THE FAT LOSS FACTOR

12 WEEKS TO YOUR BEST BODY EVER!

BY MARC "THE MACHINE" LOBLINER
Your Best Body Starts Here!
The Fat Loss Factor

12 Weeks To Your Best Body Ever!

By: Marc “The Machine” Lobliner
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Chapter 1: The Meat and Sweet Potatoes—The DIET!

I know what you’re thinking. Most so-called diet books make you read pages and pages of worthless drivel to get to what you thought would be the good stuff—the actual diet and training program.

Well, this is not one of those books.

The first chapter is all about the program so when you need to look up what you need to do, you just open the book. Chapter 2 and beyond will go into the nuts and bolts of how this diet came about and also a provide what might be the most advanced and effective training system ever created. Let’s get results! This is how you can achieve your best body ever much like I have in record time!

DISCLAIMER: There will be jokes throughout the book. This is FUN. I have fun doing this. This is not a misery, death march style, celebrity diet that sucks the life (and muscle) out of you. If you feel so crappy from your lifestyle or diet (whether you're dieting down or not), why are you doing it? Instead, we have fun here and eating quality, natural foods is a MOOD ENHANCER - not a depressant!

This book was written for anyone looking to get in their best condition EVER and even get onstage and compete, but it can also be applied to anyone looking to improve their physiques and overall health dramatically! It was mostly meant for males of any age who are looking to drop fat and gain lean mass and BE HEALTHY. Women can also safely and effectively use these exact principles with the adjustments listed in the book.

This is an all-natural approach here. The basis of the plan is QUALITY FOOD and INTENSE WORKOUT. I am going to recommend certain foods, but also omit many things that I’ve found to be hazardous and counter-productive for myself and nearly all of my clients or at least limit them. After all, it is all about balance (as we will get into).

In far less than 12 weeks, you will begin to feel incredible, thanks to eating REAL food, training INTENSELY, and supplementing INTELLIGENTLY. After 12 weeks of this program, you will be well on your way to a shredded new you. While this is NOT for contest prep per se (I recommend hiring a coach for that), this diet will get you VERY LEAN if followed correctly. So let's get started.

THE DIET

This is it, no making you wait. This diet has been proven time and time again to not only get you more ripped than an anatomy chart, but also improve blood profiles in many cases including my own. In fact, I have always had high bilirubin levels as a liver indicator and due to weight training, my AST and ALT are always elevated. A few months on this plan and BAM—EXTREME PERFECTION!

Bilirubin, AST and ALT are markers of liver and overall health and weight training naturally elevates the readings of your AST and ALT levels. My AST and ALT went down nearly 100 points (that is BIG) and my
bilirubin, while never severely high, was never in normal range. Now, it is “normal” as deemed so by the US government. With most of my clients, we have seen extreme results like this. Take a testimonial from client David Pope:

“When I started your program I weighed 341.5 pounds, I was pre-hypertensive and my triglycerides were at 172. Worst of all, I had to hear the "pull yourself up by your sack" speech from my long-time friend Marc Lobliner. Now, 18 weeks later, I have lost 28.5 pounds, my blood pressure at my last doctor’s visit was 110/60, with the average being 115/63. My last blood draw showed triglycerides at 133 with cholesterol remaining well in the normal/optimal range.

The numbers speak for themselves. There is no greater testimonial I can give than sharing these numbers. I have energy, confidence, and I have never been hungry while I have been training. Yet I have never been hungrier for success. What you have done so far for me is amazing.”

You might be saying, “But Marc, I just want to get shredded. What does all of this health bullshit have to do with anything?” It has a LOT to do with it. Your body will not function and lose weight properly if not in optimal health and to be even more dire, being lean and sexy means nothing if you are dead.

The Machine Diet

We always see diets focusing on one aspect.

Low
Carbs
Low Fat
High Fat
Olive
Oil
Grapefruit
uit
Detoxing
Cleansing

STOP! Diet is all about balance. Sure, at the end of the day, calories in versus calories out and macronutrient balance is the KEY, but to get optimal results and to be HEALTHY, micronutrients, TYPES of fat, protein and carbs, among other things are tantamount to reaching your goals and being healthy. With that said, here are the basics to this diet.

Fat

Fat is GOOD and we will focus on getting the right kinds of fat. I want fish oil for its amazing EPA and DHA from polyunsaturated fat; Free-Range, Cage-Free DHA eggs for its DHA and saturated fat; Coconut Oil for its MCT concentration; Macadamia Nut Oil for its monounsaturated fat and Natural Peanut Butter for its monounsaturated fat content. Aside from all being NEEDED to absorb fat soluble vitamins and
minerals, let’s look at these fats!

The Machine Diet uses a ratio that isn’t exact, but we want to have all of these fats in our diet on a daily basis.
EPA and DHA (Polyunsaturated Fat) from Fish Oil:

- Contribute to heart health
- Helps alleviate symptoms of arthritis
- Weight Management
- Supports healthy blood lipid and cholesterol levels
- Support mood and well being
- Supports mental focus

Basically, fish oil is awesome. EPA is **Eicosapentaenoic acid**. EPA helps lower inflammation and even helps mediate and control some mental disorders! DHA is **Docosahexaenoic acid**. DHA helps everything from mental disorders, helping an unborn child’s brain development when taken by a pregnant woman, as well as helping to support fat loss! This fat is that damn good!

Omega 6 fats are found in plant sources like many of our oils, particularly corn oil, safflower oil and sunflower oil, sesame oil and peanut oil that happen to be found in processed foods like margarine.

This is also one reason in this diet we recommend ONLY Free Range Beef and Chicken. Our meat is now much higher in Omega 6 than it was. But cows used to be grass-fed and now they are mainly grain fed to fatten them up and the oils from grains are high in Omega 6.

Why is this important for getting shredded? Well, for one, as stated before, HEALTH and having an optimal system is first and foremost. But beyond that, EPA and DHA have been directly linked to fat loss via research. WE WANT THIS FAT!

**Saturated Fat**

AHH, the DEVIL! But, in the right amounts from the right sources, these are GOOD!

- Contribute to heart health: I will explain this one! Some saturated fat is found in the fat around the heart muscle, and are used by the heart as an energy reserve in times of stress.
- Hormonal support
- Support mood and well being
- MCT’s from coconut oil are more likely to be used as muscle and NOT stored as fat

My stance on this is simple—we are eating the RIGHT saturated fat and you need a mix. When eating the diet prescribed on this program, you will be getting fats from supplements, and I like a MINIMUM of 20% of fats to be saturated. Since even the beef we are eating is lower in fat and free range beef is full of Omega 3’s and other healthy fats, we need to add these in. This is why I recommend MCT or Coconut oil. It is more likely to be used for energy and not stored as fat due to its structure and it has been shown to improve markers of overall health. As for eggs, we aren’t going to be eating the mass produced eggs you see in the store for dirt-cheap prices. The fat in the eggs we buy will be chock full of more vitamins and other healthy fats in addition to Saturated fat. That whole “cholesterol being unhealthy” thing is a JOKE (more on that later). In order of preference, here are the eggs you will buy:
1. Pasture Raised: Chickens running around, eating worms and grubs and getting SUNLIGHT which helps produce vitamin D. I actually pick my own from a local farm.
2. Cage Free: They can still be in dark pens, but still an improvement.
3. Eggland’s Best or Other DHA-Rich Egg: They are fed a diet to improve their fat ratio, which is great. I have seen a documentary on their plant and this is not the normal, nasty, chicken’s eating eachother’s poop facility. It is very clean.

Monounsaturated Fat
- Contribute to heart health
- Weight Management
- Supports healthy blood lipid and cholesterol levels
- Helps reduce belly fat

By combining the CORRECT ratio and amounts and using all types of fat, we will derive multiple benefits and achieve amazing results!

This diet isn’t based on a specific ratio since it can vary daily, but we have some simple fat principles I like to stick to:

1. Have at least one meal with Whole Eggs included in it.
2. Have MCT Oil at 1-2 meals per day as the fat source (2 MAX)
3. Have 1Tbsp LIQUID fish oil (for the DOSING) or the equivalent of 1g DHA from capsules (EPA will likely be higher in the capsules, this is fine) NOT counted toward daily fat intake. This is a constant no matter how low calories go.
4. Have Macadamia Nut Oil or Nuts/Peanut Butter/Almond Butter at other meals for Monounsaturated Fat.

