counter processed crap.

Sugars should be consumed in moderation and should come from rich sources like fresh made cake, homemade cookies and brownies, high fructose corn syrup free ice cream, and cheesecakes.

I know I’ve said this a bazillion times, but don’t binge, stuff, or go crazy.

Other Nutrition Guidelines for the Diet Break Cycle

Condiments:
You may use condiments, but remember to watch for hidden sugars and check carb count. Great examples are mustard, salsa, sugar free hot sauces, and low sodium soy sauce.

You can also feel free to use the follow in moderation.

- Sea Salt
- Horseradish
- Stevia or other no/low calorie all natural sweeteners
- Pepper (any kind)
- Vinegar
- Ketchup (high fructose corn syrup free or no sugar only)
- Garlic

Sweeteners and other misc. foods:

Limit intake of artificial sweeteners (sucralose, aspartame, saccharine). Try to use all natural stevia. Stay away from cooking sprays and try to use small amounts of olive and coconut oil instead.

*Avoid agave nectar unless it’s 100% raw. The processing destroys any legit health benefits and increases the bad sugars.
### 4 Cycle Solution® Meal Planner

**MAINTENANCE CYCLE • WEEK 7**

**Day 43 & 50 Monday - Baseline**

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>P/S</td>
<td>PB &amp; J oatmeal (see recipe guide) (keep fat grams under 10) or ½ cup of oatmeal with 1 packet of stevia and cinnamon. After cooked stir in 15 grams of <strong>protein powder</strong></td>
<td>PB &amp; J oatmeal (see recipe guide) (keep fat grams under 10) or ¾ cup of oatmeal with 2 packets of stevia and cinnamon. After cooked stir in 25 grams of <strong>protein powder</strong></td>
</tr>
<tr>
<td>2</td>
<td>P/O</td>
<td>½ cup low sugar Greek yogurt or cottage cheese; 10 walnuts</td>
<td>1 cup low sugar Greek yogurt or cottage cheese; 10 walnuts</td>
</tr>
<tr>
<td>3</td>
<td>P/S/V</td>
<td>Tuna Salad Wrap (see recipe guide)</td>
<td>Tuna Salad Wrap (see recipe guide)</td>
</tr>
<tr>
<td>4</td>
<td>P/A</td>
<td>20 - 25 gram protein shake w/ ½ cup berries or favorite shake (see recipe guide, make sure to follow right food “type”)</td>
<td>30 - 40 gram protein shake w/ ½ cup berries or favorite shake (see recipe guide, make sure to follow right food “type”)</td>
</tr>
<tr>
<td>5</td>
<td>P/V/O</td>
<td>4 - 6 oz. lobster or fresh fish 1 cup broccoli lettuce &amp; cucumber salad with 1 tbsp. of extra virgin olive oil &amp; vinegar or full fat dressing (watch carb count)</td>
<td>6 - 8 oz. lobster or fresh fish 1 cup broccoli lettuce &amp; cucumber salad with 1 tbsp. of extra virgin olive oil &amp; vinegar or full fat dressing (watch carb count)</td>
</tr>
<tr>
<td>6</td>
<td>P</td>
<td>Chocolate Cheesecake Pudding (see recipe guide)</td>
<td>Chocolate Cheesecake Pudding (see recipe guide)</td>
</tr>
</tbody>
</table>

**Supplements**

- **Prograde Multivitamin**: 1 Serving
- **OmegaKrill 5X**: 1 Serving

<table>
<thead>
<tr>
<th>Type Key:</th>
<th>P = Protein</th>
<th>S = Starch</th>
<th>O = Fat</th>
<th>V = Vegetables</th>
</tr>
</thead>
</table>

### DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 5 meals and a 6th Protein only snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 4 you may have your fruit in another meal instead.

