

FatLossAccelerators.com

14-DAY

RAPID FAT LOSS

ACCELERATOR PROGRAM



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Legal Disclaimer

You MUST get physician's approval before beginning this program.

The information presented in this work is for education purposes only. It is not medical advice and is not intended this way or as a substitute for medical counseling. Consult your physician before beginning this program as you would with any exercise and nutrition program, for diagnosis and treatment of illness and injuries, and for advice regarding medications. This program is designed for healthy individuals over 18 years old.

The information should be used in conjunction with the guidance and care of your physician. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

You must undergo a complete physical examination by a physician if you are sedentary, if you have high blood pressure or high cholesterol, if you are overweight, have diabetes or are over 30 years old.

By continuing with the program you recognize that despite all precautions on the part of Outback Fitness LLC, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, remise, discharge, relinquish and release any claim which you may have against Outback Fitness LLC, or its affiliates, joint ventures, partners, contractors, or independent contractors as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program. This is a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this Terms, Conditions, Waiver and Releases is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

If your physician recommends you not to use Fat Loss Accelerators workout programs, please listen to your physician and follow this advice.

Warning: This program is VERY demanding and intense.

14 DAY RAPID FAT LOSS ACCELERATOR MEAL PLANS

First of all, these are the nutrition rules for life. Think of this as the big picture. Now is your opportunity to really get them down.

The 10 Nutrition Commandments: Repeat after me...

1. Eat a high quality protein at every meal
2. Avoid “white” carbohydrates. Anything white, starchy, or refined (bread, sugar, pasta, rice, chips, cereal) is out
3. Use healthy fats and oils freely
4. Eat green vegetables at every meal
5. Drink plenty of water: $\frac{1}{2}$ your bodyweight in ounces of water. For 150lb person, that's 75 ounces water/day **minimum**.
6. Eat whole foods rather than bars, shakes and processed snacks whenever possible.
7. All nuts must be raw. No roasting nuts – it changes the nuts from good to bad!
8. Choose organic foods (particularly fruits and vegetables) where available
9. Choose wild, fresh fish. Avoid organic and farm raised fish.
10. Follow this plan and splurge no more than 10% of the time.

MEASURING PORTIONS

Deprivation is the devil, but poor food selection will deter your progress.

- **Greens:** Consume a salad the size of both hands put together. This equals a little more than a cup of greens.
- **Meats:** Fish, poultry, and lean meats are the size and thickness of the center of your palm. This equates to four ounces of meat.
- **Healthy fats:** Eat a serving of extra-virgin olive oil, cheese, nut butter, nuts, salad dressing or seeds the size of two thumbs. This measurement equals two tablespoons or, for cheese, one ounce.
- **Fruits:** Measure a serving of fresh fruit the size of your fist.

The serving sizes for this meal plan were created for a 140lb female. Adjust your serving size depending on your starting weight.

BASIC SUPPLEMENTS

1. Fish oils: Get your Omega-3's daily

Fish oil should be taken every day. There is no "standard" dose, as an optimal dose varies depending on your weight. Research has shown 2-3g/day as being beneficial for fat loss. The softgel is more stable than the liquid, which goes rancid quickly if you don't put it in the refrigerator.

Always aim for quality fish oils! Independent laboratories test for the absence of heavy metals in the following brands. You can order online or check at your local health food store:

- Nordic Naturals Omega-3 Fish Oil softgels (www.nordicnaturals.com)
- Norwegian Cod Liver Oil softgels (www.carlsonlabs.com)

Take 2-3g every day or 1 mL for every 10 pounds of body weight (1 teaspoon = 5 milliliters). In each 1000mg capsule, there should be:

- At least 60% EPA (600mg)
- At least 18% DHA (180mg)

2. Protein Powder

Before you dive in and get rocking with protein powder, check out this simple how to guide.

1. Choose your adventure

There's a gazillion different types of protein powders on the market. First, you need decide on your goal: do you want fat loss or gain muscle mass?

The main difference being the products promoting muscle mass gains contain loads of carbs, and a regular feeding schedule.

