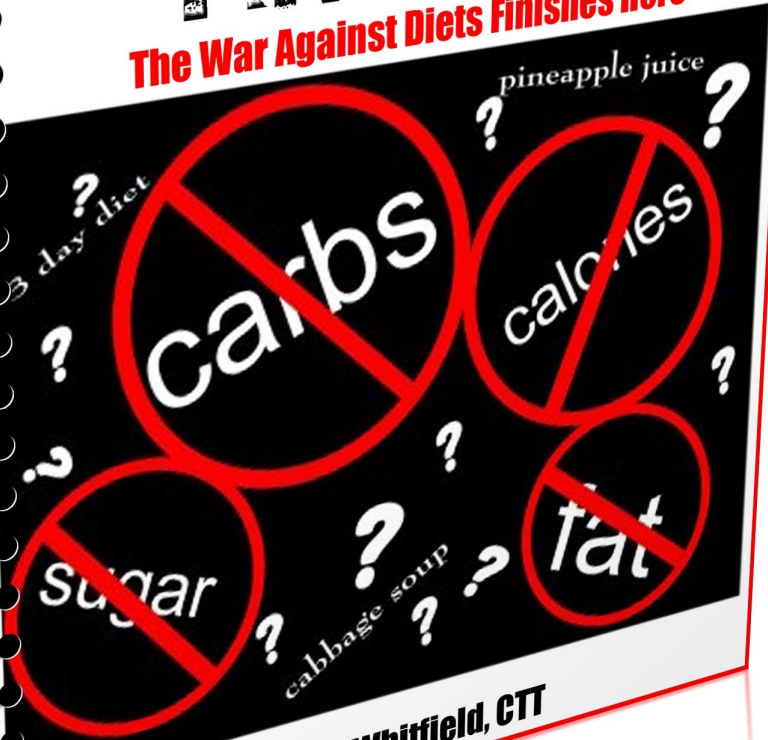


www.WorkoutFinishers.com

DIET FINISHERS

The War Against Diets Finishes Here



Mike Whitfield, CTT

MIKE WHITFIELD CTT

A message from Mike Whitfield, CTT

Diets can be annoying – trust me I know. I’m a guy that’s lost 105 lbs. Say what? Yeah, say what. Here is a photo:



Mike Before



Mike After

To this day, I don't follow a "diet". I just stick with what I know will keep that 105 lbs off. Sure, I do some intermittent fasting. Sometimes, I'll do low carb. Sometimes, I do the cheat day method.

Don't tell me I can't have my pancakes. I'll slap you.

As long as that 105 lbs stay off, I'm happy. And you'll be happy, too. This is the anti-diet manual. Why do you need to stick to a diet that won't work for you day in and day out?

When I travel, I use intermittent fasting. If I'm in the mood for eggs and we don't have bread in the house – I seize the opportunity to go low-carb for the next couple of days.

Finish off your so-called "diet" for good. These are your diet finishers.

**Welcome to the Finisher Empire,
Mike Whitfield (Mikey), CTT**

www.TrainwithFinishers.com - My blog dedicated to finishers

www.WorkoutFinishers.com - Grab 40 more amazing workout finishers to go with any program

www.AbFinishers.com - 33 of the most cutting-edge finishers combined with amazing ab-sculpting exercises to get six-pack abs

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC (formerly known/also known as Reflections Fitness) advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

First of all, diets can be so politically correct and it's annoying. This whole, "it's ok.. it's not your fault" stuff has to end NOW. Below is an article I wrote in 2011, and it was a "tough love" post that got over 100 facebook "likes" in less than a couple of hours. So, I thought I would share it in this manual before we got to the nitty gritty. Enjoy...

Why You're Not Losing Fat

Mike Whitfield, CTT

I'm about to go off, so if you're easily offended or you want me to be politically correct, then don't read this. Or you can read it, cry and then grab some tissue, but just don't ask me for any.

I'm not going to give it to you. This is my "fat loss tough love".

Rant!



I've heard all the excuses before. I can't eliminate them because that's up to you. Everyone has their own way of dealing with excuses. I know clients that can have Girl Scout cookies in their home and only have 4 cookies a week. If I had Girl Scout cookies in the house, I would eat 4 per minute. That's just me. I have to keep them out of the house.

So if you can't keep something in the house, then freakin' fix that and take it out of the house. UGH!... Big, deep breath... and it continues...

"I'm too old to work out"

Shut up, just **SHUT UP**. I have a woman in her 70's in my Boot Camp that can run circles around many 20-year olds. Heck, I have a client in her 60's that knocks out Burpees like there is no tomorrow and she always asks for more challenges. She can lunge her way from GA to CA and would call that a warm-up. If you think you're too old, then start. You're not too old, you're just lazy. **NEXT**.

"I'm not in shape to work out"

Well, congratulations, you just called yourself an idiot. That's why you're not in shape. You're not working out. And you're not working out because you're not in shape. And you're not in shape because.... get the picture?? When I started, my lazy fat butt was exhausted after 1 lap around my high school track.... WALKING. That's my fault. I was lazy and played playstation. We all have to start somewhere. You just have to start. Who says you have to be an Olympian athlete to start hitting the gym? If you're a human, you can start exercising. **NEXT**.

