



**SPECIAL
REPORT**

**The
IsoCaloric
“No Diet”
Fat Burning
Handbook**

NEXT NUTRITION®

*Putting science to work...
for you!*

\$26.95

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PART ONE

WHAT YOU NEED TO KNOW

-
- Addressing the Problems
 - Questions Spawn Answers
 - Mistakes Lead to Frustration
 - History Gives Us Knowledge
 - Science Guides Us
 - Easy Changes Can Make the Difference
 - The System... Step-by-Step

Introduction

What you're holding in your hands will blow your mind... and change your life... forever... especially **IF you decide to act** on the breakthrough information this handbook reveals.

But before these revelations begin... know this:

...In the course of human history, true scientific breakthroughs always go through three stages of evolution.

- **Firstly...** they're disbelieved and mocked.
- **Secondly...** they create revulsion, abhorrence, even anger and hostility.
- **Thirdly...** they are eventually, over time, accepted as though it has always, and should always have been thus.

So it is with what you have in your hands here. **The IsoCaloric "No Diet" Fat Burning Handbook...** a step-by-step system to burn off bodyfat and help you build the body that you've always wanted. Without drugs. Without dieting. Without slavish workouts. No hunger. No pills. No diet nausea. No deprivation. Not even iron willpower.

The Quick Answer: Quit trying so hard. Why? Because you have all you need to know and how to get what you want... right here... in your hands... right now.

This information is unlike any other you've ever read. So remember, what you are about to read is at the very "cutting edge" of biochemical science. Stunning revelations that reveal how to trigger your body's natural fat-burning furnace - so you can shed ugly bodyfat, at a faster rate... even while you sit... even while you sleep.

Here we go.

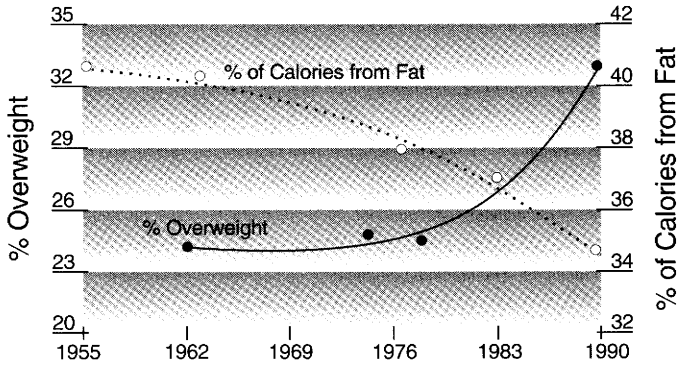
- **Did you know** high carb diets increase water retention (3 grams water/H₂O to every gram of glycogen - stored muscle sugar) making you look soft and puffy as well as stopping your body's ability to burn fat? ^{94, 182}
- **Did you know** 70% of your body's energy, when at rest (not exercising), comes from fat, not carbohydrates? (But high carb diets stop you from accessing the fat.) ⁸⁶
- **Did you know** high insulin levels in your body from eating lots of carbs lower your body's anabolic response, growth hormone secretion, immune response, and boost fat storing enzymes at the same time? ^{67, 70, 116, 182, 210}



- **Did you know** obesity in America has risen more than 33% over the last ten years despite a decrease in overall fat consumption? ⁵
- **Did you know** nearly 60% of overweight American men who manage to lose weight regain it all within a year? ¹²³

Fig. 1

Despite an overall decrease in consumption of fat, the amount of overweight Americans has increased over 33% in the last 10 years, from 1 in 4 to 1 in 3 people.



- **Did you know** 75% of the American population (or 188 million Americans) are physiologically unable to benefit from a high carb diet? ¹⁶⁰
- **Did you know** that you should not be afraid of certain fats because they stop fat storage and stop muscle breakdown... while increasing fat-burning and metabolic rate? ^{169, 177, 185}
- **Did you know** that working out with weights for more than 60-75 minutes can cause your body to burn muscle, sugar and protein... but not fat? ^{197, 198}

It's the questions you ask that define your reality. But it is the questions that you fail to ask that define your destiny.

So ask yourself...

- How do you look today?
- How would you like your body to look and perform in the next 54 days?
- How do you feel when you take off your shirt and look in the mirror?
- How do you feel in a tank top or T-shirt? Honestly?
- How healthy are you?
- How proud are you about the way you look?

Rate Yourself					
Very Poor	Poor	Fair	Good	Very Good	Great
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ARE YOU making any one of these 5 simple, but very destructive, mistakes when you want to get in shape?

Take a look and find out if you are blocking your body's natural fat-burning ability.

Typical Inefficient Fat Burning Eating Plan				
7:45 A.M. BREAKFAST				
<ul style="list-style-type: none"> • Bowl of cereal • Toast w/ Jelly • Banana • Glass of orange juice 				
Totals for meal 1:				
608	15g	128g	4g	
10:00 A.M. SNACK				
• Bagel				
Totals for meal 2:				
191	7.5g	38g	1g	
NOON LUNCH				
<ul style="list-style-type: none"> • Chicken sandwich • Rice, potato or pasta • Lowfat cookies 				
Totals for meal 3:				
640	32g	101g	12g	
3:00 P.M. SNACK				
• Pretzels				
Totals for meal 4:				
150	2g	31g	2g	
6:30 P.M. DINNER				
<ul style="list-style-type: none"> • Linguine w/ Clam sauce • Fresh French bread • Salad • Dessert 				
Totals for meal 5:				
846	27g	135g	22g	
Total Calories: 2,435				
Calorie Percentage: 14% 72% 14%				

Big Mistake...

Do you continually snack on carbohydrates throughout the day, everyday?

Big Mistake...

Do you regularly eat three meals a day or even skip a meal occasionally?

Big Mistake...

Do you religiously try to avoid fats at all costs?

Big Mistake...

Do you succumb to calorie-watching when trying to lose weight?

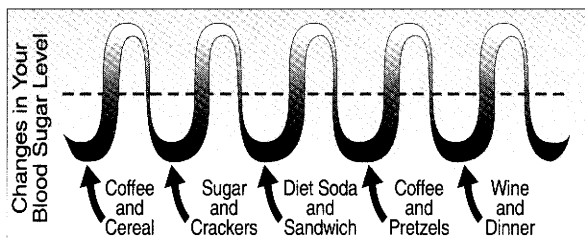
Big Mistake...

Do you lose weight from water and muscle loss but not fat loss without even knowing it?

"Eating is a hormonal event" – Dr. Barry Sears, *THE ZONE*

Fig. 2

The food you eat has a profound effect on your body's internal biochemical environment.



If you are making even one of these above mistakes, you're blocking your body's biochemical ability to burn

fat. No ifs, ands, or buts. You see, when you want to burn off 5 lbs... 10 lbs... 15 lbs... 25 lbs or more of ugly bodyfat, you need to put your body into the right biochemical environment.

Medical research has discovered the "triple biochemical key" that manipulates your body's metabolism so it burns fat... not just calories... faster and easier.

Now there's no need to ever wonder why you can't lose the extra-extra love handles. The stubborn flab around your waist. The growing blubber around your gut.

Are you ready for some startling news?

Now it's easier than ever to burn off all the bodyfat you would ever want to lose - thanks to some amazing new discoveries. Science... medical research... has the answer.

These are not some "fangle-dangle" wacky breakthroughs.

The research about isocaloric eating is based on 20 years of clinical studies and trials compiled by the best scientific minds in the world. In fact, the first papers appeared on this topic in 1974 in Federation Proceedings and have recently been reprinted as a nutrition and metabolism classic in Nutrition.¹⁵¹

Even more exciting - the solution rests, not with drugs, not with starvation, and not with exhausting exercise, but with you - your metabolism, your hormones, your genes.

How the food you eat affects your own body's natural biochemical and hormonal environment

Since 1990, many other scientists have gotten in on the act. Today archeologists and anthropologists (scientists who study the ancient ruins and history of man) have found some shocking revelations ... all about your biological disposition to hoard fat ... and burn fat.

Whether you like it or not, you've got 30 billion fat cells. These fat cells can expand a thousand times in volume. They can multiply. They can divide forming new fat cells. They are designed by nature to hoard massive amounts of energy.

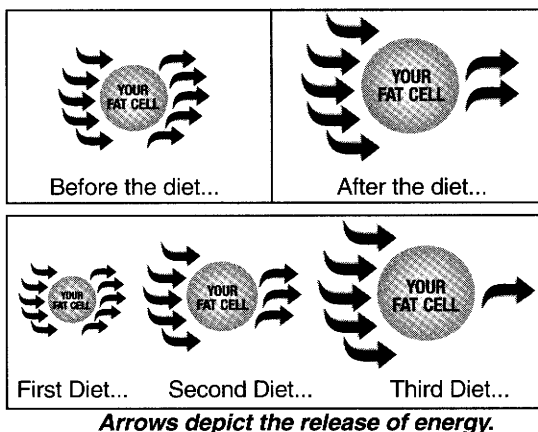
You see, your fat cells' main job is to store energy—to keep you alive in times of famine—just like a squirrel stores nuts for the winter.

Your metabolism has been programmed to feed on everything else in your bloodstream (even attacking your hard-earned muscle tissue) before it will dig into your fat reserves.



Fig. 3

Your fat cells are programmed to store. The typical diets that most people follow take weight off too fast (mainly water and muscle) causing your fat cells to get defensive and preserve fat.



It worked perfectly for our ancient ancestors. (Ancient as in the prehistoric period over 700,000 years ago.) Back then, in times of famine and food shortages from harsh winters, floods, and other natural disasters only the "fat-hoarding hunter and gatherers" survived. In modern

times, a typical high carbohydrate diet works against your preprogrammed... ancestral genes... hormones... and enzymes. And your efforts to get toned and muscular.

Just look at these amazing facts...

FACT: Hunter-gatherer fossil remains show us that in pre-agricultural time human health was excellent. People were tall, lean, had well-developed, strong, dense bones, good health with minimal, if any, decay, and little evidence of severe disease. (Post-agricultural man was shorter, had more brittle bones, extensive tooth decay, and a high incidence of malnutrition and chronic disease.)³⁷

FACT: In over 7,000 centuries the forces of natural selection shaped and molded your physiology to function optimally on a diet mainly of meat (34% protein) supplemented with fruit and vegetables.²¹²

FACT: Within the last 100 centuries we have reversed the order and become mainly carbohydrate eaters with meat (protein) as the supplement. (This dietary turnaround - from a high protein to a high carbohydrate diet - has taken place in approximately 400 to 500 generations, far short of the 1,000 to 10,000 generations deemed necessary by geneticists to allow any substantial genetic changes to take place. History tells us it will take another 10,000 years to adapt to the high carb diet.)⁵⁶

FACT: Natural selection culled the weak and left a population that had the biochemistry and physiology necessary to squeeze every possible calorie from the food at hand and store it efficiently.⁵⁸

FACT: Genetic material that has been passed along by our prehistoric ancestors allows us to better survive hunger and deprivation.⁴



How about the 90's lifestyle and typical high carb diets that we've all been told are so good for us?

FACT: Even though you know after you eat a meal you are going to eat again in a few hours, your digestive enzymes and hormones *don't*.⁴

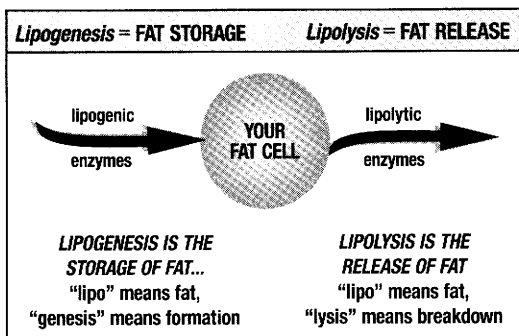
FACT: The food you eat is broken down into its components by our hunter-gatherer enzymes, and then it is absorbed into the blood and processed by our hunter-gatherer hormones.⁵⁷

FACT: Immediate energy needs are met by the calories taken in while the remainder are stored as fat to be used as needed.⁵⁵

FACT: Since your next meal comes in 3-4 hours instead of 3-4 days, the process repeats itself.⁵⁶

Fig. 4

High blood glucose levels from the overconsumption of carbohydrates result in high insulin levels which causes lipogenesis while shutting off all lipolysis.



The human body is programmed to store. And store even more. And the main culprit - insulin. Your storage hormone. It is called into action every time you eat. Especially when you eat or drink carbohydrates, your pancreas releases insulin in response to elevated blood sugar levels. Insulin increases fat storage and decreases fat-burning. It drives the sugar (glucose plus protein and fat) from the blood into cells and in general performs all the energy conserving functions that allowed our hunter-gatherer ancestors to survive.

In our time of high carbohydrate consumption, insulin works to your detriment. When insulin levels get too high, as they do on the modern high carb diet, it causes your body to:

- Retain sodium (plus excess water) leading to high blood pressure.¹⁵⁹
- Increase production of cholesterol and triglyceride levels.^{74, 206}
- Inhibit fat-burning while increasing fat storage.^{77, 182}
- Can even cause insulin resistance and the resultant hyperinsulinemia.²¹

Note: The net biochemical effect of overconsumption of carbohydrates is to increase the amount of fat put into storage and to decrease the amount of fat removed from storage for metabolism.⁵



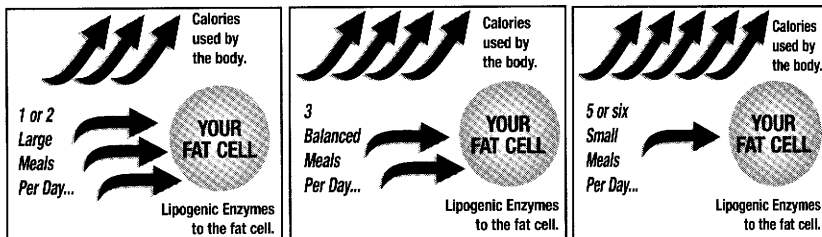
Here it is... the IsoCaloric "No Diet" Fat Burning System For Life.

A step-by-step surefire system to help you burn off bodyfat. Little by little. Hour after hour. Until you want to lose no more. Until you're happy with the way you look and feel.

Fig. 5

No mystery here! Just science.

Snacking or eating mini-meals throughout the day stabilizes blood sugar levels which creates a metabolic balance that allows the release of fat for energy by monitoring insulin levels.



IsoCaloric Fundamentals to help you build the body you've always wanted.

****You will eat...***

Very near to equal calorie portions of protein, carbohydrates, and fats 5 - 6 times a day.

Why: To stabilize blood sugar levels so that your body can readily access bodyfat for energy. ^{105, 147}



Protein... will be of moderate to high quality.

Why: Protein is necessary for new muscle growth which increases your metabolic rate and burns energy (fat) faster. ^{45, 93}
The better quality protein you consume, the quicker and better results you get. ⁷²

Carbohydrates... will be natural and mostly unrefined sources.

Why: Carbohydrates can either be labelled friend or foe; the lower glycemic index (GI)* carbs are more efficient at keeping glucose levels stabilized, and therefore insulin in check, so you store less fat... and burn more fat. ^{2, 3, 105}

Fats... will be healthy, friendly fats with low saturated fat intake.

Why: Saturated fats are inert and easily deposited as bodyfat (along with causing a host of health problems in combination with a high carb diet) while friendly fats such as essential fatty acids (EFA's)

*The Glycemic Index (GI) is a rating system developed from cutting edge diabetic research. It evaluates how different foods affect blood sugar levels. High GI foods can actually make you eat more by causing a hunger surge, while lower GI foods cut your appetite (more on this later.)

and monounsaturated fats help to stabilize blood sugar levels, increase metabolic rate, decrease protein breakdown, and satisfy hunger. ^{18, 25, 43, 65, 174, 196}

• **You will drink...**

A 10-ounce glass of water... every time you eat and 3-4 other glasses throughout the day (drink water when you work out too).

Why: Fat-burning is a dehydrating process and water helps the process along. ¹⁵⁷

A cup or two of coffee (or espresso)... a day.

Why: Moderate consumption of caffeine helps to increase thermogenesis (body heat) in conjunction with a low to moderate carbohydrate eating plan. ^{47, 199}

No ... fruit juices, sport drinks, regular colas (or at the very least drink sparingly), especially when working out. If you're a cola freak - diet colas are okay.

Why: Pure high glycemic carbohydrates (found in fruit juice and high fructose corn syrup and sports drinks) cause a rapid rise in blood sugar resulting in high insulin levels that end all fat-burning and increase fat-storing. ^{36, 89}

• **You will rest...**

As much as possible... after workouts.

Why: The immediate 24 hours after a workout is when your body does most of its repair and growth. ⁶⁹

Uninterrupted... when you sleep at night.

Why: Growth hormone is released if you attain deep sleep (rapid-eye movement [REM]) when you sleep. ^{10, 184}

Even on scheduled weight-lifting days... if/when you are still sore from your previous workout.

Why: Overtraining causes you to lose lean muscle mass and subsequently decrease fat-burning. ¹⁷⁹

• **You will workout with weights...**

Only 3 days a week... 4 days tops.. to achieve the maximum benefit.

Why: Overtraining decreases metabolic rate and lean muscle mass. ¹³¹

No more... than 60-75 minutes a workout.

Why: Growth hormone and testosterone begin to decrease after



60 minutes of weight training and gluconeogenesis (muscle wasting) increases.^{87,88}



- **You will... do low intensity aerobic work no more than 4 times a week.**

Why: Too much aerobic activity causes overtraining and muscle-wasting. (Low intensity cardio for 30 minutes is the best way to access bodyfat for energy.)^{61,193}

- **You will... use bodyfat % measurements and the mirror to track your progress... not the scale.**

**Bodyfat Calipers*
Using bodyfat calipers is a private and easy way to measure your lean body mass and bodyfat percentage. Creative Health Products (800-742-4478) sell quality calipers at reasonable prices.