Protein

The almighty macronutrient. Shown in studies to promote lean body mass and weight management. This calorie source is the backbone to all diets. We get our protein from lean meats and Whey Protein. Whey Protein has been shown to enhance lean mass gains as well as promote immune function and curb hunger. We will also occasionally use different protein sources for variety. Salmon is an option but this also counts as a fat source. The protein still counts in the salmon. So if the salmon is 21g protein and 5g fat, it counts as three protein servings and one fat (see appendix!).
Carbohydrates

Carbs are a part of the diet. Fruits and veggies, for example, contain MANY micronutrients as well as fiber, antioxidants and other healthy components. We will focus mainly on the following carb sources:

- Oatmeal: Full of fiber and slow digesting. Immense health benefits.
- Sweet Potatoes and White Potatoes: Loaded with potassium and fiber. These actually are a vegetable!
- Green Veggies (Broccoli, Asparagus, Green Beans, Lettuce, Kale and Spinach): Loaded with vitamins, fiber and are essentially a calorie void food!
- Berries: Antioxidants, fiber and has been shown in studies to enhance fat loss!
- Bananas: Full of fiber and potassium along with other nutrients.
- Grains, Corn, Beans: Can be used, but I feel they are inferior to Potatoes as a starchy carb source. This is why I would limit these to two meals or less per day. While they are fine, I just feel that SPUDS are optimal! This is about results, right? Also, what is more awesome than a little organic, unsweetened cocoa with some Stevia on top of a sweet potato or homemade, Baked fries?

These are just some of the things that this diet factors in along with:

- Insulin Control: Insulin is the storage hormone. By controlling this when LOSING fat, we are putting ourselves in a good place to lose fat. Also, some of our supplements like Yohimbine HCl work best in the presence of controlled insulin.
- Alkalinity: Basically, the body absorbs less nutrients from food when it is acidic. We maintain alkalinity by eating vegetables and fruits and also by combining food sources. SO EAT THOSE VEGGIES!
- Calorie Control
- Digestion

With all of these accounted for, it is time for RESULTS!

Those are the nuts and bolts. We all have different needs and these might need to be altered as we move forward, but here are the starting points to your Machine Diet.

**NOTE: You get two FREE servings of fruits per day preferably from grapefruit, berries or bananas. Another over two servings counts toward carb totals.** This is done because no matter HOW low our calories go, we KEEP these in for overall health and their nutrients. DO NOT worry about the GI (Glycemic Index or how fast the carb hits the bloodstream) since this will be combined with other foods within a meal, thus blunting the insulin response.
FREE MEAL!! DO THIS ONCE PER WEEK!!!!

You get ONE weekly free meal per week. Make this ANYTHING you want. Just one meal, within an hour, no buffets.

We do not call it a “cheat” meal because it is on the program! Cheating is when you DON’T follow the program. The free meal will help keep your body on its’ toes, rev up metabolism and also keep you SANE with yummy, not so healthy foods! But we have seen many people OVERDO it or not do it at all. Both of these can have negative ramifications. If you go to a buffet, you can eat MUCH more than normal -- to the point of gluttony which can consist of swollen ankles, bloated abs, and a 12 hour date with the porcelain princess! NOT having it can be just as bad. When dieting, the free meal acts to stimulate the metabolism. When you eat 100% clean for an extended period, the low calories become maintenance and fat loss stalls. This is where the free meal can kick your metabolism straight in the glutes and get your glutes tight and firm!

Shizzam! The FREE part also stands for FREEDOM! The freedom to eat without guilt, without a food scale, and without counting. It is psychological freedom at its finest! ENJOY it. Take someone on a date. Eat an ice cream cone with your dog. Or if you really want to get freaky, get some honey and whipped cream and…never mind.

So back to the RULES. The “Rule of Three” represents three courses. But we are NOT allowing trips to the buffet as a free meal. Sit down at a restaurant or enjoy home cooked yumminess! The three courses are:

- Course 1: Salad OR Soup OR Appetizer
  - You may have any ONE of these.
  - Appetizers are usually meant for two. You can even get fried stuff. Any appetizer works. Just eat half of it or split it with someone. Don’t take it home!
  - For salads, just get any old salad you want and eat the GOOD DRESSING! You know, the creamy stuff that is “bad” for you!
  - Soup is GOOD. Get any soup on the menu. A bowl, not a pitcher!

- Course 2: Main course
  - ANYTHING on the menu. Fried food, pizza, calamari, burger and fries, chitterlings, latkes, s’cargo, pork n’ beans, chimichangas, meat pie….you get the point!

- Course 3: Dessert
  - Let them eat cake! Rock it out. Apple Pie ala Mode, cheesecake, fried bananas, banana splits. Just order dessert!
This should satiate you and not leave you feeling BAD. The rule is that if it is not the last meal of the day that you should be able to eat your normally scheduled meal after it. If you cannot, you overdid it.

There you go! Now have a good time and fit in with the “average” people for once!
Here are the weight ranges we will have plans for. If you weigh less than 140 pounds, start at the macronutrient (calorie) level listed below and decrease by 5 grams of fat per meal to start if uncomfortable and/or you gain over 2 pounds the first week.

Male 140lbs - 175lbs
Male 175lbs - 200lbs
Male 200lbs – 225lbs
Male 225lbs – 250lbs
Male 250lbs+

YOU NEED A FOOD SCALE! This is hardcore, thus we need to measure everything. I do not even “eyeball” food and I do this for a living. BEFORE STARTING BUY A FOODSCALE!

MALE - UNDER 175lbs Starting Diet

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<tr>
<td>Meal 4: 3pm (for 5:30pm WO)</td>
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<td>15</td>
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</tr>
<tr>
<td>Meal 5: 6:30pm PWO</td>
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<td>42</td>
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<tr>
<td>Meal 6: 9:30pm</td>
<td>42</td>
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<tr>
<td><strong>Total Calories</strong></td>
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<td>252</td>
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Meal 1
3 Whole DHA Eggs
7 egg whites
¾ cup oatmeal (measured uncooked)
99g blueberries

Meal 2
2 scoops MTS Nutrition MACROLUTION
.5Tbsp macadamia nut oil
99g Blueberries
http://www.youtube.com/watch?v=chhxWTwNQ9I
Meal 3
6oz Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil
Broccoli

Meal 4
2 scoops MTS Nutrition MACROLUTION
.5Tbsp Coconut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes
99g blueberries

Meal 5
6oz 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon
Asparagus
8oz Sweet Potato

Meal 6 BEDTIME
3 Whole DHA Eggs
7 egg whites
Broccoli
OR
Repeat Meal 2

MALE - 175lbs - 200lbs Starting Diet

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<th>Protein</th>
<th>Fat</th>
<th>Calories</th>
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<tr>
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<tr>
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<td>1008</td>
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Meal 1
3 Whole DHA Eggs
7 egg whites
4 slices Ezekiel Bread
Meal 2
2 scoops MTS Nutrition MACROLUTION
.5Tbsp macadamia nut oil
¾ cup oatmeal (measured uncooked)
99g Blueberries
http://www.youtube.com/watch?v=chhxWTwNQ9I

Meal 3
6oz Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil
Broccoli

Meal 4
2 scoops MTS Nutrition MACROLUTION
.5Tbsp macadamia nut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes
99g blueberries

Meal 5
6oz 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon
Asparagus
8oz Sweet Potato

Meal 6 BEDTIME
3 Whole DHA Eggs
7 egg whites
Broccoli
OR
Repeat Meal 2 Without Oatmeal

MALE- 200lbs - 225lbs Starting Diet

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<td>294</td>
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</table>
Meal 1
3 Whole DHA Eggs
9 egg whites
1 cup Oatmeal

Meal 2
2.25 scoops MTS Nutrition Machine Whey
.5 Tbsp macadamia nut oil
99g Blueberries
1 cup Oatmeal
http://www.youtube.com/watch?v=chhxWTwNQ9I

Meal 3
7oz Chicken (cooked)
30g Natural Peanut Butter or 1 Tbsp Macadamia Nut Oil
8oz Sweet Potato
Broccoli

Meal 4
2.25 scoops MTS Nutrition Machine Whey
.5 Tbsp macadamia nut oil, Coconut oil
or 15g Natural Peanut Butter or 15g fat from unsweetened coconut flakes
99g blueberries

Meal 5
7oz 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon
Asparagus
8oz Sweet Potato

Meal 6 BEDTIME
2 Whole DHA Eggs
9 egg whites
Broccoli
OR
Repeat Meal 2 without oatmeal
MALE- 225lbs - 250lbs Starting Diet

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<td>Meal 3: 12:30pm</td>
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<td>Meal 6: 9:30pm</td>
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<tr>
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Meal 1
3 Whole DHA Eggs
11 egg whites
4 slices Ezekiel Bread

Meal 2
2.5 scoops MACROLUTION
.. 5 Tbsp macadamia nut oil
¾ cup oatmeal (measured uncooked)
99g Blueberries
http://www.youtube.com/watch?v=chhxWTwNQ9I

Meal 3
8oz Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil
Broccoli

Meal 4
2.5 scoops MACROLUTION
.5 Tbsp macadamia nut oil or 15g Natural Peanut Butter or 15g fat from unsweetened coconut flakes 99g blueberries

Meal 5
8oz 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon
Asparagus
8oz Sweet Potato
Meal 6 BEDTIME
3 Whole DHA Eggs
11 egg whites
Broccoli
OR
Repeat Meal 2 with no oatmeal

MALE - 250lbs PLUS Starting Diet

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</tbody>
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Meal 1
3 Whole DHA Eggs
11 egg whites
4 slices Ezekiel Bread

Meal 2
2.5 scoops MACROLUTION
.5 Tbsp macadamia nut oil
¾ cup oatmeal (measured uncooked)
99g Blueberries
http://www.youtube.com/watch?v=chhxWTwNQ9I

Meal 3
8oz Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil
Broccoli
Meal 4
2.25 scoops MTS Nutrition Machine Whey
1 Tbsp Coconut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes
99g blueberries

Meal 5
8oz 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon
Asparagus
8oz Sweet Potato

Meal 6 BEDTIME
3 Whole DHA Eggs
11 egg whites
Broccoli
1 cup Oatmeal
OR
Repeat Meal 2
FOR WOMEN ONLY!

