

BANNED

**PHOTOSHOOT
READY BLUEPRINT**

EXTREME FAT LOSS SYSTEM

PETER TZEMIS

**PHOTOSHOOT
READY BLUEPRINT**

Photoshoot Ready Blueprint

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FUCK YES!

Congratulations on being an smart, driven action taker who will stop at nothing to get results .

I know you are part of the 1% of people who will get what they want and deserve because you invested in this course and ultimately YOURSELF.

You took the first step of your new life already!

And for that I want to congratulate you because most people just accept the cards they are dealt.

You were astute enough to choose a real solution instead of some lame diet pill scam, and as such now own a seriously badass resource that's almost as badass as you are.

Moving on... What you're reading right now, will give you the blueprint to your fastest fat loss ever.

However this is an extreme diet and meant only to be used in 14 day intervals, 3 times a year MAXIMUM.

This is an amazingly effective diet, but will require significant will power.

If you are not up for the challenge then stop reading now.

But your still reading, so I know your committed to jumpstarting your fat loss journey.

In this program I'm not going to waste a lot of your time with nonsense.

You want to know what to do—exactly how to get the fastest results imaginable in the shortest period of time—and that’s what I’m going to deliver to you.

Let’s get started...

Extreme Fat Loss Pre-Requisites

Before we start I just want to make sure you understand the basis for this program.

This is not a long term dieting solution!

This diet may be practiced 2 - 3 times a year MAX as it taxes your system. However it does get some pretty phenomenal results...

I usually use the diet to start off the new year right, and right before I might be heading off to the beach.

If I use it again it will be to look amazing for an upcoming event... whether that be a wedding party, a weekend getaway or jumpstarting a weight loss program.

Now that you understand the program let's start ridding you of your fat suit immediately...

There are 3 prerequisites you need to dramatically lose fat in a short period of time.

1. You need the right mindset
2. You need stable insulin levels
3. You need a major caloric deficit

This chapter will focus on the most important prerequisite for fat loss:

YOUR MINDSET

In order to be the kind of person that walks around with a body that turns heads...

A body that is lean, healthy and strong year round...

To be the kind of person who has a body everyone dreams of...

To be that person there are certain belief systems you need to adopt and that what this chapter is dedicated towards.

What you'll come to understand is that all your thoughts and all your actions, based on those thoughts, stem from your belief system.

It is the ESSENCE of you.

People who walk around ripped and healthy year around...
people that enjoy vibrant energy year round...

People that make others jealous of their awesome body...

People that enjoy a pain free, active, vibrant lifestyle...

What do all these people have in common?

1. They have BELIEF SYSTEMS that differ from people that are overFAT, don't have their dream body and live in constant frustration and disappointment with how they look and feel everyday.

The Self image is basically the cause of every result in your life.

Who you think you are determines everything you get, every action you take, every thought you have.

And who you think you are is your self image.

If you see yourself as the kind of person who has a lean, healthy body effortlessly, then you're going to have no problem doing what is necessary to get there.

Since you see yourself as that kind of person, you will subconsciously choose healthier food for your body.

Contrarily, if you see yourself as a fat person who can never lose weight, then what actions do you think you will consistently take?

Can you understand now how much power your beliefs have over any success you have in your life?

And you can always change your beliefs.

In Dr. Maxwell Maltz's, *Psycho-cybernetics*, he talks about a boy who was doing poorly in arithmetic.

The teacher convinced that he was "dumb in math" and informed the parents, who began to believe it as well as they saw his report card.

The boy passively accepted this poor image they had placed on him. However, one class, he thought he saw an answer to a problem they were taking up.

Even though everyone laughed at him, he went to the blackboard and to everyone's amazement he completed it.

After this he felt a new sense of amazement, a sense that he is good at arithmetic, that he can be good at math.

He then went on to become an amazing student and eventually a doctorate degree.

“Your Self-Image, how you see yourself, will determine all the success or feedback you get in your life. At the end of the day you can always choose how you see yours”

Just because someone places a label on you, whether your parents, teachers or friends it does not mean its true. Remember:

Anything anyone says about you is not true unless you accept it

You are not a fat person, you have just made poor decisions that has led to excess weight gain

Knowing this, if you change your decisions, you change your body forever

And can prove to people visually that in-fact you are a lean healthy person with an amazing life.

2. They have specific, measurable, daring goals that drive them to get up every morning excited to WIN THE DAY

If you don't know where you want to go how can you get there?

Here is a story that seems to exemplify the importance of goals.

