

The **DAY**

Rapid
Fat Loss
Diet



JOEL MARION

The 7-Day Rapid Fat Loss Diet

**One Week to INSANE
Fat Loss Results**

**JOEL MARION
CISSN, NSCA-CPT**

Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of BioTrust Nutrition, LLC, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against BioTrust Nutrition, LLC, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

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What You Want and How You're Going to GET It

Let's cut to the chase, okay? You want to lose fat, and you want to lose it *quickly*.

That's what EVERYONE wants...and you know what? **You deserve it.**

Fact is, you shouldn't HAVE to be forced to struggle through a weight loss program, losing weight at a snail's pace and *hoping* that the scale might move from week to week. And it really *doesn't* HAVE to take years or even months to achieve significant fat loss results.

Instead, you can see results, safely, in a **matter of days** when you put **science** to work for you.

And that's what *The 7 Day Rapid Fat Loss Diet* program does for you. It gives you a systematic rapid fat loss plan to follow that is based on the **science** of metabolism, and shows you how to work WITH your metabolism to achieve sizable, visibly obvious fat loss results quickly...in a matter of days.

Sure, you CAN lose fat slowly...but why in the world would you do that if you have a safe, science-based way to achieve rapid fat loss without damaging your metabolism and *without* the fear of rebound weight gain?

I know... makes no sense for you to go the slow route.

So don't settle. Instead, put this easy-to-follow one week fat loss plan to work for you today. It's backed by science and gives you a foolproof method to achieve the results you're after...*quickly*.

And just so I'm clear, this is NOT a "crash and burn" diet program in which you'll lose a bunch of weight quick only to gain it back just as quickly the moment you return to your regular eating plan.

No, this program works WITH your metabolism to **avoid** the pointless rebound weight gain that so many programs leave you destined to experience... and when done correctly, you can be sure that your lost weight will stay lost—**permanently**.

So without further ado, let's get right into the specifics of the program. [\[Menu\]](#)

Should I do this program for 7 Days or 14 Days?

Well, that's up to you, but the program can be easily repeated a second time for even more profound results. If you have more than 10 pounds to lose, then I would recommend that you perform the program for 14 days. In 2 weeks time, you will absolutely experience substantial, visibly noticeable results. [\[Menu\]](#)

The 4 Types of Days

Within the setup of *The 7 Day Rapid Fat Loss Diet* plan you will find 4 different types of days. They are listed below:

1. Cheat Day
2. Fast Day
3. Shake Day
4. Carb Day

In just a minute we're going to go over the specifics of each type of day, but let's quickly take a look at the entire week in chart form and also talk about the two types of meals you'll be using throughout the week. [\[Menu\]](#)

The 7-Day Rapid Fat Loss Diet Weekly Outline

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cheat Day	Fast Day	Shake Day	Carb Day	Fast Day	Carb Day	Shake Day
No Workout	Morning HIIT Evening Moderate Cardio	Morning HIIT	Morning Moderate Cardio	Morning HIIT	Morning Moderate Cardio	Morning HIIT Evening Moderate Cardio

- The style of **diet day is highlighted in orange** under each day and the recommended **workouts are highlighted in yellow**
- Workout recommendations are given in the Exercise Section of this manual on page 22 [\[Menu\]](#)

Nutrient Timing and Two Types of Meals

On Carb Days and Shake Days you're going to see two different types of meals listed:

1. Protein + Fat (P+F)
2. Protein + Carbs (P+C)

All meals include protein, but certain meals avoid high levels of carbs and others high levels of fat. Why?

The reason is two fold. First, by avoiding combining fat and carbohydrates in significant amounts in a single meal, we avoid what I refer to as “the deadly combination” when it comes to fat storage – high levels of insulin and fat in the blood simultaneously.

Insulin, secreted after ingesting any substantial amount of carbohydrate, is your body’s primary “storage” hormone. Naturally, having high levels of fat and insulin in the blood at the same time (resulting from simultaneous carb and fat intake) is the exact *opposite* of what you want when it comes to **avoiding** fat storage.

Secondly, this type of meal set up allows us to eat carbs earlier in the day when insulin sensitivity and carbohydrate tolerance are at their peak, while avoiding them in the later hours when these things naturally decline.

For this reason, Carb Days and Shake Days will start with P+C meals and transition to P+F meals later in the day. [\[Menu\]](#)

The Cheat Day

The week begins with a Cheat Day to boost levels of your body's primary fat burning hormone, leptin, and prime the body for optimal fat burning over the course of the next 7 days.

