



FAT LOSS DIETING MADE SIMPLE



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FAT LOSS DIETING MADE SIMPLE

So you want to diet to lose fat? Great!

First of all, welcome to the club! Millions and millions of people at one time or another have wanted to lose fat, so you are in great company.

However, you're already a bit unlike most of the people that have tried to diet to lose fat in that you're here trying to learn how to do things the *right* way. And for that, we applaud you.

You may be wondering, "Does this mean most people have tried to go about their fat loss efforts in the *wrong* way?"

Unfortunately, the answer is yes.

Fat loss dieting in practice, has, for most people, been a very poorly approached endeavor, and thus something that most people have never been able to achieve with success and sustainability. Sadly, this is largely due to an enormous amount of misinformation that has been swirling around the depths of the fitness industry for decades.

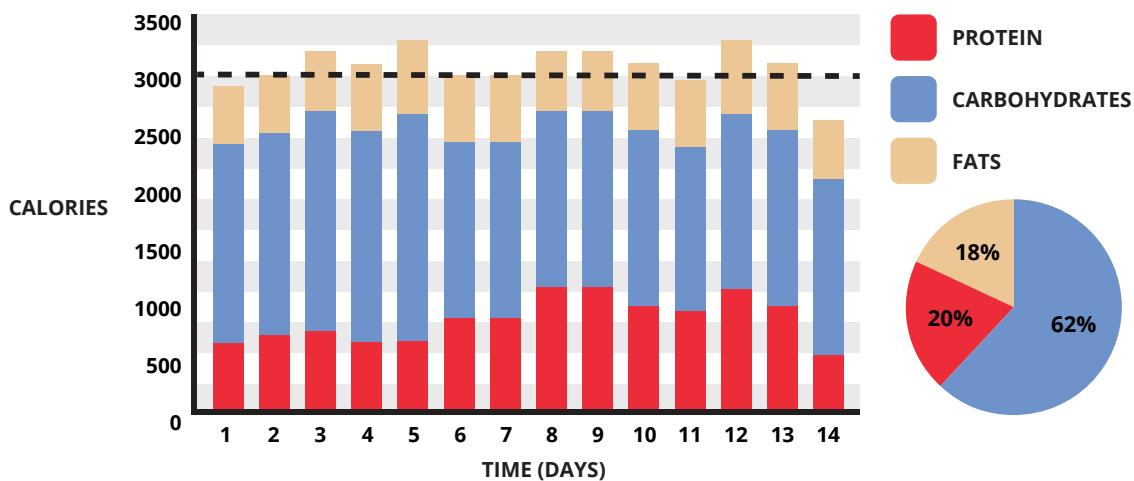
But, because you're going to be doing things *properly*, you'll be getting incredible results.

So what's the first step in making your fat loss effort as simple and easy as possible?

1.

STANDARDIZING YOUR INTAKE

STANDARDIZING YOUR MACROS



MRP

The first thing you need to master in order to have success in your fat loss endeavor is the skill of tracking your caloric intake and macronutrient distribution.

In this case, tracking simply means identifying how many grams of proteins, carbohydrates, and fats you eat per day.

And yes, we mean *exactly* what you're eating right now with no modifications or exclusions.

Are you eating for fat loss right now? Probably not, but that's no big deal! The key is to learn what you are consuming on a regular basis *now* so that you can modify that intake *later* for individualized fat loss outcomes.

Most people just want a plan they can start executing immediately, but the best fat loss plans are very individualized. And, if you don't know your current baseline consumption, you won't be able to design an effective program that makes good sense in the context of your current baseline consumption.

So, for now, you just need to focus on tracking your daily proteins, carbohydrates, and fats, which are commonly referred to as macronutrients or "macros" in fitness lingo.

How do you do this?

All you need to do is download the free version of MyFitnessPal or another reputable calorie and macronutrient-tracking app and get to work.

And just to be clear, it's important to track things as accurately as possible using a food scale or (at the very least) measuring cups and other utensils that offer somewhat standardized results. In other words, you don't want to make a peanut butter and jelly sandwich and then type "peanut butter and jelly sandwich" into the MyFitnessPal database.

Ideally, you should be scanning the barcode on the loaf of bread and using a food scale to determine how many grams of peanut butter and jelly you used.

If you're *super* new to tracking your intake and still find it a bit confusing or overwhelming, we highly recommend starting with the Healthy Eating Made Simple book & [YouTube series](#) and coming back to this resource afterward.

After about a week or two, you'll regularly be able to know how many macronutrients you consume per day, which is exactly what you need to set up the *next* step in this process.

If you think about your fat loss effort as analogous to building a house, identifying your current caloric and macronutrient consumption is much like understanding the foundation of the house. With a proper understanding of the specifics of the foundation, you can more accurately proceed to the next step of building the house, which is the development of the structure itself. And in this case, the development of the structure represents the creation of your customized fat loss plan.

2.

CHOOSING HIGH QUALITY FOODS

In the last section, you learned the importance of tracking your diet and getting a feel for how many grams of proteins, carbohydrates, and fats you consume per day.

Although it's good to know where your diet is as far as your macronutrient consumption is concerned, it's arguably equally important to consider the *composition* of your macronutrient consumption. For example, are you eating 300 grams of carbohydrates per day from chocolate syrup and butter cream icing? Or are you getting those 300 grams of carbohydrates from a wide range of fruits, vegetables, whole grains, and legumes?

This is essentially the consideration of how *much* you eat versus how much of *what* you eat.

Yes, how much you eat matters, but choosing the right *kinds* of foods can make an impactful difference as well.

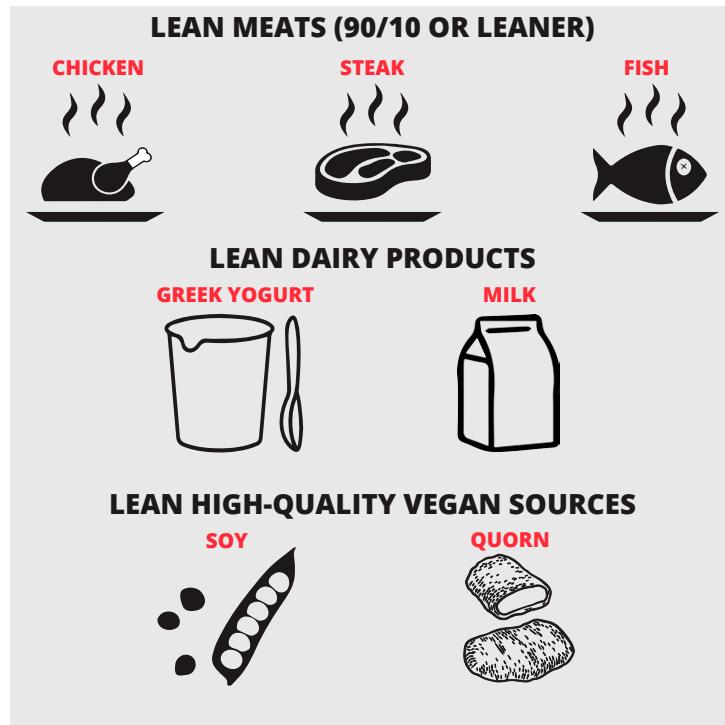
Since your fat loss diet is going to be made out of the bricks of your daily food intake, we want to make sure those bricks are high-quality bricks before we start stacking them up to form the structure of your daily diet.

Fortunately, the practical application of this idea is quite simple and full of common sense.

By consuming mostly the healthiest sources of proteins, carbohydrates, and fats, you can simultaneously boost fat loss, retain more muscle, and be healthier the entire time you're losing fat.

