



# Warp Speed Fat Loss 2.0: Nutrition Manual

Because No One Wants To Lose Weight SLOW

Mike Roussell

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## 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 a certified with distinction 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 Taekwondo 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. However, the cancer later returned in March 2006. Alwyn was again treated with very aggressive chemotherapy and this time underwent a successful autologous stem cell transplant.

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

- <http://www.AlwynCosgrove.com>
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# Warp Speed Fat Loss Diet

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By Mike Roussell

## Before You Get Started – Get Permission

As I'm sure you have heard, there is a supposed limit on the number of pounds (1-2 pounds) that you can lose in one week. I have good news for you.

That is a lie.

Here's a perfect example. Have you ever watched the show the 'Biggest Loser'? The people on that show lose 5, 10, sometimes 20 pounds in 1 week. If they were only capable of losing 2 pounds per week the show would be pretty boring. To be completely honest the biggest obstacle in losing a lot of weight in a short amount of time is giving yourself permission to do so.

One last thing before you get started. Please do not get caught up on how much the scale says you weigh. The numbers on the scale really give you little information about what is going on in your body because everything is equal – muscle, fat, and water weight. Unfortunately most people only track the readings on the scale. As time goes on I am more and more convinced that this is a huge mistake.

Here's a good example to illustrate this point. Alwyn Cosgrove implemented a "Skinny Jeans" Contest at his gym (you may have heard the interview I did with Alwyn where we discussed this). The deal was that you had to bring in a pair of jeans that you wanted to fit into but currently didn't. You followed the given program and if at the end of the 8 week program you fit into the jeans, Alwyn and his wife Rachel would go out and buy you a pair of designer jeans in your new (smaller) size. Average weight loss was 4 pounds. Average drop in jean size was 4 sizes.

The amount of fat that you lose with a program like Warp Speed Fat Loss is not accurately reflected on the scale. Track your waist measurements, find some clothes that you want to fit into again, take pictures, do all of those things. Just don't rely solely on the scale readings as you will put in a lot of work, get great results but potentially will still be disappointed.

Are you ready to get started?

## Warp Speed Fat Loss Diet Components

The Nutrition Manual is broken up into a couple different sections. First we'll look at how many calories that you'll be eating and how we distribute those calories in the forms of protein, carbohydrates, and fats throughout the day and week depending on what type of exercise you are doing.

We'll then go into supplements that you can use to enhance your results. Many of these are completely **optional** but some come highly recommended. Throughout the manual I have inserted information specifically for vegetarians as with this latest version of Warp Speed Fat Loss there is a 3x Vegetarian Diet Plan. Finally, in the last section of the nutrition manual we will cover what you can do with your diet after you are finished with the Warp Speed Fat Loss program.

In addition to this manual I have created videos for you that cover more information about how I built the diets and how you can customize the done for you diet plans to better suit your taste buds (i.e. if you hate cottage cheese, I'll show you how to easily switch it out of the meal plans).

## Calories & Meal Plan Selection

I firmly believe, and the research supports this, that the total amount of calories you eat matters but calories aren't everything. Fortunately scientific research has also shown us that by lowering the amount of carbohydrates you consume it changes your body's metabolism. You can actually eat more calories and lose more weight than if you follow a traditional low fat higher carbohydrate diet.

This phenomenon was highlighted in a recent study from the University of Connecticut. Study participants were separated into two different groups – low carb and high carb. The low carb group was given instruction on how to eat a low carb diet but they weren't told to restrict how many calories they ate. The high carb group was given information on how to eat a high carb/low fat diet and how to restrict how many calories they ate. At the end of the study the low carb group lost more weight and ended up eating more calories.