While there are no major restrictions on the types or quantities of food you eat each day, there are a few loose “guidelines” to adhere to:

- Eat the foods you crave without feeling guilty
- Don't get technical and start your Cheat Day at 12 a.m. on Sunday morning; start when you normally wake up on Sunday
- Don't set the alarm for a very early time; start when you normally wake up on Sunday
- **Don't stuff yourself; eat until you're satisfied, not to the point of discomfort**
- Don't skip meals holding out for a single feast; eat throughout the day
- Don't consume alcohol; one beer is fine, but alcohol consumption works against what we are trying to accomplish hormonally with the Cheat Day

Other than the above loose guidelines, you can eat whatever you want. And you'll be happy to know that over the course of the last 7 years, no matter which way we've tested it, the "eat-whatever-you-want" approach works best from a results standpoint than any other more restrictive or controlled approach.

Summary: Eat liberally throughout the day without stuffing yourself. This is a critical part of the science of the program, so do NOT skip it. [\[Menu\]](#)

The Fast Day

The purpose of the Fast Day is to create a massive calorie deficit *while* the body is super primed to burn fat, and that's exactly why it's positioned after a leptin-boosting Cheat Day and then again after two other days with substantial carbohydrate intake.

On these days you will consume only fluids (non-calorie beverages in moderation are OK, but water should comprise the majority of your fluid intake) while strategically supplementing with Branched Chain Amino Acids (BCAAs) to offset and prevent any breakdown of muscle.

Maintaining your calorie burning lean muscle is a critical part of keeping your metabolism high as you rapidly lose fat, otherwise you will subject yourself to rebound weight gain.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking skinny and frail with a pudgy "over-layer").

To put it in simple terms, BCAAs are the “best part” of protein. So, if you were to consume 10 grams of BCAAs, you’re essentially consuming 10 grams of protein, only it’s “super protein”.

The guidelines for BCAA intake on this day are as follows:

Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.

So, for a 200 lb individual, they’d require 30 grams of BCAAs, split over 6 doses, or six 5-gram doses taken throughout the day.

For a 150 lb individual, 22.5 grams of BCAAs, or six doses of approximately 4 grams each taken throughout the day.

You get the point – $0.15 \times \text{Body Weight}$ split evenly over 6 doses throughout the day.

Now, the 0.15 g per pound of body weight calculation only applies to BioTrust BCAA Matrix as it is literally more than TWICE as absorbable as any other BCAA

product due to its use of 3 distinct forms of BCAAs that target 3 different absorption pathways.

Simply put, BCAA Matrix is the highest quality BCAA supplement available anywhere...period.

You can order BioTrust BCAA Matrix via the special pricing on our website by using this link:

[==> Get BioTrust BCAA Matrix at a Discount](#)



NOTE: To ensure you order the appropriate number of bottles for your body weight to last the duration of the 7-Day program, or if you'd like to perform this program back to back for 14 days, the recommended quantities are below.

Your Current Body Weight	Bottles Needed to Last 7 Days	Bottles Needed to Last 14 Days
Greater than 120 lbs	1 Bottle	2 Bottles
Less than 120 lbs	1 Bottle	1 Bottle

IMPORTANT NOTE: Please keep in mind that the cost of buying the BCAAs is a replacement for the cost of the food you would normally be eating on Fast Days. The daily cost of BCAAs supplementation is far cheaper than the daily cost of food, so you'll actually be spending *less* money over the course of the next 7 to 14 days by following the 7-Day Rapid Fat Loss Diet to the letter than if you weren't following it. Just some up front perspective that makes it easier for you to go ahead and purchase the necessary tools to ensure you get the best result. You may do the program without using BCAAs, but realize that performing intense exercise on a fast day will put you at risk for muscle loss and rebound

weight gain without them. Also, any other BCAA product other than BCAA Matrix will require **double** the dosage to achieve the same result, and while you may choose another brand, we can't speak for the quality and purity of those products like we guarantee at BioTrust.

Other than the BCAA supplementation, it's zero calorie fluids only for the Fast Day. Again, you may consume flavored non-calorie beverages, but water is the recommended beverage of choice.

NOTE: For those concerned about possible hypoglycemia resulting from activity performed during the short-term fast, please realize that it is extremely unlikely to occur given that glycogen stores will be maxed out from the previous day's cheat day or carbohydrate intake. That said, if you have any symptoms of lethargy or dizziness, please stop your exercise and consume a small snack if necessary.

Summary: Don't eat anything apart from supplementing with [BioTrust BCAA Matrix](#); drink lots of non-calorie fluids (mostly water). [\[Menu\]](#)

The Shake Day

There are two Shake Days each week. The first comes after the first Fast Day and then the second is the last day of the week. I have strategically placed these Shake Days at these points within each week for a couple specific reasons.