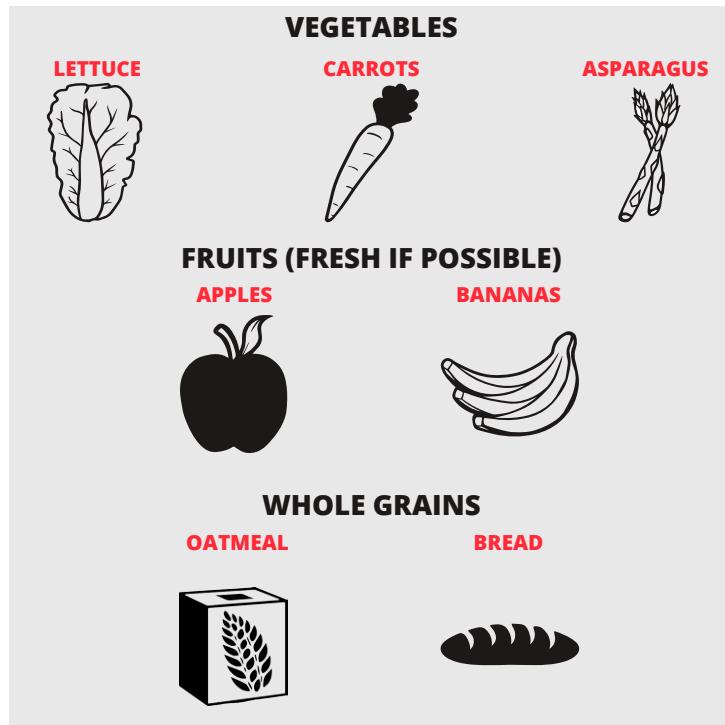
This doesn't mean that *all* of your food needs to be healthy, but most of it being healthy will benefit you greatly, even going so far as to keep your energy levels higher and your hunger levels much lower when you're deep into the fat loss diet.

HIGH QUALITY PROTEIN SOURCES:



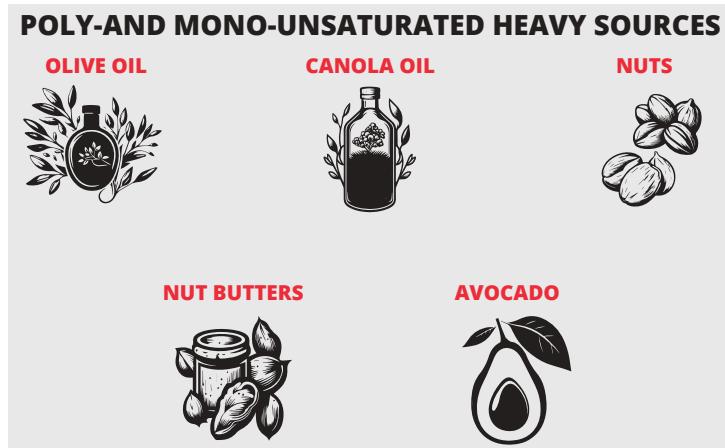
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HIGH QUALITY CARBOHYDRATE SOURCES:



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HIGH QUALITY FAT SOURCES:



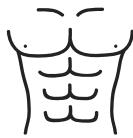
MRP

What makes some foods healthier than others is termed “food composition,” and it looks something like this:



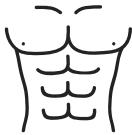
Healthier Protein Sources:

- Lean Meats (90/10 or leaner)
- Lean Dairy Products (1% fat or leaner)
- Lean, High-Quality Vegan Sources



Healthier Carbohydrate Sources:

- Vegetables
- Fruits (fresh if possible)
- Whole Grains



Healthier Fat Sources:

- Polyunsaturated and Monounsaturated-Heavy Sources
- Olive Oil, Canola Oil, Nuts, Nut Butters, Avocados

Practically speaking, the best thing you can do for your health is to start incorporating as many of these foods into your current intake as possible.

So, over the next few weeks, try to start consuming most of your daily macros (the ones we identified in section one) from these healthy sources.

That being said, you will notice that these recommendations include a broad range of categories in the sense that “fresh fruits” and “lean meats” leave plenty of room for flexibility and creativity.

But this is a good thing!

It literally offers you a nearly-unlimited number of options and combinations of food items to create healthy meals.

After a few weeks of healthier eating, you’ll be ready to start manipulating your macros to really jump into the fat loss process.

Additionally, if you’re already tracking your macros and eating mostly healthy foods after just a day of fat loss dieting, you can start the process in the next section as soon as possible without having to settle into tracking and healthy eating for weeks.

The bottom line here is this: Start section three once you feel very stable in your current healthy diet and no sooner.

There are few causes of failure more profound in fat loss dieting than rushing the process. While there is much to gain by being patient and poised in your fat loss journey, there is much to lose by being impatient and immaturely ambitious.

3.

HITTING THE RIGHT MACROS

In the first two sections of this e-book, you learned the importance of tracking your macros and how to make sure that most of your intake is coming from healthier foods.

Now, you'll have to change *how much* of each macro category you're eating per day so that you're meeting your body's specific needs as much as possible.

For best fat loss outcomes, you'll need enough protein to build and spare muscle tissue, enough carbs to provide physical and mental energy, and enough fats to keep your hormonal axes in balance.

The question is: How much of each macro will you need in order to make sure you're attending to all of those needs?

We've got you covered.

MACRO AMOUNTS

- Protein Intake:
 - Approximately 1 gram of protein per pound of bodyweight per day is a good idea for most people looking for best results.
 - For example, this means that a 150-pound person would try to consume around 150 grams of protein per day.

- Fat Intake:

- Anything north of 0.3 grams of fat per pound of bodyweight per day is enough to meet most needs for proper hormonal balance and long-term health.
- Even up to 0.5 grams per pound of bodyweight per day likely won't impinge excessively on your carbohydrate intake at the start of your diet, but eating way more fats than this can prevent your carbohydrates from being high enough to be considered optimal for your fat loss.



For example, a 150-pound person might choose to consume between 45 and 75 grams of fats per day when they start their fat loss diet.

- Carbohydrate Intake:

- Once you've accounted for all of the proteins and fats in your diet, you'll need to consume carbohydrates to make up the rest of your daily caloric intake.
- Your calorie target will be whatever total calories you've currently been eating and tracking on a daily average by this point. If you just have the macros and not the calories figured, we've provided a simple way for you to figure out your daily caloric intake here.

The Equation:

$$\begin{aligned} & \text{(grams of daily protein} \times 4) + (\text{grams of daily carbohydrates} \times 4) + \\ & \text{(grams of daily fats} \times 9) = \text{Your Total Daily Caloric Intake} \end{aligned}$$

- Once you've figured out your calories, you can input your new number of grams of proteins and fats that you have derived from this section of the e-book.
- In order to calculate your carbohydrates once your proteins and fats have been determined, simply use the following formula:

$$\begin{aligned} \text{carbohydrate grams} = & (\text{daily calories} - ((\text{grams of protein} \times 4) + \\ & (\text{grams of fat} \times 9))) / 4 \end{aligned}$$



For example, this is what it could look like for a 150-pound person eating 2,000 total calories per day (TCPD).

- Protein (P) = 150 grams at 4 calories per gram
- Fat (F) = 60 grams at 9 calories per gram
- $P + F = 1,140$ calories
- 2,000 total calories per day - 1,140 calories from protein and fat = 860 remaining calories for carbohydrates
- 860 remaining calories / 4 calories per gram = 215 grams of carbohydrates

And there you have your new macros: 150 grams of protein, 60 grams of fat, and 215 grams of carbohydrates.

However, because your fats can be really anywhere between 0.3 and 0.5 grams per pound per day to begin, there are multiple ways to structure your first round of macros.

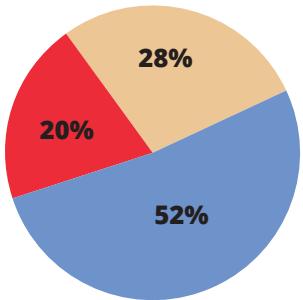
This is because as long as you get your protein in, and your carbohydrates and fats add up to total your total calories, you're good to go.

