

## 4-Hour Body Fat-Loss Cheat Sheet\*

Time	Eating Plan (mandatory)	GLUT-4 exercises (optional)	Supplements (optional)	Cold (optional)	Food List
<b>Waking</b>				Cold shower or bath for 10 minutes	<b>Proteins</b> *Egg whites with 1-2 whole eggs, *chicken breast or thigh, beef, fish, pork
<b>Just before eating</b>		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG		<b>Legumes</b> *Lentils, *black beans, pinto beans, red beans, soybeans
<b>Breakfast (within 30 minutes of waking)</b>	One protein, one legume, one vegetable. For max fat-loss, 30 grams of protein or more.				<b>Vegetables</b> *Spinach, *Mixed vegetables (inc. broccoli, cauliflower, or other cruciferous), *Sauerkraut, *Kimchee, Peas, Green Beans, etc.
<b>90 minutes after breakfast</b>		<b>Optional:</b> Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)			
<b>Just before lunch</b>		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG		
<b>Lunch</b>	One protein, one legume, one vegetable.				<b>Supplement List</b>
<b>90 minutes after lunch</b>		<b>Optional:</b> Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)			<b>Policosanol</b> 23 mg per day, before bed
					<b>Alpha-Lipoic Acid (ALA)</b> 300-900 mg per day total
<b>Just before dinner</b>		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG		<b>Green Tea Flavanols</b> 900-1,100 mg per day total, according to schedule. Use decaffeinated extract.
<b>Dinner</b>	One protein, one legume, one vegetable.				<b>Garlic</b> 2000mg per day total, according to schedule. Used aged extract.
<b>90 minutes after dinner</b>		<b>Optional:</b> Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)			Note: Several cautions are mentioned especially for people who are: pregnant, undergoing cancer treatment, taking blood thinning meds, or have any medical conditions. Make sure to read the book.
<b>Before bedtime</b>			PAGG	Cold shower or bath or ice-pack on shoulders for 20 minutes	
	<b>Other Notes</b>				
	1. Have one binge day per week, where anything goes. Follow Tim Ferris's guidelines to a successful binge day. The binge day is mandatory, not an option. Pack in as many calories as possible to keep metabolism high.				
	2. Keep meals simple and repetitive, a key to successful dieting.				
	3. Avoid any white carbohydrates (any grains, sugars, potatoes), don't drink calories, don't eat fruit.				
	4. If you are hungry, you need to eat more at meals so that you are not hungry. Avoid domino/snacking foods, like nuts, which are impossible to eat just one of.				
<b>Book Link</b>	* This cheat sheet is not a comprehensive guide to The 4-Hour Body. It's a great book, well worth the purchase price, so please go buy it. This cheat sheet is just my attempt to pull the information into one location to give me a handy daily guide to follow. It only makes sense in the context of reading The 4-Hour Body. This cheat sheet only includes the fat-loss activities.				