

# DAMAGE CONTROL 2.0

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DISCOVER THE ***SECRETS*** TO STAYING  
LEAN & STILL PARTYING

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# Disclaimer

This book is for reference and informational purposes only and is in no way intended as medical counseling or medical advice but simply for informational purposes. The information contained in the manual should not be used to treat, diagnose or prevent any disease or medical condition without the advice of a competent medical professional.

Nothing in this manual is intended as a substitute to any dietary or exercise routine prescribed by your physician. The activities, physical or otherwise, described herein for informational purposes, may be too strenuous or dangerous for some people.

The reader should consult a physician before engaging in any information found in this report. The author (Joey Percia) shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this book.

*Basically what this means is...I like you and I want you to be safe. If something feels wrong or doesn't suit well for you use your best judgement and don't do it. I am not a doctor nor do I know every last detail of you or your life so DO NOT take this as gospel.*

# What's up!? I'm Joey.

I'm a tattooed, bearded bald dude, doing my part to '[Make America Strong Again.](#)'

I use stories and meme's to help people **just like you get stronger, leaner, and more awesome** than ever.

I can help you make this fitness stuff part of your life and have an awesome time doing it. I'd like to welcome you into my home and invite you to become part of my family...

>>> [Deadlifts, Tacos, Tattoos](#) <<<

You'll get so strong you never have to worry about making two trips of groceries ever again.

I've spent the last 10+ years in the fitness industry learning from the best at what they do. I have a Masters Degree in Exercise Science, a handful of certifications and have worked for some heavy hitters.

I've put on over 40+ pounds of muscle, broke a record at 'The Strongest Powerlifting Gym' in the World, have deadlifted 3.2x my bodyweight (585 pounds weighing 179 pounds and 600 pounds), squatted over 500 pounds and set a New Jersey State Bench Press record.

I know what it's like to be lied to and deceived by 'experts' who promise impressive results but they never delivered on their promise.

I know how crappy it feels to spend years trying every workout program, supplement regimen and diet with less than impressive results.



- *You're still uncomfortable in your own skin and sick of looking like you don't work out.*

- *Slaving away in the kitchen and countless hours in the gym with minimal changes in your physique.*
- *“I work out and I eat right but my body isn’t changing — I feel like I’m wasting my time and energy. “*
- *“My biggest problem is diet — there’s no way I can eat plain food out of Tupperware for every meal like a bodybuilder. I love food too much.”*
- *“I feel like I’ll never be able to lose the fat on my stomach. Don’t even mention my love handles. Pretty sure I’m doomed to ‘The Dad Bod.’”*

The tactics found in this book should be used on a daily basis if you are serious about making health, fitness, strength, and happiness a big part of your life. I hope you enjoyed the guide.

For any questions or concerns email [joey@joeypercia.com](mailto:joey@joeypercia.com) -- the funnier your subject line, the better the answer you're going to get from me.

*Be More Awesome,*  
— Joey ‘The New Party Buddy’ Percia

PS. Make sure you join my free Facebook group [‘Deadlifts, Tacos, Tattoos’](#) a great time and tips to get you fit, strong and awesome.

PPS. Check out [my courses](#) here or apply to become a [coaching client](#) here.

# “Finally...The Secret To A Reliable Diet For People Who Want To Enjoy Life AND Look Great”

What happens when you get wasted night after night, and finish those nights off with late night pizza and ice cream binges?

Well you don't end up looking sexy as hell — that's for damn sure.

Just because you have parties, work events and fun stuff that revolve around alcohol, dancing your pants off (*literally and figuratively*) and good food, doesn't mean you have abandon all hopes of getting into great shape.

Seriously. I know this seems like a crazy concept, and counterintuitive to what you see on Doctor Oz, but stick with me for a few seconds amigo — let me learns you a bit.

Entertaining guests, not knowing how to cook on the road, and your best friends bachelor party can all be a disaster for someone getting into better shape.

But not you. Not anymore. You don't have to throw in the towel and completely give up.