2. If you would like to substitute a different food at any particular meal, you must follow the type listed next to that meal and substitute the same type of food listed on your substitution list.
## 4 Cycle Solution® Meal Planner

**MAINTENANCE CYCLE • WEEK 7**

**Day 44 & 51 Tuesday - Baseline**

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Fitness French Toast (see recipe guide) Crepe – 3 egg whites, 1 scoop protein powder, ½ cup oatmeal, ½ cup water, (makes batter for pancakes) top with 1 serving of sugar free syrup or sugarless jam</td>
<td>Fitness French Toast (see recipe guide) Crepe – 5 egg whites, 1 scoop protein powder, ¾ cup oatmeal, ¾ cup water, (makes batter for pancakes) top with 1 serving of sugar free syrup or sugarless jam</td>
</tr>
<tr>
<td>1</td>
<td>P/S</td>
<td>Cherry Chocolate Shake (see recipe guide)</td>
<td>Cherry Chocolate Shake (see recipe guide)</td>
</tr>
<tr>
<td>2</td>
<td>P/A</td>
<td>Chicken Caesar Wrap (see recipe guide)</td>
<td>Chicken Caesar Wrap (see recipe guide)</td>
</tr>
<tr>
<td>3</td>
<td>P/S/V</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>P/O</td>
<td>20 - 25 gram protein shake 1 tbsp. of flax oil (preferred) or 1 tbsp. heavy cream</td>
<td>30 - 40 gram protein shake 1 tbsp. of flax oil (preferred) or 1 tbsp. heavy cream</td>
</tr>
<tr>
<td>5</td>
<td>P/V/O</td>
<td>4 - 6 oz. lean burger patty 1 cup of asparagus lettuce &amp; cucumber salad 1 tbsp. of extra virgin olive oil &amp; vinegar or full fat dressing (watch carb count)</td>
<td>6 - 8 oz. lean burger patty 1 cup of asparagus lettuce &amp; cucumber salad 1 tbsp. of extra virgin olive oil &amp; vinegar or full fat dressing (watch carb count)</td>
</tr>
<tr>
<td>6</td>
<td>P/O</td>
<td>½ cup Greek yogurt; 10 walnuts</td>
<td>1 cup Greek yogurt; 12 walnuts</td>
</tr>
</tbody>
</table>

**Supplements**

- Prograde Multivitamin: 1 Serving
- OmegaKrill 5X
- Prograde Multivitamin: 1 Serving
- OmegaKrill 5X

**Type Key:**

- P = Protein
- S = Starch
- V = Vegetables
- O = Fat
- A = Fruit

**DAILY GUIDELINES AND DIRECTIONS**

1. The above example food plan shows 5 meals and a 6th Protein and fat snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 2 you may have your fruit in another meal instead.

2. If you would like to substitute a different food at any particular meal, you must follow the type listed next to that meal and substitute the same type of food listed on your substitution list.
### 4 Cycle Solution® Meal Planner

**MAINTENANCE CYCLE • WEEK 7**  
**Day 45 & 52 Wednesday - Baseline**

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<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>P/S</td>
<td>Egg Sandwich on Ezekiel bread</td>
<td>Egg Sandwich on Ezekiel bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(see recipe guide)</td>
<td>(see recipe guide)</td>
</tr>
<tr>
<td>2</td>
<td>P/A</td>
<td>½ cup Greek yogurt or cottage cheese with ½ cup berries</td>
<td>1 cup Greek yogurt or cottage cheese with 1 cup berries</td>
</tr>
<tr>
<td>3</td>
<td>P/S/V</td>
<td>Turkey Burger with portabella mushroom cap (see recipe guide) with 1/2 baked or sweet potato; side salad</td>
<td>Turkey Burger with portabella mushroom cap (see recipe guide) with small baked or sweet potato; side salad</td>
</tr>
<tr>
<td>4</td>
<td>P/O</td>
<td>20 - 25 gram protein shake</td>
<td>30 - 40 gram protein shake</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tbsp. of flax oil (preferred)</td>
<td>1 tbsp. of flax oil (preferred)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or 1 tbsp. heavy cream</td>
<td>or 1 tbsp. heavy cream</td>
</tr>
<tr>
<td>5</td>
<td>P/V/O</td>
<td>4 - 6 oz. grilled shrimp</td>
<td>6 - 8 oz. grilled shrimp</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup your favorite veggies</td>
<td>1 cup your favorite veggies</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salad with tomato &amp; cucumber</td>
<td>Salad with tomato &amp; cucumber</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tbsp. of extra virgin olive oil &amp; vinegar or low calorie low sugar dressing</td>
<td>1 tbsp. of extra virgin olive oil &amp; vinegar or low calorie low sugar dressing</td>
</tr>
<tr>
<td>6</td>
<td>P/O</td>
<td>Depletion Pudding</td>
<td>Depletion Pudding</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(see recipe guide)</td>
<td>(see recipe guide)</td>
</tr>
</tbody>
</table>

**Supplements**  
- Prograde Multivitamin: 1 Serving  
- OmegaKrill 5X

**GUIDELINES AND DIRECTIONS**

1. The above example food plan shows 5 meals and a 6th Protein and fat snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 2 you may have your fruit in another meal instead.

