

WEEK	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	Every day b'fast for 2 wks: 1/2 grapefruit, 1/2 orange, 1-2 boiled eggs		NOTE: L = lunch; D = dinner If amount not specified, eat freely	
MON	L . one type of fruit with no limitations (oranges, apples, pears, apricots, cantelopes or melons) D. lean meat any type except lamb	L . 2 boiled eggs, green salad D. 2 boiled eggs, 1 orange or grapefruit	any fruit of any kind in any combination at any time in any amount except grapes, mangoes, bananas and figs	4 pieces of lean meat or 1/4 of chicken, 3 tomatoes, 4 cucumbers, 1 can of tuna no oil, 1 toast, 1 orange or 1 grapefruit (eat as you please during this day)
TUE	L. chicken (skin off) D 2 boiled eggs and some salad (cucumbers, green lettuce, tomatoes, capsicum, carrots), 1 toast, one orange or one grapefruit	L. lean meat, salad D 2 boiled eggs, 1 orange or 1 grapefruit	any salads of any kind except the ones containing potatoes or any kind of whole grains	2 pieces of lean meat (no more than 200 gr), 3 tomatoes, 4 cucumbers, 1 toast, 1 apple or 1 pear, 1 orange (eat as you please during this day)
WED	L. any kind of white cheese (no fat) in any amount, 1 toast, tomatoes D. lean meat	L. lean meat, cucumbers D. 2 boiled eggs, 1 orange or 1 grapefruit	any fruit of any kind in any combination at any time in any amount except grapes, mangoes, bananas and figs plus any veggies, any salads of any kind at any time of the day	1 spoon of cottage cheese (no fat), one small plate of steamed veggies, 2 tomatoes, 2 cucumbers, 1 toast, 1 orange or 1 grapefruit
THU	L. fruit - one kind in any amount D. lean meat and green salad	L. 2 boiled eggs, any kind of white cheese (no fat) in any amount, steamed veggies D 2 boiled eggs	fish or prawns in any amount plus salads (you can only have cabbage or green salad) in any amount plus any steamed veggies	half of chicken, 3 tomatoes, one cucumber, 1 toast, 1 orange, any amount of apples
FRI	L: 2 eggs, steamed veggies (zucchini, green beans, carrots or green peas) D. fish or prawns, salad, 1 orange	L. fish D. 2 boiled eggs	lean meat or chicken in any amount plus steamed veggies	2 boiled eggs, 1 bunch of salad, 3 tomatoes, 1 orange
SAT	L. one type of fruit in any amount D. lean meat	L. lean meat, tomatoes, 1 orange D. fruit salad (orange, mandarin, cantelopes, peaches, apples)	one kind of fruit for 2 days in any amount	2 chicken breasts, 125 gr of cottage cheese, 1 toast, 2 tomatoes, 2 cucumbers, yogurt (no fat), 1 orange
SUN	L. chicken, tomatoes, steamed veggies, 1 orange D. steamed veggies	L. chicken, tomatoes, 1 orange or 1 grapefruit D. chicken, tomatoes, 1 orange or grprft	one kind of fruit for 2 days in any amount	1 tbl spoon of cottage cheese, 1 can of tuna no oil, small plate of steamed veggies, 2 tomatoes, 2 cucumbers, 1 toast, 1 orange
1. drink lots of water. Clean, pure water. 2. do not add stock/ gravy to any food, just salt/ pepper, onions/ garlic for taste 3. don't add any oils or fats to this diet 4. you are allowed to drink some mineral water at any time 5. drink as much tea and coffee as you like but don't add any sugar or milk to it 6. cravings? munch on cucumbers, salad, carrots, but wait 2 hrs after main meal 7. do not combine dinner with lunch and don't swap dinner for lunch or vise versa 8. if you miss a meal, adjust the next one according to time interval (min 3 hours) 9. if you made a mistake - start from scratch 10. after some time you will not feel hunger anymore 11. if you want to continue or repeat this diet follow week 1 and 4 again twice. After heavy workout: quart of water that has a quarter teaspoon of Himalayan salt and a teaspoon of baking soda in it. This will more than replenish any electrolytes you are likely to lose during moderate exercise.			Highly Recommended Vegetables Asparagus Escarole Avocado Fennel Beet greens Green and red cabbage Bok Choy Kale Broccoli Kohlrabi Brussel sprouts Lettuce: romaine, red leaf, green leaf Cauliflower Mustard greens Celery Onions Chicory Parsley Chinese cabbage Peppers: red, green, yellow and hot Chives Tomatoes Collard greens Turnips Cucumbers Spinach Dandelion greens Zucchini Endive. Fruit: Limes and Lemons can be eaten freely Use sparingly (high carbs): Beets Carrots Squash Eggplant Most fruit Avoid completely: Potatoes After the diet: Eat slow, small amounts. No alcohol, no sods, no juices, no faast food. According to www.fitsugar.com these are examples of sources of hidden calories you probably never even considered http://www.canadianliving.com	

