

TOTAL FITNESS  
TF

**21 Day Fat Loss Protocol**



## ULTIMATE GOALS

-Go all 21 days without ANY processed foods or any cheats - only ONE ingredient foods or "mixes" of 1 ingredient foods (AKA WHOLE foods) for the full 3-weeks (ex - chicken, whole egg, steak, broccoli, sweet potato, etc.)

-After the 21-Days is up, maintain and sustain the 80/20 rule. 80% clean eating and 20% eating whatever you want. You will also be able to bump up your carbs and overall calories

## The RULES For The 21-Day Fat Loss Protocol

#1 - No PROCESSED CRAP of any kind... AND NO sugar, white flour, gluten filled grains (gluten-free grains and oats are OK), booze or dairy (except whey in your shakes if you really need it).

ALSO, NO trans fats or vegetable oils... cut those out for good!

The only thing you should ever cook with again is raw, unrefined coconut oil (tastes great as well).

#2 - Get a LEAN protein source in AFTER your fast is done in the AM (or after you wake up depending on if you choose to fast or not)

Focus in on getting in around 25-30g of protein for this.

#3 - Figure up what your LEAN BODY MASS is either by estimation or actual body fat testing (total weight minus fat mass).

You'll use that number for the amount of protein you'll eat each day.

We do this so that you only feed your LEAN mass and NOT your fat (unusable mass).

Ex: You weigh 200 lbs @ 20% Body-fat = 160 lbs of LEAN MASS (you'll eat at LEAST 160g of protein a day)

#4 - Carbs should be limited to 150 grams on training days (YES, this is pretty damn LOW) and right around 50 or ZERO on non-training days (if you're fine with where your BF% sits, you can up your carbs to around 200g or more on training days then stay at 50 or ZERO on non-training days)

*\*\*\*After 10 Days in, IF and when you are able to stay under 150g of carbs, I'll give you a nice "re-feed" day to keep your metabolism and hormones in check. I'll note more about this below.*

#5. Fuel up with 25-30g of protein within about 45 mins of TRAINING.

*\*\*\*If you train first thing in the AM, try training fasted (which can be very effective for fat loss)*

*\*\*\*If you find yourself suffering through your sessions when you fast, start fuelling up with protein beforehand*

#6. Drink 72 oz of water a day (or more)

*\*\*\*No soda, juice, or diet drinks of any kind)*

*Only water, black coffee, or tea (in moderation on the coffee and tea)*

## **Focus on these key "POWER" foods**

### **For Protein**

-Organic lean beef if possible,, chicken, wild game, fresh non- farmed fish, turkey, lamb.

### **For Starchy Carbs** (on training days only)

- Rice, sweet potato, squash, Quinoa, gluten-free oatmeal

### **For Greens**

-pretty much ANYTHING veggie wise that isn't a starch - kale, spinach, broccoli, cauliflower, peppers, cucumbers etc.

Healthy Fats (watch your intake on these as they add up quick)

-raw nuts and seeds, Blended Oil, Coconut oil

## The Daily Breakdown (for training days)

Start of the Day...

-YOUR CHOICE - Intermittent Fast through the AM

\*\*\*Recommended if overall goal is to “SHRED” body-fat fast.

\*\*\*Simply SKIP breakfast and try to hit a solid 14-16 hour fast (from your last meal the night before to first meal of next day)

After you fast through the AM or wake up ( morning) for the day, get somewhere around 25-30 grams of a solid source of lean protein.

\*\*\*If I’m training that AM, I’ll add in either a 1/2 cup of Gluten-Free oat meal OR a small sweet potato but DO NOT add that in if you’re goal is to “burn fat” (save the starches for AFTER your training session)

**Pre-Workout** (IF training later in the day)

-Small protein shake consisting of 25-30 grams of protein

**Post-Workout**

-Lean protein source (protein powder, chicken, egg whites)

-Starchy carb source (white rice, sweet potato are best)

**Normal Daily -Whole Meals 1, 2, and 3** (at other times of the day NOT around training session)

\*\*\*You can have more than 3 meals or less, this is just an example

-Quality protein

-Healthy Fat

-Tons of greens / veggies

\*\*\*No starches, no sugar, nothing processed

On “NON-Training Days...

You’ll simply have all of the same meals above except NO STARCHES at all.

In other words, NO “Post Workout” meal. You won’t need it.

## Added Tips and Tricks

1 - Track EVERYTHING you eat for at LEAST the first 7 Days so you can see where your MACROS and CALS are at.

2 - After the first 7 days, review your results - track how you feel energy wise (both in and out of training sessions, how you look (have you lost a bit of fat?))

3 - After the 1st 7 days, if you're feeling good, stay on track with the SAME protocol, if not, you may need to cut back on your overall cals or even increase them. Keep in mind, you might be lacking energy because you're suffering from sugar / carb withdrawals - tough it out!

4 - On Day #10

If you've followed everything to a "T" up to this point - I want you to up your carb intake for the day to 200-250 carbs for the day. Have your carbs from white rice, a couple of sweet potatoes, or some brown spotted bananas for best results. Have everything **AFTER** your training session within your post workout meal.

This will serve as a nice "re-feed" that will give you a boost in energy to help push through the remaining 11 days.

After that, just get back to the protocol of "Training Day" / "NON-Training" day templates.

***Main thing is to NOT overcomplicate it.***

***Stay away from fake, processed foods.***

***Rotate your carb intake.***

***Simple, NOT "easy".***

***Just follow this as it's laid out and you'll be well on your way.***

Train Hard! Eat Smart!

Derek Delisle PTS