



## **Sample Nutritional Booklet**

**Please Read Entire Manual Before Beginning**

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Today I am going to introduce you to an aggressive nutrition strategy that's specifically designed to help you make the switch from burning food and sugars – to burning fat as your primary energy source.

***And it doesn't matter what type of genetics you have.***

If you take action and apply this method properly **it will only take a few short days to burn off stubborn belly fat and visually see your stomach start to get flatter – in only a few short days.**

In most cases, this method only requires about 3 days of the week and it works best after a weekend binge or a period of eating unhealthy. Now truth be told, almost everybody who tries to use a low carb rapid fat-loss plan messes up their hormones, damages their metabolism, and forces their body to gain the weight back. But when you use *this* particular carb depleting approach based on a unique nutrition method -- you'll see how you can attack belly fat **without** old-school "dieting" or wreaking havoc on your metabolism.

**Healthy Carb Depletion can serve several powerful purposes:**

1. It's one of the **fastest** ways to drain the body of carbohydrate stores and/or muscle glycogen (a catalyst to using fat as fuel).
2. *Shuts off* the body's dependence on sugars and carbs as energy sources.
3. Helps you CONTROL insulin (your body's fat storage hormone) and lowers glucose to create an aggressive fat burning environment inside your body.
4. **Reprograms** and **fixes** your metabolism to teach it where fat stores are readily available for energy needs.
5. Primes your muscles and hormones to "want" and "need" more carbs and extra calories.
6. Creates a MASSIVE short term calorie deficit for extreme fat loss. I'll be the first one to admit that most depleting strategies are far from easy, but IF timed and applied properly, **it's like hitting the "reset" button on fat loss.**



But first you must learn to avoid these 3 traps when you try to manipulate or deplete carbs...

### **3 Traps You Must AVOID When Depleting Carbs**

Most people think carb depleting is simple. Just count carbs. This ends up being a trap and it's one of the many reasons the majority of folks never sustain their weight loss when they try this method.

#### **That's why you must avoid these 3 traps when you carb deplete...**

**1. Depleting with the wrong foods.** Many times people automatically associate low carb or depleting with high fat, greasy foods or other unhealthy fake low carb diet snacks. These are loaded with nasty hidden chemicals, unhealthy fillers and obesity additives. The food combinations and choices you make while depleting makes ALL the difference. It's critical to use the RIGHT food choices. AVOID processed foods. Use all natural whole food choices as much as possible.

Protein shakes are fine, but nothing gets results like real, healthy, whole food with the proper timing, combinations, and portion sizes. From an alkaline perspective, Hemp protein is the best choice.

**2. Depleting at the wrong times.** So many people hop from plan to plan and totally diminish the effect of structured carb depletion. If you've already low-carbed yourself to death or been on the diet yo-yo, you should definitely take a diet break. Eat a balanced amount of regular healthy foods for at least a few weeks before attempting any of these tactics. On the other hand, if you've just had a weekend food bender, eaten high carb or you've just plain eaten unhealthy for any length of time -- **you're probably in a perfect position to take full advantage of the power of structured carb depletion.**

**3. Depleting for the wrong durations.** Most folks really screw this one up. When it comes to depleting, more is definitely not better. In most cases, you should rarely ever deplete for more than a few days of the week. However, there are specific times where it's advantageous and necessary to strategically deplete for a week or more at a time in a ***strategic sequence***. For example, I've created a powerful advanced fat burning days on the planet. It's simply called the "*Fasting Day*". **This sneaky approach meets all the body's needs to preserve lean muscle while simultaneously resetting all your metabolic triggers – creating some ridiculous fat loss.**



Here's the healthiest way to deplete carbs and create a short term MASSIVE calorie deficit and achieve extreme fat loss.

## **STEP 1: TURN OFF SUGARS**

**Consume zero starches or fruits for about 3 days in a row after a few days of eating higher carbs.**

This will help rapidly accelerate glycogen depletion and get your body burning fat again as fast as possible. It will also ramp up catecholamine levels (fat burning hormones) and prep your metabolism for the weekend fun. It's a fairly simple process. Just consume no more than 25 to 50 grams of impact carbs for the day (i.e. starches, fruits). Also make sure to watch for hidden sugars. Also make sure you consume a complete protein source in every meal to help increase satiety and keep your body in a high-energy, fat-burning environment.