It's harder to keep your diet and workouts in check; so **if looking better naked is a goal of yours** you probably feel very restricted — this article will help.

Don't be the person who uses 'cheat days' to stuff yourself to the point of feeling sick and in some cases even committing. It's mentally and physically unhealthy and you're guaranteed to feel like crap the next day.

Before you go any further join my free cult-like family of awesomeness —> [Deadlifts](#), [Tacos](#), [Tattoos](#).

*^^^ the name is self explanatory. It's all the greatest things in life.*



# Unlock The Secrets To Staying Lean Forever...You Party Animal.

I can sense the mental tug-of-war you are having. You want to have a good time and enjoy yourself, but you also don't want to ruin all of the hard work and efforts you put in this week. I want you to have a good time too.

How do you survive a long weekend without returning to work looking like a Pillsbury Dough Boy version of the person who left the office Friday afternoon.

If you don't have a special event next week that you have to be super shredded for, this article is for you.

I live a healthy life. I cook most of my meals and when I don't, I make healthy decisions when eating out. I devour Sweet Greens on the regular and curse the person that created such an amazing salad restaurant (*I can't believe I just said that*).

That being said I love grilled chicken, seared tuna, Brussels sprouts, asparagus and a good omelet every morning...

But I also love ice cream, Tequila, Cinnamon Toast Crunch, and fish tacos hence...

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The former are deemed healthy and clean, while the latter are unhealthy and bad for me..so I've been told.

Guess what?

I can still eat these foods almost year round, but I eat them in moderation.

If there is one thing and only one thing you take away from this remember this quote and this concept.

**You are allowed to eat things that aren't necessarily deemed 'healthy'.**

*BUT...*

**The more of these foods that you eat, the further you are from moving towards your goals of getting leaner.**

# Set Boundaries

Creating boundaries is of the utmost importance when dieting to lose fat.

You DON'T have to eat tilapia, brown rice and asparagus every meal but you DO have to **follow your plan**.

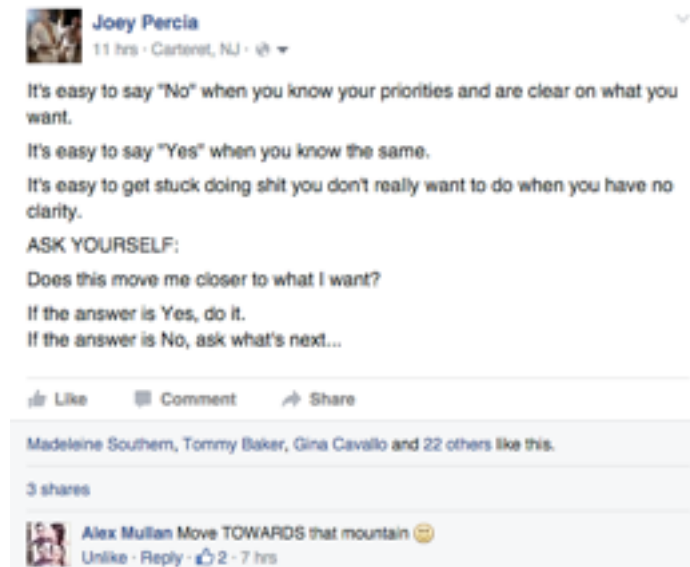
*If your goals are really important to you then why are you doing things that move you further away from them?*

There has been a lot of people claiming 'you can eat whatever you want' and still get super lean.

While I am a proponent of both flexible dieting, it is important to have self-discipline and understand that eating like a jerk-off will not get you the body you want.

This might work for a select few but for the average person you will be left frustrated and spinning your wheels.

**The more important it is for you to reach your goal and less you should be straying away from your plan**



Enjoying your life and having the body and health that you want is a difficult balance to find. [It's the golden ticket for fitness enthusiasts.](#)

It's really a double-edged sword (that can be sharp as hell.)

The more you eat and enjoy these 'not-so-healthy' foods and habits that DON'T contribute to your goals, the more you slide down the scale away from your goal.

