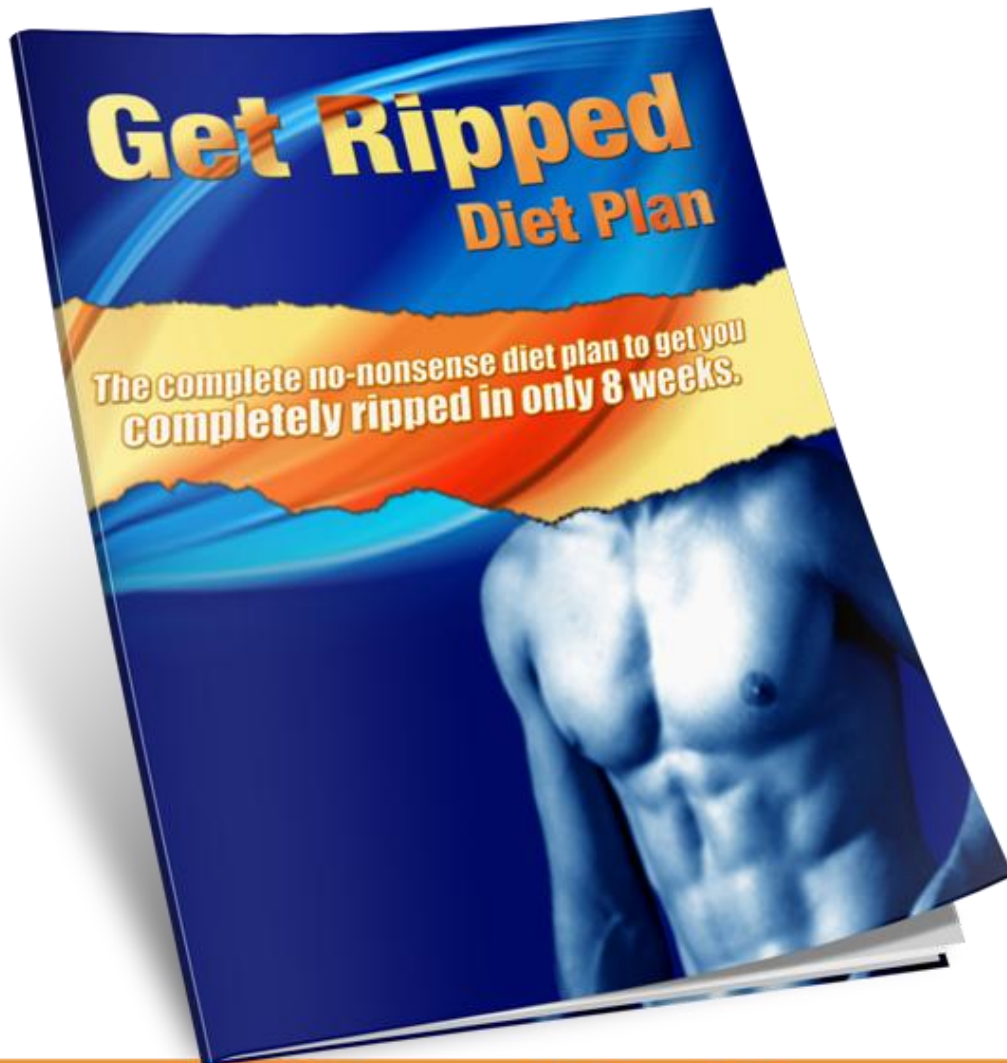


# The Get Ripped Diet Plan



[www.GetRippedDietPlan.com](http://www.GetRippedDietPlan.com)

## **Disclaimer:**

Please recognize the fact that it is your responsibility to work directly with your physician before, during and after seeking information from my site "Your Domain Here" or any other specializing consulting group. As such any information shared by "Your Domain Here," and any affiliate companies is not followed without the prior approval of your physician. Do not use this information without prior approval from your physician. By reading this guide you accept full responsibility for any and all of your decisions and agree to hold harmless "Your Domain Here," any affiliated companies from any liability with respect to injury to you or your property arising out of or connected with your use of the information discussed.

By accepting your comprehensive exercise and nutrition program, you agree to defend, indemnify, and hold harmless "Your Domain Here" and other affiliated companies, and their employees, contractors, officers, and directors from all liabilities, claims, and expenses, including attorney's fees, that arise from your use or misuse of your comprehensive exercise and nutrition program.