2. If you would like to substitute a different food at any particular meal, you must follow the type listed next to that meal and substitute the same type of food listed on your substitution list.
## 4 Cycle Solution® Meal Planner
### MAINTENANCE CYCLE • WEEK 7
#### Day 46 & 53 Thursday - Baseline

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>P/S</td>
<td>Mexican Omelet with ½ cup hash browns or home fries (see recipe guide)</td>
<td>Mexican Omelet with 1 cup hash browns or home fries (see recipe guide)</td>
</tr>
<tr>
<td>2</td>
<td>P/A</td>
<td>½ cup Greek yogurt or cottage cheese with ½ cup berries</td>
<td>1 cup Greek yogurt or cottage cheese with 1 cup berries</td>
</tr>
<tr>
<td>3</td>
<td>P/S/V</td>
<td>Turkey sandwich with side salad (see recipe guide) or 3 - 4 oz. roasted turkey breast, 1 cup green beans, ½ cup mashed potato w/ 2 krill oil capsules</td>
<td>Turkey sandwich with side salad (see recipe guide) or 3 - 4 oz. roasted turkey breast, 1 cup green beans, ½ cup mashed potato w/ 2 krill oil capsules</td>
</tr>
<tr>
<td>4</td>
<td>P/O</td>
<td>20 - 25 gram protein shake or 1 tbsp. of flax oil (preferred) or 1 tbsp. heavy cream</td>
<td>30 - 40 gram protein shake or 1 tbsp. of flax oil (preferred) or 1 tbsp. heavy cream</td>
</tr>
<tr>
<td>5</td>
<td>P/V/O</td>
<td>4-6 oz. tuna, chopped tomato &amp; cucumber on top of lettuce salad With 1 tbsp. of extra virgin olive oil &amp; vinegar</td>
<td>6-8 oz. tuna, chopped tomato &amp; cucumber on top of lettuce salad With 1 tbsp. of extra virgin olive oil &amp; vinegar</td>
</tr>
<tr>
<td>6</td>
<td>P/O</td>
<td>Butterscotch Protein Pudding (see recipe guide), sprinkle 10-15 raw nuts on tops</td>
<td>Butterscotch Protein Pudding (see recipe guide), sprinkle 15-20 raw nuts on top</td>
</tr>
</tbody>
</table>

### Supplements
- **Prograde Multivitamin**: 1 Serving
- **OmegaKrill 5X**

### Type Key:
- **P** = Protein
- **V** = Vegetables
- **O** = Fat
- **A** = Fruit

## DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 5 meals and a 6th Protein and fat snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 2 you may have your fruit in another meal instead.

2. If you would like to substitute a different food at any particular meal, you must follow the type listed next to that meal and substitute the same type of food listed on your substitution list.
MAINTENANCE CYCLE • WEEK 7
Day 47 & 54 Friday – Carb Up

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>P/V/O</td>
<td>1 whole, 2-3 whites scrambled with ½ cup spinach and sprinkle of cheese (add red hot or salsa if desired)</td>
<td>1 whole, 4-5 whites scrambled with 1 cup spinach and sprinkle of cheese (add red hot or salsa if desired)</td>
</tr>
<tr>
<td>2</td>
<td>P/O</td>
<td>Low Carb Protein Shake, 12 – 15 raw nuts</td>
<td>Low Carb Protein Shake, 15 – 20 raw nuts</td>
</tr>
<tr>
<td>3</td>
<td>P/A</td>
<td>½ cup Greek Yogurt mixed with stevia and favorite fruit</td>
<td>1 cup Greek Yogurt mixed with stevia and favorite fruit</td>
</tr>
<tr>
<td>4</td>
<td>P/S/V</td>
<td>Mexican Lasagna (see recipe guide) don’t stuff</td>
<td>Mexican Lasagna (see recipe guide) don’t stuff</td>
</tr>
<tr>
<td>5</td>
<td>P/A or P/S</td>
<td>Healthy Sundae (see recipe guide)</td>
<td>Healthy Sundae (see recipe guide)</td>
</tr>
</tbody>
</table>