“I never see a difference when I work out”

That’s because you’re coming into the gym and doing nothing but “vanity” exercises. If you knock out some crunches and bicep curls, your body isn’t going to change. And don’t even get me started with cardio slow enough to watch “Wheel of Fortune” with a smile. Don’t be ridiculous. Have you seen the “Curls, Crunches and Cardio Fat Loss Program”? I didn’t think so. And if you did, it’s a scam. I’m not against curls... they are actually fun. But prioritize people. Which brings me to my next point...NEXT.

“Exercise is hard work and I get tired”

Hmmm, that’s weird. Because like... every time I go outside and look up... WOW, there it is... a blue sky. No kidding Sherlock. Exercise for fat loss is hard work. That’s partly why America is overweight. We’re lazy. I know that lunges, push-ups, chin-ups, rows, squats, deadlifts, presses, etc., etc. SUCK. I won’t sugar-coat that. But c’mon! DUH!! You just have to get off your lazy butt and do them. Oh no! And you may sweat... the horror!! Idiot. NEXT.



“I eat like a bird, but I can’t seem to lose weight”

Oh really?? You eat like a bird, huh? You eat a couple of worms every day? Hmmm, weird. How about, “no you don’t”. Birds don’t “check in” on Facebook to “Wally’s All-You-Can-Eat Southern Comfort Food” restaurant. Birds don’t eat cake every other day because someone in their office got promoted or found a way out. Birds don’t drink 8 beers back-to-back and if they did, I want to see those bad boys fly after that. It’s a pain in the butt, but you gotta log your calories for 3-4 days and see how many calories you’re really bringing in. Go to www.fitday.com – it’s free. You may think you’re bringing in 1400 calories, but you might be consuming 2600 calories. Yes, it can be that drastic. Logging your food can be an eye-opener. NEXT.

“I’m Tired”

You're lazy. **Next.**

“I don't have time”

You watch 2 episodes of “Friends” and 2 Reality TV shows. That's 2 hours. Invest in a DVR and record them. Your TV time is now approx. 72 minutes. That leaves approx. 48 minutes. If you do it right, you can knock out a solid workout AND intervals in that time. Don't go in and do “cardio” and some tricep pushdowns. Be smart. Don't know where to start? Need a little more challenging workout? Do the one below:

1A) DB Bulgarian Squat or Reverse Lunge (8 ea leg), followed by 1B with no rest

1B) DB Incline Chest Press (8)

Rest 1 minute and repeat 2 more times

2A) DB Row (8 ea arm), followed by 2B with no rest

2B) Standing DB Military Press (10)

Rest 1 minute and repeat 2 more times

3A) Stability Ball Leg Curl (12-15) followed by 3B with no rest

3B) Stability Ball Plank (Arms on a Stability Ball) (45 secs)

Rest 1 minute and repeat 2 more times

Do some intervals or finishers – don't whine, just do them.

Next.

“I eat healthy”

You're eating too much crap and you know it. To eliminate junk, you gotta change your environment. That means you may have to skip hanging out with your corporate friends after work Friday night. No big deal there. All y'all do is whine and complain how much your job sucks anyway. You don't need that negativity. That alone will probably have an impact on your waistline. Yeah, so you gotta eat more fruits and vegetables. Is that fun? Heck no.

Everybody is doing what's "fun" and that's why America is overweight and lazy. It's "cool" and "hip" to brag about the 20 vodka shots you took on facebook as your status. So you saved yourself from being an idiot and opted for some fruit and water. Congratulations.

"Healthy eating is too bland"

Oh, I'm sorry. I didn't realize food was supposed to entertain your _____. I remember the first



time I ate a salad, I was hoping one of the pieces of lettuce would hop up and pretend he's Batman and start a kung fu match with my fork. That would have been awesome. Healthy doesn't have to be boring you big baby. That's what spices and herbs are for. Zucchini is stupid. Zucchini cut up into "french fry" shape sprinkled with Cumin and pepper and then baked for 20 minutes at 375 degrees is pretty much awesome. There... fixed. **NEXT.**

"Healthy eating is too expensive"

You're right. Donuts and pastries are cheap compared to fruit. But be sure to open a savings account so that you can pay the \$1500 hospital bill. I think your local credit union may have a "Hey, Check it Out!, I'm an Idiot" savings plan. Ask your representative. Oh wait, I have an idea. Buy some freakin' fruit for your sweet tooth and avoid that hassle all together.

"I eat junk food because I have to keep it in the house for the kids"

www.what-a-load-of-crap.com comes to mind (I have no idea if that exists, so I wouldn't try it). Can I see the rule book where it says you have to keep Cheetos and Lucky Charms in the pantry or you'll be reported for child abuse? I can't seem to find it. Oh yeah, that's right. It's next to page "Whatever". Your kids will be fine without Lucky Charms or Cheetos in their lives. I promise. It's ok to give them fruit or vegetables. They will get over it. If you still want to keep it around for a treat, that's cool. Hide it with a combination lock and tell your spouse, friend, etc., etc. the code. If you really want it bad enough, you'll have to do the work to get the code... just sayin'.

