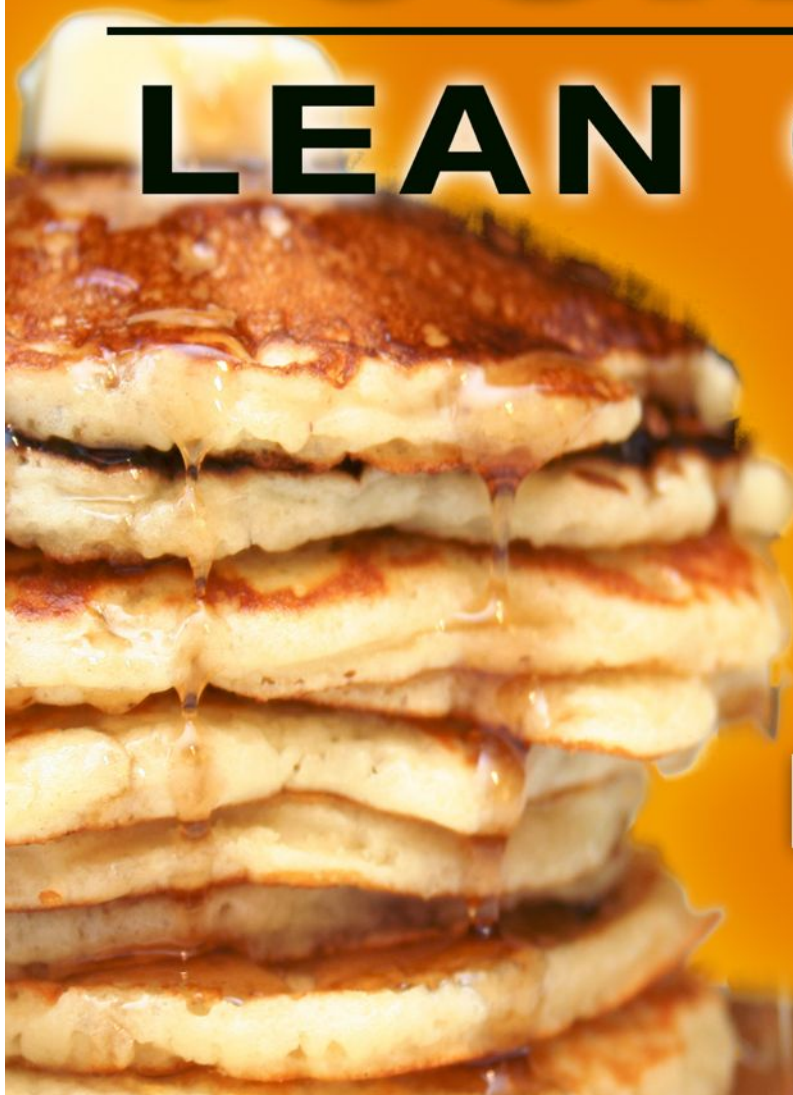


CHEAT YOURSELF

LEAN GUIDE



SNEAKY TRICKS
TO USE CHEAT
FOOD FOR RAPID
FAT LOSS

MIKE WHITFIELD

Disclaimer

You must get your physician or dietitian's approval before beginning this nutrition and 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 any diet program.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace a doctor's advice. Mike Whitfield or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

The 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. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting. 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 and exercise changes with your physician or a registered dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Why I LOVE Cheating (and You Should, Too)...

I'll get to the point and I know you'll agree – FOOD ROCKS.

That means Cheat Days rock even more. Cheat Days for me are like little mini-Christmases. My all-time favorite is certainly pancakes. You probably know me as “Mikey Pancakes Whitfield”.

So how can you leverage all these carbs and delicious foods to give you a leaner body?

You're about to find out. I consulted Shaun Hadsall, a nutrition expert that is super smart and likes food ALMOST as much as I do. He was a HUGE part of the fun research I did before putting this simple guide together. So, I credit him with this guide!



