



Warp Speed Fat Loss 2.0:

3x Diet

1500 Calories Plan

Because No One Wants To Lose Weight SLOW

Mike Roussell

Alwyn Cosgrove

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<http://www.warpspeedfatloss.com/medical.html>



## About The Author:

**Mike Roussell** is a consultant, author, freelance writer, and researcher. Mike received his bachelor of science in biochemistry graduating magna cum laude with high honors from Hobart and William Smith Colleges. From there he attended the University of Vermont Medical School before deciding to follow his passion of studying nutrition.

Currently, Mike is pursuing his doctorate in nutrition at Pennsylvania State University, studying the effects of diet and fatty acids on cardiovascular disease and emerging cardiovascular disease risk factors.

Mike's nutritional coaching is sought out by people from a variety of backgrounds ranging from collegiate athletes to business professionals to fitness enthusiasts. Mike's writings can be seen in magazines such as Men's Health, Men's Fitness and on the web

at Testosterone Nation and Bodybuilding.com. Mike also served as the nutritional consultant for the Men's Health Book of Power Training and Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster .

- <http://www.NakedNutritionNetwork.com> – Massive FREE Fat Loss and Health Site. Articles, Podcasts, Videos, and More.
- <http://www.NakedNutritionNetwork.com/blog> - Mike's Personal Blog
- <http://www.WarpSpeedFatLoss.com> – Lose 10,15, or 20lbs in the next 28 days with the Complete Done-4-You Warp Speed Fat Loss Rapid Weight Loss Blueprint.
- <http://www.NakedNutritionGuide.com> – Mike's Complete Multimedia Fat Loss System for fast and permanent weight loss
- <http://www.NakedNutritionInsider.com> – Monthly Health & Fitness Newsletter, Private Forum Access, Access to Mike, Insider Discounts



### **About the Author:**

***Alwyn Cosgrove** is one of the most in demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA*

*For the past seventeen years Alwyn Cosgrove has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training.*

*Alwyn has an honors degree in Sports Science from Chester College, the University of Liverpool, is certified with distinction as a strength & conditioning specialist with the National Strength and Conditioning Association and has been recognized as a Master of Sports Sciences with the*

*International Sports Sciences Association.*

*A former Taekwon-do international champion, Alwyn has utilized his personal experience as an athlete and combined it with the advanced theories of European Sports Science and the principles of modern strength and conditioning systems.*

*During his career as a strength and conditioning coach, Alwyn has worked with a wide variety of clientele, including several Olympic and national level athletes, five World Champions and professionals in a multitude of sports including boxing, martial arts, soccer, ice skating, football, fencing, triathlon, rugby, bodybuilding, dance and fitness competition.*

*Alwyn has co-authored the book *The New Rules of Lifting* with Lou Schuler and is currently a writer with *Men's Health* magazine.*

*In July 2004 Alwyn was diagnosed with Stage IV Cancer. After a long battle, and intensive chemotherapy, Alwyn was pronounced in full clinical remission as of March 2005. Unfortunately the cancer returned in March 2006 and Alwyn again was treated with very aggressive chemotherapy and this time underwent an autologous stem cell transplant.*

*Alwyn is currently living in Stevenson Ranch, California with his wife Rachel.*

- <http://www.AlwynCosgrove.com>
- <http://www.Results-Fitness.com>

# A Brief Introduction

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I love the concept behind the 3x diet plans. If you can image, one of the biggest complaints that I received Done For You Warp Speed Fat Loss Diet Plans was that there was too much variety. There were too many things to buy, too many different foods to prepare and eat. Enter 3x.

The 3x Diet is simple. There are 3 different days of meal plans. 2 'Normal' and 1 Low carb day. You can eat the normal carb meal plans Monday-Saturday. If it is a training day then you just need to add the following shake whenever you are going to workout. You then follow the low carb day on Sundays (or the day that you do no train at all – no weights, no cardio)

## Workout Nutrition

- 1 Scoop Protein Powder or 20-25 grams of BCAA
- 25 grams of carbohydrates (Dextrose or from a sports drink)

*Notes: Mix together. Begin drinking 20 minutes prior to your workout and sip for the duration of your workout.*

# 1500 Calorie – Normal Carb.Day 1

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## Mike's Power Shake

- 1.5 Scoop Whey/Casein Protein Powder
- ¼ Cup Blueberries (Frozen or Fresh)
- 2 TBSP Walnuts
- 1 Scoop of a Green/Superfood Supplement
- 1 tsp Powdered Green Tea

*Notes: Add ingredients plus 1-2 Cups water and 2-3 ice cubes in a blender. Blend on high until smooth. Using frozen strawberries will make the shake thicker.*

## Pumped Up Pumpkin

- 1 ½ Cups of Cottage Cheese
- ½ Cup Canned Pumpkin
- 2 TBSP Chopped Pecans
- 2 tsp Cinnamon
- 1 Dash of Cloves

*Notes: Mix together in a bowl and enjoy!*

## Pork & Apples

- 4oz Pork Loin
- ½ Medium Apple (thinly sliced)
- 1 TBSP Canola Oil

*Notes: Add canola oil to a non stick pan over medium heat. Sprinkle pork loin with salt and pepper on both sides. Add to hot pan. Cook for 1 minute, turn over and cook for another minute. Add apples and 1 ½ cups of water. Turn heat down and poach apples and pork until apples are softened and pork is cooked through. Sprinkle with cinnamon before eating.*

