



The Scivation Diet Solution

The Diet Solution

Since the creation of Scivation, we have always preached the importance of following a diet. Even though we are a supplement company, we have never said that taking our supplements is more important than following a well-structured diet and that is why we have written many diet books to assist our consumers. The first diet book released by Scivation was the *Game Over Cut Diet*, a diet created to get people into competition condition. Next, we released the *Lean Mass Diet*, a diet created to help people gain muscle while limiting fat gain. Lastly, we released the *CHA Diet*, a diet that used the *Game Over Cut Diet* principles but was easier to follow, had a little more freedom, and could be used to either lose fat or gain muscle. Over the past two years, the *CHA Diet* has been tweaked and improved based on the experiences of over 20,000 Team Scivation members. We took everything we learned from these members' feedback and compiled it into one concise diet that can be used to lose fat and gain lean muscle while still enjoying life. Introducing *The Diet Solution*!

The Diet Solution Basics

The Diet Solution is based upon three main principles: (1) calorie control and macronutrient manipulation (2) giving your body the nutrients it needs and (3) maintaining stable insulin levels.

The number one thing that dictates whether you gain or lose weight is your calorie intake. If you are eating more calories than you burn, then you will gain weight. If you are eating less calories than you burn, then you will lose weight. Taking things a step further, the ratio of the three macronutrients; protein, fat, and carbohydrates controls whether that weight you gain/lose is muscle or fat. *The Diet Solution* not only controls your caloric intake but also the ratio of protein, fat and carbohydrates to promote fat loss and lean muscle gains. In order to lose fat and gain muscle, you must give your body the nutrients it needs.

However, losing weight is not as simple as eating less calories than you burn. If you do not give your body the nutrients it needs you will feel terrible and your results will be less than stellar. The side effects of not giving your body the nutrients it needs are fatigue, weakness, irritability, insomnia, among other nasty things in addition to not having the energy to workout. Weight training and cardiovascular exercise are both vital to gaining lean muscle and losing fat. If you



don't have enough energy to function in your daily life, then you certainly are not going to have energy for either one of those.

The Diet Solution focuses on giving your body the essential nutrients it needs (nutrients that must be obtained through the diet), specifically protein and essential fatty acids (EFAs). Every meal you eat will contain a protein source like chicken or fish and a healthy fat source like nuts or avocado. Then, we add in fruits and vegetables, which give you vitamins, minerals, fiber, low GI carbs and tons of other beneficial nutrients. Finally, we add in starchy carbs when your body needs them the most, in the morning (meal #1) or if you are working out that day, to your post-workout meal. Setting up your diet up in this manner is the key to maintaining stable insulin levels, which allows you to gain muscle and lose fat. (Additional carbs are added as need depending on your goals).

There is a lot of confusion when it comes to carbohydrates. People often adopt an "all-or nothing" mindset regarding carbs and they either go on a zero carb diet or eat as many carbs as they desire. Instead of taking an extreme approach to carbs, *The Diet Solution* is a controlled-carbohydrate diet. When you eat carbohydrates, your blood glucose increases and the body releases insulin from the pancreas to store the carbohydrates and bring your blood glucose levels back to normal levels. The problem for those trying to lose fat is the fact that insulin blunts the fat burning process. When insulin is secreted, the body puts fat burning on the backburner so it can deal with the influx of carbohydrates. Chronically high insulin levels will lead to fat storage! In order to maximize fat loss, insulin levels must be controlled. This does not mean limiting insulin levels as much as possible by not eating any carbohydrates, but rather controlling the amount and type of carbohydrates eaten. You want to stick to "good carbohydrates" that are unprocessed, high in fiber, and low in sugar. Good carbohydrates are digested and absorbed slowly which leads to healthy blood glucose levels (normal insulin response) and conversion of food energy for the body as opposed to sugar-filled, processed carbohydrates that spike blood glucose levels and promote fat gain. Examples of good carbohydrates are whole grains, oatmeal, bran, potatoes, and wheat/whole grain bread/pastas. Eating small, frequent meals composed of protein, fats, and good carbohydrates will lead to stable insulin levels, fat loss, and lean muscle gains.

To optimize fat loss and lean muscle gains, you will be eating five-six meals a day, spaced out every two-three hours. All of your meals will contain a protein source and a healthy fat source.