Whichever ratio of carbohydrates and fats that falls within that range is totally fine, and it can even be different on different days. Some days you might have slightly more fats and fewer carbohydrates, while on others, the opposite may be true.

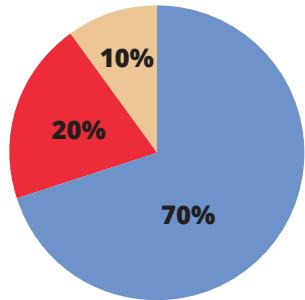
FLEXIBILITY IN MACRO DISTRIBUTION

EX: 150 LB PERSON

HIGHER FAT INTAKE:



HIGHER CARB INTAKE:



■ PROTEIN ■ CARBS ■ FATS



As long as your daily calories are about the same and you've met your protein and fat minimums for the day, you're good to go.

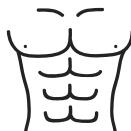
Eating slightly more carbohydrates might give you more overall energy while eating slightly more fats might let you enjoy a wider variety of foods. And the good news is that there really aren't any wrong decisions to be made within this small margin of flexibility.

But now that you have your daily food intake sorted down to the calorie and the gram, it's time to think about getting a bit more specific with your meals, both in terms of their size and their timing.

4.

CHOOSING MEAL SIZE AND TIMING

Now it's time to figure out how many meals to eat and when to eat them.



There are at least three simple reasons why it pays to structure meals:

1. A regular meal schedule has been scientifically shown to be superior for both results and adherence.
2. A regular meal schedule makes meal prep and your daily schedule easier.
3. Proper meal sizing and timing can make your workouts better and more effective while contributing to improved levels of daily energy and enhanced sleep quality.

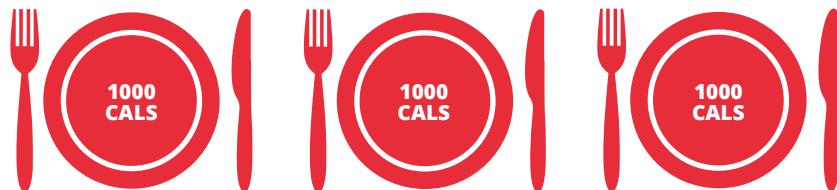
Cool, right?

But exactly how many meals should you be eating per day?

MEAL SIZING AND TIMING

EX: 3000 CALORIE DIET

LOW FREQUENCY



HIGH FREQUENCY



MRP

It turns out that you can actually lose fat very effectively from eating just one meal per day.

That may seem crazy, but it's true!

As long as you hit your daily protein, carbohydrate, and fat targets, most of the effect of fat loss can occur from just one meal.

That being said, splitting your intake into 3-5 regular meals per day might allow you to reap some serious benefits such as:

- Improved chances of staving off of hunger
- More energy for daily tasks
- More muscle-sparing nutrient flow
- More energy for hard training

Whether it's three, four, or five meals that you're eating per day is much less important than how many calories and macros you eat per day and whether your meals are mostly composed of healthier foods or not.

So don't sweat the minutiae and choose either one of the options or a host of options that make sense in the context of your lifestyle and how it ebbs and flows throughout the week.

At the same time, please keep in mind that research has confirmed that consistent, similar daily meal patterns provide better results and support better health than very chaotic meal schedules.

Because of that, it's probably wise to stick to just a fixed number of meals (3-5) on most days.

In fact, not only does a similar daily meal number lead to better results, having a relatively set schedule of when during the day you usually eat meals also gives advantages.

And on that note, we've provided some key considerations for how to plan out the timing of your meals:

- Try to eat a meal within a few hours after waking. This meal could be immediately after waking or even up to three hours later.
- Try to consume a post-workout meal within one hour of finishing your training session. So if you complete your training session at 8:00 AM, it would be smart to eat your post-workout meal before 9:00 AM.
- Do your best to eat a meal every six hours at least
- Try to eat a meal within two hours before bedtime and, in most cases, no closer than 45 minutes before bedtime.



For example, you might wake at 8 AM and eat breakfast shortly after. Then, you might eat lunch around 1 PM and then train with weights at 6 PM. By 7 PM, you're eating your third meal, and at 11:00 PM, an hour before you go to bed, you're finishing your last meal of the day.

That would be a pretty good day of eating in terms of timing alone.

Now, the question becomes: What should you be putting into these meals? And specifically, how much of your daily proteins, carbohydrates, and fats should be consumed at each meal?

On a basic level, the logic of determining per-meal macros is the following:

- Protein can be pretty evenly spread across each meal. There's no need to make your strategy any more complicated than this in most cases.
- Carbohydrates can usually be consumed in slightly higher amounts in your pre-workout and post-workout meals with concomitantly fewer carbs at meals further away from the workout.
- Fats can be minimized in the pre and especially post-workout meals but included more generously in meals with long intervals before the next meal (and in the meal before bed if desired). Fats greatly slow the digestion rate of the proteins and carbohydrates with which they are eaten, leading to more stable energy levels and better hunger reductions. But fats pre and especially post workout can slow down digestion too much and prevent the carbs and fats eaten with them from being absorbed and shuttled to the muscles quickly enough.

So, what does this look like when you put it all together?

Here's a sample set of meals for a 150-pound person (similar to our example from section 3) whose daily macros are P150, F60, and C215.

From here on, we will use the patterned notation of P150 to indicate 150 grams of protein, F60 to indicate 60 grams of fat, and C215 for 215 grams of carbohydrates.



Full Day of Eating for a 150-Pound Person

- Waking: 8:30AM
- Meal 1: 10:00 AM
 - P40, F20, C40
 - Turkey bacon, eggs and egg whites, veggies, whole grain English muffin
- Meal 2: 2:00 PM (Pre-Workout Meal)
 - P35, F10, C60
 - Turkey sandwich with veggies and light mayo, fruit
- Begin Workout: 5:00 PM
- Finish Workout: 6:30 PM
- Meal 3: 7:00 PM (Post-Workout Meal)
 - P35, F10, C90
 - Meat sauce pasta with grilled veggies on the side
- Meal 4: 10:00 PM
 - P40, F20, C25
 - Greek yogurt with berries and nut butter
- Bedtime: 11:55 PM

Remember, your meal plan *can* and sometimes maybe even *should* be a bit different day to day due to your potentially different waking, workout, work/school, and sleeping schedule.

But, every day of eating on your fat loss diet plan should have a core similarity if success is to be maximized. This is especially true if you're planning on making a lot of similar meals ahead of time and in bulk by refrigerating or freezing them for later in the week.

You don't *have* to do this, but we *highly* recommend meal prepping in bulk if you're able to do so. It can reduce your stress levels immensely, allowing you to eat goal-specific meals while minimizing mental fatigue (and any deviation from proper adherence) as much as possible.

5.

SUPPLEMENTS AND HYDRATION

At this point, your diet is just about ready to help you lose serious amounts of body fat.

But, before you do that, let's get you squared away with your hydration and consider which supplements might be able to help you on your fat loss journey.

Since this is a part of our Made Simple series, we'll cut right to the chase and let you know how to best stay hydrated:

If you're peeing off-yellow or clear often, you're probably pretty hydrated.

A strong stream of off-yellow or clear urine every few hours is a good sign of healthy hydration.

If you'd like, you can have an extra 8-12 ounces of fluid before hard workouts just to "top off." Particularly intense workouts, especially ones in which you sweat a lot, may require you to drink fluids throughout the session.

In this case, the ideal fluid for fat loss is a calorie-free fluid with some electrolytes in it, but just plain water works fine as well.

If you have a roughly similar day-to-day fluid consumption, this stability can help you with future bodyweight tracking and diet change decisions.

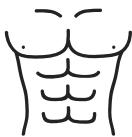
Drastically over-consuming and under-consuming fluids in any one day can increase or decrease your body weight on the scale the morning after, which can make decisions about dietary changes a bit harder to make. And that's it!

That's as complicated as hydration has to be.

Now, let's talk about supplements.