I think I covered it all, but I'm sure you can think of new excuses. And to that, I say find ways to kick those excuses to the curb and quit this whole, "Woe is me" crap. Knock it off with excuses and get it done. And quit making it so complicated:

Exercise. Stick to a nutrition plan. It's just not that hard people.

Boom went the rant dynamite,

Mikey, CTT

Diet Finishers

Mike Whitfield, CTT

When I first became a trainer years ago, I remember actually trying to create meal plans and menus for clients.

The truth? I hated doing that. Soon, I discovered that after all the hard work and time of putting one together, they would stick to it for a week at most. Honestly, I was frustrated because I would invest so much effort and time just to hear, “Thanks, but no thanks”. At first, I was frustrated with my clients, but then I realized it wasn’t their fault. It was my fault for trying to create something that many times, went against the grain of their lifestyle.

I get asked all the time, “What was your diet?” that allowed me to lose 105 lbs and keep it off. The truth is – I honestly don’t know. My mentality when I first started was to simply make better choices. I didn’t overanalyze it.

So was it low-carb? Well, sure, if my choice came down to these at a breakfast bar:

Eggs
Pop-tarts
Pancakes with syrup
French Toast
Honey Comb cereal

Common sense says the best choice here are eggs. So, technically, I was on a sugar-free, gluten-free, low-carb diet... all at the same time. But if the eggs were not there and there was oatmeal, then perhaps I would have chosen oatmeal. But that also means I was no longer on a low-carb diet. So, here’s the deal – you need to be flexible.

Unfortunately, most people in the situation above would have thrown in the towel because what they chose as a specific diet to stick to wasn’t attainable in a certain environment. That’s why I’m going to tell you something unconventional – your “diet” can actually change each day and you know what? That’s OK.

I don’t want you doing this each day - “How will I go low-carb today when I’m planning on meeting my friend for lunch at a sandwich shop?... I’m scared. I need a big bowl of Lucky Charms because perhaps they ARE magically delicious”..... nom, nom, nom.

Each day brings new challenges and obstacles. You shouldn’t go to war against food with just one weapon. You need to be flexible and use all the available tools so you can finally win (and never get bored).

That's why I'm writing this. I don't follow a specific diet. That's right. I'm a fitness trainer and writer, without following a specific diet. I'm totally cool to admit that. I use a variety of low-carb, intermittent fasting (even different methods – more on that later), the “carbs in the morning and taper throughout the day” method, and days of nothing but whole, natural foods.

It's almost like I mix and match. Does it work? It sure does. I would tell my coaching clients and bootcampers to literally let me know if they think a particular diet style wouldn't fit them well or if they start to get bored. I had one client use 3 different methods over the course of just 12 weeks to win the TT Transformation Contest and \$1,000. Sometimes, she wanted to party on the lake, sometimes she was traveling and sometimes, she just wanted something different.

The bottom line is that she made a change and a transformation using a variety of methods that fit her unique needs and lifestyle. She finished – and that's all that matters and that's why she won.

Hence the name – “Diet Finishers”. Here's the thing – you know my obsession with creating fun and unique finishers to go with your favorite workouts. But as you know, to make a permanent change, it comes down to the diet. So, you have your favorite workout, you tag on your favorite metabolic workout finisher, but the one thing (and trust me, the one thing has a huge impact) that is missing is your nutrition.

I'm going to help you finish off your diet for good. What I mean is this – you're finished with being obsessed with food. You're finished with having to stick to one plan with no flexibility, setting yourself up for failure. You're finished thinking you have to stick to one diet for the rest of your life.

Your “diet” FINISHES here. And to stay with the theme of my finishers, I'll also show you some easy snacks and meals that I have shared with my clients over the years and ones I personally use to keep off that ugly 105 lbs I once had. These easy snacks/meals can be used with your favorite diet program 😊

Ohhhhh snap! I am ridiculously creative. Ha-ha, get it? The finishers go with the workouts, and then the diet finishers go with your favorite diet. Ha-ha, now do you get it? I know, I know... that is awesome.

Alright, here are the methods that I've used with my clients as well as myself. At the end of the day, it comes down to this:

- 1) You must have a calorie deficit in order to lose fat.
- 2) What most people don't understand is that you can have a weekly calorie deficit and not necessarily a daily deficit to lose fat.
- 3) Eating whole, natural foods is the best route, but not always the best option, I know. But just understand that eating whole, natural foods will put you on the fast track (just don't obsess about it).

Also, don't look for any sciency mumbo jumbo in this manual. If I try something with a client and it works, that's it. I don't ask him/her to get her blood checked to see what kind of xyz molecules burned off fat molecules something something boring stuff, blah, blah. I tell him or her, "awesome – let's stick with that". That's it... nothing more. So, if you're looking for research studies, you came to the wrong place.

But if you want ideas and strategies that work well, then welcome aboard. Welcome to the non-diet "diet". We'll start off with the exact blue print strategies I use and how to incorporate them.