In addition to protein and fat, we will be adding fruits, vegetables, and starchy carbs (with your first or post-workout meal only). To help you fit 5 meals into your day, we have created Solution 5 -- the most advanced meal-replacement-powder (MRP) ever developed. Solution 5 contains high quality protein, healthy fats, fiber, a fruit and vegetable blend, along with digestive enzymes. It was created to fit our diet guidelines and give you everything you need from a meal. We know that everyone is busy and doesn't have time to cook and prepare five meals each day. This is where Solution 5 comes into play and on this plan; 2 of your daily meals will be in the form of a Solution 5 shake.

It may sound like *The Diet Solution* is a strict diet, and it is, but you are allowed one meal a week where you can eat whatever tasty foods you are craving. We call this your weekly "Free Meal." The Free Meal is not a cheat meal because it is built into your diet. The weekly Free Meal serves as both a psychological break from dieting as well as giving your body a metabolic boost. Those are the basics of Scivation's Diet Solution; now let's go into further detail on the diet.

The Essential Macronutrients—Protein & Fat

You would be selling yourself short by not giving your body all the nutrients it needs. I am talking specifically about the nutrients that are "essential" to the body. Essential nutrients are nutrients that the body cannot make and therefore must be obtained through the diet.

Concerning the macronutrients, there are two groups of essential nutrients; essential amino acids (EAAs) and essential fatty acids (EFAs). Getting adequate protein in your diet each and every day is heavily stressed in the fitness community, but what is not stressed is getting in adequate essential fatty acids each day. Why would you focus on only getting one of the two essential nutrients? Both EAAs (in the form of protein) and EFAs **MUST** be obtained from your diet.

Protein contains amino acids, which are the building blocks of the body. Getting adequate protein in your diet is vital to the repair and recovery of your body. In order to recover from your workouts and gain lean muscle you must obtain sufficient dietary protein – this cannot be overlooked.

Most people have a fear of dietary fat. They think that eating fat makes you fat and therefore they limit it as much as possible. Not only is this thinking wrong but it can also be detrimental to your body and results. There are two fatty acids that are essential to the body, the omega-3



fatty acid alpha-linolenic acid (ALA) and the omega-6 fatty acid linoleic acid (LA). If your body does not get enough ALA and LA from your diet then many metabolic processes and even hormone production can suffer. When choosing the dietary fat sources that comprise your diet, you want to choose foods that are high in ALA and LA (i.e. almonds and olive oil) and stay away from foods that are high in saturated and trans-fats (i.e. butter and bacon). While you do need some saturated fats in your diet, the majority of your fats should be unsaturated (monounsaturated and polyunsaturated fats).

To get the best results possible, daily you must focus on getting enough of both protein and essential fats in your diet. All five-six meals in *The Diet Solution* are based around protein and fat. We also add in fruits and vegetables to provide vitamins, minerals, fiber, and low GI carbs as well as starchy carbohydrates to promote energy and recovery when your body needs them the most.

Fruits and Vegetables

You are to have two servings of fruit every day. These fruit servings can be placed in any meals you desire. If you want to have one serving of fruit with meal #1 and another with meal #5 that is fine. If you want to have both servings of fruit with meal #3 that is perfectly fine. The important thing is that you eat your two servings of fruit each and every day. While you can eat any type of fruit you desire, there are two fruits that have been shown to increase fat loss when combined with an insulin controlled diet: grapefruit and blueberries. If you like grapefruit and blueberries then we highly recommend you use these two fruits for the majority of your fruit intake. If you do not like grapefruit and blueberries, or you cannot eat them for medical reasons, then you do not HAVE to eat them.

Green vegetables are full of vitamins, minerals, fiber, and are very low GI carbs. You are allowed to eat unlimited green vegetables (i.e. broccoli and green beans) on this diet. Why can you eat unlimited green vegetables? While green vegetables do contain calories, the benefits of eating vegetables far outweigh any calories they contain. It is theorized that it requires more calories to digest green vegetables than they contain making them a negative calorie food. Whether or not this is completely true or not, let's face it, no one has ever gotten fat from eating too much broccoli! In addition to eating unlimited green vegetables you may also eat other non-green vegetables (i.e. mushrooms, carrots, and corn) sparingly. Try to get at least three servings of green vegetables a day. If you want more than three servings of green vegetables then eat up!