Recently, there was a young man who graduated from college and decided to seek employment. He hoped to find a job somewhere away from his home town.

He walked into the local bus station, approached the ticket counter and asked the clerk for a bus ticket.

What do you suppose the ticket clerk asked the young man?

He said, "Where do you want to go?"

The young man said, "I don't know. Just give me a ticket to somewhere." It is not surprising, but he didn't get a ticket!

The moral of the story is that if you don't know where you are going, any road will take you there.

Jim Cathcart, a noted professional speaker, once said, "Most people aim at nothing in life and hit it with amazing accuracy."

If we don't specify exactly what we want, we have no reason to complain about what we get or where we find ourselves¹

Most of us have goals "I want to be rich," but again they are usually too broad, poorly defined, unrealistic, and often beyond our mental ability to see them being achieved.

What follows next are some goal setting guidelines.

"The trouble with not having a goal is that you can spend your life running up and down the field and never score." - Bill Copeland

In the book *What They Don't Teach You in the Harvard Business School*, Mark McCormack tells a study conducted on students in the 1979 Harvard MBA program.

In that year, the students were asked, "Have you set clear, written goals for your future and made plans to accomplish them?"

Only 3 percent of the graduates had written goals and plans; 13 percent had goals, but they were not in writing; and a whopping 84 percent had no specific goals at all.

Ten years later, the members of the class were interviewed again, and the findings, while somewhat predictable, were nonetheless astonishing.

The 13 percent of the class who had goals were earning, on average, twice as much as the 84 percent who had no goals at all.

And what about the three percent who had clear, written goals?

They were earning, on average, ten times as much as the other 97 percent put together.

In spite of such proof of success, most people don't have clear, measurable, time-bounded goals that they work toward.

So right now I want you to go set your Photoshoot Ready Blueprint goal? How many pounds do you want to lose? Where do you want to lose it from most? What will your waist size be after 2 weeks.

Now it is important to be realistic but also optimistic. 40lbs in 14 days is unrealistic.

But 10lbs in 14 days is very doable with many clients dropping between 8 and 18lbs in that time frame.

I have yet to see more than 28lbs lost in 14 days but that doesn't mean it isn't possible! We all thought the sub 4 minute mile was impossible until Roger Banister came along and smashed that limiting belief for us.

Right now go write out your Photoshoot Ready Blueprint on a piece of paper and keep it on you at all times so that you can consistently review it. You can model this method :

I am just the kind of guy/girl, for whatever reason, who on (insert the date, 14 days from now) weighs (insert desired weight), looks like, is at ...% body fat

You get the point...

3. They have the right map to get them from where they are to where they want to be.

This Manuel is that map. Follow the plan EXACTLY as it is laid out and your results are guaranteed.

The last thing I want to stress is the importance of commitment...

After all, no one ever achieved a goal by being interested in it's achievement; One must be committed - Tony Robbins

You need to be committed to this plan or else it will not work.

Follow every rule, every workout and every daily practice.

Do not think you are smarter and modify the program. This isn't about who's smarter, it's about a proven strategy that works time and time again.

Follow it and you will get the desired results. Stray and you will be like the 99% who don't live the life they want to.

Now let's jump right into the actual program. We will start with the nutrition portion and then go into the workout portion which is entirely optional.

The nutrition portion will have 2 days, rotating on a schedule.

A Zero Carb day and a Protein Sparred Modified Fast day.

Let's Go!

Hormone Manipulation

Losing weight is amazing! You feel better, you look healthier and you have to wear a belt with your pants.

All high quality problems to have

However we want to target fat loss not just weight loss. To do this we need to stabilize our insulin levels.

Insulin is the “builder hormone” in your body. It builds muscle, but it also builds fat.

Therefore no insulin = minimal to no weight gain of any sort

The problem is that we don't want to lose any precious, metabolism boosting muscle. To spare our muscle we must train our body to burn fat for fuel instead of sugar.

The only way to keep insulin levels stable is to eliminate sugar i.e. carbohydrates from the diet.

This in turn also trains your body to burn fat as a fuel.

John Kiefer, a highly regarded fitness entrepreneur and physicist, sheds light on the problem with the low carb approach we have been told to follow:

“a low carb diet, to avoid confusion, can range from anywhere of 8% to 50% of total calories per day; in grams that can be anywhere from 50 to 240 grams per day”.

To be clear a low carb diet for our purposes is going to be under 50g a carbs per day.

However to get maximum fat loss and properly prepare your body to burn fat following the PRB plan we are going to go zero carb.