First, on the day after a Fast Day, it allows you to transition from the Fast Day back in to the diet while maintaining a great deal of focus and increasing adherence. The fact that you *know* the scheduled diet for this day only allows shakes makes it much easier to adhere to than if a wide variety of food choices were made available again immediately following a fast.

Essentially, it's a gradual transition back in to eating that works exceptionally well to keep you moving forward instead of stumbling backward.

In addition to that, it's also a fairly low-calorie day teamed up with some strategic exercise to further move you along the continuum of your fat loss goals. This is also the reason we end the week with a second Shake Day.

On this day you will be consuming calories based on your current body fat percentage (according to the following chart) and with a macro breakdown of 40% protein, 25% carbs, and 35% fat.**

Current Body Fat %	Caloric Formula
6% - 13%	12 x LBM
14% - 19%	11 x LBM
20% & Above	10 x LBM

**See Appendix A for calculating Lean Body Mass and Macronutrient Breakdowns.

Morning shakes will be protein + carb (minimal fat), and afternoon/evening shakes will be protein + fat (minimal carbs).

Breakfast Shake (P+C): Protein Powder + fruit (blended)

Mid-morning Shake (P+C): Protein Powder + fruit (blended)

Lunch Shake (P+C): Protein Powder + fruit (blended)

Mid-afternoon Shake (P+F): Protein Powder + oil or nut butter (blended)

Dinner Shake (P+F): Protein Powder + oil or nut butter (blended)

Shake Day Sample Daily Timeline

7:00 am – Breakfast Shake (P+C)

10:00 am – Mid-morning Feeding (P+C)

12:30 pm – Lunch (P+C)

3:00 pm – Mid-afternoon Feeding (P+F)

6:00 pm – Dinner (P+F)

Extra Virgin Olive Oil, Hemp, coconut oil, almond butter, or Udo's Choice Oil is recommended for Protein + Fat shakes. If you prefer to take the oil or nut butter separately, as opposed to mixing them with the shakes, it is OK.

The highest quality protein I can recommend for use on the Shake Day is:

BioTrust® Low Carb™

The Stevia® Sweetened, Cold-processed, Time-released, Certified Hormone-Free Protein Supplement

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of the *7 Day Rapid Fat Loss Diet*, as well as the daily pre-bed meal, and **especially on Shake Days**. It's made from cold-processed, Certified Hormone-Free whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality). It is also a true time-released protein with equal parts



of fast- and slow-digesting proteins to increase absorption and provide a steady flow of amino acids and nutrition to your body for up to 8 hours.

NOTE: To ensure you have the appropriate number of containers for your personal needs to last the duration of the 7-Day program, or if you'd like to perform this program back to back for 14 days total, the recommended quantities are below.

Your Current Body Weight	Containers Needed to Last 7 Days	Containers Needed to Last 14 Days
Greater than 120 lbs	2 Containers	3 Containers
Less than 120 lbs	1 Container	2 Containers

Fortunately, you can score our special Buy 2, Get 1 FREE special by using this link:

[==> Get BioTrust Low Carb at a Discount](#)

IMPORTANT NOTE: Please remember that each shake replaces a meal for only a couple bucks (there aren't many healthy, nutrient rich meals out there that cost a couple dollars), and make the food-cost of each day substantially **cheaper**.

The supplements I recommend for use with The 7 Day Rapid Fat Loss Diet are as follows:

- **BioTrust BCAA Maxtrix** (for fast days; see chart for quantities)
- **BioTrust Low Carb** (for shake days and daily use; see chart for quantities)

- **1 BioTrust IC-5** (for use with all carb-containing meals; improves carb tolerance)
- **1 BioTrust AbsorbMax** (take one capsule with every meal for superior digestion)
- **1 BioTrust LeptiBurn** (our brand new scientifically researched fat burning hormone support supplement)

More information is provided in the [Supplementation Program](#) section of this document.

Summary: Consume three protein and carb shakes in the morning followed by two protein and fat shakes in the afternoon (macro breakdown of 40/25/35 – P/C/F). [\[Menu\]](#)

The Carb Day

The Carb Days of the program are strategically inserted to stimulate your body's natural production of various fat-burning hormones while keeping your metabolism happy after sustaining several lower calorie days. Essentially, the purpose of this day is to give your body a break from the low calories, allowing it to “recover” while still losing fat.