Because the Warp Speed Fat Loss program is design to help you lose maximum weight in a short period of time we will take a double edged sword approach, using both a low calorie and low carbohydrate approach. Your daily caloric intake is set at 9 kcals per pound of body weight. In other words, if you currently weigh 200lbs, you'll start at 1800 calories of food per day. If you are familiar with kcal/lb recommendations, you will know that 9 calories is low (even for extreme diets). The main reason for such a low caloric intake is that, when creating the meal plans, I used my Naked Nutrition Serving System. This method has residual calories that normally don't need to be accounted for, but in the situation of extreme dieting we need to do a better job of accounting for them. *For more information on residual calories and the Naked Nutrition Serving System see the videos that are in the members area.*

If you are going to be using the Done For You Meal Plans, then we recommend that you choose your ideal weight. If you have more than 20-25lbs to lose, Alwyn and I don't recommend that you use the *Warp Speed Fat Loss* program. Instead, you should first take some time to learn the basics about nutrition and develop the skills necessary to lose weight, so you can stay lean your whole life. I recommend picking up a copy of my book *Your Naked Nutrition Guide*. However, if you still insist on using *Warp Speed Fat Loss*, then please do not select a meal plan more than 30lbs lower than your current body weight (i.e. If you weight 250lbs the lowest meal plan you should start on is the 220lb plan even if your ideal weight is 200lbs).

If you are using one of the 3X Diet Plans, start with a diet plan that is your body weight x 10. So if body weight is 200lbs then start with the 2000 calorie meal plan.

Don't worry too much about choosing the perfect meal plan for your body. You can always adjust your plan after 2 weeks if you aren't getting the results you want.

## Making Changes

While on the *Warp Speed Fat Loss* program it is important to be aware of how your body is responding. This means that you should weigh yourself each day and take waist, hip, and chest measurements each week so you can see how you are progressing. As I mentioned at the very beginning of the manual tracking your scale weight is NOT enough.

It is very important to realize that, while this is an extreme weight loss diet, you will not always see a decrease in the scale readings each morning when you weigh in. The human body doesn't work like that. Instead, what I commonly see is that someone's weight will be stable for a couple days and then it will drop several pounds. Don't get caught up in the day-to-day numbers. See the bigger picture.

If you drop 5% of your bodyweight or 10lbs (whichever comes first), then you should look into changing your template to a lower caloric intake to ensure that the fat keeps melting off. A key part of this program is the momentum of sustained extreme fat loss, as it has a *huge* positive psychological impact.

## Protein

The daily protein intake for the Warp Speed Diet is set at ~1.1g/lb bodyweight or at least 30% of total calories. This is more than enough to protect your lean body mass (e.g. muscle) when combined with the Warp Speed Training program. People are always concerned about losing lean body mass when they severely restrict their calories. But if you follow the diet and training program *exactly* as we have outlined it, there is no reason why you would lose ANY lean body mass.

Your body frequently functions from an evolutionary/survival perspective. We used to build muscle for survival reasons – moving stones, carrying trees, building huts, etc. If your body needed muscle to do those things it wouldn't even consider breaking it down for fuel.

So, the question that I was wrestling with was how can we mimic that experience for your body? Alwyn had the answer for me - Heavy lifting. While sets of 8, 12, 15, and even 20 reps are perfect for eliciting a metabolic stimulus, heavier sets of 4-6 reps give your body the message that if it doesn't keep the muscle around it'll be crushed. This is one of the reasons that every Warp Speed Fat Loss workout has a strength phase. Heavy lifting is such a strong protector of muscle that you could actually get away with eating less protein and still keep all your muscle, but increased protein consumption has the added benefit of increasing your metabolism.

Protein “costs” your body more energy just to digest it. This, in turn, boosts your metabolism. That is why we have set protein intakes a little higher than necessary for preservation of muscle.

## Carbohydrates

To maximize fat loss, it is important not only to fuel your body during training but also to allow your body access to an I.V. drip of energy from stored body fat during other times of the day. Allowing your body to have easy access to burn stored body fat as fuel also serves as another way to protect your muscle while dieting.