Why: The scale only weighs bodyweight while bodyfat calipers* measure lean body mass. Your bodyweight may actually increase from muscle gains while you are losing bodyfat.¹⁷

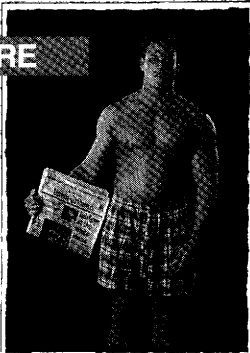
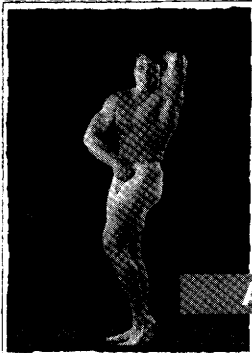
- **You will follow this program... for at least 77 days.**

Why: Cellular turnover at the minimum takes 60-90 days and converting your metabolism from a sugar burner (carbs) to a fat-burner takes 12-15 days.^{42,143}

- **You will... enjoy life and have fun!**

Why: Because you only go around once!

Another Man's IsoCaloric Fat-Burning Story!

BEFORE		
<u>Bodyweight:</u> 212 lbs.		<u>Bodyweight:</u> 210 lbs.
<u>Bodyfat:</u> 10.50%		<u>Bodyfat:</u> 7.95%
<u>Lean Body Mass:</u> 189.7 lbs.		<u>Lean Body Mass:</u> 193.3 lbs.
		AFTER
		

"In 54 short days I was able to get leaner and harder while following the IsoCaloric System. Just goes to show you, if you want to make improvements in your appearance, science can help. It is a great feeling. My results were outstanding and as individuals differ, so will results. What are your results?"

-Lance Schlager

Four Reasons Why The IsoCaloric "No Diet" Fat Burning System Is So Easy To Follow.

1) YOU DON'T GET HUNGRY

By including adequate healthy and friendly fats, you have less food cravings and you feel more satisfied. ^{35, 178}

2) YOU DON'T FEEL TIRED AND MOODY

Carbohydrates are eaten in moderation on the IsoCaloric System. When you do eat them, they are combined with protein and fats to slow the entry into the bloodstream, so you don't get that tired and moody feeling caused by the ups and downs of blood sugar levels. ^{7, 203, 211}

3) YOU DON'T LOSE MUSCLE

High quality proteins on the IsoCaloric System help you to retain your hard-earned muscle. Healthy fats act as a protein-sparer. Since muscles are the engine in which most of your fat is burned, keeping your muscle and increasing it through exercise also helps you burn more bodyfat. ^{126, 136, 140}

4) YOU DON'T HAVE TO TRY SO HARD... FOR SO LONG

Meals that combine specific ratios of protein, carbohydrate, and fats help you shed fat faster with your workouts, so you don't have to try so hard nor as long. ^{71, 76, 102, 116, 129, 152, 203}

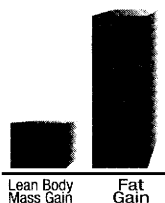
Here's How Easy It Is To Follow The IsoCaloric Eating System...

Monitoring Your Caloric Levels For Rapid Fat Loss

On the following pages are lists of daily caloric intakes for four different weight levels. A sample diet plan follows each group. Obviously, a 120 lb person would not be consuming the same amount of food as a 205 lb person. These IsoCaloric eating plans are for those of you who like to follow a specific format. However, they are not set in stone. It is occasionally necessary to lower your calorie level below maintenance to facilitate fat loss and weight management. 2-3 days a week maximum.

There is no benefit to a high-calorie intake, whether you're concerned with muscle or strength gains. In fact, research shows that 70-80% of the weight gained when you overeat is fat (Fig. 6). ¹⁶²

Fig. 6



Why There's No Need To Count Calories... One-By-One... Ever Again

Your Plan: It's OK To Be Vague

Special Point!

Use Quality nutrition over calorie counting to reduce "empty" calorie consumption.

- Concentrate on eating isocalorically 5-7 times a day with protein, carbohydrates and smart, friendly fats.
- You can use the palm of your hand as a portion guide for eye-balling meal ratios. Not exactly precise scientific calculations, but it works well.
- Use the palm of your hand as the size for your protein and carbohydrate foods.
- Unless you are eating red meat or friendly fish fat use about 1/2 the size of your palm for your smart, friendly fat. If you're eating red meat or friendly fish fat just add olive oil and vinegar on a crunchy salad to meet fat level portion.
- Big, crunchy salads with vinegar and olive oil are excellent sources of fiber, vitamins, and good fat.

What You Eat To Help Shed Bodyfat Forever... Following The IsoCaloric 'Caloric' Bodyweight Plan

Here's How to Calculate Your Protein, Carbs, and Fat:

Activity Level*

Days Week	1Hr. Day	1½ Day
3	1.1*	1.2*
4	1.2*	1.3*
5	1.3*	1.5*

*Based on a minimum of 60 minutes of weight training exercise.

$$\begin{array}{l}
 1. \quad \frac{150}{1.15} \times \frac{1.2}{1.1} = \frac{150}{1.265} \times 4 = 474 \\
 \text{Your Lean Body Mass} \quad \text{Your Activity Level*} \quad \text{Daily Protein Grams} \quad \text{Daily Protein Calories} \\
 \\
 2. \quad \frac{120}{1.5} \times \frac{1.3}{1.1} = \frac{120}{1.667} \times 4 = 288 \\
 \text{Your Lean Body Mass} \quad \text{Your Activity Level*} \quad \text{Daily Carbohydrate Grams} \quad \text{Daily Carbohydrate Calories} \\
 \\
 3. \quad \frac{120}{1.5} \times \frac{1.3}{2.25} = \frac{120}{3.375} \times 9 = 320 \\
 \text{Your Lean Body Mass} \quad \text{Your Activity Level*} \quad \text{Daily Fat Grams} \quad \text{Daily Fat Calories}
 \end{array}$$

(divided by 2.25)

Please note: Only 10% of your daily fat calories should come from saturated fat. (To calculate: _____ x 10% = _____)

Daily Fat Calories

Maximum amount of fat calories from saturated fat

Sample Eating Plan – 135 lb. Man



BREAKFAST

- Bagel
- Designer Protein**, 1 scoop
- Natural Peanut Butter, 1 Tbsp.

Total **28g** **34g** **11g** **347**

SNACK

- ISO³ w/ 14-16 oz. ice cold water*

25g **25g** **11g** **300**

IDEAL LUNCH

- Round Steak, 4 Oz.
- Lima Beans, 2/3 cup cooked
- Italian Dressing, on beans, 1 Tbsp.

Total **46g** **30g** **14g** **430**

FAST LUNCH SUBSTITUTE

- Turkey Breast Sandwich on Rye w/ cheese and slice avocado
- Apple

Total **34g** **42g** **13g** **421**

SNACK

- ISO³ w/ 14-16 oz. sugar free drink
Lemonade or Lime

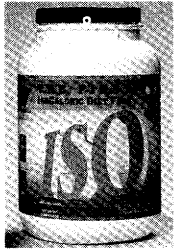
25g **25g** **11g** **300**

DINNER

- Baked Halibut, 4 oz.
- Whole Grain Bread, 2 slices
- Salad, 1 cup w/ ½ Tbsp. of flax oil and balsamic vinegar

Total **28g** **30g** **7g** **295**

TOTAL % OF DAILY CALORIES **34%** **34%** **32%** **1667**



***Busy? Rushed?
Pressed for time?
Always on the Go?**

No Problem.

ISO³™ (ISO cubed) is a complete isocaloric food for use anytime, anywhere. With a hidden metabolic advantage. Mixes quickly and easily. Just stir, shake or mix. Try it, you'll see.

Sample Eating Plan – 175 lb. Man.



	<u>Pro</u>	<u>Carbs</u>	<u>Fat</u>	<u>Cal</u>
<u>BREAKFAST</u>				
• Oatmeal, 1 cup cooked				
• Designer Protein, 2 scoops				
• Walnuts, ¼ cup chopped				
Total	42g	60g	19g	579
<u>SNACK</u>				
• ISO ³ w/ 14-16 oz. ice cold water	25g	25g	11g	300
<u>IDEAL LUNCH</u>				
• Chicken Breast, 4 oz. grilled				
• Brown Rice, 1 cup				
• Spinach Salad, 2 cups w/ 1 Tbsp. olive oil, balsamic vinegar				
Total	34g	42g	17g	457
<u>FAST LUNCH SUBSTITUTE</u>				
• Salmon, 5 oz. canned				
• Lowfat Yogurt, 6 oz.				
• Fresh Salad, prepackaged				
Total	43g	41g	16g	480
<u>SNACK</u>				
• ISO ³ w/ 14-16 oz. sugar free drink Lemonade or Lime	25g	25g	11g	300
<u>DINNER</u>				
• Salmon, 5 oz. grilled, broiled or baked				
• Yams, ½ cup				
• Salad, large w/ ½ Tbsp. olive oil and balsamic vinegar				
Total	28g	30g	7g	295
<u>LATE NIGHT SNACK</u>				
• Designer Protein, 1 scoop				
• Flax Oil, ½ Tbsp.				
• Nonfat Yogurt, 6 oz.				
Total	23g	18g	7g	227
TOTAL % OF DAILY CALORIES	34%	36%	30%	2170



Sample Eating Plan – 200 lb. Man

BREAKFAST

- Eggs, 2 whole - 2 whites
- Designer Protein**, 1 scoop
- Wheat Bagel
- Natural Peanut Butter, 1 Tbsp.

Total **44g** **39g** **19g** **503**

SNACK

- ISO³ w/ 14-16 oz. ice cold water

25g **25g** **11g** **300**

IDEAL LUNCH

- Baked Pork Chop, 4 oz. apple glazed
- Yam, 1
- Spinach Salad, 2 cups
w/ 1 Tbsp. olive oil, balsamic vinegar

Total **42g** **53g** **18g** **542**

FAST LUNCH SUBSTITUTE

- Chicken Pita, 2 Jack-in-the-Box
- Fresh Salad, prepackaged
w/ low calorie Italian dressing
- Diet Soda

Total **49g** **59g** **19g** **603**

SNACK

- ISO³ w/ 14-16 oz. sugar free drink
Lemonade or Lime

25g **25g** **11g** **300**

DINNER

- Top Sirloin Steak, 6 oz. barbecued
- Garden pasta, 1 cup cooked w/ serving
pasta sauce & 1 Tbsp. olive oil

Total **70g** **49g** **24g** **656**

LATE NIGHT SNACK

- ISO³ w/ 14-16 oz. sugar free drink
Lemonade or Lime

25g **25g** **11g** **300**

TOTAL % OF DAILY CALORIES **34%** **34%** **32%** **2663**

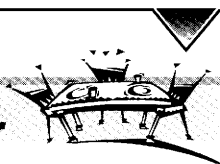


**Designer Protein® is an easy to mix and great tasting pure protein source. It's lactose free and perfect to use for increasing your quality protein consumption. Most people find it best to use when they are running short on time. Like first thing in the morning, after workouts and in-between regular meals. It's amazingly versatile and can be mixed with just about anything. For a free Designer Protein® recipe booklet, please send your name and address (plus \$3 for shipping and handling) to:

Next Nutrition
Recipe request
Dept. ICH

P.O. Box 2469
Carlsbad, CA
92018

Sample Eating Plan – Over 250 lbs.



BREAKFAST

- Quick Pancakes
Oatmeal, 1 cup cooked; Canola Oil, 1 Tbsp.
Egg Whites, 5; Designer Protein, 1 scoop;
Vanilla Extract, 1 Tbsp.
(for prep. instructions see pg. 26)

Total **48g 58g 17g 577**

SNACK

- ISO³ w/ 16 oz. nonfat milk
(or lactose-reduced milk)

43g 49g 13g 485

IDEAL LUNCH

- Shrimp, 6 oz. ready to eat
- Lima Beans, 1 cup cooked
- Spinach Salad, 2 cups
w/ 1 Tbsp. olive oil, balsamic vinegar

Total **50g 46g 22g 582**

FAST LUNCH SUBSTITUTE

- Burger, double w/ no sauce
- Fresh Salad, prepackaged
w/ low calorie italian dressing
- Diet Soda

Total **47g 52g 22g 594**

SNACK

- ISO³ w/ 16 oz. nonfat milk

43g 54g 13g 501

DINNER

- Filet, 6 oz. barbecued w/teriyaki
- Yams, 1
- Broccoli, 2 cups steamed
Salad Dressing, 1 serving

Total **39g 44g 22g 530**

LATE NIGHT SNACK

- ISO³ w/ 16 oz. nonfat milk
Natural Peanut Butter, 2 Tbsp.

Total **47g 53g 29g 661**

TOTAL % OF DAILY CALORIES **32% 36% 32% 3343**

SPECIFIC 'CALORIC' BODYWEIGHT PLANS...

Find Out How Many Calories Are Best to Help You Shed Bodyfat

HEIGHT IN INCHES	WEIGHT IN POUNDS																						
	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260
61	1766	1798	1829	1860	1891	1922	1953	1984	2016	2047	2078	2109	2141	2172	2203	2234	2266	2297	2328	2359	2391	2421	2453
62	1779	1810	1841	1872	1903	1935	1966	1997	2029	2060	2091	2122	2154	2185	2216	2247	2279	2310	2341	2372	2404	2434	2466
63	1791	1823	1854	1885	1915	1947	1978	2009	2041	2072	2103	2134	2166	2197	2228	2259	2291	2322	2353	2384	2416	2446	2478
64	1803	1835	1866	1897	1928	1960	1991	2022	2054	2085	2116	2147	2179	2210	2241	2272	2304	2335	2366	2397	2429	2459	2491
65	1816	1848	1879	1910	1940	1972	2003	2034	2066	2097	2128	2159	2191	2222	2253	2284	2316	2347	2378	2409	2441	2471	2503
66	1828	1860	1891	1922	1953	1985	2016	2047	2079	2110	2141	2172	2204	2235	2266	2297	2329	2360	2391	2422	2454	2484	2516
67	1841	1873	1904	1935	1965	1997	2028	2059	2091	2122	2153	2184	2216	2247	2278	2309	2341	2372	2403	2434	2466	2496	2528
68	1853	1885	1917	1947	1978	2010	2041	2072	2104	2135	2166	2197	2229	2260	2291	2322	2354	2385	2416	2447	2479	2509	2541
69	1866	1898	1930	1960	1990	2023	2054	2085	2117	2148	2179	2210	2242	2273	2304	2335	2367	2398	2429	2460	2492	2522	2553
70	1878	1910	1942	1972	2003	2035	2066	2097	2129	2160	2191	2222	2254	2285	2316	2347	2379	2410	2441	2472	2504	2534	2566
71	1891	1923	1955	1985	2015	2048	2079	2110	2142	2173	2204	2235	2267	2298	2329	2360	2392	2423	2454	2485	2517	2547	2579
72	1903	1935	1967	1997	2028	2060	2091	2122	2154	2185	2216	2247	2279	2310	2341	2372	2404	2435	2466	2497	2529	2559	2591
73	1916	1948	1980	2010	2040	2072	2102	2135	2167	2198	2229	2260	2292	2323	2354	2385	2417	2448	2479	2510	2542	2572	2604
74	1928	1960	1992	2022	2053	2085	2115	2148	2180	2211	2242	2273	2305	2336	2367	2398	2430	2461	2492	2523	2555	2585	2617
75	1941	1973	2005	2035	2065	2097	2127	2160	2192	2223	2254	2285	2317	2348	2379	2410	2442	2473	2504	2535	2567	2597	2629
76	1953	1985	2017	2047	2078	2110	2140	2173	2205	2236	2267	2298	2330	2361	2392	2423	2455	2486	2517	2548	2580	2610	2642
77	1966	1998	2030	2060	2090	2122	2152	2185	2217	2248	2279	2310	2342	2373	2404	2435	2467	2498	2529	2560	2592	2622	2654
78	1978	2010	2042	2072	2103	2135	2165	2198	2230	2261	2292	2323	2355	2386	2417	2448	2480	2511	2542	2573	2605	2635	2667
79	1991	2023	2055	2085	2115	2147	2177	2210	2242	2273	2304	2335	2367	2398	2429	2460	2492	2523	2554	2585	2617	2647	2679

Find your daily maintenance calorie requirement from the adjacent REE (Resting Energy Expenditure)* chart, then multiply it by your current exercise regimen multiplier found in the chart below...

To Monitor Calories and Burn Fat...

Days per Week of Exercise	Length of Exercise Session	
	1 hr. per day	1 1/2 hrs. per day
3 Days per week	1.1	1.2
4 Days per week	1.2	1.3
5 Days per week	1.3	1.5

This chart is based on a minimum of 60 minutes of exercise.

Here's an example...

For a 175 lb. man, 6' tall who wants to maintain 9% or lower bodyfat and be toned and muscular.

(72") = 2,060 maintenance calories (from adjacent REE chart).

$2,060 \times 1.1$ (3 days per week for 1 hr. per day of exercise) = 2,266 calories.

Another example:

For 190 lb. man, 5'9" tall who wants to lose 20 lbs. of fat.

Choose ideal weight _____ (i.e. 170 lbs.).

(69") = 1,990 maintenance calories (from adjacent REE chart).

$1,990 \times 1.2$ (4 days per week for 1 hr. per day of exercise) = 2,388 calories.

