Energy eating is a NEW way to eat that focuses on:

- ✓ Burning fat
- NEVER counting calories
- NEVER being hungry
- Increasing your mental clarity
- Giving you WAY more energy
- Dramatically improving your health

And the basis of it is simple, it's eating:

- High fat
- Moderate protein
- Low carb (mainly veggies)

The reason this works so well is, we're cutting out all the foods that create inflammation in the body. Foods like:

- 🗸 Bread
- 🗸 Pasta
- Chips
- Crackers
- 🗸 Rice
- Wheat
- Cereal
- 🗸 Corn
- 🗸 Quinoa
- Oats

Inflammation leads to almost every disease known to man, and it's why eliminating it from your body is so important.

And these highly inflammatory foods are what's causing this massive problem with people's health.

To make this easier to read, I've broken down Energy Eating into 3 simple steps.

STEP #1: Cut Out Sugar



This is the MOST powerful thing you can do to lose weight and burn belly fat quickly.

You see, when we eat sugar, your body immediately releases a hormone called insulin.

Insulin's job is to handle all this sugar coming into your body.

However, since most of the sugar can't be utilized by your muscles or organs, it gets shuttled to your fat cells, where it's stored as fat.

So, by cutting out the sugar, you'll lower your insulin response and start BURNING more fat instead of storing around your belly, hips, butt, and thighs.

From now on, focus on cutting out sugar from your diet.

That means the obvious ones like soda, ice cream, cookies, candy, along with some not-so-obvious things like:

- 🗸 Diet Soda
- Honey
- Maple syrup
- 🗸 Fruit Juice
- Dates
- 🗸 Raisins
- 🗸 Ketchup
- Salad dressing (mix olive oil w/ a little vinegar and use that instead)
- Yogurt (eat full-fat plain Greek yogurt instead)
- 🗸 Milk

When it comes to fruit, we want to cut out the high-sugar fruits for at least the next 7 days.

You see, when you have 15 or more pounds to lose, your body probably doesn't handle sugar to well. Even the natural sugar found in fruit.

That's why we cut it out for at least 7 days.



When it comes to fruit, these are the only ones you should be eating:

- Raspberries
- Blackberries
- Strawberries
- Blueberries

Otherwise, we're cutting out the rest.

Also, here are the code names for sugar you need to look out for:

- Fructose
- Dextrose
- Agave
- Cane sugar
- Corn syrup
- Evaporate cane juice
- High fructose corn syrup
- Malt syrup
- 🗸 Raw sugar
- Brown sugar

Look, this is one of the most POWERFUL fat-burning strategy there is, so I know this may seem hard for you, but remember that you're changing your body and your health for the better, so simply take it one step at a time.

Will it be perfect?

No.

Will you slip up sometimes?

Maybe :)

But just stay focused on one day at a time, one meal at a time, and all I can ask is you do your best.

And don't worry, you're not cutting out ice cream, cookies, and pizza for the rest of your life :)

This is just for the next 7 days, and then I'll show you how you can eventually add those foods back in your diet on occasion without ruining your results.



STEP #2: Cut Out Grains





The next step is cutting out grains from your diet. Here's why:

- ✓ 99% of grains are processed to the point where they contain no nutritional value
- Your body immediately turns them into sugar
- They cause a blood sugar spike that can last for HOURS, putting you in fat-storage mode instead of fat-burning mode
- They slow down your results BIG TIME
- They can cause inflammation in your body

The last point is the most important.

You see, for the longest time, people thought that high cholesterol is what caused heart attacks, however...

What REALLY causes heart attacks is plaque.

What causes plaque build up in your body?

Inflammation.

And what causes inflammation?

Eating too many grains.

Now, I'm sure you've heard that you need these carbs for energy...

Again, not true if you become "fat-adapted"...

Which we talked about in the last Action Step email.

It's where your body runs on fat instead of carbs...

Which not only helps you burn fat FASTER, it's also what your brain prefers.

Your brain would rather run on fat than sugars and carbs.

It's why your mental clarity improves so much once you switch to a healthy, high-fat diet...

Aka Energy Eating :)

So, here's a list of the most common grains that we're going to eliminate...

If you want the FASTEST results possible, go cold turkey and cut them all out starting today.

If you don't think you can do it all at once, take small steps and start removing these foods from your diet.

Keep making progress everyday until all have been removed.

- 🗸 Pasta
- Rice (white and brown)
- 🗸 Bread
- Crackers
- Chips
- 🗸 Quinoa
- 🗸 Corn
- 🗸 Cereal
- Bagels
- Wheat
- Flour (almond flour is okay)
- Granola bars
- Pastries

I think you get the picture.