Is the short term enjoyment of 2 slices of chicken bacon ranch pizza, a bag of chips and 4 beers better than you having a flat stomach for the beach next weekend?

If you are getting ready for an event (photoshoot, wedding, etc) take a look at how far the event is. The closer the event, the less you want to veer off track. This is where some sacrifices come into play.

That's your decision to make.

### **In reality this only works for four types of people:**

- 1. Those who have great genetics*
- 2. Those with an extensive athletic and active background who are extremely conditioned and can maintain a low body fat percentage year round*
- 3. Those who take LOTS of sauce (aka. anabolic steroids)*
- 4. A hybrid combination of #1-3*

Let's say you don't have an extra special event that you have to be super lean for, and you aren't one of the lucky people that I mentioned above, but you still want to 'get weird' this weekend...

Follow the ground rules below to live life like a champ and come out on top on Monday (*hopefully in more ways than one.*)



# Fit, Lean, And Sexy Pre Party Stuff

## 1. Make A Budget

Even if you don't count macro's or calories have a rough idea of how loose you're willing to let yourself go.

I recommend keeping the damage less than 3,000 calories above your normal daily intake for the entire weekend. For example:

- *Friday: 750 calories above normal*
- *Saturday: 1,700 calories above normal*
- *Sunday: 800 calories above normal*

The closer you get to the 3,000 calorie mark, the further you are moving away from your goals.

### Why 3,000?

[1lb does not quite equal 3,500 calories](#), it's more like 2,843 and 3,752 calories, depending on a couple of different factors.

Since that number is just an estimate, and our number will also be an estimate, 3,000 is a safe number to minimize fat gain. Plus, people are terrible estimators.

## 2. Go With The Flow

Think of this day as a short 'break' from your diet.

Science has shown people who set extremely rigid rules and restrictions when dieting often fail. It's important to be able to have these enjoyable times so you don't feel suffocated and restricted which can lead to disordered eating, such as binge eating and bulimia.

You should enjoy these moments and realize you are better off overshooting your calorie goals one day rather than every day.

Just because you roughly estimated how much of a surplus you were going to allow, this does not mean you HAVE TO eat that much.

If you aren't hungry DO NOT force feed yourself. Just because Aunt Sally keeps trying to force feed you another piece of cake, it doesn't mean you have to eat it.

### 3. Recognize These Food Cues

Food cues influence the choices we make and how we feel — they can have a negative or positive impact on our eating habits.

Food cues can be from sounds, sight, smells, touch or taste.

Things like cotton candy at baseball games, funnel cake at carnivals, and a bowl of ice cream when you watch *Walking Dead* every week, are all food cues.

It is important to be aware of food cues that automatically tell people they have eaten and are satisfied.

Some of these food cues involve noticing when others finish eating, an empty plate which had food on it, dirty dishes and food scraps.

#### 4 Food Cues to Look at For:

1. **Use a different glass for each new beverage** (*i.e. water glass, wine glass, soda glass, etc.*)
2. **Finish all the food on your plate before going for seconds** and finish all the liquid in a drink before refilling
3. **Use a new plate if you go up for seconds**
4. **Leave your dirty dishes in sight and with any scraps of food or wrappers you may have** (*i.e. excess fat on steak, chicken bones, etc.*)

When more choices are available you are almost guaranteed to eat more.

Research has shown just giving people the IDEA that there is more food and variety can make them **eat up to 43% more**, even if there really isn't more food.

### 4. Workout

Be sure to workout the day of the event — the closer to the event the better. Lifting weights is going to be more beneficial than cardio here.

You should always be trying to get better by following the simple rules of progressive overload. The principles of progressive overload are simple — **do something better than you did it the day before.**

Bump the intensity a little higher than normal—the extra work creates a better environment for your sexy temple of bone, skin and muscle to absorb nutrients for muscle growth. Plus you'll look better at the party ;)

**Be sure to add a finisher to your workout.** This is a short bout of high intensity exercise which helps you pack on lean muscle and burn fat when it is properly added into a good strength training program.

