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## **3 Carb Depleting Tricks You Can Use to Double Your Fat-Loss After a Weekend Binge**

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I think you'd agree that every person out there; you, me, EVERYBODY is going to "cheat" on their diet or go a little overboard on the weekends once in a while.

It's just human nature and "how" we're wired in today's crazy-busy world full of convenience.

If you really want to burn an insane amount of fat WITHOUT obsessing over food all the time, or constantly being cranky and irritable because you feel restricted, OR worrying about eating too many calories and carbs every stinkin' day – then you need the right strategy.

After all, who WANTS to deal with the pain and suffering of dieting down all the time?



It's like taking a power drill to your head day after day after day. **Ok...maybe it's not THAT bad. But close.**

If you're anything like me, this is what causes you to automatically associate misery and undesirable sacrifices with losing weight and burning fat.

**We can daydream about our leanest body all day long, but the bottom line is:**

*Extreme dieting takes all the fun out of it.*

And even if you're one of the millions of people that has **radically** damaged and altered your metabolism from years of inconsistency, eating unhealthy or yo-yo dieting...

**It's Really NOT Your Fault.**

You see, although there are thousands of weight loss plans that work, they're specifically designed to be **temporary**. *A short cut. A quick fix. That's why over 95% of people who "diet" gain all (or more) of the weight back within about one year of losing it.*

After all – what's the first 3 letters of the word DIET?

But – what if there was a way to make fat loss **easier** to stick with and enjoy? What if you could strategically eat carbs and cheat foods as your *best* fat burning friend and rid diets from your life – forever?

Well believe it or not, you, me, *everyone* has **astounding** fat burning potential just waiting to be tapped.

**It's NOT about genetic superiority or  
luck of the draw.**

It's about the strategy.

And when you uncover how to use food Macro-Patterning™, you'll see how you can easily make stubborn lower abdominal fat your primary "go to" energy source without old-school "dieting".

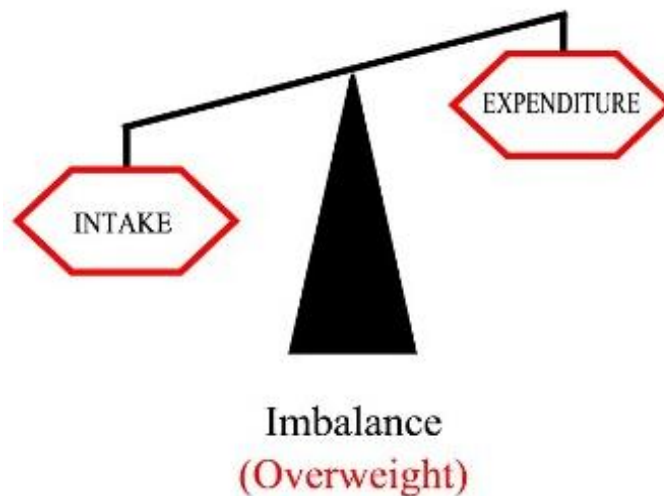
Simply put, it's an enjoyable solution to getting your best body while *fixing* your broken metabolism.

But first, it's crucial to understand that there's a **specific pattern** to how your body responds to food intake so carb cycling can work on your body properly.

It's called the 72hr/48hr (reserve/conserves) Adaptive Response. We go into greater detail about how to consistently overcome "Adaptation" in the *4 Cycle Solution (4CS)*.

Just remember that **your body is *always* trying to evaluate and adapt to how much energy you're taking in (calories and macro-nutrients) vs. how much energy your expending (burning off).**

So in many ways, your body is the ultimate survivor...



To survive, your body has to keep the amount of energy it takes in and the amount of energy it expends in balance. **The secret to conquering the fastest fat loss possible is to manipulate where your body gets its energy, and trick it into using fat as its energy source.**

Remember, the minute your body thinks you're on a diet, it will do **anything** and everything it can to hold on to as much fat as possible because it knows you're going into starvation mode.

Your brain will send the rest of your body a signal to conserve energy for the coming dry spell. That means it shuts down body temperature, reduces the absorption rate of food, and slows down your metabolism, all with the intention of storing more fat so it will have plenty of energy "just in case."

But that's where food *Macro-Patterning*<sup>™</sup> comes to the rescue and provides a long term strategy to help you overcome the obstacles that **BLOCK** your fat loss...

Today I'm going to uncover the most powerful way to **FORCE** your metabolism to reset itself so it can consistently find and burn fat on a daily re-occurring basis.

I call the **Holy Grail of healing a broken metabolism** – Advanced Depletion.

# Is YOUR Metabolism BROKEN?

## Here's how you can **FIX** it...

Before your body is primed and ready for calories surpluses like carb loading, re-feeds, cheat foods, and strategic binging - you have to FIRST teach your body where fat is (so you can burn it).

Structured carb depletion will **create an environment for both instantaneous and long term fat loss while priming your body for a healthy calorie overload.**

Remember, it's mandatory to have your body ready in order for things like cheat days to work properly.

And when you plan this out and time it properly, the next time you tear up the buffet line or rip into that next pizza, you'll be facilitating the fat loss process *instead* of blocking it.

And even though this lifestyle is all about making fat loss more enjoyable through cycling carbs, there are times where **short-term**, extreme, low carb tactics are a necessary evil. And for a GOOD reason.

### Advanced Depletion can serve several powerful purposes:

1. It's one of the **fastest** ways to drain the body of carbohydrate stores and/or muscle glycogen.
2. Shuts off the body's dependence on sugars.
3. Lowers glucose and helps level and stabilize blood sugar to create an aggressive fat burning environment.
4. **Reprograms** and **fixes** your metabolism to teach it where fat stores are readily available for energy needs.
5. Primes your muscles and hormones to "want" and "need" more carbs.
6. Creates a MASSIVE short term calorie deficit for extreme fat loss.

Additionally, *properly applied* carb depletion "sets up" your metabolic foundation for the Macro-Patterning™ lifestyle to work properly.

Most depleting strategies are far from easy, but IF timed and applied properly, **it's like hitting the "reset" button on fat loss.**



**Carb Depleting: Far from easy, but definitely worth it.**

## **The Problem: Abuse**

The problem is that most people end up abusing this strategy; as a result, they end up forcing rebound weight gain.

Here's a quick example. For EVERY gram of carbohydrates you consume, your body holds about 3 grams of water. *Read that last sentence once again so it sinks in please.*

So even if you use a trendy, low carb diet (you know the ones I'm talking about) and deplete on unhealthy foods, the scale might trick you into thinking that you're losing a bunch of weight...and you are.

**BUT – it's water weight, NOT fat.**

Sorry. You're just dropping a bunch of water.

**But what if you could make most of that water loss mean fat loss instead?**

Well, you can if you understand how to deplete the RIGHT WAY.

**How to Deplete Carbs the RIGHT Way After a Weekend Binge and Make Lower Belly Fat Your Primary “Go To” Energy Source**

Here's the healthiest way to deplete carbs and create a short term MASSIVE calorie deficit and achieve extreme fat loss if you fall off track for a few days in a row while following you're living everyday life.

**1. Try to consume zero starches or fruits for 3 or 4 days in a row during the week.**

This will help accelerate glycogen depletion and get your metabolism ready for the weekend fun. This should equate to a total of 25 to 50 impact carbs for the day. Consume protein in every meal to help increase satiety and keep your body in a high-energy fat-burning environment.

*You'll program your body to burn a ton more belly fat by using this approach a few days of the week.*

**2. Increase your fats and double your servings of green cruciferous veggies on deplete days.**

When you lower carbs you'll automatically need energy from other sources. Friendly fats and cruciferous veggies should be your go to macronutrients to help provide this needed energy.

Some good examples to use are extra krill oil, olive oil, coconut oil, grass fed butter and small amounts of raw nuts for fats -- spinach, kale, broccoli, cauliflower, asparagus and cabbage are great choices for extra veggies.

This will help provide all the fiber, vitamins, and minerals necessary to maximize fat-loss during the carb deplete. It will also help you with appetite control.

Additionally, the veggies I listed above contain a unique compound (called DIM) that helps control bad estrogen inside the body.

**3. Double your daily water intake on deplete days and before noon on weekends.**

I know this technique isn't appealing or "sexy", but it works.

And most folks simply underestimate how effective proper hydration can be for getting rid of post weekend carb bloat and facilitating other metabolic processes that burn fat.

Remember, if you cheated this past weekend you'll be holding almost an extra 3 grams of water for every gram of carb you consumed. So if you had a few slices of pizza, some bread and a bowl of ice cream **we're**

**talking an extra 600 to 1000 grams of water sitting under your belly skin.**

*Just lift up your shirt right now and take a look. Yup. THAT'S what I'm talking about. lol.*

*So here are a few fast fluid facts to help you keep in simple.*

First, the more water you “give” your body, the less it will hold onto. So if you feel like you're holding water or bloated - drink MORE water.

***It will help you look and feel leaner.***

Also remember that all metabolic processes that take place in the body operate more efficiently and effectively when you're properly hydrated.

A good rule of thumb is to consume 60 - 70% of your total body weight in ounces of water on your carb deplete days. So if you weigh 150 pounds then you should be shooting for 100 to 120 ounces of water *minimum*.

Additionally, you'll control your appetite and just “feel” a whole lot better when you're hydrated.

**Important:** Do NOT to abuse the “deplete” day strategies above or they'll backfire - just like exercise and cheating...

**More is NOT better.**

But you can feel free to use this type of approach for 3 or 4 days at time – before and after a healthy food bender to serve as powerful damage control.

So as you can see, even though carb depleting requires some sacrifice, it actually becomes really fun when you understand how to properly apply cheat days.

That's why depleting for the proper durations and carb loading on *specific days at specific times* to avoid the adaptive response is so important.

Additionally, it's huge psychologically. After you've applied proper depleting for a given period of time, it's nice to know you have the reward of eating your favorite foods right around the corner.

**That's the real carb cycling advantage. Sanity.**



TOO much Carb Depletion can make you lose you mind...

## How You Can Use Advanced Depleting as a *“Lifestyle”*

Is advanced carb depletion easy? **NO**. Is it worth it? **YES**.

Even though it requires some sacrifice, it actually becomes really fun when you understand how properly apply **structured re-feeds, carb loading, and cheat days**.

This will be **your ultimate weapon of physical and psychological fat loss warfare** when you learn how to apply them **properly**.

So there you have it, an introduction to Advanced Carb Depleting. **The Holy Grail of healing a broken metabolism and achieving short term rapid fat loss**. As you can see from today's article and video, this is NOT just about lowering or depleting your carbohydrates.

You'll only see incredible results from using this tactic by using the right foods at the right times for the right durations. It's ALL in the approach.

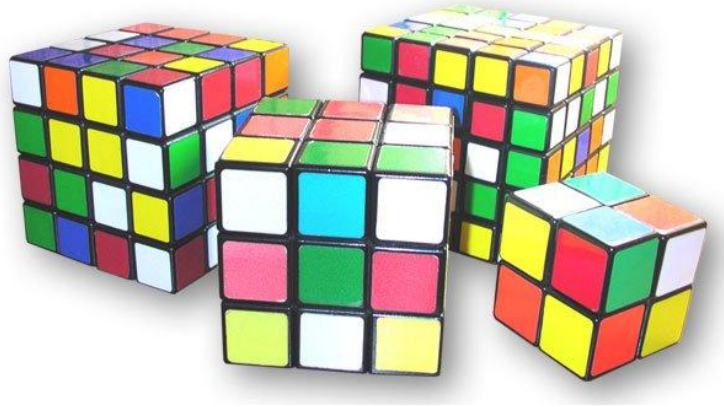
Initially, advanced depletion seems like it can be a big pain in the ass, but *remember to focus on the reward*. You might have to sacrifice initially, but then you can start cheating and adding all your favorite carbs back into your plan.

Plus, if you've EVER dieted real hard, been up and down on the scale from yo-yo plans, or you've been living and eating kind of unhealthy, the likelihood of your metabolism being severely damaged is VERY high.

Don't forget. THIS is how you can heal the damage.



Remember, your body is not a one cell amoeba. It's a rubix cube.



You have to implement the right strategy to solve the fat loss puzzle once and for all. **It's not quick fix or a diet...it's a solution.**

And when you synergistically combine Macro-Patterning™ with Advanced Carb Depleting, along with Strategic Cheating, **you'll finally experience how fun fat loss can be.**

So are you ready to use this way of living to achieve INSANE fat loss?

**If so, we've put together a short presentation for you as friends of INSERT Your NAME.** It's one of the healthiest ways to achieve 14 days of your FASTEST fat loss ever, without worrying about rebound weight gain.

**==> 3 Tricks to eat LOTS of carbs and NEVER store them as fat**

In today's busy world, time is a very precious asset and we appreciate you taking time out of your busy day to read these updates.

Remember, fitness and fat loss = ultimate productivity and fulfillment in ALL areas of your life. THAT'S why I'm so passionate about sharing this way of living with you.

Enthusiastically,

Shaun