Starchy Carbohydrates

The Diet Solution is a controlled-carbohydrate diet, structured to maintain stable insulin and blood sugar levels. Scientifically speaking you do not need to eat carbohydrates at all because the body can create glucose (the simplest form of carbohydrate) from amino acids as well as ketones (fatty acid byproducts) for its energy requirements. Since the body doesn't really need dietary carbohydrates, does this mean that carbohydrates don't serve a purpose? No, eating carbohydrates is beneficial when you eat the right type of carbohydrates at specific times. Eating starchy carbohydrates (i.e. potatoes, oatmeal, and rice) provides your body with energy and helps you recovery after a workout. To put the carbohydrates to best use, you are to eat them at the times when your body can utilize them the best, first thing in the morning and/or post-workout. Upon waking, the body's insulin sensitivity is high, meaning less insulin is needed to store ingested carbohydrates. Remember, insulin blunts the fat burning process so we want to keep insulin levels controlled. After going 6-8 hours without any food the body is ready to absorb the nutrients you give it. On the days where you are not working out, you are to have your carbohydrates first thing in the morning with meal #1. If you are working out, then you are to have your carbohydrates post-workout and not with meal #1. The reason for this is after a workout the body is primed to absorb nutrients even more so than first thing in the morning. When you workout you burn muscle glycogen (carbohydrates stored in the muscles). After a workout, the body wants to replenish this lost glycogen and therefore enhances its ability to metabolize carbohydrates, making post-workout the **BEST** time to eat carbohydrates. Note that if your post-workout meal is your last meal of the day you should still eat your starchy carbohydrates. No matter what time of the day you finish your workout, even if it is right before bed, it is still the prime time to eat starchy carbohydrates.

Starchy Carbs While BULKING

When trying to lose fat we recommend having carbs in meal #1 or your post-workout meal. When bulking (trying to gain muscle) you want to give your body a constant supply of carbs so we recommend having starchy carbs in all of your meals on WORKOUT DAYS. On off days you will just have starchy carbs in meal #1.



Fiber

Dietary fiber is a type of carbohydrate but cannot be digested by the human gut nor does it provide any energy. However it has protective qualities, it helps soften stool and encourages normal eliminations (healthy bowel movements). Fiber rich diets also promote a feeling of fullness, which is very beneficial for those looking to drop a few excess pounds. Fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes. However, extremely high dietary fiber intake (more than 40 grams per day) can also lead to health problems including chronic diarrhea & difficulties in dietary nutrient absorption. *The Diet Solution* provides beneficial fiber through fruit, vegetables, starchy carbohydrates, and Solution 5 (which contains 3.5 grams per serving).

The Free Meal

Once a week you are allowed to eat a meal of whatever foods you are craving. We call this meal the weekly Free Meal. If you want a greasy cheeseburger and French fries then eat a greasy cheeseburger and French fries. If you want some General Tso's chicken and fried rice from your favorite Chinese restaurant then get some General Tso's chicken and fried rice. If you want to cook up some spaghetti and meatballs then cook up some spaghetti and meatballs. While you are allowed to eat whatever you are craving this does not mean you can let loose at an all-you-can-eat-buffet and stuff yourself until you cannot move. This should be a normal sized meal like you would get at a restaurant. The purpose of the Free Meal is two-fold, (1) it provides a psychological break from dieting and (2) it gives you body a metabolic boost.

Dieting, specifically on a low-calorie diet, for an extended period of time can cause your metabolism to slow because your body senses it is not getting enough calories and it will therefore try to hang on to the calories it has, which are stored as body fat! Body fat is stored calories and energy the body can call upon when it is needed. If the body thinks it is not getting enough calories then it will do what is needed (i.e. decrease your metabolic rate) to keep the calories (body fat) it has. By giving your body a large influx of excess calories once a week you "trick" your body into thinking it is getting more calories than it really is, preventing a decrease in your metabolism. So when it comes time to eat your weekly Free Meal don't feel bad, it is actually doing your body good!



Making Your Diet Work for You

Setting up a meal plan that will work for your schedule is a MUST for a successful diet. With *The Diet Solution* this is simple with the use of Solution 5. If you only have time for breakfast, lunch during a break at work, and a late dinner then you can still get all five-six of your meals in by using Solution 5. For example, you could set your meals up as follows.

5 Meal Plan

Meal #1 = 7AM (Breakfast at home) - Solid Food Meal

Meal #2 = 10 AM- Solution 5

Meal #3 = 1 PM (Lunch break at work) - Solid Food Meal

Meal #4 = 4 PM- Solution 5

(Gym 6:30-8)

Meal #5 = 8:30 PM (Post-Workout Dinner at home) – Solid Food Meal

Following this schedule would allow you to get all five of your meals in with a meal about every three hours, leading to balanced insulin levels and optimizing fat loss and lean muscle gains.

Your diet has to work with your schedule otherwise you won't be able to stick to it. These are just example times. You can adjust your meals times as needed to best fit your schedule.

