



**GUYS - GET RIPPED 101**



**GIRLS - GET TONED 101**



## **Getting Ripped -The Perfect Plan!**

If you have tried, but have repeatedly failed to reveal your six-pack abs, then I have got the perfect plan for you. If you follow these simple guidelines, you'll be on your way to showing a set of washboard abs by summer!

That makes some plans not very easy to follow. It doesn't matter what kind of results a plan might be capable of producing—if the average person can't begin to follow it, then it isn't going to be effective.

# Eat less CRAP:

- C - Carbonated Drinks
- R - Refined Sugar
- A - Artificial Sweeteners/ Colors
- p - Processed Foods

# Eat more FOOD:

- F - Fruits and Vegetables
- O - Organic Lean Proteins
- O - Omega 3 Fatty Acids
- D - Drink Water

## **BODYSHOP DIET RULES**

- No gluten
- No processed food
- No artificial ingredients
- No red meat
- No alcohol
- No soy
- 100% organic eggs
- 100% organic meat
- 100% wild-caught fish

WORKING OUT

RULE #1

*never ever skip a*

MONDAY

## Starting Off On The Right Foot

A typical get-ripped diet will last about 12-16 weeks. That will give you plenty of time to slowly ease into your diet without abruptly changing anything. It's much easier to make a few small changes at a time.

During **WEEK #1** of following this plan, you need to make sure you eat five to six meals with high-quality protein. Stay with the high-protein meals throughout the whole plan.

Next, you eliminate one junk food from your diet. That's it for week one. Simple, huh?



In **WEEK #2**, you eliminate all burgers and pizza. If you eat at a fast food restaurant, eat a grilled chicken sandwich and don't eat the fries. Order a small side salad with low-cal dressing instead of the fries.

**Week #3** is time to stop eating desserts. Many people love to finish dinner with a tasty dessert. You'll need to eliminate desserts six days per week. Have a dessert or two on Sunday - for a treat.



**Week #4** is salad time. Replace one meal per day with a large lettuce salad. I'd recommend dinner, since a lower carb intake later in the day helps to burn body fat. Any vegetables are fine in the salad; just leave off the croutons, cheese and high-calorie dressings. Eat a grilled chicken breast with the salad.



**WEEK #5** gets a little tougher. Cardio is introduced. Incorporate three to four 30-minute cardio sessions into your schedule. It doesn't matter what kind of cardio you do. Find something you like. I prefer walking, running or biking outside.



# Cardio Rule

Do the cardio exercise four hours before or four hours after your weight workout. This keeps your strength up. Doing cardio immediately before you hit the weights can zap your energy.



# Over The Hump

By **WEEK #6** it is possible that you could have lost between five and 10 pounds while maintaining your muscle mass. You shouldn't be feeling too depleted either.

To keep the progress going, however, you'll need to step it up a little more. You'll need to start monitoring your carbohydrates more closely.

# FOOD RULES

WHAT SHOULD I EAT?

WHAT KIND OF FOOD SHOULD I EAT?

HOW SHOULD I EAT?

IF IT CAME FROM A PLANT, EAT IT; IF IT WAS MADE IN A PLANT, DON'T

EAT WHEN YOU ARE HUNGRY, NOT WHEN YOU ARE BORED

SPEND AS MUCH TIME ENJOYING THE MEAL AS IT TOOK TO PREPARE IT

LEAVE SOMETHING ON YOUR PLATE

DON'T EAT ANYTHING THAT YOUR GREAT GRANDMOTHER WOULDN'T RECOGNIZE AS FOOD

**COOK**

**BUY YOUR SNACKS AT THE FARMER'S MARKET**

AVOID FOOD PRODUCTS THAT CONTAIN MORE THAN 5 INGREDIENTS.

DON'T EAT BREAKFAST CEREALS THAT CHANGE THE COLOR OF THE MILK.