**They typically last 5-10 minutes** and are performed at the end of your workout.

## **Here Is A Great Finisher**

### **[Full-Body Fat Melting Workout](#)**

#### **Circuit 1**

Double Kettlebell Swing x 5

Double Kettlebell Clean x 5

Alternating Kettlebell Press x 5/side

Kettlebell Front Racked Reverse Lunge x 5/side

Perform 2x through with no rest between exercises and 1 minute rest between sets.

#### **Circuit 2**

Sit-out x 5/side

Long Lever Plank x 15 seconds

Perform 3x through with no rest between exercises and 1 minute rest between sets.

#### **Circuit 3**

Single arm kettlebell swing x 10

Divebomb pushup x 5

Single arm kettlebell swing x 10 (other arm)

Divebomb pushup x 5

Perform 1x with no rest between exercises

PS. Get more free workouts like this in [Deadlifts, Tacos, Tattoos](#)

# Intra-Party Tactics To Saying Lean

- 1. Keep the talking to a minimum:** Not paying attention when you are eating can easily lead to overeating.
- 2. Load Up on Protein and Veggies/Fiber first:** Foods that taste, look and smell delicious are easy to overeat. Protein is more filling than carbs, fat and alcohol so it will help you eat less in between meals which in turn will end with you eating less at the end of the day. Fiber helps with digestion which is very important for partying because in most cases we tend to over indulge.

*“Man I just couldn't stop eating all of the boiled chicken steamed broccoli” — said no one ever.*

## High Protein Foods

|                  |                            |
|------------------|----------------------------|
| <i>steak</i>     | <i>pork</i>                |
| <i>turkey</i>    | <i>eggs</i>                |
| <i>lean beef</i> | <i>seafood</i>             |
| <i>chicken</i>   | <i>dairy</i>               |
| <i>ham</i>       | <i>beans &amp; legumes</i> |

## High Fiber Foods

|                              |                   |
|------------------------------|-------------------|
| <i>spinach</i>               | <i>barley</i>     |
| <i>artichoke</i>             | <i>pear</i>       |
| <i>green peas</i>            | <i>apple</i>      |
| <i>broccoli</i>              | <i>strawberry</i> |
| <i>carrots</i>               | <i>raspberry</i>  |
| <i>brussels sprouts</i>      | <i>banana</i>     |
| <i>green beans</i>           | <i>prunes</i>     |
| <i>legumes</i>               | <i>apricots</i>   |
| <i>whole wheat spaghetti</i> | <i>oatmeal</i>    |

**3. Don't move around while you are eating:** Eating while moving or doing other activities leads to overeating. Sitting down while eating will allow you to be aware of what you are eating and how much.

**4. Listen to your body:** Stop eating when you are satisfied, not stuffed. If you still have food on your plate clear it off and give it to the household pup Baxter.

**5. Use Smaller Utensils/Plates/Servings:** Smaller utensils and plates force us to eat smaller servings. Plus big spoons suck #teamsmallspoonsforlife

**6. Put On Your Mother Fucking Dancing Shoes:** Burn a ton of calories by showing everyone your sweet moves — and sweat right through your clothes like a boss —>

**7. Chew slower:** Eat slow and fully chew your food so your body and mind have time to register the food you are eating and tell you when you have had enough.

**8. Drink More Water:** The clear stuff (*not Tequila*) that comes out of drinking fountains and your faucet that will help blunt hunger and eat less. Our bodies are roughly 50-65% water so when we start hydrated our body feels, moves and functions better; our brain, heart digestive system and muscles all work better and our skin looks better.



**Drink at least HALF OF YOUR BODY WEIGHT in ounces**

A 130lb female  $(130/2) = 65$  ounces

A 200lb male  $(200/2) = 100$  ounces

**5 shaker cups for the male OR 3 1/4 shaker cups for the female**

**9. Remedy:** Take 5 capsules of [Remedy](#) with 16-20oz of water a few hours before drinking. *More on [Remedy](#) below...*

# Can You 'Get Chocolate Wasted'?

Alcohol affects our bodies ability to absorb nutrients but that does not mean fat gain is definite.