When we are talking about zero carb we are talking about 25g per day or less and this is a critical difference at the hormonal level of the human body

When keeping carbohydrates restricted to less than 30g per day, your body ceases to produce the enzymes necessary to convert sugar i.e. carbohydrates into fat (source)

This means that any carbohydrate spillover, should one occur, would be stored as glycogen in your muscles or burned off as heat until your body can produce the enzymes once again

Now being in an zero carb state will give you all the benefits of low carb in addition to the lack of sugar to fat converting enzymes.

This will ensure that if you decide to go bananas and eat whatever you want at your event, you will not store any of it as fat, rather you would burn it for energy or burn it off as heat.

Before continuing on I just want to dispel a few myths you may or may not have about low carb/ketogenic diets.

Myth: The human body needs sugar to survive

Truth: For survival purposes, very little sugar is required and your body can create it without the need for donuts though a process called glycogenesis. Glycogenesis, is a very metabolic inefficient process that turns protein into sugar, supplying your body the very

minimal amounts it requires. Since we are preparing for an event and don't have to worry about sprinting away from tigers, sugar is not necessary in our diet.

Myth: Being in a state of Ketosis is harmful to your health and your brain

Truth: Your brain runs better on ketones, than it does on sugar (source). Ketones are created when your body is in a glucose deficit and is in a state called Ketosis. Our hunter-gather ancestors were almost always in a state of ketosis because their diet comprised of mostly meat, fish and vegetables. Very rarely were they able to find fruit, and they would never be able to find florida oranges in the winter - unless they lived in florida of course.

Myth: Eating excess fat is bad for your health

Truth: Despite all the controversy many studies have shown over and over again that saturated fat is NOT bad for your health whatsoever. If that doesn't convince you think of this: the majority of the calories our ancestors would eat, would come from animal fat, also known as saturated fat.

Myth: Low carb diets are the healthiest type of diet

Truth: For someone trying to lose weight quickly, a low carb diet is the most effective approach. That being said, for someone who lives the lean for life philosophy, someone who works out constantly and also likes to enjoy eating “junk food” low carb diets are not the necessarily the optimal solution. Furthermore low carb diets, when followed over many months without break causes the metabolism and fat burning hormones to down regulate, wreaking all sorts of metabolic havoc in your body.

Myth: You can't workout on a low carb diet or you will burn metabolic enhancing muscle

Truth: We will go into more detail in the fat loss workout portion of this program but for right now understand that not all types of weight lifting or cardio burn sugar i.e glucose. Lifting weights in a very specific way allows you to minimize the sugar burning process and essentially train your nervous system while building pure strength.

In addition eliminating an entire macro-nutrient allows to easily create a large caloric deficit while still feeling full.

Just imagine eating unlimited steak, bacon eggs and burgers and still losing weight.

In addition the extra calories from fat will help you train harder, creating a bigger calorie deficit to lose even more weight

Creating A Massive Calorie Deficit

To lose fat there are many ways to skin the cat

However here are the most researched and effective...

1. Consume less calories then you burn

2. Avoid any insulin spikes i.e. remove carbohydrates

Going low calorie works, as evidence by Professor Mark Haub, who lost 27lbs on his twinkie diet

Low calorie diet work based on the law that if you use more energy than you consume then you'll have to make for the difference with your reserves i.e. fat, protein or carbs

So it doesn't matter if your eating chicken and broccoli or twinkies... if your calories in is less than your calories out you will lose weight. Period

However eating a diet of pure crap, i.e. twinkies, is simply idiotic considering we want to be somewhat healthy;

at least I hope you do.

Introducing the Protein Sparred modified fast.

Like cheating with a game shark while playing pokemon, the Protein Sparred Modified Fast is very effective at getting results fast. (for those of you who don't get that reference please google it, the rest of us we'll wait impatiently)

This diet was designed in the 70's to treat morbidly obese people, who's weight caused them serious, potential health risks.

Doctors needed a rapid way to drop weight fast, in order to save their life.

The Protein Sparing modified diet was born...

But it doesn't only work for the obese; It works for anyone wanting to drop fat quickly

Now the Protein Sparing Modified Fast takes both the low calorie and low carb approach and smashes them together into one Masterful Fat Flushing Formula.

You are essentially eating the bare minimum to preserve muscle mass while losing the MOST fat possible in the shortest timeframe.

How many calories is low calories here?

We are aiming for about 800 calories total for someone with a solid amount of muscle.

For most people it will be closer to 600 though.

We are going to eat the minimum amount of protein required to prevent muscle loss.