By cutting carbs we force your body to find another fuel source. First up is fat. Once you cut your carbs down to 20-50 grams a day, keep them there. Your body is like a dog, it needs to be trained. Train your system to fuel itself with fat not carbs. Once your body comes around to the idea and starts efficiently using fat as its primary fuel source it will realize that you have an abundant amount of energy ready for utilization and will not as readily catabolize your muscle.

The muscle protecting effects of low carbohydrate diets are illustrated by the findings of soon to be published research from (yet again) the University of Connecticut. In a 12 week weight loss study, individuals on a low fat diet lost more lean body mass compared to the individuals on a low carb weight loss diet.

Carbohydrates are also very important because they directly impact the hormone insulin. Think of insulin as the “gatekeeper hormone” in regards to fat loss and muscle growth. With the Warp Speed Fat Loss Diet, we alter your carbohydrate intake to use the power of insulin to your advantage, while minimizing the dampening effect it can have on fat loss. If that sounds really sciencey and confusing, don’t worry. It is all done for you. The Warp Speed Fat Loss Diet is designed to modulate your carbohydrate intake throughout the week in relation to your workouts. There are three kinds of “carb days”:

- **Normal Carb** – Carbohydrates = 10% of total calories.



- **High Carb** – Carbohydrates = An additional 20-35g/day. On these days we increase your carbohydrate intake around your workout to maximize the effort and recovery from your training sessions.
- **No Carb** – You will not directly consume any carbohydrates.

Carb days follow this regimen:

**Monday:** High Carb

**Tuesday:** Normal Carb

**Wednesday:** High Carb

**Thursday:** Normal Carb

**Friday:** High Carb

**Saturday:** Normal Carb

**Sunday:** No Carb

The higher carb days are centered on your workouts. The extra carbs consumed on these days will help fuel your workouts so you can burn more calories, train harder, and recover faster (all very important things). On Sundays, when you don't train at all, you will eliminate all carbohydrates (except for residual carbs found in protein powders, nuts, etc). On these days, your body doesn't have huge energy needs, so we can drop the carbs and your body will suck the necessary energy out of fat cells. If you alter your training schedule from the one provided in the training components please adjust your carbohydrate intake so that high carb days are training days, normal carb days are Targeted Fat Loss Cardio days, and the no carb day is your recovery day.

Please note that the carbohydrate levels and intricacies of carbohydrate cycling are slightly different in the vegetarian diet but the same schedule is followed.

## Fats

Finally, fats will make up the remainder of your calories. Getting enough fat is really important. You might think that by eating fat you will be preventing your body from releasing stored fat, but this is not the case. Eating sufficient fat and reducing your carbohydrate intake cues one's body in on the fact that it needs to use fat (from the diet or from your body) as its *number one* energy source. This is important, we want your body to become accustomed to fueling itself with fat, not carbs, so don't skimp on your fats. There are three rules for what kinds of fat you should be eating:

1. Eat a variety of fats (nuts, oils, avocados, butter, etc).
2. Take your fish oil every day.
3. You can eat more saturated fat than you normally would (*i.e.* don't be scared to have some butter).

## Supplements

When talking about rapid fat loss, everyone always asks which fat burning supplements they should take. You may be surprised to know that all the people who have used the different variations of this diet lost all their weight without using *any* weight-loss-specific supplements. That said, there are several supplements that can help you. Here is a list of supplements that we strongly recommend you use, and a list of additional supplements you can use to further enhance your fat loss:

### Strongly Recommended

**Fish Oil** – As noted in the fat section, fish oil is extremely important. Research has shown that it not only has incredible health benefits, but it can also help with fat loss.

**Recommendation:** 2-3 grams of EPA+DHA per day.

**Multivitamin** – Because you will be severely restricting your calories, there is a slight chance that you will not get optimal levels of all the essential vitamins and minerals your body needs. As an insurance policy, we recommend you take a quality whole foods based multivitamin (higher quality than maybe you normally use).

