

SEXY AS F*CK!

Phase Three Diet Plan For Men

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If you are ready to step things up and take your diet to the next level, we got you covered! We have put together a 3 principle program through the week that will focus on low carb, intermittent fasting and shake days to help you break through plateaus and take your fat loss to the next level.

The first principle that we are going to focus on is our protein and produce principle. This is basically sticking to lean proteins and green or colourful veggies for your meals to get the most out of your fat loss nutrition. The real trick here is the elimination of starchy carbohydrates. This will boost your metabolism and teach your body how to incinerate fat all day long, every day!

The second principle is intermittent fasting. During your intermittent fasting periods you will eat nothing and drink only non-calorie containing drinks for up to 18 hours at a time. Most of the 18-hour fasting period will take place while you sleep, so you won't be awake and hungry all the time! Fasting will help your body burn up fat and learn how to utilize the nutrients that you are giving it during a regular feeding day.

The third principle is something that we have used with many of our clients and competitors to get results, and get them fast. Basically it involves having shakes for all meals for a specific period of time. On this plan you will have shakes as meals for most of the day.

Your week is going to look like this:

Monday- 4 meals of protein and veggies

Tuesday- 4 Meals of protein and veggies

Wednesday- Intermittent Fasting (IM) and 2 Meals of protein and veggies

Thursday- 4 Meals of protein and veggies

Friday – 4 Meals of protein and veggies

Saturday- Shake Day (3 Shakes total) and One Cheat Meal

Sunday- Intermittent Fasting (IM) and 2 Meals of proteins and veggies

On your IM day your last meal will be around 8pm on the night prior (Tuesday, Saturday). You will then go from 8pm-noon the next day without eating any food or ingesting any shakes. It will be tough but you will survive! Ignore the hunger and stay busy. You are allowed and it is recommended that you drink plenty of water or non-calorie containing beverages (water, green tea, etc)

For the Shake days your shakes are going to consist of 2 scoops of protein , 1 tbsp of almond butter and 1 tbsp of coconut oil. You will drink the shakes spaced evenly every 3-4 hours throughout the day.

On Saturdays you can pick your cheat meal. This is to provide a mental break from the plan and allow for social activity.

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Day Monday and Tuesday

Meal 1- Denver Omelet

- 9 large egg whites (1.5 cup) plus one whole omega-3 egg, beaten
- 6 oz cooked turkey/chicken, chopped
- 1 fresh green pepper, cut into strips
- 1/2 small onion, chopped
- 1 slice fat free cheese
- 2 tsp coconut oil

In a large skillet, brown the onions and turkey ham in 1 tsp of the butter spread, adding green peppers for the last couple of minutes. Remove from the skillet, add the remaining butter spread, and pour in the beaten eggs. Flip the omelet, then add the slice of cheese to the top. Then add the sautéed mixture of turkey and vegetables onto one half of the omelet and fold it over to serve.

Meal 2- Apple Mushroom Turkey Burger and Mediterranean Salad

Burger

- 1 lb ground turkey/lean ground beef
- 5 mushrooms, finely chopped
- 1/2 small onion, finely chopped
- 1/2 apple, finely chopped
- 1/2 tbsp butter, coconut oil, or Smart Balance spread
- 1 tsp lemon juice
- 1 omega-3 egg
- 1/2 tsp salt Garlic powder and pepper, to taste

Fry onions until brown (5-10 minutes). Add apples and mushrooms and stir-fry for an additional 4 minutes. Place all of the ingredients into a large bowl and mix thoroughly. Form into 2 large patties and broil 4 inches from heat, 6 minutes on each side. The burgers are done with juices run clear after being pierced with a fork.

Save the other burger for Tuesday

Salad

1 large cucumber
1 large red tomato
1 tbsp olive oil Dash of salt

Simply chop the cucumber and tomato into small cubes, then toss with the olive oil and salt. Serve chilled.

Meal 3- Pecan Crusted Salmon

- 16 oz salmon fillet (half will be used for the next day)
- 3 tbsp pecan meal
- 2 big handfuls raw spinach (about 20 mature leafs)
- 10 spears of Asparagus
- 1 tsp olive oil
- 1 tsp butter, coconut oil
- Salt & pepper, to taste

To make the pecan meal, process whole pecans or pieces in a blender on low. Mix 2 tbsp pecan meal and 1 tsp olive oil in a small bowl, then coat the top of the salmon fillet. Add salt and fresh ground pepper. You can either de-skin the salmon before cooking, or place the salmon skin-side down on a cooking tray covered with aluminum foil. After cooking, the skin will stick to the foil and you can peel the fillet right off. Cook the salmon in an oven at 400-degrees F for 12 minutes, broiling for the last 6 minutes. (keep an eye on the salmon while broiling to make sure you don't burn it). While the salmon is cooking, steam the spinach and asparagus.

Save ½ the salmon for Tuesday.

Meal 4 – 2 Mixed Nut Bars

- ¾ cup pecan meal
- ¾ cup almond meal
- ¼ cup walnut pieces
- 2 whole omega-3 eggs plus 2 whites, beaten
- 6 scoops vanilla whey
- ¼ tsp salt Splenda, to taste (optional)

Servings – 6

To make the pecan and almond meal, process the nuts in a blender. Mix everything together in a large bowl, and continue stirring until all of the ingredients have mixed together thoroughly. Spread the dough into an 8x8-inch baking dish coated with olive oil cooking spray and bake for 15 minutes at 350-degrees F.



