



**WARP SPEED FAT LOSS**  
**NO BRAINER**  
**FAT LOSS DIET**

CUTTING EDGE FAT LOSS DIETS  
FOR SAFE RAPID FAT LOSS

By Mike Roussell and Alwyn Cosgrove  
<http://www.WarpSpeedFatLoss.com>

# Warp Speed Fat Loss 2.0: No Brainer Fat Loss Diet

Because No One Wants To Lose Weight SLOW

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# Warp Speed Fat Loss 'No Brainer' Diet

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By Mike Roussell

## The No Brainer Basics

The goal of the 'No Brainer' Diet is, as the name says, to make your diet a no brainer. It is important for you to read the main nutrition manual as the purpose of this manual is to build off those concepts, showing you how to practically apply them with as little effort as possible while still losing weight.

As with the main Warp Speed Fat Loss Diet, the No Brainer Diet is built off my Naked Nutrition system and the 6 Pillars of Nutrition. The 6 Pillars of Nutrition are very important here as they serve as the guiding force for your food choices (we'll make some tweaks to enhance weight loss as well).

Here are the 6 Pillars of Nutrition.

1. Eat five to six times a day.
2. Limit your consumption of sugars and processed foods.
3. Eat fruits and vegetables throughout the day.
4. Drink more water and cut out calorie-containing beverages (beer, soda, etc.).
5. Focus on consuming lean proteins throughout the day.
6. Save starch containing foods until after a workout or for breakfast.

It is very important that you follow these guidelines very strictly. Here are the exceptions.

**Pillar #3.** This gets changed to focus on consuming mainly green, fibrous vegetables throughout the day and using fruits, such as berries, more like garnishes and condiments.

**Pillar #6.** For rapid weight loss purposes this pillar shifts to “You can only have starch containing foods as part of your workout shake (i.e. sugar or a sports drink).”

Print this and put it on your refrigerator. Follow these rules and you will lose weight.

### **The Rapid Weight Loss Pillars of Nutrition**

1. Eat five to six times a day.
2. Eliminate sugars and processed foods from your diet.
3. Eat vegetables, mainly green, throughout the day and use fruits such as berries and other high fiber fruits as condiments and garnishes (i.e. in small amounts).
4. Drink more water and completely eliminate calorie-containing beverages (beer, soda, etc.).
5. Consume lean proteins at every meal
6. Only have starch containing foods as part of your workout shake (i.e. sugar or a sports drink).

## Eating Fewer Calories

It is important that you are burning more calories than you are eating. By following the Rapid Weight Loss Pillars of Nutrition this shouldn't be a problem but here is one more rule from Alwyn for you to follow, I call it the *Eat and Eat Again* Rule.

**"You can eat as much as you want at any given meal but you need to be able to eat that exact same amount of food 2-3 hours later."**

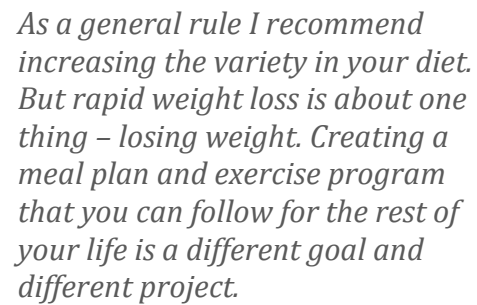
Why this is so effective is that it curbs how much you eat at any given meal. For example, eating an entire pizza may seem like a good idea but if you have to eat an entire pizza every 2-3 hours that is a whole different story. Following the *Eat and Eat Again* rule will curb your calorie intake without much thought.

## Setting Up Your Diet as a No Brainer

One mistake I want to make sure you avoid is thinking that just because the diet is called the 'No Brainer' Diet that you don't need to plan ahead or think about what you are going to eat. In fact, planning your meals in advance is really the thing that makes this diet a no brainer.

Before you begin with the Warp Speed Fat Loss Program I want you to plan out what you will eat during the first 7 days using the specific steps that I will outline below. If you don't care too much about daily variety (which chances are you don't as studies show most people eat the same 20 things week in and week out), then I recommend that you create a 3-4 day meal plan cycle and just repeat it (this is what I outline in the 3x Diet Plans).