**Recommendation:** A multivitamin that gives you about 50% of all essential vitamins & minerals.

**Recovery Drink** - During workouts on high carb days, you will be consuming carbohydrates in addition to protein. For this you have two options. The first is to just add some carbs to your protein or Branched Chain Amino Acids (BCAA) shake. This can be done by mixing a product like Gatorade with protein powder or BCAA's. Your second option is to use a premixed recovery drink that contains both protein and carbohydrates.

**Recommendation:** Mix Gatorade and protein powder/BCAA's or use a premixed recovery drink in accordance with your food template.

### **Other Recommended Supplements (OPTIONAL)**

**Branched Chain Amino Acids (BCAA)** - During your workouts you will need to have a protein+carbohydrate shake to sip on during your workout. This helps prevent muscle loss during your training session. We recommend that you use either protein powder or a flavored Branched Chain Amino Acid drink.

**Recommendation:** Take the BCAA drink as prescribed by the meal template. During the second two weeks of the program you may also sip on the BCAA drink throughout the day (see FAQ).

**Fat Burner** – If you are going to use a fat burner it is important to use one that will attack your fat from multiple angles, such as by increasing metabolic rate while also increasing the rate in which stored fat is released. Most of the herbs (or combination of herbs) that accomplish this are considered stimulants and thus can affect heart rate, blood pressure, and energy levels (check with your doctor before using these products).

Most fat burners contain stimulants, but not everyone likes the way they *feel* on them. If you fall into this category, or if you would like to enhance your fat burning beyond the added effect provided via the stimulant-based fat burner, then you may want to consider using CLA and Green Tea Extract.

***Recommendation:*** 750mg of EGCG per day; 2.5g of CLA per day.

## **Do It Yourself Dieting**

Despite the fact that we have laid out the exact plan for you – all your meals and all your workouts – there is a chance you won't like the foods we chose and you'll want to make your own meal plans.

To aid you in this, we have provided nutritional meal templates and food lists for you to choose from. Watch the video (which can be found in the member's area) that came as part of the *Warp Speed Fat Loss System* to learn how to quickly and easily create your own meal plans.

## Warp Speed Fat Loss for Vegetarians

**A quick note before we get started:** There are many types of vegetarian options. The meal plans that are part of the 3x Vegetarian Diet are lacto-ovo-vegetarian meal plans. However, if you do not eat eggs, the plans can be easily modified.

If you are going to eat a vegetarian diet there is one thing that you must remember and accept.

**Principles DON'T change because you don't eat meat (or fish).**

Your body's biochemistry is the same. All the methods and studies that have been outlined in this manual are just as relevant to a meat eater as they are to a non meat eater. This is a point that I see missed by many vegetarians.

The main challenge that then comes is 'How can we construct a vegetarian diet that is moderate in protein and carbohydrate restricted?' This is difficult because just about all plant protein comes with a 'side' of carbohydrates. For example a ½ cup of beans does contain 8 grams of protein but it also contains 20 grams of carbohydrates; when you are trying to restrict carbohydrates this can become an issue.

The other issue is that people (myself included) often talk about is 'lean protein' – what does that mean to a vegetarian? We need a new classification of protein foods. Here they are:

- Protein Only: Protein Powders (Soy, Pea, Brown Rice, Hemp, etc)
  - If You Eat Dairy: whey/casein, Greek yogurt, cottage cheese
  - If You Eat Eggs: egg whites
- Protein Containing Foods:
  - Textured Vegetable Protein (Soy) - ¼ Cup (Dry) 7g Carbs / 12g Protein
  - See Tables Below:

Food	Protein	Fat	Pro/Fat
Almonds	6	14	0.4
Cashews	4	13	0.3

Peanuts	7	14	0.5
Pistachios	6	13	0.5
Pine Nuts	7	14	0.5
Whole Egg	6	6	1

You can see the table above shows the relationship between carbohydrate and protein levels for 1 ounce of nuts. The table below shows the relationship between carbohydrate and protein levels in beans.