In Brad Pilon's groundbreaking book "How much protein", he goes into how much protein we truly need to survive.

Mainstream media and research says we need about 1.5-2.0g/kg of bodyweight for strength training athletes.

Brad Pilon answers the question, 'how much protein do we need to build muscle?'

"it seems that the original recommendations from the late 1800's of around 100 grams per day seem to be enough to meet the muscle building needs of most adult men and women who are not using anabolic steroids."

Not only this, but even in people who are using steroids it is enough protein to allow for a considerable amount of muscle growth!"

Since we will not be building muscle on this plan, an even less amount of protein is required to sustain muscle mass.

Scientific research suggests that high protein in a diet is 0.55-0.75g/lb of bodyweight.

This is the guideline that we will be sticking to.

If you have a lot of weight to lose and are inactive, stick to 0.55g/lb of bodyweight. If you are an active person stick to 0.75g/lb of bodyweight.

At 190lbs I am a fairly active person.

$190\text{lbs} \times 0.75 = 142.5$ grams of protein $\times 4$ calories per gram
= 570 calories total

However protein is not the only thing that we are allowed to eat on this 14-Day fat flush

The eating portion of this program is a combination of Vegetables and protein.

What Veggies are you allowed to eat?

Spinach	Lettuce	Kale
Celery	Peppers	Zucchini
Leeks	Cabbage	Eggplant
Mushroom	alfalfa sprouts	Broccoli
Asparagus	Tomoatoes	Okra
Green Beans	Onion	Cauliflower

Do not eat: Potatoes, beets, carrots, corn, yams, beans, peas

If it has zero calories you may drink it.

Water, most tea's, black coffee, diet soda's are all acceptable

Enjoy a variety of spices. They will help enhance flavour and keep hunger at bay. There are many low - zero calorie sauces that will help enhance flavour. Hot sauces are my go to.

The protein that we will be sticking to will be boneless, skinless chicken breast. They have very little fat and as a result are an amazing low calorie, high protein option.

Whey protein powder would be ideal, however many studies have shown that the high dosage of rapidly absorbing whey isolate protein can raise insulin levels (source).

In addition I do find solid, real food to be more filling then liquid protein shakes.

Now in theory eating like PSMF for 14 days would produce the greatest weight loss transformation possible.

HOWEVER after working and testing this option out far too many times, I have found it to be extremely difficult to adhere to for 14 days, 7-8 days being the mental threshold for most people.

If you could diet strictly for another 7 days, you would lose significantly more weight, leading to better results.

That's how the Photoshoot Ready Blueprint is born.

Combining the best of the best, to result in the most effective rapid fat loss program, without feeling like your slowly dying.

Cooking

Protein Sparred Modified Fast Days

I steam a lot of my vegetables. Some obviously you can't. I usually just sauté them with my chicken.

My go to meals on the PSMF days are

- 1.Chicken Salad with vinegar dressing - no oils
- 2.Chicken Stir Fry
- 3.Chicken and Vegetables
- 4.Chicken Soup

How many vegetables to eat?

Any amount. These are so close to zero calories that it doesn't really matter. You really can't over do it here.

How much Chicken to eat?

A typical pack of chicken breasts has 2 breasts and is 1 pound. That means each chicken breast is roughly 8 ounces

8g of protein per ounce of boneless, skinless chicken breast.

$8 \text{ ounces} \times 8\text{g/ounce} = 64\text{g}$ of protein per 8 ounce chicken breast.

So for me that would be about 2.5 chicken breasts.

For someone less active stick to 2 chicken breasts.

For a very muscular guy go with 3 chicken breasts.

Breaking this into 3 meals per day I have found to be extremely difficult. As a result I recommend you practice a 16-20 hour intermittent fast daily.

But we will cover that in chapter 6 : hacking your fat loss

ZERO CARB DAY

You will be having 2 meals a day on your zero carb days.

You will be skipping breakfast so this should not be an issue.

The first meal of the day should be a salad with lean protein and healthy fat.

For example a tuna/chicken salad with olive oil, red wine vinegar, salt and pepper.

Dinner maybe a steak with free veggies or some eggs. If you get hungry during the day, feel free to snack on some free veggies.

Protecting Muscle

Now you will not have a lot of energy on this diet. This means that you do not need to push yourself to exercise.

The first 5 days you will mentally be able to do it. As you get later into the diet it will be more difficult. And this is OK.

That's the way it is supposed to be.

What time to exercise?