Female 90lbs - 115lbs
Female 115lbs - 130lbs
Female 130lbs - 150lbs
Female 150lbs - 180lbs
Female 180lbs+

YOU NEED A FOOD SCALE! This is hardcore, thus we need to measure everything. I do not even “eyeball” food and I do this for a living. BEFORE STARTING BUY A FOOD SCALE!

Female - 90lbs - 115lbs Starting Diet

<table>
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<th>Fat</th>
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<td>Meal 3</td>
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<tr>
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Meal 1
2 Whole DHA Eggs
5 egg whites
½ cup oatmeal (measured uncooked)
99g blueberries

Meal 2
1.5 Scoop MTS Nutrition MACROLUTION
1tsp macadamia nut oil
99g Blueberries
http://www.youtube.com/watch?v=chhxWTwNQ9I

Meal 3
4oz Chicken (cooked)
20g Natural Peanut Butter or 2tsp Macadamia Nut Oil
Broccoli
Meal 4
4oz 85/15 or LEANER LEAN BEEF/Wild Salmon
Asparagus
4oz Sweet Potato

Meal 5 BEDTIME
2 Whole DHA Eggs
5 egg whites
Broccoli
OR
Repeat Meal 2

Female - 115lbs – 130lbs Starting Diet

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Meal 1
2 Whole DHA Eggs
7 egg whites
½ cup oatmeal (measured uncooked)
99g blueberries

Meal 2
1.5 Scoop MTS Nutrition MACROLUTION
1 tsp macadamia nut oil
99g Blueberries
½ cup oatmeal
http://www.youtube.com/watch?v=chhxWTwNQ9I

Meal 3
5oz Chicken (cooked)
20g Natural Peanut Butter or 2 tsp Macadamia Nut Oil
Broccoli
Meal 4
5oz 85/15 or LEANER LEAN BEEF/Wild Salmon
Asparagus
4oz Sweet Potato

Meal 5 BEDTIME
2 Whole DHA Eggs
7 egg whites
Broccoli
OR
Repeat Meal 2

Female – 130lbs – 150lbs Starting Diet

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<td>700</td>
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Meal 1
2 Whole DHA Eggs
7 egg whites
½ cup oatmeal (measured uncooked)
99g blueberries

Meal 2
1.5 Scoop MTS Nutrition MACROLUTION
1tsp macadamia nut oil
99g Blueberries
½ cup oatmeal
http://www.youtube.com/watch?v=chhxWTwNQ9I
Meal 3
5oz Chicken (cooked)
20g Natural Peanut Butter or 2tsp Macadamia Nut Oil
4oz Sweet Potato
Broccoli

Meal 4
5oz 85/15 or LEANER LEAN BEEF/Wild Salmon
Asparagus
4oz Sweet Potato

Meal 5 BEDTIME
2 Whole DHA Eggs
7 egg whites
Broccoli
OR
Repeat Meal 2

Female – 150lbs – 180lbs Starting Diet

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Meal 1
2 Whole DHA Eggs
9 egg whites
½ cup oatmeal (measured uncooked)
99g blueberries

Meal 2
1.5 Scoop MTS Nutrition MACROLUTION
1 tsp macadamia nut oil
99g Blueberries
½ cup oatmeal
http://www.youtube.com/watch?v=chhxWTwNQ9I
Meal 3
6oz Chicken (cooked)
20g Natural Peanut Butter or 2tsp Macadamia Nut Oil
4oz Sweet Potato
Broccoli

Meal 4
6oz 85/15 or LEANER LEAN BEEF/Wild Salmon
Asparagus
4oz Sweet Potato

Meal 5 BEDTIME
2 Whole DHA Eggs
9 egg whites
Broccoli
OR
Repeat Meal 2

Female – 180lbs+ Starting Diet

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<th>Workout Days</th>
<th>Meals</th>
<th>Carbs</th>
<th>Protein</th>
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Meal 1
3 Whole DHA Eggs
7 egg whites
½ cup oatmeal (measured uncooked)
99g blueberries

Meal 2
1.5 Scoop MTS Nutrition MACROLUTION
2tsp macadamia nut oil
99g Blueberries
½ cup oatmeal
http://www.youtube.com/watch?v=chhxWTwNQ9I
Meal 3
6oz Chicken (cooked)
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil
4oz Sweet Potato
Broccoli

Meal 4
6oz 85/15 or LEANER LEAN BEEF/Wild Salmon
Asparagus
4oz Sweet Potato

Meal 5 BEDTIME
3 Whole DHA Eggs
7 egg whites
Broccoli
½ Cup Oatmeal
OR
Repeat Meal 2

Note: This is the OPTIMAL eating plan, but if you HATE or get sick of the meals the way they are, feel free to utilize the chart at the bottom of the program to switch out foods.

♦ TRY to get in the fat sources as listed but they can all be interchanged as desired. For example, if you want 20g Peanut Butter in Meal 5 instead of 2tsp Macadamia Nut Oil, go ahead!

♦ If you miss a meal, simply space other meals apart differently to get all of your meals in.

♦ Egg beaters can be used instead of egg whites—why waste the yolk?

Food Choices DO MATTER! Try to stick to what I recommend as often as possible!
Tailoring The Diet For YOU

- On OFF or non-workout days, simply REMOVE THE CARBS from the Post Workout (PWO) Meal or if you are on one of the higher calorie plans, remove the carbs from the last meal of the day containing carbs.
- If you look at this and it is WAY beyond what you eat now, even controlled, then just start at a lower level.
- If you are a woman or under 140 pounds, adjust the calories to be slightly above what you are eating now and start out having carbs meal one and post workout. Protein should be set at around 1.5 grams per pound of bodyweight per day and fat should start out around 10 grams per meal.

The Diabetic Exchange—Counting All Calories IS GONE!

You might look at this diet with a sense of confusion and bewilderment. “But Marc, I plugged it into FitDay and the calories were like 20% higher!” To that I will email back, “So what?” The diabetic exchange is brilliant. It factors in consistency and makes for STRESS FREE DIETING! I have seen the best results with this method. Dieting is all about consistency. What we do is count the protein from protein-based foods, the fat from fat-based foods and the carbs from carb-based foods. Unless they are high (see chart) we neglect counting the other macronutrients from that food. Some guidelines on when to count the “other” macros on foods:

- Carbs: When there are over 7g carbs per 25g protein
- Fat: When there are over 5g fat per 20g protein

The reason this is brilliant is simply because it makes it EASY. You do not have to be diabetic to reap the benefits of an Easy Counting system. Think of it as a kind of Weight Watchers that doesn’t suck.

THE KEY TO THE DIET—ADJUSTING!

Any idiot can write a diet. The key is adjusting as you hit stick points. What is a stick point? Well, when dieting it is when you do not lose weight or bodyfat for two straight weeks. We are aiming for one to two pounds a week and if you do not average that, it is time to adjust. The first variable will be CARBS!

Stick Point 1: Remove carbs from the last meal of the day where carbs are allotted UNLESS it is the post workout (PWO) meal.
Stick Point 2: and until the only carbs remaining are PWO: Repeat Stick Point 1 until the only carbs remaining are the PWO carbs.
Stick Point 3: Remove 5g fat per meal.
Stick Point 4: Add in 20 minutes PWO or AM cardio and add in 10 minutes per stick point until you reach a MAX of 45 minutes.
Stick Point 5: Lower protein NOT to go below 1.5 grams per pound of bodyweight. Remove 7 grams per meal each time. Thus, if all of your meals are currently 49 grams, lower them to 42 grams.
Stick Point 6: Remove another 5g fat NOT TO GO BELOW 5g PER MEAL!
At this point, you should NOT need to lower any more.

**Why Did We Cut From There?**

Insulin sensitivity is the highest in the morning and Post Workout. This is our hierarchy of carb needs:

1. Post Workout
2. Meal 1
3. Meal 2
4. Meal 3
5. Meal 4
6. Etc....

Thus, we leave the most needed times for carbs WITH carbs until we need to cut it, if we ever do. But if you do NOT have your carbs at the specified times, just make sure you get them in any meal. The difference is minimal if any.

**Substitutions**

You do NOT have to eat the same thing everyday. What is listed is recommended, but in reality, it can get BORING! Simply move to the very end of the book and you can make substitutions. Just take the equal amount of the alternative and BOOM—you are on point! And with the options, the options are endless!