On Carb Days you will be consuming calories based on your body fat percentage (according to the following chart) and with a macro breakdown of 30% protein, 40% carbs, and 30% fat.**

Current Body Fat %	Caloric Formula
6% - 13%	13 x LBM

14% - 19%	12 x LBM
20% & Above	11 x LBM

****See Appendix A for calculating Lean Body Mass and Macronutrient Breakdowns.**

Consume 5 meals on this day, 2 Protein + Carb meals and 3 Protein + Fat meals. Ideally, it is best to exercise in the morning to take advantage of the heightened calorie burn for the entirety of the day, with your P+C meals coming in the morning after exercise and your P+F meals following later in the day.

Carb Day Sample Daily Meal Timeline
7:00 am – Breakfast (P+C)
10:00 am – Mid-morning Feeding (P+C)
12:30 pm – Lunch (P+F)
3:00 pm – Mid-afternoon Feeding (P+F)
6:00 pm – Dinner (P+F)

Summary: Consume two P+C meals followed by three P+F meals while ideally working out in the morning. Macro breakdown of 30/40/30 – P/C/F. [\[Menu\]](#)

Acceptable Carbohydrate Choices

- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
- Fruit: apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- No-sugar added apple sauce
- Plain Greek Yogurt, Organic Milk (also a protein source)
- Other Vegetables: artichoke, beets, pumpkin, rutabaga, squash
- Sprouted grain bread (Ezekiel bread), rice bread, spelt bread
- Other Grains: barley, basmati, quinoa, sprouted grain tortilla wraps (Ezekiel wraps)
- Oatmeal, oat bran
- Sweet potato, yam
- Wild rice, brown rice
- Couscous
- Pasta – Spelt pasta, rice pasta, or sprouted grain pasta (Ezekiel brand)
- New potatoes
- Peas, Parsnips
- Bananas

Ideally, the bulk of carbs in P+C meals should come from legumes and fruits and a small amount of the starchier carbs listed toward the latter part of the list. Limit grain products to once per day if at all. [\[Menu\]](#)

Acceptable Protein Sources

- Beef (steak, ground beef, jerky, etc)
- Cottage Cheese
- Deer/Venison
- Eggs (whole or whites)
- Finfish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring, etc)
- Ham (fresh)
- Lamb
- Milk protein powders (whey and/or casein)
- Pork (tenderloin, chop, etc)
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc)
- Skinless Chicken (breast, thigh, wing, etc)
- Turkey breast [\[Menu\]](#)

Acceptable Fat Sources

Dairy

- Butter
- Cheese
- Cottage Cheese
- Cream

Fat-containing Meats

- Beef
- Chicken (dark meat)
- Duck
- Lamb
- Pork

Fish

- Anchovies
- Bluefish
- Herring
- Salmon
- Mackerel
- Sardines
- Tuna

Oils

- Coconut Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils
- Udo's Choice Oil Blend
- Hemp Oil

Raw Nuts

- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts

Other

- All Natural Peanut Butter (in moderation)
- Almond Butter
- Avocado/Guacamole
- Flax seeds (ground)
- Eggs [Menu](#)

NOTE: Because some protein sources are also ample sources of fat, they are listed under both the acceptable proteins and fats lists.

Free Veggies

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Green Onion
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

*Free Veggies can be added to any meal or consumed as a snack throughout the day on any day except Fast Days. [\[Menu\]](#)

High Intensity Interval Training (HIIT) and Cardiovascular Exercise Guidelines

For the longer-duration, slower cardio sessions, perform 30 minutes at 80% of maximum heart rate (maximum heart rate in beats per minute = 220 – your age). Exercise mode options are found below the HIIT section.

For the HIIT Workouts, 5 different options are listed below: [\[Menu\]](#)

HIIT Workout Option 1

Work to Rest Ratio – 1:1

Run hard for 2 minutes; walk for 2 minutes; repeat 5 times*

NOTE: This option is ideal for beginners. Note that "hard" is a relative term. For some, any type of running would constitute as "hard", while for others you may need to run at a rapid pace. If very overweight, you can even walk very fast as the "hard" portion of the interval.

The "hard" portion of the interval should be a pace that is challenging for you to maintain for 2 minutes, but not so challenging that you cannot complete the entire workout. [\[Menu\]](#)

HIIT Workout Option 2

Work to Rest Ration – 1:2

Sprint for 30 seconds; walk for 60 seconds; repeat 10-12 times* [\[Menu\]](#)

HIIT Workout Option 3

Work to Rest Ratio- 1:2

Sprint 20 seconds; walk 40 seconds; repeat 12-15 times* [\[Menu\]](#)

HIIT Workout Option 4

Work to Rest Ratio- 1:1

Sprint 20 seconds; walk 20 seconds, repeat 12-15 times* [\[Menu\]](#)

HIIT Workout Option 5

Work to Rest Ratio- 1:1/2

Sprint 20 seconds; walk 10 seconds, repeat 12-15 times* [\[Menu\]](#)

*You can choose other exercise options apart from running or sprinting, including the stair stepper, cross trainer/elliptical, rower, cycling, swimming, etc, as your mode of exercise for the HIIT workouts or the lower-intensity cardio sessions.