Personally I have found that if I don't exercise in the morning, then I usually won't later. I find it easy to say "ill do it tomorrow" or "i don't feel like it right now".

However if exercising at night works for you then that is fine.

Morning fasted exercise has been shown to target fat loss much more effectively than later day, fed training. (source)

On this diet, you will be glycogen depleted.

Glycogen is the sugar stored in your muscles for intense energy. Sprinting, crossfit, "pump" weight training all fall into these categories.

AVOID that type of training

We want to train without depleting glycogen. To do this we need to do many sets, with low reps and high weight.

I advocate a every other day plan.

Day 1 - Chest, Back, Abs

Exercise	Reps	Sets	Rest Period
Flat Bench Press	3-4	4	1 min 30s between sets
Incline Press	3-4	4	1 min 30s between sets
Pull ups	5	4	1 min 30s between sets
Single Arm Dumbbell rows	3-4	4	1 min 30s between sets
Plank	1-2 min	2-3	1-2min between sets

Now we didn't group "pushing" and "pulling" muscles together so that we can hit all the muscles every time we workout. This will tell our body to keep the muscles around since we are consistently using them.

Day 2 - Biceps, Triceps, Shoulders.

Exercise	Reps	Sets	Rest Period
Dumbbell Curl	3-4	3-4	1 min 30s between sets
Incline Dumbbell curl	3-4	3-4	1 min 30s between sets
Skull Crushers	5	3	1 min 30s between sets
Seated Dumbbell press	3-4	3-4	1 min 30s between sets
Military press	3-4	2-3	1 min 30s between sets

These exercises aren't set in stone. If you prefer other exercises that hit the same muscle group feel free to swap them in. Just keep the sets and reps the same.

There is no direct leg training. Most people already have bulky legs and don't need to directly train legs. However if you need to train legs you may add it in. The cardio section should take care of your legs though.

Strategic Cardio

This cardio is strategically designed for FAT LOSS, and as a result may seem different than other cardio you would be used to.

To lose fat you must first release fat from its stores into the blood stream. The best way to do this is High Intensity Interval Training (HIIT).

However HIIT burns sugar and not fat. We want to burn fat. To do that we need to do some low intensity cardio such as walking or light jogging.

Strategic Cardio Program

Warm - up → 5 min, light jog or walk

HIIT → 10 min, 20 second sprint, 40 second walk/jog

Light Cardio → 15 min, incline walk or light jog

Now the problem is HIIT burns glucose and sugar, something the 14 day fat flush diet doesn't provide. Therefore we need to alter how we are going to "run" our fat off.

You will find it difficult to eat 3 meals most days over a 14 hour feeding window (breakfast at 8 am, Lunch at 1pm and Dinner at 6pm). Therefore we included the highly recommended fasting portion to this diet which was discussed in the chapter : Hacking your fat loss.

Intermittent fasting, remarkably does the exact same thing as HIIT training in regards to fat burning effects: it releases the fat into the bloodstream so it can be burned for energy.

This means we can eliminate the HIIT and this is a good thing because HIIT is very hard on your system. And since recovery will be sub par due to our strict fat flushing diet, we don't want to be over exerting our bodies.

So then by practicing intermittent fasting your fat loss cardio session will look like this:

Warm - up → 5 min, walk

Light Cardio → 25-40 min, incline walk or light jog

Cool - down → 5 min, walk

That's it!

One more thing I want to stress is just to MOVE MORE!

Seriously stop sitting at your desk all day and take a 15 minute walk somewhere.

In only 150 years we have gone from a society who stood or walk 90% of the day to a society who sits 60% of the day.

Harvard Business Review calls sitting “ the smoking of our generation”. We sleep about 8 hours a night; we sit for about 9 hours today. Sitting too long doubles your chance for diabetes and increases your chance for premature death.

So get up and move more! Take a walk to work instead of driving. Get up every hour and take a 5-10 minute walk away from your

desk or work area. Go on hikes with your family instead of watching movies.

Just learn to live moving and how it makes your body feel!

Intermittent Fasting

Not to confuse this with starving yourself, a highly regarded expert on the subject, Brad Pilon puts it best;

Intermittent fasting is:

“The act of willingly abstaining from some or all food, and in some cases drink, for a pre-determined period of time.

The key difference between starving yourself and intermittent fasting is that you are willingly abstain from food.

The myriad of health benefit you WILL receive following Intermittent fasting:

—> Decreased blood glucose levels

By avoiding consuming any calories or macronutrients blood sugar levels will be reduced to normal. A perfect environment for fat loss.

