

## Eating Schedule:

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5:30 am

**Diet Rules**

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5:30 am

**Pre-Workout Meal**

**3**

7:30 am

**Post-Protein Shake**

**4**

8:00 am

**Breakfast**

**5-6**

10:30 am

**Snack**

**11-12**

12:30 pm

**Lunch**

**7-8**

3:00 pm

**Snack**

**11-12**

5:30 pm

**Dinner**

**9-10**

## BASIC RULES:

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### DIET is 75% the BATTLE:

- EXERCISE ALONE IS NOT ENOUGH...
- TO ACHIEVE GREAT RESULTS you must control your diet.

### PROTEIN... PROTEIN... PROTEIN:

- Hard to eat too much. Focus on meat, eggs, and whey.

### LITTLE or NO WHEAT:

- THE CAUSE OF BELLY FAT.. according to the best-selling-diet-book, [Wheat Belly, by Dr. William Davis, MD.](#)

Summary: HE SAYS... 2 pieces of bread increases blood sugar the same as a candy bar. Cut out wheat alone... and you'll likely lose a pound or two a week... even without exercise.

### AVOCADO, ARTISAN CHEESE, and SALSA:

- Make this diet tasty and fat burning.
- Avocado and Cheese are great sources of protein... and healthy fat!

### This is a ONE DAY DIET REPEATED EVERYDAY:

- Modify for variety.
- Stick to it... and you will notice a difference in a week!

\*\*\* Disclaimer. This diet works for me... it's only a suggestion. Follow at your own risk. Check with a doctor if you have pre-existing issues that make dieting harmful to your health. No specific results are guaranteed by me or in life itself.



## Wake Up and Eat Something!

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### Half-an-Hour Before Class:

**If you don't give your body something to burn during your workout...  
You Will Start Burning Muscle. (Bad!)**

- **Best: Instant Oatmeal (1 oz.)**
  - One packet or small fistful, if bought in bulk.
  - One scoop of Whey Protein (Dissolved in water).
  - Two scoops, if trying to put on muscle.
  - Add blueberries or banana.



- **Running late?: Protein bar.**

**Jay Robb has a great NO-WHEAT ALTERNATIVE. (Sold at Whole Foods.)**

- Regular (Wheat) protein bars are ok... but only in the early am.

- **At least: Eat an Apple or a Banana**

- Add spoonful of peanut butter to make it a longer-lasting fuel.



## Alert: Post-Workout Protein Shake

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**First thing when you get home...  
Before you even get into the shower:**

- **12.9 oz container of Whey protein at Whole Foods costs about \$10-15.**
- **It helps burn fat, build muscle etc.**
- **One scoop stirred into water. (Two scoops if beefing up!)**
- **Look for... "Hydrolyzed".**



**Lactose intolerant?**

**Jay Robb's Protein from Egg White**

**Available at Whole Goods or**

**[Click here to buy online.](#)**

**20% Discount w/3 month commitment.**





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**Breakfast: It's important!**  
**Do NOT skip! Get that fat-burning fire working.**

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## **BEST OPTION:**

- **Make an omelette/scramble at home. (Add meat if desired.)**
  - **Chop and saute veggies. (Green pepper, onion, spinach etc)**
  - **Crack 2 or 3 eggs, or pour 1/3 carton of egg whites (Cooks in 5-8 min).**
  - **Top with ARTISAN CHEESE, AVOCADO, and SALSA.**
- (Cheese, Avocado, and Salsa are THE KEY HEALTHY INGREDIENTS!)**



## **QUICKER ALTERNATIVE:**

- **Whole Foods Breakfast Bar: Opens at 8am. Stop on way to work!**
- **Plain Eggs, Denver Eggs, Veggie Omelette etc. (About \$8/lb.)**
- **Lots to choose from. I like to add steamed veggies.**
- **Grab-n-go cheese (Little chunks only a \$1.50 or so... Awesome!).**
- **No-No's: No potato. No bread. No Tortilla.**



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## Breakfast Continued:

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### ANOTHER QUICK BREAKFAST ALTERNATIVE:

- On the way home from boxing... or on the way to work... stop by a restaurant like "Toast"... order an egg-white scramble to go. (\$10-ish)
- No potatoes or toast. Ask for fruit instead.
- Bacon is ok. Avocado is a must. All veggies are good (except carrots.)
- NO CHEAP CHEESE: Restaurants use crappy cheese with trans fats.
- ARTISAN CHEESE ONLY!

(That's why it's better to make eggs at home or do the Whole Foods thing... because you get to eat CHEESE!)

### SUPER-FAST ALTERNATIVE:

- Breakfast burrito and ditch the tortilla. (\$8.35 at Blue Fog Market)
  - Tortilla is wheat flour. (IT'S SUGAR!) IT CREATES BELLY FAT!
- Dump the burrito contents into a bowl at home or work... and fork it!
- Good ingredients: Eggs. Beans (black or pinto). Veggies. Salsa Fresca.
  - Bad ingredients: Cheap cheese. Potato. Rice (even brown... it's sugar).