*By using this approach a few days of your week, you'll temporarily "shut off" your dependence on sugars as fuel and program your body to burn a ton more belly fat.*

## **STEP 2: GO ALKALINE**

**Second, increase your fats and double your servings of green cruciferous veggies on deplete days.**

Friendly fats and green veggies will prevent your body from becoming too acidic, which can elevate cortisol (stress hormones) and keep your body from burning fat as fuel. Keeping your body alkaline will preserve muscle and help you avoid the toxicity and acidity that can destroy results when using this approach. Some good examples to use for fats are extra fish oils from wild caught fish, olive oil, coconut oil, grass fed butter, egg yolks from farm fresh or cage free egg yolks, avocado, grass fed beef and small amounts of raw or organic cheese. One of BEST ways of doing is to also include "green drinks" first thing in the morning! Please refer to the Juicing 101 eBook for more information.

**And make sure you avoid canola and vegetable oils.** Nasty stuff that will increase inflammation and negate the effect of strategic depletion. Great veggie examples are spinach, kale, broccoli, cauliflower, asparagus, green beans, collard greens, arugula, and cabbage. These are all great choices for extra veggies. This will help provide all the fiber, vitamins, and minerals necessary to keep you alkaline, while maximizing fat-loss during the carb deplete. It will also help you with appetite control and helps minimize bad estrogen inside the body because of the naturally occurring anti-estrogens inside many of these greens. Although not put in great detail in the program, get in the habit of using these foods as much as you can on your low carb days.



### STEP 3: SUPER HYDRATE

**Lastly, double your daily water intake on deplete days.**

*I know this technique isn't appealing or "sexy", but it works.* Most folks simply underestimate how effective proper hydration can be for getting rid of post weekend carb bloat and facilitating other metabolic processes that burn fat. Remember, if you cheated this past weekend or ate too many carbs for a few days in a row you'll be holding almost an extra 3 grams of water for every gram of carb you consumed. So if you had a few slices of pizza, some bread and a bowl of ice cream **we're talking an extra 600 to 1000 grams of water sitting on your belly.**

*Just lift up your shirt right now and take a look.* Yup. THAT'S what I'm talking about. lol.

*So here are a few fast fluid facts to help you keep in simple.*

First, **the more water you "give" your body, the less it will hold onto.** So if you feel like you're holding water or bloated, drink MORE water and it will only take about 24 hours to look and feel leaner. Also remember that all metabolic processes that take place in the body operate more efficiently and effectively when you're properly hydrated. A good rule of thumb is to consume 60 - 70% of your total body weight in ounces of water on your carb deplete days. So if you weigh 150 pounds then you should be shooting for 100 to 120 ounces of water minimum. Trust me on this one, you'll control your appetite and just "feel" a whole lot better when you're hydrated. Yes, you'll pee a lot more. But it's worth it. :-)) Just remember...drink BETWEEN your meals and not with them. For added detoxification, added slices of lemons and limes to your water.

So there you have it, an introduction to Advanced Carb Depleting...

Okay okay...so you have the information, but now you're thinking...jeez Joe that's a lot of info, how the heck and I suppose to put all that together? Well I've put together a 7 day plan for you to follow! There is also a food substitution list.



## **Supplements**

Supplements are an excellent complement to an already great diet and the best way to accelerate results by simply replenishing the body. Supplements are vital to receive all the proper amounts of vitamins, minerals and other nutrients. Even if your diet is perfect you cannot possibly eat enough food to replenish its needs, thus supplementation is imperative.

Below is a list of common supplements and their usages.

### **There are four basic supplements that I recommend for all my clients—**

1. Hemp Protein Powder and BCAA's (Hemp protein with your shakes, and BCAA's prior and during your workouts and on Sunday's for your fasting day.
2. Hemp Oil or Fish Oil (should be taken at breakfast and lunch)
3. Digestive Enzymes (should be taken with every solid meal you consume. Take your enzymes 30 minutes prior to eating. If you forget, then take them with your meal)
4. Probiotics (should be taken on an empty stomach just before your head hits the pillow before you go to sleep.