—> Decreased Insulin levels

Again no food = stable insulin levels. When your insulin levels are stable you have smooth blissful energy as well as a fat burning storm. Remember that you cannot burn fat with high insulin levels.

—> Increased insulin sensitivity

Insulin sensitivity refers to how efficiently your body can clear glucose from the blood stream. Higher insulin sensitivity means that your body can manage the carbs it gets better and avoid

storing them as fat. By constantly giving your body a break from food, intermittent fasting allows your insulin to reset and stay sensitive. This results in greater fat loss and amazing macronutrient partitioning.

—> Increased lipolysis (fat breakdown)

Lipolysis is a crucial step in the fat loss process, as it literally means the release of fat cells into your blood stream. When insulin levels are stable and there is no glucose coming into the body, the body must find fuel elsewhere and turns to fat stores. Our body's are at a given time either storing fat - feeding, or burning fat - fasting. Fasting allows fat to be released from holding and be available to burn for energy.

—> Increased Human Growth Hormone levels

We mentioned this in the fat loss mindset chapter, however it's worth mentioning again. As supported by scientific research, Human growth hormone, also known as the fountain of youth, helps in the process of burning fat, building muscle and increasing metabolism 78,79,80. Short term fasting creates a growth hormone response, resulting in nearly a 6x in growth hormone. 25, 76, 77

—> Increased epinephrine and norepinephrine levels

Collectively called catecholines, these hormones are released when the body is experiencing some sort of stress. When these hormones flood the blood stream, they draw out any excess glucose to burn as well as drawing out fat to burn. They make you feel alert and alive while also protecting muscle mass. Having

these hormones elevated all the time would be terrible for your body - this is what happens when you follow any low cal or low carb approach for too long - but the little bursts of this hormone when your fasting does wonders for your metabolism, energy and body composition.

—> Maintenance of skeletal muscle mass

Fasting releases high levels of human growth hormone and catecholines. Both these hormones protect your muscle mass while your body burns fat for fuel.

—> Decreased body fat and body weight

Just read any of the above statements and you'll understand why this is inevitable.

Now the Mediterranean diet is one of the most respected and healthiest diets. However one thing that goes overlooked is that in Greece, where the Mediterranean diet is practiced and came from, they follow for the most part the Greek Orthodox Religion. In the greek orthodox church, there are some very lengthy fasting traditions as well as certain very strict dietary restriction between 180-200 days of the year. What this shows is that one of the healthiest diets in the world does incorporate some sort of fasting. Being of greek descent, this fascinates me to no-end

So then if Intermittent Fasting is so beneficial then why does mainstream media and diet industry vilify it?

This is my hypothesis:

The most basic principle of economics is supply and demand. By engaging in Intermittent Fasting you would be eating less and as a result buying less, decreasing demand. The mere thought of people eating less, consuming less, buying less is bad for business. A non-eating movement would be a disaster to the food industry.

Whether I am right wrong is not the point of the matter. The point is that you should start engaging in intermittent fasting regularly

But Peter “ How does one go about practicing Intermittent Fasting”?

Well my 2 favourite ways that I would recommend for effectiveness and flexibility are:

24 hour fasts

From the last time you consume a calorie on the previous day to the same time the next day you will fast, meaning you will consume 0 calories. Black coffee, green tea, lemon water and diet soda (minimize amount) are all acceptable.

So for example if your last meal was at 8pm the night before, you would start eating until 8pm the next day.

This works well for the PSMF days as it will allow you to feel fuller by eating all your calories in such small window.

16-20 hour fasts

These will occur daily and depending on how you feel, how busy you are and when you can eat, you will be doing a 12 - 16 hour fast. So if you sleep for on average about 8 hours a night and you stop eating 1-2 hours before bed, you would wake up and push your first meal of the day (commonly known as breakfast) back 4-6 hours.

If you wake up at 7 am and you stopped eating at 10 the night before, then your first meal would be between 10pm and 2pm.

Personally I break my fast between 12 and 2 pm as that is what works for me and my schedule.

My schedule when following the Photoshoot Ready Blueprint looks like this:

3pm First Meal

8pm Second meal

During your fast, you should consume lot's of water and lemon water. Black Coffee and green tea help to energize you and keep hunger at bay.

Blackbook Supplements

I'm not going to give you the normal supplements. You can find that by a simple google search.

What I am going to give you is the most brutally effective fat loss supplements known to man.

Some of these are controversial, but all of them are wickedly effective.

