

Podaima Performance

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*****If you are diabetic monitor your blood sugar levels closely as your medication dosages may need to be adjusted*****

*****Type 1 Diabetics are not allowed on this diet under any circumstances!!!*****

This diet is simple yet extremely effective. **DO NOT CHANGE ANYTHING!!!**

This is the absolute lowest calorie diet I can safely give you while maintaining/gaining muscle mass.

I should say for some people the first few weeks might be difficult, but i promise it gets much easier. Your body is going through a sugar withdrawal and you might feel a bit off.

These will pass quickly then it is smooth sailing! **By the 3-4 week mark everyone finds it easy, you just have to rough out the beginning.**

Every morning you will drink “The Sludge” 30 minutes before eating breakfast. The Magic Bullet works excellent for this. I highly recommend you have one for this and for your protein shakes.

The sludge is also optional as the fenugreek can make your sweat/urine smell like maple syrup. About 80% of my clients take it. I recommend it but it will not make or break the diet.

It's main purposes are:

- detoxification
- added fiber
- helps restore the pancreas
- helps with blood sugar management

The Sludge:

1. Grind 1 tbsp. flax seeds and 1tbsp fenugreek seeds
2. Add 1 cup of water
3. Add 1 dropper of liquid chlorophyll
4. Blend everything together
5. Drink

For the first 21 days you will follow this diet:

Breakfast (Pick one of 3 options)

- Meat + Nuts
- Whole Eggs
- Plain Greek Yogurt (can mix with protein powder or stevia)

Lunch And Supper

- Meat + Vegetable

After the first 21 days you will get a full cheat day to eat whatever you want.

After that there will be 2 changes to the diet:

- You will get 1 serving fruit/day from berries (1/2 cup)(Do not eat before workout as interferes with fat burning)
- You get **1 cheat meal** every 5-7 days

Allowed Vegetables

- broccoli
- spinach
- mushrooms
- cauliflower
- cucumbers
- kale
- peppers
- asparagus
- cabbage
- onions
- zucchini
- green beans
- lettuce(can use for wraps instead of bread)

Allowed Protein(anything that runs, flies or swims)

- eggs (6g protein/egg)
- greek yogurt(16g protein/175g)
- protein powder
- wild meat
- fish
- chicken
- turkey
- pork

- beef
- bison

Oils/fats

- use very sparingly as they are very calorie dense
- fry with butter
- olive oil with salads
- bake/grill whenever possible

Beverages

- water
- coffee
- green tea(excellent for health and weight loss)
- alcohol is to be avoided but if you must then red wine or hard alcohol with water is best.

Condiments

- mustard
- hot sauce
- vinegar
- cinnamon
- lemon juice
- stevia

Spices

- anything that does not contain sugar. Anything that ends in -ose is sugar.

*****Use nuts sparingly. You are allowed 1 small handful/day. If you cannot control you will have to remove them completely. I have to do this for 50% of my clients. If you are not losing weight this is one of the first things I look at*****

Supplements

I am not big on supplements but these are to cover any nutritional deficiencies on the diet. You will still lose weight without them however it is very important you take them!

- fish oil 10g/day(split with meals if possible)
- magnesium(citrate) 450mg at supper
- vitamin D3 3000-5000iu/day
- calcium citrate 600mg/day
- 1 multi vitamin/mineral
- 3-5g sodium/day(can just salt foods)

Guidelines

- protein/day(g) is your lean body mass. This is how much you would weight with zero bodyfat. A rough estimation is fine.
- Meat is roughly 25% protein so 100g of meat is roughly 25g protein.
- Once you figure out protein you need for day then eat it however you want. So for example if you are to eat 100g of protein /day you could eat it all in one meal or do 50g each at 2 meals or 33 grams each at 3 meals
- the amount of meals you eat in a day doesn't matter as long as you hit protein goals. So for women its usually 2-3 and men 3-4.
- no snacking
- allow 11-12 hours between dinner and breakfast
- 30-50g/day of carbs from fibrous vegetables
- you must eat a solid meal for breakfast
- whey protein .25g/day/lb. of bodyweight/day
- vegetables can be eaten in unlimited amounts

- rotate source of meat and nuts
- eat whole eggs
- do not eat until full
- do not eat for an hour after you workout
- eat within 30 min of getting up(if you can for people who work out early the don't have to)
- do not eat 4 hours before bed
- drink coffee/green tea/caffeine before workouts
- 16 hour fast 1-7x/week. 8pm-12pm works well.
- get 7-9 hours sleep/night
- meals should be structured that breakfast is largest followed by lunch then supper is smallest
- use salt with your foods. You need sodium

This diet will last from 6-12 weeks then I will advise.