

## BELLY BLAST OFF 1.2

To help you choose the best sources for your protein, energy carbs, colour carbs, and fats, I've included the following charts:

### Recommended Protein Foods (P)

Anchovies	Red snapper
Beef (extra-lean)	Roast (arm, chuck, or rump)
Bluefish	Sablefish
Buffalo	Salmon
Chicken breast	Sardines
Clams	Sea Bass
Cod	Scallops
Cornish hen	Scrod
Cottage cheese	Shrimp
Crab	Sirloin (ground)
Egg whites or egg substitutes	Sole
Elk	Steak (all fat trimmed)
Flounder	Swordfish
Grouper	Tilapia
Haddock	Trout
Halibut	Tuna (water-packed)
Herring	Turkey bacon
Kefir	Turkey breast (lean ground or whole)
Lamb loin	Turkey sausage
Liver (beef, calf, or chicken)	Veal
Lobster	Venison
Mackerel	Whitefish
Mahimahi	Wild Alaskan salmon
Mussels	Yellow tail
Orange roughy	Yogurt (plain, 1% or less)
Oysters	<small>Yeo Valley Natural Yogurt is best!</small>
Perch	<small>Watch out for the low fat one as it has MORE sugar!</small>
Pork (lean)	

### Recommended Energy Carb Foods (EC)

Bananas	Corn tortillas
Barley	Cream of wheat (not instant)
Beans and lentils (dried) (Merchant Gourmet ready to eat lentils)	Oatmeal (whole grain, not instant)
Bread (100% whole grain)	Pasta (sprouted wheat, spelt, rice)
Buckwheat	Porridge Oats
Butternut Squash	Potatoes (baking and sweet)
CousCous	Quinoa (Merchant Gourmet ready made)
Corn	Rice (brown or wild)
Crackers (whole wheat only like Ryvita)	Rice cakes/Oat cakes

### Recommended Colour Carb Foods (CC)

Apples	Honeydew melon
Apricots	Kale
Artichoke (including Jerusalem)	Kiwi
Arugula	Lemon
Asparagus	Lettuce (endive or mixed greens)
Baby Corn	Lime
Bamboo shoot	Mango
Beans (string)	Mushrooms
Bean sprouts	Nectarines
Beets	Okra
Berries	Onions
Broccoli	Oranges
Broccoli rabe	Papaya
Broccoli sprouts	Peach
Brussels sprouts	Pear
Cabbage	Peas
Cantaloupe	Pea pods
Cauliflower	Peppers (bell or hot)
Celery	Pineapple
Carrots	Plums
Cherries	Prunes
Cheese (fat-free)	Radish
Chestnuts (water)	Rhubarb
Collard or mustard greens	Rutabaga
Cucumber	Spinach
Eggplant	Squash (yellow)
Escarole	Tangerine
Garlic	Tomato
Grapefruit	Turnip
Grapes	Watermelon
Green beans	Yogurt (low-sugar)
	Zucchini

## Fresh Herbs and Spices

Anise  
Allspice  
Basil  
Bay leaf  
Caraway  
Cardamom  
Cayenne  
Celery seed  
Chilli flakes  
Chives  
Chervil  
Cilantro  
Cinnamon (ground or sticks)  
Cloves  
Coriander  
Cumin  
Dill  
Fennel  
Garlic  
Ginger  
Lemon balm  
Marjoram  
Mint  
Nutmeg  
Oregano  
Paprika  
Parsley  
Peppercorns  
Rosemary  
Sage  
Saffron  
Savory  
Tarragon  
Turmeric  
Thyme  
Vanilla bean

## Recommended Fat Foods

Almonds  
Avocados  
Coconut oil  
Flax oil  
Olive oil  
Peanut butter (organic/natural)  
Pistachios  
Pumpkin seeds and oil  
Salmon (also a protein source)  
Tuna (also a protein source)  
Walnuts

## Condiments

Use sparingly...  
Ketchup (HFCS-free)  
Kraft light dressing  
Mustard  
Salad dressing  
(no MSG, no corn syrup)  
Salsa  
Spices  
Tabasco  
(or your favourite hot sauce)  
Turmeric  
Vinegars

## Dairy

You're probably wondering where dairy products fall on these lists. Are they proteins, energy carbs, or colour carbs? The answer is ... it depends. Cottage cheese is primarily protein, so it falls in the protein category. Skim milk, yogurt, and fat-free (or low-fat) cheeses are really a combination of protein and carb with at least twice as many carbs on average. For simplicity's sake, we're going to add these items to the colour carb list. Remember, we're classifying food based on what it's primarily made up of—protein, energy carbs, colour carbs, or fats. There's no need to make eating more complicated than it needs to be. This keeps it simple.