No claims made on our site or in our products have been evaluated by the Food & Drug Administration. No descriptions on our website or in our products are intended to diagnose, treat, cure, or prevent any disease. No claim or opinion(s) on this website or page about weight loss, body-building and general health is intended to be, nor should be construed to be, medical advice. Please consult a health care professional before starting any weight loss or exercise program.

## **A Warning**

The strategy outlined below is Intense.

It's so intense, that you'll have to alter different lifestyle habits aside from work-outs, nutrition and supplementation regiment. Yeah, that's how intense it is to follow. Yet, It's that effective.

This type of plan is not to be used often. I suggest once per year for the duration of 5-8 weeks. Let me make one thing clear though. Let's not confuse intense with dangerous. If you follow this plan properly, it may even improve your overall health. That's exactly why it is to be used once per year, to boost your health while getting insanely ripped. What more could you possibly ask for? You're literally getting the best of both worlds.

This plan is designed to give you the best strategy created to make body fat vanish before your eyes. Literally, before your very eyes, in the shortest amount of time possible.

Just to show you exactly what I mean and how fast we are talking, check this out. You will see body fat drop at a rate of .4 - 1% per week following this strategy.

## **The Get Ripped Diet Isn't For Everyone**

This can't be said enough; this diet isn't just for the average person.

In fact, if you are closer to 20 % + body fat than you are say to 12-17%, you probably should try out my other products to give you other dietary plans designed to give you a respectable level of body fat year round.

The Formula is simple - weight in lbs x 10cal

Now, does it have to be this way every single day of the week? Not exactly.

The calories you take in will likely change daily, this is unless you eat the same thing over and over again. That wouldn't be any fun would it?

Just in case math isn't a strength, a chart was placed below. Use, it. Remember it.

Bodyweight	Calorie Intake
100 lbs	1000 cal
150 lbs	1500 cal
200 lbs	2000 cal
250 lbs	2500 cal
300 lbs	3000 cal

At this point – a couple of important notes on calories:

1) If you are not seeing any measurable results after the first 7 days, you have 2 things to do.

First, make sure you are sticking to plan exactly how it is written. Not, "well I didn't think eating this would hurt," be strict, more importantly disciplined!

2) If you have been one of those that have been under-eating for long periods of time, please check out "**your product**" as your metabolic rate is probably shot to be quite frank. Once you learn proper eating habits and get to a respectable amount of body fat, than please revisit this diet.

## The Macronutrient Split:

Alright, you now know the calorie range and the requirements needed before starting this diet, onto the breakdowns!

Protein will make up between 30 and 35% of your daily intake.

Carbs should make up 10 and 15% of your intake. All Carbohydrates should come from vegetable sources. If you can get fresh, that would be ideal.

Fats should make up 50-60% of your intake.

Here is a chart displaying your daily needs:

<b>Bodyweight</b>	<b>Calorie Intake</b>	<b>Protein Intake</b>	<b>Carb Intake</b>	<b>Fat Intake</b>
100 lbs	1000 cal	75g	25g	66g
150 lbs	1500 cal	113g	38g	100g
200 lbs	2000 cal	150g	50g	132g
250 lbs	2500 cal	188g	63g	167g
300 lbs	3000 cal	226g	76g	200g

## Meal Timing:

This part is pretty simple. You will eat four times per day so you will just divide the numbers above by four. This will ensure everything is divided properly and you are eating the right amounts at every single meal. It will seem tedious at first. After a few days, this will be a breeze.

There is another chart below so you get a general idea of what your consumption should be.

<b>Bodyweight</b>	<b>Calorie Intake/Meal</b>	<b>Protein Intake/Meal</b>	<b>Carb Intake/Meal</b>	<b>Fat Intake/Meal</b>
100 lbs	250 cal	19g	7g	17g
150 lbs	375 cal	28g	10g	35g
200 lbs	500 cal	38g	13g	33g
250 lbs	625 cal	47g	16g	42g
300 lbs	750 cal	57g	19g	50g

Obviously, it might not be exact down to the last gram every meal, but try to get close as possible.