**Bottom line – finish strong,
Mike Whitfield, CTT (AKA "Mikey")
Author, Workout Finishers**

www.workoutfinishers.com

Diet Finisher # 1 **Intermittent Fasting – The 24-hour method**

I'm starting off with a bang. This is the one I'm most consistent with because it's easy. First of all, don't look at the word "fasting", and instead, look at it as "taking a break from eating". I learned this terminology from Brad Pilon, who wrote "Eat Stop Eat" (resource is at the end of this manual if you're interested).

This style of eating (or not eating) involves a break from food for a period of 24 hours. The normal thing to do is to practice this once to twice a week. You simply don't consume any calories (or keep them as close to 0 as possible) for a period of 24 hours.

This is what I do – on my fasting days, I do have a cup of coffee with a splash of cream (about 30 calories) when I wake up and the rest of the day it's water. Occasionally, I'll have a diet soda (I know!... the horror!). I have tried a variety of times, but it seems to be the winner of starting the day before at around 4pm and going through the next day until 4pm.

That's right – even though you're "fasting", you still get to eat every single day.

My favorite day to use this method is on Mondays. Monday is typically really busy for me since I try to not read my emails over the weekend and focus that time with my family. And since I'm so busy catching up, it doesn't even occur to me that I'm not eating. It's actually very flexible, too. If a friend wants to go out to lunch, no sweat... you can simply do your fast day sometime later in the week. Don't worry about.

Remember, it's just like any other diet. You will probably struggle the first time you do it. You'll end up saying stuff in your head like, "Geez, I'm already hungry. Dude, you've been on your fast for 30 minutes. Oh yeah, cool. I can do this" - stuff like that.

Seriously, once I nailed it down, I sometimes find myself with more energy on my fasting days than my other days. Why? Who cares – it's how it works. Brad Pilon describes the why in more detail in his book.

How to implement it

This is what I do with my clients – for the first time, go with 20 hours rather than 24. Also, start off with fasting just one day a week rather than two. It's much like starting a workout program. You ease into it and simply get started. Below is just an example; don't be afraid to modify it to your particular needs (in other words, feel free to be a little more aggressive or a little more conservative – this is YOUR diet).

Week 1 – Do (1) 20-hour fast per week

Week 2 – Repeat week 1

Week 3 - Do (1) 24-hour fast per week

Week 4 – Repeat week 2

Week 5 – If you want to lose more fat, you can start incorporating another fasting day, so you can put in one more 24-hour fasting day per week.

Bonus tip – I’ve used this myself and I’ve been able to lose fat with this style – I would fast for 20 hours 2 days per week, while still allowing myself to eat my favorite foods 2-3 times each and every week. Cooooool.

Diet Finisher # 2

The Daily 16 Hour Fast

This is quite a popular method and it's an easy solution to cut calories, especially if you eat pretty well in the first place. The simple way to put it – you skip breakfast. This is when you have a window of 8 hours of feeding, followed by 16 hours of fasting. So, it would look like this:

You finish dinner at 7:30pm. That means you can start your next feeding window at 11:30am the next morning.

I occasionally use this method on the weekends, especially if I know I'll be having a treat later that day. This helps with the caloric deficit, without having to count calorie after calorie.

How to Implement It

This one is so simple, you can easily start it tomorrow. Skip breakfast – that's about it really. Here's one trick to see if it's right for you on an ongoing basis – if you find yourself eating a ridiculous amount of food at lunchtime, than this one may not fit your lifestyle.

This is also what I call a good “diet audible” because it works really well if you know you'll be at dinner that night and have a couple of slices of bread with butter because you can't say no. It won't kill you – and you can minimize the damage by skipping breakfast that day.

I told you that the stuff you hear in this manual will go against the grain. I'm just telling you what has worked for me and my clients. So, if you feel the 16/8 method is a great one for your “diet audible” days, go for it. For more info on how and why this method works, you can check out John Romaniello and Dan Go's “Fat Loss Forever”. The link is in the resources section of this manual.

Diet Finisher # 3

Low Carb

I've never been a big fan of this style of diet. I tried it in the past when I was close to 300 lbs and I found myself miserable after about a week. But recently, I've used this method on my workout off days (the days I don't work out, but I do something to stay active like take a brisk walk for 30-40 minutes). When I use it like that, I actually enjoy it.

I mean, who doesn't like bacon?

As you know, I use metabolic resistance training, which requires a lot of effort and energy. Low carb diets wouldn't allow that for me. But some people thrive on this kind of diet. As a matter of fact, I had a client in 2011 that incorporated it as a test because he liked the simplicity. If it has carbs, avoid it. Thankfully, I was open-minded and told him we would try it. In less than 6 months, he dropped 70 lbs. Nice.

Here's how to make it simple. This is exactly what I did for him (and of course, you can adjust – just like all the other methods)

Workout Days – you can consume up to 120 grams of carbs throughout the day

Non-Workout Days – you can consume 60 grams of carbs throughout the day

Considering the programs I write – trust me when I say this is low carb. But it certainly worked, and he loved the simple approach. He didn't have to count anything but grams of carbs.

But you might be different – some people incorporate their low carb days with only allowing up to 25g per day of carbs. But like I said, with my programs, I like to keep the low around 50-60g per day.