If you want more info on those products, please contact me.



Monday: Low Carb	Tuesday: Low Carb	Wednesday : CARB	Thursday: Low Carb	Friday: Low Carb	Saturday: Cheat	Sunday: BCAA
Upon Rising: 500ml Lemon water	Upon Rising: 500ml Lemon water	Upon Rising: 500ml Lemon water	Upon Rising: 500ml Lemon water	Upon Rising: 500ml Lemon water	Upon Rising: 500ml Lemon water	Upon Rising: 500ml Lemon water
B/L: 3 fish oil, l carnitine, Vitamin D, B, Multi	B/L: 3 fish oil, l carnitine, Vitamin D, B, Multi	B/L: 3 fish oil, l carnitine, Vitamin D, B, Multi	B/L: 3 fish oil, l carnitine, Vitamin D, B, Multi	B/L: 3 fish oil, l carnitine, Vitamin D, B, Multi	B/L: 3 fish oil, l carnitine, Vitamin D, B, Multi	3 Meals of: • 500ml fresh Green Drink 3x's a day (Breakfast, Lunch, Dinner) • 15g BCAA 3x's a day (between lunch and dinner and after dinner • 1 cup of green tea
Enzymes before lunch and dinner	Enzymes before lunch and dinner	Enzymes before lunch and dinner	Enzymes before lunch and dinner	Enzymes before lunch and dinner	Enzymes before lunch and dinner	
BW: 5g BCAA	BW: 5g BCAA	BW: 5g BCAA	BW: 5g BCAA	BW: 5g BCAA	BW: 5g BCAA	
DW: 5g BCAA	DW: 5g BCAA	DW: 5g BCAA	DW: 5g BCAA	DW: 5g BCAA	DW: 5g BCAA	
PW: 25g protein, water, 10 glutamine	PW: 25g protein, water, 10 glutamine	PW: 25g protein, water, 10 glutamine	PW: 25g protein, water, 10 glutamine	PW: 25g protein, water, 10 glutamine	PW: 25g protein, water, 10 glutamine	Before Bed:
Before Bed:	Before Bed:	Before Bed:	Before Bed:	Before Bed:	Before Bed:	2 ZMA 10g glutamine Milt Thistle Probiotics 1tbsp chia seeds
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## Monday/Thursday: Low Carb Day

Start each day with 500ml of lemon water with Himalayan Sea Salt

Mix all ingredients with spoon/fork in a bowl (use a hand blender for smoother texture)

### Meal 1

Juiced Greens  
10-15 minutes later proceed to meal 2

### Meal 2

1 scoop protein powder  
1/3 cup greek yogurt  
1 tsp almond butter  
1 tsp ground flax  
1 tsp coconut oil  
1 cap full aloe vera juice and pinch of Matcha

Toss all ingredients with spinach and season with salt and pepper.

### Meal 3

4 oz Grilled chicken breast (chopped)  
2 cups raw baby spinach  
1 cup sprouts  
1/2 red pepper  
1tbsp sunflower seed  
1/2 avocado  
1 tsp extra virgin olive oil  
2 tsp Red Wine Vinegar

### Meal 4

10g BCAA's

Season tilapia with Italian seasonings and grill in pan with coconut oil. Serve warm tomato sauce over fish.

### Meal 5

4 oz Grilled tilapia  
1/4 cup tomato sauce  
4 steamed asparagus  
2 tsp coconut oil

### Meal 6

1 scoop Protein Powder  
1/4 cup blueberries  
2 tsp Almond Butter

Mix Ingredients in a bowl adding small amounts of water until everything is completely mixed





## Tuesday/Friday: Low Carb Day

Start each day with 500ml of lemon water with Himalayan Sea Salt

### Meal 1

Juiced Greens  
10-15 minutes later proceed to meal 2

Blend all ingredients to make a shake

### Meal 2

1 scoop protein powder  
1/3 cup greek yogurt  
1 tsp almond butter  
2 TBSP ground flax  
1tbs coconut oil  
1 cap full aloe vera juice and pinch of Match

Toss all ingredients with spinach and season with salt and pepper.