EAT ONLY FOODS THAT WILL EVENTUALLY ROT

**EAT FOOD**

DON'T OVERLOOK THE OILY LITTLE FISHES

BUY YOUR SNACKS AT THE FARMER'S MARKET

**NOT TOO MUCH**

EAT MOSTLY PLANTS, ESPECIALLY LEAVES

**MOSTLY PLANTS**

EAT MEALS

HAVE A GLASS OF WINE WITH DINNER

IT'S NOT FOOD IF IT ARRIVED THROUGH THE WINDOW OF YOUR CAR

AVOID FOOD PRODUCTS CONTAINING INGREDIENTS THAT NO ORDINARY HUMAN WOULD KEEP IN THEIR PANTRY

GET OUT OF THE SUPERMARKET WHENEVER YOU CAN

AVOID PRODUCTS THAT USE HIGH FRUCTOSE CORN SYRUP

**PAY MORE, EAT LESS**

EAT ONLY FOODS THAT WILL EVENTUALLY ROT

EAT WELL GROWN FOOD FROM HEALTHY SOIL

**STOP EATING BEFORE YOU'RE FULL**

THE WHITER THE BREAD, THE SOONER YOU'LL BE DEAD

AVOID FOOD PRODUCTS CONTAINING INGREDIENTS THAT A THIRD-GRADER CANNOT PRONOUNCE

AVOID FOODS THAT ARE PRETENDING TO BE SOMETHING THEY ARE NOT

**EAT SLOWLY**

## Some Food Rules

At **WEEK #7** you'll eat 5-6 high-protein meals, eat only three servings of complex carbs per day. Oatmeal for breakfast, rice for lunch, a yam at 3:00 p.m. for example.

After eliminating the various foods over the past five weeks, follow the example plan on the next page. The next slides are examples of meals to consume - guys and girls will need to adjust the amount of food to match their goals.



# **Breakfast**

**Breaking - Fasting**

## **Egg White Omelette**

**3-5 Eggs (ea. egg is 7 grams of protein)**

**1/2 Avacado (wrap other 1/2 in plastic)**

**3 Peppers (yellow, red, orange)**

**2 Protabello Mushrooms Chopped**

**1 Cup Spinach (organic only)**

**1 Cup Spring Salad w/dressing**

**1/2 Cup Cherry Tomatoes**

**Pink Salt & Black Pepper (2-3 pinches)**



# **Brunch**

**Breakfast - Lunch**

## **Protein Smoothy**

**20-40 Grams (your favorite protein)**

**1 Cup Nuts (your favorite kind)**

**2 Cups Mixed Fruit (berries are best)**

**1/8 Cup Raw Local Honey**

**2 Tbsps. Coconut Oil (virgin)**

**3 Tsp. Chia Seeds**

**Blend w/ Coconut Milk & Ice**



# **Chicken Stir Fry**

**Low Sodium - Sautee**

**White meat chicken breast**

**White rice (washed & steamed)**

**Vegetable melody**

**celery, scallions, red peppers, carrots**

**Low sodium soy sauce**

**Ground or minced ginger**

**Green Tea w/raw honey**



# **Avocado Bread**

**High - Protein**

**2 - Ripe avocados**

**1 tsp. Hemp seed oil**

**1 Fresh squeezed lemon**

**2-3 Pinches of pink salt & pepper**

**4 Egg whites (large eggs)**

**Cherry tomatoes (sliced in half)**

**Side salad (romaine, cucumbers)**



# **Salmon Kale Salad**

**Fresh Greens - Pomegranate**

**Fresh wild caught salmon**

**Kale minced (marinated w/lemon juice)**

**White quinoa**

**Red pomogranite**

**2-3 Pinches of pink salt & pepper**



## Time To Assess The Progress

By **WEEK #8**, you should be 10-25 pounds lighter. For **WEEK #9**, you'll start to play around with carb cycling.

Basically, you eliminate your carbs for two to three days and then eat higher carbs for a day or two and then repeat the cycle.

You keep protein high and eat a few nuts or almond butter on your low-carb days to keep your calories from dipping too low. Increase cardio to six days per week.



After **WEEK #10**, you need to evaluate where you are at. If you need to lose more, keep going, but you might want to take a cheat day or two and eat some forbidden foods and then start right up again. It'll be mentally refreshing when you cheat a day or two.



## Training

As a general rule, train as heavy as you can for six to eight reps. You'll lose some strength when you diet down, but don't feel like you have to increase your reps to 15-20 (or 100) to burn fat just because you're cutting.

Keep your workouts intense, heavy and brief. You do cardio to help burn the fat at a separate time (4 hours before or after you train weights). You lift weights to build muscle. Keep it simple.



Even in the midst of life's many storms  
We have the capacity to  
Stand in the Center  
of Our Own Peace

Peace Flash/fb

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## Conclusion

Once you have completed this plan, you'll have a better understanding on how to get a leaner body. At some point, you'll probably again add a few pounds in your bulking phase. When that happens, however, you'll know that this time you're in control and you'll be able to lose the weight when you need to—gradually.



# Todd Coburn

*Health Coach & Trainer*

Need help getting your journey started??

After following this guide, you should be able to make small adjustments as you see "fit".

Need extra help?? Click the button below to schedule a Discovery Session with Todd.



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