6 Meal Plan

Meal #1 = 7AM (Breakfast at home) - Solid Food Meal

Meal #2 = 9:30 AM- Solution 5

Meal #3 = 12 PM (Lunch break at work) - Solid Food Meal

Meal #4 = 2:30 PM- Solution 5

Meal #5 = 5 PM - Solid Food Meal

(Gym 6:30-8)

Meal #6 = 8:30 PM (Post-Workout Dinner at home) – Solid Food Meal

Following this schedule would allow you to get all six of your meals in with a meal about every two-three hours, leading to balanced insulin levels and optimizing fat loss and lean muscle gains.

Your diet has to work with your schedule otherwise you won't be able to stick to it. These are just example times. You can adjust your meals times as needed to best fit your schedule.

Now let's get into YOUR meal plan!



6 Meals

Workout Days: 3218 Calories (252g Protein, 90g Fat, 360g Carbs [Not counting fruit & veggies])

Off Days: 2018 Calories (252g Protein, 90g Fat, 60g Carbs [Not counting fruit & veggies])

6 Meals each containing 42g protein & 15g of fat & 60g carbs (With fruits and vegetables added as directed)

Steps to Creating Your Meals

1. Step 1 is to choose your protein source.
2. Step 2 is to choose your fat source.
3. Step 3 is to choose your carb source.
4. Step 4 is to add your fruit and/or vegetables.

Note: You can use 4 scoops of Solution 5 to meet all your nutrient requirements for a meal.

Note: You can use 1.5 scoops of Scivation Whey to meet all your protein requirements for a meal.

1. **Protein:** 6 oz Lean Meat (Fish, Chicken, Beef, Turkey) **OR** Eggs (3 Whole Eggs [also counts as your fat servings] + 3/4 Cup Egg Whites) **OR** 1.5 Cup FF Cottage Cheese/Fage Yogurt [max 1 meal per day]
2. **Fat:** 24 (30g) Almonds **OR** 6tsp (30g) Peanut Butter **OR** 3 oz Avocado **OR** 3tsp Olive/Flax/Enova/Macadamia Nut Oil [no fat source if using whole eggs for your protein]
3. **Carbs:** [All meals on WORKOUT days. Meal #1 only on Cardio/OFF days.]
1 Cup Oatmeal **OR** 8 oz. Sweet Potato **OR** 4 Slices Ezekiel Bread **OR** 1 1/3 Cup Rice/Pasta
4. **2 servings Fruit per day plus green vegetables as desired**

Note: You can use 4 scoops of Solution 5 + 1 Cup Oatmeal to meet all your nutrient requirements for a meal.

Note: You can use 2 Scoops Scivation Whey to meet all your protein requirements for a meal.

Example Daily Diet- Workout Day

Meal #1

1. Choose protein = 3 Whole Eggs + 3/4 Cup Egg Whites
 2. Choose fat = fat comes from whole eggs
 3. Choose carbs = 4 Slices Ezekiel Bread
 4. Add in fruits/veggies = 1 Cup Green Peppers, Onions, and Mushrooms (in eggs)
- ***OR 4 Scoops Solution 5 + 1 Cup Oatmeal**

Meal #2

1. Choose protein = 2 Scoops Scivation Whey



2. Choose fat = 30g Peanut Butter
 3. Choose carbs = 1 Cup Oatmeal
 4. Add in fruits/veggies = 3/4 Cup Blueberries
- ***OR 4 Scoops Solution 5 + 1 Cup Oatmeal**

Meal #3

1. Choose protein = 6 oz. Lean Turkey
 2. Choose fat = 24 Almonds
 3. Choose carbs = 1 1/3 Cup Rice
 4. Add in fruits/veggies = 1.5 cups Green Beans
- ***OR 4 Scoops Solution 5 + 1 Cup Oatmeal**

Meal #4

1. Choose protein = 2 Scoops Scivation Whey
 2. Choose fat = 30g Peanut Butter
 3. Choose carbs = 1 Cup Oatmeal
 4. Add in fruits/veggies = 3/4 Cup Blueberries
- ***OR 4 Scoops Solution 5 + 1 Cup Oatmeal**

Meal #5

1. Choose protein = 6 oz. Chicken Breast
 2. Choose fat = 24 Almonds
 3. Choose carbs = 1 1/3 Cup Rice
 4. Add in fruits/veggies = 1.5 cups Green Beans
- ***OR 4 Scoops Solution 5 + 1 Cup Oatmeal**

Meal #6

1. Choose protein = 6 oz. Lean Beef
 2. Choose fat = 30g Almond Butter
 3. Choose carbs = 8 oz. Sweet Potato
 4. Add in fruits/veggies = 4-8 oz. Asparagus
- ***OR 4 Scoops Solution 5 + 1 Cup Oatmeal**

Note: There is an Acceptable Food List at the end of this document.