***Too many cheat days there
on the left lolzzz***



And even though you're supposed to give yourself a break and reward yourself on cheat days, MANY people seriously hinder their progress and radically screw up their cheat days.

Cheat days can be the ultimate weapons of physical and psychological fat loss warfare when you learn how to use them properly.

However, there can be a dark side to cheat meals and cheat days.

In fact, nowadays, you hear people talk about cheating like it's a fad diet.

Sometimes, I wish I never even mentioned cheat meals or cheat days because now every overweight person on the planet with a treadmill thinks they deserve a full day of festive eating after eating veggies for a few days.

Sorry folks, it doesn't work that way.

Cheat days and cheat meals should only be used to accomplish specific physical and psychological functions directly related to fat loss goals...

I'll only say this once. IF you binge or stuff on cheat days, you'll create a downward spiral and completely sabotage your fat loss goals.

It's why I designed the Diet Free Weekends – you don't really have a "Cheat Day", but instead, a series of "Cheat Meals".

So Here's WHEN and WHY you should Cheat:

1. To spark a dead metabolism from being on the crash diet yo-yo or constant low carb dieting.
2. To replenish and/or refill glycogen stores (when you have been on a low carb diet or perhaps even after a fast)
3. To serve as a psychological reward (only when you've earned the right).
4. You have no energy or drive in your workouts and can't seem to get a good "pump". Or you just can't find the emotional renewal you're looking for.
5. Your body temperature is always low or you're feeling the chills a lot.

This usually happens in leaner individuals. (Cheating will heat you up in a healthy way by using the thermic effect of cheat food and stoke your metabolism to get it moving again.)

6. To reset fat burning hormones like leptin and provide a metabolic spark for your thyroid (usually from 4 to 6 days or longer of aggressive carb/calorie restriction or maintaining super low body fat levels for a long period of time).

Side note: Leptin is quite possibly one of the single most important hormones in terms of regulating body weight and appetite. The science behind this hormone goes way beyond the scope of this manual, but leptin signals the brain about how much fat you're carrying and also how much you're eating.

In other words when you cut calories or start to get super lean, leptin drops fast so we have to metabolically manipulate and reset it. When leptin levels return back to pre-diet levels after weight loss, the results are improved thyroid levels, an increased metabolic rate, and continued fat loss.

This leptin stuff is cool, but I actually learned it from Shaun Hadsall, who learned it from Joel Marion. Joel has especially done a LOT to bring leptin awareness to the masses.

Here's Shaun and I hanging out in Miami...



It's just one of the times I was grilling him about cheat days and how they can be a disaster or a benefit.

How can they be a disaster?...

Reasons NOT to Cheat are:

1. You're bored with bland diet foods – Look, food does not exist to entertain you!
2. You're stressed out and need an emotional food “high” – I think they call it “life” and last time I checked we're all going to deal with stress while we live it –so get used to it. Food can be like a drug, so don't let yourself get addicted or emotionally attached to it.
3. You lack discipline – It's either the pain of discipline OR the pain of regret. In other words, cheating is a reward – NOT an escape.



You have plenty of opportunities to eat your favorite foods guilt free when you aggressively try to burn fat. Just plan out when your cheat days are, make your sacrifices and go after your reward!

Again, when you do cheat, don't go crazy and binge for hours on end. That's the idea of Diet Free Weekends – you don't have to binge!

Sneaky Cheat Day Tricks and Techniques:

1. Always try to get some type of intense workout the morning of your cheat day or try to time a high intensity workout an hour or two before your biggest cheat meal to enhance glycogen replenishment and insulin sensitivity.
2. Aim to have some kind of protein source with your cheat meal (that slows down the spike in your blood sugar).
3. Limit your cheat meals to what they are... MEALS. Don't make it an all day cheat fest. That defeats the purpose.
4. Consume a small amount (8oz) of grapefruit juice or eat ½ grapefruit before your first cheat meal. This will help stabilize insulin before the reefer or cheat. This is also a great time to consume a cup of coffee because the naringin extends the fat burning effect of the caffeine.

