Short & Sweet
This manual will be short and sweet. This manual will be more about telling “how” to implement the program, and not so much the “why” we are doing what we do. We will probably dive deeper into the science of it all during our sessions and consults, but for now let’s just lose some fat as fast as we can. That said, email us if you have any questions about any part of the program.

This will also assume you are either training at Way Of Life Boot Camp a minimum of 3x per week or using the at-home guide provided.

You should have the following documents:

- Program Manual – The One You Are Reading Now
- The At-Home Workout Guide (in case you miss any workouts or are doing this from somewhere outside of North County San Diego)
- The Sample Menu
- The Food List
- The Cheating Guide
- The Dietary Fat Guide

The Breakdown
The program has 3 options for nutrition. The first “Main Option – Intermittent Fasting” below will be the first choice for most people trying for the best results possible, and we also have 2 other options for those that feel this strategy may not be the best fit for them.

This is a “challenge”, so the fact that we have 3 options means that your strategy will be critical in competing well against others, and also competing well against the most important person in the room – yourself.
The 3 options are as follows:

1) The “Main Option” – Intermittent Fasting (IF)

Here is the entire IF program in a nutshell. Just bullet points, further discussion of each point will follow.

- The “Secret Sauce” is coconut oil – You will take 2–4 TBS per day (at specific times)
- You will eat regularly during 8 hours of the day, the other 16 you will fast
- You will consume NO MORE than 50 net carbs per day
- You will consume a minimum of 120g protein/day (women) 180g protein/day (men)
- Fats will only come from coconut oil, and other natural sources (no man made fats)
- You will train in a “fasted” state
- You will log everything you consume
- You will get 1 “Cheat Night” per week
- Calories are not a huge concern
- Optionally, you can take 200mg of caffeine (coffee, tea, or pill) prior to working out

The Secret Sauce

The cat is out of the bag, the secret food is coconut oil (but please keep the details of how we are using this stuff to yourself). This stuff has been around for ages, but its true potential is only now being realized.

Coconut oil is a saturated fat. And I can hear you now “But saturated fat is bad!”

I can tell you with 100% certainty that is a myth. The reasons why you have heard this falsehood over and over could fill a book (and in fact it has) but for our purposes let’s stick with this: There are “trans fats” and there are “saturated fats” and they are NOT the same thing. Trans fats are man–made garbage fats and are toxic to humans. The safe level of trans fats in the diet is ZERO.
Saturated fat can be either man made (avoid like the plague) or come from nature (awesome stuff, enjoy whenever possible). Coconut oil obviously comes from nature so we are cool.

Coconut oil has some SERIOUS benefits when it comes to fat loss. First off, it’s fat is primarily composed of Medium Chain Triglycerides (MCTs) – most fats are long chain. This is significant for several reasons:

1) The likelihood of MCTs being stored as fat is near zero.
2) MCTs are preferentially used as a fuel in the body and require no conversion to be used almost instantly (signaling your body to switch its fuel source from carbs to bodyfat)
3) Coconut oil has been proven to elevate metabolism, increasing the number of calories burned per day significantly.
4) Coconut oil has been shown to optimize the thyroid and even reverse thyroid dysfunction.
5) Coconut oil seriously blunts appetite.
6) Coconut oil puts your body in a “fat burning mode”

There are piles and PILES of other benefits too, but that goes beyond the scope of this guide.

**Here is how you will be using coconut oil:** You will be taking 2–4 tablespoons of the awesome stuff per day in divided doses. How much will depend on you and how things shake out. Highly scientific I know, but we will be seeing what works for you and tweaking it. FYI– there are no negative side effects to taking too much coconut oil.

**When to take it:**

- After you wake up – boosting metabolism and telling your body to use fat for fuel, setting the tone for the day
- 20–30 minutes prior to your workout – boosting metabolism and telling your body to use fat for fuel for the workout (and beyond)
- 20–30 minutes prior to any meal – blunting appetite and blunting any insulin response
- Any time during your fast (see below) – blunting appetite, boosting metabolism and telling your body to use fat for fuel
You do not have to take it at EVERY one of those times, but first thing in the morning and prior to the workout are the most important. (If you work out in the morning this could be just the one 1–2 tbs dose, but then definitely take it another time during the day.)

**How you will take it:**

I like it straight from the jar. You can get this from Nutrition Zone in Carlsbad. The Trader Joe’s brand is good, too, but you can use any brand of virgin coconut oil. It tastes like a creamy Mounds candy bar, just not as sweet. Some people like to put it in a mug of water or coffee and put in the microwave, warm it up and drink it. That’s too much effort for me, but whatever works.

At room temperature coconut oil is a very soft solid that is easily scooped out with a measuring spoon. In the hotter months of the year it might be completely liquid – this is just fine as coconut oil does not go bad (the only natural fat that doesn’t.)

**Fair warning:** If you refrigerate it, it will be as hard as a rock. One down–side is the stuff is not particularly portable. To make my life easier I keep a jar at home and a jar at work. Again, get the one in a jar. Nutrition Zone, Trader Joe’s, Costco, Sprouts, Whole Foods, should all carry it. Capsules are NOT acceptable.