The workouts are listed in order of how challenging they are, so that the easiest workout is Workout #1 and the hardest workout is Workout #5. Choose your level of workout based on your current level of fitness.

The 7 Day Rapid Fat Loss Diet Supplementation Plan

IMPORTANT NOTE: Please realize that the majority of the supplements recommended are **replacing** food. While there is up front cost, you are actually saving quite a bit of money over the course of the programs by decreasing your grocery expenses. For example, on Fast Days the only thing required is BCAA supplementation. The cost of the BCAAs is substantially less than the food cost of a regular diet day. Same goes for the Shake Days—each shake replaces a meal for only a couple bucks (there aren't many meals out there that cost a couple dollars). And believe me, this program is going to save you A LOT of money by decreasing how many times you dine out over the course of 2 weeks. Bottom line, following the program to the letter along with the supplements (most of which are just “food” replacements) will get you the best results, and I guarantee you'll spend considerably less on the recommended supplements than you would buying your regular groceries and going out to eat. Just a little up front perspective as you move forward to get the most out of the program.

As you've seen throughout this manual, I've recommended the use of several fundamental/foundation supplements that I believe everyone should be using to maximize results and overall health.

The specific supplements I recommend for use with the 7-Day Rapid Fat Loss Diet Program are:

1. BioTrust® Low Carb™

The Stevia-sweetened, Cold-processed, Time-released, Certified Hormone-Free Protein Supplement

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of the *7 Day Rapid Fat Loss Diet*, as well as the daily pre-bed meal, and **especially on Shake Days**. It's made from cold-processed, Certified Hormone-Free whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality). It is also a true time-released protein with equal parts of fast- and slow-digesting protein to increase absorption and provide a steady flow of amino acids and nutrition to your body for up to 8 hours.



NOTE: To ensure you have the appropriate number of containers for your personal needs to last the duration of the 7-Day program, or if you'd like to perform this program back to back for 14 days total, the recommended quantities are below.

Your Current Body Weight	Containers Needed to Last 7 Days	Containers Needed to Last 14 Days
Greater than 120 lbs	2 Containers	3 Containers
Less than 120 lbs	1 Container	2 Containers

IMPORTANT NOTE: Please remember that each shake replaces a meal for only a couple bucks (there aren't many healthy, nutrient rich meals out there that cost a couple dollars), and make the food-cost of each day substantially **cheaper**.

2. BCAA Matrix™

Lose fat, not muscle! Preserve Calorie-Burning Lean Muscle While Dieting

The only thing you will be consuming on Fast Days are Branched Chain Amino Acids (BCAAs) to offset and prevent the breakdown and catabolism of muscle (i.e. muscle loss). **BCAA Matrix™ and BioTrust® Low Carb™ are the most important supplements to use with the program.**



Maintaining your calorie burning lean muscle is a critical part of keeping your metabolism high as you rapidly lose fat, otherwise you will subject yourself to rebound weight gain.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking skinny and frail with a pudgy "over-layer").

To put it in simple terms, BCAAs are the “best part” of protein. So, if you were to consume 10 grams of BCAAs, you’re essentially consuming 10 grams of protein, only it’s “super protein”.

The guidelines for BCAA intake on Fast Days are as follows:

Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.

Now, the 0.15 g per pound of body weight calculation only applies to BioTrust BCAA Matrix as it is literally more than TWICE as absorbable as any other BCAA product due to its use of 3 distinct forms of BCAAs that target 3 different absorption pathways.

Simply put, BCAA Matrix is the highest quality BCAA supplement available anywhere.

NOTE: To ensure you order the appropriate number of bottles for your body weight to last the duration of the 7-Day program, or if you'd like to perform this program back to back for 14 days, the recommended quantities are below.

Your Current Body Weight	Bottles Needed to Last 7 Days	Bottles Needed to Last 14 Days
Greater than 120 lbs	1 Bottle	2 Bottles
Less than 120 lbs	1 Bottle	1 Bottle

3. IC-5™

Carbohydrate Management and Insulin/Blood Sugar Control

IC-5 is a unique blend of 5 hard-to-come-by ingredients that together increase insulin sensitivity, manage blood sugar levels, and partition carbohydrates to be stored in muscle for energy instead of fat. The end result is significantly improved fat loss and body composition while increasing insulin sensitivity and improving carbohydrate tolerance.