How to Implement It

First, be honest with yourself – if you love fruit, which is perfectly healthy, than the low-carb approach is NOT for you. Don't set yourself up for failure. But if you think it worth a shot, try something like I did for my client above and adjust it to your fitness level. In other words, if you're an athlete training hard, your carb count would be higher of course.

Another way to do it – keep your carbs as low as possible on your off days. On your workout days, increase your carbs and work them in around your workouts (before and after).

Why it works? – too much sciency stuff to put here.

Diet Finisher # 4

The 6 Pillars of Nutrition by Mike Roussell

This was one of the first approaches I used with my clients and with great success. These 6 “pillars” are easy to follow and implement, and the results have been amazing. They are designed by Mike Roussell, the author of “The 6 Pillars of Nutrition”. Here they are:

- 1) Eat 5-6 small meals/snacks throughout the day
- 2) Limit your consumption of sugars and processed foods
- 3) Eat fruits and vegetables throughout the day
- 4) Drink more water and cut out calorie-counting beverages (beer, soda, etc.)
- 5) Focus on consuming lean proteins throughout the day
- 6) Save starch-containing foods until after a workout or with breakfast

Why this worked so well for my clients? I’m not the kind of guy that wants to research it just so I can pour out some sciency stuff. Again, if it works, it works. That’s enough for me. One of my clients actually lost 34 lbs using this method.

How to Implement It

If you’re eating a lot of junk right now, I wouldn’t jump head first into this at all. Here’s the thing... food is like a drug. You have to wean off your bad habits. So, out of all 6 of these pillars that Mike Roussell talks about, pick one to use for a week. Stick to it for 7 days. After you succeed at doing that, move onto the next easiest habit you can fix.

For example:

Week 1 – Drink plenty of water and get rid of the soda you have each day at 2 PM.

Week 2 – Save starch-containing foods until after a workout or with breakfast

Etc., etc.

After 6 weeks, you’ll nail the 6 pillars. Boom. This reminds me of my next diet finisher...

Diet Finisher # 5

The One-Habit-At-a-Time Approach

This is actually one of my most successful approaches with clients, particularly with people that many bad habits. So, let's explain it.

Let's say you have these habits when it comes to your nutrition:

- 1) You eat cereal for breakfast, lunch and sometimes as a snack in the same day... I mean, why not, they ARE magically delicious
- 2) You drink 3 sodas per day
- 3) You have a bowl of ice cream every night
- 4) You love peanuts, and you can't stop eating them, eating 5-7 handfuls in one sitting

You could have more, and that's OK. Everybody is different. Trust me, I think I had around 20 habits that helped me balloon to 300 lbs. Anyway, this is what you do: You tackle one habit at a time and you don't move on to the next habit until you achieve success with your old one.

How to Implement It

Week 1 – You eat cereal for breakfast and a snack later in the day – that's it for cereal

Week 2 – You eat cereal for breakfast only

Week 3 – You eat cereal, but it's a healthier one (not a sugar-coated one... I'll give you a hint. Sugar Smacks probably has sugars).

Week 4 – You replace cereal with oatmeal because it helps you feel fuller longer. Now, you celebrate and buy yourself a shirt or a pair of pants due to the success.

Week 5 – The next habit...

Sure, this is a conservative approach, but if you knew it would impact the rest of your life, wouldn't it be worth it?

Yeah, I know. That WAS good.

Diet Finisher # 6 **Counting Calories Method**

I actually despise this method, but for some reason, it worked really well for several clients, including one of the TT Transformation winners. It's simple, but very tedious. You count your calories and then make a calorie deficit. Yeah, it's almost as cool as rocket science.

Here's the politically incorrect news – all the so-called diet calculators out there are a load of crap. One website calculator told me I should eat 3,000 calories/day for maintenance mode. Seriously? I would look like the old Mikey in just a few weeks if that were the case.

I don't count my calories, but I'm sure I don't consume 3,000/day, even on my workout days, unless I cheat a little bit. Oops, that sentence had a lot of commas, but I'm not going to fix it, because I'm like that, and it's fun.

Enough. Seriously, this is the method I've used with clients both online and offline and you can use it, too. But don't be afraid to adjust. If you find yourself forcing your food down, you don't have to. If you find yourself struggling through your workouts, than it might time to increase the calories (but more importantly, increase your quality of calories). I know 100 calories of apples is going to fill me up much better than 100 calories of crackers. Anyway, the method:

If you're very active – Bodyweight in lbs x 12 = daily calories

If you're moderately active – Bodyweight in lbs x 11 = daily calories

If you're sedentary – Bodyweight in lbs x 10 = daily calories

So, if you're moderately active and weigh 185 lbs, you would then aim to consume 2,035 calories per day.

$$185 \times 11 = 2,035$$

You can log your calories and nutrition on free sites like

www.fitday.com

www.dailyburn.com

How to Implement It

Using the method above, try it for at least 2 weeks and see what happens. Also, log the way you feel as well and adjust it as necessary.

Diet Finisher # 7

The Accountability Method

One of my favorite methods is the accountability method. This is where you claim to the world what you're eating – every bite.