Bean	Protein	Carbs	Pro/Carb
Chick Peas	14.5	54	0.3
Lentils	18	40	0.5
Lima Beans	12	40	0.3

It is important to maximize your intake of the above *Protein Only* and *Protein Containing Foods* while minimizing your intake of starchy carbohydrates (rice, bread, pasta, etc) as normally they are carbohydrate only or their Protein/Carbohydrate ratio is very low.

When discussing vegetarian diets and protein two other types of foods often come up – Vegetables Dressed like Meats and high dose gluten foods.

*Vegetables Dressed like Meats* are foods like soy crumbles, vegetarian bacon (really?), meatless sausage, etc. You will not find any of these foods in the 3x Vegetarian meal plans. Why? I recommend that you avoid/minimize your exposure to these foods because the protein content of these foods is often boosted via the addition of gluten. Gluten also aids in forming the foods to make them hold their meat-like shape.

What is gluten and why is it bad? Gluten is a protein found in small amounts in wheat. The gluten in flour is what gives bread its shape; without gluten, the bread would just flatten right out. While gluten does play an important role in baking and cooking, it is also a highly allergenic protein. It is estimated that 3 million Americans have sensitivity or are allergic to gluten (also known as Celiac Disease).



Seitan is a traditional Chinese food used as a meat substitute that is simply gluten. I do not think that it is in the best interest of your body and health to be consuming such an allergenic protein in excessive quantities (i.e. the levels in these products).

## **Other Areas to Bump Up**

In wrapping up our look at creating an effective vegetarian weight loss diet, it is important to realize that when eating a vegetarian diet there are several other areas to consider, insuring you are getting all the nutrients that your body requires. Here is a bulleted list of nutrients that you need to make sure you are getting enough of and how you can increase your intake of them in the context of a vegetarian diet.

### **Omega-3 (EPA/DHA)**

- ALA conversion to EPA/DHA better in Vegetarians but still not good enough (not completely quantified).
- Need to take a plant based DHA Supplement (made from Algae)
  - Found in MUCH LOWER dosages (100-200mg)

### **Iron**

- Plant sources not as bioavailable as heme iron.
- Plants can contain compounds that decrease mineral absorption (e.g. phytates)
- Supplementation may be needed – Slow Fe

### **B12**

- Dairy or Eggs (if 'allowed') are good sources.
- Supplement or find foods fortified with B12 (e.g. Vegetables Dressed Like Meats)

### **Calcium**

- Similar bioavailability issue with iron
- Tofu, Dairy (if 'if allowed'), spinach, and chick peas

## **Vitamin D**

- Sunlight (not enough if live in the north)
- Fortified Foods (e.g. Soy Milk)

## **Life After Warp Speed Fat Loss - What to do now?**

Now that you have finished the Warp Speed Fat Loss program the question is "*What do you want to do next?*" Are you happy with the weight that you have lost? Would like to maintain this body weight? Do you still want to lose more weight? Perhaps now that you are leaner you want to switch your focus towards getting stronger and building muscle?

Regardless of which of these options you settle on, before you move to the next phase you must ease your body out of Warp Speed mode. I call this 'transition nutrition.' The point of transition nutrition is to allow your body to shift from one process (i.e. extreme fat loss) to another. Over the past 28 days your body has become accustomed to running on a low caloric intake. This has affected your body more than we normally recognize and failing to effectively transition can cause digestive issues, weight re-gain, etc.

## **The Plan – Outline**

Regardless of what your new goal is the first 10-14 days after Warp Speed Fat Loss are going to be the same. We are going to re-introduce both calories and carbohydrates. We are going to continue to cycle carbohydrates with you eating more carbs on workout days and less on non-workout days.

After the 10-14 day period you can then move to whatever you want. Further increase your carbs/calories go back on Warp Speed Fat Loss to lose even more weight, or just stay on the transition diet for a couple more weeks to 'solidify' your body's new set point.