## Week One: Your "Cleanse" Week

The purpose of this week is to break your addiction from belly fattening foods and infuse a number of belly-burning foods into your body. If done correctly, this will free you from pounds of belly fat, excess water, and toxic waste (from your digestive system).

Day One is a day where you consume only Protein Shakes and Veggies. Both of these foods are very nutrient-dense (nutrients fight cravings) and they have a very high "Calorie Blast Rating," which will ignite and repair your damaged calorie-burning metabolism while starving away unwanted belly fat. It is important to eat frequently during the day (five times). This speeds up your metabolism, and helps your body better absorb the nutrients in your food while keeping your blood sugar levels balanced to fight cravings.

## Week One, Day One: Shake and Veggie Uber Cleanse Day

### Important Points:

Do not add fruit or milk to protein shakes during this week. Use unsweetened almond milk, rice milk, oat milk or water. You can also add one teaspoon of Benefibre, psyllium seeds or a similar fibre supplement to every shake.

### Protein shakes:

Make sure you use a high quality nutrition protein shake, low in sugar, and have at least 18 grams of quality protein including whey protein isolate. Ideally one using no calorie free sweeteners (aspartame free) and low in carbs. Stevia is a great sweetener.

I recommend [www.GoNutrition.com](http://www.GoNutrition.com) 100% natural range and we have a discount code to get 35% off – **MFT35**

Choose from any vegetables listed in the Recommended **Colour Carb** Food list.

## Day One Menu:

Here is what your menu would look like on Day One of Week One:

- **Meal 1:** Protein Shake 200ml water
- **Meal 2:** Protein Shake and one to two cups veggies. 200ml water
- **Meal 3:** Protein Shake and one to two cups veggies. 200ml water
- **Meal 4:** Protein Shake and one to two cups veggies. 200ml water
- **Meal 5:** Veggies with a few tablespoons of low fat hummus.

Your first day is pretty intense, but the great thing is that the shakes help with any sugar cravings you may have. If you're a choc-aholic get chocolate flavour shake!!!

Be sure to liven up your veggies with the herbs and spices I recommend in the earlier chart. You can add a little olive, flax (add after cooking) or coconut oil to taste as well.

What's more, a lot of times your brain sends "hunger signals" to your stomach not because you're truly hungry, but because you're dehydrated.

That's why it's vitally important to have a minimum of 200ml of pure, fresh water at each of your five meals during the day.

*Remember, if your body is dehydrated, you won't burn fat as efficiently.*

## CLEANSE WEEK

### Week One, Days Two through Six: Regular 'Cleanse' Days

Okay, now it's time to move to Days Two through Six.

On these days, you will be eating one protein portion and one carb portion at each meal. A portion of protein is equal to the thickness of a deck of playing cards and the size of the palm of your hand. So, it varies by your individual size. Larger people eat more, smaller people eat less. A portion of (cooked) carbs is the size of your clenched fist. During each day, you will be eating three **Colour Carbs (CC)** and two **Energy Carbs (EC)** (see lists for food options). Be sure that at least one or two Colour Carbs are vegetables rather than fruits.

I also add a beneficial fat portion (a tablespoon), which can be EVOO (extra virgin olive oil), flax oil or coconut oil during this week (we are skipping nuts like almonds and pistachios until next week). Coconut is the only oil you can cook with

Important Points: You may substitute a protein shake for any meal if you prefer (max of two per day). Each shake is one protein portion. Use unsweetened almond milk or water for your shakes.

Also have a protein shake after each training session, if training.

### CLEANSE WEEK - Days Two through Six Menu:

Here is what your menu would look like during Days Two to Six of Week One:

**Meal 1:** One protein portion and one Energy Carb portion. 200ml water

**Meal 2:** One protein portion and one Colour Carb portion. 200ml water

**Meal 3:** One protein portion and one Energy Carb portion. 200ml water

**Meal 4:** One protein portion and one Colour Carb portion. 200ml water

**Meal 5:** One protein portion and one Colour Carb portion. 200ml water

## Day Two Menu:

Here's what a day's meal plan could look like:  
(Red = an Energy Carb; Blue = Colour Carb.)

