



LeanEats

7

*Day Meltdown*

>> DAY 8  
and  
BEYOND



# 7 Day Meltdown: Day 8 and Beyond

## “Can I keep losing 7 pounds every 7 days until I reach my goal?”

This is the biggest question that people ask after finishing the 7 days and seeing amazing results. “How should I continue after 7 days to reach my goal?”

Now that you’ve reached your immediate goal, you may be thinking: “I’ll just keep doing this 7-Day meltdown method until I lose the remaining weight that I want to get rid of.” This certainly seems logical; after all, if something produces amazing results, there’s no reason to suspect it won’t continue doing so. But there’s a reason why the Atkins diet only works periodically. To continue fueling the results, there are a couple things you have to change in order to keep the weight coming off, and more importantly, to keep it off!

In this module, we’re going to run through a few quick principles before putting it all together so that you have an action plan to keep going with your weight loss!

## Principle #1: Carb Loading

Everyone loves Carb Load day, and you’re not going to believe that this is actually beneficial for weight loss! First, we’ll go over how this works, and then we’ll cover how to incorporate it into a long-term eating plan for lasting results.

### What Is Carb-Loading?

Carb loading is typically used for endurance athletes (think marathoners) to boost endurance performance by allowing them to store energy in the form of quickly utilized carbohydrates. Before a big event, they simply cram as many carbs—typically pasta—into their system so that they have bigger sugar stores to pull from during the event.

We will be using it for 3 primary reasons:

1. It provides your body the fiber it needs to go through ketosis for another week.
2. It tricks your liver and insulin receptors into thinking they will be re-introduced to regular sugars, which will allow you to yield continued amazing results by shocking the body into ketosis.
3. It keeps you from going completely insane!

### How to Apply Carb Loading to Your Diet

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If you deem it necessary to do ketosis 2 weeks back to back, you would use a carb-load to reset your body for the second week. Here's how:

1. The day before doing ketosis for another week, complete a moderate to high intensity exercise session. This could take as little as 20 minutes; the goal is simply to exhaust at least one major muscle group of all its energy stores.
2. Immediately after the workout, eat WHATEVER you want that is carb-rich! Pasta is the ideal carb-heavy food, but some people go with calzones or pizza. Many bodybuilders even use ice cream or donuts to carb load before getting on stage.

And that's it! Just make sure that you get rid of any leftovers from the carb-load because the next day you're going back into ketosis!

### Principle #2: pH Balance

pH balance at first might seem very scientific and too complicated to understand. However, all you need to know are the basics and how to take advantage of pH balance to accelerate your long-term results and keep your body lean and healthy.

#### What Are My pH Levels?

pH is a measure of the acidity or alkalinity of your body. Human blood pH should be slightly alkaline. An imbalanced diet high in acidic foods such as carbohydrates, sugars, and processed foods puts pressure on the body's regulating systems that maintain pH neutrality. When this happens, it can be nearly impossible for a person to lose weight—and especially to maintain it. By helping your body become more alkaline, we will be putting you on the fast track to weight loss—and helping you keep it off!

#### How to Apply pH Balance to Your Diet

Twice per day, preferably with lunch and dinner, you will include a serving of green veggies with your meal. Pretty simple, right? It's so simple that sometimes people overlook it and then wonder why they can't keep losing weight! So don't skip out on this extremely important rule!

### Principle #3: Blood Sugar

Now that you've experienced a diet fully devoid of carbs, it's time to re-introduce them back into the diet at intentional times so that your body uses them for immediate fuel rather than storage fuel (i.e., fat).

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The beauty of the maintenance phase is that you don't have to be 100% everyday! 80% works, so that every now and again when a friend does invite you over for dinner, and they serve an amazing desert after dinner, you can indulge guilt-free, and your body won't have any negative side-effects!

### **How to Apply Blood Sugar Regulation to Your Diet**

The mistake most people make with carbs is basing their carb intake around the clock, saying things like "I don't eat carbs after 5pm." In fact, the time of the day isn't essential to how you metabolize carbs.

There are 2 all-important times during each day when you NEED to introduce carbs into your system if you want to see ongoing results. The best two times to have carbs are:

1. Immediately before your workout
2. Immediately after your workout

During and after your workout, your body is carb-starving. This means that it will utilize the carbs you consume so none of it will be turned to fat!

### **Principle #4: Fiber**

One of the reasons that people who've done diets such as Atkins see initial results—as you have this past week—but don't see ongoing progress EVEN if they changed nothing at all is due to a lack of fiber. Fiber aids in the excretion of fat from the body, and on a consistent, all-protein diet, most people simply aren't getting enough fiber to see ongoing results.

### **How to Include More Fiber in Your Diet**
















Luckily, this goes hand-in-hand with the pH balance aspect of diet. Green vegetables are an amazing source of fiber, so by incorporating them into your diet, you will be able to see ongoing results until you've reached the body you desire, at which point you will simply maintain. A good sign that you're not getting enough fiber in your diet is the frequency at which you are able to have bowel movements. If you're not going to the bathroom 1-2 times per day, you're not getting anywhere near enough fiber, and your body is certainly holding on to seemingly stubborn body fat.

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## Putting It All Together

Let's say you're excited about the results you got this past week, and you want to do it one more time (2 weeks in a row is fine, but any more than that can be detrimental to results). Here's what you can do:






















1. After your 7<sup>th</sup> day of being in ketosis, you'll do your Carb Load. Go nuts, indulge, enjoy!
2. Next, you will go into another week of ketosis. Your menu will once again look something like this:

	Example Day 1	Example Day 2	Example Day 3
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			

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- This week you will begin to regulate your pH balance. This means adding a serving of vegetables (Green items) to your daily menu. Below is what your menu will look like.

\*Note: This chart will at first look cluttered and confusing, but after you examine it for a second, it will make sense and seem very simple.

	Example Day 1	Example Day 2	Example Day 3
Meal 1			
Meal 2			
Meal 3	 	 	 
Meal 4			
Meal 5	 	 	 

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4. After a week of focusing solely on balancing your pH, it is time to begin regulating your blood sugar. You will be adding in 2 servings of complex carbohydrates, preferably before and after your workout each day. Your menu should now look something like this:

	Example Day 1	Example Day 2	Example Day 3
Meal 1	 	 	 
Meal 2			
Meal 3	  	  	  
Meal 4			
Meal 5	 	 	 

### Purple Foods/Complex Carbohydrate List

- Apple
- Beans (e.g., black, kidney, garbanzo, pinto)
- Couscous
- Fat-free yogurt
- High-fiber cereal
- Kashi
- Lentils
- Melon
- Oatmeal
- Orange
- Pumpkin
- Quinoa
- Squash
- Steamed brown rice
- Steamed wild rice
- Strawberries
- Sweet potato
- Whole grains
- Whole-wheat bread
- Whole-wheat pasta
- Whole-wheat pita bread
- Whole-wheat tortilla
- Yams

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5. After doing this for a week or two, if you feel the urge to do a ketosis or 7-Day Meltdown again, you are well educated and prepared on how to implement it into your daily routine. Simply repeat the process until you reach your desired weight!

This is a great method for losing weight without getting bored or becoming completely sick of your diet. AND, by using this method of slightly altering your macronutrient menu from week to week, your body will keep adapting and continue producing great results!

### Final Thoughts

Congratulations on all the amazing changes you have made in your body!

To develop your customized meal plan and food preparation for Day 8 and Beyond, make sure to visit [www.myleaneats.com](http://www.myleaneats.com)!