No matter if you choose 7 days of unique meals or 3 days that you repeat, the key is planning; because when the time comes to eat you don't want to have to think about it. You just want to be able to open your cooler or refrigerator, pull out the food and eat it.



*As a general rule I recommend increasing the variety in your diet. But rapid weight loss is about one thing – losing weight. Creating a meal plan and exercise program that you can follow for the rest of your life is a different goal and different project.*

## **No Brainer “2-A-Day” Version**

A variation of the No Brainer approach that has been used very successfully by friends and clients is the 2-A-Day version. For this all you do is consume 2 of your meals as shakes each day. A sample shake would be one that includes a low carb protein powder, walnuts (they blend really easy, while almonds leave your shake gritty), and a couple tablespoons of blueberries. If you are used to eating 3 meals a day then the 2-A-Day approach is a great way to transition into eating 5 meals per day. All you need to do is make your current 3 meals compliant to the Rapid Weight Loss Pillars of Nutrition, add in 2 shakes, and you're all set.



## Getting Started

Starting out you want to pick one protein food to eat at each meal, 1-2 vegetables (at least one being green), and make sure to have a fat food or oil (not more than 1TBSP per meal) at each meal.

## Protein Foods

Beef	Chicken	Duck	Whey Protein Shake (No more than 3g carbs per serving)	Egg Substitute
Bacon	Pork Chop	Turkey	Tilapia	Carb/Calorie Countdown Milk
Pork Loin	Wild Game	Scallops	Egg Whites	Cheddar Cheese
Veal	Tuna	Shrimp	Eggs	Cod
Salmon	Flounder	Halibut	Zero Fat Greek Yogurt	Turkey Bacon
String Cheese	Any Hard Cheese	Tofu (Limit to Once per Day)	Cottage Cheese (Limit to Once per Day)	95% Lean Ground Beef

*\*Cheese can be used by itself as a snack*

### Green and Recommended Vegetables

Eggplant	Squash	Broccoli	Cauliflower	Snow Peas
Asparagus	Spinach	Collard Greens	Mushroom	Red Onion
Romaine Lettuce	Zucchini	Brussels Sprouts	White Onion	Kale
Cabbage	Cucumber	Celery	Peas	Arugula
Leafy Greens	Green Peppers	Green Beans	Tomato	Green Beans
Swiss Chard				

### Fruits to Use Sparingly

Small Apple	Blackberries	Blueberries	Kiwi	Clementine
Strawberries	Raspberries	Grapefruit		

## Fats

Almonds	Butter	Coconut oil	Pecans	Walnuts
Cashews	Olive Oil	Sesame Seed Oil	Smart Balance	Walnut Oil
Pistachios	Flaxseed Oil	Canola Oil	Unsweetened Shredded Coconut	Olives
Peanut Oil				

*\*Nuts can be used as a standalone snack*

## Day by Day Breakdown

With the Warp Speed Fat Loss program there are 3 days – High Carb (Training), Normal Carb, and No Carb. The only difference between your High Carb and Normal Carb days are that you will have a workout shake consisting of 20-40 grams of sugar and 20-30 grams of protein or BCAA. On No Carb days, you get to pick foods from the protein and fat food lists and only at one meal can you pick from the vegetable food lists (or two meals and you eat ½ the amount at each meal).

## High Carb Training Day Sample Menu

### Breakfast

2 Scoops Whey Protein  
Walnuts  
¼ Cup blueberries

### Snack

Pistachios

### Lunch

Chicken Breast  
Broccoli  
Olive Oil

### Snack II

2 Sticks of String Cheese  
Snow Peas

### Workout

20 grams BCAA  
25 grams carbs (from sports drink)

### Dinner

Salmon  
Spinach Salad (w/mushrooms & Onions)  
Olive Oil

Total no brainer.

## Wrapping It Up

The great part about this diet is that if you follow the rules, you lose weight. Stick to the Rapid Weight Loss Pillars of Nutrition, Eat and Eat Again Rule, plan your meals ahead of time, train really hard, and watch the fat melt off. It really is that simple.