## Berries & Cream

- ½ Cup No Fat Greek Yogurt
- ¼ Cup Raspberries
- 3 TBSP Coconut Milk

*Notes: Combine in a bowl and eat*

## Salmon & Asparagus

- 3oz Salmon
- 8 Spears of Asparagus
- 2 tsp Olive Oil
- 1 TBSP Dijon Mustard

*Notes: Steam Asparagus. Broil salmon for 2-3 minutes. Spread Dijon over salmon and continue to broil until cooked through. When asparagus is finished steaming, season with salt, pepper and toss in a bowl with olive oil.*



# 1500 Calorie – Normal Carb.Day 2

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## Spinach & Peppers Scramble

- 2 Cups of Spinach
- 1/3 Cup Shredded Cheddar Cheese
- ½ Medium Red Bell Pepper (thinly sliced)
- 3 Egg Whites
- 1 Whole Egg

*Notes: Over medium heat, lightly coat a non stick pan with fat free cooking spray. Add spinach, peppers, salt and pepper. Cook until spinach is wilted and remove from pan. Mix egg and egg whites in a bowl. Re-spray the pan and turn up the heat to medium-high. Once heat has equilibrated add eggs and stir until completely scrambled. Mix in spinach, peppers, and cheese.*

## Chocolate Cherry Shake

- 1.5 Scoops of Chocolate Whey/Casein Protein Powder
- ¼ Cup Frozen Dark Cherries
- 2 TBSP Walnuts

*Notes: Add ingredients plus 1-2 Cups water and 2-3 ice cubes in a blender. Blend on high until smooth. Using more ice will make the shake thicker*

## Mediterranean Salad & Tilapia

- 4oz Tilapia
- ¼ Cup Feta Cheese
- 1 Cups Cucumbers (Chopped)
- ½ Cup Grape Tomatoes
- ½ Cup Red Onions (Thinly Sliced)
- 2 tsp Extra Virgin Olive Oil
- 2 TBSP Balsamic Vinegar
- 4 Basil Leaves (Thinly Sliced)

*Notes: Season Tilapia with salt & pepper. Place olive oil, tilapia, and basil in a non stick pan over medium heat. Once ¾ of the way cooked flip Tilapia and brown the other side. Combine in a bowl with salt, pepper (fresh cracked is best), cucumbers, tomatoes, olive oil, and balsamic vinegar. Serve Tilapia and Basil on a plate with Mediterranean salad.*

## Snack

- 1oz Almonds

## Chicken & Broccoli

- 4oz Boneless, Skinless Chicken Breast
- ½ Cup Red Onions (Sliced)
- 1 Cup Broccoli (frozen)
- 1 TBSP Butter
- 1 Clove Minced Garlic

*Notes: Cut chicken breast into thin strips; season with salt, pepper, and chili powder. Add to nonstick pan over medium heat with olive oil, garlic, and butter. Sauté until chicken is almost cooked through. Add broccoli and continue sautéing until broccoli is warmed up.*

# 1500 Calorie – Low Carb.Day

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## Jamaican Scrambled Eggs

- 3 Stalks Green Onions (Chopped)
- 3 Egg Whites
- 1 Whole Eggs
- 1/3 Cup Shredded Cheese

*Notes: Mix egg and egg whites in a bowl. Over medium-high heat, lightly coat a non stick pan with fat free cooking spray. Add eggs and stir until completely scrambled. Turn off heat and mix in cheese and green onions.*

## Lox & Cream Cheese

- 3oz Smoked Salmon
- 2 TBSP Cream Cheese

*Notes: Wrap slices of smoke salmon around dollops of cream cheese and eat.*

## Feta Cheese & Sundried Tomato Burger

- 4.5 oz 95% Lean Ground Beef
- ¼ Cup Onions (Diced)
- ¼ Cup Crumbled Feta Cheese
- 3 Slices of Sun Dried Tomatoes Packed in Oil (Diced)

*Notes: Combine beef, onions, sun dried tomatoes in a bowl. Mix thoroughly and season with salt and pepper. Form into burger shape. Broil burger on high to desired level of doneness. Before removing the broiler from the broiler, top with feta cheese; feta doesn't melt very well but it will warm and melt some.*

## Green Eggs

- 4 Hard Boiled Eggs (whites only)
- 4 TBSP Guacamole (or Mashed Avocado)

*Notes: Cut eggs in half lengthwise and remove yolks. Fill the eggs with guacamole (~1 TBSP per egg)*

## Seared Steak w/Mushrooms & Onions

- 4oz Top Round Beef
- ½ Cup Onions (sliced)
- 1 Cup Mushrooms (sliced)
- 1 TBSP Olive Oil
- 2 'Splashes' Soy Sauce

*Notes: Place a non stick pan over high heat. Heavily season steak on both sides with salt and pepper. Once pan is hot, place steak in pan (no oil). Let sear for 2-3 minutes; flip steak and sear other side. After searing place in oven at 400 degrees until steak reaches desired level of doneness. While steak is cooking sauté onions and mushrooms in pan with olive oil over medium. Cook down until onions are clear. Add 2 splashes of soy sauce and cook for another 5-8 minutes on low heat*