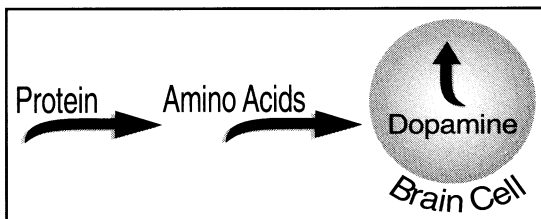
* Maintenance 'caloric' Level. This is the number of calories required for daily bodily functions.

How to use the Power of Protein to Build a Healthy, Strong and Good-looking Body

Protein. Made up of 22 amino acids that are the building blocks of life. Daily, your body produces and combines these amino acids in different ways to give your body structure, energy, resistance to disease, and the

Fig. 7

Protein consumption has a positive effect on the brain chemical Dopamine. It increases brain energy, alertness and concentration.



ability to repair and maintain tissue. Nine of the 22 amino acids can't be manufactured by the body, and must be obtained from the food you eat.

Proteins that don't contain all nine essential amino acids are incomplete. Vegetable protein, such as rice, beans and grains are examples of incomplete proteins. Complete proteins are found in animal products such as meat, milk and cheese.

Best Choices...

- Chicken breast
- Lean cuts of beef
- Whey Protein powder (Designer Protein)
- Turkey breast
- Egg whites / Whole Eggs

5 QUICK PROTEIN POINTERS...

1. Protein is required for growth and maintenance.
2. Protein propels the body's catabolism/anabolism cycle.
3. Protein increases the body's metabolism.
4. Protein helps monitor the body's water balance.
5. Protein strengthens the immune system.

Fish and Seafood...

- Salmon
- Halibut
- Catfish
- Cod
- Clams
- Crabmeat
- Lobster
- Scallops
- Shrimp
- Tuna (steaks or canned in water)
- Swordfish
- Sardines
- Mackerel
- Mahi-mahi

Good Choices...

- Top Sirloin steak / Round steak
- Beef, ground 7-10% fat
- Chicken, skinless dark meat
- Turkey, skinless dark meat
- Ham, lean
- Pork chop
- Turkey bacon, lean
- Canadian bacon, lean

Fair Choices...

- Yogurt, plain or flavored
- Cottage cheese / Mozzarella cheese, low-fat
- Cheese
- Milk - 1%

YES! YOUR BODY NEEDS PROTEIN.

Without sufficient protein your body cannot make the structural and biochemical reactions required for normal cardiovascular function, muscle contraction, healing, growth and recovery from illness. Adequate protein is vital for a healthy life. *Actually for life itself.*

Tips for Healthy Meat Eating:

1. Use lean red meat, poultry or fish instead of high-fat red meat.
2. Trim all visible fat & remove skin from chicken before cooking. Cook on metal rack so fat will drain.
3. Avoid chemically cured meats like bacon, hot dogs and ham.
4. Bake, broil, grill or poach instead of frying.

How to Lighten the Load in Your Steaks...

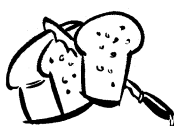
No more than 10% of your fat calories on the IsoCaloric system is recommended from saturated fat. Here is a little trick to reduce the saturated fat in your juicy steaks.

1. Cut away all the visible fat then place steak in a large re-sealable plastic bag along with a mix of 1/2 cup red wine and 1/2 cup extra light virgin olive oil.
2. Allow the meat to marinate in this mixture in the refrigerator for 24 hours, flip the bag over a couple times.
3. Take the steak out, drain it for an hour, throw away the marinade, add spices to your taste (pepper and garlic salt work great).

The wine works as a solvent to suck out a good amount of the saturated fat in the steak, which will be replaced by the monounsaturated fat in the olive oil. Giving you a juicy, tasty, smart de-saturated steak.

Why Carbohydrates Can Be Labelled as "Friend or Foe" in Your Efforts to Shed Stubborn Bodyfat

Your body's fuel of choice – can have profound effects on your internal biochemical environment. Blood sugar levels which influence insulin and glucagon levels inversely are predominantly controlled by the carbohydrates you eat. High glycemic carbohydrates like rice cakes, produce a rapid increase in blood sugar levels which then causes a rise in insulin and a decrease in glucagon levels. These rapid inducers of blood sugar levels cause a hunger surge that can make you eat more calories at your next meal. Even more important however, they shut off glucagon levels - resulting in no fat-burning.



Grains - keep track of the low fat / no fat grains you're eating. (Remember, we do fatten cattle by feeding them lots of lowfat grains.)

Desirable Inducer

Oatmeal (regular)
Whole grain breads
Pitas
Whole grain/fiber cereals
Yams

Moderate Inducer

Macaroni
Raisins
Pasta
Cream of Wheat
Sponge cake



Fruit and Vegetables - eat fresh fruits and vegetables because most are desirable and moderate inducers in addition to containing fiber and vitamins.

Oranges
Cherries
Lemon
Nectarine
Apples
Grapes
Peas

Cantaloupe
Grapefruit
Lime
Strawberries
Pears
Peaches
Tomatoes

Carbohydrates and Your Biochemical Key:

All it takes is one simple procedure to produce an internal environment conducive to fat-burning: Don't eat only carbohydrate meals. Combine carbs (even rapid inducers can be slowed) with fats and fiber, which slow digestion and subsequently blunt insulin response. Add protein as well to stimulate glucagon release.

Kidney beans
Lima beans
Lentils
Artichoke
Bean sprouts
Brussel sprouts
Cabbage
Radishes
Spinach
Green peppers

Garbanzo beans
Navy beans
Chick peas
Asparagus
Broccoli
Mushrooms
Cauliflower
Onions
Zucchini
Romaine Lettuce



FAT CHOICES - the focus is on good, friendly unsaturated fats. (See next page for the complete fat story)

Guacamole
Canola oil
Mayonnaise, light
Macadamia nuts
Peanut butter, all natural
Avocado
Sunflower seeds
Hazelnuts
Olive oil
Peanut oil
Almond oil/butter
Peanuts
Flax seed oil
Walnuts/Almonds
Sesame oil



Fig. 8

Eating friendly fish is an excellent (and tasty) way to increase healthy fat intake. When choosing fish in the market, smell and looks are still the only signs of quality. A fresh fish never smells or tastes "fishy". Make sure the eyes are clear and bulging, the gills are intact and bright red, and the scales tight, bright and shiny. The freshest fillets are a uniform light color and should be translucent. The flesh should be firm, compact and springy. Poke the fish yourself to verify its freshness.

Friendly Fish Fats

Product (3 1/2 oz. Cooked)*	Saturated Fatty Acids (grams)	Cholesterol (Milligrams)	Omega-3 Fatty Acids (Grams)	Total Fat ¹ (Grams)	Calories from Fat ² (%)	Total Calories
Finfish						
Haddock	0.2	74	0.2	0.9	7	112
Cod	0.2	55	0.2	0.9	7	105
Pollock	0.2	96	1.5	1.1	9	113
Perch	0.2	42	0.3	1.2	9	117
Grouper	0.3	47	-	1.3	10	118
Whiting	0.3	84	0.9	1.7	13	115
Snapper	0.4	47	-	1.7	12	128
Halibut	0.4	41	0.6	2.9	19	140
Rockfish	0.5	44	0.5	2.0	15	121
Sea bass	0.7	53	-	2.5	19	124
Trout	0.8	73	0.9	4.3	26	151
Swordfish	1.4	50	1.1	5.1	30	155
Tuna	1.6	49	-	6.3	31	184
Salmon	1.9	87	1.3	11.0	46	216
Anchovy	2.2	-	2.1	9.7	42	210
Herring	2.6	77	2.1	11.5	51	203
Eel	3.0	161	0.7	15.0	57	236
Mackerel	4.2	75	1.3	17.8	61	262
Pompano	4.5	64	-	12.1	52	211
Crustaceans						
Lobster	0.1	72	0.1	0.6	6	98
Crab	0.2	100	0.5	1.8	16	102
Shrimp	0.3	195	0.3	1.1	10	99
Mollusks						
Whelk	0.1	130	-	0.8	3	275
Clam	0.2	67	0.3	2.0	12	148
Mussel	0.9	56	0.8	4.5	23	172
Oyster	1.3	109	1.0	5.0	33	137

* 3 1/2 oz = 100 grams (approximately).
 1- Total fat = saturated fatty acids plus monounsaturated fatty acids plus polyunsaturated fatty acids.
 2- Percent calories from fat = (total fat calories divided by total calories) multiplied by 100;
 total fat calories = total fat (grams) multiplied by 9.

FATS: The Good, The Bad, And The Ugly.

All fats are not created equal. Some fats are absolutely required for health. While others are detrimental.

The Good.

Just like there are essential nutrients like vitamins, minerals, trace elements and amino acids, there are also essential fats. Essential fatty acids (EFA's). The two EFA's from the Omega-6 and Omega-3 families, respectively, are linoleic acid (LA) and alpha-linolenic acid (LNA). These good fats are involved in producing energy in our body from food substances, and moving that energy throughout our system. They govern growth, vitality and mental state.¹⁷⁷

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), or more commonly known as healthy fish fats, are members of the Omega-3 EFA family. These 'super-unsaturated' fats have been known to increase both strength and aerobic performance. EPA and DHA are present in most cold water fish and other northern marine animals (see chart on previous page for Omega-3 content.)²⁵

EFA's and monounsaturated fats also affect thyroid hormones positively compared to saturated fats. There was 14% less bodyfat on the same number of calories when the "unsaturates" were substituted with the saturated fats.¹⁸⁵

Better fats, just like better carbohydrates or better protein, help your body to perform better.

Monounsaturated fats are a necessary and functional part of a well balanced eating plan. They are neutral fats that help to improve blood cholesterol ratios, skin health, and are precursors to good eicosanoids ("super-hormones" that govern cellular functions). They are also very stable which makes them excellent to cook with.^{85, 196, 195, 134, 189, 204}

Fig. 9

Healthy oils to increase your friendly fat consumption. The oils high in LA and LNA should not be used for cooking, as they are very unstable.

OIL	SATURATED	MONOUNSATURATED	LA*	LNA**
Almond	9	65	26	0
Canola	6	60	24	10
Corn	13	27	57	2
Flaxseed	9	16	18	57
Hazelnut	7	76	16	0
Olive	10	82	8	0
Peanut	18	49	29	0
Safflower	8	13	79	0
Sesame	13	46	41	0
(light, not Asian)				
Sunflower (regular)	2	19	69	0
High Oleic Sunflower	5	80	13	2
Walnut	16	28	51	7

*LA - Linoleic Acid ** LNA - Alpha-Linolenic Acid

The Bad.

Although you can't completely avoid saturated fats you should try to limit their intake to about 10% of your total calories consumed. Saturated fats are inert. Are easily deposited as body fat. Can raise insulin levels by causing insulin resistance. And should generally be avoided in great quantities. In combination with even moderate carbohydrate consumption saturated fats have been associated with heart disease and arteriosclerosis.^{114, 115, 213}

A good, bad fat? Yes. MCT's or Medium Chain Saturated fatty acids are very active fatty acids that are not easily deposited as bodyfat and help to increase thermogenesis. They have even been called the "fatless fat".¹⁶⁹

The Ugly.



Trans fatty acids. These chemically altered fats are produced by high temperatures and hydrogenation that turn refined oils into margarines, shortenings, and partially hydrogenated vegetable oils. These evil fats have been known to:¹¹⁰

- decrease testosterone
- increase insulin
- inhibit immune and EFA function
- interfere with energy metabolism
- increase bad cholesterol levels
- slow down eicosanoid production

How-to Save Time and Money: Shortcut Shopping and Eating

The first step would be to have your kitchen tools assembled as discussed on page 24. The second step is to gather the quality foods as mentioned previously. Yes, this means shopping. But, this in itself can be done twice monthly. If you plan to "run to the store" three or four times a week, forget it. You are going to waste time, energy and money. If you follow this simple shopping plan, you will be well prepared.

Cruising in the outside aisles for quality isocaloric eating

The beauty about the IsoCaloric eating plan is when you shop you can focus on staying in the outside aisles of the store. The far right aisles. The far left aisles. Here is where you will find most of the necessary foods. The fresh fruit, vegetables and healthy oils... the seafoods and

meats. The middle aisles are rarely necessary for isocaloric eating. These aisles are the carb-loaded, refined goodies that your body wasn't meant to use and doesn't need anyway.

Use These 5 Quick Pointers to Cut Your Food Bill... and Your Time in Half!

Pointer 1... **Plan to shop for 2 weeks worth of base food at a time.** This means buying bulk quantities. Most of the meat/fish proteins can be frozen until ready to use. Large quantities of fresh salad fixings go quickly on the IsoCaloric eating plan. Rice and oatmeal you can probably buy for 1 or 2 months at a time (and it is the cheapest of your foods you will buy). Whole-grain breads can be frozen, and they defrost quickly for use. The point is, have ample amounts of base foods available.

Pointer 2... **Buy the 4 to 5 lb. super saver packs of boneless/skinless chicken.** Most Price Club/Warehouse type stores will have these available, as will your local supermarket. Cook one ENTIRE pack at a time, (check next page for quick food preparation example) and store the cooked chicken in tupperware containers. You can bake, barbecue or stir fry. Freeze the remaining two packs for future use. When you are 2/3 thru your cooked portions, remove a freezer stored chicken pack and place in refrigerator to defrost. It will be ready in two days. You may have to adjust your temperature settings to get this right. The same procedure can be followed for steaks, pork, fish and seafood, although it may not take as long to defrost.

Pointer 3... **Pasta and rice can be prepared and stored in tupperware as well.** Place the stored items in the refrigerator. You now have some base foods pretty much taken care of.

Pointer 4... **Now you can add or "doctor" these foods.** This takes very little time, but will produce tasty results. That's the key. Vegetables and fruits add vitamins, fiber and "good" fresh carbohydrates. Spices, salsas, oils, vinegar, salad dressings, etc., add flavor and fat. (The good oils are the key.)

Pointer 5... **Perishable/Non-freezable foods require more delicate attention.** You should plan to shop once a week to ensure freshness. None of these should find their way into your refrigerator, either. Fruits tend to go the fastest, with the exception of apples, oranges and pears. They seem to have more staying power than peaches and bananas. Beans have a mind of their own and can last up to several months. Canned ones usually outlast anything. And they don't taste half bad. If you cook beans, they will store nicely in tupperware (frozen or refrigerated).



Easy enough, right? It should be.

But most people think that cooking takes too much time. It does, if you cook every night. However, cooking twice a week, for 45 minutes at a time, is tolerable to most people. If you set your schedule to "Julia Child" it every three or four days, you will have enough food prepared to last you until your next session.

***How-to Use Quick and Easy Bulk Food Session:
Make enough food for 3-4 days all at once (perfect for bagged lunches).***

0:01 MINUTES Turn on the barbecue. Fill 1 pasta pot with water and place on stove burner. Ignite burner. Measure out 3 cups of DRY rice. Pour into pot. Fill pot with 9 cups of water. Place on stove burner. Ignite burner. Remove chicken from 'fridge. Unwrap. Place chicken in bowl with sauce/marinade of your choice. Coat all pieces.

0:10 MINUTES Add pasta to boiling water. Stir so it won't stick to pot. Add 2 tbsp olive oil. Stir. Lower heat to 3/4 max. Stir rice. Lower heat to 3/4 max. Place chicken on barbecue. Close lid. Wash cutting board and clean counter. Wash knife and all utensils used in chicken preparation. Stir pasta. Stir rice. Wash hands. Go out and check on chicken.

0:20 MINUTES Flip chicken. Remove tupperware containers from storage. Make sure they are all clean. Stir pasta. Stir rice. Remove chicken from grill. Place half in one container, and half in another. Cover. Place in 'fridge. Remove pasta from stove. Drain in colander. Place into containers. Cover. Store in 'fridge. Stir rice.

0:30 MINUTES Begin clean-up assault on kitchen. Wash pasta pot and colander. Wipe down counters. Wash all utensils used, and any remaining pots. Stir rice one final time. Remove from stove. Place in containers. Cover. Store in fridge.

0:45 MINUTES Time to eat!

Repetition Is The Fast Track To Dismay

"But I'm on a diet. I'm supposed to eat the same thing, day in and day out. Right? Tuna, chicken, yams and rice. That's what I'm supposed to be eating to lose fat."

Don't forget your sanity too. You'll lose that after 2 weeks of eating the same foods over and over again. Get this: The IsoCaloric "No Diet" Fat Burning System does not have to be repetitive, bland or painful. Sure, it's easy to get stuck in a rut and eat the same foods day after day. But if you choose foods in relation to your goals and from the food groups mentioned earlier, you can make tasty, satisfying, and complete foods in no time.

Check out the next section for tasty and satisfying Isocaloric meals!