**How to Cook Your Food**

Cook your food in non-stick, no-calorie spray like “Pam” or get a Misto brand sprayer and fill it with macadamia nut oil. You can also cook in a SMALL amount of macadamia nut or coconut oil—just enough to coat the bottom of the pan!

**What Can I NOT Eat?**

You can really eat ANYTHING in moderation. Severe restriction will lead to quitting and binges. The free meal helps alleviate this, but not totally. So if you feel like having a Pop Tart™, do your best to fit it into your macronutrients and DO NOT make this an every meal thing. I recommend a getting the diet on-point with the food choice at the end of the book at least 85%-90% of the time. That will still yield amazing results! Thus, NOTHING is “off limits”.

**What and How Much to Drink?**

Pretty much unlimited NON-caloric beverages. Get most of your liquid from plain old water, but Diet Sodas, Crystal Light and even some flavored BCAA work. Coffee with artificial sweetener and no cream is also a GO! As for how much to drink, recent research shows drinking when thirsty works. With that said, I know a lot of people who hardly drink anything, so aim for one gallon of water per day, but no need to carry it around like a big meathead!
Alcohol

In moderation, maybe on a weekend or at a gathering, sure. Alcohol will slow your progress, period, but it is a social thing and once a week or two won’t hurt a thing in moderation!

Where Do I Get My Egg Whites From?

Egg Beaters or similar are fine or even bulk, non-free-range eggs work for this. All Free Range for whites even gets expensive!

I cannot eat ALL OF THOSE EGGS!

Simple solution—SUBSTITUTE! Have MTS Nutrition Whey or even chicken or another protein source instead with your whole eggs!

Grains?

Grains are fine, but I think that sweet potatoes and other non-grains are better since they are more micronutrient-dense and grains are not tolerated well in a large segment of people. Thus, I would keep grains to less than 50% of your total carbohydrate intake.

What if I train first thing in the morning?

Simply wake, down a scoop of MTS Nutrition Whey (25g protein) along with your PreWorkout supplement (my recommendation later), mix up your BCAA Drink for during training and get to work! This does NOT count as a meal! It is just enough to keep you from going catabolic and feeling like CRAP during training but will not hinder fat loss! After training, move your Post Workout meal to Meal One and carry on! Then, remove carbs from the PWO meal if you do not have carbs in that meal based on the amount of carb meals per day and how we taper calories.

What if I miss a meal? What if I can only fit in three meals a day due to my schedule?

Meal timing is highly irrelevant in success. Overall macronutrient and caloric intake is what matters. Thus, as long as the overall macros for the day match what they are supposed to be, it doesn’t matter if you get it in three or in six meals!
The 10 Commandments of “Machine”ism

1. Always choose LEAN proteins and if you have fatty proteins, count them as your fat sources. Lean is Lean Beef (94% and above), chicken breast, turkey, etc. Opt for 100% FREE RANGE AND ORGANIC AT ALL TIMES!!!!
2. ALWAYS have MCT oil in the meal immediately preceding your workout: MCT’s are converted to energy more readily than any other fat, so we take these PRE WORKOUT to take advantage of this and give you that extra edge to fuel through hardcore workouts!
3. Eat ONLY DHA-laden, free range, cage free eggs (Eggland’s Best™): Pasture Raised is best, but is hard to find. BUT, for the whites, Egg Beaters or carton egg whites are FINE!
4. Avoid and DO NOT CONSUME caloric beverages and drinks. Gatorade™ is crap. Coffee, Diet Coke and other non-caloric beverages are FINE!
5. Fat is GOOD—we will use the perfect amount of each fat source.
6. If a machine isn’t in the gym, do something similar.
7. Do not skip a meal and if hungry between meals, you aren’t eating enough veggies. If you need more food, eat broccoli until you literally poop green.
8. Green veggies are a FREE meal, eat ALL THAT YOU WANT—broccoli, asparagus, spinach, kale and green beans.
9. Shakes are fine, but whole food is priority. We will aim for four whole food meals and two shake meals. ONLY USE THE PROTEIN I RECOMMEND. Others can have hidden carbs and fat. NO WEIGHT GAINERS ALLOWED!
10. You may substitute food when needed.
If I Buy Fattier Meat From The Farm, How Do I Defat It?

See THIS: http://www.youtube.com/watch?v=vamI0HwbLMc

12 Weeks For Everyone?

For those starting between eight and 15 percent bodyfat, 12 weeks with this program should be adequate to get into amazing shape. But for those in a fatter state, it might take longer. Simply stick to this for as long as it takes to get to your goal! BUT, after every 12 week phase, take a week off of training. But, do NOT take a week off of the diet!

What about intermittent fasting or fasting

Yes there are fasting-based diets that have merit and I believe work to a degree, and work well in some cases. This, however, is not one of them. This diet utilizes the tried and true method of frequent meals to control insulin and keep nutrients flowing. Am I against trying a fast-based diet? Heck no—you might love it! But for me, multiple meals has proven most effective and the results my clients have seen are so great on this program it is almost unbelievable!
Chapter 2: Machine Optimal Training

People ask me all of the time, “What is more important, diet or training?” The answer is both. One without the other is like peanut butter without jelly. Without the jelly, you are left with dry mouth and an incomplete experience. Sure, you are getting some macronutrients and it is tasty, but you are missing out on a LOT! When you combine training and diet, you get training which is the stimulus for all physical change and also greatly promotes mental well-being with diet, the KEY to being lean, muscular and healthy. Thus, a diet book without training is not going to happen on my watch!

Day 1: Legs Strength QUAD DOMINANT
Warm up with ballistic stretching and bodyweight squats

Squats (start with lighter weight and warm up with the first 2-3 sets)
1 x 10-15
1 x 10-15 (more weight than set 1)
OPTIONAL SET 3 IF NOT WARM SAME AS Set 1-2
2 x 6-12 (Max Weight—when you can get 12 reps, RAISE THE WEIGHT!)
1 x 10-15 with same weight as set 2

Leg Press
1 x 10-15
1 x 10-15 (more weight than set 1)
3 x 6-12

Hack Squat
1 x 10-15
2 x 6-12

SLDL
1 x 10-15
1 x 10-15 (more weight than set 1)
2 x 10-15

Leg Curl
3 x 6-12

Leg Extension
3 x 6-12

Standing Calf Raise
3 x 6-12
Day 2: PUSH

Flat Bench Press (start with lighter weight and warm up with the first 2-3 sets)
1 x 10-15
1 x 10-15 (more weight than set 1)
OPTIONAL SET 3 IF NOT WARM SAME AS Set 1-2
2 x 6-12 (Max Weight—when you can get 12 reps, RAISE THE WEIGHT!)
1 x 10-15 with same weight as set 2

DB Incline Press
1 x 10-15
2 x 6-12

Shoulder Press on Machine or DB or Barbell
1 x 10-15
1 x 10-15 (more weight than set 1)
2 x 6-12

Lateral Raises
3 x 6-12
Tricep Pressdowns
3 x 6-15

Skullcrushers
3 x 6-12

DAY 3: PULL!

Barbell Rows (start with lighter weight and warm up with the first 2-3 sets)
1 x 10-15
1 x 10-15 (more weight than set 1)
OPTIONAL SET 3 IF NOT WARM SAME AS Set 1-2
2 x 6-12 (Max Weight—when you can get 12 reps, RAISE THE WEIGHT!)
1 x 10-15 with same weight as set 2

Lat Pulldowns on Machine or Hammer Strength
1 x 10-15
1 x 10-15 (more weight than set 1)
2 x 6-12

One Arm Rows
3 x 6-12

Behind the Back Barbell Shrugs
1 x 10-15
1 x 10-15 (more weight than set 1)
2 x 6-12

Preacher Curls
3 x 6-12

Incline Barbell Curls
2 x 6-12
Day 4: LOWER BODY HYPERTROPHY!

Leg Extensions  
4 x 12-20

Leg Curls  
4 x 12-20

Lunges  
4 x 8 each leg with barbell or dumbbells WALKING if your gym has space!

Front Squats in Smith Machine  
1-2 Warmup sets  
3 x 12-20

Conventional or SLDL  
1-2 warmups  
3 x 12-15

Seated Calf Raise  
3 x 15-25

Day 5: Upper Body Sexy Club Scene Blast

Incline Dumbbell Press  
1-2 Warm up Sets  
3 x 12-15

Dips  
3 x FAILURE

Lateral Raise DB or Machine  
3 x 15-25

Machine Rows (any machine, hammer etc)  
3 x 12-15

Lat Pulldowns  
3 x 12-15

Rear Delt Fly  
3 x 15-25

Preacher Curl Barbell or Machine  
3 x 15-20

Tricep Pressdown  
3 x 15-20
NOTES

1. You can do this ANY 5 days of the week—take TWO rest days
2. Do abs 2-3 times a week. See this: [http://www.youtube.com/watch?v=8htMZWKAQ_w](http://www.youtube.com/watch?v=8htMZWKAQ_w)
3. You can sub ANY exercise with a movement for the same muscle
4. Order can be moved around on a given day, but try not to
5. When you can get more than the max number of reps (let’s say you get 12 when it is a 6-12 rep exercise), then raise the weight 10lbs.