### **The Supplements:**

Now that the daily consumptions are out of the way It's time we discuss the 2nd phase of the Get Ripped Diet. If you think I have a few screws loose with such an intense plan. You probably have many worries about the loss of strength as well as muscle mass. Well, I assure you, no need to worry. If this regiment is followed correctly, it will more than make up for the shortage of calories. And this isn't guesswork I just pulled out of a hat. I've done the research. I have used this plan many times myself as well as clients. Bottom line is it works, it actually works wonders. I guarantee you, if this is followed correctly and exactly the way it is designed, you will see very good results. Now, It won't be a walk in the park nor will it be simple. Furthermore, I am not implying that you will have zero loss in lean mass or strength. However, what I am suggesting to you negate these losses to almost none.

This is the plan of action:

### **Supplements #1 and #2**

## **BCAA & Creatine**

These supplements will negate strength and lean mass losses. Basically, you won't feel like crap during this plan.

You'll only feel partially crappy. However, your work-outs will stay fun and as productive as possible.

If you tried the Get Ripped Diet Plan without these 2 life savors, you will see it's like the complete opposite. Seriously, do not skip over these or think it's ok if you don't use them. I like Scivation Extend BCAA and Scitec Ultrapure Creatine 500g. No I do not get paid for saying that either. These are high quality, and fairly cheap.

### **Here's the protocol:**

For those under 199lbs, take 7g of BCAA and 3g of creatine 4x per day for the duration of the Get Ripped Diet. You'll take 1 serving during workouts and 1 serving after workouts. The other 2 you will take in intervals between feeding times.

For those over 199lbs, use 12g of BCAA and 6g of creatine 4x per day for the duration. You'll take 1 serving during workouts and 1 serving after workouts. The other 2 you will take in intervals between feeding times.

In terms of brands, for fat burners I like VPX Sports Meltdown.

### **Supplement #3**

#### **Greens Plus**

This has to be one of the best supplements ever to be invented. Seriously, it's that good. This is directly from the product's website.

"Greens Plus is a 100% natural blend of 29 nutrient-rich Superfoods, Sea Vegetables and High-Energy Herbal Extracts. One serving of Greens Plus delivers more essential vitamins, trace minerals, live enzymes and high-ORAC antioxidants than 5 full servings of fresh fruits and vegetables, and provides every vibrant color in the dietary food spectrum, as recommended by the United States Department of Agriculture."

GREENS Plus® CONTAINS NO yeast, salt, egg, coloring, flavors, irradiation, gluten, preservatives, MSG, corn or dairy products, and NO ADDED sugars, fats or oils.

While on the Get Ripped Diet, Greens Plus will help detoxify your body. This is very important during stages such as rapid fat loss. It helps get rid of the toxins that are being released from your fat cells. It will also help balance out the dietary acids you'll be consuming.

### **Here's how to use Greens Plus:**

Use 1 serving per day, with or without a meal.

### **Supplement #4**

#### **Fish Oil**

Do I really have to expound on this one? I didn't think so. Simply take your 7-14g of fish oil per day and you'll be covered.

### **Supplements #5**

#### **Meltdown**

Use Meltdown (2 capsules) 2x per day for one week.

I can already hear the cries of expense and the amount of supplements you will be taking. But don't go crazy. Just think for a minute. You won't be spending much money on groceries. Secondly, you won't be on this plan forever, just 1-2 months every 1 to 2 years. So don't think it will be some expense that just goes on and on. It's not, and it won't.

Like I said, all of these supplements these are in place to negate lean muscle mass loss, and to keep you feeling sane during a relatively insane protocol. Sure, you don't have to take these supplements. I'm not going to come to your house and knock on your door. But you better not point fingers when you fall right on your butt, knucklehead!

### The Example Meal Plan:

Ok, It's time to get down to the meat and potatoes of the Get Ripped Diet. I made a plan that was quite simply easy to do. Why? Because I'm on the Get Ripped Diet as we speak, so here is my plan:

Wake Up	Breakfast	BCAA/Creatine	Lunch
8oz Water 1 Multi-Vitamin	3 Whole Omega-3 Eggs 2 Pieces of Turkey Bacon 1/2 Cup Green and Red Bell Peppers 28 Grams of Cheddar Cheese 3 Fish Oil Caps 1 Liter Water	5 Grams Of BCAA 3 Grams Creatine 1 Liter Water	6 oz 93% Lean Beef (not on a bun) 28 Grams Cheddar Cheese 1 Whole Tomato 1/8 cup Almonds 3 Fish Oil Capsules 2 oz Spinach