Some people are more affected than others. It will still come down to how your body metabolizes alcohol but most importantly all the other calories that you are ingesting.

Excess calories that come from drunken food binges and shitty decisions are the biggest reason people get fat when partying — Alcohol is not typically the culprit for weight gain.

Alcohol compared to the other macronutrients...

- 4 calories = 1 gram of Protein
- 4 calories = 1 gram of Carbohydrate
- **7 calories = 1 gram of Alcohol**
- 9 calories = 1 gram of Fat

## How Much Should You Drink?

For your best performance, fastest fat loss, or fastest possible muscle gain, don't drink. I know unfortunate, but there are still sacrifices you have to make if you want to be the best.

If you just want to look good and feel good during your everyday life, moderate drinking up to 5-7 drinks per week should be fine for most people.

**One drink contains 14 grams of alcohol and can be:**

- 1 shot (1.5 ounces) of 80 proof liquor
- 5 ounces of wine
- 12 ounces of beer

Most wines have anywhere from 8-14% alcohol while an average beer has 4-6%.

Obviously, if your goal is to get drunk it is going to take more beers to get the same amount of tipsy as fewer glasses of wine. Which also means more calories.

Common forms of liquor such as tequila, vodka, whiskey, rum, gin all have zero carbohydrates, fat, and protein. The only macronutrient they have is alcohol.

Sweeter alcohols like Kahlua, amaretto, Jager, and Schnapps do contain carbohydrates.

## **Steer Clear of ‘Girly Drinks’**

There are lots of ‘extra calories’ in these types of drinks. Excess sugars in juice concentrates, energy drinks and sodas can sneak up and put you well over your calorie buffer.

While these may not be the worst thing health wise, they can be an extra couple hundred or even thousand calories when combined with your alcohol.

### **Margarita vs. The Big Mac**

- 1 Margarita = 680 calories
- Big Mac = 563 calories

A couple (2), margaritas after dinner is like eating 2.5 Big Mac, as your dessert after dinner. At least with the Big Mac you are getting 65g or protein.

## **Mixer’s 101**

A good mixer can cut out a lot of calories if you have a heavy night of drinking ahead of you. Once again, this is chipping away at that total weekend buffer.

A smaller glass will hold about 4 ounces of a mixer and the bigger glasses typically hold double (8oz of mixer.)

You can choose a zero or extremely low-calorie mixer like diet soda, soda water, lime juice or low-calorie margarita mix.

# The Aftermath

You can tell when someone at the office had a rough weekend.

Some people have to drink concoctions that they swear cures hangovers, but man these things are gross. Make smarter decisions so this doesn't happen.

## 1. DO NOT TAKE TYLENOL

Taking Tylenol (acetaminophen) to try and get rid of a hangover is a bad idea. According to ASKmen.com, our liver is busy working overtime to process the alcohol and the acetaminophen can have a toxic effect on our body.

DO NOT take it. If you feel you NEED to take something to function like a real human being opt for Ibuprofen instead.

## 2. Hydrate

You're hung-over and your body hates you because you are super dehydrated. Replenish the electrolytes in your body and get you all lubed up again.

### Joey's Hangover Cocktail From Heaven

- [Remedy](#) (from 1st Phorm)
- Nuun Tablet (1-2)
- 16-20 oz water
- 5-10g BCAA's

### About Remedy:

This supplement was formulated specifically for people who want to be able to enjoy a few drinks without having the sluggish, tiring and beat down effects of a hangover the next day.

It has the more effective ingredients to help you get back on your feet as quickly as possible and fights fatigue, nausea, headaches, dizziness and more — that are all



associate with the electrolyte, vitamin and enzyme imbalance that comes along with drinking alcohol.