Where Do I Do Cardio?

As you can see, there is little time for cardio. But if you hit a stick point as described earlier and are looking to increase your caloric burn, I recommend one or more things:

1. PWO or Cardio Apart from Weight Training on Training Days. This cardio will be low intensity, steady state (LISS). Do it on either an Elliptical, Stepmill or a Arc Trainer. Treadmill can be used, but the other methods are preferred.
   a. PWO for as long of a duration as your diet calls for as far as cardio is concerned. Take your EthiTech Yohimbine HCl 15 minutes prior to starting cardio. You can either do it in the morning when you train in the evening or in the evening if you train in the morning.
2. HIIT Cardio on off days (explained below)

I REALLY recommend HIIT on your off days if trying to burn fat. Here is why....

HIIT Cardio, WHY?

Do you grocery shop? Ever walk around Wal Mart? I bet you haul ass with the cart full of diapers and Diet Soda. Well, have you ever asked yourself what the difference is between that and slow to moderate walking on a treadmill? Other than the fact that you at least get to internally laugh at people at Wal Mart, it isn’t different at all! That is why we will choose a cardio method that elicits the same hormonal response as weight training, HIIT!

As Coach Dave Andrews at the University of Illinois stated one afternoon to me in the weight room at the University of Cincinnati, Low Intensity Cardio is COUNTERPRODUCTIVE to what we are trying to achieve which is building lean mass and losing fat! LISS essentially trains your slow twitch muscles to take over, hindering lean mass when overdone! Thus, I recommend the following cardio program when stick points are hit.
HIIT—Do 11 total minutes on bike or elliptical
1 min warm up
15 seconds ALL OUT
45 seconds SLOW
15 seconds ALL OUT
45 seconds SLOW

Repeat until 11 mins

**HIIT is What it is**

Essentially, HIIT is short periods of work followed by periods of rest. Thus, going all out (sprinting 60 yards) then walking back to the start and then repeating would be HIIT. So if you live by the beach and want to do HIIT in the sand by doing sand-sprints, do it! If you want to push a car in a parking lot, do it! Just be sure to have a work to rest ratio of about three to one. Meaning if you do 15 seconds of WORK, do 45 seconds of REST, then repeat ALWAYS warm up and cool down for a minimum of 5 minutes with light walking, jogging or similar. The HIIT should last 10-15 minutes. With cool down and warm up, LESS than 45 total minutes. Not bad, huh?

**When is LISS Okay?**

HIIT is okay when you simply need to burn more calories. NO ONE should ever go over 45 minutes per day in my opinion when weight training and doing HIIT. Well, at least in my personal experience this is true!

**When to Add Cardio**

When you hit stick points, simply add cardio in. It is difficult to be precise in a book since dieting is very individual, but try this

1) Start with 3 HIIT sessions per week

2) Alternate lowering calories and adding a session of HIIT as stick points are reached. You should have a MAX 6 HIIT days per week.

3) If getting into contest shape (which is NOT the focus of this book), once these are hit and if your calories get pretty low, add in some LISS cardio starting at 30 minutes per day. This is all based on feel and if it gets to this point, I recommend hiring a coach if you get confused—I also offer these services for high-level contest and athletic prep.
CHAPTER 3: No BS Supplements

The Supplements Everyone MUST Take to Drop Fat Fast!

I am not going to inundate you with supplements that claim steroid-like gains or the addition of a new testicle. We are going to go for general health and what I have found effective. I am not going to slam some crap down your throat about activating some weird pathway to mimic GH or Test or anything like that—think essentials! That is right, mainly supplements that help blood glucose control, provide ESSENTIAL fats and ESSENTIAL Amino Acids. Yes, I will be recommending supplements from my own company, since I believe in them and know they are TOP quality.

For example, creatine is AWESOME, but not on my essential list. Why? Well, we get a ton of it in our Free Range Beef! Thus, we are already getting enough. What we want are things we NEED, such as BCAA during training. The reason is, no food can mimic what these do. Same goes for fish oil. To get the dosing I recommend, that would be a lot of fish! Here we go!

These are the Fat Supplements I recommend for OPTIMAL HEALTH and they are part of this diet!

Macadamia Nut Oil

MCT Oil (the part of Coconut Oil we WANT!)

EthiTech Nutrition Fish Oil
Protein

The almighty macronutrient. Shown in studies to promote lean body mass and weight management. This calorie source is the backbone to all diets. We get out fats from lean meats and Whey Protein. Whey Protein has been shown to enhance lean mass gains as well as promote immune function and curb hunger. We will also occasionally use different protein sources for variety. Salmon is an option but this also counts as a fat source. Here is why I recommend MTS Nutrition Whey and no other sources of powdered protein:
You might be wasting your money and sabotaging your gains by taking protein!

That’s right. Do me a favor, pick up that protein powder bottle that you spend your hard earned money on to build muscle and burn fat. Look closely....do you see a logo that looks like this?

If not, you could be getting too many carbs, fats, not enough protein and even a hefty dose of rat feces...

Rat Feces?!?
Oh yeah, in 2010 a supplement manufacturer who manufactured for many companies had an issue that the FDA found---not only were they (thus ALSO the brands they manufactured for) not meeting label claims or even coming close, but they found rats, rat feces and other despicable, nasty things in their facility. This is what you risk getting if you do not have this logo.

I remember at the time, this protein was selling amazingly well. When I told people about this and even the greedy stores that pushed this to make extra margin (it was VERY cheap), they simply said things like, “I took it and I still got results.” Well, imagine the results they would have had if you weren’t drinking a shake filled with maltodextrin instead of whey and a heaping dose of rat feces.

**Machine Whey™ is the quality protein brought to you by the man who brought ethics back to the industry, Marc Lobliner.**

It is not only the one of the cleanest, purest, most QC-tested Whey Proteins you will ever find, it has ingredients that make sense.

- A High Biological Value Protein Matrix of a proprietary Whey Concentrate and Whey Isolate Blend designed for optimal results and capitalizing on Whey’s health and immune benefits, NOT just its immense muscle-building and fat loss effects, although we get all of those and MORE than other proteins
- NO Maltodextrin, Dextrose, High Fructose Corn Syrup, Mono and Di-Glycerides, added Sugars or Partially Hydrogenated Soybean and/or cottonseed oil (TRANS FATS!) which have NO PLACE in your protein shake!
- PROVEN 3rd part lab tests with every batch
- The NSF assurance that you are getting what we say you are getting
- Machine Muscle Approved™ RESULTS

Read on as I explain everything there is to know about why our Whey is perfect for you, point by point....

**Arguably the Greatest Protein Blend Ever Created**

Some people look at Whey and say “Isolate and Hydrolosates cost more but work better”. Well, they are wrong. When you over-process whey, you lose some beneficial properties that could be negatively affecting your gains. Are you missing out?
The Protein Designed to the EXACT Specifications of MTS Nutrition for Optimal Results and HEALTH

Machine Whey uses a VERY HIGH PERCENTAGE (80%) Whey Protein. I will argue that concentrate is the BEST form of whey. Whey Protein Concentrate is more in-tact than Whey Protein Isolate, meaning more of natures AWESOME powers that although have not been shown to increase lean mass, HAVE been shown to help with immune function. The Whey Protein Concentrate made specifically for Machine Whey utilizing MTS Nutrition’s exact specifications contain:

- Higher Levels of growth factors such as IGF-1 as opposed to isolate
- In its naturally-occurring fat, it contains various healthy fats, such as CLA
- Higher levels of immunoglobins and lactoferrins to support immune function

We also use a super-high, above 90% Whey Protein Isolate to keep the fat and carbs in check without hampering the goodness we get from our specifically-manufactured Whey Protein Concentrate.

And What About Cholesterol?

Alongside the above, we want to have some naturally occurring cholesterol in this blend. First off, this is naturally occurring in Whey Protein concentrate and you should not shy away from this! People NEED Cholesterol to:

- Maintain cell walls
- Insulate nerve fibers
- Produce Vitamin D
- Maintain healthy hormone levels

Also, studies have shown that dietary cholesterol does NOT raise blood cholesterol and the theory is that sugar and saturated fats are the culprit for this. Thus, we WANT this in there!

You Call That a “CONTEST-PREP Protein”? I Call It CRAP!!