Quantity and Use: Take 2 capsules before every P+C meal. One bottle will last the duration of the program.



4. LeptiBurn®

Fat Loss Accelerator and Hormone Support

Leptin is your body's #1 fat burning hormone – it controls literally **everything** related to weight loss. Improving your body's sensitivity to leptin as well as leptin production while dieting are crucial to optimal fat loss. LeptiBurn® is literally the ONLY scientifically-backed supplement on the market specifically created to increase leptin sensitivity and production while dieting, while accelerating fat loss.

Quantity and Use: Take 2 capsules on an empty stomach in the morning, and again in the afternoon. One bottle will last the duration of the program.



5. AbsorbMax™ - With GlutenGone™!

Improves Digestion, Reduces Gastrointestinal Distress, and Combats Food Intolerances that Slow and Stall Fat Loss

AbsorbMax™ is a comprehensive blend of 16 unique digestive enzymes that allow you to fully break down and absorb the nutrients contained in any and every food you eat, including GlutenGone, a dynamic duo of 2 unique enzymes that has been shown in very recent research to be unmatched in its ability to fully digest gluten!



AbsorbMax™ also combats food intolerances that have been shown in numerous studies to slow and stall fat loss.

Quantity and Use: Take 1 capsule with every meal. One bottle will last the duration of the program.

How to Order and Save BIG!

Click on the link below to visit the BioTrust website and secure your 7 Day Rapid Fat Loss Diet supplements today. There are heavily discounted packages available for every recommended product and you'll even receive further discount options after check out when you use the below special link for 7 Day Rapid Fat Loss Diet customers:

[Click HERE to Order Your 7 Day Rapid Fat Loss Diet Supplements and Save BIG](#)

Enjoy the decreased grocery bills and be sure to use the above link for even more savings after check out! [\[Menu\]](#)

Tracking Progress

When To Measure

Measurements should be taken prior to beginning the program and then again at the end of the week, the morning after the final day—that's it.

Do not—*I repeat; do NOT*—weigh yourself daily. Due to the fluctuations in food intake throughout the 7 day period, you will absolutely experience significant fluctuations in water balance throughout the week causing daily measurements to be all over the place.

With this program, daily scale readings mean nothing. What we are concerned with is consistent, week to week progress, and that is assessed by taking consistent weekly measurements.

One more time: stepping on the scale daily will do nothing more than break your focus and cause unnecessary stress and worry (which will in turn slow progress)—don't do it.

[\[Menu\]](#)

FAQ

Q: What drinks (coffee, milk, flavored water, diet sodas, etc) are permitted?

A: The majority of your fluid intake should be water. Strive to consume at least a half gallon a day, even more on Fast Days.

You may consume non-calorie beverages in moderation (this does not include milk).

The rule is simple: if it has calories, don't drink it. If it does not have calories, you may drink it in moderation. 90% of your fluid intake should be water.

Q: I have my calorie and macronutrient needs calculated based on the information provided in Appendix A, but how do I know how many calories or how much of a macronutrient is in certain foods?

A: If the food has a label, then you'll find that exact information on the label, from which you can choose the appropriate quantity. For things like fruit, veggies, meats, etc, that do not have labels, it's really easy to look up this information. The site I recommend is www.NutritionData.com.

For example, let's say you have all your needs calculated and a particular meal calls for 27 grams of protein. You'd like to have chicken so you go to www.NutritionData.com and type in "chicken breast", select the appropriate listing, and end up on this page:

==> <http://www.nutritiondata.com/facts/poultry-products/703/2>

There is a drop down menu for the serving size at the top of the listing. I always recommend selecting 1 oz for meats, and then multiplying from there.

So, we see 1 oz of cooked chicken breast contains 9 grams of protein. So, since we need 27 grams, we'll eat 3 oz. Simple as that.

Now, let's say this is a protein and fat meal and you also need 14 grams of fat. One tablespoon of butter or any oil contains approximately 14 grams of fat so you'll use that amount.

3 oz of Chicken Breast, mixed veggies drizzled with one tablespoon of olive oil – there you go, that's your meal 😊

Once you do this for a couple days, the whole process become VERY easy and you'll know exactly how much to eat.

Here are a couple of standard measurements for your convenience:

1 oz cooked lean meat = 9 grams of protein

1 tablespoon of any oil or butter = 14 grams of fat

1/4 cup of nuts = 14 grams of fat

For other foods www.NutritionData.com is a great resource.

Q: What if I go over my calorie or macronutrient needs for a particular meal?

A: That's more than fine. You're not going to hit the individual meal numbers right on the head with each meal, rather those numbers should be looked at more as guidelines to help you achieve your daily totals, which are the figures that matter most.