Note: I am not a doctor and you should ignore everything I say

(my lawyer made me write that ^)

Vasoburn

There is a topical fat burning cream that I really like. I use it myself when preparing for a photoshoot. It's called **Vasoburn** by MPA. It works by increasing blood flow to the area you put it on and also by binding to the alpha adrenoreceptors, making it easier to mobilize fat from the area of application.

Back when I competed in bodybuilding I used a similar product called Yohimburn, but the Vasoburn is an improvement over that formula and it really does what it's supposed to. When combined with the PRB + SPF routine it will dramatically enhance your results.

And it's not a stimulant so you can still take all the others.

Nicotine Gum

Ok, obviously this tip is going to be highly controversial but a lot of fitness competitors use this strategy so it's something you should know about.

Even if you never put it into action.

Everybody knows smoking is bad for you and highly addictive.

But there's a reason why so in Hollywood and modeling industries still smoke – because it kills your appetite.

There's a way to get all the appetite-suppressing qualities of nicotine without lighting up – just chew nicotine gum.

I would avoid using this strategy for more than 2-3 weeks at a time – perhaps reserving this for a short term fat loss “sprint” right before vacation or a special event when you need to maximize fat loss.

Try just 1-2 pieces per day and start with the lowest available dosage (usually 1 mg.)

You should get a slight buzz (similar to caffeine buzz) and it should curb your appetite.

If you don't feel anything, you may need to try a higher dosage.

And if you feel nauseas, at a higher dosage then you may need to drop down to a lower level.

Ephedrine

Originally marketed as a bronchodilator, ephedrine acts in a similar nature to clenbuterol.

Although the effects aren't quite as extreme as clen, it's a very effective fat loss agent.

Now, we've heard a lot of horror stories about ephedrine within the past 10 years or so. Just know that a lot of these horror stories came from people taking way too much, taking it as a rave party drug while drinking and doing recreational drugs with it, or just out of shape fat fucks who were probably ready to check out of life anyway.

I believe in dosages of 50mg/day or less, ephedrine is a relatively safe compound to use on occasion.

Again, I wouldn't live on it, but I don't see any harm with using this a couple times per year if your heart is healthy.

If you have any pre-existing heart conditions, I do not suggest you use any thermogenics that act on increasing heart rate, breathing rate, or body temperature.

There are other fat loss products that work on other mechanisms of shuttling fat, and I would suggest you look into those instead of thermogenics/stimulants.

Back in the day everyone wanted the ephedrine that was in the weight loss products. I found out by being a cheap fucker that the ephedrine hydrochloride worked even better.

I was buying small bottles of ephedrine HCL from a local gas station for under \$10 a bottle, while everyone else was shelling out \$50 a pop on sports supplements.

Then I found sites online that sold it even cheaper but that eventually got shut down as well. However, there are still SOME online nutrition stores that sell fat loss products that contain ephedrine.

Do an online search for these if you fail to come up with any ephedrine hcl or just straight ephedrine.

Ephedrine is a product that I would use only when dieting for durations of no more than 10-12 weeks. But typically I don't begin any thermogenics until I'm a very good ways into a diet anyway, because they do have catabolic properties to them.

I try to hold onto as much muscle as possible until I get right down to the wire. The fat burners don't come in until I'm trying to shed away that last little bit or look "dry".

ACE Stack

The "ACE stack" stands for aspirin, caffeine, and ephedrine.

These three things are taken together because they are synergistic in nature and provide some great fat loss effects. You take aspirin each day combined with some sort of caffeine, and then the ephedrine HCL, or ephedrine that is sold in the form of a sports supplement.

I used to use 500mg of Bayer Back & Body Pain Reliever for aspirin and I took one per day. For my caffeine, I would buy caffeine pills (200mg twice per day) or just drink 2-3 cups of black coffee over the day.

For the ephedrine I used up to 50mg/day of ephedrine HCL (3 doses of 15-20mg).

I lost a lot of body fat doing this. Nowadays, there are supplements that are sold with a synergistic combination of a “proprietary blend” already in them.

But the ACE stack may be more affordable and just as effective if you can get your hands on ephedrine.

Clenbuterol

Clenbuterol is a very strong thermogenic used to shed body fat by acting on the beta-2 receptors and increasing heart rate and releasing heat.

Clen will slightly raise your core temperature and elevate the heart rate, more so the rest few hours after ingestion than anything. Clenbuterol is dosed in micrograms and it's common to use anything from 50mcg/ day to 200mcg/day. I never used it but with my clients who wanted to we never went above 100mcg/day with it.