Kitchen Basics

*What you need for IsoCaloric shortcuts at home and on the go.
It's easy. You'll see...*

Quick kitchen utensil checklist



- 1 sharp 8" knife
- 1 sharp 4" paring knife
- 1 set of measuring spoons
- 2 glass measuring cups
- 1 good spatula
- 4 wooden spoons
- 1 heavy duty colander
- 1 cheese grater
- 1 carrot/cucumber peeler
- 1 garlic press - solid aluminum
- 1 good food scale (spring type or electric, both are good)
- 1 can opener (rubber coated handles)
- 2 large, glass mixing bowls
- 2 large, stainless steel mixing bowls w/plastic lids
- 1 non-stick stir-fry pan w/lid
- 1 real griddle pan, non-stick
- 1 10" omelette pan
- 1 set tupperware/anchor plastic storage containers w/lids
- 1 set pots/pans
- Assorted sponges
- Plenty of paper towels

Quick shopping checklist

Quick & Easy Nutrition

- Designer Whey Protein
- ISO³ - Triple Nutrient IsoCaloric Food

Protein (Low to medium fat)

- Eggs
- Turkey
- Top Sirloin Steak
- Cheese
- Fish, ex. Salmon
- Canadian Bacon
- Ground Beef, 10% or less fat
- Tuna in Water
- Cottage Cheese, lowfat
- Nonfat Milk or Lactaid
- Chicken Breast

Carbohydrates (Desirable to moderate)

- Oatmeal
- Apples
- Spring Mix Salad
- Whole Grain Bread
- Grapefruit
- Mushrooms
- Pitas
- Grapes
- Green Peppers
- Rice
- Cantaloupe
- Broccoli
- Pasta
- Strawberries
- Tomatoes
- Yams
- Plums
- Asparagus

Fat (Friendly fats)

- Raw Nuts
- Avocado
- Guacamole
- Vegetable Oils
- Olive Oil
- Fish Fat
- Peanut Butter, all natural
- Sour Cream, lowfat
- Flax Seed Oil

PART TWO

FOODS, RECIPES AND TECH TALK

In this section you'll learn how quick and easy it is to...

- Prepare Isocaloric Foods
- Find Isocaloric Fast Foods
- Eat Isocalorically While Dining Out
- Have Fast Isocaloric Meals While On the Go
- Learn Some of the Science Behind Isocaloric Eating



ISOCALORIC FOODS AND RECIPES

ISO pancakes



- **5 egg whites**
- **1 scoop natural or vanilla Designer Protein**
- **2 tablespoons vegetable oil**
- **1 cup uncooked oatmeal**
- **1 tablespoon vanilla extract**

Cook oatmeal to super thick consistency. Let set and cool. Crack eggs and separate yolks. Add 5 egg whites to blender. Turn blender on and add 1 scoop Designer Protein, 1 tablespoon vanilla extract, and two tablespoons vegetable oil. Let blend for 10 seconds, then SLOWLY add cooked oatmeal while blender is still on. Once all oatmeal has been added, turn blender off, then switch to pulse mode. Make sure oatmeal is blended in evenly and thoroughly, no lumps or heavy spots.

Makes 8-9 medium size pancakes

ISO ratio per serving: (per cake) Calories 66.5, Fat 2.5 g, Protein 6 g, Carbohydrate 5 g

Prep and cook time: 18 minutes

ISO tortillas

- **3 - 6" corn tortillas**
- **6 oz grilled diced chicken breast**
- **1 green pepper - diced**
- **½ Avocado - mashed**
- **½ cup cheddar cheese**
- **½ cup salsa (medium)**

Place cheese on tortilla and heat in microwave for 20 seconds. Remove. Spread avocado on tortilla. Add green pepper and chicken. Top with salsa.

Makes 3 servings

ISO ratio per serving: Calories 330, Fat 13.5 g, Protein 26 g, Carbohydrate 27 g

Prep and cook time: 20 minutes

ISO scramble



- **6 oz lean ground turkey**
- **6 egg whites**
- **1 tomato, diced**
- **1 cup brown rice, cooked**
- **½ cup salsa**
- **½ cup chopped onion**
- **2 tablespoons cilantro**
- **2 tablespoons olive oil**

Brown turkey and onions together in one pan. Cook egg whites separate. Add tomato and cilantro to egg white when almost cooked. Drain fat from turkey and onions. Add cooked brown rice to mixture. Mix two tablespoons vegetable oil in with rice and turkey. Stir. Add egg white and tomato to turkey mixture. Stir over low heat. Remove from stove. Add salsa to taste.

Makes 2 servings

ISO ratio per serving: Calories 478, Fat 15 g, Protein 40 g, Carbohydrates 46 g

Prep and cook time: 25 minutes

ISO Quesadilla

- **1 flour tortilla**
- **2 oz. of shredded Monterey Jack cheese**
- **2 oz. chopped lean Canadian bacon or ham with chopped green pepper and tomato**
- **2 tablespoons of guacamole**
- **1 grapefruit as a side dish**

ISO ratio per serving: Calories 343, Fat 11 g, Protein 27 g, Carbohydrates 34 g

Prep and cook time: 19 minutes

ISO oatmeal

- **2/3 cup cooked oatmeal**
- **3 teaspoons slivered almonds**
- **1 scoop vanilla Designer Protein**
- **½ cup of grapes as a side dish**

ISO ratio per serving: Calories 271, Fat 7 g, Protein 24 g, Carbohydrates 28 g

Prep and cook time: 9 minutes

ISO rancheros

- **2 whole eggs**
- **2 egg whites with chopped onion, green pepper, tomato, chili powder, and cilantro**
- **2 oz. low fat cheese**
- **1 slice whole wheat bread**
- **1 teaspoon almond butter**
- **1 cup honeydew melon or cantaloupe as side dish**

Makes 2 servings

ISO ratio per serving: Calories 243, Fat 9 g, Protein 21 g, Carbohydrates 20 g

Prep and cook time: 16 minutes

ISO tuna sandwich



- **1 mini pita pocket**
- **4 oz. tuna packed in water and drained, with lettuce, tomato, and pickle**
- **4 teaspoons light mayonnaise**
- **2 teaspoons extra light olive oil**

ISO ratio per serving: Calories 386, Fat 10 g, Protein 38 g, Carbohydrates 36 g

Prep and cook time: 10 minutes

ISO caesar salad

- **4 oz. shredded grilled chicken breast served on top of large tossed salad**
- **1 tablespoon caesar dressing**
- **2 tablespoons olive oil and vinegar dressing**
- **Bread stick**

ISO ratio per serving: Calories 380, Fat 11 g, Protein 33 g, Carbohydrates 35 g

Prep and cook time: 20 minutes

ISO chili



- **6 oz. lean ground beef or turkey**

Brown meat with minced onions, chopped mushrooms, green peppers, chili powder, oregano, and salt with:

- **2 teaspoons olive oil**
- **½ can kidney beans**
- **1½ cups crushed canned tomatoes**

Simmer 30 minutes until beans are tender

Top with 1 or 2 ozs. shredded Monterey Jack or Cheddar cheese

Makes 2 servings

ISO ratio per serving: Calories 267, Fat 7.5 g, Protein 28 g, Carbohydrates 23 g

Prep and cook time: 40 minutes

ISO seafood salad

- **6 oz. shrimp, lobster, or crabmeat with chopped celery and onions**
- **4 teaspoons light mayonnaise**
- **1 large tossed salad w/ 1 tablespoon olive oil and vinegar**
- **1 carrot chopped**
- **Mini pita pocket**

Makes 2 servings

ISO ratio per serving: Calories 242, Fat 6 g, Protein 22 g, Carbohydrates 25 g

Prep and cook time: 17 minutes

ISO broiled salmon dinner

- **4-6 oz. broiled salmon fillet with lemon and mushroom slices**
- **1 broiled tomato cut in half and sprinkled with 1 tablespoon grated parmesan cheese**
- **1 cup steamed green beans**
- **1 large spinach salad**
- **4 teaspoons of olive oil and vinegar dressing**

ISO ratio per serving: Calories 393, Fat 13 g, Protein 36 g, Carbohydrates 33 g

Prep and cook time: 19 minutes

ISO shrimp scampi



- **4-6 oz. shrimp sauteed with chopped green pepper, garlic, onion, and salt in 1/3 cup dry white wine and 2 teaspoons of lemon juice**
- **2 ½ cups steamed broccoli**
- **1 large tossed salad**
- **5 teaspoons olive oil and vinegar dressing**

ISO ratio per serving: Calories 463, Fat 15 g, Protein 39 g, Carbohydrates 43 g

Prep and cook time: 22 minutes

Special Bonus Recipe: Super-tasty Guacamole!

How to make guacamole yourself...

(guacamole is a friendly monounsaturated fat)

- **1 ripe avocado**
- **Lemon juice**
- **Salt and ground white pepper**

Use one ripe, bruise-free avocado (to ripen an avocado, place it in a paper bag for a day or two).

Cut the avocado in half lengthwise, and remove the peel and pit. In a bowl, mash the avocado with the lemon juice, salt, and pepper until it is smooth. Cover and refrigerate until ready to use.

ISO pork skillet

- **1 tablespoon olive oil**
- **4 lean well-trimmed center cut pork chops**
- **3/4 teaspoon blackened or cajun seasoning mix**
- **1/4 teaspoon ground allspice**
- **1 cup chunky salsa**
- **1 can (15 ounces) black beans, drained and rinsed**
- **1 can (about 8 ounces) whole kernel corn, drained or 1 cup thawed frozen whole kernel corn**
- **1 tablespoon fresh lime juice**

Heat oil in large deep skillet over medium-high heat until hot. Sprinkle both sides of pork chops with blackened seasoning mix and allspice; cook 2 minutes per side or until browned.

Pour ½ cup salsa over pork chops; reduce heat to medium. Cover and simmer about 12 minutes or until pork is no longer pink.

While pork chops are simmering, combine beans, corn, remaining ½ cup salsa and lime juice in medium bowl; mix well. Serve bean mixture with pork chops.

Makes 4 servings

ISO ratio per serving: Calories 349, Fat 14 g, Protein 30 g, Carbohydrate 32 g

Prep and cook time: 20 minutes

ISO skillet chili



- **1 to 1 ¼ pounds ground turkey (93% lean)**
- **1 cup chopped onion**
- **1 teaspoon bottled minced garlic**
- **1 tablespoon chili powder**
- **1 tablespoon ground cumin**
- **¼ to ½ teaspoon ground red pepper**
- **1 can (15 ½ ounces) chili beans in spicy sauce, undrained**
- **1 can (14½ ounces) Mexican or chili style stewed or diced tomatoes, undrained**
- **1 can (4 ounces) chopped green chiles, undrained**

Spray large deep skillet with nonstick cooking spray. Cook turkey, onion and garlic over medium-high heat, breaking meat apart with wooden spoon.

Sprinkle chili powder, cumin and ground red pepper evenly over turkey mixture; cook and stir 3 minutes or until turkey is no longer pink.

Stir in beans, tomatoes and chiles. Reduce heat to medium; cover and simmer 10 minutes, stirring occasionally.

Makes 4 servings

ISO ratio per serving: Calories 337, Fat 13 g, Protein 29 g, Carbohydrate 30 g

Prep and cook time: 19 minutes

Suggested toppings: Shredded cheddar or Monterey Jack cheese, and diced ripe avocado

ISO Chicken Sandwiches



- *½ cup honey mustard barbecue sauce*
- *4 wheat or kaiser rolls, split*
- *4 boneless skinless chicken breast halves (1 pound)*
- *4 slices Swiss cheese*
- *4 leaves leaf lettuce*
- *8 slices tomato*

Spread about 1 teaspoon barbecue sauce on cut sides of each roll

Pound chicken breast halves between 2 pieces of plastic wrap to ½ inch thickness with flat side of meat mallet or rolling pin. Spread remaining barbecue sauce over chicken.

Cook chicken in large nonstick skillet over medium-low heat 5 minutes per side or until no longer pink in center. Remove skillet from heat. Place cheese slices on chicken; let stand 3 minutes to melt.

Place lettuce leaves and tomato slices on roll bottoms; top with chicken and roll tops.

Makes 4 servings

ISO ratio per serving: Calories 464, Fat 14 g, Protein 39 g, Carbohydrate 42 g

Prep and cook time: 19 minutes

ISO turkey-pita sandwich

- *4 ounces deli sliced turkey breast*
- *2 slices cheese*
- *2 leaves leaf lettuce*
- *½ wheat pita bread round*
- *1 teaspoon light mayonnaise*
- *1 teaspoon mustard*
- *1 tablespoon mixed canola oil and balsamic vinegar*
- *1 handful brussel sprouts or alfalfa sprouts*

Line pita pocket with mustard, mayo and lettuce. Insert cheese and turkey breast.

Fill with sprouts and pour spoon of oil into pita.

ISO ratio per serving: Calories 400, Fat 12 g, Protein 41 g, Carbohydrates 32 g

Prep and cook time: <10 minutes

Bonus: Special Once A Week Treat



**Attention
Pizza
Lovers!**

Chicken Pizza

- 8 ounces chicken tenders
- 1 medium onion, thinly sliced
- 1/3 cup prepared pesto (or tomato sauce if you prefer)
- 3 medium plum tomatoes, thinly sliced
- 1 (14 inch) prepared pizza crust
- 1 cup (4 ounces) shredded no-fat / regular mozzarella cheese mix

Preheat oven to 450 degrees F. Cut chicken tenders into bite-size pieces. Coat frying pan with nonstick cooking spray; cook and stir chicken over medium heat 2 minutes. Add onion and pesto; cook and stir about 3 minutes or until chicken is cooked through.

Arrange tomato slices and chicken mixture on pizza crust to within 1 inch of edge. Sprinkle cheese over topping. Bake 8 minutes or until pizza is hot and cheese is melted and bubbly.

Makes 6 servings

Nutrients per serving: Calories 427, Fat 14 g, Protein 23 g, Carbohydrate 49 g

Prep and cook time: 22 minutes

ISOCALORIC FAST FOODS

Quick fast food to grab while on the go...

Taco Bell



- Light chicken soft taco
- Light taco salad (skip the nacho chips)
- Light chicken burrito supreme
- Light bean burrito

Wendy's



- Plain hamburger
- Chili
- Grilled chicken sandwich
- Grilled chicken salad



McDonald's

- Egg McMuffin
- McGrilled chicken sandwich
- Plain hamburger



Jack in the Box

- Chicken fajita pita
- Plain hamburger



Burger King

- BK broiler chicken sandwich (no mayo)
- Plain hamburger



Boston Market

- Turkey breast sandwich
- Turkey breast, mashed potatoes and gravy, steamed vegetables



Deli's (Togo's, Subway, etc.)

- Turkey breast sandwich with extra slices of turkey, oil & vinegar (no or light mayo), on wheat or rye bread, the works on produce.
- Bag of Poore Brothers potato chips.

Iso Tip: Ordering a couple regular hamburgers and throwing away one of the buns is a smart way to limit the carbohydrate total for a fast isocaloric meal.

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How-to "IsoCaloric - it" while Eating Out

In the high-speed 90's few people eat at home regularly. Restaurant eating can sometimes be a major hassle when you're following an eating plan. But it doesn't have to be on the IsoCaloric plan. The best way to remain isocaloric while eating out is to limit your carbohydrate consumption. Carbohydrates are easy to over-consume ..too much bread ...too much pasta. Use the portion method mentioned earlier. And remember there is no rule of law that you have to eat everything on your plate.

Choosing your protein source first, whether steak, chicken, or seafood (this often covers most of your fat intake too - be sure to stay away from fried foods though), helps to arrange your other portions. A salad with olive oil and vinegar. A half-serving of pasta, or a potato. You're all set. For the sweet tooth at heart: try avoiding all or the majority of carbohydrates with dinner and then wash down your protein and friendly fat with a tasty dessert.

How-to Make ISO³ Recipes For Your Ease and Enjoyment

ISO³, the anytime/anywhere isocaloric food for busy men on-the-go. It mixes quickly and easily with a spoon or a blender. You choose. In tasty vanilla and soon-to-come chocolate flavor. It's so smooth and creamy. Try it, you'll see.

Original Vanilla Ice Cream

Mix 3 scoops of Vanilla ISO³ with 16 ounces ice-cold water. Stir, shake, or blend for 30 seconds. In blender, add 3-4 ice cubes and blend on high speed for an additional 45 seconds. Serve.

Calories 300, Protein 25 g, Carbohydrates 25 g, Fat 11 g

Original Chocolate Ice Cream

Mix 3 scoops of Chocolate ISO³ with 16 ounces of ice-cold water. Stir, shake or blend for 30 seconds. In blender, add 3-4 ice cubes and blend on high speed for an additional 45 seconds. Serve.

Calories 300, Protein 25 g, Carbohydrates 25 g, Fat 11 g

Strawberry Creme

Mix 3 scoops of Vanilla ISO³ with 16 ounces ice-cold water. Blend on low speed for 25 seconds. Add ½ cup frozen unsweetened strawberries. Blend at high speed for 45 seconds. Serve.

Calories 312, Protein 25 g, Carbohydrates 28 g, Fat 11 g

Banana Creme

Mix 3 scoops of Vanilla ISO³ with 16 ounces ice-cold water. Blend on low speed for 25 seconds. Add ½ cup ripe bananas, 1 teaspoon banana extract, and 3-4 ice cubes. Blend at high speed for 45 seconds. Serve.

Calories 312, Protein 25 g, Carbohydrates 28 g, Fat 11 g

Spritzer Creme

Mix 3 scoops of Vanilla ISO³ with 16 ounces of ice-cold flavored mineral water (e.g., lime, lemon, cherry, etc). Stir, shake, or blend for 45 seconds. In blender add 3-4 ice cubes and blend on high speed for 45 seconds. Serve.

Calories 300, Protein 25 g, Carbohydrate 25 g, Fat 11 g

Crystal Creme

Mix 3 scoops of Vanilla ISO³ with 16 ounces ice-cold water. Blend at low speed for 25 seconds. Add 2-3 teaspoons of your favorite sugar-free Crystal Light drink mix and 3-4 ice cubes. Blend at high speed for 45 seconds. Serve.

Calories 300, Protein 25 g, Carbohydrates 25 g, Fat 11 g



Pudding Creme

Mix 3 scoops of ISO³ (Vanilla or Chocolate) with 12 ounces of ice-cold water or 14 ounces of skim milk. Blend at low speed for 25 seconds. Add 1-2 tablespoons of your favorite Jell-O sugar-free instant pudding. Blend at high speed for 1 minute. Refrigerate for 20 minutes. Serve. (To stir into a thick pudding while on the go, just stir until desired consistency is reached.)