**Supplements**

- Prograde Multivitamin: 1 Serving
- OmegaKrill 5X

**Type Key:**  
- P = Protein  
- S = Starch  
- O = Fat  
- A = Fruit  
- V = Vegetables

**DAILY GUIDELINES AND DIRECTIONS**

1. The above example food plan shows 4 meals and a 5th carb load meal. Just make sure your free meal contains a starch and protein. If you only consume 4 meals you may skip meals 2 or 5. If you skip meal 5 you may have your fruit in meal one.

2. If you would like to substitute a different food at any particular meal, you must follow the type listed next to that meal and substitute the same type of food listed on your substitution list.
### 4 Cycle Solution® Meal Planner

**MAINTENANCE CYCLE • WEEK 7**

**Day 48 & 55 Saturday - Cheat**

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>FF (P/S)</td>
<td>Your favorite breakfast (pancakes, waffles or bacon)</td>
<td>Your favorite breakfast (pancakes, waffles or bacon)</td>
</tr>
<tr>
<td>2</td>
<td>P/O or P/A</td>
<td>Your favorite protein shake (see recipe guide)</td>
<td>Your favorite protein shake (see recipe guide)</td>
</tr>
<tr>
<td>3</td>
<td>FF</td>
<td>½ sub sandwich with snack bag chips</td>
<td>sub sandwich with snack bag chips</td>
</tr>
<tr>
<td>4</td>
<td>FF</td>
<td>pizza or pasta dinner w/dessert</td>
<td>pizza or pasta dinner w/dessert</td>
</tr>
</tbody>
</table>

**Supplements**

- Prograde Multivitamin: 1 Serving
- OmegaKrill 5X

<table>
<thead>
<tr>
<th>Type Key:</th>
<th>P = Protein</th>
<th>S = Starch</th>
<th>V = Vegetables</th>
<th>O = Fat</th>
<th>A = Fruit</th>
</tr>
</thead>
</table>

### DAILY GUIDELINES AND DIRECTIONS

1. Eat whatever you want in any amount.
2. Timing isn’t necessary on cheat day.
3. Follow the above plan if you’re afraid that you might go overboard.
4. Consume alcohol in limited quantities AFTER a couple cheat meals, otherwise you could sabotage the hormonal effect of the cheat.
5. Relax it is a free day well deserved, but don’t binge or go crazy.
## 4 Cycle Solution® Meal Planner
### MAINTENANCE CYCLE • WEEK 7
### Day 49 & 56 Sunday – Baseline

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TYPE</th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>P/S</td>
<td>Egg Enchiladas (see recipe guide)</td>
<td>Egg Enchiladas (see recipe guide)</td>
</tr>
<tr>
<td>2</td>
<td>P/A</td>
<td>½ cup Greek Yogurt or cottage cheese w/ apple</td>
<td>1 cup Greek Yogurt or cottage cheese w/ bowl of fruit</td>
</tr>
<tr>
<td>3</td>
<td>P/V/S</td>
<td>Cajun chicken (see recipe guide); ½ sweet potato; side salad (watch carb count on dressing)</td>
<td>Cajun chicken (see recipe guide); 1 sweet potato; side salad (watch carb count on dressing)</td>
</tr>
<tr>
<td>4</td>
<td>P/O</td>
<td>Peanut Brittle Shake (see recipe guide)</td>
<td>Peanut Brittle Shake (see recipe guide)</td>
</tr>
<tr>
<td>5</td>
<td>P/V/O</td>
<td>4 oz. steak; 1 cup of broccoli lettuce &amp; cucumber salad with 1 tbsp. of extra virgin olive oil &amp; vinegar or full fat dressing (watch carb count)</td>
<td>6 oz. steak; 1 cup of broccoli lettuce &amp; cucumber salad with 1 tbsp. of extra virgin olive oil &amp; vinegar or full fat dressing (watch carb count)</td>
</tr>
<tr>
<td>6</td>
<td>P/O</td>
<td>Pistachio Pudding (see recipe guide)</td>
<td>Pistachio Pudding (see recipe guide)</td>
</tr>
</tbody>
</table>

**Supplements**
- **Prograde Multivitamin**: 1 Serving
- **OmegaKrill 5X**: 1 Serving

**Type Key:**
- **P** = Protein
- **S** = Starch
- **V** = Vegetables
- **O** = Fat
- **A** = Fruit

### DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 5 meals and a 6th Protein and fat snack. If you only consume 4 meals you may skip meals 2 or 4. If you skip meal 2 you may have your fruit in another meal instead.