There comes a point when things can become overkill and the risks don't outweigh the benefits. As effective as clen can be, it's not something I would recommend using for very long periods of time or for anyone that doesn't want to be on stage. I would suggest other means (like nicotine or ephedrine) of fat loss before turning to clen. I've just seen too many people get bone dry and shredded without it.

Clen is sold in pills and also liquid concentrations that are sold as a “research product”. These research chemicals are sold online legally but “not for human consumption”. I always preferred the liquid versions better and found them to get in my system faster.

Clen is also not effective after 2 weeks on it (another reason I wouldn't recommend it) . The receptors stop responding to clen very quickly and it's suggested to use it in a 2 weeks on/2 weeks off fashion.

You can also go 2 days on/2 days off with it and run it like that straight through. Very effective ways to use it also includes 2 days on clen, 2 days off, and use ephedrine instead on your 2 days off.

Likewise, you can go 2 weeks on/2 weeks off, and use ephedrine on your 2 weeks off . Or even more effective, go with the “ACE” stack in your o time (aspirin, caffeine, ephedrine).

Again, clen is not my go to option unless they are getting paid millions of dollars to look good on a movie set. For all us normal folk, nicotine, ephedrine and ACE stack are more than enough.

DNP

I had to mention this one because it's so popular. However, I've never tried it and never will try it.

DNP is self-administered poison that will raise your body temperature and induce thermogenesis.

I like to feel good and be healthy, so poisoning myself to lose body fat is pretty much out of the question.

It's also not healthy to lose weight that quickly and it's catabolic in nature. I've seen more people look like total shit from running DNP than not using anything at all.

If you ask me, DNP is for lazy asses who cannot dedicate enough to dieting to get in top shape.

All you need to know is this stuff is poison and it can kill you. Stay far away!! That's my two cents on DNP.

The Photoshoot Ready Extreme Fat Loss Plan

This is a sample schedule about how your workouts and diet would work in to your schedule.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ZC + Day 1 workout + Cardio workout	PSMF + 1 hour Fasted Walking	PSMF + 1 hour Fasted Walking	ZC + Day 2 workout + Cardio workout	PSMF + 1 hour Fasted Walking	PSMF + 1 hour Fasted Walking	Zero Carb + Day 1 workout + Cardio workout
DAY 8	DAY 9	DAY 10	DAY 11	DAY 11	DAY 13	DAY 14
PSMF + 1 hour Fasted Walking	PSMF + 1 hour Fasted Walking	ZC + Day 1 workout + Cardio	PSMF + Cardio	PSMF + Cardio	PSMF + Fasted Walking	PSMF + Fasted Walking

Transitioning After The Plan

What to do after?

I recommend a different approaches, depending upon what special event is coming up for you.

For a Bride to be: Add back in moderate, real food carbs 2-3 days before the wedding (ie fruits, sweet potato). That means this program should finish 3-4 days before the actual wedding day.

You won't add back body fat...and it will give your skin the much needed nutrients for that wedding day glow. Also, you will be in a great mood to actually enjoy your wedding!

Drink a decent amount of water. If you begin to hold sodium, then supplement with dandelion root (a natural diuretic). You can pick it up [HERE](#)

For a photoshoot: Stay on this diet until the day of the event and then add back 100g of dry carbs to increase definition and avoid your muscles looking flat.

For a Beach Ready Body: Diet right up until the event. The just enjoy your hard earned vacation! Drink plenty of water to rehydrate. You'll look your best 2-3 days into the vacation.

For Continued Fat Loss: Because the Photoshoot Ready Blueprint is a somewhat “extreme” program, it is only recommended to be used for 14 days at a time, at which point

you'll need to transition into something more moderate to maintain your progress and/or continue on toward your goals.

Just a normal fat loss program will do.

I've got my Neurotype Fat Loss System coming out soon, which would be the perfect fit. You can also use the strategies found in **the badass body blueprint.**

You may repeat the Photoshoot Ready Blueprint again after about 16 weeks of a more moderate approach.

Final Thoughts

You are now equipped with some of the most potent and rapid fat burning information ever to exist. Use it wisely.

Remember that this is an extreme diet meant to be used 2-3 times a year MAX! I usually do it to jump start new years and right before a beach vacation so I can get that extra lean look.

Lastly I'll use it whenever I need to drop weight fast.

Many people confuse knowledge with power. Knowledge is potential power.

Taking action is where the real power lies.

Take Action and be part of the 1% of society who lives an amazing life with a healthy, head turning body.

Peter Tzemis

America's Honest Fitness Coach