With water: Calories 312, Protein 25 g, Carbohydrates 27 g, Fat 11 g,
With skim milk: Calories 456, Protein 41 g, Carbohydrates 46 g, Fat 12 g

BONUS!

Post Workout Insulin Boost - for enhanced recovery after weight workout

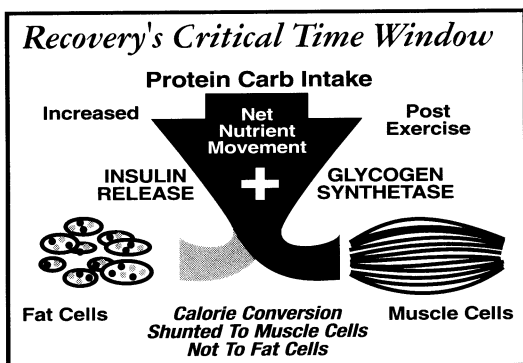
Mix 3 scoops of Natural Designer Protein[®] with 12 ounces of ice-cold

grape juice. Stir, shake, or blend for 30 seconds. In blender add 3-4 ice cubes and blend on high speed for 45 seconds. Serve. No fats in this drink because you want rapid insulin response.

Calories 456, Protein 53 g, Carbohydrates 53 g, Fat 3 g

Fig. 10

Right after a weight training workout is the best time to use a high glycemic carbohydrate and protein drink to stimulate insulin release. At this time, the enzyme glycogen synthetase is stimulated and helps to shunt calories mostly to muscle cells rather than fat cells. ³⁸



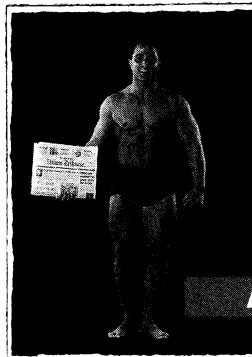
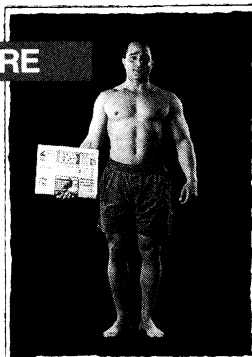
Another Man's IsoCaloric Fat-Burning Story!

BEFORE

Bodyweight:
187 lbs.

Bodyfat:
9.15%

Lean Body Mass:
170 lbs.



Bodyweight:
182 lbs.

Bodyfat:
6.0%

Lean Body Mass:
171.1 lbs.

AFTER

"Get this: I work for Next Nutrition. So I hear about and get all the latest information related to nutritional science. And even though I was in pretty good shape when I heard about the IsoCaloric System, I just had to try it. The results? They speak for themselves! My results were outstanding, and as individuals differ so will results".

-David Sinopoli

TECH TALK

The Science of Macronutrient Manipulation For Optimum Metabolic Control...

Here's What Medical Research Says About Why Isocaloric Eating Works ...

- Isocaloric eating is based on 25 years of research (approximate cost of over 10.7 million dollars) into metabolic derangements and how to correct them. ^{129, 152}
- As far back as 1974, in a review classic for nutrition, Professor Panksepp first postulated how isocaloric eating affects nitrogen retention and hypothalamus pituitary stimulation. ¹⁵²
- The hypothalamus pituitary axis is fundamental to all hormone release - GH, IGF-1, testosterone, cortisol, insulin, and glucagon. ¹⁵²

Fig. 11

The effects of the foods you eat on your insulin and glucagon levels. (Eating is a hormonal and biochemical event!)

TYPE OF FOOD	INSULIN	GLUCAGON
Carbohydrate	+++++	no change
Protein	++	++
Fat	no change	no change
Carbohydrate and Fat	++++	no change
Protein and Fat	++	++
High Protein and Low Carbo	++	+
High Carbo and Low Protein	+++++++	+

- When you eat food you cause a hormonal and metabolic response. ³²
- Glucagon levels are stimulated with protein ingestion while glucose ingestion suppresses glucagon secretion. (Circulating glucagon concentration depends on the ratio of protein to carbohydrate in the meal.) ^{19, 203}
- Fatty acid oxidation increases due to lower liver glycogen levels from reduced consumption of carbohydrates. ^{66, 137, 138}
- Your muscles don't need large amounts of insulin for getting glucose and amino acids in. Too much insulin activates fat storage and at the same time makes the muscle cells more resistant to insulin. ^{8, 77, 164}
- Your body can store on average 2000 calories of carbohydrates, including what is in your muscles, liver, and bloodstream. (The higher blood glucose levels, the less fat is released for metabolism.) ^{5, 36, 48, 116}



What Medical Research Has To Say About The IsoCaloric Eating Plan and The Low Fat / No Fat High Carb Diet

The IsoCaloric Plan	vs. The Low Fat / No Fat High Carb Diet
Keeps insulin levels stabilized enabling hour-by-hour, day-to-day fat oxidation. ^{67, 89, 147}	Sporadic insulin levels inhibit the oxidation of fat and promote fat storage (Note: Insulin is an anti-lipolysis hormone, i.e., no fat-burning). ^{7, 48, 148, 164}
Glucagon is freely mobilized over 24 hour period to release bodyfat for energy purposes. ^{135, 136, 191}	Glucagon is virtually eliminated because regular ingestion of carbs is needed to offset the ups and downs of blood sugar levels. ^{32, 54, 148}
Metabolic partitioning of fats occurs, fats are shifted toward oxidation and away from storage. ^{65, 75, 119, 144}	Limits fat oxidation and increases esterification of fatty acids (storage). ^{8, 40, 59}
Increased nitrogen retention and protein-sparing effects without excess calories. ^{65, 135, 136}	Reliance on glycogen for energy decreases nitrogen retention by increasing gluconeogenesis during exercise. ^{102, 197, 198}
Increases fat-burning (lipolytic) enzymes and decreases fat-storing (lipogenic) enzymes. ^{67, 119, 138}	Inhibits fat-burning enzymes and activates fat-storing enzymes. ^{119, 141}
Lowers LDL (bad) cholesterol and plasma triglycerides while maintaining and even increasing HDL (good) cholesterol. ^{85, 115, 142, 196}	Lowers LDL cholesterol but also lowers HDL cholesterol and increases plasma triglyceride levels. ^{74, 84, 85}
Promotes the production of good eicosanoids which stimulate higher GH and Testosterone production because of controlled insulin levels and essential fat consumption. ^{39, 53, 163, 168, 170, 186}	Disrupts the production of good eicosanoids and increases the level of bad eicosanoids which lower GH and Testosterone production because of sporadic insulin levels and fat avoidance. ^{98, 127, 132, 188}

THE ROLES OF INSULIN AND GLUCAGON

INSULIN

- lowers elevated blood sugar
- shifts metabolism into storage mode
- converts glucose and protein to fat
- converts dietary fat to storage
- removes fat from blood and transports it into fat cells
- increases the body's production of cholesterol
- makes the kidneys retain excess fluid
- stimulates the growth of arterial smooth muscle cells
- stimulates the use of glucose for energy



GLUCAGON

- raises low blood sugar
- shifts metabolism into burning mode
- converts protein and fat to glucose
- converts dietary fats to ketones /sends them to tissues for energy
- releases fat from fat cells into blood for use by tissues as energy
- decreases the body's production of cholesterol
- makes the kidneys release excess fluid
- stimulates the regression of arterial smooth muscle cells
- stimulates the use of fat for energy



PART THREE

THE WORKOUTS

In this section you'll learn how quick and easy it is to...

- Build a Stronger, Harder, Healthier Body
- Increase the Weights You Lift with Science
- Discover Your Maximum Strength Level...
Without Maxing Out
- Get Into the Fat-Burning Mode

Disclaimer: The contents of this report are not meant to be interpreted as professional, medical, or training advice and should not be considered as such. Before beginning any exercise or modified nutrition program consult your own health care professional. No liability is assumed by Next Nutrition, Inc. for any personal interpretation of the information provided herein.

WORKOUT SECTION

Muscular arms. Tight abs. Strong legs. Good-looking, healthy, strong and ripped. These are the benefits of a sound and effective exercise plan. Effective workouts are the matches that light the fire in your efforts to build the body you've always wanted.

It is really for two simple reasons: growth hormone and testosterone. Two powerful hormones that can be naturally stimulated by your workouts.

Growth hormone is a fat-burning hormone. It decreases glucose use and glycogen synthesis. While increasing the use of fatty acids and fat breakdown (lipolysis). This powerful yet vital hormone to the IsoCaloric System is best stimulated by a 10-12 rep range per large muscle group set with short rest periods (60-90 seconds) between sets.

Testosterone is a growth-stimulating hormone. It increases protein anabolism and the resultant gains in strength and power. Increases in serum testosterone levels are best achieved with large muscle group exercises (i.e., dead lift, squat, power cleans), heavy resistance (85-95% of 1 RM), and longer rest between sets (3-5 minutes).

Check off your favorite workout plan below and hit the gym.



The Busy Man's Workout Plan For a Toned, More Muscular Body... 6-Week Hypertrophy/Endurance Phase I for Maximum GH Release

Lower Body / Legs (the first workout of the week, while you're fresh is always the most demanding... and uplifting once you've conquered it)

Sets and Reps.

The first number is sets, the second is reps.
Example: 2 x 20 is 2 sets of 20 reps each.

Drop Set

Do a weight you can handle for 4-5 reps, then drop the weight 30 lbs. in subsequent sets to exhaustion.

- 5 minute warm-up treadmill or bike
- Leg extensions 2 x 20, 1 x drop set
- Squats 1 x 20-25 (warm-up), 3 x 10-12 (work sets)
- Lunges 2-3 x 12-15 (work sets)
- Straight-legged deadlifts 2-3 x 15-20 (work sets)
- Calf raises 3 x 20-25 (alternate between standing and seated)
- Abdominals 3 x 50 compound sets, 25 leg-ups + 25 crunches
- Fat-burning cardio 20-40 minutes low intensity (check heart rate section)
- Treadmill or bike

Then 2 Days of Rest...

Chest / Arms

Compound Set

Involves two different exercises performed back-to-back with no rest in-between.

- 5 minute warm-up treadmill or bike
- Light chest flyes with dumbbells or machine 2 x 20
- Incline barbell press 1 x 20 (warm-up), 3 x 10-12 (work sets)
- Bar dips 3 x 15 (add weight not reps)
- Compound Set : 3 x 10-12 standing barbell (small straight bars work well) curl + standing (or seated) barbell tricep extension
- Optional compound set: 2-3 x 10-12 dumbbell tricep extension seated and incline dumbbell curls
- Fat burning cardio: 20-40 minutes low intensity (heart rate)
- Treadmill or bike

1-2 Days Rest (your choice, recommend 2 days at the start)

Back / Shoulders

- 5 minute warm-up treadmill or bike
- Pull-ups or assisted machine pull-ups 1 x 20 (warm-up), 3 x 10-12 (work sets)
- V-bar close-grip pulldowns 2-3 x 10-12 (work sets)
- Bent-over rows w/ barbell or one-arm dumbbell rows 3 x 10-12 (work sets)
- Deadlifts (barbell or dumbbell) 3 x 10-12 (work sets)
- Military barbell press 3 x 10-12 (work sets)
- Standing shrugs barbell, dumbbell, or Hammer equipment 3 x 12-15 (work sets)
- Abdominals 3 x 50 compound sets, 25 leg-ups + 25 crunches

2 Days of Rest... Then Repeat... Start With Lower Body / Legs

Special Hints For Busy Men...

How Much Rest Between Sets:

- 1-1½ minutes between sets, 1½-2 minutes between exercises.

How to Be Progressive:

- First increase reps then increase weight. Once you begin to get 15 reps on your 10-12 rep exercises increase the poundage 5-10 pounds. Once you hit 20 reps on the 12-15 rep exercises increase the poundage 5-10 pounds.

How to Use Exercise Variety to Avoid Staleness in the Gym:

- Many of the above listed exercises are exchangeable with other exercises that work the same or similar muscle groups. To avoid staleness and to hit your muscles at different angles, try some of the following exchangeable exercises occasionally.

Exercise Variety Options:

Barbell squat

- Hack squat
- Leg press

Incline barbell press

- Dumbbell incline
- Seated incline hammer press machine

Pulldowns

- Pull-ups
- Hammer strength lat pulldowns

Standing barbell bicep curls

- Standing dumbbell curls
- Seated dumbbell curls

Stretching

- At home, while you're watching TV, try your best to get 12-15 minutes of stretching every other day. Stretching reduces muscle soreness and boosts recovery. Gives your muscles elasticity. It'll pay off in the long run for better looking and healthy muscles.

Barbell flat bench

- Bar dips
- Seated vertical hammer press machine
- Dumbbell bench press

Barbell seated military press

- Seated dumbbell press
- Seated press machine

Standing barbell bent-over rows

- Standing T-bar row (supported or un-supported)
- One-arm dumbbell rows

Busy Man's Sample 6-Week Hypertrophy / Endurance Phase I Chart

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	L	rest	rest	C/A	rest	rest*	B/S
2	rest	rest	L	rest	rest	C/A	rest
3	rest*	B/S	rest	rest	L	rest	rest
4	C/A	rest	rest*	B/S	rest	rest	L
5	rest	rest	C/A	rest	rest*	B/S	rest
6	rest	L	rest	rest	C/A	rest	B/S

L= Lower Body / Legs

C/A= Chest / Arms

B/S= Back / Shoulders

* Depending on soreness, time restraints, and how you feel, workouts on this day are open for you to do B/S workout one day sooner. If you're just getting back into working out take the extra rest day for the first three weeks .

▶ Rest days (except immediate day following Leg workout) are open for physical activities conducive to fat-burning, i.e. tennis, water skiing, walking, treadmill, biking, swimming, jogging, etc. At least one extra day of physical activity besides gym workouts is recommended per week.

▶ At the conclusion of the six week hypertrophy / endurance phase a 4-5 day rest from gym workouts is recommended. Beginning weight trainers should repeat the 6-Week Phase I routine after the rest period before advancing to Strength Phase II. Others can progress to Strength Phase II if they wish or repeat Phase I while concentrating on progressive gains.



The Strength Phase II... For Men Who Like to Move Bigger Weights

Cycle / Periodization Phase Training

Competitive sports programs often designate training sessions into different cycles (micro, meso, and macro cycles) in order to maximize a given athlete's progress in a specific area of focus (strength, endurance, speed). For example, a macrocycle usually refers to an entire training year but can also refer to a period of months or up to 4 years, as with the Olympics. Within the macrocycle two or more mesocycles occur, which consist of many weeks to months, depending on the goals of the athlete and the number of competitions within the period. Each mesocycle consists of a number of microcycles, which are usually periods of 1 week (7 days) of training.

Week 1

		<u>Intensity</u>
Mon.	3-5 sets of 5-6 reps with 85% of 5RM*	H
Wed.	3-5 sets of 5-6 reps with 85% of Mon. load	L
Fri.	3-5 sets of 5-6 reps with 95% of Mon. load	M

Week 2

Mon.	3-5 sets of 5-6 reps with 90% of 5RM	H
Wed.	3-5 sets of 5-6 reps with 85% of Mon. load	L
Fri.	3-5 sets of 5-6 reps with 95% of Mon. load	M

Week 3

Mon.	3-5 sets of 5-6 reps with 95% of 5RM	H
Wed.	3-5 sets of 5-6 reps with 85% of Mon. load	L
Fri.	3-5 sets of 5-6 reps with 90% of Mon. load	M

Week 4

Mon.	3-5 sets of 5-6 reps with 105% of 5RM	H
Wed.	3-5 sets of 5-6 reps with 80% of Mon. load	L
Fri.	3-5 sets of 5-6 reps with 90% of Mon. load	M

Week 5

Mon.	1-3 sets of 2-4 reps with 85% of 5RM	H
Wed.	1-3 sets of 2-4 reps with 85% of Mon. load	L
Fri.	1-3 sets of 2-4 reps with 90% of Mon. load	M

H= High Intensity, M= Moderate Intensity, L= Low Intensity

The Exercises

- **Multi-joint movements - squats (or leg press), barbell flat bench press or incline press, shoulder press, rowing/pulldowns, deadlifts (optional)**
- **Single-joint movements - bicep curl, tricep extension, calf raises, etc. are performed twice a week (Mon. and Fri. workouts) with moderately heavy weight loads (8RM-10RM range).**
- **Rest Between Sets: 2-4 minutes**

***Repetition maximum (RM) for an exercise**

RM refers to the maximal number of repetitions that can be performed with a weight. For example, if an individual can do five (but not six) repetitions of a certain exercise with a weight of 200 lbs, he is said to have a 5RM of 200 lbs.

A percentage of an individual's 1RM can also be determined. For example, if an individual's 1RM for the shoulder press is 100 lbs, a relative intensity of 75% of 1RM for this exercise means doing reps with 75 lbs.

Determining The RM

Estimating a 1RM or higher is relatively easy when you use the table on the next page.

To estimate 1RM from a 10RM test-measured value, you should perform a set of 10 reps with a light weight. Depending on the ease with which this is completed, add additional weight and perform another set of 10 reps. Rest 2-4 minutes between lifts. Continue process until a weight allowing only 10 reps is discovered. Then look at the table on the next page and find in the RM column the weight you used then locate the number of reps you achieved at the top of the chart in the rep column. For example, if you used 200 lbs on your bench for 10 reps it would correlate to a 260 1RM. Please Note: From your previous Phase I training you should have a good idea about your maximum weight for 10 reps or less on most exercises.