### Meal 1 (6am-8am)

Option of ½ a protein shake (if training 4-5 times per week)  
Scrambled egg whites (one yolk to two whites) Protein  
One portion whole wheat or sprouted grain bread (EC)  
Fresh parsley or basil to garnish

### Meal 2 (9.30am-11am)

Low-fat cottage cheese - protein  
One portion sliced strawberries (CC)

### Meal 3 (12-2pm)

Chicken (protein) kebabs seasoned with chilli flakes, fresh coriander, lemon juice, sea salt and cooked in one tsp coconut oil and dressed in two tsp EVOO (extra virgin olive oil)  
One portion brown rice and chickpeas (EC) (mixed together)

### Meal 4 (3.30pm-5pm)

Protein Shake  
One portion mixed berries (CC)

### Meal 5 (6pm-8pm)

Grilled wild salmon - protein  
One portion steamed asparagus (CC),  
drizzled with lemon juice and cracked black pepper

(Meals 4 & 5 can easily be swapped around)

Option of ½ protein shake before 10pm (if training 4-5 times per week)

## CLEANSE WEEK

### Week One, Day Seven: Splurge Meals

We all have cravings now and then. If you feel one coming on for something really bad like pizza, chocolate, or a hot fudge sundae, good news, **GREAT NEWS** — your weekly *splurge meal* is on Day Seven.

During these meals, you can eat anything you want. Now when I say you can eat anything, I mean *anything*. Have a piece of pizza, gobble down a hamburger, enjoy some hot, salty fish n chips or even a piece of cheesecake. Indulge in whatever you want. And, most importantly, enjoy it!

#### Why a Splurge Meal?

I recommend splurge meals because you're only setting yourself up for failure if you start an eating program that forbids you from ever eating your very favourite foods. It's just not realistic. Besides, splurging will settle those deep-seated psychological cravings that often emerge in an attempt to destroy your efforts just as you're starting to make some progress. You wanna know something else? These splurge meals can actually kick-start your metabolism too. As I've been saying, Calorie Chaos is all about fooling your body into keeping its metabolism revving full-speed ahead without dropping your fat-burning hormones after the first week. Here are a couple more details about the Calorie Chaos, Day Seven Splurge

Meals: You will have **two** meals to eat whatever you want every seventh day of the program.

Enjoy your food but don't stuff yourself so much that you stretch your stomach out and make yourself sick.

#### Do not have these splurge foods in your home.

Make a point of leaving your house to indulge. Your home needs to be a safe, healthy environment, free from "toxic waste" and temptation.

Make sure to use these splurge meals wisely and plan for them ahead of time. For example, use a splurge meal when you are going out to eat with friends or for a special celebration. And don't forget, after the splurge meal (unless it's your last meal of the day), you're still going to be eating again three hours later.

Do you have to include these splurge meals? You should. But, you don't have to eat junk food. You can just eat more of the foods you love during these meals.

In fact, if you're the type of person who falls off the wagon after eating certain addictive foods—like crisps, ice cream, pie, cake, or chips—then I encourage you to go another direction. Some people have a hard time getting back on track after eating anything with obesity additives in it—especially sugar. If you're this type of person (and you know who you are), then I encourage you to stay away from foods that cause you to lose control.

A lot of clients have found that after their first splurge meal they feel ill, guilty and by the second splurge day (week 2) are no longer craving the 'naughty' foods they once did, instead opting for a few squares of chocolate or just one splurge meal like a take-away as a treat.

## EAT WEEK

### Week Two: Calorie Chaos Eat Week

Now that we've covered Week One, Week Two is designed to cause chaos with your belly-burning metabolism by upping your calories from the previous week to trick your body into continuing to burn calories at lightening speed. Remember, after about a week of dieting, your body is genetically programmed to increase your "hunger hormones" while decreasing the hormones responsible for burning calories. That's why Calorie Chaos works so well... it tricks your body into continuing to burn your belly fat without hitting a sticking point.

#### Important Changes:

This week we change to **three Energy Carbs (EC)** and **two Colour Carbs (CC)**, last week it was vice versa, as well as adding an additional half portion to all carb portions. Be sure that at least one Colour Carb meal contains vegetables rather than fruits.

We also add another beneficial fat portion, which can be nuts, nut butters or avocado, in addition to the healthy oils you had in Week One. Continue to add one tablespoon of fibre supplement to shakes. Choose from any fruits or vegetables listed in the Recommended Colour Carb Foods list.

In the example below, I've kept the Week One and Week Two menus the same apart from increasing portions to 1 ½ for carbs and swapping one Colour Carb for one Energy Carb, as well as adding another fat portion. This makes it easier for you to learn how to manipulate your menus on alternate weeks. I have, however, included some different recipes for more variety. With that in mind, let's dive into Week Two.

## EAT WEEK

### Week Two, Day One: Shake and Veggie Cleanse Day

This day is exactly like Day One from Week One. After you enjoyed a few splurge meals yesterday, your metabolism will be cranking at high speed and this lower-calorie “Cleanse Day” will help you burn a lot of extra calories.

## EAT WEEK

### Week Two, Days Two through Six: Regular Eat Days

On these days, you will be eating one protein portion and 1 ½ carb portions at each meal. (We’re increasing your carb intake by 50% this week.)