2. If you would like to substitute a different food at any particular meal, you must follow the type listed next to that meal and substitute the same type of food listed on your substitution list.
**BONUS SECTION**

**Long Term Rapid Fat Loss**

**Macro-Patterning™ Meal Plan Schedule**

<table>
<thead>
<tr>
<th>Type of Day</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch amount</td>
<td>Strategic Fast or Deplete</td>
<td>Baseline</td>
<td>Deplete</td>
<td>Baseline</td>
<td>Deplete</td>
<td>Baseline</td>
<td>Cheat Day</td>
</tr>
<tr>
<td>Fats UP / Carbs DOWN</td>
<td>Fats DOWN / Carbs Up</td>
<td>Fats UP / Carbs DOWN</td>
<td>Fats DOWN / Carbs Up</td>
<td>Fats UP / Carbs DOWN</td>
<td>Fats DOWN / Carbs Up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>2x Women 3x Men</td>
<td>N/A Free Day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- You can arrange these days any way you’d like based on your personal schedule, but always make sure your Strategic Fast day is the day after your Cheat Day.

**Long Term Rapid Fat Loss**

**Macro-Patterning™ Exercise Plan**

<table>
<thead>
<tr>
<th>Diet Break</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of Day</td>
<td>Strategic Fast or Deplete</td>
<td>Baseline</td>
<td>Deplete</td>
<td>Baseline</td>
<td>Deplete</td>
<td>Baseline</td>
<td>Cheat Day</td>
</tr>
<tr>
<td>Exercise Type</td>
<td>UCS or ATC (See Ab Targeted Cardio and Interval Guide)</td>
<td>Weights or MRT (Bodyweight Training)</td>
<td>UCS or ATC (See Ab Targeted Cardio and Interval Guide)</td>
<td>Weights or MRT (Bodyweight Training)</td>
<td>UCS or ATC (See Ab Targeted Cardio and Interval Guide)</td>
<td>OFF</td>
<td>Weights or MRT Full Body Circuit or A/E (Steady State) Cardio</td>
</tr>
</tbody>
</table>
I held up a cross like a vampire was attacking me when I first heard about this strategy. It goes completely against the grain, but the science and real world results can’t be denied.

I know, I know…you’re probably thinking; But Shaun, have you lost your mind? You mean to tell me that you starve yourself to try and burn more fat?

Well – not exactly. Let me explain.

Strategic Fasting is essentially not eating or drinking anything that contains calories for a set time period. Generally this time period is between 16 and 36 hours.

When applied properly, fasting is not only a GREAT for your metabolism, but it’s also a killer way to break bad habits or shock your body mentally and physically. Physically, it helps drain your muscle and liver of glycogen by forcing your body to use up stored calories such as fat calories and carbohydrate calories.
Strategic fasting also lowers insulin, increases growth hormones release, and raises catecholamine levels by ramping up the sympathetic nervous system (SNS).

All 3 of these benefits will help you burn more fat.

**Mentally,** it can break you of bad emotional habits or negative *neuro-associations* you may have with food.

As always, with any great tactic, *more is not better.* If you abuse this strategy your body may start shedding lean muscle to slow down the metabolism and the end result is no weight loss at all.

Essentially, your body thinks you are starving yourself so it will have to use amino acids from precious muscle tissue to survive.

Research shows this ONLY happens if you try overdoing it. If you stick with 18 to 36 hours at a time – no more than 1 or 2 days a week during certain *Macro-Patterning™* Cycles you’ll be OK.

I also recommend you consume **5 to 10 grams of amino acids** every 3-4 hours during your fast. This will help prevent hunger pangs and muscle loss. Just think of it as eating protein *without* the calories.