So, if you were to go over by 5 grams of protein in one meal, you can make up for it by eating 5 grams less in another. As long as you are coming within 5% of your daily totals for each macronutrient at the end of the day, you're good to go.

Q: How many grams of fat am I "allowed" to have in my Protein + Carb meals and how many grams of carbs am I allowed to have in my Protein + Fat meals? It seems that most foods contain at least some of each nutrient. And do I have to count these "extra" grams in my daily totals?

A: You'll find that most foods do contain small amount of other nutrients. For example, most protein sources, even very lean cuts of meat, contain some fat and some fat sources, like nuts, contain a small amount of carbs.

The rule is this: Strive to keep the “absent” nutrient to less than 10 grams for that meal. In other words, for protein + fat meals, strive to keep carbs under 10 grams, and for protein + carb meals, strive to keep fat under 10 grams.

To answer your second question, yes, these “extra” grams do need to be counted toward your daily total. Record it in your log sheets and subtract from another meal. For example, let’s say a Protein + Fat meal you consume contains 4 grams of carbs. Simply subtract those carbs from a future Protein + Carb meal.

Again, the major focus should be arriving within 5% of your **daily** targets at the end of the each day.

Q: What about special populations such as diabetics or those with cardiovascular disease? Is this program safe for them?

A: Be sure to consult with your doctor before beginning any diet or exercise program to make sure it is a good fit for you, and always, *always* follow his or her advice.

Q: I’m a petite female and my calorie intake on Shake Days and Carb Days is coming out really low, just under 1000 calories – is this right?

A: One population the calorie formulas tend to be tricky for are petite females (generally 5’3” and shorter) who because of their smaller size naturally don’t have a large sum of lean body mass relative to taller individuals. For example, let’s take someone who is 5’1” and weights 120 lbs @ 22% body fat. Her lean body mass would be 96.5 lbs.

At 22% body fat, we’d use the calorie multiplier of 10 x LBM on Shake Days and 11 x LBM on Carb Days. This equates to 965 calories and 1,060 calories, respectively, and yes, that’s a bit low.

Ideally, we'd like calorie intake on these two days to average at least 1100 calories, so adding 100 to 150 calories on each day for this population is OK. On the Fast Days, calorie intake will obviously fall below this threshold, and that's both fine and correct.

Q: I weigh 180 lbs and using the BCAA calculations need 27 grams of BCAAs on Fast Days. Since each capsule is .5 grams, that means I need to take 54 capsules on Fast Days? Is that healthy?

A: Remember, BCAAs are simply "super" protein. So, it's the protein equivalent of eating about 3 oz of cooked chicken, which is completely healthy. The reason why BCAAs come in capsules is because the powder tastes HORRIBLE if you were to just try to mix it or swallow it. Kind of similar to fish oil – they encapsulate it to save your taste buds. But yes, it's completely fine and healthy.

Q: How long can I use The 7 Day Rapid Fat Loss Diet?

A: Because The 7 Day Rapid Fat Loss Diet is a rather intense program incorporating some somewhat extreme methods, it is only recommended to be done for a maximum of 14 days at a time. Once you complete the 14 days, it is recommended that you transition into a more moderate diet for at least 4 weeks before coming back to it. [Menu](#)

Appendix A: Calculating Lean Body Mass and Macronutrient Breakdown

Lean Body Mass (LBM)

Your lean body mass is your weight, minus your body fat. For example, if you weigh 200 lbs at 20% body fat (40 lbs of fat), then your lean body mass is 160 lbs (200 – 40).

With that data you can then determine your calorie and macronutrient needs. The only day you are using **total body weight** (instead of lean body mass) is the Fast Day.

Here is a recap of the calorie needs for each day:

Fast Day: [BCAA Matrix™](#) supplementation @ .15 grams per pound of **Total Body Weight**

Shake Day: Macro breakdown of 40% protein, 25% carbs, 35% fat; total calorie needs based on current body fat percentage. Utilize the below chart:

Current Body Fat %	Caloric Formula
6% - 13%	12 x LBM
14% - 19%	11 x LBM
20% & Above	10 x LBM

Carb Days: Macro breakdown of 30% protein, 40% carbs, 30% fat for Carb Days. Total calorie needs is based on current body fat percentage. Utilize the below chart:

Current Body Fat %	Caloric Formula
6% - 13%	13 x LBM
14% - 19%	12 x LBM
20% & Above	11 x LBM

So, let's take the Shake Day for example along with our "sample" individual at 200 lbs and 20% body fat.

Because this person is starting at 20% body fat, we are going to use the 10 x LBM calculation from the Shake Day chart.

