

COOLER PLAN #1

➔ Hardcore eating for rapid results

WHAT IT'S FOR:

- ☑ Breaking plateaus
- ☑ Losing last 5 to 10 pounds
- ☑ Early contest preparation
- ☑ Photo shoots
- ☑ Showing increased muscular definition
- ☑ Quick weight loss
 - * Cooler one should be followed for a maximum of two weeks at a time.
 - * Eat your last meal at 6 PM, or four hours before bed.

WHAT IT IS:

Please note that this is the strictest of the cooler plans and will not be easy for some of you. There is very little room for indulgence and you may feel a little foggy due to lack of complex carbs. If it is too much, you can add more complex carbohydrates (yam, apple, or brown rice) to one of your early meals. But hardcore eating promises results, and that is what you will get!

HOW IT WORKS:

Follow the Eat-Clean Principles on page 21. (for a menu-plan example, see page 268)

COMPLEX CARBOHYDRATES FROM FRUIT:

- * 1 apple or pear per day (½ in the morning and ½ in the afternoon or evening)

COMPLEX CARBOHYDRATES FROM VEGETABLES (RAW OR STEAMED):

- * 2 cupped handfuls eaten four times per day of cucumbers, radishes, tomatoes, leafy greens, broccoli, spinach, asparagus, green beans, sprouts, celery, bok choy or other high-water content, non-starchy, low-Glycemic Index vegetables

COMPLEX CARBOHYDRATES FROM WHOLE GRAINS AND STARCHY CARBOHYDRATES:

- * 1 handful per day of cooked quinoa, brown rice, oatmeal, millet or Cream of Wheat

Top this with:

- 2 to 4 tablespoons of ground flaxseed
- 2 to 4 tablespoons of bee pollen
- * 1 hand-sized sweet potato or yam serving per day (½ in the morning and ½ in the afternoon or evening)

LEAN PROTEIN:

- * 1 palm-sized portion eaten five times each day of chicken, tuna, egg whites, turkey, bison, elk or non-oily fish
- * Good-quality, sugar- and chemical-free protein powder (hemp, soy, or whey) may be substituted for any protein serving

BEVERAGES:

- * 1 gallon per day of distilled water, fresh water with no sodium or clear, unsweetened herbal tea

AVOID:

- ✗ Dairy products
- ✗ Juice
- ✗ Bread
- ✗ Salad dressings – except lemon juice and balsamic vinegar
- ✗ Spreads (margarine, butter, mayonnaise, etc.)
- ✗ High-sodium foods