The right protein powder for fat loss and getting lean has high percentage of calories coming from protein (duh!) – very few carbs and no added sugars.

2. Get the basics right

You want to choose a protein powder that is cold-pressed, derived from pasture fed cows and free of GMO's, chemicals and sugars.

Unless you have a dietary restriction, go with **whey protein base**. Research shows your body is able to faster absorb whey protein post workout compared to others (like soy, brown rice, hemp), so that's great news for your muscles.

How Much Protein Do You Need for Fat Loss?

It's one of the most frequently asked questions. How much do I need?

For fat loss – you only really need 0.5 grams per pound of LBM (lean body mass ie. muscle). Which equates to around 60-90g per day for most folks. That may sound like a remarkably low number compared to what you might hear from other fitpros on the interwebz. But this is the minimal amount you need.

Bumping it up to one gram per pound of LBM won't do you any harm.

Fortunately, all the hype about “overloading with protein can cause kidney failure” is just that, hype. Sure, don't stuff yourself silly and you're good to go.

The next question is, how much can I safely consume in one sitting? As a ballpark figure, aim for 20-30g per serving. That's not to say you can't have more if you're hungry. There's a ton of debatable research out there with conflicting ideas about how much protein your body can absorb at once.

3. Check the ingredients list

A LOT of protein powders are full of shit ingredients, ones you can't even pronounce. Put it back on the shelf, **even if the price is right**. You will pay for it later, in time spent in the bathroom.

The thing is, these ingredients are not real, it's all fake. And you poor body is saying, “what the hell is this stuff and what are we supposed to do with it?”

If your goal is fat loss, make sure you choose a low carb. I recommend <10g carbs, with no added sugars.

Recommended Protein Powder

- [BioTrust Low Carb](#) My clients fell in love with it too!
- Jay Robb
- Vega Sports (vegan)

3. Multivitamin

Consider this your nutritional insurance policy.

It's especially important to consume a multi-vitamin when dieting hard and drastically reducing your nutritional intake. This will ensure you get the minimum daily requirement of vitamins and minerals.

Pick up a multi-vitamin that is not processed and synthetic, and instead is based on real whole foods.

14 DAY RAPID RESULTS MEAL PLAN

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

Warning: The serving sizes for this meal plan may be varied. This precise plan was created for a **140lb female**. Adjust your serving size depending on your starting weight.

- Unless otherwise stated, fast overnight for 12 hours minimum. For example, if you eat dinner at 7pm, your next meal is 7am the following day.
- If you need something sweet, eat an organic grapefruit or raspberries
- Get ORGANIC vegetables and meat whenever possible
- NO drinking alcohol on this 14 day Fat Loss Accelerators meal plan.

Period.

HOW TO USE THIS MEAL PLAN

There are two different meal plans you should alternate between. Day one is protein/fat and day two is protein/veggies. (See below)

This diet is for 14 days only.

Day	PLAN
1	Protein/fat
2	Protein/veggies
3	Protein/fat
4	Protein/veggies
5	Protein/fat
6	Protein/ veggies
7	Protein/fat
8	Protein/veggies
9	Protein/fat
10	Protein/veggies

Protein/Fat Day

Get started with a protein/fat day. The fat gives you energy to function and dietary protein maintains your lean muscle.

Add a small salad at lunch and green veggie at dinner.

Meal	Example Meal Plan
7-8 AM	2 whole eggs / ½ avocado
11 AM	15 raw almonds / Protein shake
1-2 PM	Grilled chicken breast / avocado/ spinach salad, and cucumber
4-5 PM	Protein shake / 15 raw almonds
7-8 PM	Grilled salmon / steamed kale / Side salad

Protein/Veggies Day

Removing fat periodically encourages your body to use stored fat as a primary fuel. Continuing to eat lean protein spares your muscles from being broken down.

Choose very lean sources of protein on this day.