Again, to calculate lean body mass, simply subtract fat weight from total weight (the left over is lean body mass; everything *except* fat). Here are the simple formulas.

$$\text{Total Weight} \times \text{Body Fat \%} = \text{Fat Weight}$$

$$\text{Total Weight} - \text{Fat Weight} = \text{Lean Body Mass}$$

Plugging the numbers in:

$$200 \times 20\% = 40 \text{ lbs}$$

$$200 - 40 = 160 \text{ lbs}$$

This individual has a lean body mass of 160 lbs. From there we can easily calculate calories: $160 \text{ (LBM)} \times 10 \text{ (calories per pound)} = 1600 \text{ calories}$

We also know that 40% of this should come from protein, 25% carbs, and 35% fat,

giving us the calorie totals per macronutrient of:

1600 (total calories) x 40% (protein) = 640 calories from protein

1600 (total calories) x 25% (carbs) = 400 calories from carbs

1600 (total calories) x 35% (fat) = 560 calories from fat

To convert these caloric values to grams for easy counting, we can divide by the caloric values of each which are as follows:

Fat: 9 cal per gram

Protein: 4 cal per gram

Carbohydrates: 4 cal per gram

This means that the 200 lb individual in our example should be consuming **62 grams of fat** (560 / 9), **160 grams of protein** (640 / 4), and **100 grams of carbohydrate** (400 / 4).

The cool thing about converting everything to grams is that you no longer have to worry about counting calories. You simply count the grams of each macronutrient you consume as indicated in the nutrition facts.

This makes things much easier considering the way our food labels are organized. If you are unsure as to the nutrition content of a particular product, you can look up the info easily at an online nutrition database such as www.NutritionData.com or www.CalorieKing.com.

To figure your personal calorie and gram needs for each type of day, use the formulas below.

Shake Day

Lean Body Mass: Total Weight x Body Fat % = Fat Weight

Total Weight – Fat Weight = Lean Body Mass

Total Calorie Needs

Current Body Fat %	Caloric Formula
6% - 13%	12 x LBM
14% - 19%	11 x LBM
20% & Above	10 x LBM

Fat intake in grams = (Total Calorie Needs x .35) / 9

Protein intake in grams = (Total Calorie Needs x .4) / 4

Carbohydrate intake in grams = (Total Calorie Needs x .25) / 4

Shake Day Sample Daily Timeline
7:00 am – Breakfast Shake (P+C)
10:00 am – Mid-morning Feeding (P+C)
12:30 pm – Lunch (P+C)
3:00 pm – Mid-afternoon Feeding (P+F)
6:00 pm – Dinner (P+F)

You'd then split your total protein, carb, and fat total over the appropriate number of shakes.

You're consuming protein with all 5 feedings, so you'd divide total protein by 5 to obtain targets to shoot for at each meal.

Carbs are consumed during 3 meals on Shake Days, so you'd divide total carbs by 3 to get P+C shake carbohydrate targets.

Fat comes in the last two shakes, so you'd divide by two. Here are the simple formulas:

Protein Per Shake = Total Protein / 5

Carbs Per P+C Shake = Total Carbs / 3

Fat Per P+F Shake = Total Fat / 2

Carb Day

Lean Body Mass: Total Weight x Body Fat % = Fat Weight

Total Weight – Fat Weight = Lean Body Mass

Total Calorie Needs

Current Body Fat %	Caloric Formula
6% - 13%	13 x LBM
14% - 19%	12 x LBM
20% & Above	11 x LBM

Fat intake in grams = (Total Calorie Needs x .3) / 9

Protein intake in grams = (Total Calorie Needs x .3) / 4

Carbohydrate intake in grams = (Total Calorie Needs x .40) / 4

Carb Day Sample Daily Meal Timeline	
7:00 am	– Breakfast (P+C)
10:00 am	– Mid-morning Feeding (P+C)
12:30 pm	– Lunch (P+F)
3:00 pm	– Mid-afternoon Feeding (P+F)
6:00 pm	– Dinner (P+F)

You'd then split your total protein, carb, and fat total over the appropriate number of meals.

You're consuming protein with all 5 feedings, so you'd divide total protein by 5 to obtain targets to shoot for at each meal.

Carbs are consumed during 2 meals on Moderate Carb Days, so you'd divide total carbs by 2 to get P+C meal carbohydrate targets.

Fat comes in the final three meals, so you'd divide by three. Here are the simple formulas:

Protein Per Meal = Total Protein grams / 5

Carbs Per P+C Meal = Total Carb grams / 2

Fat Per P+F Meal = Total Fat grams / 3

Fast Day

BCAA Needs in Grams = Body Weight x .15 [\[Menu\]](#)