## What To Do Through Days 10-14 Post WSFL

Here's is what you are going to do:

- Make all Normal Carb days → High Carb days.
- Eat 50% more carbohydrates on High Carb days
- Make No Carb days → Normal Carb days

I'll use a sample meal template to show you exactly how to do this. Below are the Normal and High Carb meal templates for the 160lb plan. On the Warp Speed Fat Loss Diet, Sunday's are the No carb days. You can ignore that meal template from now on (that is why it isn't shown below). Instead just follow the Normal Carb Meal Plan (shown below).

**Sunday = 'Old' Normal Carb Meal Plan.**

Normal Carb Meal Plan					High Carb Meal Plan				
	Protein	Starch	Fruit/Veg	Fat		Protein	Starch	Fruit/Veg	Fat
Meal 1	4	0	1	3	Meal 1	4	0	1	3
<b>Workout</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>Workout</b>	<b>1.5</b>	<b>4</b>	<b>0</b>	<b>0</b>
Meal 3	4.5	0	1	3	Meal 3	4.5	0	1	3
Meal 4	2	0	0.5	2	Meal 4	2	0	0.5	2
Meal 5	4	0	1	3	Meal 5	4	0	1	3
Meal 6	2	0	0.5	2	Meal 6	2	0	0.5	2
Total	18	0	4	13	Total	18	4	4	13

Now for days that you do resistance training – Monday, Wednesday, Friday if you are following a 3 day full body routine – you will follow a new High Carb meal plan. So in the example above the person is eating 8 servings of carbohydrates. In the new plan they will be eating 12 servings. These 4 extra servings will be added to the first post workout meal (you can add it to the first and second post workout meals if it is too much food for you for one meal). 50% of the new carbs you'll eat from starches (in this case 2 servings) and 50% from fruits and vegetables (2 servings again).

<b>New</b> High Carb Meal Plan				
	Protein	Starch	Fruit/Veg	Fat
Meal 1	4	0	1	3
<b>Workout</b>	<b>1.5</b>	<b>4</b>	<b>0</b>	<b>0</b>
Meal 3	4.5	<del>8</del> 2	<del>1</del> 3	3
Meal 4	2	0	0.5	2
Meal 5	4	0	1	3
Meal 6	2	0	0.5	2
Total	18	<del>8</del> 6	<del>1</del> 6	13

Monday, Wednesday, Friday = 'New' High Carb Meal Plan.

Finally, for non-resistance training days (i.e. Cardio days) where you would have used the Normal Carb meal plan you will follow the old High Carb Meal Plan.

Tuesday, Thursday, Saturday = 'Old' High Carb Meal Plan.

### **What To Do Beyond Days 10-14 Post WSFL**

After following this modified plan for 10-14 days you can go back to the original Warp Speed Fat Loss Diet, continue using these meal plans or go through another round of the carb addition process by adding 50% more carbs to the High Carb meal plan and making the Normal days High Carb days. I wouldn't, however, change the non-training days (days when you don't exercise at all) for another 2 weeks.

## **Warp Speed Fat Loss 2.0 Nutritional Options**

The Warp Speed Fat Loss 2.0 System is much more comprehensive than the original version. You will find the following nutritional options as part of the Warp Speed Fat Loss System.

**Done For You Diet Plans** – These are complete 28 day meal plans for body weights ranging from 115lbs-245lbs

**3x Diet Plans** – This is a modified version of the Warp Speed Fat Loss diet for people that like less variety. The 3x in ‘3x Diet Plans’ stands for the 3 different days of the Warp Speed Fat Loss diet – High, Normal, and No carb days. With the 3x Diet Plan you will have one meal plan for each day that you just rotate through each time that day comes up. These meal plans are calorie based and come in 1200-2500 calorie plans. If there isn’t a calorie plan for your exact weight just pick the one closest.