Meal	Example Meal Plan
7-8 AM	3 egg whites + 1 egg / 1 cup spinach
11 AM	Lean chicken breast
1-2 PM	Turkey breast / large spinach salad
4-5 PM	Protein shake
7-8 PM	Grilled chicken breast / steamed broccoli

Flavor Additions: Spices (pepper, salt, chili, garlic, etc)
Frank's Original Hot Sauce (amazing on eggs and chicken)

Beverages: Drink at least half of your bodyweight in ounces per day.
E.g. 150lbs = 75 oz water (2.2L)
Choose black coffee with almond milk, black or green tea, other herbal teas or soda water.
No soda or juices with added sugars or diet drinks.

Workouts: If you choose to workout – expect your aerobic performance to be slightly diminished.
Post workout, consume a protein shake and add ½ cup of frozen blueberries or raspberries.

Day 1: Protein & Fats

Breakfast: 2 whole boiled eggs and ½ avocado

Mid morning: Green tea + 15 raw almonds

Lunch: Grilled shrimp and spinach salad, with tomato, cucumber.

Dressing: Extra virgin olive oil and balsamic vinegar

Snack: Green tea + Vanilla Biotrust protein shake mixed with water, ice, and half cup of frozen organic raspberries.

Dinner: palm size grilled chicken breast and sautéed spinach

Day 2: Protein & Veggies

Breakfast: 5-8 egg whites + steamed spinach

Mid morning: Green tea + palm size lean turkey breast

Lunch: raw spinach salad with grilled chicken, asparagus, cucumber and cherry tomato.

Snack: Biotrust protein shake blended with water, ice and cinnamon.

Dinner: grilled chicken and sautéed collard greens

Day 3: Protein & Fats

Breakfast: 5-8 egg white omelet + 1 tsp coconut oil

Mid morning: Green tea + ½ avocado

Lunch: palm size grilled chicken and small spinach salad, with tomato, cucumber. Dressing: Extra virgin olive oil and balsamic vinegar

Snack: Biotrust protein shake mixed with water, ice, and flaxseeds. + Green tea

Dinner: palm size grilled wild salmon and steamed kale and broccoli

Day 4: Protein & Veggies

Breakfast: 6-8 egg whites (add hot sauce/spice for flavor) + steamed broccoli

Mid morning: Green tea + palm size lean chicken breast

Lunch: palm size grilled turkey breast & large spinach salad

Snack: Biotrust protein shake mixed with water, ice, and flaxseeds. Green tea

Dinner: Grilled wild white fish and sautéed spinach

Day 5: Protein & Fats

Breakfast: Protein pancakes (see recipe below)

Mid morning: Green tea + 15 raw almonds

Lunch: palm size grilled chicken and small spinach salad, with tomato, cucumber. Dressing: Extra virgin olive oil and balsamic vinegar

Snack: 1 oz raw walnuts + green tea

Dinner: lean turkey chilli* and steamed broccoli

(*recipe in the final section)

Day 6: Protein & Veggies

Breakfast: grilled lean turkey breast and steamed broccoli

Mid morning: Green tea

Lunch: spinach egg white omelet

Snack: Biotrust protein shake mixed with water, ice, and half cup of frozen berries.

Dinner: Grilled white fish and sautéed spinach

Day 7: Protein & Fats

Breakfast: 6-8 egg whites (add hot sauce/spice for flavor) + ½ avocado

Mid morning: Green tea + palm size lean chicken breast

Lunch: palm sized grilled salmon and mixed greens

Snack: 1 oz raw almonds

Dinner: CHEAT MEAL

Day 8: Protein & Veggies

Breakfast: 3 egg whites/1 egg + 1 cup spinach

Mid morning: Green tea

Lunch: palm size grilled turkey breast and asparagus

Snack: Biotrust protein shake mixed with water, ice, and flaxseeds. Green tea

Dinner: Grilled white fish and sautéed spinach

Day 9: Protein & Fats

Breakfast: 2 whole boiled eggs and 1 oz raw almonds

Mid morning: Green tea + ½ avocado

Lunch: raw spinach salad with grilled chicken, asparagus, cucumber and cherry tomato. Dressing: Extra virgin olive oil and balsamic vinegar

Snack: Biotrust protein shake mixed with water, ice, flaxseeds and cinnamon.