You can start a free blog at www.wordpress.com or www.blogger.com and simply blog about what you eat. Of course, it is no secret that you will need to tell your circle of influence (friends, family, co-workers, etc., etc.).

Another cool trick – take photos of everything you eat and post it on your blog (and don't forget to use Facebook as well).

This is what I call a last resort. This is when you have a beach trip coming up or some other event in which you want to look your best. I once did this about 5 weeks before I went on a beach trip with my wife. I didn't blog, but I logged what I ate and I had to email it to my friend Tanya, who was a trainer at my gym before she moved to Florida. She kept me in check, too. There was one cook-off that I really blew it (and I mean BLEW my diet... hamburgers and cookies in high numbers) and she let me know about it on facebook on my wall. That's right – it was all over my wall for all of my friends and family to see. It put me in my place and I got right back on track.

Needless to say, it helped me drop fat before I left. I was actually proud of how I looked, especially considering I was almost 300 lbs at one point. Accountability is gutsy, but it works.

How to Implement It

Start a blog (duh). Seriously, if you don't want to start a blog (baby steps, I know), then simply choose what I call an Accountability Partner. Simply write down what you eat and hand it to him or her each week.

Trust me when I say this works really well. If you find the right person, they will hold your feet to the fire and hold you accountable, helping you speed up your results.

Diet Finisher # 8

The “Create Your Own Rules” Method

That’s right, YOU create the rules. Sit down for a few minutes and figure out what you struggle with. For example, let’s say you go to town on peanuts when you get in from work. You plan on eating one half cup, but you end up eating 2-3 full cups (yowza).

Next, create at least one rule that will keep you from making that same mistake again. For example, you would create a rule that you can only stop at a convenience store for a small serving of peanuts if that is what you’re craving, and you can’t keep them in the house.

If I were you, I would do it like this:

Habit – Eating too many peanuts once I get in from work

New Rule – no peanuts in the house

For me, an example is that I don’t allow myself to have any caffeine after 1pm, since I typically go to bed around 8 and aim to be asleep by 9PM. If I have any caffeine after 1PM, I sometimes struggle falling asleep. So, that’s my rule – no caffeine after 1.

How to Implement It

Write out the habits you would like to break. After you do that, then write 2 solutions for each bad habit that will help you overcome that habit. The solution sheet will be your new rules. I learned this amazing strategy for my business from Craig Ballantyne and it certainly works for your diet, too.

Here’s the thing though – just like the approach in Diet Finisher #5 (the one habit at a time method), you need to ease into it. So, if you have 8 new rules, try following 1-2 rules per week, implementing a new rule week after week. The next thing you know, you’ll be following your own rules... and the fat will fall off, too.

Diet Finisher # 9

The Reward/Punishment Method

This is perfect for the hardcore enthusiast. It's simple – create goals (on paper) that you need to reach each and every week. If you hit the goal, you reward yourself. If not, out comes the punishment. This method is mentally challenging, but it's also invigorating.

For example, let's say I have a goal of completing 4 workouts in a week.

My reward for completing 4 workouts – I allow myself a trip to Menchie's – a yogurt place I really dig near where I live.

My punishment for not completing 4 workouts – I must perform 100 burpees, film it, and put it on Youtube.

So, a good example of how to do this with your nutrition would be to set a couple of goals that you know will help you get leaner. Tell yourself that you will replace your daily soda for water all week, with the exception of 2. If you drink more than 2 sodas, it's punishment time. If not, get yourself that new shirt you've been staring at Target.. no, not the 3 Stooges shirt, the nice-looking polo.

How to Implement It

Write down all your goals that you know will help you reach your ultimate goal – which is losing fat. Now write a reward and punishment for each and every goal. Start this method with 1-3 goals (depending on difficulty – only you know you) and set up your reward/punishment with an accountability partner or a friend.

Choose the easiest of the goals to achieve and work your way through to the hardest ones.

Each week, it's either punishment or reward time.

Diet Finisher # 10 **Calorie Cycling**

This popular method is heavily influenced from bodybuilders, but it can work just as well for the every day Joe like you and me. The only thing is that it can be a bit tedious considering you have to count your calories each day. But typically, a calorie cycling diet looks like this:

3 low calorie days
1 high calorie day

A good rule of thumb is to keep the starchy carbs (bread, rice, pasta, etc., etc.) to a minimum on the low calorie days and then bring them out a little bit on the high calorie days. Everyone is certainly different, but a formula I have seen that works is this:

Low Calorie Days = your weight in lbs X 10

High Calorie Days = your weight in lbs X 13

So, if you weigh 160, your calories would be:

Low Calorie Days = $160 \times 10 = 1,600$ calories/day

High Calorie Days = $160 \times 13 = 2,080$ calories/day

How to Implement It

Use www.fitday.com or www.dailyburn.com to log your calories (or use an app on your phone). Work on improving the QUALITY of your diet first, and that usually cuts calories alone. Then, use the formula above. If you don't see a difference after 2 weeks, make some adjustments as needed.

Diet Finisher # 11 Cheat Day Method

Ohhh the memories. This was the first method I used when I first started my journey of losing the 105 lbs of flub. Ha-ha,... flub. Funny word.