I looked over the facts for a product or two deemed “contest prep” friendly. Well, unless you are in a crap contest, this NEEDS TO GO! If you see any of these in your shake, use it up (hey, you DID spend money on it!) and go get a tub of Machine Whey ASAP! Here are some things NOT in Machine Whey:

- Maltodextrin: Added as cheap filler and to help with texture, taste and also adds volume while being DIRT CHEAP! This BAD carb raises insulin, is void of any micronutrients and really has NO PLACE in a Whey Protein shake.
- Dextrose: This carb has a place spiking insulin post workout if BULKING, but what about other times during the day? It lacks any micronutrients, spikes insulin through the roof potentially leading to unwanted fat gain and deleterious health effects. If you want this post workout ADD IT to your shake, don’t ruin your diet! This is added as cheap filler and for taste and needs to STAY AWAY from your protein shake!
High Fructose Corn Syrup (HFCS): It makes me want to throw up seeing this in protein shakes. I cannot think of ONE HEALTHY benefit to this. It simply tastes extremely good. HFCS is a man-made, PROCESSED sweetener that has been linked to weight gain, dental cavities, poor nutrition, and increased triglyceride levels, which can boost your heart attack risk. Wow, so much for a health shake!

Added Sugars: All for the TASTE, not the function. No reason for this. This will help spoil any healthy diet.

Mono and Di-Glycerides: Do you like trans fatty acids (Trans fats)? Trans fats RAISE the levels of LDL (BAD) cholesterol and lower the levels of HDL (GOOD) cholesterol in our body, increasing the risk of heart disease and Per food laws; we only have to report trans fat content from triglycerides—not from monoglycerides or diglycerides. But trans fats are inevitably formed in when mono- and diglycerides are manufactured, which they are since they are not natural, they are human-made—just like partially hydrogenated oils!

Partially Hydrogenated Soybean and/or Cottonseed oil: See above—MORE TRANS FATS added just for taste and texture!

Have we convinced you to switch yet?

**Machine Whey is YOUR Protein**

Make the switch to the Whey Protein designed with YOUR goals in mind. Make the switch to Machine Whey TODAY!
Drink Your Veggies.....AND MULTI!

Machine Greens™ is the first of its kind offering not only the most complete HEALTH AND WELLNESS blend on the market, but a full offering of healthy ALL NATURAL INGREDIENTS to help with overall health and wellness.

NO ARTIFICIAL COLORS OR SWEETENERS!

Machine Greens + Multi is the first ever health supplement to not only provide the equivalent of multiple servings of fruits and vegetables, but also provides a complete, high-end multi-vitamin all in one, convenient supplement! Machine Greens + Multi is the PERFECT supplement for those who do not get enough vegetables but want all the benefits they provide. Plus, when you add the SuperFruit Blend™ and Green Balance Blend, you no longer need your daily multivitamin—and that puts money right back in your pocket! Machine Greens + Multi also contains the ProDura™ Blend, a potent probiotic for gut and overall health as well as supportive supplements like Milk Thistle, N-Acetyl L-Cysteine and Alpha Lipoic Acid to Support Organ and Overall Health.
the COMPLETE HEALTH BLEND! Because looking good and feeling great IS NOT A GAME™

Green Balance™ Alkalizing Blend

Active Ingredients: Phytonutrients, chlorophyll, enzymes, vitamins, minerals

Green Balance™ Alkalizing Blend is a synergistic "green" formula of concentrated alkaline superfoods. A valuable source of naturally occurring phytonutrients, chlorophyll, live enzymes and bioavailable vitamins and minerals, Green Balance™ Alkalizing Blend aims to help boost energy and stamina, assist with mineral replenishment and provide optimal support for the body's systems.

- Deeply concentrated chlorophyll source
- Easily absorbable vital nutrients
- Maintains healthy blood sugar levels
- Speeds up the process of regaining alkaline balance
- Helps the body reach a natural ideal pH balance
- Fosters a healthy environment for probiotics
- Assists to boost energy and stamina
- Made with many certified organic ingredients

Active Constituents:

- **Alfalfa Organic** contains over 300 nutrients and phytonutrients including a natural plant source of vitamin D. Alfalfa's alkalizing properties can promote detoxification in the body.

- **Astragalus** contains antioxidant bioflavonoids, polysaccharides, triterpenoid saponins, glycosides, amino acids, and trace minerals.

- **Barley Grass Organic** a rich source of alkalizing chlorophyll, amino acids, vitamins, minerals and antioxidants like saponin.

- **Bitter Melon** contains a mixture of steroidal saponins known as charantins, insulin-like peptides, and alkaloids that help maintain healthy blood sugar levels.

- **Chlorella Cracked Cell Organic** contains an amazing amount of vitamins, macrominerals, trace minerals, essential fatty acids, complete proteins, nucleic acids, chlorophyll, and a vast spectrum of phytochemicals.

- **Gotu Kola** a mild adaptogen, it may help the body better handle stress, trauma, anxiety, and fatigue.
• **Kale Organic** contains flavonoids which combine both antioxidant and anti-inflammatory benefits.

• **Lemon** is an excellent source of vitamin C and citrus limonins.

• **Spirulina Organic** contains a staggering array of essential nutrients with over 60% complete protein and high concentrations of many other important vitamins and minerals.

• **Oat Grass Organic** is an excellent source of beta carotene, vitamin K, folic acid, calcium, iron, protein, fiber as well as vitamin C and B vitamins.

• **Wheatgrass Juice Organic** Contains high levels of chlorophyll, beneficial in maintaining healthy blood counts and assisting in the formation of slightly alkaline ph levels in the body.*

**SuperFruit™ BettaBerries™ Antioxidant Blend**

Active Ingredients: Polyphenols, Anthocyanins, Bioflavonoids, Carotenoids, Resveratrol

**BettaBerries™ Antioxidant Blend** is a delicious proprietary blend of the world's most phytonutrient-rich Berry Superstars including Acai, Maqui, Jabuticaba, Acerola and Raspberry. Bursting with a potent variety of vitamins, minerals, carotenes, protein and omega 3 fatty acids, BettaBerries™ Blend is a super concentrated whole food source of polyphenols, anthocyanins, xanthones, resveratrol and carotenones and offers whole body antioxidant support.

Synergestic whole food source of Polyphenols, Anthocyanins, Bioflavonoids, Carotenones, Resveratrol

• Nutrient dense: concentrated and easily absorbable format

• Combat free radicals and boost cellular health

• Cardiovascular and cognitive function support

**Active Constituents:**

• **AcaiVida** is a rich source of antioxidant compounds, particularly anthocyanins and Omega 3 fatty acids.

• **Acerola** is one of the richest sources of Vitamin C, Acerola also contains a variety of mineral salts that can help stressed and tired skin to be remineralized.

• **Blackberry** is rich in protein and essential fatty acids and its high tannin content may be helpful for maintaining tightness of tissues.

• **Cranberry** is an abundant source of a unique subclass of flavonoids called proanthocyanidins (PACs).

• **Goji** contains a complete spectrum of antioxidant carotenoids, including beta-carotene and zeaxanthin.
• **Grapeseed** contains powerful antioxidant polyphenols, such as oligomeric proanthocyanidins (OPC), resveratrol, vitamin E, and flavonoids.

• **Jabuticaba** is a deliciously sweet deep purple fruit rich in the unique antioxidant compound, jaboticabin.

• **Mangosteen** is particularly rich in a class of very potent antioxidants called xanthones.

• **MaquiForza** contains astonishing levels of antioxidant compounds. Maqui has the highest ORAC level of any known berry.

• **Pomegranate** contains high levels of ellagic acid, tannins and anthocyanins, which are also potent antioxidants.

• **Raspberry** contains significant amounts of the phytochemical ellagic acid, as well as other antioxidants flavanoids such as quercetin, kaempferol and anthocyanins.

• **Strawberry** is bursting with a unique synergestic combination of antioxidant phytonutrients—including anthocyanins, ellagitannins, flavonols, terpenoids, resveratrol and phenolic acids.*

**ProDURA™ Bacillus coagulans** is a unique spore forming bacterium, perhaps the most effective, stable and potent probiotic strains available. It is a remarkably resilient strain of probiotic bacteria; strong enough to withstand processing and even stomach acid, yet bioavailable for the work it is meant to do. ProDURA™ is a spore forming bacterium with a protective coating that stays dormant until it meets the perfect conditions of heat, pH, and moisture found in the large intestine. Unlike many cultures, it can survive extreme processing, shipping, storage as well as the natural challenges of the digestive tract. Clinical studies have shown its ability to:

• Inhibit E.coli and other pathogenic bacteria including vancomycin-resistant enterococci

• Help reduce bacterial vaginosis and diarrhea

• Assist in reducing lactose intolerance

• Help lower total cholesterol while raising good HDL levels in the blood

**Lactobacillus plantarum** is naturally found in fermented dairy and vegetable products. It has been shown to displace pathogenic bacteria and create an acidic environment in the intestines. L. plantarum also synthesizes L-lysine, an amino acid that promotes the absorption of calcium and the building of muscle tissue. It also plays a role in the secretion of the naturally occurring antibiotic Lactolin and has shown to encourage anti-viral activities.

**Lactobacillus salivarius** has been shown to help with chronic bowel conditions including ulcerative colitis and IBS. It has shown to inhibit pathogenic bacteria such as Salmonella and E.coli. It also assists with better digestion and utilization of the food we eat. Additionally it removes plaque from teeth.
Machine-Strong Organ Blend!