### Meal 3

4 oz Grilled chicken breast (chopped)  
2 cups raw baby spinach  
1/2 avocado  
1/2 tomato  
1 cup sprouts

### Meal 4

10g BCAA's

Season chicken with Italian seasoning and grill on BBQ  
Serve warm on top of salad

### Meal 5

4 oz grilled chicken breast  
1.5 cups spinach  
1/4 cup chopped red onion  
1/4 cucumber  
1/4 pepper  
2 tsp extra virgin olive oil & vinegar  
2 TBSP feta cheese

Mix together and enjoy

### Meal 6

1 cup fat free greek yogurt  
1/4 cup blueberries or 1/3 cup strawberries  
2 TBSP Walnuts



## Wednesday: Good Carb Day

Start each day with 500ml of lemon water with Himalayan Sea Salt

### Meal 1

Cook an ground beef, add  
salsa on top

Juiced Greens  
3oz ground beef  
Mixed veggies  
1 slice Ezekiel bread

### Meal 2

4 oz grilled Chicken  
4 oz sweet potato with cinnamon

### Meal 3

Mix all ingredients together  
and season with salt and  
pepper

4 oz Grilled chicken breast (chopped)  
 $\frac{3}{4}$  cups chopped cucumber  
 $\frac{1}{4}$  cup chopped tomato  
1 tsp extra virgin olive oil  
4oz sweet potato

### Meal 4

10g BCAA's

### Meal 5

Season steak with favourite  
steak spice (I use montreal  
steak spice). Lightly steam  
broccoli. Serve with a side  
salad, rice/millet/quinoa

4 oz lean steak grilled  
 $\frac{1}{2}$  cup wild rice/quinoa/millet  
1 cup broccoli  
1 cup spinach  
 $\frac{1}{2}$  tomato  
 $\frac{1}{4}$  yellow pepper  
2 tsp extra virgin olive oil

### Meal 6

Mix up the protein powder  
with water in a shaker and eat  
the apple and almonds on the  
side

1 scoop Protein Powder  
10 Almonds  
Small apple



## Saturday: High Carb Day

Mix Ingredients in a bowl adding small amounts of water until everything is completely mixed

### Meal 1

1/3 cup cottage cheese  
1 scoop protein powder  
1/3 cup frozen berries  
3 TBSP chopped walnuts

### Meal 2

1 scoop protein powder with  $\frac{3}{4}$  cup almond milk and  $\frac{3}{4}$  cup coconut water

Brown beef and season with salt, pepper, and chilli powder. Combine with spinach and salsa and toss with oil and vinegar

### Meal 3

4oz 97% Lean Beef or Turkey  
1 cup Baby Spinach  
2 TBSP salsa  
2 tsp extra virgin olive oil  
2 tsp red wine vinegar  
4oz sweet potato

### Meal 4

1 scoop protein powder  
 $\frac{1}{4}$  cup mixed berries  
3 TBSP Walnuts

Have what you want...you've earned it!

### Meal 5

Anything you want!!!!



## **Sunday: Fast Day!!**

The goal of the fast day is to reboot insulin sensitivity and carb tolerance before another 6 days of carb cycling. It also acts as a caloric deficit day.

The rules are simple and as follows: no real solid meals throughout the day. You can snack in necessary on veggies. Eat again at 7pm that night.

On the fasting day, have 3 "meals" as follows:

- 500ml fresh Green Drink 3x's a day (Breakfast, Lunch, Dinner)
- 15g BCAA 3x's a day (just after breakfast, lunch, dinner)
- 1 cup of green tea

At the end of the fasting day, you can break the fast with a protein (about 4-6oz) and veggie meal around 7pm. Here's an example.

4-6 oz grilled chicken breast  
1.5 cups spinach  
2 cups chopped mixed veggies  
2 tsp extra virgin olive oil & apple cider vinegar