**3x Vegetarian Diet Plans** – This diet plan is just like the above 3x Diet Plan but it is for vegetarians and does not include meat or fish. Because it is nearly impossible to eat a zero carb vegetarian plan there are no zero carb days but I have provided 2 normal carb days for you to choose from and one high carb day to rotate though. These meal plans are calorie based and come in 1200-2500 calorie plans. If there isn’t a calorie plan for your exact weight just pick the one closest.

**No Brainer Fat Loss Diet** – This diet is for those of you that do not want to count calories or portions. I wanted to make a diet for you that would be a no brainer. If you follow the food selection instructions as outline in this additional manual you will be amazed at how simple weight loss can be.

## Servings Sizes & Food Lists

1 serving of protein = 10 grams or approximately 1 oz lean meat

1 serving of fruit or vegetable = 9 grams

1 serving of fat = 5 grams or 1 tbsp of nuts or 1 tsp oil

1 serving of starch = 9 grams

The table belows represent the amount of food in one serving of a given food group. The Starch food list has been provided for the 'Life After Warp Speed Fat Loss' section of the program but isn't used during Warp Speed Fat Loss (with the exception of workout nutrition).

<b><i>Raw Vegetables</i></b>	<b><i>Amount</i></b>
Beans (green, wax, yellow)	1.25 cups
Beets	3/4 cup
Broccoli	2 cups
Cabbage (shredded)	2 cups
Carrots	3/4 cup
Carrots, baby	9
Celery	3 cups
Chinese cabbage	6 cups
Collard greens	5 cups
Cucumber (sliced)	3 cups
Green onions	5 stalks
Green peppers (chopped)	1 1/2 cups
Hummus	3 tbsp
Kale	1.25 cups
Lettuce, Romaine (chopped)	6 cups
Mushrooms (chopped)	3 cups
Onions (chopped)	1 cup
Salsa	1/2 cup
Spinach	4 cups
Tomato (chopped)	1 cup
V8 juice	8 oz

<b><i>Raw Vegetables</i></b>	<b><i>Amount</i></b>
Acorn squash (cubed)	2/3 cup
Arugula	10 cups
Black beans	1/4 cup
Brussels sprouts	5 sprouts
Butternut squash	1/2 cup
Chick peas	3 tbsp
Cauliflower	1.5 cups
Hummus	3 tbsp
Kidney beans	1/4 cup
Leeks	2/3 cup
Lentils, raw	1 tbsp
Okra	1 cup
Pumpkin (cubed)	1 cup
Pumpkin (mashed)	1/2 cup
Rhubarb (diced)	1.5 cups
Snow peas	30 pods
Spaghetti squash (cooked)	1 cup
Summer squash (sliced)	2 cups
Tomato paste	3 tbsp
Tomato sauce	1/2 cup

<b><i>Cooked Vegetables</i></b>	<b><i>Amount</i></b>
Asparagus	12 spears
Beans (green, wax, yellow)	1 cup
Brussels sprouts	2 cups
Broccoli	1 cups
Cabbage	1.5 cups
Chickpeas	1/4 cup
Collard greens	1 cup
Mushrooms	1 cup
Onions	1/2 cup
Spinach	1 cup
Swiss chard	1 cup
Yellow squash	1 cup
Zucchini	1 cup
<b><i>Starches</i></b>	<b><i>Amount</i></b>
Bob's Red Mill high fiber cereal*	3 tbsp
Bread, whole grain*	1/2 slice
Couscous	1/2 oz
Fiber One cereal*	6 oz
Gatorade (liquid)	1/2 scoop
Gatorade (powder)	1/4 cup
Oat bran (dry)*	2 tbsp
Oatmeal (cooked)*	1/3 cup
Oatmeal (dry)*	3 tbsp
Orange juice	1/3 cup
Potato (mashed)	1/3 cup
Potato (medium)	1/4
Rice, brown (cooked)	3 tbsp**
Rice, white (cooked)	3 tbsp**
Sweet potato*	1/3
Sweet potato (mashed)	3 tbsp**
Tortilla, corn	1
Tortilla, flour (whole grain)*	1/2
*These foods are recommended for breakfast	
** 3 tbsp is approximately 1/5 cup	