Milk Thistle: Added for liver-health benefits!

Alpha Lipoic Acid: This is a one of a kind water and fat soluble antioxidant that scavenges. Alongside immense health and even organ health benefits, Alpha Lipoic Acid helps partition nutrients to lean tissue and away from fat tissue and enhances glucose utilization.

Choline Bitartrate: Your body needs choline for a variety of vital functions, including the transmission of signals in your nervous system and maintenance of the structures of your cell walls.

N-Acetyl-L-Cysteine: This modified version of Cysteine has powerful antioxidant properties. Antioxidants help prevent inflammation and cell damage, making it potentially useful for a number of conditions.

PREMIUM Multi-Vitamin Blend

You will also find that not only do we have all of the above, but a COMPLETE, premium multi-vitamin built in. So you get all of the benefits of the SUPER HEALTH elements PLUS a complete multivitamin all for about the same price as the multivitamin alone from any other company. This plus the quality assurance of Marc “The Machine” Lobliner’s MTS Nutrition, and you have a MUST-HAVE ALL IN ONE HEALTH SUPPLEMENT that your body needs.
NEVER MISS A MEAL AGAIN!

MTS Nutrition Macrolution™ is the next generation in meal replacement powders (MRPs). Macrolution features fiber-rich carbohydrates like Fibersol™, high quality “healthy fats” such as MCT’s, a complete anti-oxidant rich blend of veggies and a unique, EFA-rich Whey Protein. The MRPs of yesterday lacked vital micronutrients found in vegetables that aid in overall health and weight management and contained cheap, low-quality carbohydrates such as maltodextrin and waxy maize starch. They also use protein sources like soy and casein that aren’t as biologically available as whey. Macrolution uses only the highest quality carbohydrates and a whey only protein blend so you are getting the best of the best in every scoop.
This is the MEAL you need to help you reach your goals when on the go or when you just don’t feel like cooking the perfect meal. Heck, with Macrolution, you are shaking up the perfect meal!
For That Extra Fat Burning Boost….

For this purpose, the best formula in my opinion is obviously going to be the one I designed. Here is the reason….

Looking at the fat burners you have in your pantry, I am sure we can all say the same thing about the fat burners. Underdosed, proprietary blends that lead us the wonder what exactly we are taking. And the Latin names, wow! I actually looked up an ingredient from a well known fat burner and it literally translates to “Orange Tree”. No, not a special orange tree in Taiwan or a special extract from an orange tree, but actual ORANGE TREE! Like the ones you find in Florida that make that awesome juice. Well, orange juice is great and all, but will it cause fat loss?

Everyone wants results from a fat burner and the ability to control dosing to yield tremendous, tangible results above and beyond any fat burner in existence. A fat burner with ingredients you can look at, understand, and also KNOW that the dosing is scientifically validated. After years of researching and testing the most effective compounds in existence, MTS Nutrition CEO Marc Lobliner butted heads with some of the greatest science minds in the industry to create what they feel is the best fat burner for results, period. Drop Factor™ is here. FAST Fat loss; long-lasting, 12+ hour energy and TARGETED fat loss are the things that Drop Factor does better than any other fat burner ever seen, period. Are you ready for RESULTS?

The ingredients are max dosed with one caveat, Yohimbine HCl. Yohimbine HCl in its full dosing in Drop Factor, 2.5mg per serving, is usually very well tolerated. Some can take more, some less. Studies show that the effective dose is .2mg per kilogram of bodyweight per day—that is a LOT of Yohimbine HCl and too much for some people. Also, while the max dose of the other ingredients covers a wide range of
weights and the two genders, Yohimbine HCl, being weight dependent, requires a varying degree of dosing and also, you need to ease into the higher dose moreso than other fat burning agents to assess tolerance. This is why EthiTech Nutrition, MTS Nutrition’s sister company, has a Yohimbine HCl so once you reach the maximum two capsules of Drop Factor two times per day, you can still adjust dosing by simply adding in Yohimbine HCl. It is the most though out fat loss system ever created!

**Theobromine: 50mg**

Not only does this help decrease appetite and increase fat burning, it also acts as a vasodilator and diuretic (1). Not only will it aid in fat loss, but it will also provide that extra bloodflow and PUMP, a welcome effect while losing fat, alongside the reduction in nasty, excess water weight! Even cooler, it has even been linked to having an aphrodisiac effect! (2) All of this alongside a smooth, controlled stimulant release similar to caffeine make it a must have in any fat burner and with this adequate, no BS dosing, look out!

**Caffeine: 250mg**

The granddaddy of them all, Caffeine is the world’s most widely used stimulant (4). Caffeine is a Central Nervous System (CNS) stimulant that has been shown to reduce fatigue as well as mobilize fatty acids resulting in fat loss. (5)

**Cayenne Pepper 40HU (Fruit): 150mg**

Cayenne pepper increases thermogenesis (fat loss) by dilating blood vessels and increasing blood circulation. This helps to transport fatty acids and be BURNED! Cayenne Pepper is also use to aid digestion and relieve pain. (6)

**Coleus Forskohlii Extract (Root) supplying 20% Forskolin (25mg): 125mg**

Forskolin is the powerful active found in the herb *Coleus forskohlii* and can help increase lean mass (build muscle) and decrease fat mass (burn fat). Forskolin activates the enzyme adenylate cyclase, which increases cyclic adenosine monophosphate (cAMP) levels. The increase in cAMP activates hormone-sensitive lipase (HSL) which breaks down stored triglycerides (bodyfat) and releases fatty acids so they can be oxidized and body fat can be decreased. (7)

Forskolin helps to increase the release of fatty acids from fat tissue allowing them to be burned for energy, leading to a decrease in body fat. (8)

Forskolin is also believed to have thyroid stimulating properties. Thyroid hormones are responsible for your metabolism. I have even known MANY fitness competitors who use this herb instead of harsh, prescription thyroid medications (when no pre-existing medical condition is present). Increasing thyroid output will accelerate your metabolic rate and lead to increased fat loss. (8)

To make things even more awesome, Forskolin may increase testosterone levels in men, but not negatively affect sex hormones in women. When on decrease calories, this can be A GREAT SIDE EFFECT and can also help explain how Forskolin prevents muscle wasting! (9)
Forskolin is a vasodilator. Blood flow is VITAL for fat loss as blood flow to fat tissue, especially stubborn fat areas, is vital to the transportation of fatty acids to areas where they can be burned and can help Yohimbine HCl (explained later) do it’s dirty work!

**SyneLEAN™ Blend (containing Synephrine and Methylsynephrine): 45mg** Synephrine is found in the *Citrus aurantium* fruit. This fruit has been used for hundreds of years. Synephrine can increase metabolic rate and thermogenesis without any side effects on blood pressure or cardiovascular health. An increased metabolic rate means more calories are burned. Synephrine increases the body’s ability to metabolize stored body fat as well as a decrease in appetite. (10), (11)

Methylsynephrine is simply synephrine with a methyl group attached. Thus, it is absorbed very efficiently and we have found that our proprietary blend of the two forms of Synephrine leads to optimal appetite suppression and energy.

**HealthyORAC Blend 25mg**

Not only are antioxidants a pivotal component to overall health and wellness, but they also decrease the production of triglycerides thus decreasing fat storage and enhancing fat loss.

Anti-oxidants also increase fat used for energy during exercise, thus causing your body to burn more fat DURING exercise.

The HealthyORAC Blend was designed to contain a high amount of the anti-oxidants research shows to have a fat loss effect. (110)

**Vinpocetine: 5mg**

Vinpocetine increases circulation and blood flow to the brain. This aids in the transport of fatty acids to be burned. Vinpocetine also helps with mental and cognitive enhancement. (12-49)

**Piperine: 5mg**

Having Bioperine in the digestive system with supplemented nutrients results in enhanced absorption. When Piperine is taken with other nutrients, it significantly increases the absorption of those nutrients. On its own, it may enhance the body's natural thermogenic activity and assist the digestive system with supplemented nutrients, resulting in enhanced absorption.

**Yohimbine HCl: 2.5mg**

Yohimbine is an alpha2 receptor antagonist and known to help LOSE FAT from PROBLEM AREAS like hips and thighs for women and lower back and love handles in men. This is VERY IMPORTANT as this is the variable we play with....