**Remember, during the fast you’ll keep insulin super low, naturally boost fat burning growth hormone, have more energy, get more done, give your digestive system and body a break, and burn a lot more fat.**

Initially, fasting seems like a big pain in the ass, but remember to focus on the reward. You might have to sacrifice if you have an obsession with food or eating every 2 to 3 hours.

Is fasting easy? **NO.** Is it worth it? **YES.**

And fasting becomes a LOT easier after the first few times. I’ve been doing it for over 2 years now and I actually look forward to my fasting days.

Even though it requires some sacrifice, it actually becomes *really* fun when you understand how to properly apply it.
# Sample Strategic Fast Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Type</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supplements</td>
<td>10 grams of Amino Acids (Fast Food for your muscles without the calories)</td>
<td>10 grams of Amino Acids (Fast Food for your muscles without the calories)</td>
<td></td>
</tr>
<tr>
<td>A.M.</td>
<td>Lots of filtered water Black Coffee or Tea allowed (you can add stevia or other no calorie sweeteners)</td>
<td>Lots of filtered water Black Coffee or Tea allowed (you can add stevia or other no calorie sweeteners)</td>
<td></td>
</tr>
<tr>
<td>Supplements</td>
<td>10 grams of Amino Acids (Fast Food for your muscles without the calories)</td>
<td>10 grams of Amino Acids (Fast Food for your muscles without the calories)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Stay busy, drink more water • Optional Green or Black Tea • Ignore hunger pangs by using Amino Acids and focusing on gratitude</td>
<td>• Stay busy, drink more water • Optional Green or Black Tea • Ignore hunger pangs by using Amino Acids and focusing on gratitude</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Stay busy, drink more water • Optional Green or Black Tea • Ignore hunger pangs by using Amino Acids and focusing on gratitude</td>
<td>• Stay busy, drink more water • Optional Green or Black Tea • Ignore hunger pangs by using Amino Acids and focusing on gratitude</td>
<td></td>
</tr>
<tr>
<td>Anytime</td>
<td>Workout: Weights / MRT / or Cardio</td>
<td>Workout: Weights / MRT / or Cardio</td>
<td></td>
</tr>
<tr>
<td>Supplements</td>
<td>10 grams of Amino Acids Directly before and after workout if still fasting or using a.m. workouts</td>
<td>10 grams of Amino Acids Directly before and after workout if still fasting or using a.m. workouts</td>
<td></td>
</tr>
</tbody>
</table>
**Baseline Days**

**Tuesdays, Thursdays, and Saturdays**

(can be re-arranged for a Monday, Wednesday, & Friday schedule as well)

* See Maintenance Meal Plan above and Macro-Patterning™ module for examples and directions.

**Deplete Day**

**Mondays, Wednesdays, & Fridays**

(can be re-arranged for a Tuesdays, Thursday, & Saturday schedule as well)

* See Cycle 1: Advanced Depletion for examples and directions.

If you remember Cycle 1 (Advanced Depletion), you know by now that Deplete days require a little more discipline and are very limited in food variety and choices.

No starches, fruits or impact carbs to force short-term depletion of glycogen and extreme fat loss through short-term calorie restriction. You’ll consume only protein, green veggies, and friendly fats throughout the day.

On Deplete days you’ll be doing the interval training workouts from your 7 Day Ab Targeted and Interval Guide to force your metabolism to burn excess glycogen and body fat.

This will also help create even more of a short term calorie deficit on these days while carbs are kept to a minimum.
Cheat Day

**Sundays**

(limit to one day per week, can be used ANY day of your week, but always use a Strategic Fast or Deplete the day after your cheat day)

* Refer to the previous cycles for example cheat days you can use.

I know we’ve covered this territory, but here’s a quick recap.

By using *strategic* cheat days at least one day a week, you can reset your hormones and give your metabolism a boost at the same time. PLUS, who doesn’t want a good ole’ cheat day? 😊

You’ll increase your intake of calories (starches, fats, etc.) to boost metabolic rate, reset fat burning hormones, and assist in repair and growth. Most importantly this serves as a physical and psychological reward along with a break from clean eating.

On Cheat days you can perform longer duration cardio at a low intensity (or you can do full body MRT or circuit training) to burn off excess calories and help your body take advantage of the extra calorie intake and help redirect the extra carbs into muscle tissue.

You can also relax and take this day off from working out. Just make sure you get in at least one long duration, lower intensity cardio workout per week when using a cheat day.