Some love the taste, some hate it, some just tolerate it. It you absolutely can’t stand it then don’t take it, but it can accelerate fat loss considerably.

I do have a few “recipes” I have been tweaking, but basically you do not want to take it with anything caloric.

SIDE NOTE: A very small percentage of users may experience some “gastric distress” when consuming coconut oil. This is largely due to killing off the bad bacteria in the gut. The simple solution is to start with a smaller dosage (1 tsp) and work your way back up.

**Intermittent Fasting (IF)**

This is not NEAR as bad as it sounds. I also think “fasting” is a horrible term as it has such negative connotations. Because basically it is like this: You are going to eat for part of the day and NOT eat for part of the day.

Simple.

But the beauty is the way we split it up accelerates metabolism and predominately uses fat as the fuel source.

We are going to do what is called an 8/16 fast. You can eat for 8 hours of the day (following the guidelines of course) and you will not eat (fast) for the other 16.
Don’t freak out. Much of those 16 hours you will be sleeping.

So if you start eating at noon, you stop at 8 pm. If you are a late night person you could start eating at 2pm and stop at 10pm and still reap all the benefits.

You can make adjustments to that timing of course, but here is the biggie: YOU MUST SKIP BREAKFAST.

Yup, you heard me. You are going to break one of the “golden rules” of fat loss.

The second that food enters you system (with the exception of the coconut oil) you are putting fat burning on hold.

That is why we will be skipping “the most important meal of the day” and choosing to burn massive amounts of fat instead. This keeps insulin low (see below) for an extended period, and keeps the fat burning hormones (including growth hormone) very high.

You will still take a tablespoon (or 2) of coconut oil for the reasons mentioned above, but for our purposes that will not interrupt our fast at all and will in fact encourage your body to use its own bodyfat for fuel.

**Carb Control**

You will consume less than 50 grams of (net) carbs per day (that’s total carbs minus the fiber.) Here’s the deal: **Low Carb Works**. There is just no disputing it.

Fat loss is dictated by our bodies hormones levels; primarily insulin. When insulin is high fat burning is simply not possible. And when we eat carbs we secrete insulin and thus fat loss comes to a screeching halt. So it is imperative we control insulin levels, but there is good news: We can control insulin directly by controlling our carb intake. Problem solved.

But it can be dreadfully boring if you let it. I’m not exactly known for my culinary creativity, so get in the kitchen and make the diet as exciting as you can. Just keep your carbs lower than 50 per day (even closer to 30) and your body will be forced to burn off its reserve fuel source (your body fat) for fuel.

If you need recipes, we’ll be searching Google and posting tons of them on the Facebook page, but you need to private message me on Facebook and request to be added to the FB 6–week transformation page. You can find me on FB here: Forrest Folen.

I know, I hear it all the time “But I *NEED * carbs…” No, you want carbs and there is a difference. Decide what is more important, eating carbs or getting lean. Your call.

This one is just not that complicated so don’t make excuses, just make it happen.
Protein Power
Protein is VITALLY important on this program. You see our muscles are primarily composed of protein (once you take out the water.) And we will be beating the living crap out of our muscles during this program so we MUST supply the raw materials needed to rebuild and repair the (good) damage we inflict. A good rule of thumb is 1g of protein per pound of bodyweight, but even this can get screwy if we carry too much bodyfat – that is why I say a minimum of 120g per day for women and 180g per day for men.

Protein also takes twice as much energy to digest and assimilate as do carbs and fat, and it can also curb appetite. It also stimulates cognitive function.

Good sources are: Meats, chicken, turkey, fish, cottage cheese, (certain) protein powders, whole eggs, and even (nitrite free) bacon. Be sure to go organic whenever you can. See the accompanying Food List.

Eat Fat and Get Lean
Remember this simple fact: Natural fats are awesome, man made ones suck. Remember that one simple thing and you are golden.

Our bodies LOVE fat. Our brains are mostly fat. Our cell membranes are made of fat. Our hormone production RELIES on fat. Our bodies were literally made to function optimally with a relatively high fat intake.

Going low fat is simple a HUGE mistake.

You can have plenty of healthy and natural fat on this program. Obviously the coconut oil is allowed, as well as things like avocados, nuts, meats, natural cheeses, butter (grass fed) and even bacon (so long as it has not been processed.) But you must AVOID anything that says it is hydrogenated or partially hydrogenated.

Fasted Training
You will be conducting all of your workouts in a “fasted” state. That means no food in your belly. If you train in the morning this should not be an issue, just don’t eat before you work out. Be sure to remember the 8/16 rule too.

If you train in the evening this can be trickier. You will need to NOT EAT for 3–4 hours prior to training. You might be able to do it with only 2 hours as everyone’s gastric emptying flows at a different rate, but you will have to be your own judge. If you feel your lunch in your stomach when you are working out you either ate too much or did not wait long enough to train. You will probably screw this up a few times before you get it right, but keep tweaking until you do. And of course remember the 8/16 rule as well.
If you work out say at 7:30 in the evening, to stick with the 8/16 IF rule you could start eating at 9am and eat until 5pm.

**The One Exception:** Take 1–2 TBS of coconut oil 20–30 minutes prior to your workout. As I stated this will encourage your body to use fat for fuel during your workout and give your metabolism a nice little boost.

**Calories Shmalories**
The component of this program we care LEAST about is the calorie levels. More and more research every day says that calories are not as significant as we thought in the fat loss battle. What is important: Our body's hormonal environment (i.e. low insulin levels). And hey, we’ve already got that covered.

So for this program we have recommended 1200 cals for women and 1500 for men, but if you go a bit higher and the other guidelines are still followed (low carbs, high protein, taking your coconut oil and eating a good amount of healthy fat) we will be happy trainers! Again, calories are pretty low on our list of fat loss concerns.

**Caffeine Buzz (optional)**
Caffeine can be a useful tool. Without it most of us would not even get out of bed. For our purposes we will be taking 200mg 20–30 mins prior to training. You can take it as coffee, tea or in a pill if you prefer (you can find it at almost any vitamin shop). Also, it is good to assess your tolerance so you are not bouncing off the ceiling. If you train in the evening you might want to take a pass on this as it might keep you up at night – it’s your call.

**Complete Accountability**
Write it all down on [http://SparkPeople.com](http://SparkPeople.com) or [http://myfitnesspal.com](http://myfitnesspal.com) You will write down EVERYTHING you eat.

There are iPhone / smartphone apps for each of these online logging programs.

You will PRINT THESE OUT and bring these logs in with you to every session (non-locals may email.) Be sure to put your name on it as they all look the same.

**Cheat Night**
This is unquestionably the most awesome (or at the very least the most fun) part of this program: The night when you throw all the rules out the window. From 5–6pm until bed feel free to eat whatever you want. Optimally this would be a very high carb / low fat affair. Seriously – whatever you want. You see when your body perceives calorie levels to be too low it shuts down fat burning as a preservation mechanism.
The cheat tells your body that calorie levels are still high so go ahead and burn some fat.

See the Cheating Guide for more info on how to optimize your cheat.

Other Considerations
There are a few other things to keep in mind. When you drop your carbs it is easy to just live off of meat and cheese. That can be fine for a while (albeit short on nutrients) but the lack of fiber can back you up quickly. The easier way to keep things “moving” is to make sure you eat plenty of low carb but fibrous vegetables everyday. When that doesn’t happen consider a psyllium fiber product (I keep the Trader Joe’s version on hand.) A couple of table spoons mixed thoroughly in water before bed tastes like saw dust but will get thing going again.

The other thing is water. Here is our advice: Drink more.

To fully optimize this plan you should drink a gallon per day. Yes, one gallon. Yes, that is a lot. Yes, you will pee a lot.

The deal is your body functions best when fully hydrated, plus the processing of fat (fat burning) happens most easily when properly hydrated. This will also reduce water retention under the skin. Also we have the added benefit the extra water aiding in detoxing your body over the next 6 weeks. Bodyfat can store toxins, and when you are burning fat at a high rate (which you will) you are also potentially releasing more toxins.

Know this: More water will not make you burn more fat. But not enough water will stop fat burning in its tracks.

Option 2 – The Way Of Life 21–Day Detox
This is the same nutrition option we’ve used for our “Way Of Life 21–Day Detox”. Here is the link to find all the information: www.wayoflifebootcamp.com/documents

Option 3 – Myfitnesspal.com food logging option
In the third option you will use myfitnesspal.com as a calorie counter. Just go to the website, start a free account and start food logging. This is a simple yet powerfully effective tool for losing weight. Go to www.myfitnesspal.com.

**Conclusion**
That's it. It is really not that complicated, but if you have any questions DO NOT HESITATE to contact us— that is what we’re here for!

Now here is some tough love: You are either doing this program or you are not. Decide which now. If you are not following the guidelines your results will suck. Following this guide can potentially change your life forever— doing what you’re doing now will without question will keep it the same.

You now have the keys to a new lean, healthy body and a new energized life. All you have to do is turn the key and walk through the door. Trust me, you’re going to love it here.

—Forrest, Anthony, Vanessa, Jenn, Zach, Brittany, Marcus and the Way Of Life Team

**P.S. – ALL diets are temporary**

We want to be clear that any diet, 6–week transformation, weight loss program, detox, etc. will eventually come to an end. In order to continue to get results and to keep the weight off, you MUST make eating right and exercise a LIFESTYLE.

We encourage you find an exercise program that can be done on a regular basis, and we follow the philosophy of the book “What Are You Hungry For?” as our “lifestyle” nutrition guide.
P.P.S – We offer our lifestyle program, the Way Of Life Boot Camp, in Oceanside and Vista, Ca. Please text “1 WEEK” to 650–771–5149 to claim your FREE week trial at one of our boot camps!!