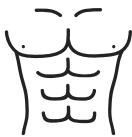
There are probably only a few supplements that are for sure worthwhile to even consider during a fat loss phase in most cases.

Here they are with a few notes regarding their practicality:



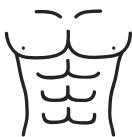
Whey Protein

- Whey protein can be used intra and post-workout with carbohydrates.
- Using it may have a very small effect on your muscle retention.
- Regular food works just fine, so there is no need to buy this unless you're really interested.



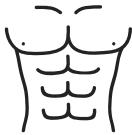
Casein Protein

- Casein protein can be used for a slow-release effect before bed or during busy times.
- It can also mix with whey for an easy meal replacement shake.
- Dairy products are full of it, so feel free to just stick to lean dairy. But, if you want some casein powder to make quick shakes or some pudding before bedtime, it might be a good idea to think on.



Creatine

- Creatine works well when it comes to maintaining muscle mass during dieting phases.
- If you're going to use it, buy the monohydrate kind only, and start it a week before you begin your fat loss phase.
- Creatine might add about five pounds to your bodyweight at first, but that's pretty much all in your muscles and comes off as fast as it went on.



Stimulants

- Caffeine is the most common stimulant, which can be found in many coffees, teas, and pre-workout drinks.
- It can be used intelligently in graded manner.
- Use as little as you need to power your workouts, squash hunger, and help mitigate any lack of focus on low-calorie dieting protocols.
- Monitor your intake for sleep purposes by ceasing all or nearly all caffeine consumption after midday so that you can sleep well. Sleep is the most powerful “supplement” for fat loss by far, so don’t take anything that keeps you from it.

You can use other supplements if you’d like, but the ones listed are probably the most effective ones outside of advanced drugs like Ozempic that only your medical doctor can prescribe.

In reality, there are no magic fat loss supplements.

Stimulants can work, but they need to be used judiciously if you choose to use them. Similarly, multivitamin can be a good idea, but it definitely isn’t a requisite. Any major store brand should work just fine, so there’s no need to break the bank on “special” multivitamins from the uppity, overpriced health store.

Remember that hydration is also not a big deal in most cases, and you should have no problem staying hydrated with regular no-calorie drinks like water, water with zero-calorie flavor drops, and diet drinks of any kind. That’s about it.

And now it’s time to discuss the calorie deficit, which is the most powerful fat loss catalyst of them all.

6.

CREATING A CALORIE DEFICIT

At this point, your fat loss diet is really coming together. You have your food types and portions sorted into meals, you're in the know about how to count macros in the context of a relatively stable meal plan, you know how much you're eating on a daily basis, and you're on top of your supplement and hydration strategy.

For some folks, this process can take months to get right and settled in. For other folks, especially ones who have dieted with other methods before, the entire process might take as long as one bulk cooking meal prep session takes.

No matter where you're coming from on this, it's super important that you take as much time as you need to *feel comfortable* with executing the process before you move onto this next step here.

Why?

Because this next step, even when done in a safe, sustainable way, will make you a bit *less comfortable*. And that's on purpose. As the old adage goes, "discomfort is the mother of progress."

Now that you have all of your diet basics put in place, you're ready to walk the fat loss path.

Your most powerful allies on this path will be regular weight training and/or vigorous activity of any kind, and a caloric reduction into a deficit.

When your body takes in fewer calories per day than it burns, the resultant energy to power your body and its daily tasks has to come from somewhere else.

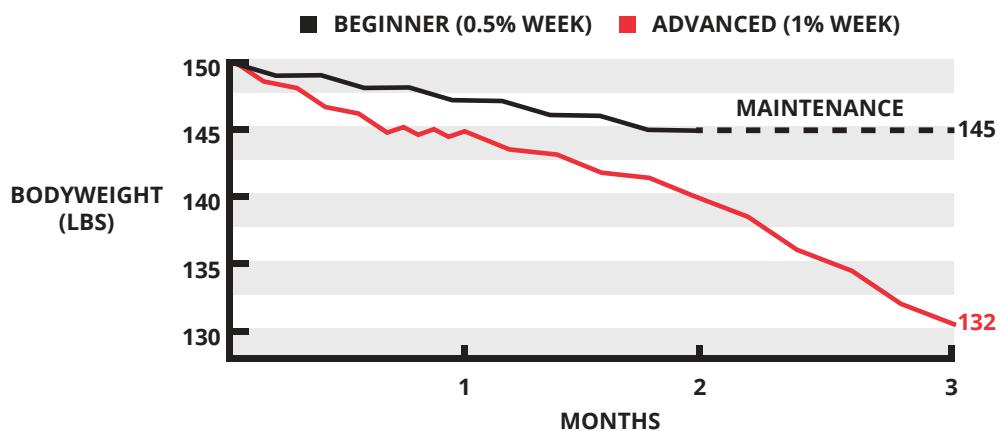
Because your lifting and/or other physical activity keeps most of your muscle from being used for this purpose, the only realistic remaining tissue that can be used for this energy need is body fat itself!

Your goal will be to lose a certain average amount of weight per week. If you're a relative beginner and you don't have a lot of prior *successful* diet experience, aiming to lose around 0.5% of your current body weight per week for about 6-9 weeks is probably wise.

If you're advanced and have had numerous successful fat loss diets in your recent past, you can crank up the intensity of your diet as high as 1.0% of your body weight per week for up to 12 weeks if desired.

RATES OF FAT LOSS BASED ON DIETING EXPERIENCE

EX: 150 LB PERSON

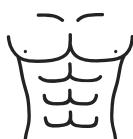


Beginners, please note that you get zero extra credit for setting up a diet that's too aggressive in its goal weight loss and too long in its duration.

Think about it. If you don't know how to drive a stick shift and have never driven a race car very fast before (or even your own car), would it be a good idea to rent a Lamborghini?

No, those cars are best suited for folks who have been driving fast in similar cars for a long time. And, while crashing a Lambo can risk life and limb, crashing your body on a diet can risk rapid weight regain, a poor relationship with future food intake, and just generally a really unfortunate fat loss experience.

Once you know how much weight you'd like to lose per week by multiplying your own current body weight by anywhere between 0.5 and 1.0%, you can choose the magnitude of the caloric deficit via the following chart:



CALORIE CUTS

- 500 calories down from baseline diet ≈ 1 pound of loss per week
- 750 calories down from baseline diet ≈ 1.5 pounds of loss per week
- 1,000 calories down from baseline diet ≈ 2.0 pounds of loss per week

WEIGHT LOSS METRICS

EX: 150 LB PERSON

CALORIE DEFICIT	WEIGHT LOSS PER WEEK (LBS)	WEIGHT LOSS PER WEEK (%)
500 CALORIES	1 LBS	0.6%
750 CALORIES	1.5 LBS	1%
1000 CALORIES	2 LBS	1.3%



In essence, each 500-calorie daily deficit creates about a pound of weight loss per week, so you can do the math yourself if you'd like to be more precise.

In fact, let's go through a quick example of this kind of math together right now to help illustrate the point.

All you will need is the following:

- 1.** Your current bodyweight
- 2.** Your weight loss goal (in decimal form of the percentile) per week
- 3.** Multiply the figure from #1 by the figure from #2.
- 4.** Multiply the figure from #3 by 500 calories.



If we were to apply this to a real world example, we might use the following:

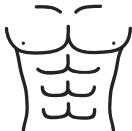
1. Your current bodyweight (150 pounds)
2. Your weight loss goal (0.5% per week)
3. $150 \text{ pounds} \times 0.005 = 0.75 \text{ pounds per week}$
4. This means that 0.75 pounds of fat loss per week will occur via a daily calorie deficit of approximately 375 calories.

Easy, right?

Now the trouble here is that you don't *actually* eat calories just like you don't *actually* gain pounds. These are just units of measure. You eat real food, and you gain and lose real fat or muscle tissue.