<b><i>Fruit</i></b>	<b><i>Amount</i></b>
Apple (medium/large)	1/2
Apple (small)	1
Applesauce (unsweetened)	1/3 cup
Banana	1/3
Blackberries	2/3 cup
Blueberries	1/2 cup
Cantaloupe (cubed)	3/4 cup
Cherries	1/3 cup
Cranberries (unsweetened, dried)	2 tbsp
Grapefruit	1/2
Grapes	1/2 cup
Honeydew	1/2 cup
Kiwi	1
Mango	1/3 cup
Nectarine	1/2
Orange	1/2
Peach	1/2 large
Pear	1/3
Pineapple (cubes)	1/2 cup
Pineapple (rings)	1
Plum	1
Raisins	1 tbsp
Raspberries	2/3 cup
Strawberries	3/4 cup
Tangerines, small	1
Watermelon (cubed)	1/2 cup



<i><b>Protein</b></i>	<i><b>Amount</b></i>
Al Fresca chicken sausage*	2-Jan
Bass	2 oz
Chicken breasts (boneless, skinless)	1.5 oz
Chicken breast (roasted, cubed)	1/4 cup
Cod	2 oz
Egg white	3
Extra lean ground beef (95-97%)	2 oz
Extra lean ground beef (90%)*	2 oz
Extra lean ground turkey	2 oz
Extra lean turkey bacon	4 strips
Flank steak (beef)*	2 oz
Halibut	2 oz
Lobster	2 oz
Low fat/fat free cottage cheese	1/3 cup
Pork loin	2 oz
Protein powder (low carb)	1/2 scoop
Roughy	2 oz
Salmon*	2 oz
Sardines (packed in oil)*	4
Plum	1
Raisins	1 tbsp
Raspberries	2/3 cup
Strawberries	3/4 cup
Tangerines, small	1
Watermelon (cubed)	1/2 cup

<i><b>Protein</b></i>	<i><b>Amount</b></i>
Scallops	10 small
Shrimp	2 oz
Shrimp	8 large
Swordfish	2 oz
Tilapia	2 oz
Top round (beef)*	2 oz
Tuna (yellow fin)	1.5 oz
Tuna, canned (chunk lite)	1/4
Turkey breasts	1.5 oz
Turkey ham	2 oz
Liquid egg whites/Egg Beaters	1/3 cup
Skim milk**	1 cup
*These foods also contains 1 serving of fat	
**These foods also contain 1 serving of non-starch carbohydrate	

<i><b>Fat</b></i>	<i><b>Amount</b></i>
Almonds	1 tbsp
Almonds	~6 nuts
Avocado	2 tbsp
Avocado oil	1 tsp
Butter	1 tsp
Canola oil	1 tsp
Cashews (chopped)	1 tbsp
Cashews	~7 nuts
Coconut milk	2 tbsp
Coconut oil	1 tsp
Coconut (shredded)	2 tbsp
Extra virgin olive oil	1 tsp
Flaxseed, meal	2 tbsp
Flaxseed oil	1 tsp
Olives (small)	15
Peanuts	1 tbsp
Peanut butter	1 tsp
Pecans (chopped)	1 tbsp
Pecans	~5 nuts
Pistachios (chopped)	1 tbsp

<i><b>Fat</b></i>	<i><b>Amount</b></i>
Pistachios	~15 kernels
Sesame seed oil	1 tsp
Smart Balance	2 tsp
Smart Balance light	1 tbsp
Tahini	2 tsp
Walnuts (chopped)	1 tbsp
Walnuts	~2 nuts
Whole omega-3 egg*	1
Cheddar cheese	½ oz
Feta cheese	2 tbsp
Parmesan cheese	3 tbsp
*This is also 1/2 Serving of Protein	