Remember, a portion of protein is equal to the thickness of a deck of playing cards and the size of the palm of your hand. So, it varies by your individual size. Larger people eat more, smaller people eat less. A portion of carbs is the size of your clenched fist. During each day, you will be eating **two Colour Carbs** and **three Energy Carbs** (see food lists for options). Be sure that at least one Colour Carb portion is from a vegetable source rather than from fruits. This week I also add another beneficial fat portion, which can be in the form of nuts such as almonds, walnuts, pistachios, or nut butters, along with some avocado.

## EAT WEEK MENU:

### Days Two through Six of Week Two:

#### Meal 1 (6am-8am)

Option of ½ a protein shake if training 4-5 times per week

Scrambled egg whites (one yolk to two whites) - protein

1 ½ portions whole wheat bread (EC)

½ avocado (fat portion FP)

Fresh parsley or basil to garnish

#### Meal 2 (9.30am-11am)

Low-fat cottage cheese - protein

½ portion almond or rice oat milk (EC)

1 portion sliced banana (EC)

#### Meal 3 (12-2pm)

Lamb (protein) kebabs seasoned with chilli flakes, fresh coriander, lemon juice, sea salt and cooked in one tsp coconut oil and dress in two tsp EVOO

(extra virgin olive oil)

One portion brown rice (EC)

½ portion chickpeas (EC)

#### Meal 4 (3.30pm-5pm)

Protein Shake

One portion sliced strawberries (CC)

½ portion blueberries (CC)

#### Meal 5 (6pm-8pm)

Grilled wild salmon - protein

1 ½ portions Grilled Vegetables with Balsamic Glaze (CC)

(again meals 4 & 5 may be swapper around)

*Option of ½ protein shake before 10pm (if training 4-5 times per week)*

## EAT WEEK

### Week Two, Day Seven: Splurge Meals

For this day, you follow the exact same guidelines as the Splurge Meals for Week One. After Week Two, your belly-burning furnace will be moving forward at mach speed because of the increased number of calories you'll be eating. So, all you need to do for Week Three is to repeat Week One's guidelines (you can change the food choices, of course). For Week Four, just repeat Week Two. Get it? There are just two cycles to follow: The "Cleanse Week" and the "Eat Week."

What's more, once you lose all of your unwanted belly fat, you can move to the "Eat Week" as a maintenance program so you don't experience the dreaded rebound weight gain.

So, by harnessing the power of The Calorie Chaos technique, while frequently eating the recommended foods that have a high nutrient content and "Calorie Blast" effect, you will be crushing your cravings, dropping "toxic waste," fixing a broken metabolism, and lowering fat-storing hormones.

## FAQ

**Q:** Eating five times a day seems like a lot. Are you sure about that? Wouldn't I achieve more rapid results if I skipped some meals?

**A:** No, you wouldn't. It's as simple as that. Even though the concept may seem odd, it really is better to have a meal every three hours...as long as each meal is small. (Sorry, we're not talking about all-you-can-eat buffets.) Revisit Chapter 7 for ideas on how to gauge appropriate food portion sizes and some sample menus. Skipping meals leaves you feeling drained, hungry, and cranky. Plus it sends your body the message that it should slow your metabolism in order to conserve energy (which means it holds onto fat stores). Frequent healthy meals, on the other hand, have many benefits, such as:

- Staving off starvation cravings
- Stabilizing blood sugar so you feel more energetic
- Keeping your metabolism cranked up so you burn more calories
- Providing a constant fuel supply to feed the muscle you're creating
- Keeping fat-producing hormones in check

**Q:** Do I have to exercise on this program?

**A:** Nope. You can lose weight without doing it, but I have to warn you that it will take longer and your body won't look nearly as good when you're done. I want you to get amazing, fast results, so do some form of activity that you love.

**Q:** My schedule is so crazy that I usually end up eating dinner late, like around 9 p.m. Is that okay?

**A:** Well, not really, unless you plan to be up and moving around for another three hours after you eat. With all the demands on our time, though, it's easy to understand how eating gets pushed off until later. But if you eat at 9 p.m. then go to bed an hour later, what happens to that food? Is it burned to fuel your activities? Probably not. Most likely you've got some really happy fat cells just soaking it all in while you're snoozing. My best advice is to stop eating three hours before bed. If you do need something to munch on or you have to eat right before bed, choose from a quality protein source with a colour carb selection. A little low-fat cottage cheese with some sliced grapes or apple or a protein shake work great for me.

**Q:** I want the best results and aim to exercise whilst on the diet, what exercises would you recommend?

**A:** You absolutely should exercises. Variety is key to your success with any exercise program. Try some of my workouts from my website [www.My-IN10SITY.com](http://www.My-IN10SITY.com) or [www.My-GymTrainer.com](http://www.My-GymTrainer.com) or a variety of studio group training classes.