Training-Tri-Phase Training

When designing a weight training routine there are three main variables that can be altered in order to the type of growth stimuli you get from the routine, these variables are volume, intensity, and frequency.

- Volume = sets * reps
 - The more sets and reps the greater the volume of a given workout
- Intensity = percentage of your 1-RM max
 - If your max bench is 315 then lifting 295 is more intense than 225 because it is a greater percentage of your 1-RM
- Frequency = number of times you work a muscle in a given time span
 - Most people use 1 week as the time span

These variables must be balanced in order to keep you progressing. If you do too much you will not be able to recover sufficiently and then you strength and muscle gains will slow. I am also going to throw another term out there—training density. The density of a workout is the sets * reps * load. You should strive to increase the density of each workout by increasing the load lifted, which should be done for every phase of training.

It is helpful to break your training up into phases, which is called periodization. One phase might focus on increasing the volume of your routine while the next phase might focus on increasing the frequency of your routine. The idea is to stimulation your muscular system in a different way with each phase in order to promote more growth. As I said in the beginning of this section, no matter what variable you are focusing on during a given training phase your primary focus should be progressing each and every workout. If you deadlifted 315 for 8 reps for your last workout you want to beat that. This can be done by adding weight to the bar (i.e. 10 lbs.) or completing more reps (i.e. 10 reps since you got 8 last time). You must progress in order to grow!

With this information in mind, Scivation has created a 3-phase mass program. Each phase is four weeks long and focuses on one of the three training stimuli variables and is designed to promote a steady state of progression. Let's get into the program.

Tri-Phase Training Instructional Videos:

<http://www.bodybuilding.com/fun/triphase.htm>



Phase 1—Volume

The goal of Phase 1 is to increase the volume (number of sets) each week. In addition to adding sets each week you should always strive to lift a greater load each workout.

- Week 1 = 2 sets per exercise
- Week 2 = 3 sets per exercise
- Week 3 = 4 sets per exercise
- Week 4 = 5 sets per exercise

Rest time = 90 seconds between sets.

Workout 1	Back+Traps
Workout 2	Chest+Shoulders
Workout 3	Legs
Workout 4	Arms

Monday-Back+Traps

Deadlift	2-5 X 6-10
Pull-Up	2-5 X 6-10
Bent Over Row	2-5 X 6-10
BB Shrug	2-5 X 6-10
DB Shrug	2-5 X 6-10

Wednesday-Chest+Shoulder

Bench Press	2-5 X 6-10
Incline DB Press	2-5 X 6-10
Dips	2-5 X 6-10
Military or DB Press	2-5 X 6-10
DB Side Lateral	2-5 X 6-10

Friday-Legs

Squats	2-5 X 6-10
Stiff Leg Deadlift	2-5 X 6-10
Leg Press or DB Lunges	2-5 X 6-10
Leg Extension	2-5 X 6-10



Leg Curl 2-5 X 6-10

Saturday- Arms+Calves

BB Curl	2-5 X 6-10
Close Grip Bench	2-5 X 6-10
Skull Crusher	2-5 X 6-10
DB Curl	2-5 X 6-10
Standing Calf Raise	2-5 X 6-10
Seated Calf Raise	2-5 X 6-10

The rep range for Phase 1 is 6-10, which means you want to get at least 6 reps but no more than 10 reps. If you cannot get 6 reps then the weight is too heavy. If you can get more than 10 reps then the weight is too light. Once you can complete 10 reps with a given weight you should increase the weight for the next set. For example, if you can squat 225 lbs. for 10 reps the increase the weight to 235 lbs.

Phase 2—Intensity

The Goal of Phase 2 is to lift a near maximal load for low reps. There will be no changes in the number of sets you complete, just the load you lift.

- Week 1 = 8-RM
- Week 2 = 6-RM
- Week 3 = 4-RM
- Week 4 = 2-RM

Rest time = 2-3 minutes between sets.

Workout 1	Upper Body A
Workout 2	Lower Body A
Workout 3	Upper Body B
Workout 4	Lower Body B



Monday- Upper Body A

Bench Press	3 X 2-8
Bent Over Row	3 X 2-8
Military Press	3 X 2-8
BB Shrug	3 X 2-8

Friday- Upper Body B

Incline Press	3 X 2-8
Pull-Up	3 X 2-8
DB Shoulder Press	3 X 2-8
DB Shrug	3 X 2-8

Wednesday- Lower Body A

Squats	3 X 2-8
Stiff Leg Deadlift	3 X 2-8
Seated Calf Raise	3 X 2-8
Close Grip Bench	3 X 2-8
BB Curl	3 X 2-8

Saturday- Lower Body B

Deadlift	3 X 2-8
Front Squat or Leg Press	3 X 2-8
Standing Calf Raise	3 X 2-8
Skull Crusher	3 X 2-8
DB Curl	3 X 2-8

The rep range for Phase 2 is 2-8, but unlike Phase 1, you are going to shoot for a given rep number for each workout. The goal for week one is to use a weight that allows you to complete 3 sets of 8 reps; week two is to complete 3 sets of 6 reps; week three is to complete 3 sets of 4 reps; week four is to complete 3 sets of 2 reps. Each week you will be lifting a heavier load. For Deadlift it may be something like:

- Week 1 = 315 for 3 X 8
- Week 2 = 335 for 3 X 6
- Week 3 = 355 for 3 X 4
- Week 4 = 375 for 3 X 2

If you prefer, you can do arms after legs on the lower body day since the volume is lower on leg day. Some people may prefer to do all of the upper body in one workout because they find leg training more taxing or just because of personal preference. I leave it up to each individual to decide whether they prefer to train arms in the upper body workouts or the lower body workouts.



Phase 3—Frequency

The goal of Phase 3 is to hit each muscle more frequently than Phase 1 & 2.

Workout 1	Whole Body A	2 X 4-6	Rest = 2 mins
Workout 2	Whole Body B	2 X 6-10	Rest = 90 sec
Workout 3	Whole Body C	2 X 10-12	Rest = 30 sec
Workout 4	Weak Point		

Each workout uses different exercises and different rep ranges, though the same exercises could be used for each workout if one prefers. The goal is to do two sets of an exercise for each muscle group. Here is an example of how this workout could be set up:

<u>Muscle</u>	<u>Workout A (Mon)</u>	<u>Workout B (Wed)</u>	<u>Workout C (Fri)</u>
Quad	Squats	Leg Press	Leg Extension
Ham	Stiff Leg Deadlift	Lying Leg Curl	Seated Leg Curl
Calf	Seated Calf Raise	Standing Calf Raise	Donkey Calf Raise
Chest	Flat Press	Incline Press	Decline Press or Dips
Back	Bent Over Row	Pull-up	Rack Deadlift
Delt	Military Press	DB Side Lateral	Cable Lateral
Trap	Barbell Shrug	DB Shrug	Low-Pulley High Row
Tris	Close Grip Bench	Skull Crusher	Tricep Pressdown
Bis	Barbell Curl	DB Curl	Cable Curl

Weak Point Training (Saturday)

It is common for people to have underdeveloped calves, forearms, and posterior (rear) delts. The weak point training day would be perfect to workout on these muscles. An example routine for these weak points would be:

Calves	Standing Calf Raise	3 X 4,8,12
	Seated Calf Raise	3 X 4,8,12
Forearms	BB Forearm Curl	3 X 4,8,12
	DB Forearm Curl	3 X 4,8,12
Rear Delts	DB Rear Lateral	3 X 4,8,12
	Reverse Pec Dec	3 X 4,8,12



Cardio

Perform 20-30 minutes of moderate intensity cardio (Heart Rate of 130-160 bpm) post-workout OR HIIT on two of your off days as follows:

HIIT Cardio

- 5 minute warm-up
- 15 seconds all out followed by 45 seconds of low-intensity cardio **X 5**
- 5 minutes of low-intensity cardio
- 15 seconds all out followed by 45 seconds of low-intensity cardio **X 5**
- 10 minutes of low-intensity cardio
- Total time = 30 minutes

This cardio could be done on the treadmill, elliptical, bike, running track, etc. I personally recommend the elliptical machine as it is low impact and easy to change speeds.

Ab Training is to be done twice a week on the days of your choice:

3 sets of 8-12 reps each.

<u>Abs</u>	<u>Lower Back/Obliques</u>
Decline Crunch	Back Extension
Leg Raises	Torso Twist

Alternate between sets of abs and lower back/obliques exercises.



Supplements

Workout Nutrition

Supplement	Amount	Directions
Scivation Quake 10.0 (Pre-Workout Booster)	2-4 Scoops	Take 2-4 Scoops Quake 10.0 15 minutes pre-workout
Scivation Xtend (Workout Nutrition)	4 Scoops	Sip on 4 Scoops of Xtend DURING your workouts.

Protein and MRP

Supplement	Amount	Directions
Scivation Whey (High Quality Protein Source)	As desired	Use as desired to meet your protein requirement.
Scivation Solution 5 (Meal Replacement Powder)	2 meals/day	Use for 2 of your daily meals. Contains a COMPLETE meal.

Essential Fatty Acids

Supplement	Amount	Directions
Scivation Essential FA (EFA's Fish Oil + Borage Oil)	6 Capsules	Take 2 capsules with meals 1, 3, and 5. Contains MUST HAVE fats.
Primaforce MAX CLA (Fat Loss/Lean Muscle Gains)	3-6 Capsules	Take 1-2 capsules with meals 1, 3, and 5.

Acceptable Food List

In the above diet outlines we listed only a small portion of the foods that are acceptable on *The Diet Solution*. Below are additional foods that fit into *The Diet Solution's* guidelines.

Starches (equal to 15 grams of Carbohydrates)—To Be Consumed First Thing in the Morning on Non-Training days and Post Workout on Training Days

BREADS

- * Bagel - whole-wheat, oat-bran, 9-grain (3.5 inch) ½ or 42g
- * Bread - whole-wheat, oat-bran, 9-grain 1 slice or 32g
- * Ezekiel bread (sprouted grains NO FLOUR) 1 slice



- * Whole Wheat English muffin ½ or 33g
- * Whole Wheat Pita bread (6.5 inch in diameter) ½ or 32g
- * Whole Wheat Tortilla, 6 inches across 1 or 35g

CEREALS & GRAINS

- * Barley (pearled) (dry) 1.25 tbsp or 15.6g
- * Kashi Medley 1/3 cup or 19.8g
- * Cream of Wheat regular or quick (dry) 1.5 tbsp or 16.7g
- * Granola, low-fat (Heartland brand) 2.5 tbsp or 16.5g
- * Grape-Nuts (Post brand) 2.5 tbsp or 16.5g
- * Honey ¾ tbsp or 15.8g
- * Millet (dry) 1.5 tbsp or 18.75g
- * Oat Bran (dry) 3.5 tbsp or 20.5g
- * Oatmeal (Quaker Instant/Old Fashion, dry) ¼ cup or 20g
- * Pasta, wheat (noodles, bowtie, shells etc), (cooked) 1/3 cup or 46g
- * Quinoa Grain (dry) 1.75 tbsp or 18.6g
- * Rice, brown long-grain (cooked) 1/3 cup or 64.35g
- * Rolled Oats ¼ cup or 20.25g
- * Steel Cut Oats, dry 1/8 cup or 20g

STARCHY VEGETABLES

- * Baked potato (no skin) 63.8g or 2.25 oz
- * Baked Sweet potato (baked no skin) 56.7g or 2 oz
- * Yams (baked, no skin) 56.7g or 2 oz

DRIED BEANS & LENTILS

ALSO COUNTS AS 7 GRAMS OF PROTEIN

- * Black Beans (S&W - canned) 106g or 3.75 oz
- * Red Kidney, Pinto Beans (Green Giant - canned) 85g or 3 oz





Fruits (equal to 1 serving of Fruit)
12-15 grams carbohydrate

* Apple, (with peel)	3.25 oz or 92g
* Banana, (peeled)	2.25 oz or 64g
* Blueberries (fresh)	3.5 oz or 99g
* Grapefruit, (peeled)	6.5 oz or 184g
* Grapes	3 oz or 85g
* Mango (fresh)	3 oz or 85g
* Orange, (peeled)	3.5 oz or 99g
* Pineapple	4 oz or 113g
* Peach (fresh)	4.55 oz or 127.5g
* Pear (fresh)	3 oz or 85g
* Papaya (fresh)	5 oz or 141.75g
* Raisins (seedless)	2 tbsp or 18.5g
* Strawberries (fresh)	6.5 oz or 184g
* Watermelon (fresh)	5 oz or 141.75g

Vegetables (equal to 1 serving of Vegetables)
4-6 grams carbohydrates

- **All servings sizes are based on (raw or steamed)**

* Asparagus	4 oz or 113 g
* Broccoli	2.75oz or 78g or ½ cup
* Cauliflower	2.75oz or 78g or ½ cup
* Green Beans	2.2oz or 62.5g or ½ cup
* Onions	53g or 1.86 oz or 1/3 cup
* Spinach	125g or 4.4oz or 2/3 cup
* Celery	120g or 4.25 oz or 1 cup



* Cucumber	156g or 5.5 oz or 1/3 cup
* Green onions	50g or 1.75 oz or ½ cup
* Mushrooms	78g or 2.5 oz or ½ cup
* Tomato	90g or 3.2 oz or ½ cup
* Salad greens (lettuce, romaine)	165g or 5.2 oz or 3 cups