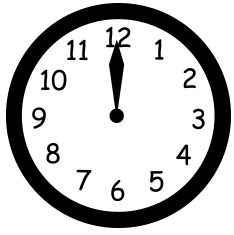


### LAST RESORT and SUPER-QUICK... SUBWAY:

- Order 6" Egg-White Flatbread Sandwich. Veggies - especially spinach.
- No sauce. No cheese. NO MORE WHEAT THE REST OF DAY!!!!



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## Lunch: Meat Salad

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### Bring Your Lunch to Work...

**(Eliminate Temptation...Don't Leave the Building!)**

- **Meat** - Whole Foods deli counter. Buy pre-cooked chicken breasts. \$13.99/lb. About \$6 per/breast. (Molly Stones Market is \$10/lb.)
- The sliced roast beef is pricey but great!



- **Pre-packaged Salad Mix** - Any kind will do.
- Look for one with spinach. (No carrots. Carrots are high-sugar.)
- Veggies - Quick-n-easy or fancy. Green Pepper, Tomato, Cucumber, etc.
- I like to get Asparagus... microwave in a wet paper towel and chop!

### Cooking instructions:

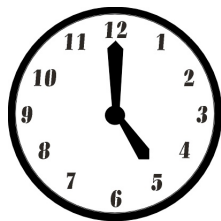
- Microwave chicken... slice... mix with salad and veggies...
- Avocado - I put half of an avocado on everything!
- Cheese - Grate a healthy amount over your lunch. (Real cheese only)
- Dressing - Balsamic Vinaigrette. Don't blow it with bad salad dressing!
- Alternate dressing - Olive oil or lemon.



**Meat...Salad mix...Veggies...Avocado...Cheese...Vinaigrette...  
Delicious and Filling!**







## Dinner: Protein and Veggies

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### **Protein... Protein... Protein!**

**You almost can't eat too much... unless you eat 'til bloated.**

- **Egg-white omelette w/cheese. (Add quality sliced roast beef!)**
  - **8-14 oz of Steak. Chicken. Salmon. Tuna.**
- (GRILLED, NO SAUCES.)**

### **Get Your Veggies!**

**Steamed Veggies are best:**

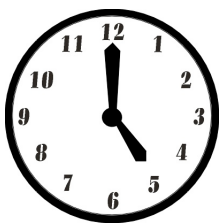
**Broccoli, Squash, Asparagus, Green Pepper, Green Beans etc.**

**Eat what feels right (within reason of course.)**

### **Make It Delicious!**

**Add Salsa, Avocado, and Artisan Cheese to make other people jealous.**





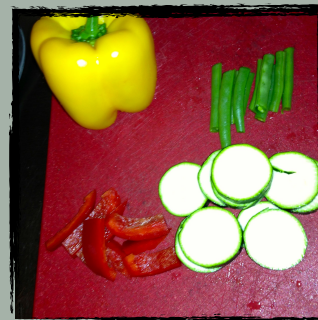
## Dinner Continued:

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### Protein... Protein... Protein!



**Add SUGAR-FREE...  
pasta sauce for variety.  
Delicious but expensive  
\$6 per jar**



**Look for veggies with color!**

**Whether you're eating at home or eating out...  
Stay basic. Meat and Veggies.**

### MANTRAS:

- **DO NOT EAT** for more than two hours before bed.
- **TAKE ADVANTAGE OF BEING TIRED** and go to bed...
- **IF YOU HAVE TO EAT** late-night... egg-white omelette is best.



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## Snacks:

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### Go Nuts!

**Keep in Your Work Desk Drawer**

**Bulk Food Section of Whole Foods or Supermarket.**

#### Equal Parts:

- **Raw Almonds**
- **Raw Cashews**
- **Raw Walnuts**

#### 1/2 Parts:

- **Trail Mix**
- **Fancy Mixed Nuts**

- **Mix into One Big Bag**



**\*\*CAUTION:**

#### Minimize:

**Trail Mix: Adds SUGAR...**  
**Fancy Nuts: Adds SALT...**

**Just Enough for Flavor.**

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## Snacks:

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### PROTEIN BARS!

Keep in Your Work Desk Drawer and at home.

I suggest the NO WHEAT variety. [Jay Robb's Peanut Butter](#)

Finding protein bars without a bunch of extras is pretty hard.

Got some good info that these bars are quality. Sold at Whole Foods... or [click here](#) to buy online.

This snack is all about getting protein.



**Cliff Builders are tasty and and are sold in all stores.**

**Any Bar will do. But most bars have wheat. Read ingredients**

**Careful not to binge on these! Keep these out of sight out!**