Remedy uses natural ingredients in the proper doses to prevent a night of drinking going from good to bad.

I love this stuff, for real. Order Remedy through [this link for free shipping](#).

### 3. Get Plenty of Rest

Sleep is important for recovery so get plenty of rest the night after the party. Shoot for AT LEAST 6-9 hours.

### 4. Try Intermittent Fasting

This basically just means do not eat breakfast. Don't worry. You won't lose your hard earned muscle.

The time spent fasting gives your body and digestive system a break and allows it to work out some of the tough circumstances you put it through the day before.

I recommend following the 16/8 fasting model: Wake up the morning after the party and DON'T eat breakfast.

Just wake up, start being productive, and resume eating habits in the late afternoon, anywhere from 2-5pm with a high protein and veggie meal.

Occasional bouts of hunger are normal, but you will realize that most of these are easily controlled and go away quick. Usually drinking a glass of water or two will do the trick.

#### During the fast you can drink:

- Black coffee (no cream/sugars)
- Green tea
- Water (*sparkling water helps with hunger*)
- BCAA's pre and during your workout — [Try These, they are AHHHMAZING](#)

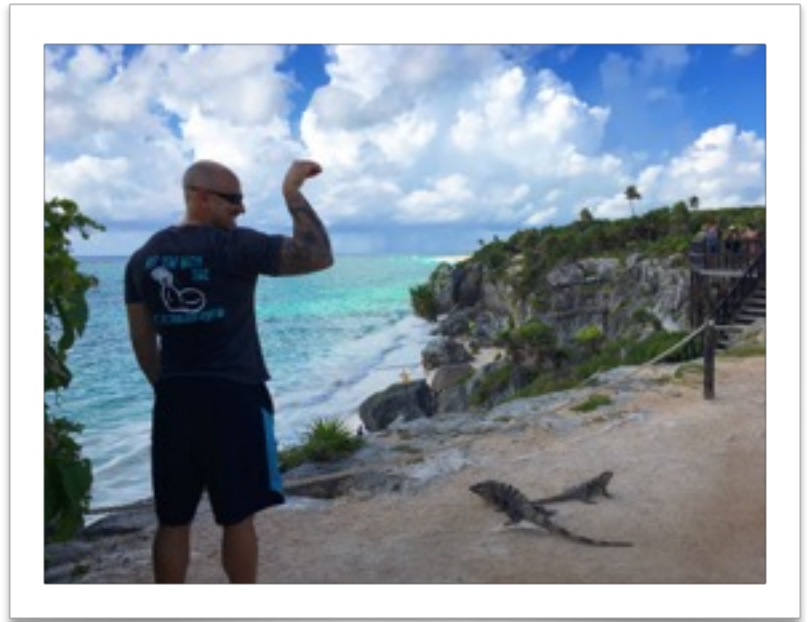
Keep the intensity of your workout relatively low, especially if you have a decent hangover.

Trying to push through a normal workout when being hungover can be bad news, especially if you are dehydrated. Save the hard session for the following day when you return to normal eating and taking over the world.

I learned this lesson the hard way and strained my hamstring playing football twice — both were after a night out partying. Different hamstrings, almost 1 year apart, same stupid mistake. I haven't made the same mistake since.

Sitting around and doing nothing sucks when fasting because it gives you down time to think about food and makes you more likely to give into temptation.

Be active even if you don't feel like a million bucks. Go for a walk, go skiing, stretch, play with your kids, ride a bike, go hiking, or hit em with the cobra like this —>



# Rinse And Repeat The Fun

That's it.

The tactics found in this book should be used on a daily basis if you are serious about making health, fitness, strength, and happiness a big part of your life but still want to do 'normal people things.'

I'm not suggesting you actually take part in the partying aspect of things everyday either — but you know what I mean.

I really hope you enjoyed the guide.

For any questions or concerns email [joey@joeypercia.com](mailto:joey@joeypercia.com) -- the funnier your subject line, the better the answer you're going to get from me.

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