Anyway, this is pretty simple. 6 days a week, you stick to your diet of fruits and vegetables, lean proteins, and other healthy terms. Then one day a week (usually a weekend day), you get to eat whatever you want. I remember to this day, that I started on a Wednesday and I made Saturday my cheat day. I still remember waking up and having pancakes for breakfast, Burger King for lunch and I can't remember what I had for dinner, but I'm guessing it wasn't a rice cake and tuna.

Here's how it worked for me – it gave me a mental break from my diet and it allowed me to enjoy myself once a week. Of course, there are the benefits of leptin levels and such from Joel Marion. He explains it in his program, “Cheat Your Way Thin”, which is in the resource section. He mixes the cheat day with some calorie and carb cycling, maximizing your benefits of the cheat day.

Here is something interesting – as I progressed through my weight loss, my cheat day became less and less “cheaty” because my cravings started to change, which is pretty cool. For instance, I used to hate the word “salad”, let alone eat them. Now, I eat one just about every day and I love them. So it is true, you can change.

How to Implement It

First thing – your calories will need to be low enough during the week so that your cheat day doesn't ruin your efforts. This can be hard to gauge, but what I did was go low-carb 6 days a week followed by a cheat day once a week. By going low carb, my calories were instantly reduced drastically since I would eat a box of cereal for a snack before I started.

So, you can do that or simply log your food intake in a journal followed a cheat day. If you lose some fat after 2 weeks – you got your 6 days a week figured out (and no, I wouldn't log your cheat day meals – you will feel defeated).

Diet Finisher # 12

The Old Fashioned Journal

This method works really well, but note that it takes a lot of effort and discipline. This is when you log each and every bite you eat, and next to that, how you feel. For example:

1 apple

½ cup of cashews

This made me feel satisfied for about 3 hours. This is a great snack. I also had an amazing workout 90 minutes after I ate it. I think I found my pre-workout meal.

If you do this for several weeks, you will find out how food affects your mood, your cravings and best of all, what helps you shed fat. The reason I wrote the cashews and apple is because I used this method 2 years ago for about 3 weeks and I figured that snack, for some reason, DID really keep me full for about 3 hours. Not bad, considering it was less than 300 calories.

Using this method will help you create solutions to your obstacles as well. As a matter of fact, because of this method, I found out that drinking a protein shake blended with peanut butter about an hour before heading out to eat allows it to be easy to choose more wisely from the menu for dinner when I go out. Don't ask... I can't explain that. It baffles me, too. Freak.

How to Implement It

Ummm, buy a journal? That's a good place to start. Geez, c'mon. Ha, seriously, don't get anything fancy. Just use a \$1.00 notebook and write what you eat, how it made you feel (perhaps a scale of 1-10 on the hunger scale) and how it affected your workout if applicable. If you really do this and stick with it, you'll discover the exact diet and blue print that is designed just for you.

Diet Finisher # 13

The Extreme Methods

I can't seem to find any extreme fat loss programs on the Internet. Ohhhh, look it's lightni...

Alright, I know many of us trainers talk about "it's the journey, yada yada yada". But the truth is that sometimes, we have things come up and we need to make some adjustments fast. You want to look good for your ex. You have a reunion coming up. You're going to the beach in 26 days.

Things happen. The bad news – there are some extreme programs that over-promise and under-deliver. Some make you grumpy and tired. However, there are programs that are aggressive, but actually work, like the Xtreme Fat Loss Diet. My friend Roman wrote the workouts to go with Joel Marion's diet.

It works really well, and yes, I've used them both with my clients and myself. But trust me, it was hard work and it took some discipline.

How to Implement the Extreme Method

This is the one plan you shouldn't stray from. They are designed to last a short while for a reason (under a month). So, if you can't commit to it, I strongly encourage you to skip it, so you don't set yourself up for failure.

Map out each and every strategy to do EXACTLY what these plans say. That means you will have to skip birthdays, office parties, etc., etc. Still with me? Alright, cool. The next thing you need to do is plan your meals well ahead of time. Honestly, when I did the Extreme Fat Loss Diet two summers ago, I spent about 90 minutes figuring out exactly what I would be eating, as well as how to plan around events.

The bottom line? – you'll need to be 100% committed.

How To Use These Finishers

Alright, now that you have embraced the idea of using different “diet finishers” to strip off fat, the question is – can you mix and match? Sure you can... I use intermittent fasting most of the time, but there are phases in which I’ll go low-carb for a week or two (with cheat days of course) without intermittent fasting.

I’m never bored and burned out, and you won’t be either. That’s the idea of this manual. I think we obsess about food way too much sometimes and we just don’t realize that as long as you’re making progress, you have found a diet that works for you.

Depending on your schedule, you could at least create a “game plan” on your week ahead. Are you going to fast? If so, what day?

But please remember – the key is to be flexible. If a family member decides to have their birthday lunch on the day you were planning on fasting, you better not skip it. Geez, don’t work your food around your life. Simply choose another day, or you can even skip the fasting that week. The truth – it’s not that big of a deal. Simply create a calorie deficit another way using a different “diet finisher”.

