A Modified Warrior Nutrition Manual.

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ISBN: 978-0-9856416-0-3

Use only that which works, and take it from any place you can find it.

-Bruce Lee

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Disclaimer

Ladies and gentlemen
Welcome to the disclaimer
That's right, the disclaimer
This American apple pie institution
Known as parental discretion
Will cleanse any sense of innuendo or sarcasm
From the lyrics that might actually make you think
And will also insult your intelligence at the same time
So protect your family.
This album contains explicit depictions
Of things which are real.
These real things are commonly known as life.
So, if it sounds sarcastic, don't take it seriously.
If it sounds dangerous,
Do not try this at home or at all.
And if it offends you, just don't listen to it

-The Offspring

Red Point Fitness has designed this manual to provide information in regard to the subject matter covered. It is sold with the understanding that Red Point Fitness is not liable for the misconception or misuse of the information provided. Every effort has been made to make this manual as complete and as accurate as possible. The purpose of this manual is to educate. Red Point Fitness shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this book. The information presented herein is in no way intended as a substitute for medical counseling.

In summary:

We are not doctors. We are not dieticians. If you decide to try this program and you hurt yourself, please don't try to sue us.

Piracy

Where my money? I need, I need, I need cash . . .
. . . When I ask you for my shit, am I asking too much?
-Rick Ross

Did you pay for this material? You damn well should've because a lot of people worked really hard on it. And those same people who worked really hard may or may not have done so while listening to illegally downloaded music on an illegally obtained copy of an operating system, while editing files with illegally obtained office software. If the situation truly comes down to your paying for this or not having access to it because of a lack of money, then feel free to "e-borrow" it. If, however, your financial situation changes in the future, then please buy a legit copy. Either way, you can sleep with a clear conscience—at least on this issue.

Mission Statement

To show you exactly what you need to do to achieve your goals for improving your body. It is our goal to provide you with a map to safely take you from where you are, to the best place your genetics will allow you to go (or beyond if you want to take performance-enhancing compounds). We want to give you what we wish we'd had at the beginning of our journey. "Mad-Opus'" main purpose is pragmatic, not philosophical. This work will not be chock-full of references or long-winded explanations of all the mechanisms involved. This system passes the most important test of all: it works in the REAL world.

Acknowledgments

No man's an Island, except for Island man; he's a ROCK STAR!
-Sage Francis

This manual would not have been possible without the previous work of countless others. I will be forever grateful to the following people for their direct and indirect influence on this work:

Jerry and Lisa Koger
Wesley Silveira (Iron Addict)
Dan Duchaine
Steve and Jody Keck
Scott Dixon
"Animal"
Ori Hofmekler
Mike Mentzer
Author L. Rea
Napoleon Hill
Nikola Tesla
Timothy Ferris
Rick Ross
Simon Carr

Introduction

Mad - Feeling or showing strong liking or enthusiasm
Opus - The greatest single work of an artist, writer, or composer

What the hell, another nutrition book. In a market that is beyond saturated, why on earth do we (you) need another book on dieting? From empirical observation alone, it is blatantly obvious that people have already discovered how to get extremely lean and muscular. Go to any bodybuilding show, gym, or even most malls in America, and you are sure to find a real world example of a lean physique.

But the approach of this book is different (i.e., better) for the following reasons:

- It's simple.
- It's cost effective.
- It promotes short- and long-term health.
- You can still have a life while doing it.
- It works incredibly well, even for those who are genetically "typical" and drug free.

For most of you, this manual will provide a shorter, easier path to your destination.

Throughout this industry, diets are often referred to as either "bulking" or "cutting." But it's an imprecise way of looking at diet. For instance, if you ran a "bulking diet" at 1250 calories per day for a 200-pound male, I seriously doubt that much size would be added. Conversely, if you chose a "cutting diet" and set the calories to 4500 per day, most 200-pound guys wouldn't get very lean on it. A diet is simply a tool, one that can be used to satisfy different end goals. With the correct alterations, the Mad-Opus diet can be used for cutting, bulking, re-compositioning, and simple maintenance.

This manual will cover all aspects of making this basic format work for your goals. The majority of the manual is written with the assumption that fat loss is what you're after. However, in the chapter "Hacking the System," we cover all the info necessary for you to make the diet fit your goals and lifestyle and have included additional Excel templates to literally make the process of customizing the diet take less than 20 seconds--even if you type v…e…r…y…..s…..l…o…w…l…y.

Why?

Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything.
- Napoleon Hill

Why? This is perhaps the most important question / topic in this book . . . and some would say in life. Years ago, I read a quote from Robert Kiyosaki. "Until you have a strong enough why, you will always look for an easier how." For me, it took years for the truth in that statement to fully sink in. This manual can show you how to get very lean while holding onto a good deal of your hard-earned muscle mass or even gaining some. Everything in this book, from this point forward, assumes that you have your own reason for doing this, and that it will be sufficiently motivating for you to do what is required for the duration of this process. You will have to give up things that you want in order to get the body you desire. There's just no way around it. Anyone who tells you otherwise is probably trying to sell you an overpriced, useless pill.

Defining Our Goal

Alice: Would you tell me, please, which way I ought to go from here?
The Cat: That depends a good deal on where you want to get to.
Alice: I don't much care where.
The Cat: Then it doesn't much matter which way you go.
Alice: …so long as I get somewhere.
The Cat: Oh, you're sure to do that, if only you walk long enough.
-Lewis Carroll

I often hear people make the statement, "I just want to lose some weight." That problem is ridiculously easy to solve by doing any of the following:

1. going to the bathroom
2. chopping off your hand
3. running around the neighborhood for an hour
4. waiting four hours (without eating or drinking anything)

Any of these activities will cause you to "lose some weight." Problem solved. But they are also extreme and/or ineffective in the long run.

The average person's goals are so loosely defined and loosely measured that they almost don't matter. Here are some real examples that I have personally seen with dieters who had ill-defined goals and metrics system in place to allow them to chart their progress.

Example 1: Dieter wants to lose an extra five pounds, so he starts a Keto diet. Ten days later the scale is down five pounds, mission accomplished. What really happened in that time period? He lost water weight and glycogen and maybe some fat. As soon as he re-introduces carbs to his diet, his weight will return, and if he binges (like many do), he may even gain some extra fat.

Example 2: Dieter is on an iso-caloric diet (1/3 protein) (1/3 fat) (1/3 carbohydrate) and to speed things up, has lowered calories 700 under his metabolic rate. He does cardio and weight training for two months, follows everything to a T, then scales in to find that his bodyweight has dropped seven pounds! Since strength levels have been maintained and the scale weight has dropped, what came off has to be pure fat, right? Wrong. When he takes measurements, he discovers that the weight lost was almost purely muscle. Had he not taken measurements, he would have incorrectly assumed that his game plan was working and continued down an incorrect path.

Example 3: Dieter has read too many fashion magazines and decides that she wants to be "model skinny" and decides to "diet". She sets her calories extremely low and weight begins to drop. After a month or so, the weight loss stops. She assumes that even fewer calories are needed and drops them again, but this time her weight loss is much less substantial than before. She is now stuck. Lowering calories doesn't drop the weight, and she is already eating less than 1,000 calories per day. What she doesn't realize is that her metabolism is temporarily shot. Had she started with a more realistic, healthy approach (i.e., a less drastic drop in calories) and closely monitored her body temperature, she could've avoided this issue before it became a problem.

Ad nauseam.

The objective of the Mad-Opus is simple: To help you maintain (or gain) as much lean muscle mass as possible, lower your body fat levels as quickly as possible, increase or maintain gym performance, with no compromise to short- or long-term health (you will often improve both).

Having a clearly defined goal is extremely important.

Goal Setting

Until one is committed, there is hesitancy,
the chance to draw back,
always ineffectiveness concerning all acts of initiative
(and creation).
There is one elemental truth,
the ignorance of which kills countless ideas
and splendid plans---
that the moment one definitely commits oneself,
then Providence moves all.
All sorts of things occur to help one
that would never otherwise have occurred.
A whole stream of events issue from the decision,
raising in one's favor all manner of incidents
and meetings and material assistance
which no one could have dreamed would come his or her way.
Whatever you can do or dream, you can begin it.
Boldness has genius, power and magic in it.
Begin it now.
- Goethe

For reasons that I do not fully understand, there is magic in setting a goal. I'm not talking about something that you sort of want or something that you would merely like to have . . . but a goal for which you are willing to sacrifice almost everything else. The goal needs to be realistic, quantifiable, and have a completion date. For example, the goal of being "lean" isn't a clearly defined goal. What percentage body fat is "lean"? Lean is a relative term and mostly useless as a goal.

Without coming across as a weirdo or "that guy," start asking people about their goals. You will be surprised at how many people have none. Others will say something generic such as "to have more money." Everybody wants to have a lot of money. It's so common-sensical and generic that it's almost not worth stating, much like the "I-want-world-peace" statements of beauty pageant contestants.

However, when you meet someone who says that his goal is "to be under 10 percent body fat, according to a 'Bod-Pod' System, on or before December 1st of this year," that is a completely different story. It's precise, believable, and it has a completion date. You will notice a trend when you start talking to people about this topic. There will be an observable difference in the lives of people who have precise goals, compared to those who don't. You will see.

You need to set a goal for yourself. What better time than now.

What do you want (specifically)?

When do you intend to have this?

The Inconvenient Necessity of Precision

A good designer must rely on experience, on precise, logic thinking; and on pedantic exactness. No magic will do.
- Niklaus Wirth

Show me all the blueprints. Show me all the blueprints. Show me all the blueprints... show me all the blueprints... show me all the blueprints... show me all the blueprints….
-Howard Hughes, "The Aviator"

Having to weigh your food sucks.

It's probably my least favorite part of dieting, excluding the obvious—not being able to eat whatever I want. That being said, for most of you it's going to be a necessary evil as it will prove critical for your results and for troubleshooting when you get stuck. You will also need to be diligent in taking body and temperature measurements. A section titled "Tracking" in the Excel sheet that accompanies this manual will serve as a centralized location to keep all of this very important data. If you choose not to do this, it'll be hard to make the correct changes and get back on track. You've been warned.

We now have a target at which to aim. We still need tools to guide us along the way.

Tools of the Trade

In God we trust, all others bring data.
- W. Edwards Deming

To make sure you stay on track during this process, you are going to need some tools.

Scale:
EatSmart Precision Digital Bathroom Scale
(or any other consistent scale)

Body Fat Analyzer:
My preferred method is to use a Bod-Pod system. It is relatively inexpensive (~$35) and accurate enough for our purposes. If one can be found in your area, I highly recommend that you use it.

If you cannot locate a Bod-Pod system, or if it doesn't fit your budget, go with an Omron HBF-306C. I have used the Omron at many of my weigh-ins and have found only a slight difference between the two. Whether using the Bod-Pod system or the Omron, I have found the following protocol to be most accurate.

Wake up and immediately use the bathroom. Use the Omron while wearing the same clothing you wore last time you measured (I prefer lack of clothing) and while standing on the same floor. At first, do this a couple of days in a row to make sure you are getting a consistent measurement. Also, don't be as concerned with the number on the screen as you are with its consistency. We are using this tool only to be certain that what you are losing is body fat. So if the screen says 18 percent one month and 17 percent the second month, then that is progress. Look at this as more of a fat loss compass than a GPS.

It tells you the direction in which you're going, not necessarily exactly where you are.

Even when using the Bod-Pod system, consistency is important. You should measure at the same time of day and preferably on the same day of the week. Measuring right before a re-feed one week and the day after a re-feed the following week will more than likely not provide accurate results.

Food Scale:
Wal-Mart or a similar store typically carries a wide selection. Digital tends to be a little more accurate if you want to drop the extra cash.

Thermometer:
This will help track your thyroid function and help us dial-in your calorie level. For the big spenders, Braun Thermoscan is a good choice. For those on a budget, most digitals at Wal-Mart will work fine. But we do recommend that you are consistent in the type of thermometer that you use.

Supplement Organizer:
These are great for helping you keep track of what you are supposed to take and when. They can be found at most drug stores for less than $10, or you can order online HERE

Body Tape:
This is not a requirement, but if you have OCD, you may want . . . okay, have to own it. The Myo Tape has good reviews.

As mentioned earlier, there is a section on the Excel sheet titled "Tracking," and it can again serve as a centralized location to keep track of all data. Instructions on its use will be covered in "Using the Excel Sheets."

Diet Ranking

Now before getting into the nuts and bolts of this particular diet (and its variations), I want to make clear that I really like several other dieting approaches. I do not feel the need to attempt to bolster my own approach by showing how everyone else's is broken. In my opinion, belittling one thing never makes another bigger. Quite the opposite.

There are many great dieting systems available, and this one borrows concepts from a lot of them. I am indebted. Also, it is my sincere hope that at some point even this diet is replaced, updated, or further modified to produce even better results.

There's one question that needs to be answered before we continue: how are we going to evaluate a nutritional strategy? I have yet to see a system or rating index that scales diets based on any type of logical criteria. What you typically see on forums is one person saying "Hey bro, this worked" or "This diet sucked."

I propose that all diets should be evaluated by the following:

- **Effectiveness** – Does it produce the desired result? If so, how quickly?
- **Ease of implementation** – How convenient is the diet for people who live in the real world (travel / work / kids / meetings / hobbies / social life / etc.)?
- **Cost** – What is the cost of a typical day's (or week's) worth of food on the diet?
- **Health** – No diet is worth the sacrifice of long-term health. How does this diet affect short- and long-term health?
- **Margin of error** – If (when) you are unable to follow the meal plan to a T, what happens?

- **Impact on performance** – How does the diet affect your strength or athletic performance?
- **Enjoyment** – Do you hate life, or do you feel great while on this diet?

Let's look at a couple of diets, using this system of evaluation.

1) Standard American Diet (often called the SAD)

(eat what ever you want, whenever you want)

- Effectiveness – Terrible. As a nation, we are in the midst of an unprecedented health and obesity crisis.
- Ease of implementation – Excellent. There are drive-throughs everywhere!
- Cost – Superb. You can eat low quality food for less than $10 per day and still get fat.
- Health – See effectiveness.
- Margin of error – You eat whatever you want…so it doesn't matter.
- Impact on performance – You will still be able to get from the couch to the refrigerator on your own, maybe.
- Enjoyment – Eating whatever, whenever is fun!

Now a look at a more serious diet:

2) Diet: Typical Keto (50% Protein / 50% Fat)

- Effectiveness – Excellent. Keto diets work. It's that simple.
- Ease of implementation – Poor to moderate.
- Cost – A little on the high side. Meat gets expensive quickly, particularly if it is organic and grass-fed.
- Health – This one will be debated until the end of time.
- Margin of error – Very low. Add in carbs, and you're out of ketosis.
- Impact on performance – Many suffer from a noticeable decrease in performance in all areas while on Keto.
- Enjoyment – Terrible. Keto isn't fun . . . especially the first couple of times you do it. There are also people who have trouble sleeping and who have a lower sex drive while on this diet.

3) Diet: Isocaloric Diet (1/3 protein 1/3 carbohydrates 1/3 fat)

- Effectiveness – Good to moderate. Most guys can hit ~ 10-12 percent body fat with this diet; women, ~14-18 percent.
- Ease of implementation – Average.
- Cost – Average.
- Health – Widely accepted as a healthy diet.
- Margin of error – Moderate. If life gets in the way, getting back on track isn't that hard.
- Impact on performance – Most do very well on this diet.
- Enjoyment – Moderate. Having to measure and weigh so many meals per day is still a pain, but at least you get carbs.

4) Diet: Carb Cycling

- Effectiveness – Very good for those for whom it works and for those who can stick with it.
- Ease of implementation – Pain in the ass. Juggling three to four different carb days (high, low, med, none) gets old.
- Cost – Average.
- Health – Widely accepted as a healthy diet.
- Margin of error – Low to moderate. It's not as rigid as Keto, but you need to be precise.
- Impact on performance – Typically good. However, energy swings can occur. Many report sluggishness on high- or ultra-high carbohydrate days.
- Enjoyment – Moderate for most.

And one more for a reference point…

5) Diet: Dan Duchaine's "Bodyopus"

- Effectiveness – Excellent.
- Ease of implementation – No amount of leanness is worth this. It literally involves your waking up every three hours during the weekend to weigh carbs and eat them. Prepare to have no friends and no life.
- Cost – Average to high.
- Health – Insufficient research.
- Margin of error – Zero. You will become very familiar with your food scale and a stopwatch.
- Impact on performance – Most notice a decrease in strength while on this diet.
- Enjoyment – I would rather do time in a third world prison.

6) Diet: Mad-Opus (Modified Warrior Diet)

- Effectiveness – Excellent.
- Ease of implementation – Very good. You really have to worry about only one meal per day.
- Cost – Average. You will probably save on food, but you may spend a bit more on supplements (if you choose).
- Health – Excellent. Research continues to show numerous benefits from intermittent fasting.
- Margin of error – Very good. When life gets in the way, you can put this diet down and pick it up again where you left off, without much of a readjustment period.
- Impact on performance – Most have become stronger while on this diet, and some have even gained muscle while losing fat.
- Enjoyment – Energy is great, mood is great.

This diet allows for a social life. You can even get away with a doughnut now and then. Some of you will roll your eyes at a manual that discusses nutrition and doughnuts in the same sentence.

There are obviously healthier sources of carbohydrates, which will be covered later, but most people will "need" to have some cheat food. A good diet followed is better than a perfect diet that no one adheres to.

I realize that all rating systems are subjective. I've chosen this one because it's practical and easy to use.

Nutrition 101

Don't dig your grave with your own knife and fork.
- English Proverb

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.
- Thomas Edison

Our food should be our medicine and our medicine should be our food.
- Hippocrates

This section is not intended as an exhaustive, all-inclusive discussion of nutrition. People spend years getting advanced degrees and specializations in this field, so it just isn't practical to cover all the relevant information in this manual. We want to cover the basics and get those of you who are new to this up to speed and informed enough to do what really matters. Simply put, we want you to be able to use this information in the real world to change your body. Contrary to what many "experts" would have you believe, this is not rocket science, black magic, or anything other than basic math, a little common sense, and some measure of self-control. So, for all beginners who don't know how many calories there are in a gram of protein and for those of you who are tired of spending too much of your hard-earned money on nutritional coaches--welcome to "Nutrition 101."

The world of fashion is one of trends. The same, unfortunately, applies to nutrition. As German philosopher Arthur Schopenhauer said, "All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." Nothing changes faster than nutritional "truth"—even in

the scientific journals. Then there is the never-ending barrage of information coming from radio, TV, and glossy fitness magazines, each calling to you with the latest, greatest, newest diet that promises to help you eliminate unwanted body fat or create "20 pounds of rock-hard muscle in a mere 30 days!" Funny thing is, they all manipulate just four variables. That's right. It's not a typo. From the most basic "eat less" diets to Dan Duchaine's elaborate "Body Opus," there are only four variables that change.

They are:

1. Calorie Level
2. Macro Ratio
3. Timing
4. Food Selection

So right off the bat, our "tool set" for diet building has been refined to a very manageable four items. Let's take a closer look at each one.

Calorie level - This one is self-explanatory. It's simply the total calories you take in each day. For example, I am currently eating 2,000 calories per day, so 2,000 is my calorie level. The calorie itself is a very crude and outdated method of measurement but still persists as the gold standard with all things nutritional. A calorie, by definition, is "any of several approximately equal units of heat, each measured as the quantity of heat required to raise the temperature of 1 gram of water by 1°C from a standard initial temperature, especially from 3.98°C, 14.5°C, or 19.5°C, at 1 atmosphere pressure; used by nutritionists to characterize the energy-producing potential in food." You can blame Nicolas Clément (1779–1842), a French physicist and chemist, and, later, the British Academy of Sciences for this lengthy and convoluted definition. Mr. Clement started burning food (literally) to see how much heat it gave off. Many will correctly argue

that just because food burns doesn't mean that it is bioavailable. While this is true, for our purposes, it doesn't really matter.

Macro Ratio – This is the ratio of Protein / Carbohydrate / Fat in our daily calories.

The breakdown is as follows:

- 1 gram of protein = 4 calories
- 1 gram of carbohydrates = 4 calories
- 1 gram of fat = 9 calories.

So if you were eating 2,000 calories per day with a 30/30/40 split, 30 percent of your 2,000 calories would come from protein, 30 percent would come from carbohydrates, and 40 percent would come from fat.

Total Calories = 2,000

Protein (30%) = (2,000 X .30) / 4 [*150 grams of protein per day*]

Carbohydrates (30%) = (2,000 X .30) / 4 [*150 grams of carbohydrates per day*]

Fat (40%) = (2,000 X .40) / 9 [*88 grams of fat per day*]

Timing – This is the way your total calories, sorted out by the macro ratio, are divided throughout the day. The common approach with bodybuilding is six meals per day. So if you were eating 2,000 calories per day, with a 30/30/40 split, you would have the following macros available for that day.

This hypothetical nutrition plan, spread out evenly over six meals,

would look like this:

Meal 1: 25 grams of protein | 25 grams of carbohydrates | 15 grams of fat

Meal 2: 25 grams of protein | 25 grams of carbohydrates | 15 grams of fat

Meal 3: 25 grams of protein | 25 grams of carbohydrates | 15 grams of fat

Meal 4: 25 grams of protein | 25 grams of carbohydrates | 15 grams of fat

Meal 5: 25 grams of protein | 25 grams of carbohydrates | 15 grams of fat

Meal 6: 25 grams of protein | 25 grams of carbohydrates | 15 grams of fat

(What you see above is just the numbers from the macro section divided by six meals.)

This topic can become further complicated when looking into pre- and post-workout nutrition, carbohydrate cut offs, etc. For now, all you need to know is that timing is the manner in which your calories are distributed throughout the day.

Food Selection – This is the actual food that you eat to satisfy the macro requirements. All calories are not created equal, and how you get your macros in will greatly affect your results. For example, one cup of brown rice has ~ 44 grams of carbs, and four packets of table sugar have ~ 44 grams of carbs. While these two foods have the same amount of calories, they will obviously produce drastically different results when ingested. Actually combining real foods and getting the meals to conform to the predetermined macro ratios is by far the hardest part. So the next logical question is . . . what should you eat?

And the nominees are . . .

Protein Sources
Chicken
Turkey
Beef
Bison
Whole eggs
Egg whites
Salmon
Tilapia
Cod
Tuna
Orange roughy
Elk
Ostrich
Lamb
Duck
Venison
Whey protein
Casein protein
Cottage cheese
Greek yogurt
Non-dairy protein powders (gemma, hemp, rice, beef)

Carb Sources
Sweet potatoes
Red potatoes
Oatmeal
Brown rice
Apples
Oranges
Pineapple
Strawberries
Blueberries
Blackberries
Raspberries
Grapefruit
Broccoli
Green beans
Asparagus
Eggplant
Squash (all varieties)

Grapes
Spinach
Lettuce
Tomatoes
Cucumbers
Peppers
Onions
Cream of rice
Quinoa
Whole wheat bread (unless you are gluten sensitive)

Post-workout Carbs
Maltose / dextrose
Waxy maize starch
Grape juice
Pineapple juice
Apple juice
Bananas
White rice
White potatoes
Honey
Swedish oat starch

FATS
Olive oil
Fish oil (salmon, cod liver, krill, etc.)
Flax oil
Red palm oil
Cheese
Nuts
Nut butters
Nut oil (walnut, macadamia, etc.)
Mayonnaise
Butter
Heavy whipping cream
Sour cream
Coconut oil
Coconut butter
Avocado
Fatty meat / fish

This is, of course, not an exhaustive list, but it will provide you with some idea of what fits where and give you a great starting point. Also, you may disagree with certain foods that are included. For instance, some disagree with the choice of a fructose-based option post-workout and feel that muscle glycogen needs to be replenished first, while others believe you should never use a protein powder and so on. Some will also disagree with casein protein and foods containing wheat (due to gluten). Use the above as a general guideline and follow your own intuition. Don't be afraid to experiment and figure out which foods make you feel good and which don't.

Now, back to those four main variables. Each has its proponents who tout their variable as the "one true key to success."

Calorie Level: There are people who eat junk food (candy bars, ice cream, etc.) but keep calories below BMR and lose weight. Nothing will convince them that "calories in vs. calories out" isn't KING.

Macro Ratio: One form of the macro argument comes from the KETO enthusiasts. They believe that carbs are the devil's own food and that they aren't needed. So they begin the diet-building process by drastically reducing, if not completely eliminating, all carbs.

Timing: An example of people who subscribe to the "timing first" principal would be the devotees of the "Warrior Diet" or other intermittent fasting groups. They often believe that WHEN you eat (or don't eat, rather) is more important than WHAT you eat.

Food Selection: These are the people who focus on eating high quality foods, who often cut out major food groups (such as grains and/or dairy), and who believe that food quality far outweighs all of the other factors. A good example of a diet that emphasizes food selection above all else would be the Paleo Diet.

So who is right?

Instead of assuming that there is one right way for everybody, and particularly every body, why not use the best components of them all?

Mad-Opus: Behind the Curtain

Wizard of Oz: [speaking in a booming voice into microphone] I am the great and powerful . . . [then, realizing that it is useless to continue his masquerade, moves away from microphone, speaks in a normal voice]. . . Wizard of Oz. . . .
-"Wizard of Oz"

Ladies and gentlemen, the moment you've all been waiting for. I present to you . . . the Mad-Opus. This program takes all of the best components from each of the categories above (calorie level / macro ratio / timing / food selection) and combines them to produce the most output from the least input by the user. The premise of the diet is as follows:

- Eat two, small, easy-to-digest protein and fat meals with fructose-based carbohydrates per day
- Consume the majority of your calories in one big meal within four hours post-workout
- Lower/eliminate carbs on non-training days

The following protocol is also highly recommended if your budget allows:

- * five grams alanine and leucine upon waking and before bed
- * five grams alanine pre-workout (30 min)
- * five grams leucine post-workout (immediately)

  (This protocol is even more important while cutting).

The diet is split into two main days, Workout and Non-Workout.

(There is also a "Workout Re-feed Day," which will happen two to four times per month. This will be covered later in-depth.)

For clarification, 25 grams of whey actually means enough whey to net you 25 grams of protein. The same goes for recommendations for carbs and fat.

Workout Day

(All of this info is laid out in the attached Excel sheet and will scale for you based on your nutritional needs.)

Here is what this day would look like for a 24-hour period (based on 2,000 calories).

8 a.m. : Wake up
10 a.m.: 5 grams alanine | 5 grams leucine
Noon: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
5 p.m.: 25 grams whey | 10 grams of carbs (honey) | 10 grams fat
6 p.m.: (*Pre-workout) 25 grams whey | 25 grams carbs* | 5 grams alanine
6:30 p.m.: Workout
7:30 p.m.: (**Post-workout) 5 grams leucine | 35 grams whey | 60 grams carbs
8 p.m. – Midnight: (Main feed) 115 grams protein | 45 grams carbs | 36 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

*For pre-workout carbs, we recommend an apple or oatmeal. Or whatever slow digesting carb gives you energy.

** For post-workout, we recommend 15 minutes of steady state cardio. First, take your leucine; then five minutes into your cardio session, drink your post-workout shake (protein / carbohydrate).

Walkthrough

You wake up at 8 a.m. (or at a time that fits your schedule). After being up for a couple of hours, you drink five grams of alanine and five grams of leucine in a very small (4-6 oz.) amino shake. This process takes about two minutes from start to finish, including clean up. You then go back to pretending to be busy at the office--and browse your favorite forums. Around noon, you have a quick 25-gram whey protein shake with 10 grams of healthy fats and 10 grams of honey. This process takes less than five minutes, if you are very slow. You then go back to "working." Around five p.m., you invest another five minutes or less and fix another quick 25-gram whey protein shake with 10 grams of healthy fats and 10 grams of honey. You then go home. Once you get home, you have a 25 gram whey protein shake and an apple or some oatmeal with five grams of alanine. This entire process also takes five minutes. Now you're off to the gym. You lift for an hour or so. Once you've reconfirmed your status as "King of the Leg Press," during which you do as many partial reps as possible with every 45-lb plate in the gym, it's time for five grams of leucine. Immediately after drinking your leucine, you start your very-low-intensity cardio session. Five minutes into the cardio, you drink 35 grams of whey and 60 grams of simple carbs. Ten minutes after that, you are done. You now drive home and from 8 p.m. until midnight, you need to get in 115 grams of protein, 45 grams of carbs, and 36 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food during this four hour window and make up the difference with a protein shake. Before you go to sleep, you have another very small shake that has five grams of alanine and five grams of leucine. That's it. All done.

Non-Workout Day

Here is what this day would look like for a 24-hour period (based on 2,000 calories with a 15 percent drop on non-training days. The Excel sheets will take care of this drop for you.)

8 a.m.: Wake up
10 a.m.: 5 grams alanine | 5 grams leucine
Noon: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
5 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
8 p.m. – Midnight: (Main Feed) 153 grams protein | 65 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

Walkthrough

You wake up at 8 a.m. (or at a time that fits your schedule.) After being up for a couple of hours, you drink five grams of alanine and five grams of leucine in a very small (4-6 oz) amino shake. This process takes about two minutes from start to finish, including clean up. You then go back to pretending to be busy at the office--and browse your favorite forums. Around noon, you have a quick whey protein shake with some healthy fats and a little bit of honey. This process takes less than five minutes, even if you are slow. You then go back to "working." Around 5 p.m., you repeat what you did at noon, which requires a mere five minutes. Now it's time to go home. Once you get there, you spend an hour uploading pictures to Facebook from the previous day's leg press session. Then at 8 p.m., your four-hour feed window begins. During those four hours, you need to consume the following: 153 grams of protein and 65 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food during this four-hour window and make up the difference with a protein shake. Before you go to sleep, you have another

very small shake that has five grams of alanine and five grams of leucine. That's it. All done.

Workout Day Re-Feed

Once every week or once every two weeks, depending on your percentage of body fat, we recommend a re-feed day. Until you are under 15 percent body fat (18 percent for females), do this twice per month. When you dip under these suggested body fat percentages, re-feed once per week. This day needs to occur after a workout (preferably lower body) and would look like this:

8 a.m.: Wake up
10 a.m.: 5 grams alanine | 5 grams leucine
Noon: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
5 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
6 p.m.: (*Pre-workout) 25 grams whey | 25 grams carbs* | 5 grams alanine
6:30 p.m.: Workout
7:30 p.m.: (** Post-workout) 35 grams whey | 60 grams carbs | 5 grams leucine
8 p.m. – Midnight: GO CRAZY. Any amount of any food in this four-hour window is OK. Yes, we mean doughnuts, beer, pizza, ice cream, candy bars, Chinese take out, sushi, and more doughnuts. (For those of you who are more health conscious, the same effect can be achieved by loading up on carbs from the list that was covered in "Nutrition 101.")
Before going to sleep: 5 grams alanine | 5 grams leucine

Walkthrough

You wake up at 8 a.m. (or whatever time fits your schedule). After being up for a couple of hours, you drink five grams of alanine and five grams of leucine in a very small (4-6 oz) amino shake. This process takes about two minutes from start to finish, including clean

up. You then go back to pretending to be busy at the office, and browse your favorite forums. Around noon, you have a quick whey protein shake with some healthy fats and a little bit of honey. This process takes less than five minutes, even if you are slow. You then go back to "working." Around 5 p.m., you repeat what you did at noon, which takes another five minutes. Time to go home. Once you get home, you have a 25-gram whey protein shake and an apple or some oatmeal with five grams of alanine. This entire process also takes five minutes. Now you're off to the gym. You lift for an hour or so. After you've finished curling in the squat rack, it's time for five grams of leucine. Immediately after drinking your leucine, you start your very-low-intensity cardio session. Five minutes into the cardio, you drink 35 grams of whey and 60 grams of simple carbs. Ten minutes after that, you're done. You are now ready to raid every drive-through in your city. For the next four hours, nothing is off limits. Choose wisely. At 11:59 p.m., you are looking at your stopwatch, trying to cram one last Little Debbie down your throat. You succeed. The clock strikes midnight; you scurry home. You have a shake consisting of five grams of alanine and five grams of leucine. You lie in bed, bloated, and drift off to sleep, thinking about how pissed they were at the China Buffet because of all the crab legs you ate. THEY were the ones who said, "All you can eat for $14.95." It's not your fault. You did nothing wrong.

A typical two-week segment could look something like this for someone training three days per week:

Monday, Day 1—Workout Day
Tuesday, Day 2—Non Workout Day
Wednesday, Day 3—Workout Day
Thursday, Day 4—Non Workout Day
Friday, Day 5—Workout Day
Saturday, Day 6—Non Workout Day
Sunday, Day 7—Non Workout Day
Monday, Day 8—Workout Day
Tuesday, Day 9—Non Workout Day
Wednesday, Day 10—Workout Day
Thursday, Day 11—Non Workout Day
Friday, Day 12—Workout Day (Re-feed)
Saturday, Day 13—Non Workout Day
Sunday, Day 14—Non Workout Day
Repeat until lean.

Determining Basal Metabolic Rate

In the Spring, I have counted 136 different kinds of weather inside of 24 hours.
-Mark Twain

Basal metabolic rate is the amount of daily energy expended by humans at rest. Rest is defined as existing in a neutrally temperate environment while in the post-absorptive state.

More clearly put, your basal metabolic rate is how much you can eat per day while expending minimal effort / energy and not change bodyweight or composition. As you have probably guessed, this number is going to be crucial for your success while dieting. One of the many things I learned from Iron Addict is the variance between the caloric needs of trainees who are of the same height, age, and build. One could be cutting on 3200 calories per day and the other bulking at 2700. This discrepancy is based on several factors, including but not limited to:

Cortisol output
Adrenaline output
Insulin output
Insulin sensitivity
Thyroid output
Thyroid sensitivity
Testosterone production
Testosterone/hormone sensitivity
Testosterone to estrogen conversion
SHGB sensitivity
Testosterone to DHT conversion
Estrogen sensitivity
Growth hormone output

Growth hormone sensitivity
IGF output
IGF sensitivity
Digestive capability
Basic protein synthesis ability
Muscle fiber composition
CNS output
CNS recovery rate
Digestive capacity
And hundreds of other factors.

For our purposes, it really doesn't matter why this variance exists. It does, and we will work around it.

There are three main ways that you can determine your starting point for calories.

They are listed below in order of preference.

1. Weigh / measure everything that you eat for a week. (Fitday.com or calorieking.com or fatsecret.com will let you count your calories for free.)

   Add up the calories and divide by seven. If your bodyweight didn't change much during that time, it's a good starting point. I am well aware that most of you will not do this. It's time consuming and tedious.

2. Weigh / measure everything that you eat for three days. Add up the calories and divide by three. If your bodyweight didn't change much during that time, it's a good starting point. This is somewhat less time consuming. Still, many of you probably won't do it.

3. Multiply your bodyweight by 12. The resulting number will give you a reasonably close starting point and you can fine tune from there. This is not a recommended method. Most of you will take this approach. Lazy bastards.

Setting The Calorie Level

Did you ever notice they never take any fat hostages? You never see a guy coming out of Lebanon going: I was held hostage for seven months and I lost 175 pounds, I feel good and I look good and I learned self-discipline. That's the important thing.
-Denis Leary

In the previous chapter, let's say you discovered that 2,000 calories are approximately what you need to eat per day to maintain your bodyweight and composition. The next question: what's your goal?

For those wanting to lose body fat:

From everything I've seen with this diet, your body becomes extremely efficient at using calories. If, on a typical four-meal-per-day diet, you were able to maintain bodyweight at 2,000 calories per day, you would probably be able to maintain your bodyweight at 1,800 calories per day on this one. That being said, I think it's better to err on the side of caution when reducing calories. A good place to start would be 85-90 percent of your metabolic rate. So, if you determined that your metabolic rate was 2,000 calories per day, you could start your cutting diet at 1800 calories per day. Watch how your body responds the first two weeks and make adjustments as needed. (See the chapter on Troubleshooting.)

For those wanting to gain muscle:

Given "slight exaggerations" of product effectiveness by almost all supplement companies, people have developed extremely distorted views of how much muscle the body will put on in a short time frame. Unless you are new to weight training, are regaining

lost muscle, or you are on a boatload of steroids and/or other black market goodies, you are not going to gain 10lbs of pure muscle per month. You will be lucky to do that per year. If you don't believe me, look at the competition weight of the pros from year to year. You won't see too many jumps of more than 10-15lbs, and they have the best genetics, work ethics, and drugs known to man on their side. And for most of them, trying to add muscle is all they do.

Rant off.

To start, set calories at 110-115 percent of your metabolic rate, watch the scale and mirror during this process, and look for three to five pounds of scale weight increase per month. This weight increase will obviously be a combination of new muscle, fat, water, etc. Make adjustments as needed. If your body fat levels get to 15-20 percent, you should probably consider leaning out and starting the process over.

With both the weight gain and weight loss processes, there is significant advantage to holding your new weight for at least a couple of months prior to making changes. This is known as Set Point Theory.

Once you've determined your starting calorie level (or a guesstimate thereof), it's time to get your nerd on and open up the Excel sheets.

Using the Excel Sheets

Microsoft: You've got questions. We've got dancing paperclips.
- Unknown

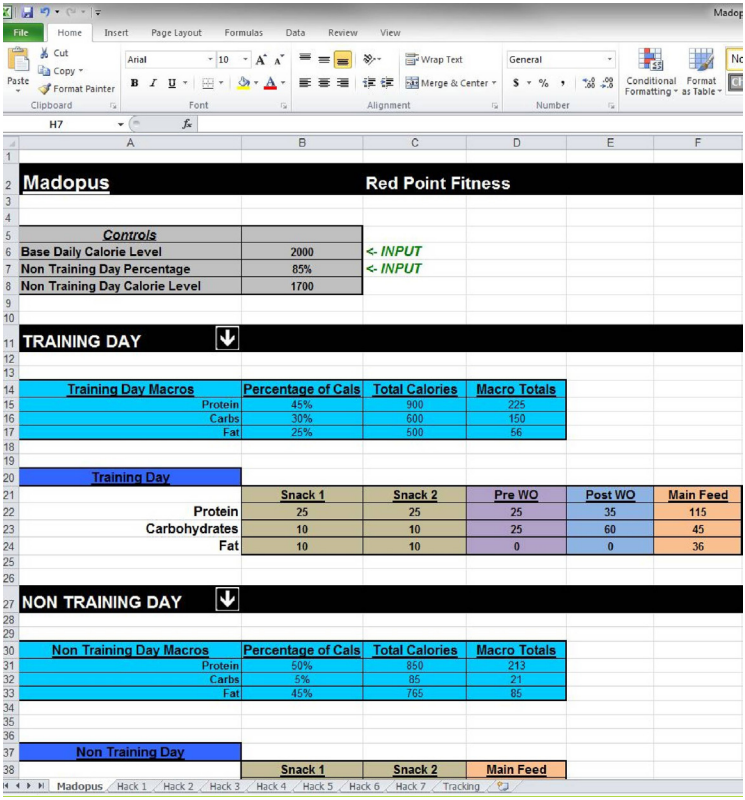
I would love to change the world, but they won't give me the source code.
- Unknown

A computer lets you make more mistakes faster than any invention in human history-- with the possible exceptions of handguns and tequila.
- Unknown

Before we start using the Excel sheets that accompany this manual, we need to make sure that you have a copy of Excel (or a suitable alternative) with which to view and manipulate them. For those of you with little or no experience with computers, don't panic. This will be extremely simple.

Step 1: Software. If you have Microsoft's Excel, you are all set. If not, go buy a copy. If you don't want to buy a copy, go pirate a copy. If you don't feel comfortable with software piracy, then you can use this free (open source) program to view the file: Open Office or libreoffice.

Step 2: Open the file "Madopus.xls" with the program of your choice. You will now see a screen that looks like this:



	A	B	C	D	E	F
2	**Madopus**		**Red Point Fitness**			
5	***Controls***					
6	Base Daily Calorie Level	2000	*<- INPUT*			
7	Non Training Day Percentage	85%	*<- INPUT*			
8	Non Training Day Calorie Level	1700				
11	**TRAINING DAY**					
14	Training Day Macros	Percentage of Cals	Total Calories	Macro Totals		
15	Protein	45%	900	225		
16	Carbs	30%	600	150		
17	Fat	25%	500	56		
20	Training Day					
21		Snack 1	Snack 2	Pre WO	Post WO	Main Feed
22	Protein	25	25	25	35	115
23	Carbohydrates	10	10	25	60	45
24	Fat	10	10	0	0	36
27	**NON TRAINING DAY**					
30	Non Training Day Macros	Percentage of Cals	Total Calories	Macro Totals		
31	Protein	50%	850	213		
32	Carbs	5%	85	21		
33	Fat	45%	765	85		
37	Non Training Day					
38		Snack 1	Snack 2	Main Feed		

Madopus | Hack 1 | Hack 2 | Hack 3 | Hack 4 | Hack 5 | Hack 6 | Hack 7 | Tracking

At the top of the first sheet, there is a box labeled “Controls.” Ninety-nine percent of what you will be doing involves just this box. Inside the “Controls” section, you will see “Base Daily Calorie Level.” To the right of that (in cell B6), there is the number 2000. This represents the number of calories that you will be eating. When you change that number (and hit enter), EVERYTHING else will automatically scale for you. Adjusting your entire nutrition plan really is that simple.

The next section on the Excel sheet is "Training Day." The numbers in this section will show you the macros that you need for each meal on your training day. For example, under "Snack 1" on training day, you will see the numbers 25, 10, 10. These numbers correspond to grams of protein, fat, and carbohydrates.

Training Day					
	Snack 1	Snack 2	Pre WO	Post WO	Main Feed
Protein	25	25	25	35	115
Carbohydrates	10	10	25	60	45
Fat	10	10	0	0	36

So for the "Main Feed," you will need 115 grams of protein, 45 grams of carbohydrates, and 36 grams of fat. And as your diet needs change and you adjust the calorie level, everything else will happen automatically.

At the bottom of your sheet there are tabs labeled "Hack 1," "Hack 2," and so on. Clicking on these will load the corresponding sheet. These hacks will be covered in more detail in the chapter "Hacking the System."

NON TRAINING DAY

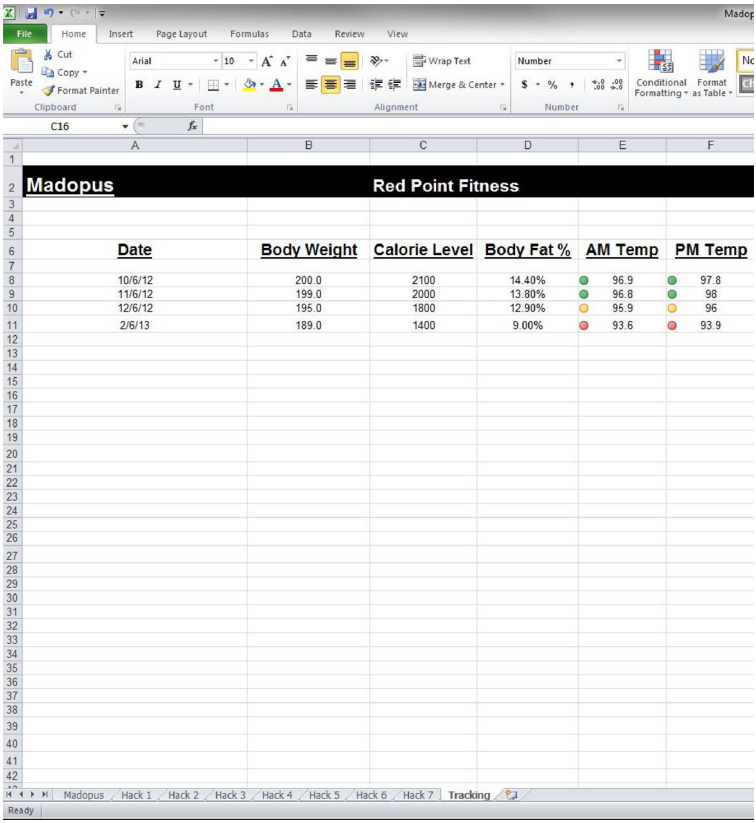
Non Training Day Macros	Percentage of Cals	Total Calories	Macro Totals
Protein	50%	850	213
Carbs	5%	85	21
Fat	45%	765	85

Non Training Day			
	Snack 1	Snack 2	Main Feed
Protein	30	30	153
Carbohydrates	11	11	0
Fat	10	10	65

Madopus | Hack 1 | Hack 2 | Hack 3 | Hack 4 | Hack 5 | Hack 6 | Hack 7 | Tracking

The far right sheet is labeled “Tracking.” This will provide a central location to keep track of your progress. This data will serve as a valuable tool for making adjustments to your diet when needed. The information currently entered is just to give you an idea of how things will work and is for illustration purposes only. Please feel free to delete all of that data and start fresh with your own. Green, yellow, and red dots will automatically appear to give you a clear idea of how your thyroid is functioning.

Green = all is well
Yellow = close to needing a re-feed
Red = time to make adjustments



Sample Meal Plans

Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity.
-Voltaire

These meals are all based on the original Mad-Opus template in your Excel sheets, using a calorie level of 2000 (85 percent of your calorie level on non-training days). It's far from being a complete list of options, but it will get you started in the right direction for building your own meals. All of the meals in the Training Day section will have approximately 115 grams of protein, 45 grams of carbohydrates, and 36 grams of fat. The non-training-day meals will all have approximately 153 grams of protein, 0 grams of carbohydrates, and 65 grams of fat.

Mad-Opus Modified Warrior Diet Feast Meals
Training Days
(All weights before cooking)

Meal Option 1:
400 grams/14.25 oz. boneless chicken breasts (without skin), grilled, baked, or broiled
140 grams/5 oz. sirloin steak, grilled
170 grams/6 oz. sweet potato
2 cups broccoli
1 TBSP/11 grams real butter

Meal Option 2:

Protein pancake:
½ scoop vanilla protein powder
5 egg whites
40 grams /1.5 oz. /.5 cups uncooked oats
80 grams /3 oz. /.35 cups low-fat cottage cheese
Mix all ingredients together in a blender; pour into a pan that's lightly greased with butter or coconut oil. Cook like a regular pancake, making sure that you don't burn it!
Omelet:
1 whole egg
6 egg whites
50 grams /2 oz. each of tomatoes, peppers, onions
140 grams /5 oz. chicken breast (without skin), shredded
28 grams /1 oz. avocado
28 grams /1 oz. cheddar cheese

Meal Option 3:

425 grams /15 oz. pork tenderloin
50 grams /2 oz. /.5 cups rice, measured pre-cooked
100 grams /3.5 oz. asparagus
1 TBSP /11 grams real butter

Meal Option 4:

340 grams /12 oz. Yellowfin tuna steaks with 1.5 TBSP olive oil and 1 TBSP balsamic vinegar drizzled over top
140 grams /5 oz. sweet potato
100 grams /3.5 oz. zucchini
80 grams /3 oz. baby spinach
60 grams /2 oz. onions
80 grams /3 oz. yellow peppers
(All vegetables sautéed together in 1 TBSP /11 grams real butter)

Meal Option 5:

190 grams /7 oz. chicken breast (without skin), grilled, broiled, or baked
225 grams /8 oz. beef tenderloin
250 grams /9 oz. red potatoes
175 grams /6 oz. broccoli
1 TBSP/11 grams real butter

Meal Option 6:

280 grams /10 oz. wild-caught salmon, grilled, broiled, or baked
220 grams /8 oz. shrimp, grilled, broiled, or baked
240 grams /9 oz. white potatoes
160 grams /6 oz. asparagus
1.5 TBSP/17 grams real butter

Meal Option 7:

330 grams /12 oz. tilapia, grilled, broiled, or baked
200 grams /7 oz. beef tenderloin
50 grams /2 oz./.5 cups of rice
50 grams /2 oz. onions, 50 grams / 2 oz. peppers, 100 grams /3.5 oz. zucchini sautéed in:
1 TBSP/14 grams coconut oil

Meal Option 8: (Dining Out – Chipotle)

Order a Burrito Bowl and include the following foods:
Black beans
Peppers and onions
Steak (full serving)
Chicken (full serving)
Corn
Mild tomato salsa
Guacamole
Cheese OR sour cream
Lettuce
**Also have 30 grams of protein from a protein shake with this meal to meet your requirements.

Meal Option 9: (Dining Out – Outback)

Order Ribs and Chicken on the Barbie Combo with:
Garlic Mashed Potatoes (eat only half of these)
Steamed Broccoli or Asparagus
**Also have 45 grams of protein from a protein shake with this meal to meet your requirements.

Meal Option 10: (Dining Out – Chili's)

Order Grilled Salmon with Garlic and Herbs with:
Spicy Garlic and Lime Grilled Shrimp
Seasonal Vegetables
**Also have 55 grams of protein from a protein shake with this meal to meet your requirements.

Mad-Opus Modified Warrior Diet Feast Meals
Non-Training Days

(All weights before cooking)

Meal Option 1:

450 grams /16 oz. boneless chicken breasts (without skin), grilled, baked, or broiled
200 grams /7 oz. sirloin steak, grilled
200 grams /7 oz. broccoli topped with 28 grams cheddar cheese
1 TBSP /11 grams real butter

Meal Option 2:

Protein Pancake:
1 scoop vanilla protein powder
2 whole eggs
6 egg whites
70 grams /2.5 oz /.33 cups low-fat cottage cheese
28 grams /1 oz. /.25 cups almond flour
Mix all ingredients together in a blender; pour into a pan lightly greased with ½ TBSP butter or coconut oil. Cook like a regular pancake, making sure that you don't burn it!
Omelet or Scramble:
2 whole eggs
6 egg whites
50 grams /2 oz. each of tomatoes, peppers, onions
50 grams /2 oz. baby spinach
140 grams /5 oz. chicken breast (without skin), shredded
50 grams /2 oz. avocado
28 grams /1 oz. cheddar cheese
Cook in ½ TBSP butter or coconut oil.

Meal Option 3:

220 grams /8 oz. beef tenderloin filet, grilled, baked, or broiled
200 grams /7 oz. pork tenderloin, grilled, baked, or broiled
150 grams /5 oz. asparagus
150 grams /5 oz. broccoli
100 grams /3.5 oz. avocado
1 TBSP /11 grams real butter
**With this meal, also have 25 grams of protein from a protein shake, blended thoroughly with 1 TBSP peanut butter.

Meal Option 4:

280 grams /10 oz. Yellowfin tuna steaks with 1.5 TBSP olive oil and 1 TBSP balsamic vinegar drizzled over top
240 grams /8.5 oz. sirloin steak, grilled or broiled
80 grams /3 oz. zucchini

80 grams /3 oz. baby spinach
60 grams /2 oz. onions
60 grams /2 oz. yellow peppers
Sauté all vegetables together in 1 TBSP real butter.
**With this meal, also have 30 grams of protein from a protein shake, blended thoroughly with 2 TBSP heavy whipping cream.

Meal Option 5:

310 grams /11 oz. chicken breast (without skin), grilled, broiled, or baked
225 grams /8 oz. beef tenderloin
150 grams /5 oz. asparagus
150 grams /5 oz. broccoli
2 TBSP /22 grams real butter
****With this meal, also have 30 grams of protein from a protein shake, blended thoroughly with 2 TBSP peanut butter.

Meal Option 6:

300 grams /11 oz. wild-caught salmon, grilled, broiled, or baked
200 grams /7 oz. shrimp, grilled, broiled, or baked
200 grams /7 oz. asparagus
1.5 TBSP /17 grams real butter
**With this meal, also have 40 grams of protein from a protein shake

Meal Option 7:

200 grams /7 oz. tilapia, grilled, broiled, or baked
330 grams /12 oz. beef tenderloin
85 grams /3 oz. of onions, 85 grams /3 oz. peppers, 85 grams /3 oz. zucchini sautéed in:
1 TBSP coconut oil
**With this meal, also have 40 grams of protein from a protein shake, blended thoroughly with 2 TBSP heavy whipping cream and 1 TBSP almond butter.

Meal Option 8: (Dining Out – Chipotle)

Order a Burrito Bowl and include the following foods:
Peppers and onions
Steak (full serving)
Chicken (2 full servings)
Corn
Mild tomato salsa
Guacamole
Cheese
Sour cream
Lettuce
**Also have 30 grams of protein from a protein shake with this meal to meet your requirements.

Meal Option 9: (Dining Out – Outback)

Order Ribs and Chicken on the Barbie Combo with:
Steamed Broccoli and Asparagus
**With this meal, also have 80 grams of protein from a protein shake, blended thoroughly with 3 TBSP heavy cream and 1 TBSP cashew butter to meet your requirements.

Meal Option 10: (Dining Out – Chili's)

Order Grilled Salmon with Garlic and Herbs with:
Spicy Garlic and Lime Grilled Shrimp
Seasonal Vegetables (with extra real butter)
**Also have 85 grams of protein from a protein shake and 3 TBSP of peanut butter with this meal to meet your requirements.

The First Two Weeks

A soldier will fight long and hard for a bit of colored ribbon.
-Napoleon Bonaparte

At the end of your journey lies something a little more substantial than a colored ribbon, but I am not going to lie to you--the first two weeks of this aren't going to be fun for most of you. The good news is that, after the first two weeks (and probably before then), this style of eating should become incredibly easy, almost effortless.

Some common issues that you may experience initially with this diet are:

- Lack of energy
- Hunger
- Lack of clarity about what you are supposed to do

Lack of Energy: When you begin this diet, there will likely be several days each week during which some of you may feel lethargic. It will pass. The main culprit is most likely the lack of carbs on non-training days. Until you get fully acclimated to the diet, you can increase the honey dosage slightly to help with energy or you can add in 10-20 grams of carbs from fruit. For most of you, this will be enough. Keep in mind that your body will adapt to this way of eating, and 95 percent (or more) of the people who have done this diet report much higher energy levels than they previously had, once they are fully acclimated.

Hunger: The most common reaction people have when they first look at this diet is, "Won't I starve to death?" No. You will be fine. It wouldn't be good for business if we were killing customers. There

will be an adjustment period for most of you while getting used to drinking protein shakes during the day. This, too, shall pass. One thing that will help reduce your hunger is to eat REAL FOOD at night, instead of shakes. This will make a drastic difference in how you feel the next day and is "better" for you nutritionally. Also, feel free to eat as many green leafy vegetables during the day as you want. A quick note: Many people have found that eating leafy green vegetables during the day works just fine for them. However, the Mad-Opus plan encourages you to eat easily-digested foods during the day to prevent your body from switching from the fight or flight (sympathetic) nervous system to the rest-and-digest (parasympathetic) nervous system. Because green vegetables are very fibrous, it's possible that they will switch some of you over to the rest-and-digest or parasympathetic nervous system. If you find that you eat leafy green vegetables during the day and then become tired, lethargic, or foggy-headed, it's best to stick with the program as outlined. Another trick is to make sure that you have adequate water intake and intake of calorie-free beverages such as tea or coffee. Liquids can help with the initial hunger. Also, a good fiber supplement like psyllium husk or glucomannan can be very beneficial.

Lack of Clarity: Perhaps someone should write a manual, detailing every step of what needs to be done. ***Sarcasm***

But the bottom line is that you will need to exert at least a minor amount of willpower during the initial phases of this diet. No pain, no gain.

Cardio

The first rule of Zombieland: Cardio. When the zombie outbreak first hit, the first to go, for obvious reasons... were the fatties.
– Columbus, "Zombieland"

The list of benefits from cardio are a mile long and not worth rehashing here. For general fat loss purposes, the following will work. Start with the lowest stage and work forward as needed. Ideally, your cardio would be done in the morning on non-training days. For steady state cardio, walking, biking, etc. are great choices. If you have to do cardio on a training day, then doing it at least six hours before training is best. And keeping HIIT on non-training days works better for some and worse for others…see what works best for you.

Steady state = low to moderate intensity with a heart rate under 130

HITT = High Intensity Interval Training

Stage 1: 2 x 20 minutes steady state sessions per week
Stage 2: 2 x 20 minutes steady state sessions per week + 1 HIIT session (6 cycles)
Stage 3: 2 x 30 minutes steady state sessions per week + 1 HIIT session (8 cycles)
Stage 4: 2 x 30 minutes steady state sessions per week + 1 HIIT session (10 cycles)
Stage 5: 2 x 40 minutes steady state sessions per week + 1 HIIT session (12 cycles)
Stage 6: 2 x 40 minutes steady state sessions per week + 2 HIIT sessions (8 cycles)
Stage 7: 3 x 30 minutes steady state sessions per week + 2 HIIT sessions (10 cycles)
Stage 8: 3 x 30 minutes steady state sessions per week + 2 HIIT session (12 cycles)
Stage 9: 2 x 40 minutes steady state sessions per week + 3 HIIT sessions (12 cycles)
Stage 10: 2 x 40 minutes steady state sessions per week + 3 HIIT sessions (14 cycles)

Always do at least a five-minute steady state warm up prior to a HIIT session. A HIIT cycle is as follows: 20 seconds all-out sprint / followed by 40 seconds steady state.

Where should you start? If you've been doing cardio prior to using this system, start at or below the stage that most closely represents what you are currently doing. No matter what, start below stage 5.

Supplements

I told my doctor I get very tired when I go on a diet, so he gave me pep pills. Know what happened? I ate faster.
-Joe E. Lewis

I don't do drugs. I am drugs.
-Salvador Dali

Supplement: "Something added to complete a thing, make up for a deficiency, or extend or strengthen the whole."

Please keep in mind that supplements are designed to aid proper nutrition, weightlifting, and a good cardio program—not replace them. If you browse fitness and bodybuilding magazines, you'll see endless ads about the latest supplement guaranteed to make you the "biggest, fastest, leanest beast you can possibly be." Some of these companies are selling extremely valuable products if viewed from a price vs. effect standpoint, while others are selling useless products that merely drain your checking account. To ensure your success, we are recommending several different supplementation strategies based on your goals/financial status. We will recommend a Baseline Supplement Profile that every lifter/trainee should take, and a Fat Loss Supplement Profile (both stimulant- and non-stimulant based) for those looking to lose body fat.

Baseline Supplement Profile (daily)

Multivitamin / Multi Mineral Pack:
Vitamin C: 2 grams per day in addition to the multivitamin
Green Tea: ½ gallon per day or 2 grams of EGCG
Fish Oil / Krill Oil: 6-12 grams

Water: Minimum ½ oz. per pound of bodyweight per day
Vitamin D: (use Vitamin D3 or cholecalciferol and not Vitamin D2 or ergocalciferol): 2,000-5,000 IU per day (2K if you're in sun a lot, 5K if you're not)

Baseline Supplement Profile Extras
(If you have the extra cash, these are also great!)

Creatine: 10-15 grams per day
Taurine: 10-15 grams per day
Acetyl L-Carnitine: 1-2 grams per day

Fat Loss Supplement Profile A
(Non-stimulant-based fat loss) [In addition to Baseline]

SesaThin: 1/4 - 1/2 teaspoon taken 3 x per day (8-10 weeks at a time only)
Combine SesaThin with one of these:
Forskolin: 40 mg of active ingredient taken 2-3 x per day (8-10 weeks at a time only), or
TTA: 300-1000 mg 3 x per day (8-10 weeks at a time only). Start with the lower dosage and work up.

Fat Loss Supplement Profile B
(Stimulant-based fat loss) [In addition to Baseline]

**Some medical professionals feel that stimulant-based fat loss is unhealthy, both short- and long-term. Do your own research, make your own decisions. You will be the one living with the results.

Hot Rox Extreme
or
OxyELITE Pro
or
True Nutrition's "Burn"

There are many others but these are our favorites.

Stage Black Market:
[In addition to Baseline]

Drugs are bad, Mkay.
-Mr. Garrison, "South Park"

**We do not endorse, promote, or suggest you use or do anything illegal.

Note that we do not endorse, promote, or suggest you use or do anything illegal. But some of you are already on, or are planning to be on, "black market" goodies. That's your business. If you do decide to go this route, it's probably best to stick with our Baseline Supplements in addition to those goodies. If your extra goodies include a stimulant, it's probably best to avoid all uncouplers while you are taking the stimulant (think yellow) and vice versa. In short, don't take stims while you are taking uncouplers, and don't take uncouplers while you are taking stims. If you decide to go with an uncoupler for fat loss, adding in some additional fructose on "non-workout days" may prove necessary. If you are on anabolics, you should be fine with all of the other stages (except black market). Other than these basic guidelines, you will need to do your own research. Err on the side of caution.

Hacking the System

Spoon boy: Do not try and bend the spoon. That's impossible. Instead... only try to realize the truth.
Neo: What truth?
Spoon boy: There is no spoon.
-"The Matrix"

For some of you, this diet in its "stock" form isn't going to work. It will not fit your schedule, lifestyle, goals, etc. Don't panic. We are going to cover all aspects of "hacking the system" to make it work for you.

Hack 1: Early Bird | Version A

When some of you were reading the step-by-step guide in "Mad-Opus: Behind the Curtain," you freaked out because you don't train at night! That's fine. We can still make this system work for you. If your schedule doesn't allow for an evening training or you just prefer to train in the morning, here is an alternate version:

Workout Day
Here is what this day would look like for a 24-hour period (based on 2,000 calories).

7 a.m.: Wake up 5 grams alanine | 5 grams leucine
8 a.m.: (Pre-workout) 25 grams whey | 25 grams carbs* | 5 grams alanine
8:30 a.m.: Workout
10 a.m.: (Post-workout**) 35 grams whey | 60 grams carbs | 5 grams leucine
11 a.m. – 3 p.m.: (Main feed) 85 grams protein | 45 grams carbs | 36 grams fat
7 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
11 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

*For pre-workout carbs, we recommend an apple or oatmeal or whatever slow digesting carb gives you energy.

** Post-workout, we recommend 15 minutes of steady state cardio. First, take your leucine; then five minutes into your cardio session, drink your post-workout shake (pro / carb).

Walkthrough

You wake at 7 a.m. and immediately drink a 4-6 ounce amino shake. This process takes about two minutes from start to finish, including clean up. An hour later, it's time to take your pre-workout shake. You have a 25-gram whey protein shake and an apple or some oatmeal or whatever carb source gives you energy, with five grams of alanine. At 8:30 a.m., you lift. Immediately after your training session, you drink five grams of leucine, and then start doing your very-low-intensity cardio session. Five minutes into the cardio, you drink 35 grams of whey and 60 grams of simple carbs. Ten minutes after that, you're done. You now drive home, and from 11 a.m. until 3 p.m., you need to get in 85 grams of protein, 45 grams of carbs, and 36 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food during this four-hour window and make up the difference with a protein shake. Around 7 p.m., you have a quick 25-gram whey protein shake with some healthy fats and 10 grams of honey. You repeat this at 11 p.m. Before you go to sleep, you have another very small shake that has five grams of alanine and five grams of leucine. That's it. All done.

Hack 2: Early Bird | Version B

For some of you, the "Early Bird | Version A" won't work because you have to be at work or at school and will be unable to get in your "Main Feed" until later that evening. We can work around this too. Some people even believe that version B is more effective for fat loss than version A. As expected, this will vary greatly from person to person.

Workout Day

Here is what this day would look like for a 24-hour period (based on 2,000 calories).

7 a.m.: Wake up 5 grams alanine | 5 grams leucine
8 a.m.: (Pre-workout) 25 grams whey | 25 grams carbs* | 5 grams alanine
8:30 a.m.: Workout
10 a.m.: (Post-workout**) 35 grams whey | 60 grams carbs | 5 grams leucine
Noon: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
4 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
7 p.m. – 11 p.m.: (Main feed) 85 grams protein | 45 grams carbs | 36 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

*For pre-workout carbs, we recommend an apple or oatmeal or whatever slow digesting carb gives you energy.

** For post-workout, we recommend 15 minutes of steady state cardio. First, take your leucine. Then five minutes into your cardio session, drink your post-workout shake (pro / carb).

Walkthrough

You wake at 7 a.m. and immediately drink a shake with five grams of alanine and five grams of leucine. This process takes about two minutes from start to finish, including clean up. An hour later, it's time to take your pre-workout shake. You have a 25-gram whey protein shake and an apple or some oatmeal or whatever carb source gives you energy, with five grams of alanine. At 8:30 a.m., you lift. Immediately after your training session, you drink five grams of leucine, and then start doing your very-low-intensity cardio session. Five minutes into the cardio, you drink 35 grams of whey and 60 grams of simple carbs. Ten minutes after that, you're done. You now go back to the office or home. At noon you have a quick 25-gram whey protein shake with some healthy fats and 10 grams of honey. You repeat this at 4 p.m. You now drive home and from 7 p.m. until 11 p.m., you need to get in 85 grams of protein, 45 grams of carbs, and 36 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food during this four-hour window and make up the difference with a protein shake. Before you go to sleep, have another very small shake that has five grams of alanine and five grams of leucine.

Hack 3: Mid Day | Version A

Some of you will prefer to train in the afternoon. This "hack" is perfectly suited for that situation.

Workout Day

(All of this info is laid out in the attached Excel sheet and will scale for you based on your calorie needs.)
Here is what this day would look like for a 24-hour period (based on 2,000 calories).

8 a.m.: Wake up
10 a.m.: 5 grams alanine | 5 grams leucine
Noon: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
1:30 p.m.: (Pre-workout) 25 grams whey | 25 grams carbs* | 5 grams alanine
2 p.m.: Workout
3:30 p.m.: (Post-workout**) 35 grams whey | 60 grams carbs | 5 grams leucine
4 p.m. – 8 p.m.: (Main Feed) 85 grams protein | 45 grams carbs | 36 grams fat
11 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

*For pre-workout carbs, we recommend an apple or oatmeal or whatever slow digesting carb gives you energy.

** Post-workout, we recommend 15 minutes of steady state cardio. First, take your leucine. Then five minutes into your cardio session, drink your post-workout out shake (pro / carb).

Walkthrough
You wake up at 8 a.m. After being up for a couple of hours, you drink a shake with five grams of alanine and five grams of leucine. Around noon, you have a quick whey protein shake with some healthy fats and a little bit of honey. This process takes less than five minutes,

even if you are very slow. You then go back to "working." At 1:30 p.m., you have a 25-gram whey protein shake and an apple or some oatmeal or whatever carb source gives you energy, with five grams of alanine. This entire process also takes five minutes. Now you're off to the gym. You lift for an hour or so. You then have five grams of leucine. Immediately after drinking your leucine, you start doing your very-low-intensity cardio session. Five minutes into the cardio, you drink 35 grams of whey and 60 grams of simple carbs. Ten minutes after that, you are done. You now drive home and from 4 p.m. until 8 p.m., you need to get in 85 grams of protein, 45 grams of carbs, and 36 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food during this four-hour window and make up the difference with a protein shake. At 11 p.m., you drink a shake with 25 grams of whey, 10 grams of carbs, and 10 grams of fat. Before you go to sleep, have another very small shake that has five grams of alanine and five grams of leucine.

Hack 4: Mid Day | Version B

Some of you will prefer to train in the afternoon, but will be unable to have your "Main Feed" until later in the day. We can also work around this.

Workout Day

(All of this info is laid out in the attached Excel sheet and will scale for you based on your calorie needs.)
Here is what this day would look like for a 24-hour period (based on 2,000 calories).

8 a.m.: Wake up
10 a.m.: 5 grams alanine | 5 grams leucine
Noon: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
1:30 p.m.: (Pre-workout) 25 grams whey | 25 grams carbs* | 5 grams alanine
2 p.m.: Workout
3:30 p.m.: (Post-workout**) 35 grams whey | 60 grams carbs | 5 grams leucine
5 p.m.: 25 grams whey | 10 grams carbs (honey) | 10 grams fat
7 p.m. – 11 p.m.: (Main feed) 85 grams protein | 45 grams carbs | 36 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

*For pre-workout carbs, we recommend an apple or oatmeal or whatever slow digesting carb gives you energy.

** Post-workout, we recommend 15 minutes of steady state cardio. First, take your leucine. Then five minutes into your cardio session, drink your post-workout shake (pro / carb).

Walkthrough

You wake at 8 a.m. After being up for a couple of hours, you drink a shake with five grams of alanine and five grams of leucine. Around noon, you have a quick 25-gram whey protein shake with some healthy fats and a little bit of honey. This process takes less than five minutes, even if you are very slow. You then go back to "working." At 1:30 p.m., you have a 25-gram whey protein shake and an apple or some oatmeal or whatever carb source gives you energy, with five grams of alanine. This entire process also takes five minutes. Now you're off to the gym. You lift for an hour or so. You then have five grams of leucine. Immediately after drinking your leucine, you start doing your very-low-intensity cardio session. Five minutes into the cardio, you drink 35 grams of whey and 60 grams of simple carbs. Ten minutes after that, you're done. At 5 p.m., you have a quick 25-gram whey protein shake with some healthy fats and a little bit of honey. From 7 p.m. until 11 p.m., you need to get in 85 grams of

protein, 45 grams of carbs, and 36 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food during this four-hour window and make up the difference with a protein shake. Before you go to sleep, have another very small shake that has five grams of alanine and five grams of leucine.

Hack 5: Mass Monster

Some of you may want to use this plan for all-out bulking purposes. If so, you may be very large and need a lot of food. At a certain calorie level, the four-hour feeding window becomes too restrictive, and it's simply not realistic. The work-around is simple: increase the Main Feeding window from four hours to six hours, even eight if needed. Keep everything else the same. This will give you ample time to get the calories in. You will also have carbs on your "Non-Training Day," and there is a lower percentage drop in calories on non-training days. This setup is for hard gainers and especially for the "enhanced" crowd. If you find yourself hungry throughout the day with this hack, you can also add an additional shake (25 grams whey | 10 grams carbs (honey) | 10 grams fat) at some point. This template assumes that you are eating at least 3,500 calories per day. If you are eating less, a different version is probably best for you.

Workout Day

(All of this info is laid out in the attached Excel sheet and will scale for you based on your calorie needs.)
Here is what this day would look like for a 24-hour period (based on 3,500 calories).

7 a.m.: Wake up
9 a.m.: 5 grams alanine | 5 grams leucine
11 a.m.: 35 grams whey | 20 grams carbs (honey) | 15 grams fat
4:30 p.m.: 35 grams whey | 20 grams carbs (honey) | 15 grams fat
5 p.m.: (*Pre-workout) 45 grams whey | 45 grams carbs* | 5 grams alanine
6:15 p.m.: Workout
6:45 p.m.: (**Post-workout) 5 grams leucine | 80 grams whey | 100 grams carbs
7 p.m. – Until done: (Main feed) 199 grams protein | 78 grams carbs | 67 grams fat
Before going to sleep: 5 grams alanine | 5 grams leucine

*For pre-workout carbs, we recommend an apple or oatmeal or whatever slow digesting carb gives you energy.

** Post-workout, we recommend 15 minutes of steady state cardio. First, take your leucine. Then five minutes into your cardio session, drink your post-workout out shake (pro / carb).

Walkthrough

You wake up at 8 a.m. After being up for a couple of hours, you drink a shake with five grams of alanine and five grams of leucine. Around noon, you have a quick 35-gram whey protein shake with some healthy fats and a little bit of honey. This process takes less than five minutes, even if you are very slow. You then go back to "working." Around 5 p.m., you have another shake consisting of a 35-gram whey protein shake with some healthy fats and a little bit of honey. Once you get home, you have a 45-gram whey protein shake and an apple or some oatmeal or whatever carb source gives you energy, with five grams of alanine. This entire process also takes five minutes. Now you're off to the gym. Post-workout, you take five grams of leucine. Immediately after drinking your leucine, you start doing your very-low-intensity cardio session. Five minutes into the cardio, you drink 80 grams of whey and 100 grams of simple carbs.

Ten minutes after that, you are done. You now drive home, and from 8 p.m. until midnight, you need to get in 199 grams of protein, 78 grams of carbs, and 67 grams of fat. You can eat three small meals, one large meal and a shake, or any other combination that fits your lifestyle. Try to get as many calories as possible from real food and make up the difference with a protein shake. Before you go to sleep, have another very small shake that has five grams of alanine and five grams of leucine.

Hack 6: Shredder

Some of you may want to use this diet to get ultra lean for a body-building show.

For this variation, all of the "Re-feed Training Days" are eliminated, and carbs are cut from the "Main Feed" meal on the "Training Day." You will still have pre- and post-workout carbs each week, but that's it. The difference in "Training Day" and "Non-Training Day" calories is now 25 percent instead of 15 percent.

This diet will drop fat VERY quickly, but it is not recommended for long-term use. Four to six weeks tops. Also, you can add stage 6 plus cardio with this and increase by one stage per week or as needed, meaning if/when fat loss stops. (See section on Troubleshooting.)

Hack 7: The Tiny Dancer

At a certain bodyweight, the 25-gram whey shakes, 10 grams of fat, and 10 grams of honey will be too much throughout the day. If you are less than 120 pounds, use the following on all diets instead of the previously recommended amounts:

15 grams whey protein
5 grams of fat
5 grams of honey
Leave everything else the same.

** The example given on the Excel sheet is for the standard "Mad-Opus" setup. Looking at this, it will be obvious what needs to be done if you have to combine hacks. (Example: Tiny Dancer on an Early Bird Version A)

Hack 8: The Working Man

This is for people who aren't desk jockeys and who actually have real jobs (construction, farming, any job that requires intense physical labor, etc.) Throughout the day, you'll be eating two shakes per day, consisting of the following:

25 grams whey protein
10 grams of fat
10 grams of honey

If, after the two-week break-in period, you continue to feel as if you are "starving" during the day, you can add an extra shake with honey and fat. If that still doesn't work, bump the 10 grams of carbs from honey to 15-20 on each shake. If that doesn't work, then you probably need to increase your overall calories. While using this hack, there is no corresponding Excel sheet. Simple. Just add the extra shake consistently.

Hack 9: Maintenance Mode

So you are as lean as you want to be, and you're sick of weighing food. Congratulations. You can still stay on this basic template and "eat by feel." The basic outline is as follows:

* Two, very small, easy-to-digest protein and fat meals with fructose-based carbs per day
* 5 grams each of alanine and leucine upon waking and just before bed
* 5 grams of alanine pre-workout
*5 grams of leucine post-workout
* Get the majority of your calories within four hours post-workout
* Lower / eliminate carbs on non-training days

Eat clean foods, and you should be able to enjoy life while maintaining very acceptable levels of body fat.

Hack 10: Burger King "Have it Your Way"

This is for those brave souls who want to tweak macros and other variables by themselves. All of the Excel sheets will automatically adjust for you. You can edit some of the control variables to build the diet your way. Here is an overview of how to do just that.

First things first, MAKE A BACKUP COPY. You will not be able to download another copy of the Excel workbook, and once you start editing the files, you may have trouble getting back to where you started. So the first step is to copy the entire workbook. (Right click on the file and select "copy." Then, somewhere else on your desktop or in a random folder of your choice, right click and select "paste.")

Now that you've made a backup copy, you can open it. For this example, let's say that you want to edit Hack 3, and that you want your protein to be 50 percent of your total calories instead of the 45 percent (On your Training Day Macros) that the program automatically recommends.

Madopus — **Red Point Fitness**

Controls		
Base Daily Calorie Level	2000	<- *INPUT*
Non Training Day Percentage	85%	<- *INPUT*
Non Training Day Calorie Level	1700	

TRAINING DAY

Training Day Macros	Percentage of Cals	Total Calories	Macro Totals
Protein	45%	900	225
Carbs	30%	600	150
Fat	25%	500	56

Training Day

	Snack 1	Pre WO	Post WO	Main Feed	Snack 2
Protein	25	25	35	115	25
Carbohydrates (Fructose)	10	25	60	45	10
Fat	10	0	0	36	10

All you would need to do is adjust the 45 percent to 50 percent and then subtract 5 percent from one of the other macros. In this example, I reduced carbs by 5 percent. Once that's done, the sheet will automatically adjust everything else for you. Just make sure that when you make adjustments, the total percentages add up to 100 percent.

Madopus — **Red Point Fitness**

Controls		
Base Daily Calorie Level	2000	<- *INPUT*
Non Training Day Percentage	85%	<- *INPUT*
Non Training Day Calorie Level	1700	

TRAINING DAY

Training Day Macros	Percentage of Cals	Total Calories	Macro Totals
Protein	50%	1000	250
Carbs	25%	500	125
Fat	25%	500	56

Training Day

	Snack 1	Pre WO	Post WO	Main Feed	Snack 2
Protein	25	25	35	140	25
Carbohydrates (Fructose)	10	25	60	20	10
Fat	10	0	0	36	10

Another example of an adjustment that you could make involves manipulating post-workout nutrition. Let's say that you wanted more protein post-workout than what is offered in the current settings on the sheets. Sticking with the example of training day on hack 3, here's how the sheet looks:

Madopus — **Red Point Fitness**

Controls		
Base Daily Calorie Level	2000	<- INPUT
Non Training Day Percentage	85%	<- INPUT
Non Training Day Calorie Level	1700	

TRAINING DAY

Training Day Macros	Percentage of Cals	Total Calories	Macro Totals
Protein	45%	900	225
Carbs	30%	600	150
Fat	25%	500	56

Training Day	Snack 1	Pre WO	Post WO	Main Feed	Snack 2
Protein	25	25	35	115	25
Carbohydrates (Fructose)	10	25	60	45	10
Fat	10	0	0	36	10

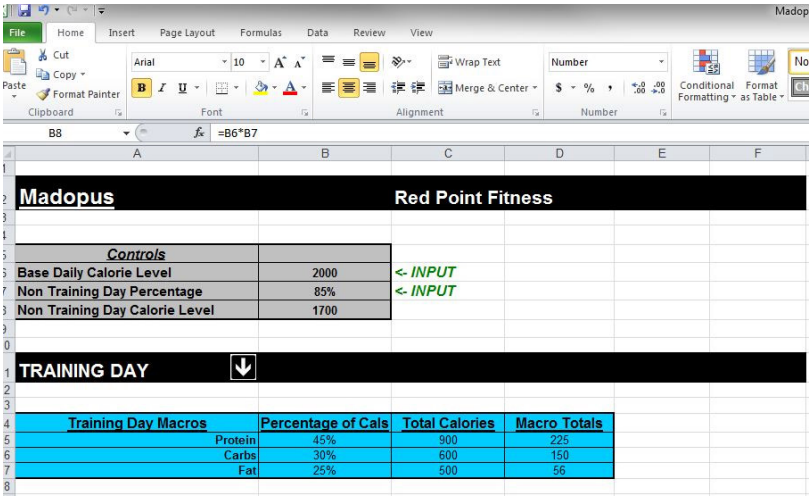
If you wanted 55 grams of protein post-workout, you would simply change the 35 to 55, and the protein for the Main Feed would auto adjust from 115 to 95.

TRAINING DAY

Training Day Macros	Percentage of Cals	Total Calories	Macro Totals
Protein	45%	900	225
Carbs	30%	600	150
Fat	25%	500	56

Training Day	Snack 1	Pre WO	Post WO	Main Feed	Snack 2
Protein	25	25	55	95	25
Carbohydrates (Fructose)	10	25	60	45	10
Fat	10	0	0	36	10

You can adjust anything on the sheet that doesn't have a formula in the cell. For this example, I have selected cell B8. Notice that the Fx shows =B6*B7. As long as the cell shows only the actual number that is in it, you can adjust it. Again, make sure that you create a copy of the workbook, and then you can adjust to your heart's content.



What about Weight Training?

No citizen has a right to be an amateur in the matter of physical training…what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.
-Socrates

While we couldn't agree more with Socrates, covering weight training is beyond the scope of this project. To get you pointed in the right direction, we recommend:

Westside Barbell

Westside for Skinny Bastards by Joe DeFranco

EliteFTS

Sheiko Training

Beyond Brawn

DC Training

Mountain Dog Training

Dorian Yates

Mike Mentzer

Red Point Fitness

Ground Zero: Putting it all Together

Everyday I'm hustlin'
-Rick Ross, "Hustlin"

You and Mr. Ross will soon have something in common. Now that you've read this manual, it's time to put it all together and figure out how to integrate what you've learned into your daily life.

First, you need to be able to put a check by ALL of the following items:

__ I have a STRONG reason for wanting to do this nutrition plan.
__ I have set a goal that clearly defines what I want to accomplish within a reasonable period of time.
__ I have ordered all the tools that I need from the "Tools of the Trade Section."
__ I have read and understand "Nutrition 101."
__ I have read and understand "Mad-Opus: Behind the Curtain."
__ I have selected the appropriate cardio plan.
__ I have all of the supplements I need.
__ I have determined caloric needs and where I need to start.
__ I understand how to use the Excel sheets.
__ I have picked out the version (hack) of the Mad-Opus that works best for my life.
__ I have on hand all the food needed for this week.

Now, it is time to benchmark. You will need to weigh, discover your percentage of body fat using a Bod Pod, determine your physical measurements using a tape measure, get pictures of yourself, and take your temperature. It is also highly recommended that you get blood work done prior to starting. This is a pain in the ass (arm, actually). However, a lot of people will put in all the hard work

and not get anywhere because of underlying hormonal /metabolic issues. If you have these issues, they can literally make it impossible for you to make progress, and they also pose a risk to your long-term health.

For blood work, the tests we suggest include (but are not limited to):

Hormones:

1) Cortisol, total
2) DHEA sulfate
3) IGF-1
4) IGFBP-3
5) T3, free
6) T4, free
7) TSH
8) Testosterone, total, free, and weakly bound
9) Hemoglobin A1C
10) Fasting insulin

Cardiovascular:

1) CBC
2) Comprehensive Metabolic Panel
3) Lipid Panel

Other:

1) GGT
2) PSA

Troubleshooting

The road to success is dotted with many tempting parking places.
- Author Unknown

Fall seven times, stand up eight.
- Japanese Proverb

He conquers who endures.
- Persius

It's not that I'm so smart; it's just that I stay with problems longer.
- Albert Einstein

There is no telling how many miles you will have to run while chasing a dream.
- Author Unknown

Inevitably, you are going to get stuck. It happens. Try to avoid making an emotion-based decision such as "To hell with it. I'm just going to eat my bodyweight in sushi." Instead, calmly step back and work through it.

Fat loss: Trouble Shooting

First, we need a definition of "stuck."

Stuck = you haven't lost any weight, AND you don't look different in your pictures, AND your clothes fit the same, AND your measurements are the same. For example, on this diet, it's very common for the scale to stay the same even though you see dras-

tic changes in your measurements or how your clothing fits. So remember, you are only considered to be stuck when none of the metrics listed above are changing.

If you are "stuck" and you can put a check next to any of the following items, then it's time to correct that item BEFORE making diet, supplement, or cardio changes.

Step 1:

____ "I have been 'stuck' for less than two weeks." For starters, fat loss is non-linear. More than likely, you won't lose the same number of pounds per week, every week, until you reach your goal. For whatever reason, the body doesn't like to lose fat that way. Sometimes you will not lose much scale weight at all for two weeks, and then the third week, you will drop three to four pounds.
___ "I haven't been following my program to a T. This includes any or all of the following: weighing food, doing cardio, taking supplements (everyday), and following a lifting routine." If you haven't been doing this, then it isn't time to make adjustments to your diet. It's time to get your ass back to basics.
___ "My life hasn't been normal." How are your stress levels, how well are you sleeping, how's your personal life? Your weight training and physique goals don't exist in a vacuum, separate from your life. If you have been working late every night, fighting with your significant other, or have just been in a stressed state overall, this will affect you. This is not to say that you have to live in a Zen monastery to achieve your goals. But if your stress has tripled during the past two weeks, it might not be your diet that needs adjusting.
___ "When I did my blood work, things weren't normal." If you have health issues, metabolic issues, hormonal issues, or anything of the sort, not only will your diet often not be as effective, but you might notice that you start to feel worse in general when you change your diet. Find a good doctor (meaning one who will look for the cause of a problem instead of merely treating symptoms) and get your underlying issues fixed first.

Ok. If there are no check marks next to any of the items above, it's time to look at making other adjustments. Proceed to step 2.

Step 2:

This entire time, you (should) have been logging your body temp in the morning (immediately upon waking) and in the afternoon. We have asked you to do this to gauge the status of your thyroid/ metabolism.

Here is an excerpt from Wesley Silveira's book, Iron Addict's Principles of Fat Loss. (As a side note, his book ROCKS! You should buy a copy.)

"97.3 - 98.3 means a normal metabolic rate.

96.5 - 97.1 means metabolism is reduced as much as 7-20 percent. Some people will feel fine at this level IF their daytime temperature is normal or near normal. (See next section.)

95.5 - 96.5 means a substantially lowered metabolic rate, which will make fat loss very difficult for many people.

94.5 - 95.5 means the metabolism is severely lowered and a fat loss diet should be off the table until the metabolism returns to a more normal range."

Taking your temperature for one day typically will not provide accurate information. Look at a three-to-five day average to gauge where you are. Some people are "cold" in the morning but have afternoon temperatures that are in range. If the average of your afternoon temps is in range, you are fine.

If your temps are above 96.5, don't worry about the section below. Proceed to Step 3. If your temps are below 96.5, then it's time for a re-feed, and you need to read and follow the advice in the next section.

Re-Feed Directions

The last thing on the planet that most dieters want to hear is that it's now time to gain weight. Some of you reading this will not take this advice and will continue cutting calories, adding cardio, taking supplements, drugs, etc. to keep your fat loss on track. That's your choice. But if you continue down this path, your health problems will become more complicated and much harder to fix later.

The re-feed process is simple. Increase your calories. For most of you, adding in 400-600 calories on top of what you are currently eating will do the trick. Carefully track your temperature until you are within normal range. Your temperature should climb .5 to 1 degree per week. If it doesn't, increase your calories even more. Once you are within normal range, you will need to maintain that number of calories for three to four weeks minimum before you start "dieting" again. This process isn't fun. But there are tons of people who have severe metabolic issues because they chose to ignore the warning signs. Once your body has "re-set," you can start the diet process again by slowly decreasing the number of calories.

The good news about the Mad-Opus Diet is that it tends to be very kind to the thyroid. For experimental purposes, I deliberately dropped calories for several months while adding cardio, and then had my thyroid checked. It was damn near perfect. The combination of the nightly feed meal, along with the cheat meals two to four times per month, seems to keep the thyroid humming along nicely.

Step 3:

At this point, you have checked no boxes in Step 1, and your average body temperature is above 96.5 degrees. If your cardio is at stage 6 or above, proceed directly to Step 4. If your cardio is at stage 5 or below, then increasing cardio is your next step. Increase by one

stage per week until you reach stage 5 or the scale starts moving again. For example, if you are at stage 2 cardio and you get stuck, and you slowly start adding more cardio until you are at stage 4 (at which point the scale/other metrics starts dropping again), then stay at level 4 and go through this process again if/when you get stuck.

Step 4:

If you are here, you have no boxes checked, your body temp is 96.5 or greater, and you are doing at least stage 6 cardio. The next trick is to reduce your calories by 10 percent. If this doesn't get the scale/metrics dropping again (and your body temp is still above 96.5), then increase the cardio to stage 7. Use this same stair step of a 10 percent calorie drop and a one stage increase in cardio twice, if needed. Most of you will not need to get this aggressive. Also, make sure that you take at least one week between each adjustment. For example, week one, you would drop calories 10 percent. Week two, you would increase one cardio stage, etc. As soon as things start moving in the desired direction, STOP making adjustments. So if the first 10 percent calorie drop works, there is no need to also jump to a higher stage of cardio. You want the minimal effective amount of change, to be able to make progress as long as possible.

Step 5:

All the criteria for the previous steps have been met. Your temp is still above 96.5 degrees, and you have done two 10 percent calorie drops and jumped two stages in cardio (per Step 4), and still nothing is changing. It's now time to switch to the "Shredder" (Hack 6).

This alone should make a drastic difference in your fat loss. Continue with this diet and drop calories by 10 percent and/or increase cardio as needed. Keep a close eye on your body temperature.

Weight Gain: Trouble Shooting

First, we need a definition of "stuck."

Stuck = you haven't gained any weight, AND you don't look different in your pictures, AND your clothes fit the same, AND your measurements are the same. For example, on this diet it's very common for the scale to stay the same even though you see drastic changes in your measurements or how your clothing fits. So remember, you are considered to be stuck only if none of the metrics listed above are changing.

If you are "stuck" and you can put a check next to any of the following items, then it's time to correct that item BEFORE making diet, supplement, or cardio changes.

Step 1:

____ "I have been "stuck" for less than two weeks." For starters, weight gain is nonlinear. You will more than likely not gain the exact same number of pounds per week, every week, until you reach your goal. For whatever reason, the body doesn't like to add muscle that way. Sometimes you will not gain much scale weight at all for two weeks, and then the third week, you will gain several pounds.
___ "I haven't been following my program to a T. This includes any or all of the following: weighing food, doing cardio, taking supplements (everyday), and following a lifting routine." If you haven't been doing this, then it isn't time to make adjustments to your diet. It's time to get your ass back to basics.
___ "My life hasn't been normal." How are your stress levels, how well are you sleeping, how's your personal life? Your weight training and physique goals don't exist in a vacuum, separate from your life. If you have been working late every night, fighting with your significant other, or have just been in a stressed state overall, this will affect you. This is not to say that you have to live in a Zen monastery to achieve your goals. But if your stress has tripled during the past two weeks, it might not be your diet that needs adjusting.

___ "When I did my blood work, things weren't normal." If you have health issues, metabolic issues, hormonal issues, or anything of the sort, not only will your diet often not be as effective, but you might notice that you start to feel worse in general when you change your diet. Find a good doctor (meaning one who will look for the cause of a problem instead of merely treating symptoms) and get your underlying issues fixed first.

Ok. If there are no check marks next to any of the above boxes, it's time to look at making adjustments. Proceed to step 2.

Step 2:

Fortunately, it's easier to troubleshoot adding weight than it is to troubleshoot fat loss. Chalk this up to the fact that most of the body's systems handle a calorie surplus much better than they handle a calorie deficit. If nothing in Step 1 applies to you, the next thing to look at is your weight training. The body typically won't build muscle if there isn't a reason for it to do so. Your wanting to look "jacked" for spring break isn't enough of a motive to coax the underlying biological systems into starting the intricate series of events that result in muscle tissue synthesis. The body adds muscle much for the same reason that your skin gets darker in reaction to sunlight exposure, your hands get calloused from manual work, and cuts heal into scars: to better adapt to a stressor in the future. In short, your body will do its damnedest to adapt to its environment, providing it has the correct building materials (proper nutrition) and the time to do so (recovery). Troubleshooting every training system is well beyond the scope of this manual, but here are some basic guidelines that will serve as a litmus test for evaluating your current game plan.

Progressive Overload - If you are lifting the same weights for the same number of reps that you did last year, you will also more than

likely look like you did last year. If your routine isn't making you stronger, it's time for a new routine.

Compound Movements – Squats, Deads, Bench Press, Rack Pulls, Pull Ups, Push Ups, Overhead Press, etc. Do them. The body grows (adapts) as a unit; train it that way.

Recovery – To make progress, you need to be within your recovery ability. Training past it doesn't make you hardcore; it makes you ineffective. Find a volume, intensity, frequency level that works for you. HINT: If your routine was found in a glossy magazine at a gas station, it's probably time to look for a new one. What works for genetically elite, drugged-to-the-gills professionals probably isn't the best fit for you.

Periodization – You can't be a rock star all year long. Lifting is three steps forward and one step backward. Plan accordingly. De-load when needed.

Mobility – This is a topic that is often ignored by lifters until it's too late and they get injured. Even then, it's sometimes still ignored, which makes no sense, because being sidelined due to injuries or having to work around injuries just makes it that much harder to reach your goals, whatever they may be. Everyone should spend 10-15 minutes most days of the week foam rolling and doing mobility and flexibility work. Exactly what you should be doing is way beyond the scope of this manual. Your best bet is to buy something like Assess and Correct by Cressey, Hartman, and Robertson or Movement by Gray Cook. Both will give you tips on how to assess your body's current state and give you exercises and strategies that help you get where you want to be so you move well and avoid injury. In my opinion, Assess and Correct is a bit more user-friendly and immediately applicable than Movement, but Movement contains more information overall.

Cardio /GPP – Many lifters confuse having poor cardiovascular conditioning with having poor recovery. You don't have poor recovery, your conditioning just sucks! Push a prowler, drag a sled, go for a walk, etc.

Step 3:

Assuming all of the previous criteria have been met, it's time to bump calories. Increase calories by 10 percent and adjust every two to three weeks until the scale starts moving in the correct direction. Keep in mind that there is a difference between gaining weight and adding muscle. An increase of about 3-5 pounds per month of scale weight for medium to advanced lifters (who are natural) is about all that is going to happen. Much past that and you are more than likely going to end up fluffy.

I Reached my Goal, Now What?

Thank you Mario!
But our Princess is in another Castle!
-Toad, "Super Mario Brothers"

First, congratulations! You've met your goal! Second, condolences, as we both know that you are never finished with this game. At this point, some of you will take time off, and others will immediately start working on the next bulking, cutting, or whatever phase. One of our personal favorites is using "Hack 9" from the chapter "Hacking the System." As long as the calories are fairly close to what you were eating, you should be able to reasonably maintain your current body composition without as much effort, and you may even be able to sneak some extra cheat meals throughout the week. This allows a much needed mental break from the tediousness of having to weigh food while allowing you to stay within the basic framework of this nutritional strategy. And when it is time to start on the next goal, you now have the tools to get there.

Questions and Answers

Question: What is the reason for all the honey?
Answer: The goal is to keep your liver and brain supplied with carbs during this process, and honey is almost purely fructose, so it will hit your liver first and have a minimal impact on blood sugar. Also, we own substantial amounts of stock in all major honey companies, so it's good for business.

Question: What if I wanted to eat real food instead of the small shakes throughout the day?
Answer: You can. We recommend small meals because they are easily digestible. Keep the macros the same. Some good choices are: Greek yogurt, chicken breast, tuna, eggs/egg whites, etc.

Question: What if I don't want to take the leucine and alanine that you recommend?
Answer: Leucine and alanine are added to help prevent muscle breakdown while you are under-eating. After doing "research" with and without them, using a Bod-Pod system, we think that they are worth adding. Numerous other studies have been done, confirming the anabolic effect of these BCCAs. If you can't afford leucine or alanine, or if you don't want to take them, you can still get great results. We think that they are more important while trying to lose body fat than while bulking.

Question: Does fiber count as a carbohydrate?
Answer: Generally, no. But if you want to, that's fine. Just pick one method or the other and stick with it. Just for kicks, though, be aware of the difference between total carbohydrates and net carbohydrates. Total carbs refers to the number of carbs in a food, including fiber. Net carbs refers to the amount of carbs that are digested and absorbed. Fiber is indigestible, so it doesn't count toward the net carb intake. To determine the number of net carbs in a food,

subtract the total amount of fiber grams from the total carbohydrate grams. That will give you the net carbohydrate content of a food. For example, if a food has 25 grams of carbohydrates and 7 grams of fiber, the food's net carbohydrate total is 18 grams.

Question: What about salads and green vegetables . . . do they count toward my total calories?
Answer: Nope. Eat as many as you like. Just make sure you leave room to get your required calories in, and keep in mind that if you add dressing or condiments, those DO count.

Question: Can I use plant-based protein powders exclusively?
Answer: Yes, but it's probably not ideal. There are way too many brands to cover all of them, but if you do want to try this, just pay close attention to how you respond.

Question: I play X sport. Whenever I am done with practice, do I count that as a "Training Day" or a "Non-Training Day"?
Answer: This will really depend on your overall goal and what type of training you did. If your sport taxed your muscles (Brazilian jiu-jitsu), then a "Training Day" meal would be fine, especially if you aren't trying to get as lean as possible. If you went to soccer practice where you really did only cardiovascular work, then the "Non-Training Day" meal would probably be a better choice, especially if you are trying to lean out.

Question: What if I don't want to eat the smaller re-feed meals?
Answer: Skipping the re-feed meals is not recommended. You obviously won't die if you skip them, but you risk burning a decent amount of muscle as fuel.

Question: I ate everything in sight on my Training Day re-feed, and it's been two days and the scale still hasn't returned to normal. Did I put on fat?
Answer: Probably not. Most people's weight will normalize within two to four days after their cheat day. The majority of the weight is water weight. It could also be glycogen, etc. But very little, if any, is fat.

Question: What protein source is best?
Answer: You will want to look at the Biological Value (BV) and the Net Protein Utilization (NPU) of each food. (Protein Efficiency Ratio and Protein Digestibility Amino Acid Score are neat too.)

Whey: BV 100-150 / NPU 92%
Eggs: BV 100 / NPU 88%
Fish: BV 80 / NPU 81%
Poultry: BV 80 / NPU 75%
Beef: BV 70 / NPU 73%

While this rating index is good, it is by no means an indication that if all you ate was whey, you would be 20 percent bigger and stronger than if you ate beef. Variety is best.

Question: Are you guys counting the calories from the BCAAs (alanine / leucine) in the Excel sheets?
Answer: No. We decided to leave those out of the Excel sheets to help keep things simpler. We have yet to meet someone whose diet failed from 30 extra grams of BCAAs per day. As long as you consistently use alanine/leucine—or don't use them—the process will be the same when it comes time to adjust.

Question: How do I take BCAAs on non-training days?
Answer: Five grams of each in the morning and five grams of each before bed.

Question: Ok. All of this sounds great, but I need an in-depth explanation of the underlying mechanisms involved in order to believe any of this, much less actually try it.
Answer: Nerd. Burn the Fat, Feed the Muscle by Ori Hofmekler is about the most in-depth, scientific discussion on this style of diet that we have seen.

Question: Sometimes, when using the tracking sheet, I don't take all measurements on the same day. What should I do?
Answer: Just enter what you do know on the day you take measurements. For example, if you take weight and temperature one day but don't have time to go get your Bod Pod stats taken, just leave that field blank on that entry.

Question: The manual recommends using an apple or oatmeal pre-workout. What if I don't like apples or oatmeal or what if I get sick of them?
Answer: You can substitute an equal amount of another low glycemic carb if you want to. Using another fructose-based carb or a starchy carb will be fine.

Question: Are there people who would be better served by a different nutritional approach?
Answer: Yes. While this overall template is extremely scalable, we do feel that for some people there are better options. Those who are new to lifting would probably be better served by a more traditional four-to-six-meals-per-day approach. This style of diet probably isn't the best for building an initial strength and size base. Those of you who perform extremely demanding physical labor all day (logger, construction worker, pro football player, etc.) would also probably do better with the four-to-six-meals-per-day game plan. Extreme

ectomorphs most likely won't add a lot of size using this approach. This being said, the only accurate way to asses this system's benefit to you is in retrospect. If in doubt, give it a try. Regardless of the outcome, you will learn more about what works for your body.

Thank you for purchasing this manual.
We appreciate your business!