So, which foods should you cut down on in order to hit your caloric needs with the fat loss deficit accounted for?

Here are the best practices:



1. Try to get at least half that “cut” just by adding activity.

- This is easily the best and healthiest way to go about getting fat loss results, and the resultant hunger is much less than if you were simply to cut out only food. Frankly, you can do more activity of any kind, but we recommend getting a wristband step tracker (the cheap ones are totally fine) and adding steps to your daily goal. Just googling how many steps convert to how many calories for your body weight and height should be a breeze.

2. Cut as much of the rest of your calories as you can from fats.

- You can do this until fats get down to 0.3 grams per pound of body weight or so. If you go any lower, you risk slightly disrupting your body's normal hormonal balance, and that will make you hungrier, groggier, and less likely to prevent losing muscle. In some cases, the cuts from fat are enough to fill in the rest of the caloric deficit. But, if you need even more calories removed...

3. Cut whatever is left from carbohydrates.

Yes, it's *that* easy to establish a caloric deficit.

And for a few weeks, it will probably work incredibly well in bringing you closer to your fat loss goals.

What you will find, however, is that the body adapts, and even our initial estimates of needed calories will be imperfect, so you'll have to be prepared to adapt so that you can keep the deficit right in line with your goals.

If you start to lose weight slower due to lower activity levels, slightly slower metabolism, or just because your initial calorie guess wasn't as accurate as you might have hoped, then you are probably well served to remove another 250 daily calories.

If you're feeling relatively full after most meals but a bit tired from the extra activity, make more or all of the deficit come from a reduction in food (fats if possible and carbohydrates if you run out of reducible fats).

If you're more hungry than tired, increase the magnitude of your deficit mostly or exclusively by increasing your physical activity.

If it's a bit of both, reduce your food by about 65% of the planned modification to your caloric deficit, and allow increased activity to make up the remaining 35% of it. In other words, if you have to reduce your calories by another 500, perhaps 325 of those should come from reduced food intake and 175 of those should be added to daily activity.

Lastly, if you have to repeat this several times during a single diet of 6-12 weeks, there's no need to worry. It's quite normal!

To summarize, this section gave you the formula by which to lose weight for 6-12 weeks at a safe, impressive pace.

A shameless plug here is that the [RP Diet Coach App](#) actually does all of this setting up, monitoring, and deficit creation and sustainment for you.

So, if you want to keep a thorough record of your diet and results, but you'd rather not be doing most of the work yourself, consider downloading the app and trying it out. Hopefully, your diet will wind up being incredibly smooth.

On the other hand, many people run into unexpected obstacles during their diet, which is why in the next section, we're going to provide you with a few of our most common workarounds so that you can have the most seamless experience possible.

DEALING WITH DIFFICULTIES

As you may already be well aware, diets don't always go to plan, and a few predictable complications are likely to manifest themselves primarily in the form of macro-fitting, hunger, and water weight problems.

MACRO-FITTING

While dieting for fat loss can be a challenge in and of itself, trying to figure out which foods to choose so that you can meet your meal-by-meal and daily macro goals can be tougher still.

This is especially true when you are trying to eat on the fly, busy, or when your fat allotments are so low that many typical go-to foods are temporarily off the list.

In such predicaments, you can definitely use an app like the [RP Diet Coach App](#) to make things easier.

But, with or without the app, you can make your dieting experience much simpler if you choose about 2-4 basic proteins, vegetables, carbohydrates (fruits and/or whole grains), and healthy fats.

Once you've made those choices, make some meal combinations out of them, and then prep those meal combinations in bulk and shove the pre-portioned meals into your refrigerator and freezer.

This way, when you're busy trying to handle the rest of your life, eating to your diet needs is one thing you only have to think about once or twice a week when you do your

bulk meal prep. If time is a lot of money to you, you may want to consider a meal prep and/or bulk foods service.

Lastly, you'll want to think of (and possibly have on hand) some on-the-run meal-making foods such as lean beef or turkey jerky, fruits, nuts, and protein bars or shakes.

This way, you're never caught off guard. After all, fortune favors the prepared, right? I could be wrong, but I think that's a tattoo John Wick has on his back.

But essentially, these are our primary tips for how to fit foods simply, easily, and effectively into your macronutrient targets.

HUNGER

Hunger can be incredibly mentally and physically challenging.

In fact, when you're hungry, sticking to your diet can be one of the hardest things you have to do.

Evolution has primed pretty much all of us to switch to food-seeking and eat-as-much-as-you-can mode when we're very hungry, and indulging when hungry is probably the number one reason most people fail on their diets.

As you lose more and more fat, your body and brain's ancestral anti-hunger mechanisms will activate more and more.

While loads of people fall off the wagon due to rising levels of hunger, you can be ready to tackle hunger head on and get a winning edge. A big part of the task is *anticipating hunger* and sticking to the plan regardless.

TIPS FOR MANAGING HUNGER

 **EAT MORE FILLING FOODS**

 **EAT LESS TASTY FOODS**

 **SHIFT MEALS TO WHEN YOU'RE HUNGRIST**



But, there's more you can do.

1. Eat more filling foods as you feel hungrier.

- a. Veggies, fruits, yogurts, and very lean protein sources have great hunger reduction/calorie ratios.

2. Eat fewer tasty foods as you feel hungrier.

- a. Sometimes, super-tasty foods just make you want more of them. Many of us have experienced this temptation in the attempt to eat just a single potato chip or just one bite of a moist chocolate chip cookie. In short, tastier foods make it increasingly difficult to combat hunger.
- b. On the other hand, you will be nice and full after eating minimally flavored eggs and oats. That kind of stinks, huh? But, it meets your nutritional needs and doesn't leave you starving and cravey for hours after. And, you can eat loads of tasty food later in the year when you're already leaner after a successful fat loss diet. For now, you have to do what it takes! And the weird bonus here is that if you get lean and hungry enough, even the bland eggs and oatmeal will taste good.

3. Choose bigger meals during predictably hungrier times.

- a. If you're not a morning eater, just have some lean protein and veggies or even a protein shake. This lets you save more of your carbohydrates and fats for later meals during which you'll be hungrier like a dinner with the family for example.

With these three tips in mind, you'll be best prepared to fight against your hunger cues.

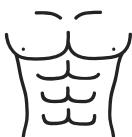
WATER WEIGHT PROBLEMS

Lastly, we need to discuss water weight problems.

Sometimes you can be losing lots of fat tissue but the scale weight is barely budging or even going down at all. This can occur because you're slowly storing more and more body water than usual. In a feature of truly dark and hilarious irony, your new extra body water is often stored just under the skin of your "problem areas" and is *really hard* to tell apart from fat.

So not only do you weigh the same for days or even weeks on end while struggling through a big caloric deficit, you also look very similar in all of your problem areas. Ugh!

But, worry not, we've got some tips for you.



Much of the tendency to store extra body water is caused by stress. If you try to relax a bit more and sleep a bit more, you can flush out a lot of body water and see enormous reductions on the scale and exciting improvements to your appearance.

Additionally, when you get really hungry, you might be the kind of person that starts to add extra flavor to your normal diet foods. This is a perfectly natural tendency and often results in the adding of lots of salt.

Why?

Because as we're all painfully aware of, *fat* is the real heavy lifter of flavor, and when you're not able to add it because it would disrupt your caloric deficit, you go to its trusty sidekick, which is salt.

Now, salt by itself doesn't interfere with either fat loss or weight loss, but it does one thing very well, which is to attract and potentially store lots of body water.

When you eat more salt, you tend to become thirstier. Then, you drink more water to chase the salt, and that's how your body fluids can increase in amount.

To make matters worse, we all tend to crave sweet things when we're hungry. Fortunately, we can get an infinite amount of sweetness from artificially sweetened drinks like diet sodas. That's no problem by itself, and you can have as many as you want, but in combination with salt, things can get a bit tricky.