Wednesday and Sunday

Fast until noon. You can include 10-20g of BCAA's with water in the morning, around 10am and between lunch and dinner.

12pm Meal 1- Spinach and Cheese Omelet

- 9 large egg whites (1.5 cups) plus one whole omega-3 egg, beaten
- 6 oz cooked turkey/chicken, chopped
- 1 handful fresh spinach (or 1/3 cup frozen, thawed and drained)
- 1 cup mushrooms, sliced
- 1/3 onion, chopped
- 1 slice fat free cheese

Stir-fry the chopped turkey, onions, and mushrooms in a skillet coated with olive oil cooking spray on medium-high heat for 5 minutes, or until things begin to brown. Add the spinach and stir for about 30 seconds, just until the spinach becomes dark green and condensed. Remove the contents from the skillet. Rinse the skillet to provide a fresh surface for the eggs, apply a new coat of olive oil cooking spray, and return it to medium-high heat. Add the beaten eggs. Wait a couple of minutes until you see bubbles starting to form around the edges of the eggs, then lift a portion of the eggs with a spatula, allowing the runny eggs on top to flow beneath the part that you lifted with the spatula. Do this in three or four places around the perimeter of the omelet. After another minute, when the bottom is solid again, flip the omelet. After flipping the omelet, add the slice of cheese to the top, still exposed in the skillet, and then dump the sautéed mixture of turkey and vegetables onto one half of the omelet. Fold the omelet over to cover the contents, then slide it onto a plate and enjoy!

Dinner time Meal 2- Grilled Top Round, Sirloin or Filet 6-8oz and Grilled Veggies (include any you like)

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Thursday and Friday

Meal 1- Asian Scrambled Eggs

- 1.5 cup egg whites, plus 1 whole omega-3 eggs, beaten
- ½ cup chopped mushrooms
- 3 medium scallions (green onions), chopped
- 5 snow peas, quartered
- 1/2 bell pepper, chopped
- 2 tsp coconut oil
- 1 tbsp chopped fresh ginger
- 1 tbsp soy sauce

In a skillet or wok on medium-high heat, brown the ginger in half of the oil (1 tsp). After a couple of minutes, add the mushrooms, snow peas, and pepper. Stir-fry until the mushrooms start to brown and lose most of their moisture, and then add the chopped scallions. Stir-fry for another couple of minutes while drizzling half of the soy sauce over the mixture, and then remove the vegetables from the skillet. Add the remaining oil, then the eggs. When the eggs start to bubble around the edges, stir them with a spatula until scrambled. Just before the eggs are completely cooked, add the vegetables and mix thoroughly. Serve warm, with the remaining soy sauce drizzled over the top after cooking.

Meal 2- Greek Burger

- 1 lb extra lean (96%) ground beef
- 1/2 cup feta cheese, crumbled
- 1/2 cup olive slivers
- Salt & pepper, to taste
- Servings – 2

In a large bowl, combine all of the ingredients. Form two large patties with the mixture, and then cook them on a grill or in a large skillet on medium heat for 5-8 minutes on each side. Some good options for side dishes include a Mediterranean salad, grilled peppers and tomatoes, or mashed garlic cauliflower.

Meal 3- Peppered Sirloin with Grilled Onions and Balsamic Syrup

- 1lb sirloin steak
- 1 large onion, sliced
- 1 cup balsamic vinegar
- 1 tsp finely grated fresh ginger
- 1 tsp olive oil or coconut oil
- Salt & pepper, to taste
- any other veggies you want to add for your side and 2 tbsp of dressing

Meat Servings – 2

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To make the balsamic syrup, add one cup of balsamic vinegar to a saucepan, and bring to a boil over medium heat. Boil the vinegar until it has reduced to one quarter of the amount you started with (reduce to 1/4 cup). It will turn into thick, bubbly syrup. Be sure not to overcook, as it can burn easily near the end. If the reduced vinegar becomes too thick when it cools, heat it slowly with 1/2 to 1 tablespoon of water until it is a desirable consistency. In a large skillet, melt oil medium-high heat and add the onions. Sprinkle with salt and toss to coat, and then stir fry for 8-10 minutes, until the onions are nice and browned. The longer the onions are browned, the sweeter they become (without burning of course). Pat the steaks dry with paper towels, and then rub them lightly with the oil. Massage the salt, ginger, and a generous amount of freshly ground black pepper over the steaks. Sear the steaks in a heavy nonstick skillet over high heat about 4 minutes on each side for medium-rare, or 5-6 minutes for medium-well. You will know it's time to turn the steaks when little droplets of blood form on the surface. Nestle a mound of onions next to the steaks, and then drizzle the balsamic vinegar syrup over everything.

Meal 4 – 1 Mixed Nut Bar

Saturday

3 evenly spaced protein shakes - each shake contains 2 scoops protein, 1tbsp of almond butter and 1tbsp of coconut oil

1 Cheat Meal! –

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The recipes provided in this manual have been put in there to help and assist you.

You are more than welcome to make substitutions. You can sub any lean protein for another lean protein source, any veggie for a similar veggie and so forth. If you want to be mindless and just focus then we recommend you follow the recipes we've provided. If you want to venture off, if you love to cook and have some variety then you are more than welcome to make substitutions.

You can use apps like my fitness pass or fitday to record your meals and monitor and substitutions make.

Good luck and have fun!

Joe Arko and Sara Fennell