Now, don't worry...

It's not like you'll NEVER get to eat these foods EVER again.

Right now, if you have 10 or more pounds to lose, these foods are doing WAY more harm than good.

However, in the future, when you get closer to your Ideal Body...

You can start adding some of these foods back in, in moderation.

The key is making them a side dish and NOT the entire meal.

Most grains are served as the main course, and...

They immediately get turned into sugar in your body and stored as fat.

So that's why we want to avoid them now, and only eat them in moderation in the future.

When you cut out the grains and sugar, while eating more healthy fats that fill you up and never you leave you feeling hungry or unsatisfied...

You'll start losing A LOT of weight.



STEP #3: Eat a High-Fat Diet



Now, I know dietary fat has been demonized in the media and online for decades. However...

Eating more healthy fat is one of the BEST things you can do to not only burn more fat and lose weight FASTER...

But also for improving your overall health in general.

So when I say high-fat foods, I'm NOT talking about fast food, fried foods, or anything like that.

I'm talking about:

- Eggs (yolk included)
- 🗸 Bacon
- 🗸 Sausage
- Avocado
- Black olives
- 🗸 Steak
- 🗸 Fish
- 🗸 Pork
- Coconut oil
- Butter
- ✓ Cheese
- 🗸 Avocado oil
- Extra virgin olive oil
- Ground beef
- Pepperoni
- Raw nuts
- Full fat plain yogurt
- Heavy whipping cream (GREAT to mix in w/ coffee)
- Cream cheese
- Dark chocolate (85% cocoa or higher)

When you eat this way and rely LESS on carbs, you're body becomes what's known as being "fat-adapted"...

And that basically means your body uses your stored fat for energy, instead of relying on carbs and sugar.

If you're eating a ton of carbs everyday, then your body burns that up for energy. Which is fine, except then your body NEVER burns off your stored fat...

Which is what you REALLY want, right?

And simply eat until you're satisfied, NOT stuffed.

You don't have to count calories...

Or measure portions...

Unlike breads, pasta, and other processed carbs, these foods actually fill you up, so you're not snacking every few hours, and...

They help kill your cravings.

Start getting more healthy fats in your diet...

Stay off the sugar...

Stay off the grains...

And watch the weight fall off week after week :)





Now, there are a handful of other foods that aren't considered grains, that should be avoided for the next 7 days. They include:

- White potatoes
- Beans
- Pastries
- 🗸 Ice cream
- 🗸 Pie
- Cookies
- Peanuts and Peanut Butter
- Vegetable Oils (Canola, Safflower, Sunflower)
- Artificial sweeteners mainly found in:
 - Diet Soda
 - Low-fat foods
 - Light Yogurt
 - Diet drinks like Crystal Light
 - Sports Drinks: Gatorade, Powerade, Powerade Zero



Below is your meal plan for the next 7 days.

This can be REALLY simple.

Just focus on eating LOTS of veggies (I cook mine in grass fed butter, olive oil, or coconut oil to make them taste better. Along with sprinkling some sea salt or pink Himalayan salt on top)...

Some protein like steak, beef, chicken, fish, pork, sausage, Canadian bacon and lamb...

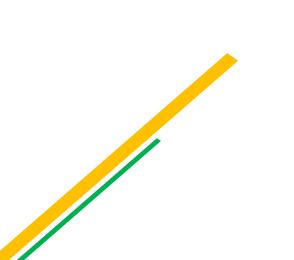
And plenty of healthy fats to fill you up, like butter, eggs, bacon, black olives, avocado, olive oil, full fat cheese, full fat yogurt, etc.)

Mix and match...

And have some fun with it!

Any questions on what to eat and what to avoid, just shoot me an email :)







For the next 7 days, use the "meal plan" provided below.

Simply choose one protein, vegetable and healthy fat option to make up your meal.

BREAKFAST

Protein Choices:	Choose One
	2-4 whole eggs (any style)
	Meat from the night before
	Greens Energy Shake (see recipe below)
Vegetable Choices:	Choose One
	1 cup cooked broccoli
	1 cup cooked cauliflower
	1 cup cooked spinach
	½ cup chopped onions
	½ cup chopped peppers
Healthy Fat Choices:	Choose 1-2
	½ avocado
	1 tbsp. coconut oil
	1 tbsp. grass fed butter
	1-3 slices of bacon
	1-2 sausage links
	Fat-Burning Coffee (recipe below)
Example:	3 whole eggs, scrambled
	1 cup cooked broccoli
	½ avocado

Note: Cooking your eggs and/or veggies in grass-fed butter or coconut oil is pretty amazing :)

I highly recommend it to get some more healthy fats in, which fill you up and stop you from snacking all day long.