You're already prone to body water retention when you're stressed. So now, you consume more salt and that makes you thirstier. Then, you turn to sweet tasting drinks and you over-drink them because (especially on a diet) they just taste so good!

Now that you're over-hydrated, you'll never guess what one of your body's responses is: to make you crave even *more* salt.

As you can imagine, this can be extremely frustrating! The result is that your weight may not drop and could even climb over a period of days or weeks. Not only can this make tracking your caloric deficit a tough task, it can straight up demoralize you. All that restriction for little or no weight loss can get to nearly anyone.

In order to prevent this cycle from getting out of hand, if you notice that you're drinking more fluids and eating more salt than usual, just limit your salt to something reasonable (even a bit higher than usual is totally fine), and cap the number of artificially sweetened beverages you take in at some number. It can be 10 sodas a day for all anyone cares as long as it's not ever more than 10, or whatever number you chose, for the remaining duration of the fat loss diet.

Once you standardize your salt and sweetened fluid intake, your body water will stabilize and then reduce and will then be out of the way for you to track your body weight and visual appearance progress.

Alright, so that's a lot of ammunition for you to succeed in accomplishing your goals and finishing your fat loss diet.

If and when you finish your diet, you should be very proud of yourself because you've done what most haven't.

But, much like just closing the door behind you doesn't get rid of the witch chasing you through the haunted house, even when it seems like it's over, the diet isn't yet over!

Oh no, another diet after the diet?

To some extent, yes, but maybe it's more like a long car ride away from the burning haunted house while you still keep an eye out but relax more and more the further away you get.

Too many Halloween analogies? Probably, so let's just get to the next section and learn how to do what most people find to be even more difficult than the fat loss diet itself: keeping the weight off once the fat loss diet is over.

8.

THE MAINTENANCE PHASE

In the last section, you learned how to prepare for the often-inevitable difficulties that can arise during a fat loss plan.

Fortunately, if you apply yourself diligently, you can finish your fat loss diet way leaner than when you started, which can represent a significant part of your overall goal.

But wait, why wouldn't losing the fat represent 100% of the goal? After all, isn't this entire resource about losing fat?

Close, but not quite.

Losing weight for just an instant at the end of your fat loss diet isn't enough. Almost all of us that diet to lose fat want at least some of that weight and fat to *stay off* for good!

And here's the big problem: At the end of a fat loss diet, your body and brain are *primed* to try to get you to put as much of the weight you lost back on as possible.

This priming is termed "diet fatigue." Your body and brain evolved in ancestral times that were characterized by massive food insecurity and intermittent periods of starvation.

So when you lose lots of fat consistently over time, your body and brain detect high levels of diet fatigue and think you're going to starve to death. So when you ease up on the caloric restriction, they try to get you to eat as much as possible and move as little as possible so that you regain your lost weight and ensure your survival against death by starvation.

Of course, in the modern world in which you live, starvation likely isn't much of a threat, but excess fat gain *is* a big and ever present threat.

With that in mind, you have to be very careful what you do once the fat loss phase of your diet is over so that you can prevent weight regain and maintain your leaner physique for as long as you want.

Such prevention of regain and support of maintenance is so important that it requires its own phase of dieting right after the fat loss phase is over.

In fact, most maintenance phases will need to be somewhere between $\frac{2}{3}$ to just as long as your diet phase was in order to clean the slate and allow you to eat and be active relatively normally without risking massive, unintentional weight regain.

The biggest thing to remember is that when your fat loss diet ends, you are *not yet done with the dieting process*.

In other words, you're not stopping the fat loss diet and just going to an all you can eat buffet. You're still on a diet, but it's a maintenance diet instead of a fat loss diet.

5 STEPS FOR AN EFFECTIVE MAINTENANCE PHASE

STEP 1: Stick to your diet foods.

We highly recommend NOT going off and having only junk for days on end. Poise yourself and remember that there will be a time for junk later on when your body is ready!

STEP 2: Add 50% of your deficit back into your diet.



For example, if you started your diet at 3,000 calories and arrived at 2,000 calories by the end of your fat loss phase, go to 2,500 as soon as possible on the very first day of maintenance.

Be sure to make these caloric additions in “diet food,” so there still won’t be any junk foods or cheat meals just yet. “Diet foods” are the same foods you’ve been eating toward the end of your fat loss diet. Think chicken and brown rice, not cookies and candy.

STEP 3: Watch your weight.

You should gain about 2-3% of your body weight just from post-diet water weight. This is no big deal and will drop soon! You're better off expecting it beforehand rather than being surprised in the moment.

As soon as your water weight gain starts to fall back down, add in another 250 calories of 'diet food' into your diet.

STEP 4: Stabilize.

After 3-4 weeks of adding in 250 daily calories as your weight starts to fall below its new normal again and again, your weight should stabilize, which means you won't have to make adjustments anymore.

You won't really be very hungry or cravey anymore, as you've now had weeks of eating exclusively healthy foods (aka "diet foods") in high quantities.

You'll be eating plenty of diet food and maintaining at below 102% of your post-diet weight! At this point, you might even be sick of eating this much food, which is a *great* place to be psychologically after weeks of hunger and cravings dominating your daily experience.

STEP 5: Introduce junk food.

After you are stable, which means a stable weight and minimal hunger or cravings, you can have a fun treat (big or small) here and there.

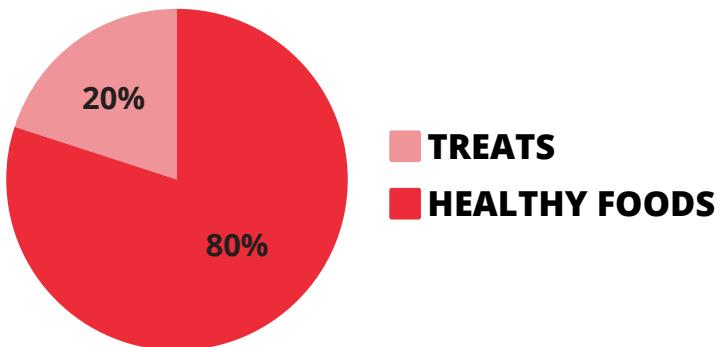
Just remain active, and if your weight trends up for two weeks, ease up on the snacks and clamp down on your daily fats just a bit, which should return your weight back to your new baseline.

It's going to take another three or four weeks for your weight to stabilize with the re-introduction of junk food which means that the maintenance phase after your diet can last for months (and often will).

But once you get through it, your chances of *keeping* the fat off for a long time *skyrocket*.

As long as you eat mostly healthy foods with the occasional fun snack, stay active, keep training, and keep an occasional eye on your weight, you can transition from a maintenance phase into a state of living in balance with food and physical activity, all while happier and much healthier at your new, leaner weight.

PROPORTION OF **HEALTHY FOODS** AND **TREATS**



If you have a few weeks of a bit too many fun snacks and your weight trends upward, just take two weeks (or even 12 days) of eliminating junk foods and tightening up your macros a bit, and you'll be back to equilibrium in no time.

This is sustainable weight loss made possible.

But, what if just the one fat loss phase isn't enough for your preferences. What if you want to lose *more* weight to get even lighter and leaner in the long term?

We'll discuss those considerations in section 9.

LONG TERM FAT LOSS

One fat loss phase coupled with a maintenance phase can let you lose serious pounds of fat and upgrade your health, physique and wellbeing substantially.

But, you might want to lose more than just one fat loss phase's worth of fat.

In section 6, you learned that even advanced dieters should cap their total weight loss rate at 1% per week and their total weeks spent in a fat loss phase at 12 weeks at a time. Accounting for water weight changes and the fact that most people won't combine the most aggressive weekly weight loss rate with the highest number of weight loss weeks in a fat loss phase, we come to the idea that the *most* weight the majority of people should aim to lose in a single fat loss/maintenance combination is around 10% of their starting bodyweight.