	2 Meltdown		1 Liter Water
<b>BCAA/Creatine</b> 5 Grams BCAA 3 Grams Creatine 1 Liter Water	<b>Training</b> 5 Grams BCAA 3 Grams Creatine 2 Liters Water	<b>Post-Training</b> 5 Grams BCAA 3 Grams Creatine 1 Liter Water	<b>Dinner</b> 6 Oz Chicken 28 Grams Feta Cheese 12 Green Olives 1 Whole Tomato 2 Oz Spinach 1 Cup Cucumber 3 Fish Oil Caps 1 Liter Water
<b>Pre-Bed</b> 2 Omega 3 Eggs 30 Grams Cheddar Cheese 1 Green Bell Pepper 1 Serving Greens + 3 Fish Oil Caps			

Now, remember – This is my plan. Unless you have the same lean mass as I do and you're training as I am, then it would likely work for you. I'm currently 182lbs (4.0% fat) and I workout 5 days a week. My workouts are generally 1.5-2 hours each day.

Some days I may skip a meal and have a serving of BCAA and creatine instead.

Why would I do that? Why not – it helps me get leaner even faster.

Now here's the point of the whole Get Ripped Diet. My plan is always giving me a 0.4% and 1% body fat loss per week. It's working great, so it's the right plan for me.

That doesn't mean it's the right plan for you. However, if you don't know how to do it yourself – or you don't want to do it yourself – simply pop over to "**YourDomainHere**" and check out our products. We can help.

### **The Re-Feed Day:**

This is what it's all about. You never thought this day would come, but it's here, the re-feed day. Here's what you do:

- In advance, before you start the plan, pick out these days on a calendar. It will be one day every 12 days. Make sure you mark them down. It will give you some much needed light at the end of the tunnel.
- Until this day arrives, stay disciplined and full steam ahead. No right or left turns into the pizza shop. Be committed and you will have truly earned this day.
- On the 12th day, wake up like it's Thanksgiving. On that day, eat all the stuff you haven't been able to eat while on the Get Ripped Diet.
- Now, hold up, killer. This isn't a license to go buck-wild and act like you just broke outta prison. Don't go too far over 3x your Get Ripped Diet calorie guidelines. That means, if you are at 2500 cal per day, you wouldn't go above 7500 cal.
- Lastly, make sure you workout on this day so all these extra calories goes towards building muscle.

People typically gain 4-9 pounds on this day. It's ok - It's normal. It's nothing but glycogen storage and food sitting in your stomach.

Well my friend, you are now armed with some potent information..It's up to you to make use of it...

**Now Get Started!**



# The Quest to Manage Weight

Whether it's weight loss or weight gain, whether it's five pounds or fifty, almost everyone in our society – irrespective of gender or age – has dealt with **some form of weight issue**.

Often excess weight and weight loss issues revolve around slow metabolism and lack of energy. So, detoxification and system cleansing are frequently needed to boost both metabolic rates and energy levels.

**Achieving weight loss and maintaining a healthy weight** are crucial factors in sustaining both physical and psychological wellbeing. Shedding those extra pounds not only helps protect the body from heart disease, hypertension, arthritis, diabetes and other physical ailments, but also from mental problems like stress and depression.

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

## View Natural Products for Weight Management

- [Metabolism & Weight](#)
- [Detox & Cleansing](#)
- [Energy](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and

therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »

## **Supplements are not the only way to manage your weight!**

### **The ABSolute Truth DVD**

Click now to get a free copy of the brand new video, "The ABSolute Truth" on DVD. This video isn't even for sale yet, but it will be selling in the next few weeks for \$49, but you can get a copy today for FREE!

#### **Here's just some of what you'll learn when you watch this video:**

- \* Why most so-called "experts" are dead WRONG when it comes to ab training
- \* Which exercises are a waste of time and which ones are actually worth doing
- \* How to get killer results with super short workouts
- \* The best combination of the most effective ab exercises
- \* A sample ab routine that will absolutely kick your arse!

[\*No strings, no catch. Get The Absolute Truth for free, now!\*](#)

### **Burn Fat Fast Guide and Audio CD**

Click now to get a free copy of the best-selling weight loss program, Burn Fat Fast. This product consists of the printed guide and audio CD. This sells for \$39 and it's full of the most powerful information on how to speed up your metabolism with simple exercise and nutrition tricks. No strings, no catch.

[\*Get Burn Fat Fast for free, now!\*](#)