**EXTRA!
EXTRA!**

Sample 4-week Lifting Mesocycle Schedule for Intermediate/Advanced Weight Trainers Who Have Determined Their 6-8 Most Productive Base (multi-joint) Exercises For Muscular/Strength Development...

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	MH	L	Rest	ML	Rest	L	Rest
2	H	ML	Rest	M	Rest	ML	Rest
3	VH	M	Rest	H	Rest	M	Rest
4	L	L	Rest	ML	Rest	L	Rest

Intensity

Percent of 1RM

- VH (very heavy) • 95-100+
- H (heavy) • 90-95
- MH (moderately heavy) • 85-90
- M (moderate) • 80-85
- ML (moderately light) • 75-80
- Light (light) • 70-75
- VL (very light) • 65-70

How to Find Your Strength Level Using Repetition Maximum (RM) Chart...

In the vertical column find the weight you used (185 lbs) in the horizontal reps column find the amount of reps you performed (8 reps). Go to where 185 and 8 intersect in the chart and find your 1 RM (230 lbs in this example).

MAXIMUM REPS PERFORMED

Reps	2	3	4	5	6	7	8	9	10
LBS.									
75	80	80	85	85	90	90	95	95	95
80	85	85	90	90	95	95	100	100	105
85	90	90	95	95	100	100	105	105	110
90	95	100	100	105	105	110	110	115	115
95	100	105	105	110	110	115	115	120	125
100	105	110	110	115	120	120	125	125	130
105	110	115	115	120	125	125	130	135	135
110	115	120	125	125	130	135	135	140	145
115	120	125	130	130	135	140	140	145	150
120	125	130	135	140	140	145	150	150	155
125	130	135	140	145	145	150	155	160	160
130	135	140	145	150	155	155	160	165	170
135	145	145	150	155	160	165	165	170	175
140	150	150	155	160	165	170	175	175	180
145	155	160	160	165	170	175	180	185	190
150	160	165	170	170	175	180	185	190	195
155	165	170	175	180	180	185	190	195	200
160	170	175	180	185	190	195	200	205	210
165	175	180	185	190	195	200	205	210	215
170	180	185	190	195	200	205	210	215	220
175	185	190	195	200	205	210	215	220	225
180	190	195	200	205	210	215	225	230	235
185	195	200	205	210	220	225	230	235	240
190	200	205	210	220	225	230	235	240	245
195	205	210	220	225	230	235	240	245	255
200	210	220	225	230	235	240	250	255	260
205	215	225	230	235	240	250	255	260	265
210	220	230	235	240	245	255	260	265	275
215	225	235	240	245	255	260	265	275	280
220	235	240	245	250	260	265	270	280	285
225	240	245	250	260	265	270	280	285	290
230	245	250	255	265	270	280	285	290	300
235	250	255	265	270	275	285	290	300	305
240	255	260	270	275	285	290	295	305	310
245	260	265	275	280	290	295	305	310	320
250	265	270	280	285	295	300	310	315	325
255	270	275	285	295	300	310	315	325	330
260	275	285	290	300	305	315	320	330	340
265	280	290	295	305	310	320	330	335	345
270	285	295	300	310	320	325	335	340	350
275	290	300	310	315	325	330	340	350	355
280	295	305	315	320	330	340	345	355	365
285	300	310	320	325	335	345	355	360	370
290	305	315	325	335	340	350	360	370	375
295	310	320	330	340	350	355	365	375	385
300	320	325	335	345	355	365	370	380	390
305	325	330	340	350	360	370	380	385	395
310	330	335	345	355	365	375	385	395	405
315	335	345	350	360	370	380	390	400	410
320	340	350	360	370	375	385	395	405	415
325	345	355	365	375	385	395	405	410	420
330	350	360	370	380	390	400	410	420	430

WEIGHTS USED

Bonus: Beef Up Your Bench. Shoot-up Your Squat. Move More Weight.

▶ Weight poundages determined by 1RM for specific exercise chosen. Best exercises to use are bench and squat.

CYCLE PERCENTAGES

Use light weight with assist exercises on the light workout day and heavy weight with assist exercises on the heavy workout day (i.e., single-joint exercises like biceps curl and tricep extension).

Workout 2-3 times a week depending on your recovery abilities. Rather than using all four cycles in a row, you can apply mesocycles by using cycle I and II followed by 2-weeks of moderate-low intensity training. Then proceed with another mesocycle (cycles III and IV).

Cycle I: 2-4 Weeks to 10-15 lb. Gain on Your Max

	<u>Workout</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 6</u>
<i>Depending on how often you workout (no more than 3 times a week) this cycle is designed to beef up your max by 10-15 lbs. by the end of the cycle through progressive resistance.</i>	#1	10x49%	10x55%	10x61%	10x67%	10x73%	
	#2	10x49	8x55	8x61	8x67	8x73	8x79
	#3	10x49	8x61	6x67	6x73	6x79	6x85
	#4	10x49	8x67	6x73	4x79	4x85	4x91
	#5	10x49	8x73	6x73	4x85	2x91	2x97
	#6	10x49	8x79	6x85	4x91	2x97	1x100
	#7	10x49	5x64	3x76	1x85	1x97	1x103-106

Cycle II: 2-4 Weeks to another 10-15 lb. Gain

	<u>Workout</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 6</u>
<i>Another progressive cycle that should immediately follow cycle I for an increase of another 10-15 lbs. on your new 1 rep max</i>	#1	10x49%	10x55%	10x61%	10x67%	10x73%	
	#2	10x49	5x64	5x70	5x76	5x82	5x88
	#3	10x49	5x67	4x73	4x79	4x85	4x91
	#4	10x49	5x70	4x76	3x82	3x88	3x94
	#5	10x49	5x73	4x79	3x85	2x91	2x97
	#6	10x49	5x76	4x82	3x88	2x94	1x100
	#7	10x49	5x64	3x76	1x85	1x97	1x103-106

Cycle III: 4-6 Weeks to More Weight

After cycles I and II you can proceed with a 2-week low intensity workout before starting cycle III and then cycle IV. By completing all four cycles in a 4-6 month time period, you will have succeeded in accomplishing a strength macrocycle.	<u>Workout #/Reps</u>	<u>10</u>	<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>
	#1	46%	61%	67%	73%	70%	64%
	#2	46	67	73	79	76	70
	#3	46	61	67	73	70	64
	#4	46	70	76	82	79	73
	#5	46	64	70	76	73	67
	#6	46	73	79	85	82	76
	#7	46	64	70	76	73	67
	#8	46	76	82	88	85	79
	#9	46	67	73	79	76	70
	#10	46	79	85	91	88	82
	#11	46	67	73	79	76	70
	#12	46	82	88	94	91	85
#13	46	64	76	85	97	103-106	

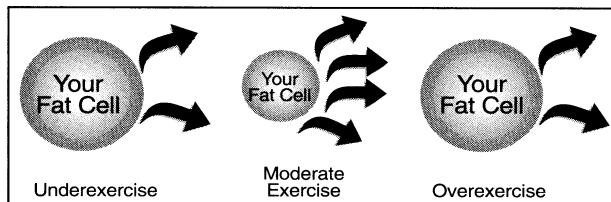
Cycle IV: 4-5 Weeks to Even More Weight

This cycle should immediately follow cycle III. These cycles all work from low intensity to high intensity in a progressive systematic and scientific method. As a result, your body adapts in an efficient manner without overtraining or under training—the two strength gain killers.	<u>Workout #/Reps</u>	<u>10</u>	<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>
	#1	46%	70%	76%	82%	88%	85%
	#2	46	61	67	73	79	76
	#3	46	58	64	70	76	73
	#4	46	73	79	85	91	88
	#5	46	64	70	76	82	79
	#6	46	61	67	73	79	76
	#7	46	76	82	88	94	91
	#8	46	67	73	79	85	82
	#9	46	64	70	76	82	79
	#10	46	79	85	91	97	94
#11	46	64	76	85	97	103-106	

17 Scientific Facts You Should Know About Weight-Training

Fig. 12

Fat cells are very volatile. Coercing them to release energy is a system of trial and error and takes just the right amount of exercise. Too much exercise causes a fat cell shut-off and reliance on glycogen and amino acids for energy. Not enough exercise does exactly what you deserve - nothing.



Arrows depict the release of energy from your fat cells.

- 1) **Overtraining is bad news.** Reduces your body's ability to burn fat. Catabolizes muscle. Common symptoms are increased heart rate when you awake in the morning, insomnia, decreased appetite, and rapid weight loss.¹⁷⁹

- 2) **Be goal specific.** A muscular, toned physique is best (and most easily acquired) with good, hard weight workouts and mild, low-intensity aerobic training. Set your goals, then proceed to accomplish them.⁴⁹

- 3) **If you are an endurance athlete, gaining strength with minimal bodyfat and weight gain should be your primary goal.** Lower reps with heavier weights and longer rest is most efficient. Cycle it in with your endurance training.^{60, 200}

- 4) **If you are overweight to start with (greater than 15-18% bodyfat),** low-intensity aerobic work should be done more often and must be combined with weight lifting sessions to help shed bodyfat.^{36, 87, 193}

- 5) **Low-intensity aerobic work should be done 3-4 days a week** (this can include recreational activities, i.e., swimming, tennis, water-skiing, motorcycle riding, etc.). Science shows, on your weight lifting days it's best to do the treadmill or bike after you have lifted weights because you will be more quickly able to access bodyfat.¹⁶⁵

- 6) **Stay away from carbohydrate drinks (Gatorade, Powerade, etc.) while training with weights or doing aerobic exercise.** Use water. Carbohydrate drinks don't allow you to access bodyfat for energy.⁸

- 7) **Training can enhance an individual's ability to train with less rest,** but if you seek to accomplish maximum or near-maximum reps with heavy weights you should take 3-5 minute rests between heavy sets of exercise and 2-3 days between workouts.¹⁹²





- 8) **Large muscle group exercises** like deadlifts and squats are responsible for greater testosterone levels when accompanied with long rest periods and heavy weights. ¹²¹
- 9) **Individuals who are interested in hypertrophy**, local muscle endurance, or both, need to perform a higher volume of exercise, use more exercises, lift in the 8RM to 12RM range, and take short rest periods, 45-90 seconds between sets of exercise. (This produces greater stimulation of growth hormone as well.) ¹²²
- 10) **Individuals with joint pain and nagging injuries** should limit training volume and handle weights that are pain-free. ¹²⁸
- 11) **Warm-up activities should precede each weight lifting session**, which should end with a cool-down period. Multiple-joint exercises act as a warm-up for any subsequent single-joint exercise involving the same muscles. Single-joint exercises act as a cool-down since they require much less energy expenditure. ¹⁵⁵
- 12) **Individuals who are experienced in weight training** over a period of time may be able to benefit from more frequent workouts than those without lifting backgrounds. This is why we have a number of different training options for you to choose from. ¹⁸⁰
- 13) **Some muscle groups recover quicker than others.** Upper body muscles can handle more frequent heavy lifting sessions than lower body muscles (including lower back). ¹⁸⁰
- 14) **Individuals recover more quickly** from single-joint exercises (e.g., bicep curl) than from multi-joint exercises (e.g., squat). ¹⁸⁰
- 15) **The basis of gains in resistance training** is the progressive overload principle - which means providing a greater stress or load on the body than it is normally accustomed to handling. ⁸¹
- 16) **In aerobic training, the activity should be performed continuously** for a minimum of 15 to 20 minutes at a level of 70% to 90% of maximal heart rate for a minimum of 3 training sessions a week (check next page for heart rate calculations). ⁶⁰
- 17) **Greater force is created with weights** that require slow movements and therefore develop greater strength (i.e. heavy weights). ¹⁹²

SPECIAL NOTE: Exercising is absolutely required to make desired physical improvements. Mentally, you'll feel better too - Guaranteed!

Quick Tips to Get Into the Fat-Burning Mode... Fast

When you're trying to shed fat aerobically, you must exercise at a moderate intensity and never, ever get out of breath. Because a sufficient oxygen supply is necessary to stimulate the fat releasing enzymes and burn fat, your rate of breathing and delivery of oxygen are extremely important. Your rate of breathing has to be increased, but if you are huffing and puffing, exercise is too hard and oxygen demands cannot be met through respiration. End result: Your fat cells feel threatened (Hunter-Gatherer Syndrome), and your body uses sugar and muscle for energy instead of fat...

There are a couple of ways to tell if you're exercising moderately - one by feel and the other by heart rate.

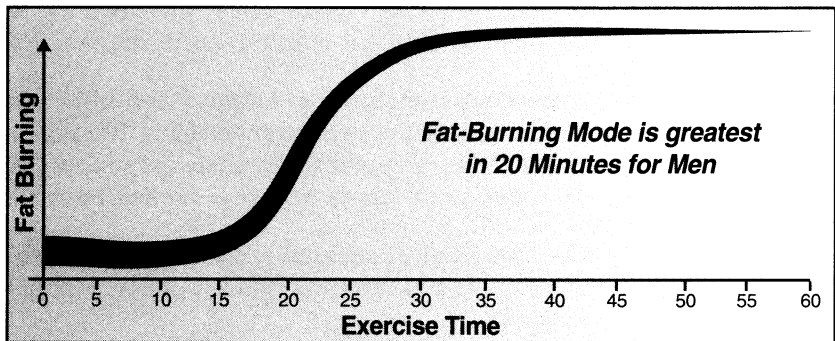
- **By Feel:** When exercising aerobically, if you can carry on a normal conversation without too much gasping for air or having to take a breath for every syllable, you should be in the good fat-burning mode.
- **By Heart rate:** $(220 - \frac{\text{your age}}{\text{your age}}) \times .65 = \frac{\text{your lower target heart rate.}}$
 $(220 - \frac{\text{your age}}{\text{your age}}) \times .80 = \frac{\text{your upper target heart rate.}}$

▶ Keep your heart rate between your lower and upper levels for optimum fat-burning.

▶ Stay in your fat-burning mode for a solid 30 minutes.

Fig. 13

Getting into the fat-burning mode. Men will be within their most efficient fat-burning mode after 20 minutes of aerobic activity. While women take 30-45 minutes to accomplish it.



Unlike women, men will start releasing fat within minutes of exercise. Men don't have a lot of the hormone estrogen and the special functions of pregnancy and breast feeding like women do.

Questions and Answers For Advanced Body Recomposition On The IsoCaloric 'Caloric' Bodyweight Plan



Charles Poliquin
The Author of **Body
Recompositioning**,
is a renowned
strength and
conditioning coach.

Many believe that the loading parameters (sets, reps, resting intervals) of resistance training should change when trying to burn bodyfat. The most common misconception is that high repetitions and sets will "burn off" the bodyfat and "etch" in the cuts. This is scientifically not the case. Sub-optimal muscle trauma will do two things, both bad.

- ***There will not be enough anticatabolic stimulus to maintain muscle mass.***
- ***The extra reduced trauma will not significantly decrease catabolic cortisol levels.***

For example, moderate aerobic activity energy expenditure will cause more muscle catabolism than an equivalent reduction in calorie consumption.

So how should we approach weight training for body recomposition?

HOW MANY REPS?

In body composition training (the technical term for "bodybuilding"), we have to find a happy medium. On one hand, the workout weight load must be heavy enough so that the intermediate fast-twitch and some of the higher threshold fibers (the anaerobic, white fibers that come into play when handling 60 to 80% of your one rep maximum) are stimulated.¹⁵⁸

On the other hand, the fibers must be stimulated for a long enough time. This is known as time under tension. Olympic lifters are very strong for their size, but don't grow as bodybuilders do because many of their sets and reps are done so rapidly.

The muscle fibers are not under tension long enough for a full growth stimulus. Keeping that in mind, establishing the number of reps in an exercise set can be accomplished by sets between 4 and 20 repetitions, providing that there is sufficient time under tension.

Time under tension refers to the time under which the muscles are submitted to an external resistance, both raising and lowering the workload. Which leads us to the next question.



What is the Optimal Time Under Tension for Body Composition Changes?

In order to maximize the muscle mass gains and the bodyfat loss, sets to concentric muscle failure should last between 40 to 70 seconds. This timespan, just around a minute, is the time it takes for the various anaerobic muscle energy substrates to be significantly diminished. Ideally we want to put the muscle fibers under tension as long as there is anaerobic energy immediately available.

You may wonder "how can 4 reps be enough reps?" Well, if you take 5 seconds to lift the load and 5 seconds to lower the load on every rep, it will take you 40 seconds to perform a four rep set. Providing that is a work set, you would be handling in this case roughly 75-78% of your maximum for one rep, thus satisfying the requirements for sufficient loading and sufficient tension.

In the suggested workout programs below, you'll notice that in each bodypart, I usually start with lower repetitions in the first exercise, and increase the reps in the second and third exercise (in the same bodypart). After the first exercise, the high threshold fibers will not ideally respond to nerve force engagement (these are the Type IIb fibers). The slightly higher reps after the first exercise better stimulate the slightly slower Type IIa fibers.

How Many Sets Per Exercise Should I Do?

Even when one allows sufficient rest intervals to replenish the phosphates, the muscle will, after a few sets, become fatigued to the point where fewer and fewer reps can be performed before failure. **This is what I call the critical drop off point.** From experience, this point is highly individual, and also varies from workout to workout. Athletes with a high fast-twitch fiber make-up tend to reach it faster.