If you weighed 200 pounds when you started your last fat loss phase, you might be around 180 pounds at the end of the maintenance phase that follows. So, what do you do if you want to eventually walk around and live in a state of balance at 150 pounds?

The right approach is to start another fat loss phase after the maintenance phase of your last fat loss diet concludes.

However, this fat loss phase should account for the fact that you're already down a lot of weight from the previous fat loss phase and should thus have at least three features.

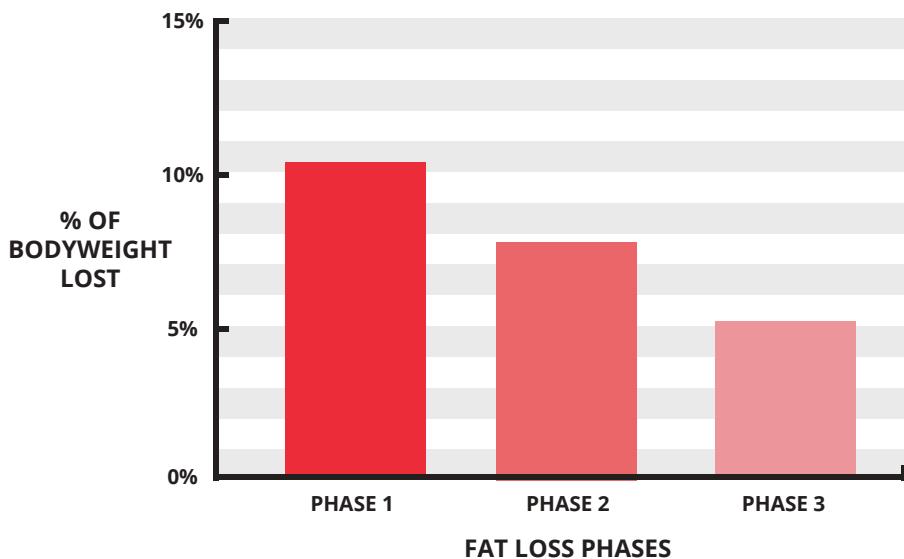
First, it should only be started if you essentially have zero detectable diet fatigue when you're considering starting again. This means pretty much zero unusual hunger, cravings, or prolonged low energy states. You should feel 100% ready and confident for another fat loss phase, with pretty close to zero honest thoughts that resemble anything like, "Oh boy, this is going to be really tough and I'm not sure if I can make it through."

If you aren't there yet, just keep running your maintenance phase for longer until you are.

Fat loss dieting again before you're ready puts you at a *huge* risk for falling off the wagon and regaining even the last phase's lost weight.

Second, every successive fat loss phase after your first should aim to lose a slightly smaller percentage of your current weight than the prior phase. For example, if you lost 10% of your body weight in the last fat loss phase, you should probably aim to lose something like 8% in your next phase. And, if you're going to do another phase later, something like 6% in that one could make sense and so on.

BODYWEIGHT % LOST THROUGH SUCCESSIVE FAT LOSS PHASES



Once you get to about 5% weight loss per phase, you don't have to reduce the number anymore, but until (and if) you do, every successive fat loss phase should be slightly less ambitious than the next.

Ideally, you could just aim to lose 10% of your body weight every time, but that might lead to falling off the wagon. Why?

Because your body has shorter term (weeks and months) and longer term (months and years) physiological steady-state axes.

Even if you feel fairly fresh after a maintenance phase, at least for years to come, your body will always try to pull you just a bit into the upward, weight-regain direction. This pull makes every successive fat loss phase notably harder than the last one, and, so as not to set unrealistic goals and burn out, you must adjust your expectations and plan accordingly.

Lastly, every maintenance phase that follows every successive fat loss phase should, on average, be longer than you would normally expect for a fat loss diet of that duration. In other words, if your maintenance phase after your first fat loss phase was eight weeks long, the one after your next fat loss phase may need to be 10 weeks long to accomplish similar reduction of diet fatigue, and the third maintenance phase may need to be a whole 12 weeks long, and so on.

Is this ideal? Of course not!

It would be amazing if you could just do one long fat loss diet phase to drop all the weight off at once, complete one short maintenance phase to reduce diet fatigue back to zero, and enjoy your new life at your preferred new level of leanness.

But, reality is a you-know-what, and in order to achieve the best *long term* diet success, you have to chunk up your total weight loss and take your time accomplishing it through successive and shorter fat loss phases and longer maintenance phases.

If you've stacked enough fat loss and maintenance phases together to lose all the long term weight to get to your final goal, just keep one more thing in mind: it's likely a good idea to diet to push to about 3-4% body weight *below* your final goal weight.

This extra buffer is to account for water weight regain and the slight regain in tissue that a proper return to balanced living will necessitate. This way, when all is said and done six months after the end of your last fat loss phase, you can live in balance at your actual goal weight and feel great about it.

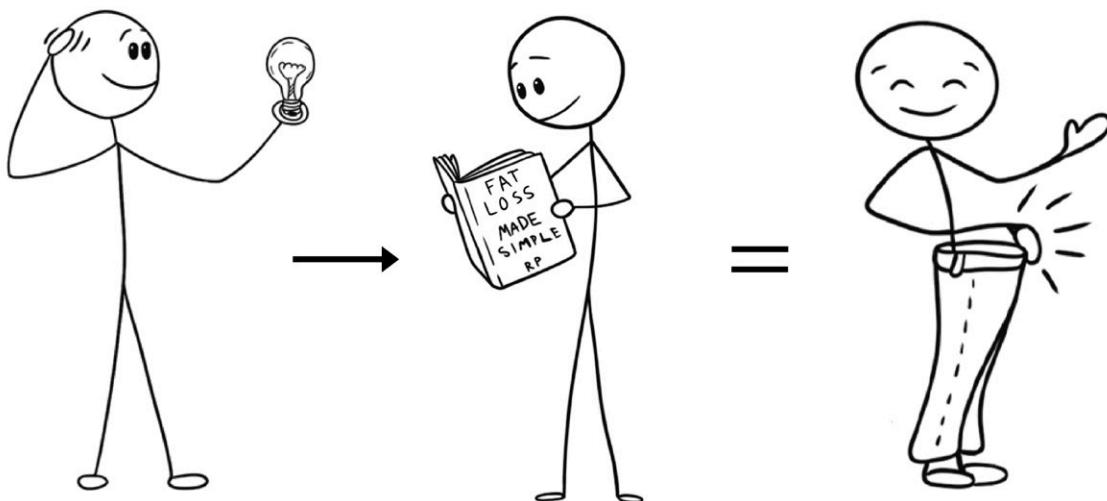
Lastly, just remember that, if you were ever 50 pounds or more above your final post-fat loss weight, that there will nearly *always* be a pull back up. Your body and brain will always fight you just a bit as you try to maintain your new weight. When most people go on a holiday binge and gain 3-5lbs, you might be the person that gains 5-10lbs.

In order to obviate this possibility, your best weapons will be to stay super active on a regular basis, to have a core of fundamentally healthy eating habits (this means that going completely off the rails for weeks on end is unlikely to serve you well), and allow for a no-junk tightening up of your diet for a few weeks here and there if your weight floats up a bit again.

Be realistic, be patient, and be consistent, and you can change your body to a massive and ultra-beneficial degree.

In the next section, we'll talk about what to do if you want to take the journey into being *exotically* lean.

LIVING IN **BALANCE**



10.

GETTING EXOTICALLY LEAN

Okay, so you've done a few fat loss phases and maintenance phases, you've lived in balance in a pretty lean state and loved it, but now, you've got the itch!

The itch, that is, to try to get *exotically* lean.

First of all, what does it mean to be exotically lean?

For males, being exotically lean means getting to below 10% body fat. For females it means getting to below about 17% body fat.

We term these body fat levels "exotically lean" for a few reasons.

To begin, these levels are very difficult to attain. It's going to require a lot of effort on your part while being extremely careful in how you treat your body to even get into these realms in most cases.

