

# CHEAT DAY HANDBOOK

Sneaky Strategies & Scientific Tricks  
To **DOUBLE** The Results of Your Cheat Days



**SHAUN HADSALL**

# Cheat Day Handbook

by: Shaun Hadsall

A Special Free Gift for  
14 Day Rapid Fat-Loss Customers

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Ok, now it's time for the fun stuff.

Cheat Meal and Cheat Days. :-)

After all, who doesn't want to enjoy their favorite cheat foods every week???

**When you do it right, it can be the ultimate weapon of physical and psychological fat loss warfare.**

BUT, you have to do it **properly**.

*And that's exactly why I taught you exactly how to carb deplete the right way after a food bender to make fat your "go to" energy source.*

**This is a great way to "prime" your body for cheat days.**

If you didn't get a chance to read that article or see the video, go here now and check it out:

=> ["How" to deplete the right way after a food bender or weekend binge](#)

It's absolutely critical for you to understand healthy carb manipulation FIRST, before you use my Cheat Day Handbook.

**If you don't, you'll quickly learn there can be a dark side to cheat meals and cheat days.**

In fact, sometimes I wish I never even mentioned cheat meals or cheat days because now every overweight person on the planet with a treadmill thinks they deserve a food bender after a few days of eating clean.

*Sorry folks, it doesn't work that way.*

Cheat days and cheat meals should **only** be used to accomplish specific physical and psychological functions directly related to fat-loss goals...

**So I'll only say this once.** IF you binge or stuff all day long on cheat days (trust me...I've had my moments), you'll create a downward spiral and completely sabotage your fat loss goals.

Remember, even though you're supposed to give yourself a break and reward every week, **MANY people seriously hinder their progress and radically screw up their cheat days.**

*Don't be one of them.*

As much as I love the concept of cheating and the philosophies behind it's metabolic effect...

It can be a double-edged sword.

**And that's exactly why I put together this special report for you called the *Cheat Day Handbook*...**

To help you avoid self sabotage and show you exactly how to make your favorite cheat foods part of your fat burning lifestyle.

**Just consider it my way of saying "thank you" for being one of my loyal customers.**



**Ummmmm...You mean I really can't eat 300 grams of protein in one sitting on my cheat day?**

Ya, that's me. lol.

No, I didn't eat all of it, but I wanted to. You should have seen dessert. (silent giggle)

Over the years, I've definitely become a little more "anal" about cheating and cheat days than most of the other fitness professionals out there.

*And since you're one of my readers, I'm going to make damn well sure you KNOW the "best" way to cheat no matter what nutrition or fat-loss plan you're following.*

The cheating approach you'll discover inside this Cheating Handbook is the exact same philosophy that we use inside our proprietary food Macro-Patterning™ system, [The 4 Cycle Solution](#).

One of the most frequently asked questions my team gets is, ***"What am I supposed to do after I'm finished with the 14 Day Rapid Fat Loss Plan."***

The first thing we recommend is moving through the 4 proven cycles of fat loss inside the 4 Cycle Solution carb cycling system.

It's the easiest and best way to apply all my "sneaky" cheat day strategies and scientific carb cycling tricks as a "lifestyle" that you can use forever.

That's also why we offer you a [special VIP HALF off discount for a limited time as our loyal customer. It allows you to take advantage of this entire 9 component system at a steep discount.](#)

And when you follow a proven system like food macro-patterning, you can easily DOUBLE the results of your Cheat Days.

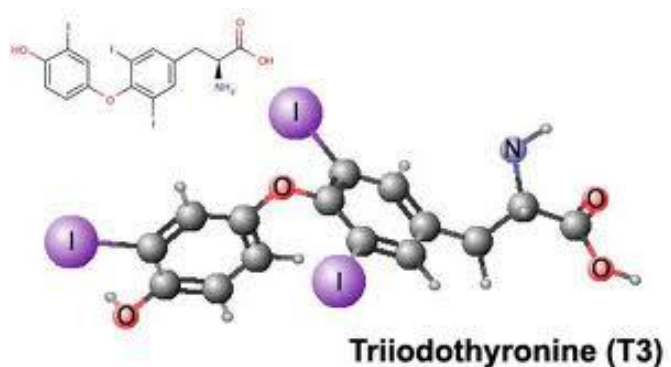
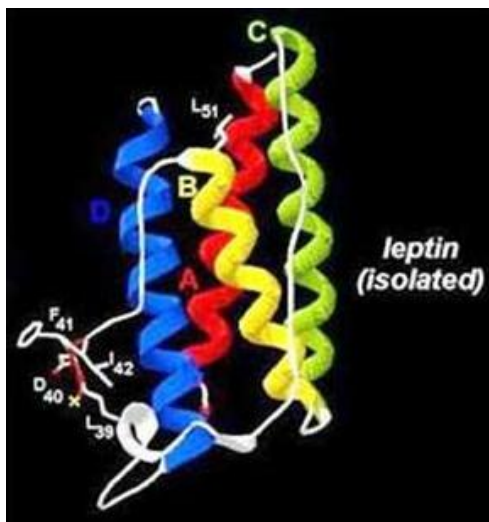
Ok, enough of tooting our own carb cycling horn. :-)

**Let's get to it.**



# WHEN and WHY you *should* Cheat:

1. To spark a dead metabolism from being on crash diets, extreme calorie restriction or constant low carb dieting.
2. To replenish and/or refill glycogen stores (when you've low carbed yourself to death or over-exercised intensely for long periods of time).
3. To serve as a psychological reward (but *only* when you've earned the right).
4. You have no energy or drive in your workouts and can't seem to get a good "pump". Or you just can't find the emotional renewal you're looking for (In other words, you're flat. NOT because your favorite reality T.V. star just got voted off so you had a bad workout. ☺).
5. Your body temperature is always low or you're feeling the chills a lot. This usually happens in leaner individuals. (Cheating will heat you up in a healthy way by using the thermic effect of cheat food and stoke your metabolism to get it moving again.)
6. To reset fat burning hormones like leptin and provide a metabolic spark for your thyroid (usually from 4 to 6 days or longer of aggressive carb/calorie restriction or maintaining super low body fat levels for a long period of time). This is critical for long term success.



**Side note:** Leptin is quite possibly one of the single most important hormones in terms of regulating body weight and appetite. The science behind this hormone goes way beyond the scope of this report, but leptin signals the brain about how much fat you're carrying and also how much you're eating.

In other words when you cut calories or start to get super lean, leptin drops **fast** so we have to metabolically manipulate and reset it. When leptin levels return back to pre-diet levels *after* weight loss, the results are improved thyroid levels, an increased metabolic rate, and continued fat loss.

Now that you have an understanding of when and why to cheat, let's talk about the other side of the coin.

## Reasons NOT to Cheat are:

- 1. You're bored with bland diet foods** – Newsflash, you're trying to burn fat, not be the quality control department for the Food Network...if you want results, you have to and be willing to make some sacrifices a few days a week.
- 2. You're stressed out and need an emotional food "high"** – I think they call it "life" and last time I checked we're all going to deal with stress while we live it – so get used to it. Food can be like a drug, so don't let yourself get addicted or emotionally attached to it.
- 3. You lack discipline** – It's either the pain of discipline OR the pain of regret. In other words, **cheating is a reward – NOT an escape.**





You'll have plenty of opportunities to **eat your favorite foods guilt free when you aggressively try to burn fat**. Just plan out when your cheat days are, make your sacrifices and go after your reward!

*Again, when you do cheat don't go crazy and binge for hours on end.*

## **"Sneaky" Cheat Day Tricks and Techniques You Can Use to DOUBLE the Metabolic Effect of Cheating:**

1. Always try to get some type of intense workout the morning of your cheat day or try to time a high intensity workout an hour or two before your biggest cheat meal to enhance glycogen replenishment and insulin sensitivity.

In the fitness world, many times you'll hear this called nutrient "partitioning".

This just simply means your body's ability to redirect or store nutrients like carbohydrates is greatly enhanced during and after intense exercise.

2. Make sure breakfast is not a binge meal and includes a lean protein source.

This will help "set up" your metabolism for the day by keeping insulin stable and providing a steady stream of amino acids to your muscles early in the day before the cheating festivities begin.

3. Limit yourself to just one or two cheat meals if you're trying to aggressively burn fat and/or lose weight. In fact, I like to limit myself to a five hour cheating window even when I'm lean. Otherwise I tend to overdo it a bit.

This will prevent bingeing while providing you with a reward and give your body the metabolic spark it needs to help keep your hormones happy.

If you're doing my 14 Day RFL plan or another aggressive fat loss plan and you have over 25 pounds to lose, a great way to enhance your results is to **limit yourself to just one cheat meal and one dessert for the first 2 to 4 weeks**.

4. Consume a small amount (8oz) of grapefruit juice or eat ½ grapefruit before your first cheat meal. This will help stabilize insulin before the refeed or cheat. This is also a great time to consume a cup of coffee because the naringin extends the fat burning effect of the caffeine.

Caffeine has also been shown to enhance the absorption of post workout carbohydrate intake. Just make sure you don't abuse caffeine cuz it can wreak havoc on your adrenal glands if you're not careful.



5. Drink 75 to 85 ounces of filtered water before noon. This will help prevent dehydration, set up the digestive system for a healthy binge, and prevent early day cravings. Adequate hydration can also help with glycogen replenishment. Just keep water intake to a minimum directly before and after meals.
6. **Don't weight yourself for at least 2 to 3 days after your cheat day.** This is HUGE, because it will keep you psychologically in the right spot because when you cheat right, almost all the weight you've gained is just water weight from extra carbs.

Remember, for EVERY gram of carb you consume your body holds nearly 3 grams of water. Now you can see why you'll gain some water weight after cheating. It's just a natural part of the process.

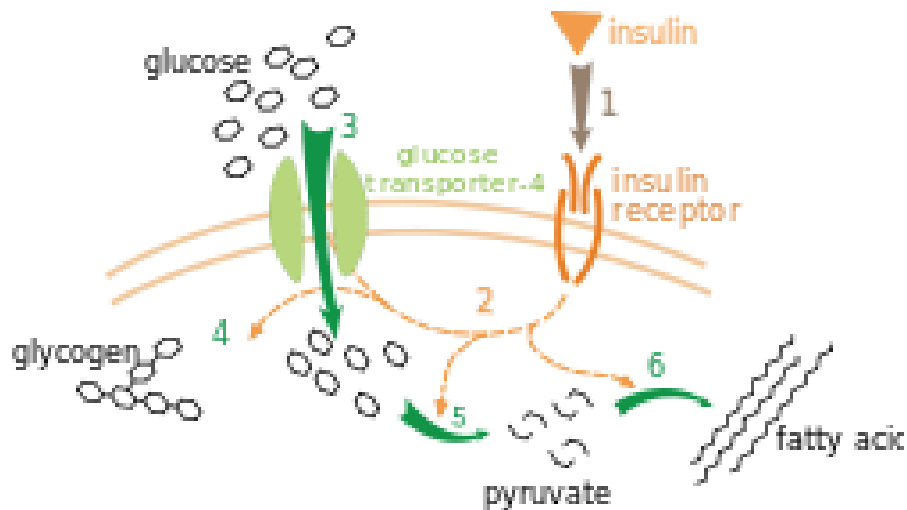
You should be one to three pounds *lighter* a few days after your cheat day if you're doing things properly and using the next trick...

7. Activate the glucose transporter GLUT-4 by performing short bouts of muscular contractions throughout the refeed or cheat.

Exact details on how to active GLUT-4 below.

# Discover How to Re-Direct Your Cheat Food STRAIGHT Into Muscle Tissue:

## “Activate” Glut4 (glucose transporter)



**GLUT4 is a Glucose transporter** that's found in adipose (fat) tissue and muscle that's responsible for using insulin to transport glucose (fuel from carbs) into the cell.

Muscular contractions stimulates the cell, which can bring GLUT4 to the surface. This creates the perfect storm to help you avoid fat spillover before high carb cheat meals.

Here's how it works: Just perform body weight movements (use one or more of the following: body weight squats, lunges, jump squats, push ups, pull-ups, wall push ups, wall triceps extensions, even shoulder presses with a band will work) for 2 to 5 minutes 15 to 30 minutes before cheating and again 30 to 90 minutes after cheating. You'll wind up with somewhere between 50 to 100 reps, but focus on time.

This will bring GLUT-4 to the surface of muscle cells opening the gateway for your cheat food to be shuttled into muscle rather than fat spillover. Cool eh! Kind of a pain – yes I know, but worth it.

## Other little cheat day tips and guidelines that can make a BIG difference...

- Try to avoid a lot of alcohol when cheating. This can mess up the metabolic and hormonal effect you're trying to accomplish.
- Try to avoid a lot of deep fried foods and high fructose corn syrup. Deep fried foods are basically void of any nutritional value and therefore don't provide any metabolic or hormonal benefits for the cheat. HFCS has been shown to potentially block or negatively impact leptin levels.

*Again, it's a cheat day so you don't have to get anal, but little tricks like this can really help.*

- I've read some research indicating that if you avoid drinking lots of fluids or water 30 minutes before and 30 minutes after cheat meal or higher carb re-feeds that it can help make glycogen replenishment (partitioning) more efficient and effective.

Might be something worth trying if you want to get a little more anal on your cheat day or when you have higher carb meals.

- Plan for extra water the day after a cheat day. Remember the extra water your body will carry (from all the carbs) the next day. That's why you hear people always talking about "carb-bloat" the day after cheating.

Water is great *damage control* to get you back on track.

## Bringing it Home...

So hopefully this gives you some insights to *why* your cheat days may OR may not be working.

**Cheating can be fun, but it can also be a double-edged sword if you're not careful.** The goal is to cheat long enough to get it out of your system and reward yourself, while metabolically triggering what your body needs physically and mentally

Again, the key words here are “**structured**” and “**strategic**”.

People will sometimes misuse scientifically proven strategies and wonder why they're not seeing results. Or even worse yet, they'll skip the cheat meal or cheat day altogether to accelerate their progress. Next thing you know – BAM.

*It will only take about a week or two before you hit a plateau without at least a cheat meal because the hormones that control fat-loss have been suppressed from lower carb and/or calorie deficits.*

You just have to maintain the balance of rewarding yourself without going overboard and screwing it all up.

Hopefully this free guide gives you some insights to make healthy cheating part of the long haul on your fat-loss journey.

**Remember, it's *all* about the strategy.**

Before cheating you can specifically create the ultimate environment for a **healthy** food bender. After cheating, your metabolic pump is “primed” for super fat loss.

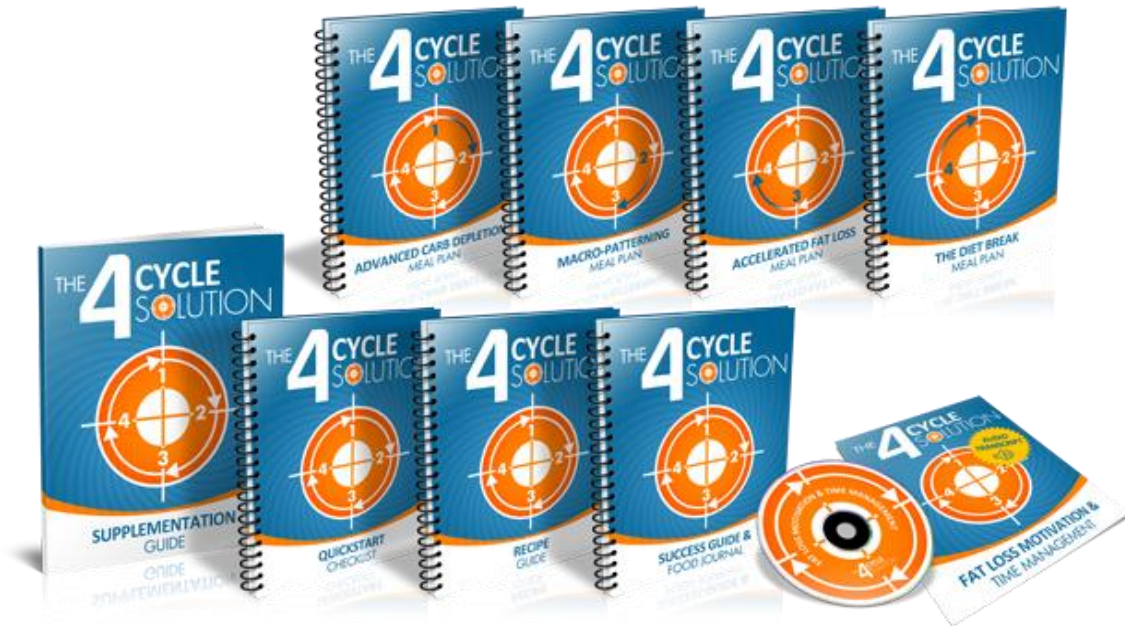
You just gotta know what to do!

And that's exactly where the 4 Cycle Solution comes in.

It's an entire system based on the philosophies of overcoming diet adaptation while incorporating a variety of lower carb fat-burning days with higher carb and cheat days to keep your hormones “primed” for insane fat-loss.

And as a 14 DRFL customer, you can grab the entire 9 component system at a whopping 50% off for a limited time:

=> [4 Cycle Solution Macro-Patterning™ System HALF off \(limited time only\)](#)



## ***Keep going strong.***

Pay super close attention to your inbox over the next few days because I have a special article for you that answers the most misunderstood area of health and fat-loss:

**“How” to eat LOTS of carbs - even late at night BEFORE bed - and NEVER store them as fat...**

*I'm going to reveal exactly “how” to use Nutrient Timing Techniques to shrink your belly fat - FASTER.*

I'll even give you several sneaky carb timing tricks that you can use - **including how to eat carbs late at night and NEVER store them as fat.**

**This is some super ninja stuff that hardly anyone ever talks about.** I've been refining this technique for years.

Stay tuned. *I make it a point to always over-deliver.*