Plus, it helps you burn more fat.

If you still feel a little hungry after eating, wait at least 20 minutes.

Then listen to your body.

If you're still hungry, eat a little more.

However, usually you'll find that the healthy fats in the eggs, bacon, butter, fat-burning coffee, etc. fill you up pretty well.

Simply eat until you're satisfied and NOT stuffed.

GREENS ENERGY SHAKE RECIPE

- 2 handfuls baby spinach or kale
- 🖌 ½ avocado
- 1 scoop protein powder (optional)
- 1 tbsp. heavy whipping cream
- 🖌 1 tsp. cinnamon
- 🖌 2 tbsp. chia seeds
- 1 ½ cups water
- Ice (optional)



Protein Choices:	Choose One
	Chicken Breast
	Chicken Thighs
	Turkey
	Salmon
	Tuna
	2-4 whole eggs, any style
	Ground Beef
	Ground Turkey
	Steak (fattier cut the better)
	Pork
	Fish
	Lamb
Vegetable Choices:	Choose One and eat as much as you'd like
	Broccoli
	Romaine lettuce or spinach for a salad
	Asparagus
	Cauliflower
	Cauliflower rice
	Green beans
	Brussel Sprouts
	Kale
	Peppers
	Cucumbers
	Zucchini or Zoodles (Zucchini Noodles)



Healthy Fat Choices:Choose 1-2 Options Here1 tbsp. coconut oil1 tbsp. MCT oil½ avocado or avocado oil1 tbsp. grass fed butterBlack olivesFull-fat cheese1 ounce raw nuts (almond, walnuts, macademia)1 cup cottage cheese (high fat version)

If you turn your meal into a salad (*highly recommended*), feel free to add tomatoes, mushrooms, black olives, cucumbers and peppers.

Salad Dressing Options:

- 1. Apple Cider Vinegar + 2 tsp Extra Virgin Olive Oil
- 2. 1 tbsp. avocado oil
- 3. Juice from 1-2 lemon wedges (tastes GREAT)

Lunch Example:

heeseburger (no bun, no sauces) w/ avocado

Cauliflower cooked in coconut oil + sea salt

Dinner Example:

Steak

Asparagus cooked in grass fed butter w/ salt

 $\frac{1}{2}$ avocado



One thing you'll likely find as you start eating a high-fat diet, is that you won't be hungry so often during the day.

In fact, you may not even want to snack at all. The main goal here is to eat enough during breakfast, lunch, and dinner so you don't need to rely on snacks during the day.

However, if you are hungry between meals, here are your best options:

- Hard boiled eggs
- ✓ 1-2 slices of cheese (full-fat)
- Small handful of raw nuts
 - Macadamia
 - Almonds
 - Walnuts
 - Brazil nuts
- Veggies (I love dipping mine in guacamole or cooking them in butter w/ sea salt on top)
- Olives
- Pumpkin seeds
- Pepperoni slices
- 🗸 Salami
- Pickles
- Avocado w/ sea salt
- Coconut oil
- Smoked turkey or ham slices
- 1 cup high-fat plain Greek yogurt w/ cinnamon and cream cheese
- 1-2 pork sausage or chicken sausage links



In order to get the best results possible, stick with these for the next 7 days:

- ✓ Water (you can add in lemon if you'd like)
- ✓ Sparkling Water
- 🗸 La Croix
- ✓ Coffee (no sugar, milk, creamer or half and half)
- ✓ Black or Green Tea (unsweetened)

If you're a coffee drinker, here's something you can do that might fill you up enough to skip breakfast altogether.



FAT-BURNING COFFEE

- ✓ Coffee
- ✓ Choose ONE from the list below
 - 1 tbsp. heavy whipping cream (not creamer or half and half)
 - 1 tbsp. butter
 - 1 tbsp. coconut oil

Again, just choose ONE from the list above.

My 39 year old wife starting drinking a cup of coffee w/ 1 tbsp. heavy whipping cream in the morning and quickly found out she wasn't hungry for breakfast anymore.

A few months later, she was down 25 pounds after having 2 kids.





If you have a sweet tooth, one of my favorite desserts is 1-2 squares of dark chocolate (85% cocoa or higher), with some full-fat cream cheese or raw almond butter on top.

Another great option is ½ cup high-fat plain Greek yogurt w/ cinnamon and 1 tbsp. of almond or sunflower butter (no sugar added).

You CAN Do This!

I believe in YOU....

Now let's make it happen!

Derek Wahler, CTT