Sprint 8 Exercises Once or Twice a Week

Your body has three types of muscle fiber: Slow twitch, fast twitch and super-fast twitch fibers. A major problem with conventional exercise is its inability to engage the fast and super-fast twitch muscle fibers. Conventional exercise merely engages your body's slow twitch muscle fibers, which is your preferred mode of muscle engagement. To produce dramatic results when it comes to exercise you simply have to engage your fast and super-fast muscle fibers. The best way to do this is through something called Sprint 8 exercises. Sprint 8-style exercise has many benefits, the biggest being it naturally increases your body's production of human growth hormone (HGH), which plays a significant role in the aging process.

I recently featured an interview with fitness expert Phil Campbell, in which he further expounds on this important topic. Phil is the author of the book *Ready Set Go*, which explains how exercises that engage your super-fast muscle fibers can increase your HGH levels. It is called Sprint 8 because if you graph your heart rate, you will see that it peaks eight times during the workout. This technique is exponentially superior to regular cardio workouts and you're doing yourself a great disservice if you ignore it. The nice thing about Sprint 8 exercises is that you can perform them with many types of exercise; with or without equipment. So, while having access to a gym or exercise equipment will provide you with a larger variety of options, you don't require either. You can just as easily perform Sprint 8 by walking or running outdoors.

Another benefit is in the time it will save you. Instead of doing an hour-long cardio workout, you'll be done in 20 minutes or so. The actual sprinting totals only 4 minutes! Keep in mind however that you should only do Sprint 8 exercises *once to twice a week, occasionally three times*. If you do it more frequently than that, you may actually do more harm than good. Phil Campbell agrees, and also warns against overdoing it. We've found that, more often than not, when people do it more than four times a week they're simply not pushing themselves hard enough. The key to performing Sprint 8 exercises properly is to raise your heart rate up to your anaerobic threshold. Keep pushing **at maximum effort** for 20 to 30 seconds, and then rest for 90 seconds

Repeat this cycle for a total of eight repetitions. Here is a video showing a demonstration of Sprint 8-style exercise: Remember, ideally you need to use a heart rate monitor and it is physiologically impossible to measure accurately with the precision you need to know if you are over your target heart rate. :

One pat of butter on your toast: 36 calories. One cubic inch of feta cheese on your salad: 45 calories. One tablespoon ketchup with your fries: 15 calories.. One tablespoon of grated Parmesan on your pasta: 22 calories. One teaspoon or one cube of sugar in your coffee: 9 calories. One tablespoon of sour cream on your baked potato: 26 calories. One tablespoon mayonnaise on your sandwich: 100 calories. Handful of M&Ms (10 pieces) off your co-worker's desk: 34 calories. One teaspoon each of oil and vinegar on your sandwich: 39 calories. Cutting all of these things out would save you about 330 calories a day. That translates to a loss of about 1 pound every 10 days, or about 36 pounds a year.