Alright, now it’s time for the fast snacks and meals. These are recipes I’ve found on the internet as well as some from clients and friends. Enjoy!

Quantities will vary depending on your needs

Protein Pudding

1-2 scoops of chocolate protein powder

½ to 1 tablespoon of peanut butter

(Mix just enough water to get a pudding-like texture and enjoy! – one of my favorites)

Chicken Parmesean

3-6 oz chicken breast

¼ to ½ cup of tomato sauce (I like Heinz garlic herb)

2-3 tablespoons of parmesan cheese

(Grill/bake chicken and top with marinara sauce and cheese)

Protein Yogurt

½ to ¾ cup of no-sugar-added yogurt

1-2 scoops of vanilla protein powder

1-3 tablespoons of chopped walnuts

(Mix in a bowl and enjoy)

Simple Tilapia Dish

3 – 6oz tilapia

2-3 teaspoons of extra virgin olive oil

12 asparagus spears

(Steam asparagus and drizzle with olive oil, salt and pepper to taste)

“Un-Deviled” Eggs (although, I don’t sweat eating the yolks)

1-2 hard-boiled whole eggs

3 – 6 hard boiled egg whites

1-3 tablespoons of hummus (I prefer garlic flavored)

(Remove the yolk from the eggs and put in hummus for a healthy version of deviled eggs)

Nutty Chicken

3-6 oz chicken breast

2-4 tablespoons of chopped walnuts/pecans

1 egg

1 to 2 cups of green beans

(Coat chicken with nuts and egg and bake. Steam green beans)

Steak and Dessert

3-6 oz top round steak (grill or broil)
1 to 2 tablespoons of marinade of choice
¼ - ½ cup no-sugar added yogurt (dessert)

Coconut Shrimp

3-6 oz shrimp
½ to 1 tablespoon of butter
1-2 tablespoons of unsweetened coconut
(Sauté shrimp in butter. Once cooked thoroughly, coat with coconut)

Meaty Omelet

2-4 oz lean ground beef or turkey
1-3 egg whites
¼ - ½ cup chopped tomatoes
¼ - ½ cup chopped onions
1-2 teaspoons extra virgin olive oil
¼ - ½ cup feta cheese
(Sauté meat and veggies. Make an omelet with egg whites and olive oil. Stuff omelet with meat, veggies, and feta cheese)

Tuna Salad

½ to 1 can of chunk light tuna (in water)
1-2 cups of chopped romaine lettuce
¼ to ½ cup chopped onions
½ cup to 1 cup chopped celery
1-2 tablespoons mayo
(Mix mayo with tuna, celery, and onion. Season to taste. Place mixture on top of chopped romaine lettuce)

Fast breakfast ideas...

Smoked turkey slices, sliced apple
No-sugar-added yogurt with chopped almonds or walnuts and blueberries
Hardboiled eggs (make the night before), fruit
Oatmeal mixed with protein powder and some peanut butter
Protein shake blended with fruit
Cottage cheese with fruit
String cheese with fruit
Turkey patty or turkey sausage
Scrambled egg / egg whites with veggies

Resources

Eat-Stop-Eat

This amazing program has been a huge influence on my own success with weight as well as most of my clients. This is also an eye-opening book from Brad Pilon.

<http://trainwithfinishers.com/eatstopeat>

Fat Loss Forever

Created by John Romaniello and Dan Go, this program certainly goes against the grain of the media, but the results speak for themselves. If you're looking for a long-term solution, this could be what you're looking for.

<http://trainwithfinishers.com/fat-loss-forever>

Cheat Your Way Thin

This program allows you to eat whatever you want to all day long one day a week. He even tells you how to manipulate the rest of the week so that your cheat day reaps the benefits of fat loss.

This program was designed by Joel Marion.

<http://trainwithfinishers.com/cheat-your-way-thin>

The Xtreme Fat Loss Diet

Created by Joel Marion and John Romaniello (Joel with the diet, Roman with the workouts), this 25-day plan will shed fat fast in just 25 days. The plus? You get to cheat every 5th day.

<http://trainwithfinishers.com/xfatloss>

Fit Day Website

A free and easy-to-use website to log your daily calorie intake

www.FitDay.com

Nutrition Data Website

Don't guess at how many calories a certain food has. You might surprise yourself. This free resource even gives you the calories of popular restaurant items

www.NutritionData.com

Blogging Resources for Accountability

Use either of these free websites to start an accountability log and prove to the world you're in charge of your nutrition.

www.WordPress.com

www.blogger.com

More Resources to Fat-Torching Finishers To Use With Your Favorite Workouts

www.WorkoutFinishers.com - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

www.AbFinishers.com - 33 of the most cutting-edge finishers designed to target and strengthen your core and abs

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
- ✓ Break a weight loss plateau
- ✓ Skyrocket your conditioning
- ✓ Done in just a fraction of the time cardio takes – with better results

**Winner of the 11th Turbulence Training Transformation Contest, Philip
Lost 34 lbs in Just 12 Weeks!**



“Mike really changed up my vision of a workout” – Philip

I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin