

# Treat Guide

## Do You Feel Like A Cheater?

Ever felt bad after eating your favorite foods, simply because you're "on a diet"?

The guilt... the feeling that you lack willpower and should be stronger... the sense of failure... Stop!!!!

It doesn't have to be that way, and I'll prove it to you.

The truth is: eating your favorite foods – even if they're not "natural" or "healthy" – can be part of a healthy lifestyle. Even if some health fanatics would love to convince you that a single bite of fast food will kill you. I used to think that anyone eating what I consider to be the "wrong foods" lacked willpower. Boy was I wrong. For the average person that has a hard time making any change in their life – it might be the case for you – quitting all their favorite foods cold turkey usually leads to complete failure, binges, eating disorders and a screwed up relationship with food.

Here's how I see things now. If you eat the right foods 90% of the time, you'll get 90% of the results. If you want to lose more fat, build more muscle or just improve your health, this rule keeps you sane and allows you to slack off from time to time when social events, Holidays or vacations come around.

That being said, everyone has a different goal. If you want to attain Olympic levels of fitness and performance, or look like a swimsuit model from the cover of a popular magazine, you may have a hard time achieving your goals while eating junk even only 10% of the time.

This is also true for people suffering from chronic illnesses or food allergies. There's no way a diabetic should eat sugary foods 10% of the time and destroy their health in the process. And there's no way you should eat bread 10% of the time if you're highly intolerant to gluten (and a lot of people are without even knowing it...).

Optimal health is a personal journey. So if you want to eat junk food 10% of the time, so be it. I won't be the one to judge you, and you shouldn't judge yourself for it either.

## **Treating For Fat Loss**

When you do it right, treating can be the ultimate weapon of physical and psychological fat loss warfare.

***BUT, you have to do it properly!!***

Treat days should only be used to accomplish specific physical and psychological functions directly related to fat-loss goals.  
So I'll only say this once!

***If you binge or stuff all day long on a treat day (trust me...I've had my moments), you'll create a downward spiral and completely sabotage your fat loss goals.***

Remember, even though you're supposed to give yourself a break and treat yourself 10% of the time MANY people seriously hinder their progress and radically screw up their treat days.

Don't be one of them.

As much as I love the concept of treat days and the philosophies behind its metabolic effect...It can be a double-edged sword.

During this Phase of your nutritional plan you'll learn how to treat the right way and NOT sabotage your fat loss success.

***Are your ready to treat the RIGHT way?***

## Is Your Metabolism Broken?

If you've been on crash diets, extreme calorie restriction or constant low carb dieting for a long period of time, your metabolism has slowed down. Some people call it "metabolic Meltdown" – but that term is often abused. The truth remains that your hormones are out of whack and chances are that your thyroid doesn't function at its full capacity either.

To **"reset"** your metabolism, you'll have to bump up your calories and carbs for at least a day, and up to a few days. That's why some dieters report losing more weight after a treat day.

Use this **5-Minute Test** to verify if your metabolism is going strong:

### **Step 1: Measure**

After your last meal of the day, take your temperature using a digital thermometer. Do this for 4 days straight. Measure your average body temperature (in Fahrenheit).

### **Step 2: Assess**

If your temperature is between 98.6-98.1, your metabolism is going strong. Between 97 and 98, your ability to burn fat could be impaired by as much as 20%.

If it's lower than 97, your metabolism has slowed down by 30 to 50%. This is a real problem.

### **Step 3: Reset**

If you discover that your metabolism has slowed down, bump up your calories by 300- 500 above your LYL Approved clean eating plan until your temperature gets back to normal (98.1 or more). Also make sure to eat plenty of carbs every day, clean carbs, I know you think you'll get fat by eating more carbs for a couple of days, but the truth is you'll be burning more, and won't screw up your progress. TRUST ME!!

Once you fix your metabolism, you'll be back on track and can continue using treat days to keep it healthy and sane 😊

## **Should You Treat Yourself or Not?**

Do you qualify for a well-deserved treat day?

Let's see...

### **5 Good Reasons to Treat Yourself:**

- 1. To Spark a Dead Metabolism** - If you took the temperature test mentioned above and realized that your metabolism has slowed down, it's time for a treat.
- 2. To Replenish and/or Refill Depleted Glycogen Stores** - If you've been on a low-carb diet for a while and exercised a lot, your glycogen stores – your energy storage – are probably depleted. Eating extra carbs for at least a day will help your body recover faster and prevent you from chronic fatigue.
- 3. To Serve as a Psychological Reward (if you've earned the right)** - If you've been very disciplined on your eating habits and exercise for a while and feel like you deserve a treat, go for it.

But remember that psychological rewards can be really dangerous.

***You CANNOT out train a bad diet!!!***

- 4. To Reset Your Energy** - If you have no energy or drive in your workouts and can't seem to get a good "muscle pump", chances are that your body needs a reset.

**5. To Reset Fat Burning Hormones Like Leptin** - Usually, 4 to 6 days or longer of aggressive carb/calorie restriction or maintaining super low body fat levels for a long period of time decreases your leptin – one of the master fat loss hormones.

That is why having a treat meal every single week is crucial if you want to burn fat fast.

Leptin is quite possibly one of the single most important hormones in terms of regulating body weight and appetite. The science behind this hormone goes way beyond the scope of this nutritional overview. To learn more, Google it! 😊 Empower yourself with knowledge!

### **3 Reasons NOT To Cheat**

#### **1. You're Bored with Bland Diet Foods**

Newsflash... if the “diet food” you cook is bland; it's your own fault. I created the Cooking Clean and Lean Cookbook to help you turn “diet food” into tasty, satisfying dishes your whole family can enjoy! So recommit to your kitchen and get cooking and start preparing meals that won't even make you feel like you're on a diet.

**2. You're Stressed Out and Need an Emotional Food “high”** - I think they call it “life” and the last time I checked, we're all going to deal with stress at some point throughout your day and/or life – so get used to it! Learn healthy coping strategies that do NOT include food. Food can be like a drug, so don't let yourself get addicted or emotionally attached to it.

Instead of hunting around the house for chips, chocolate or cookies, take the time to prepare a huge salad, and take a bubble bath to reduce your stress.

**3. You Lack Discipline-** It's either the pain of discipline OR the pain of regret. In other words, treating is a reward – NOT an escape.

You'll have plenty of opportunities to eat your favorite foods guilt free when you aggressively try to burn fat. Just plan out when your treat days are, make your sacrifices and go after your reward!

## Treating Blueprint

Here's how to treat strategically: Eat the foods you want throughout the day without stuffing yourself or feeling guilty...

### The "Rules" Are:

1. **Eat the foods you crave** - If you want to eat junk, that's OK. If you prefer eating a huge grass-fed steak with a sweet potato and organic pumpkin pie, that's OK too.
2. **Don't stuff yourself** - Eat until you're satisfied, not to the point of discomfort. Enjoy every bite.
3. **No guilt allowed** - Remember that it's strategic. If you allow guilt in your treats, you're doing it all wrong and they will poison your life.
4. **Plan your treats** - Plan your treats on days you have social events. That way, you'll get to fully enjoy your night out, your dinner with your spouse or the Friday night pizza.
5. **Eat a healthy breakfast** - Make sure your breakfast is not a binge meal and that it includes a lean protein source. This will help "set up" your metabolism for the day by keeping your insulin stable and providing a steady stream of amino acids to your muscles early in the day before the treating festivities begin.
6. **Add a protein-only depletion day before your treat day** – The day serves the purpose of depleting muscle glycogen and triglyceride stores to make "room" for the influx of calories and carbohydrates that will take place on the follow day— the TREAT Day!
7. **Don't weigh yourself** - Don't step on the scale for at least 2 to 3 days after your treat day. This is HUGE, because it will keep you psychologically in the right spot because when you treat right, almost all the weight you've gained is just water weight from extra carbs.

Remember, for EVERY gram of carb you consume your body holds nearly 3 grams of water. Now you can see why you'll gain some water weight after treating. It's just a natural part of the process.

***You should be one to three pounds lighter a few days after your treat day if you're doing things properly.***

## **Cheating FAQ**

### ***How much calories or carbs should I eat?***

It's a treat, so don't get caught up in calculations. Simply eat liberally and never stuff yourself... you'll be fine.

### ***How often should I have treat days?***

Everyone should have one treat day every week.

### ***How many treat meals can I have during one treat day?***

As many as you like; as long as you don't make yourself sick. If you're trying to aggressively burn fat, limit yourself to just one or two treat meals during a treat day.

In fact, I like to limit myself to a five hour cheating window even when I'm lean. Otherwise I tend to overdo it a bit.

This will prevent bingeing while providing you with a reward and give your body the metabolic spark it needs to help keep your hormones happy.

**NOTE:** If you're doing an aggressive fat loss plan and you have over 25 pounds to lose, a great way to enhance your results is to limit yourself to just one treat meal and one dessert for the first 2 to 4 weeks.

## “Sneaky” Treat Day Tricks

Using these tricks will help you double the metabolic effect of treating. Of course, they are optional – but they will speed things up a lot if your goal is rapid fat loss.

**1. Pre-Treat Workout** - Always try to get some type of intense workout the morning of your treat day or try to time a high intensity workout an hour before your biggest treat meal to enhance glycogen replenishment and insulin sensitivity.

In the fitness world, many times you’ll hear this called nutrient “partitioning”. This just simply means your body’s ability to redirect or store nutrients like carbs is greatly enhanced during and after intense exercise. For this reason we also recommend that you learn the philosophy of “**Earning Your Carbs**”.

**2. Grapefruit Juice** - Consume a small amount (8 oz.) of unsweetened grapefruit juice or eat 1/2 grapefruit before your first treat meal.

This will help stabilize insulin before the treat. This is also a great time to consume a cup of coffee because the naringin extends the fat burning effect of the caffeine.

Caffeine has also been shown to enhance the absorption of post workout carb intake. Just make sure you don’t abuse caffeine.

**3. Drink up!** - Drink 75 to 85 oz. of filtered water before noon. This will help prevent dehydration, set up the digestive system for a healthy binge, and prevent early day cravings.

Adequate hydration can also help with glycogen replenishment. Just keep water intake to a minimum directly before and after meals. Sip throughout the day.

**4. Avoid Alcohol** - Alcohol abuse can mess up the metabolic and hormonal effect you’re trying to accomplish.

## **5. Avoid too much Sugar and Fried Foods**

Deep fried foods are basically void of any nutritional value and therefore don't provide any metabolic or hormonal benefits for the treat.

They also pack a lot of trans fat, which are just too dangerous for your health even in small quantities.

I know it's a cheat, so don't obsess too much about it. But it's just something to keep in mind.

## **6. Optimize Your Digestion**

If you eat foods that are hard to digest during your treat, try to optimize your digestion:

- Take a high-quality digestive enzyme just before your meal
- Avoid drinking any fluid 30 minute before and after your meal
- Chew your food a lot and slow down your eating

### **Bonus Tip:** Redirect Your Cheat Food Straight Into Muscles

GLUT4 is a glucose transporter that's found in fat tissue and muscle that's responsible for using insulin to transport glucose (fuel from carbs) into the cell.

Muscular contractions stimulate the cell, which can bring GLUT4 to the surface. This creates the perfect storm to help you avoid fat spillover before high carb treat meals.

**Here's how it works.** Perform body weight movements (use one or more of the following: body weight squats, lunges, jump squats, push-ups, pull-ups, wall push-ups, wall triceps extensions, even shoulder presses with a band) for 5 minutes, 20-30 minutes before treating and again 30-60min minutes after treating

This will bring GLUT-4 to the surface of muscle cells opening the gateway for your treat food to be shuttled into muscle rather than fat spillover.

## **You're Ready!!! ☺**

I hope this guide has cleared things up for you.

Treating is highly beneficial to get in control of your hormones, but it can also be a double-edged sword if you're not careful.

The goal is to treat long enough to get it out of your system and reward yourself, while metabolically triggering what your body needs physically and mentally.

***“Dieting” should never be about deprivation and eventually depression.***

***Never forget that!!!***

Whatever your goal is: fitting in your skinny jeans, gaining your confidence back, finding a new job or sparking the flame in your relationship... remember that you only get to live once – and that complete restriction rarely works.

You're trying to lose weight, exercise more and make changes in your life.

Enjoy the process.

Enjoy your healthy meals.

Celebrate your progress.

Plan your treats and enjoy every bite.

And for goodness sakes, STOP beating yourself up and enjoy your life!

I believe in you!

~ Coach Courtney

## The Treat Day Overview

Over the course of the next few weeks plan a weekly Treat Day to boost leptin levels and prime the body for optimal fat burning.

While there are no major restrictions on the types or quantities of food you eat each day, there are a few loose “guidelines” to adhere to:

- Eat the foods you crave without feeling guilty
- Don't get technical and start your Treat Day at 12 a.m. on Sunday morning; start when you normally wake up on Sunday.
- Don't set the alarm for a very early time; start when you normally wake up on Sunday.
- Don't stuff yourself; eat until you're satisfied, not to the point of discomfort
- Don't skip meals holding out for a single feast; eat throughout the day
- Don't consume alcohol; one beer is fine, but alcohol consumption works against what we are trying to accomplish hormonally with the treat Day
- Perform an intense workout first thing in the morning or 1-Hour before your treat meal
- In addition to the workout, you may perform an optional cardio only session in the afternoon or evening. Remember, the more calories you burn through exercise on this program, the better. If you have the opportunity to move, do it. This will also help to facilitate the depletion effect.

Other than the above loose guidelines, you can eat whatever you want. And you'll be happy to know that over the course of the last 10 years, no matter which way I've tested it, the “eat-whatever-you-want” approach works best from a results standpoint than any other more restrictive or controlled approach.

## **The Protein-Only Depletion Day**

The Protein-Only Depletion Day prepares your body for your TREAT Day. It's the day prior to your treat day, and serves the purpose of depleting muscle glycogen and triglyceride stores to make "room" for the influx of calories and carbohydrates that will take place on the follow day.

On this day you will consume protein with every meal. You will also consume BCAAs in the amount of 5 grams between meals to protect lean body mass and heighten important fat burning enzymes.

Carbohydrate and fat intake should be minimal (since we are trying to deplete those energy stores).

Consume LOTS of veggies.

Make sure to plan for a workout on this day as this training is exceptional for depleting energy stores, particularly muscle glycogen stores, quickly and efficiently.

In addition to the workout, you may perform an optional cardio only session in the afternoon or evening. Remember, the more calories you burn through exercise on this program, the better. If you have the opportunity to move, do it. This will also help to facilitate the depletion effect.

## **Sample Protein-Only Depletion Day**

### **Meal 1**

2/3 cup egg whites scrambled with mushrooms, spinach and onions topped with tbsp. salsa

### **Meal 2**

1 scoop of protein powder blended with 1 cup (8oz) almond milk, 1 tbsp. almond butter, ½ cup ice and a dash of cinnamon

### **Meal 3**

4oz cooked chicken breast served with a large salad of mixed lettuce, cucumber, red and green bell pepper, cucumber and red onion, topped with an oil and balsamic dressing

### **Meal 4**

Three hardboiled egg whites w/ 1 cup chopped raw veggies

### **Meal 5**

6oz baked cod served with a medley of sautéed veggies

### **Meal 6 (if hungry)**

30g/1oz protein powder in water