Second, once you get exotically lean, it won't be overly fun to stay there. In fact, staying there can put quite a bit of physical and psychological stress on your body, which is why getting this lean is almost always an exercise in temporary appearance modification and not a permanent change. That is, there is really no "living in balance" at 4% body fat. At best, you'd just be visiting every now and again.

Lastly, other than the enjoyment of the temporary visual changes, there is really no upside to getting exotically lean. It's not for everyone, and, in fact, it's probably not for most people.

You never *have* to get exotically lean, and oftentimes, even attempting to do so can put you at risk of moderately disordered temporary eating patterns, terrible sleep, high

stress, higher likelihood of injury in the gym, and even a higher risk of getting sick and taking longer to recover if you get sick.

The only upside: you can have veins on your abs! Are you still interested?

If you are, let's take a look at how to do it correctly.

Before you endeavor to get exotically lean, you need to do two things.

First, you need to diet down to the cusp of exotic leanness.

Then, with no rebounding, you need to stay there for a nice long maintenance phase, until your diet fatigue is very low or nominal. Just like high altitude climbers get to their base camp and rest and acclimate before making their summit attempt, you'll need to get down to around 10% as a male or 17% as a female and maintain there until you feel *really, really good* about doing another very tough diet.

In fact, it will likely be the toughest diet you have ever done!

In addition, before you descend into exotically lean territory, you need to understand that you will almost certainly be subjected to incredible hunger, cravings, low energy, poor sleep, and mood swings.

If that seems like a bit much for you, don't do it because you're missing out on basically nothing!

But if you're good with this, expect it, and prepare yourself.

Weight training is also a must here as getting ultra lean without weight training will cause very unwanted levels of muscle loss, which could leave you looking much more like Christian Bale in 'The Machinist' than Christian Bale in "Batman Begins."

Once you begin your diet, it's a very wise idea to aim for no longer than 12 weeks total of dieting, but also at no more than a 0.5% weekly weight loss goal in most cases. If you're doing the math at home, this means you'll lose perhaps up to 6% of your body fat, which for males means getting down to potentially 4% body fat and for females to around 10% body fat.

At levels that low, things get pretty crazy, so our major recommendation here is to consider hiring a coach that specializes in helping competitive physique athletes like body-builders and figure competitors get stage-lean.

This doesn't mean you have to compete at the end of your exotically lean journey, but it does mean that you'll have someone who has helped a plethora of other people through the very same process and can help you when you need it most.

They can fill in the blanks on diet specifics, cardio, water and salt intake, and other small factors that can align to make you look your very best, especially at the end of the diet when it's time to take pictures and let social media do the bragging for you.

Finally, because the risk of massive, uncomfortable weight-rebounding after a diet that gets you exotically lean is very high, you need to manage your regain phase.

Yes, we are suggesting that you should manage your *regain* phase and not your *maintenance* phase because you cannot expect to maintain exotic leanness.

At the very least, you should gain about 1% of your body weight back per week for about six weeks after your exotic diet is over.

Once that is done and you're back around the cusp of exotic leanness again, *then* you can switch to a traditional maintenance diet and take a few weeks to train less and really recover for your next fitness journey.

The regain back up by 1% per week means you pretty much have to take your pre-exotic maintenance diet (where you stayed at 10% of 17%, male and female respectively) and add in about 250 to 500 calories on top of it.

Keep in mind that you are intentionally trying to add body fat, so once you're nice and full after a few weeks of only healthy food, it's okay to start having some fun snacks here and there to keep regaining.

If you train ultra hard with weights during this time, you might even gain some decent muscle, and the training will be super fun because you'll look your best ever in the gym!

And that's all we've got when it comes to fat loss dieting made simple, folks!

Remember to be consistent, to be patient, and to enjoy the process no matter what your body fat percentage may be.

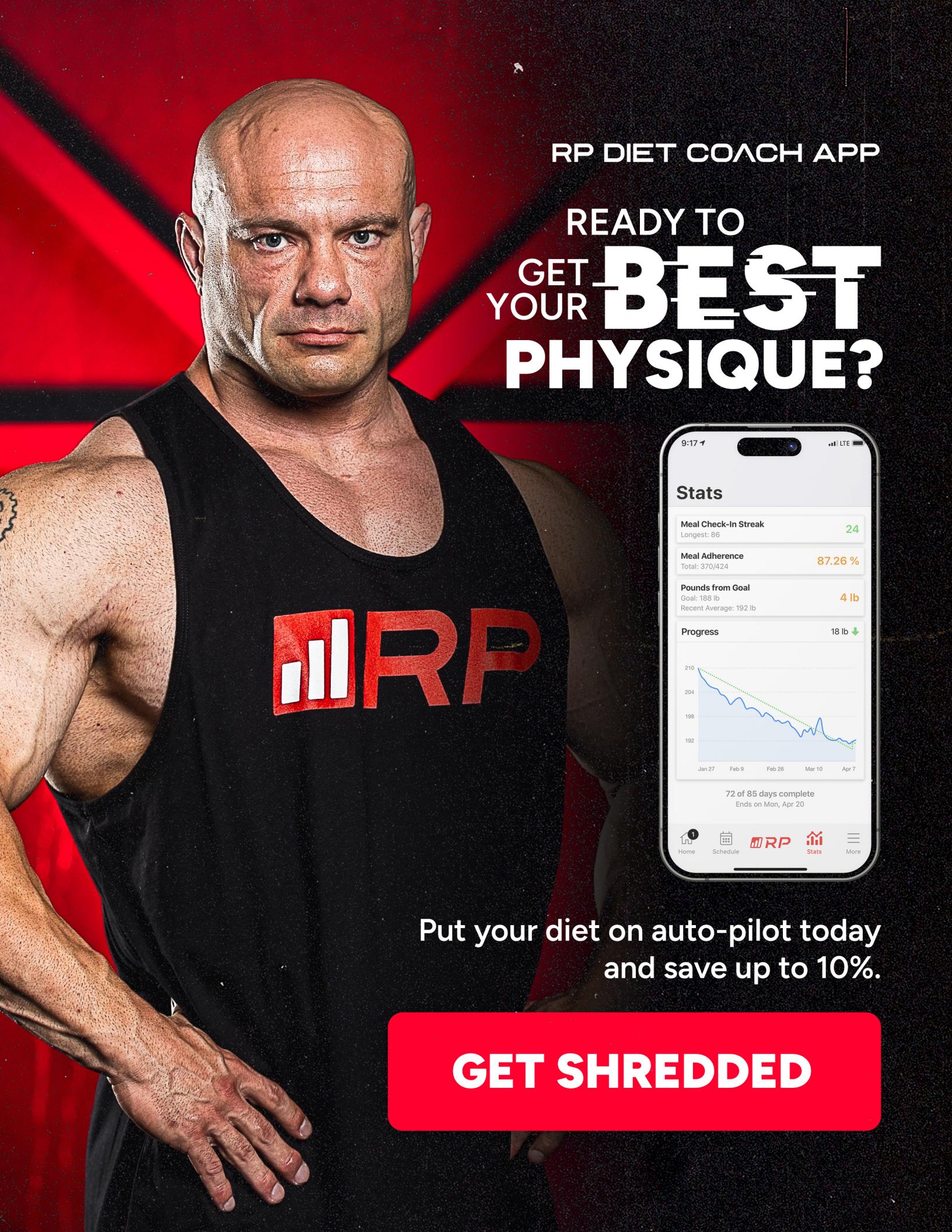
Because getting lean only guarantees being lean. It doesn't guarantee being happy, and, in the end, that's what it's all about.

If you'd like to consume this guide in video form, you can do that via our Fat Loss Dieting Made Simple series on YouTube.

[Fat Loss Dieting Made Simple YouTube Series](#)

Wherever your fitness journey takes you, we wish you the very best, and we hope to have more and more resources with which to help you at every step along the way.

See you next time!



RP DIET COACH APP

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PHYSIQUE?



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