The threshold for the drop-off point in body composition training should be 15%. Once the trainee reaches a 15% drop in performance, it is time to move to another exercise or bodypart. That 15% drop translates to having to lower the weight load by the equivalent percentage to maintain selected rep range (i.e., 6-8 reps) or can be demonstrated by a sudden drop in the number of repetitions (5-7 reps) from one set to the next one. The basic premise is, that one should never increase quantity of stimulus at the expense of quality.¹⁵⁸

It is pointless to do sets where the resistance is lowered so much that...

- a) sufficient tension is not put on the muscle to elicit strength gains; or...
- b) motor units of a lower threshold are being trained. These additional sets would impede recovery by putting excessive strain on the nervous system and energy stores. Given a choice, an individual would be better off with dropping the weight, and keeping the rep range the same as the initial set.

The one problem in this method is that in dumbbells and machine stacks, most gyms do not have weight drops as small as 5%. You have two choices. If you want to keep the rep range the same, and your gym doesn't have dumbbell increments of less than five pounds, you can buy Plate Mate (Ph: 207-633-5912) magnetic weights that adhere to the dumbbells and stacks in 1 1/4 pound sizes. The other choice, is simply to do two sets with a rep drop, and lower the weight by 10% on the third set and do a rep drop on the last set.

What is the Best Tempo of Contraction to Perform My Reps, Slow or Fast?

Tempo of contraction refers to the rate of movement of the implement or limb involved in any given bodybuilding exercise. In scientific terms, it is normally described or measured in terms of degrees per second. For practical purposes, strength coaches give a time for the range of movement, e.g., 3 seconds concentric: 5 seconds eccentric.

A great deal of research has shown that training at slow speeds has a definite advantage over high speed lifting for the development of maximal strength. High-intensity, slow speed training using isokinetic loading is associated with increases in muscle glycogen, CP, ATP, ADP, creatine, phosphorylase, PFK, and Krebs cycle enzyme activity. Training at faster speeds does not induce these changes. If you do change the rep speed, the constant factor in this is keeping the time under tension roughly the same as before.²⁶

Moving high loads at slow speeds eliminates the use of momentum to lift the resistance. Slowing down the movement (3 to 10 seconds for each concentric and each eccentric phase) increases both the duration of the stimulus and the levels of tension imposed on the muscle, thus possibly favoring a faster development of strength and muscle mass.

For example, former East German strength researchers Hartmann and

Tünneman demonstrated that squats performed at a tempo of 6-8 seconds require a 20-40% higher energy output than if done at a moderate pace (2-4 seconds). However, this slow speed training must be done against high forces.⁹²

Should I Vary the Speed of My Sets?

Muscles gain in strength in proportion to the intra-muscular tension they develop during the course of exercise. The more tension you can impose, the more strength you will gain, providing that the muscle is submitted to a minimum threshold of tension. The human body is a highly adaptable organism, and as in the case of sets reps and loads, the body will invariably adapt.²¹⁴

Various authors from Canada, Finland, Germany and the former Soviet Union have contended that muscles gain faster in strength if trained at various speeds, rather than at the same speed. If you periodically vary the speed of contraction, the brain will have to reorganize the contraction. It is the reorganization patterns that bring about strength gains. Experimental settings and empirical evidence strongly backed-up this paradigm.¹⁵⁸

If you get stronger, your muscle mass will go up. On a calorie-modified plan, overall strength can decline from diminished energy stores, specifically glycogen and creatine phosphate. So since you can't increase the tension (the actual weight), you can increase fiber recruitment by varying the repetition and speed in reactance to the lowered tension.

What is the Optimal Length of Rest Interval for Bodyfat Loss?

Rest intervals refer to the length of rest between sets and exercises. It is also known as the rest period. It is an important but often underestimated loading parameter. The rest interval during the training session has an impact on the extent and nature of involvement of the anaerobic energy sources. The current body of scientific knowledge suggests that the length of the rest interval is also inversely proportionate to the total time under tension of a set. Table 1 illustrates how you can vary the length of the rest interval and the speed of contraction to achieve optimal loading for maximal definition training (see Table 1).^{14, 64, 120}

Table 1: A sample illustration of the relationship between the various loading parameters for body composition training. (Poliquin 1992)

Reps	Tempo	Sets	Time under Tension (seconds per set)	Rest Interval (seconds)
4-7	312	5	26-42	60-90
4-6	406	4	40-60	60-90
4-6	505	3	40-60	60-90
8-12	402	3	48-72	60-75
13-16	301	3	52-64	45-60
17-20	201	3	51-60	45-60

Here is the significance for the tempo symbol. I now use a digit system.

- **The first number is the eccentric lowering.** That is, when you lower the resistance (i.e., going down in the squat, bringing the bar to your chest in the bench press).
- **The second number is the time of pause.** The pause is usually between the eccentric (lowering) and concentric phase (lifting) (i.e., the bottom position in the squat, or when the bar makes contact with the chest in the bench press).
- **The third number is the concentric contraction.** That is, lifting the weight, (i.e., raising in the squat, pressing the bar at arms length in bench press).

What is the Best Training Frequency in Training for Body Composition Changes?

Regarding frequency, please note the following observations; frequency is recovery dependent. Frequency is dependent upon your recovery ability at any given time, and failure to respect that rule may result in symptoms of overtraining which could manifest in loss of strength and muscle mass. Most trainees train too frequently because they lack the ability and/or knowledge to assess their state of recovery. As a rule of thumb, providing one does an honest job and uses the right sets/ reps ratios, a frequency of twice per week or once every 4-5 days per muscle group should suffice. ¹⁵⁸



The 48 hour myth: A misconception perpetuated in strength training circles is the concept that one needs to train the same muscle every 48 hours or progress will fall short of being optimal. Quite the contrary is evident as numerous World class bodybuilders and powerlifters are known to train a bodypart only once weekly.

Assessing your frequency: If you are not improving, change your frequency. Most trainers train too frequently. Experiment with reduced frequency. There are not many people who can continue to improve on a frequency of two-three times per week per muscle group while holding down a regular job and being exposed to other life stresses.

What about Training Twice a Day?

In a calorie-modified system, I doubt very much that one would be able to recover sufficiently to favor positive body composition changes.

Can You Suggest Some Model Routines for Body Composition Training?

Here are two sample routines.

- *Routine A* is a four days per week routine. It is suited for people who can only commit that amount of time to training, or cannot train on weekends because of a variety of social factors or family obligations.
- *Routine B* is for the individual who can commit more time to achieve his goal.

All my exercise routines use a modified "superset" system, where I pair antagonistic bodyparts together. Research has shown that performing a second bodypart exercise allows better neural recuperation for the next set on the first bodypart. The exact mechanism for that enhanced recovery is not yet clear. And logically you would assume that performing the other bodypart rather than total rest would fatigue the first bodypart. But you will see, just the opposite is true. Try it both ways, and you will be convinced.³¹

Routine A: Monday-Thursday (Lower Body)

<u>Exercises</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest Interval</u>
A-1 Back Squats	4 x 8-10	402	90 seconds
A-2 Lying Leg Curls	4 x 8-10	402	90 seconds
B-1 High-Position Leg Presses	3 x 10-12	301	90 seconds
B-2 Seated Leg Curls	3 x 10-12	301	90 seconds
C-1 Low Cable Pull-ins	3 x 10-12	301	60 seconds
C-2 Seated Calf Raises	3 x 15-20	111	60 seconds
D-1 Crunches	2 x 15-20	202	45 seconds
D-2 Standing Calf Raises	2 x 15-20	111	60 seconds

Tuesday-Friday (Upper-Body)

<u>Exercises</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest Interval</u>
A-1 Incline Dumbbell Presses	4 x 8-10	303	90 seconds
A-2 Close Parallel Grip Pulldowns	4 x 8-10	312	90 seconds
B-1 Decline Flyes	3 x 10-12	311	75 seconds
B-2 Seated Cable Rowing to Neck	3 x 10-12	302	75 seconds
C-1 Seated Dumbbell Presses	3 x 10-12	301	60 seconds
C-2 Standing Lateral Raises	3 x 15-20	111	60 seconds
D-1 Standing Close Grip BB Curls	3 x 4-6	505	45 seconds
D-2 Incline Dumbbell Triceps Ext.	3 x 4-6	505	60 seconds

Routine B: Day 1 (Chest & Back)

<u>Exercises</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest Interval</u>
A-1 Incline Barbell Presses	4 x 4-6	604	90 seconds
A-2 Sternum Pulldowns	4 x 7-9	321	90 seconds
B-1 Flat Dumbbell Presses	4 x 8-12	402	60 seconds
B-2 Seated Low Pulley Rows	4 x 8-12	402	60 seconds
C-1 Lying Cable Flyes	3 x 12-15	311	60 seconds
C-2 Machine Pullovers	3 x 15-20	311	60 seconds



Day 2 (Legs & Abs)

<u>Exercises</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest Interval</u>
A-1 Front Squats in Smith Machine	4 x 8-10	402	90 seconds
A-2 Lying Leg Curls	4 x 8-10	402	90 seconds
B-1 Leg Extensions	3 x 10-12	301	90 seconds
B-2 Lower Back Extensions	3 x 10-12	221	90 seconds
C-1 High Pulley Crunches	3 x 15-20	201	60 seconds
C-2 Standing Calf Raises	3 x 15-20	221	60 seconds
D-1 Low Cable Pull-ins	2 x 15-20	202	45 seconds
D-2 Donkey Calf Raises	2 x 15-20	111	60 seconds

Day 3 (off)

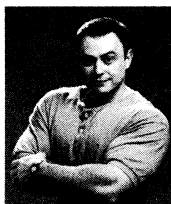
Day 4 (Shoulder & Arms)

<u>Exercises</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest Interval</u>
A-1 Arnold Presses	4 x 10-12	301	90 seconds
A-2 Bent-over Lateral Raises	4 x 10-12	301	60 seconds
B-1 Low Pulley Upright Rows	3 x 10-12	301	75 seconds
B-2 Seated Lateral Raises	3 x 15-20	201	60 seconds
C-1 Close Grip Bench Presses	4 x 10-12	301	60 seconds
C-2 Incline Dumbbell Curls	4 x 10-12	301	45 seconds
D-1 Low Pulley French Presses	3 x 12-15	311	60 seconds
D-2 Low Pulley Scott Curls	3 x 12-15	301	45 seconds

Day 5 (off)

The Arnold Press for shoulders - this is a seated dumbbell press. You press both arms upward with the palms facing inward. At the lockout of the movement, you move the palms of the hand (and dumbbells) outward and lower the weight. This unusual movement avoids most typical shoulder injuries (the most injury-prone joint in the body).

About the Author - Charles Poliquin is one of North America's most successful strength and conditioning specialists. Poliquin has coached and trained numerous Olympic and professional athletes helping them increase strength, speed, improve recovery ability and reduce injuries. He is an international lecturer and author of more than 40 articles. He has just completed work on a new book entitled Theory and Methodology of Strength Training from Dayton Writers Group.



PART FOUR

QUESTIONS AND ANSWERS

Inside this section find out the answers to some of your most common questions about the IsoCaloric System

Questions and Answers for the IsoCaloric System

Is the IsoCaloric eating plan a high-fat diet?

Low and high are relative terms. It all depends on your current perspective. To most, 33% of your calories from carbohydrates will seem low. Others will see it as moderate. The same goes for 33% protein. Even though about 30% of your calories in the IsoCaloric plan come from fat, this is still technically considered a low fat diet according to dietary guidelines. The main objective on the IsoCaloric eating plan is to keep your calories equal between the three macronutrient food groups. Probably for most of you, the most important or essential factor in following the IsoCaloric plan is to lower your carbohydrate consumption and make sure you eat quality protein and fat sources.

What's the best way to get the quickest results following the IsoCaloric system?

Plain and simple—for the quickest results, you should follow the IsoCaloric "caloric" bodyweight plan. It will require much stricter adherence to the eating plan, but it will produce the fastest results. Of course, weight training 3-4 days a week plus 2 or 3 days of fat-burning cardio is a must as well. Do we necessarily recommend following the "caloric" bodyweight plan right from the get-go? No, not really. It would probably be best to break in to the IsoCaloric eating plan slowly. For some of you, the moderate carbohydrate intake may be quite a shock at first. It will take your body a good week to adjust itself into the fat-burning mode rather than relying on sugar (carbohydrates) for energy. That's where the change to healthy and friendly fats in your diet will help you—less pain and fewer urges to overeat.

Why do you call it a "no diet" program?

Diet is an unfortunate word. Just look at it. D-i-e-t. Notice "die" is an integral part of the word, and that's exactly how most people feel when they follow a diet—like they are going to die. The pain. The agony. The hunger. The deprivation that is required. Well, the IsoCaloric "No Diet" System proposes a unique alternative to the usual sacrificial diet. With even better results because it's easy and fun to follow. There is no hunger.



No agony. No pain. Once you get accustomed to the eating plan, you feel wonderful and you can still eat most, if not all of your favorite foods. Of course, you can't just eat to your heart's content. You have to focus on equal calorie meals and the majority of the time, quality foods. But, these quality foods are mostly what's left off the trendy "healthy" high-carb diets' food lists. The fact is, you'll find yourself eating less on the IsoCaloric plan than when following a "normal diet" because you are completely and happily satisfied day-in and day-out. The IsoCaloric System is unlike a "diet." Conventional diets don't work. They don't work because they don't follow the biochemical rules of nutritional science. They are concerned with losing weight rather than the right approach to losing fat. They siphon off lean muscle which is the main component that burns fat. And they try to take weight off too fast causing the body to get defensive and preserve fat. The IsoCaloric purpose is to lose bodyfat while retaining and gaining lean muscle mass.

Will the IsoCaloric eating plan raise my cholesterol levels?

First of all, you must know that cholesterol is essential to life. It's the primary structural component of every cell in your body. It's also the building block for every steroid hormone known to man kind—cortisol, adrenaline, testosterone, estrogen, DHEA, etc. Now, the fact is, the amount of cholesterol you eat has a fairly minor impact on the amount of cholesterol in your bloodstream. More than 80% of your daily cholesterol production comes not from what you eat but from your own liver. An enzyme in your liver (HMG CoA Reductase) controls the rate at which the liver produces cholesterol. This enzyme is under hormonal control by insulin and glucagon. Insulin activates the enzyme causing it to produce more cholesterol while glucagon inhibits the enzyme. Insulin and glucagon are two powerful and prominent hormones on which the IsoCaloric eating plan is based. Produce less insulin and more glucagon. In addition, the fats you eat while on the IsoCaloric plan are good, healthy fats. The monounsaturated fats that take up the majority of your fat calories on the eating plan have been shown, time and again, to lower bad cholesterol (LDL) and raise good cholesterol (HDL).

Is it difficult to follow the IsoCaloric eating plan?

Nope. The portion plan outlined earlier is an efficient and easy way to eat isocalorically even when you're not sure of the exact ratios of food you're eating. There is no need to count calories. Basically, by keeping

your carbohydrate food equal to your protein food, you're in hormonal balance. Remember, insulin and glucagon are the two key hormones that you are trying to manipulate. The addition of good, healthy and friendly fats makes it easier to stay on the plan and keeps your calorie levels sufficient, but not overly sufficient.

What's the difference between the IsoCaloric eating plan and the 40-30-30 or "Zone" diets I've been hearing about?

Actually, the premise of the IsoCaloric eating plan and the 40-30-30 diets are essentially the same—manipulate insulin and glucagon levels by controlling your blood sugar levels. However, the 40-30-30 diets fail to take into account one key element, probably the most important element of following an eating format that attempts to manipulate these two powerful hormones. And what is this most important element? Human nature and practicality. The fact is the 40-30-30 diets do not take in to account natural human error and natural human "cheating." On the 40-30-30 diets, there is no room for error in relation to carbohydrate intake. This is a genuine problem, because when you "cheat" while following an eating plan, it is not usually on protein but rather with foods like muffins, potato chips, candy bars, etc. (mostly carbohydrate foods). The IsoCaloric eating plan takes the natural human error and "cheating effect" into account in its system. Basically, unlike the 40-30-30 diets, the IsoCaloric eating plan has a built in margin for error because it understands how people in the real world operate. So in fact, if you "accidentally" eat an extra bagel or muffin during the day or sneak a few extra carbohydrates during the evening, it would not upset the hormonal balance you are trying to achieve. While on the 40-30-30 diets, if you did accidentally "cheat" or screw up your portion intake, it would basically give you a normal mainstream carb diet (the combination of 45-50% carbs and 30% fats can take you quickly to dough-boy land). Since these 40-30-30 diets are running too fine of a line in regards to carbohydrate consumption, there is no room for error or quite natural human "cheating." However, if you've had success following one of the 40-30-30 or "Zone" diets by all means continue to do so. You may find by using ISO³ that you can more efficiently and easily stay on the diet.

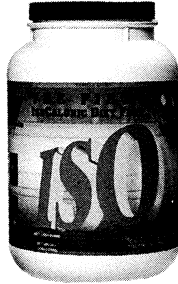
What is ISO³ and why use it?

ISO³ is simply a complete isocaloric food. It has some nice metabolic advantages like phosphates for increased ATP production and chelated vitamins and minerals for enhanced absorption. But basically, ISO³ is a complete isocaloric food that can be used when you don't have time or the patience to prepare a regular isocaloric meal. If you're one of those



What Gives ISO³ It's Hidden Metabolic Advantage?