Caffeine has also been shown to enhance the absorption of post workout carbohydrate intake. Just don't abuse caffeine because it can wreak havoc on your adrenal glands if you're not careful.

5. Drink 50 to 75 ounces of filtered water before noon. This will help prevent dehydration, set up the digestive system for a healthy binge, and prevent early day cravings. Adequate hydration can also help with glycogen replenishment, just don't overdo it directly before and after meals.



6. Don't weigh yourself for at least 2 to 3 days after your cheat day.

This is HUGE, because it will keep you psychologically in the right spot because when you cheat right, almost all the weight you've gained is just water weight from extra carbs.

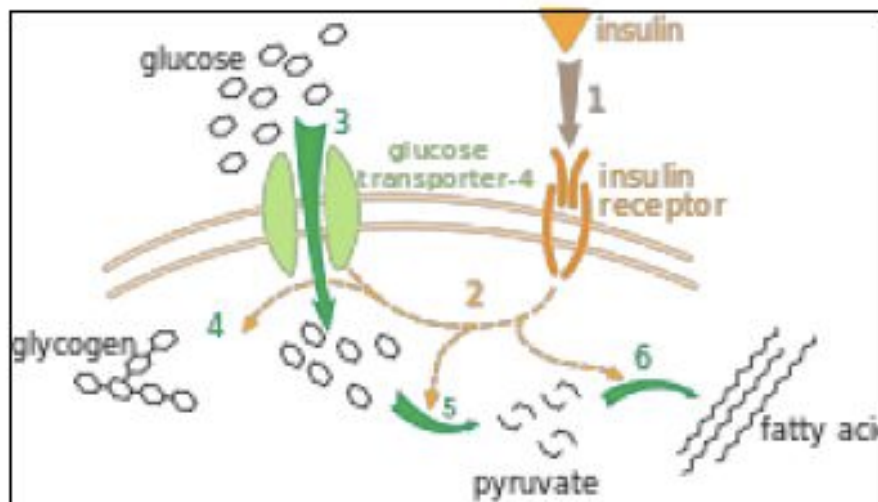
Remember, for EVERY gram of carb you consume your body hold nearly 3 grams of water. Now you can see why you'll gain some water weight after cheating. It's just a natural part of the process.

You should be one to three pounds lighter a few days after you cheat day if you're doing things properly and using the next trick...

7. Activate the glucose transporter GLUT-4 by performing short bouts of muscular contractions throughout the refeed or cheat.

Re-Direct Your Cheat Food STRAIGHT Into Muscle Tissue:

Activate Glut4 (glucose transporter)

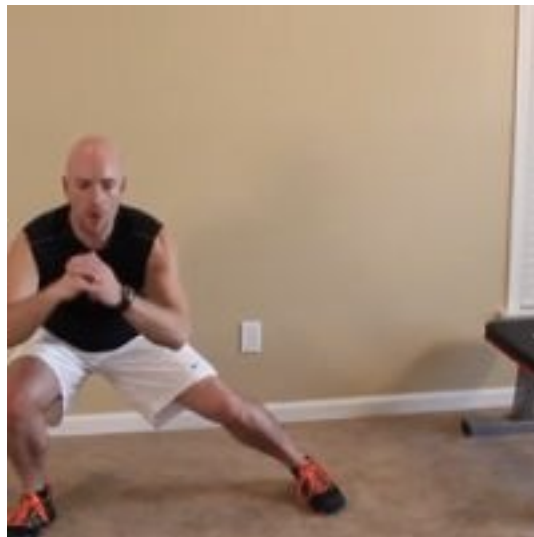


GLUT4 is a Glucose transporter that's found in adipose (fat) tissue and muscle that's responsible for using insulin to transport glucose (fuel from carbs) into the cell.

Muscular contractions stimulate the cell, which can bring GLUT4 to the surface.

This creates the perfect storm to help you avoid fat spillover before high carb cheat meals.