Dairy (equal to 7 grams of Protein & 15 grams of Carbohydrates)—Can Be Consumed First Thing in the Morning on Non-Training days and Post Workout on Training Days

MILK & VERY LOW-FAT MILK

* Skim milk (0 grams fat)	1 cup or 8 Floz
* 1% Milk	1 cup or 8 Floz
* Plain non-fat yogurt	¾ cup or 6 oz
* Yoplait/Dannon Light Fruit yogurt	6 oz (1 container)

LOW-FAT MILK

Also Counts as 5 grams of Fat

* 2 % milk	1 cup or 8 oz
* Plain low-fat yogurt	¾ cup or 6.5 oz
* Sweet acidophilus milk	1 cup

WHOLE MILK

Also Counts as 1- grams of Fat

* Whole milk	1 cup or 8 oz
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Protein (equal to 7 grams of Protein)

VERY LEAN MEAT (all measurements AFTER cooked)

* Chicken breast (white meat) boneless/skinless	1 oz or 28.35g
* Turkey breast (LEAN)	1 oz or 28.35g
* Fresh fish (cod, haddock, halibut, tuna, tilapia)	1 oz or 28.35g
* Shell fish (crab, lobster, shrimp)	1.25 oz or 35.5g
* Egg whites	2 or 67g
* Egg Beaters	¼ cup or 2.15 oz or 61g
* Non-fat cottage cheese	¼ cup or 2 oz or 57 g
* Wild Salmon Fillet	1 oz or 28.35g
* Lean Sirloin	¾ oz or 21.25g
* Egg (including yolk)	1 or 50g (also counts as 5 grams of fat)
* Cheese 2% (Reduced Fat)	1 oz or 28.35g (also counts as 5 grams of fat)

Fat (equal to 5 grams of Fat)

MONOUNSATURATED FATS & POLYUNSATURATED FATS

* Avocado	1 oz or 28.35g
* Almonds (dry roasted)	1/3 oz (~8 pieces) or 1 tbsp
or 8.6g	
* Benecol light	1 tbsp or 14g
* Cashews	1/3 oz or 1 tbsp or 9.65g
* Enova oil	1 Tsp or 4.5g
* Flax oil	1 Tsp or 4.5g
* Mayonnaise (Light, reduced-fat)	1 Tbsp or 15g
* Oil (olive or canola, Enova)	1 tsp or 4.5g or 0.16 oz
* Peanuts	1/3 oz or 9.36g
* Peanut/Almond butter (smooth or crunchy)	2 tsp or 0.38 oz or 10.6g
* Pecans	¼ oz or 1 tbsp or 7.44g
* Salad dressing (Light, reduced-fat)	2 Tbsp or 30g



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|------------------------------|-------------------------|
| * Sesame seeds | 1Tbsp or 1/3 oz or 9.4g |
| * Smart Balance Light spread | 1 tbsp or 14g |
| * Sunflower seeds | 1Tbsp or 1/3 oz or 9.0g |
| * Walnuts | 1Tbsp or 1/4 oz or 7.5g |

FREE FOOD LIST

Less than 20 calories per serving

Less than 5 gram carbohydrates per serving

Recommended at 1 serving per meal MAX per day

FAT FREE or REDUCED FAT

- | | |
|------------------------------|--------|
| * Cream cheese | 1 Tbsp |
| * Creamers, non-dairy liquid | 1 Tbsp |
| * Creamer, non-dairy powder | 2 Tbsp |
| * Mayonnaise, fat-free | 1 Tbsp |
| * Margarine, fat-free | 4 Tbsp |
| * Miracle Whip, non-fat | 1 Tbsp |
| * Salad dressing, fat-free | 1 Tbsp |
| * Sour cream, fat-free | 2 Tbsp |

SUGAR FREE or LOW SUGAR

- | | |
|------------------------------------|---------|
| * Hard candy, sugar free | 1 piece |
| * Gelatin dessert, sugar free | 1 |
| * Gum, sugar free | 1 piece |
| * Jam or jelly. Low sugar or light | 2 tsp |
| * Syrup, sugar free | 2 Tbsp |

DRINKS

- * Coffee
- * Club soda
- * Diet soft drinks, sugar free



- * Tea
- * Tonic water

SUGAR SUBSTITUTES

Equal (aspartame)
Splenda (Sucralose)
Sprinkle Sweet (saccharin)
Sweet One (Acesulfame potassium)
Sweet 'n Low (saccharin)

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