- **Insulin-Glucagon control:** Triple nutrient balance stabilizes blood sugar levels to allow natural fat-burning. ^{145, 203}
- **Phosphates:** Increase ATP production and metabolic rate for fat loss. ¹⁰⁰
- **Lactates:** Increase cellular supply of ATP for high intensity exercise and supplies lactate for gluconeogenesis during lactate shuttle (inhibits muscle wasting). ^{27, 28}
- **Mineral Chelation:** Allows stomach to absorb directly which completely and efficiently absorbs vitamins and minerals without waste. ⁹
- **Magnesium:** Increases strength and protein synthesis in weight training individuals. ²⁴



persons that is always pressed for time and has a hard time eating enough quality food during the course of the day, ISO³ may be for you. Its suggested use is twice a day between your regular isocaloric meals. Once in the mid-morning and once in mid-afternoon to stabilize blood sugar levels and to satisfy your hunger. Some people have found it beneficial to take 1/3 or 1/2 a serving size instead of a full serving right before they sit down to eat an isocaloric meal. It seems to cut down on their appetite and allows them to eat less and still feel satisfied and energized. One final note about ISO³: It contains 25 grams of whey peptide protein per serving. In truth, this is equivalent to about 40 grams of egg white, milk protein, or regular whey protein. Whey peptides are somewhat like the "Ferrari" of protein powders. They are the preferred method for the human metabolism to absorb and utilize nitrogen. In fact, French research shows that WPH[®] - whey peptides produce over 68% more nitrogen in muscles than regular whey.

Aren't carbohydrates the body's "fuel of choice"—don't we need them?

If the truth be told, we don't really need carbohydrates. In fact, there is no such thing as an essential carbohydrate! But we do use them on the IsoCaloric plan to fuel your brain (a virtual glucose hog) and supply glycogen for your weightlifting workouts. And that's it. All other times, you want to access bodyfat for energy. Yes, carbohydrates are your body's "fuel of choice." That's exactly why you limit them on the IsoCaloric Fat Burning System. Think about it for a minute. If you always supply your body with its "fuel of choice," you never give it a reason or a chance to access your stubborn bodyfat. By limiting its "fuel of choice," you trick your body into a fat-burning mode. High carbohydrate proponents always champion that carbohydrates aren't easily stored as fats. This is only partially true. The body has an unlimited ability to convert carbs to fat after the limited glycogen stores are full (2,000 calories on average—including blood, liver, and muscle). But most importantly and what carb "gurus" fail to report is that you don't have to store much of the carbohydrates you eat as fat for them to do harm since the very act of storing fat closes off all fat-burning. The body does not store and burn fat at the same time. Carbohydrates are fat-sparing. The higher blood glucose levels you have from carb eating, the less chance you have for burning fat.



I thought insulin is an anabolic hormone; isn't it supposed to be stimulated for muscle growth?

It is better to think of insulin as a storage hormone rather than an anabolic one. Yes, it does help to increase muscle mass. But it also is very indiscriminate and will just as soon fill your fat cells as your muscle cells. That's why you want to do all you can to make insulin work to your benefit—by stimulating it predominantly at the right time to fill muscle cells, not fat cells. The best time to do this is right after your intense weightlifting workouts. An enzyme, glycogen synthetase, is activated immediately following your workouts. This enzyme helps to predominantly store protein and carbohydrates in your muscle cells—not your fat cells. (Check out page 36 for a post-workout insulin boost drink.)

How about drinking alcohol/booze?

Alcohol is not highly recommended in the IsoCaloric system. A couple of glasses of wine and a few beers here and there won't hurt you. But when you start pulling all-nighters and slugging down multiple drinks on a consistent basis, you'll destroy all the benefits of the IsoCaloric system. The problem with alcohol is that it converts into sugar in your body, which you know by now causes bad insulin release responses. In addition, alcohol is empty calories and, therefore, requires your body to use its good quality calories and energy to metabolize and rid itself of the poison. Your best bet: Drink in moderation and always include a glass of fresh, clean water with each drink.



Do I have to avoid carbohydrates in abundance forever?

No. Actually, every 8-10 days, go ahead and dig into one day of carb-feeding. This one day carbohydrate feeding will help to stimulate insulin and give you a nice carb-load (which you may or may not enjoy). It would be wise to add a good 45 minutes of aerobic activity on your carb-free-for-all-day. The following day is a good time for a heavy workout with weights since you'll be glycogen loaded. However, if you are currently quite a bit overweight and fat, it would be wise to avoid the carb day until you've gotten yourself into decent shape. The carb feeding days work best for those who have a good muscular build with less than 13% bodyfat. That way, the majority of the carbohydrates will fill up the muscle cells (especially if you get in a quality weight workout first thing in the morning).

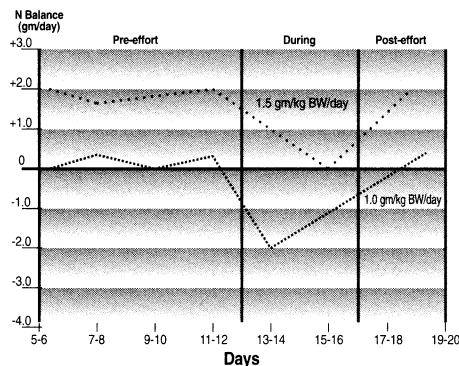


I've always been told I get enough protein; isn't the IsoCaloric eating plan too high in protein?

Well, if you are sedentary and don't get much exercise, you are probably getting enough protein. But if you workout and have other stress in your life, you may not be. So check this graph out.

Fig. 14

Effective Nitrogen Balance at Different Levels of Protein Intake.
(79, 80)



A positive nitrogen balance means that your body is obtaining sufficient protein. A negative nitrogen balance means that the body has insufficient input of protein and is, therefore, cannibalizing muscle and other protein structures to provide its daily need. In the above study, participants were instructed to remain sedentary for two weeks. They were given a daily

intake of 1 gram of protein per kilogram body weight (33% above RDA). As long as they remained sedentary (and unstressed), this level of intake maintained a positive nitrogen balance. Then they were given workouts of 2 hours a day. As the chart above shows, nitrogen balance dropped to negative within 2 days. Protein intake above 1/3 of the RDA was insufficient to meet the protein needs caused by exercise. Another group was fed 1.5 grams per kilogram of body weight (twice the RDA). As the chart above shows. As long as they remained sedentary, nitrogen balance was positive. But when they were given the same workouts as the first group, nitrogen balance dropped to negative within 4 days. Even 1.5 grams per kilogram body weight was insufficient. So your protein needs do increase with exercise. Another note about protein: Protein along with its ability to maintain and increase lean muscle mass is used on the IsoCaloric system to stimulate glucagon and limit insulin response. You need protein! It also helps to limit your carbohydrate consumption.

Note: The U.S. Government's Recommended Daily Allowance (RDA) of protein is about 0.8 g/kg (0.35 g/lb) bodyweight. This quantity applies ONLY to average men and women who lead normal, unstressed lives. It wasn't meant to cover the requirements of a specific individual as it states on the first page of the handbook. In fact, the Government tells us nearly 6.25 million Americans would not get adequate protein levels by following the USRDA.

Why is the IsoCaloric system for men only?

Because men are different from women. Obviously, right? Well, hormonally and genetically we are greatly different. And this booklet focuses exclusively on the male body. Although most women could probably benefit from the IsoCaloric system, it was exclusively designed for men. Men have different needs. This booklet was designed with those needs in mind. (If you would like information directed towards women's needs, let us know by writing to us.)



Prepare your own isocaloric meals with the help of this general food list...

	<u>Serving Size</u>	<u>CAL</u>	<u>PROT</u>	<u>CARB</u>	<u>FAT</u>
<u>MILK LIST</u>					
<i>Milk</i>					
1% fat milk	1 cup	102	8	12	2.6
skim, nonfat	1 cup	86	8	12	0.4
<i>Yogurt</i>					
plain, low-fat yogurt	1 cup	144	12	16	3
plain, nonfat yogurt	1 cup	127	13	17	0.4
AVERAGE		114.8	10.25	14.25	1.6

Special Tip:
 Most foods listed are moderate to desirable blood sugar inducers. However, since you'll be using the list to create isocaloric meals the few rapid blood sugar level inducers that are included, such as carrots, corn and potatoes, will be slowed down by the addition of fats, fiber and protein. Remember, the addition of good fats and protein with every meal are two of your biochemical keys to unlocking your natural fat-burning potential.

	<u>Serving Size</u>	<u>CAL</u>	<u>PROT</u>	<u>CARB</u>	<u>FAT</u>
<u>VEGETABLE LIST</u>					
artichoke	1 med.	65	3.4	15.3	0.3
asparagus	1 cup	30	3	5	0.3
green beans	1 cup	31	2	6.8	0.2
beet greens	4 cups	32	2.8	6	0.8
broccoli	1 cup	24	2.6	4.6	0.3
brussel sprouts	1 cup	38	3.3	7.9	0.2
cabbage	2 cups	32	1.6	5.5	0.1
carrot	1 raw	42	1	9.7	0.2
cauliflower	1 cup	27	2.7	5.2	0.2
celery	2 cups	34	1.8	8	0.2
chard	5 cups	30	3.2	6.7	0.4
chicory greens	1 cup	20	1.8	3.8	0.3
collard greens (cooked)	1/2 cup	35	2.7	7	0.4
cucumber	2 cups	28	0.6	3.2	0.3
dandelion greens	1 cup	30	1.8	6	0.2
eggplant	1.5 cups	33	1.3	7.5	0
kale (cooked)	1 cup	37	5.3	8	1
kohlrabi	1 cup	38	2.4	8.7	0.1
leeks	2 items	34	1.4	8	0.2
lettuce	3 cups	30	2.1	6.6	0.4
mung bean sprouts	1 cup	32	3	6	0.2
mushrooms	2 cups	28	2.7	4.4	0.5
mustard greens (cooked)	1 cup	46	4.4	8	0.8

	<u>Serving Size</u>	<u>CAL</u>	<u>PROT</u>	<u>CARB</u>	<u>FAT</u>
okra (cooked)	1/2 cup	29	2	6	0.3
onions (cooked)	1/2 cup	2	9	1.2	6.5
peas	1/2 cup	62	4.5	10.8	0.4
peas, split	1/3 cup	77	5.3	13.9	0.1
peas & carrots	1 cup	50	3	10	0.2
peppers	2 items	33	1.8	7.3	0.2
radish	20 small	34	2	7.2	0.2
rutabagas	1/2 cup	35	1	8.2	0.1
spinach	2 cups	28	3.6	4.8	0.4
squash, summer	1 cup	28	1.8	6.2	0.2
tomato	1 item	33	1.6	7	0.3
turnip	1 cup	34	1	7	0.3
turnip greens (cooked)	1 cup	35	3	6	0.1
<i>AVERAGE</i>		<i>34.80</i>	<i>2.437</i>	<i>6.957</i>	<i>0.291</i>

FRUIT LIST

apple	1 item	81	0.3	21	0.5
applesauce	1/2 cup	53	0.2	13.8	0.1
apricot	4 items	68	2	16	0.5
apricot, dried	9 halves	74	1	19.4	0.1
banana	1/2 item	52	0.6	13.3	0.3
blackberries	1 cup	74	1	18.4	0.6
blueberries	1 cup	82	1	20	0.6
boysenberries	1 cup	66	1.5	16.1	0.4
cherries, sour	1 cup	86	1.8	21	0.1
currants	1 cup	71	1.6	17.2	0.45
dates	3 items	76	0.5	20	0.1
figs	2 raw	74	0.8	19	0.2
gooseberries	1 cup	67	1.3	15.3	0.9
grapefruit	1 item	74	1.4	19	0.2
grapes	1 cup	58	0.6	15.8	0.3
guavas	15 items	85	0.7	21.2	0.8
kiwi	1 item	46	0.8	11.3	0.3
<i>Melon</i>					
melon - cantaloupe	1 cup	57	1.4	13.4	0.4

	<u>Serving Size</u>	<u>CAL</u>	<u>PROT</u>	<u>CARB</u>	<u>FAT</u>
melon - honeydew	1 cup	60	0.8	15.6	0.2
melon - casaba	1 cup	56	1.9	13	0.2
nectarines	1 item	67	1.3	16	0.6
orange	1 item	65	1.4	16.3	0.1
papayas	1 cup	60	0.8	15	0.2
peach	1 cup	58	1.1	14.9	0.1
peach nectar	1/2 cup	67	0.3	17.3	0
pear	1 item	98	0.7	25.1	0.7
pineapple	1 cup	77	0.6	19.2	0.7
plums	2 items	72	1	17.2	0.8
pomegranates	1/2 item	52	0.8	13.2	0.2
prickly pears	1 item	42	0.8	10	0.5
prunes	1/8 cup	30	0.4	7.5	0.1
raisins	1/8 cup	75	0.8	19.7	0.1
raspberries	1 cup	61	1.1	14.2	0.7
strawberries	1 cup	45	0.9	10.5	0.6
tangerines	2 items	74	1	18.8	0.4
watermelon	1 cup	50	1	11.5	0.7
<i>AVERAGE</i>		<i>65.59</i>	<i>0.984</i>	<i>16.4</i>	<i>0.377</i>

GRAINS

bagel	1/2 item	82	3	15.5	0.7
<i>Beans</i>					
lima beans	1/3 cup	70	3.9	13.3	1.7
kidney beans	1/3 cup	73	4.8	13.2	0.3
navy beans	1/3 cup	75	4.9	13.3	0.4
<i>Bread and Cereals</i>					
wheat bread	1 slice	61	2.3	11.3	1
whole grain	1 slice	64	2.5	11.7	1
pita, whole wheat	1/2 item	70	3	12	1
rye bread	1 slice	56	2.1	12	0.3
corn tortilla	6 item	63	1.5	13.5	0.6
cream of wheat	1/2 cup	64	1.6	14	0.3
oatmeal	1/2 cup	72	3	12.6	1.2
grape nuts	1/8 cup	50	1.7	11.6	0

	<u>Serving Size</u>	<u>CAL</u>	<u>PROT</u>	<u>CARB</u>	<u>FAT</u>
shredded wheat	1 item	83	2.6	18.8	0.3
muffin, bran	1 item	112	3	16.7	5
pasta	1/2 cup	90	3	18	0.3
popcorn	1 cup	54	1.8	10.7	0.7
potato	1/3 baked	73	1.3	10.9	0
rice, brown	1/3 cup	62	1.2	14	0
sweet potato	1/3 item	70	1.1	16	0.2
yam	1/3 cup	70	1.6	16	0.1
<i>AVERAGE</i>		<i>70.43</i>	<i>2.538</i>	<i>13.83</i>	<i>0.733</i>

PROTEINS

chicken breast	1 oz	47	8.9	0	1
<i>Egg</i>					
egg yolk	1 large	63	2.8	0	5.6
egg	1 large	79	6.1	0.6	5.6
egg white	3 large	47	10	1.2	0
<i>Seafood</i>					
bass	2 oz	54	10	0	1.3
flounder	2 oz	52	10.6	0	0.6
halibut	2 oz	62	11.8	0	1.3
lobster	2 oz	52	10.6	0	0.5
mackerel	1 oz	58	5.3	0	3.9
clams	4 large	59	10.2	2.1	0.8
mussels'	2 oz	54	8.2	1.8	1.3
oysters	6 med.	58	5.9	3.3	2.1
salmon	1 oz	40	5.6	0	1.8
scallops	2 oz	64	13.2	1	0.8
cod	2 oz	47	10	0	0.4
swordfish	2 oz	69	11.2	0	2.3
tuna, in water	2 oz	66	15	0	0.3
shrimp	2 oz	60	11.5	0	1
snapper	2 oz	57	11.6	0	0.8
shark	1 oz	37	5.9	0	1.3
perch	2 oz	53	10.5	0	0.9
sardines	1 7/8 oz	95	9	1.0	7.0

	<u>Serving Size</u>	<u>CAL</u>	<u>PROT</u>	<u>CARB</u>	<u>FAT</u>
steak, filet	1 oz	68	5.3	0	5.1
steak, flank	1 oz	56	5.5	0	3.6
steak, round	1 oz	59	10.8	0	1.5
turkey breast	1 oz	45	8.5	0	0.9
<i>AVERAGE</i>		57.85	8.827	0.488	2.062

FAT LIST

avocado	1/8 item	38	0.5	1.5	3.75
all natural peanut butter	1 tbl	98	4.5	2.7	8.9
butter	1 tbl	100	0	0	12
mayonnaise, lite	1 tbl	35	0	2.4	2.9

Nuts

almonds	1/16 cup	53	1.7	1.7	4.8
brazil	1/16 cup	57	1.3	1	5.9
cashews	1/16 cup	49	1.5	2.6	4
peanuts	1/16 cup	52	2.4	1.9	4.4
walnuts	1/16 cup	41	0.9	1	4
macadamia	1/16 cup	59	0.7	1.2	6.2
pistachio	1/16 cup	46	1.6	2	3.9
pecans	1/16 cup	46	0.6	1	4.8

Salad Dressing

blue cheese	2/3 tbl	51	0.5	0.7	5.2
french	2/3 tbl	44	0	1.8	4.2
italian	2/3 tbl	46	0	1	4.7
ranch	3/4 tbl	40	0.3	0.6	4.3
russian	2/3 tbl	50	0.1	1.1	5.1
thousand island	2/3 tbl	39	0.1	1.6	3.7
vinegar & oil	1/2 tbl	30	0	0	3.4

Seeds

sunflower seeds	1/16 cup	39	1.7	1.4	3.3
<i>AVERAGE</i>		48.16	0.732	1.289	4.766

At Last!

Especially for you...

Everything you need to know about burning off bodyfat and building the body you've always wanted!

You care about the way you look and just want to get into and stay in great shape as easily as possible...

This jam-packed Special Report gives you the how to, surefire, step by step system to shed ugly bodyfat as quickly and painlessly as possible.



Quick!

Flip Over & Get Started TODAY!

Item No. 80