Here's how it works: Just perform body weight movements (use one or more of the following: bodyweight squats, lunges, jump squats, pushups, pull-ups, chin-ups, wall pushups, or even band pull-aparts for 2 to 5 minutes 15 to 30 minutes before cheating and again 30 to 90 minutes after cheating. Here's me knocking out some lateral lunges before a legendary stack of pancakes (ha!)...



You'll wind up with somewhere between 50 to 100 reps, but focus on time. This will bring GLUT-4 to the surface of muscle cells opening the gateway for your cheat food to be shuttled into muscle rather than fat spillover.

Cool, huh? It's kind of a "pain", but it's worth it.

Other Little Cheat Day Tips and Guidelines That Can Make a BIG Difference...

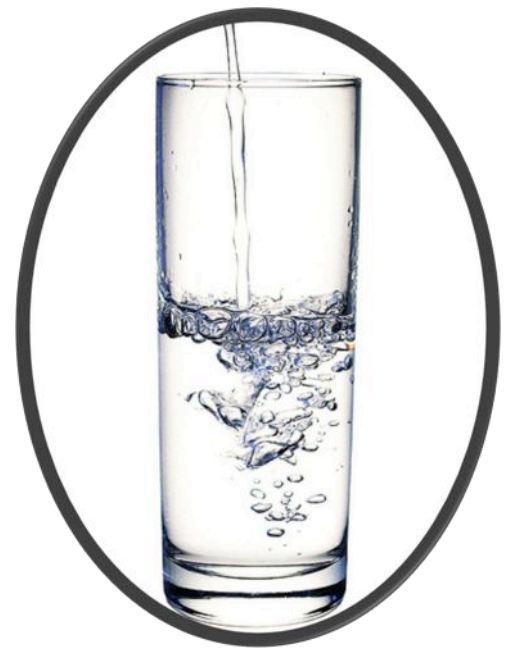
1) Try to avoid a lot of alcohol when cheating. This can mess up the metabolic and hormonal effect you're trying to accomplish.

2) Try to avoid a lot of deep fried foods and high fructose corn syrup. Deep fried foods are basically void of any nutritional value and therefore don't provide any metabolic or hormonal benefits for the cheat. HFCS has been shown to potentially block or negatively impact leptin levels.

Again, it's a cheat day so you don't have to be "perfect" with your cheats (that defeats the fun, I know), but little tricks like this can really help.

3) Shaun Hadsall told me that he read some research indicating that if you avoid drinking fluids or water 30 minutes before and 30 minutes after cheat meal or higher carb re-feeds that it can help make glycogen replenishment (partitioning) more efficient and effective. Might be something worth trying if you want to get a little more aggressive on your cheat day or when you have higher carb meals.

4) Plan for extra water the day after a cheat day. Remember the extra water your body will carry (from all the carbs) the next day. That's why you hear people always talking about "carb-bloat" the day after cheating. Water is great damage control to get you back on track.



The Wrap-up

So hopefully this gives you some insight to why your cheat days may OR may not be working.

Cheating can be fun, but it can also be a double-edged sword if you're not careful. The goal is to cheat long enough to get it out of your system and reward yourself, while metabolically triggering what your body needs physically and mentally.

Again, the key words here are “structured” and “strategic”.

People will sometimes misuse scientifically proven strategies and wonder why they're not seeing results. Hopefully this free guide gives you some insights.

It's all about the strategy.

Before cheating you can specifically create the ultimate environment for a fat-burning machine. After cheating, your metabolic pump is “primed” for super fat loss.

And like I said it's FREAKY fun ;) Before I close out, here's a random picture of a collage of pancakes (because pancakes rock and this is my guide so I can do what I want):



That pretty much wraps it up.

One last thing? Please??

Focus on progress, not perfection.

Trust me, after losing 115 pounds myself, I know how hard it can be to compare yourself with other people. The only person you should compare yourself with is... well.... YOURSELF.

Believe me, if I can do this:



You can too! (and without suffering!)
Mikey “Pancakes” Whitfield, Master CTT