Dinner: palm size grilled wild salmon and steamed kale and broccoli

Day 10: Protein & Veggies

Breakfast: 5-8 egg whites with sautéed kale and tomato

Mid morning: Green tea + palm size lean chicken breast

Lunch: raw spinach salad with grilled turkey breast, asparagus, cucumber and cherry tomato. Dressing: Extra virgin olive oil and balsamic vinegar

Snack: Biotrust protein shake mixed with water, ice, spinach and half cup of frozen berries.

Dinner: palm size grilled chicken breast and steamed kale and broccoli

Day 11: Protein & Fats

Breakfast: 2 whole boiled eggs and ½ avocado

Mid morning: Green tea + Biotrust protein shake mixed with water, ice.
Green tea

Lunch: palm size grilled chicken and broccoli

Snack: Green tea + 1 oz raw walnuts

Dinner: palm size grilled steak (filet mignon) with Greek salad (no cheese) and sautéed greens

Day 12: Protein & Veggies

Breakfast: 5-8 egg whites + steamed spinach

Mid morning: Green tea + palm size lean chicken breast

Lunch: raw spinach salad with grilled shrimp, asparagus, cucumber and cherry tomato.

Snack: Biotrust protein shake blended with water, ice and cinnamon.

Dinner: palm size grilled chicken with Greek salad (no cheese) and sautéed greens

Day 13: Protein & Fats

Breakfast: 2 whole boiled eggs and ½ avocado

Mid morning: Green tea + 1 oz raw walnuts

Lunch: palm size grilled shrimp and small spinach salad, with tomato, cucumber. Dressing: Extra virgin olive oil and balsamic vinegar

Snack: Green tea and 1 oz raw almonds

Dinner: lean turkey chilli and sautéed spinach

Day 14: Protein & Veggies

Breakfast: palm grilled chicken breast and steamed asparagus

Mid morning: Green tea

Lunch: vegetable egg white omelette + green spinach salad

Snack: Post workout Vanilla Biotrust protein shake mixed with water, ice, almond milk, and half cup of frozen berries.

Dinner: palm size grilled turkey breast + steamed greens

=> Weigh in Day 15

ANYTIME VEGGIES

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Fennel
- Green Onion
- Leek
- Lettuce – Spinach ideally
- Mushroom
- Onion
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

*Anytime Veggies can be added to any meal or consumed as a snack throughout the day (except during 16 hour fast days).

BONUS RECIPES

Lean Turkey Chili (Serves: 4)

Ingredients:

- 1lb ground lean turkey (98% lean)
- 1-3 tbsp dried chili pepper flakes (to taste)
- 1 tbsp dried oregano
- 1 tbsp cumin seeds, crushed
- 1-2 tsp pepper (to taste)
- 2 cups organic vegetable broth
- 1-2 tsp cayenne pepper
- 2 cloves garlic, crushed
- 1 medium onion, chopped
- 15 oz can tomatoes (no salt or preservatives added), diced
- 2 tbsp oregano
- 2 tbsp cilantro

Directions:

1. Finely chop garlic and onion.
2. Heat 1 tbsp broth in a medium pot.
3. Add the onion to the broth and sauté over medium heat for 5 minutes.
4. Add garlic, ground turkey, cumin, chili, salt and pepper and sauté breaking up turkey for another 5 minutes.
5. Add diced tomatoes and broth to turkey mixture and bring to a boil on high heat. Reduce heat to medium and simmer for another 15 minutes.
6. Add cilantro, salt, and pepper to taste and serve.

Protein Pancakes (Serves: 1)

Ingredients:

- 2 scoops vanilla protein powder (I love BioTrust if you didn't already notice...)
- 1/2 cup organic egg whites
- 4 tbsp almond milk
- 2 tsp cinnamon
- 2 tbsp ground flax seeds
- A generous handful of blueberries

Directions:

1. Mix all of the ingredients together and mash the blueberries a little. This will make it easier to flip, trust me.
2. Spray a pan with olive oil cooking spray and heat to medium.
3. Pour a small amount into the pan and cook one side until the little bubbles appear.
4. Carefully flip it over and cook the other side until center is done.
5. Makes approximately 4 little pancakes.
6. Add strawberries or more blueberries to serve.