Yohimbine blocks the alpha2 receptor, the receptor responsible for stubborn fat areas, from being activated. By blocking the alpha2 receptor with Yohimbine, the negative feedback caused by NE binding to the alpha receptors is reduced and fatty acid from those stubborn areas are released and now able to be burned. Yohimbine has been shown to increase fat loss by increasing the amount of lipid mobilization
and oxidation and blood flow to adipose tissue due to alpha2 antagonism. So Yohimbine addresses two of the fat burning principles we are trying to address: alpha2 receptor action and blood flow. The presence of low insulin found on insulin controlling diets like MachineTrainingSolutions.com makes Yohimbine work OPTIMALLY!
Thus, Drop Factor contains only 2.5mg Yohimbine HCl per serving. BUT, but adding in EthiTech Yohimbine HCl at the dosing needed for you, you will get the best results possible! The scientific dose is to work up to 0.2mg per kilo of bodyweight per day. This would be 18mg for a 200lb person. This would be a LOT in the formula, thus we give you this option and it allows you to work up to this dose. (50-109)

**What about TRUTH TO LABEL!?!? Illegal Substances, Recalls?!**

I have also heard of many *effective* fat burners removed from the market for having adulterated and/or ILLEGAL contaminants in their formulas, such as ADD medication, illegal amphetamines and even mislabeling for international shipping. Well, with Drop Factor you get what is on the label. Assurance guaranteed by...

With this assurance, each ingredient is tested going in for efficacy, microbials and truth to label. If your product does not have this on the label, don’t trust it! Not only will you burn tons of fat and feel great, but you will know what your are taking to help achieve that goal—nuff said!
12 Weeks on a Fat Burner?

YES, for the 12 weeks of this program, stick on it. After the 12 weeks are over, even if continuing on with the diet, take two weeks off of stimulants.

The Most Important Time to Take in Nutrients, DURING TRAINING!

The New Leader In Intraworkout BCAA From The Machine That Brought You BCAA!

We all know recovery is crucial when it comes to building lean muscle mass. However, most are unaware of the fact that they are breaking down muscle tissue when they train, not building it. This is why proper rest and nutrients are essential if you are looking to maximize your gains.

Protein is the building blocks of muscle and Amino Acids are the building blocks of protein! Amino Acids are the key macronutrient responsible for creating muscle. Machine Fuel was created by Marc
"The Machine" Lobliner to help assist you get the recovery and results you are looking for.

In 2004, Marc “The Machine” Lobliner set out to create a category. His belief in Branch Chain Amino Acids was so great that he traveled around the world educating individuals on the importance of BCAA during training. Thereafter, a new, enormous category was born and several studies validating Marc’s thoughts surfaced. Machine Fuel™ is the culmination of years of data and research and Marc’s adherence and belief in the most stringent quality and truth to label.

It also follows in his tradition of making Sport Nutrition taste great with a best in class flavor system as he did with Machine Whey™. Machine Fuel is designed to help enhance recovery, reduce muscle breakdown, enhance the PUMP during training with a wallop of the new leader in NO enhancers, Agmatine Sulfate which may lead to better protein assimilation. Trust The Machine for YOUR Intraworkout needs!

--Take 2 scoops of Machine Fuel DURING training!

No Creatine?
If you would like to take a PreWorkout supplement, it SHOULD have creatine in it. I recommend MTS Nutrition CLASH.

And the products you need are here....

MTS Nutrition Drop Factor (2x per day)

MTS Nutrition Machine Greens
+ Multi

MTS Nutrition Whey

MTS Nutrition Macrolution

MTS Nutrition Machine Fuel

MTS Nutrition Machine Greens

EthiTech Nutrition Yohimbine HCl

EthiTech Nutrition Omega 3 Fish Oil
Chapter 4: How to Start This Program

The key to starting this program is to JUMP RIGHT IN! Make it simple, start on a Monday. So if it is a Wednesday when you decide to do the Machine Program, then use the remainder of the week to get ready for it. Go out and buy the necessary supplies—Food and Supplements, then when Monday comes around, you are set and ready to go.

I get asked all of the time if one should ease into a program or make minor adjustments until sooner or later, your lifestyle is changed. Well, by picking up this book and ready it, I know you are ready for a change and fast. This is not a half-ass program. Jump in with both feet. Hell, do a cannonball. The first step is to make a grocery list. I recommend looking at places like Trader Joe’s for the organic chicken and Free Range Beef and Costco even has these items. Also, if you have a local organic farm, or farmer’s market you can go there. The difference is profound!

Grocery List (more options in Food Choices Chapter)

**Protein**
Free Range Beef  
Organic Chicken  
Cage-Free DHA Eggs  
Liquid Egg Whites  
MTS Nutrition Machine Whey  
(ANY lean meat like Free Range Turkey, Pork, or Bison and other game meats work)

**Fats**
Macadamia Nut Oil  
MCT Oil or Coconut Oil  
Olive Oil  
Fish Oil  
Cashews  
Almonds  
Almond Butter  
Peanut Butter  
(All nuts, including peanuts, work)

**Carbs**
Sweet Potato  
White Potato  
Old Fashioned or Steel Cut  
Oatmeal Quinoa  
Ezekiel Bread
**Greens**
Broccoli
Asparagus
Green Beans
Kale
Spinach

**Fruit**
Blueberries
Strawberries
Bananas
Grapefruit

--NOTE, all fruit works (see list below), these are just my preferred fruits.
Chapter 5: Conclusion

We now have a blueprint. Say to yourself that you will do this. But remember, if training and diet start to interfere with your daily life as a business-person, family-person or anything else, step back, take a deep breath and reorganize so that this can help your life, not take it over. Bodybuilding is about balance. Once you learn how to harness it and use it to benefit all other areas of your life, you will be on your way to true greatness.
**APPENDIX: FOOD CHOICES**

**High Performance Nutrient Selection**  
*Starches (equal to 1 serving of Carbohydrate)*  
*12-15 grams carbohydrate*

**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 1 MEAT SERVING
* Black Beans (S&W - canned) 106g or 3.75 oz
* Red Kidney, Pinto Beans (Green Giant - canned) 85g or 3 oz
<table>
<thead>
<tr>
<th>Fruit</th>
<th>Serving Size (oz)</th>
<th>Serving Size (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, (with peel)</td>
<td>3.25</td>
<td>92</td>
</tr>
<tr>
<td>Banana, (peeled)</td>
<td>2.25</td>
<td>64</td>
</tr>
<tr>
<td>Blueberries (fresh)</td>
<td>3.5</td>
<td>99</td>
</tr>
<tr>
<td>Grapefruit, (peeled)</td>
<td>6.5</td>
<td>184</td>
</tr>
<tr>
<td>Grapes</td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td>Mango (fresh)</td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td>Orange, (peeled)</td>
<td>3.5</td>
<td>99</td>
</tr>
<tr>
<td>Pineapple</td>
<td>4</td>
<td>113</td>
</tr>
<tr>
<td>Peach (fresh)</td>
<td>4.55</td>
<td>127.5</td>
</tr>
<tr>
<td>Pear (fresh)</td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td>Papaya (fresh)</td>
<td>5</td>
<td>141.75</td>
</tr>
<tr>
<td>Raisins (seedless)</td>
<td>2 Tbsp</td>
<td>18.5</td>
</tr>
<tr>
<td>Strawberries (fresh)</td>
<td>6.5</td>
<td>184</td>
</tr>
<tr>
<td>Watermelon (fresh)</td>
<td>5</td>
<td>141.75</td>
</tr>
</tbody>
</table>
Milk (equal to 1 serving of Protein & 1 serving Carbohydrate) 12-15 grams carbohydrates 6-8 grams protein

**MILK & VERY LOW-FAT MILK**
- * Skim milk (0 grams fat) 1 cup or 8 Fl oz
- * 1% Milk 1 cup or 8 Fl oz
- * Plain non-fat yogurt ¾ cup or 6 oz
- * Yoplait/Dannon Light Fruit yogurt 6 oz (1 container)

**LOW-FAT MILK**

*Also Counts as 1 Fat serving*
- * 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 2 Fat servings*
- * Whole milk 1 cup or 8 oz
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
Protein (equal to 1 serving of Meat)

6-8 grams protein

**VERY LEAN MEAT (all measurements AFTER cooked)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Chicken breast (white meat) boneless/skinless</td>
<td>1 oz or 28.35g</td>
</tr>
<tr>
<td>* Turkey breast (LEAN)</td>
<td>1 oz or 28.35g</td>
</tr>
<tr>
<td>* Fresh fish (cod, haddock, halibut, tuna (canned in water), tilapia)</td>
<td>1 oz or 28.35g</td>
</tr>
<tr>
<td>* Shell fish (crab, lobster, shrimp)</td>
<td>1.25 oz or 35.5g</td>
</tr>
<tr>
<td>* Egg whites</td>
<td>2 or 67g</td>
</tr>
<tr>
<td>* Egg Beaters</td>
<td>¼ cup or 2.15 oz or 61g</td>
</tr>
<tr>
<td>* Non-fat cottage cheese</td>
<td>¼ cup or 2 oz or 57 g</td>
</tr>
<tr>
<td>* Salmon Fillet</td>
<td>1 oz or 28.35g (also counts as ½ fat serving)</td>
</tr>
<tr>
<td>* Lean Sirloin</td>
<td>¾ oz or 21.25g</td>
</tr>
<tr>
<td>* Egg (including yolk)</td>
<td>1 or 50g (also counts as 1 fat serving)</td>
</tr>
<tr>
<td>* Cheese 2% (Reduced Fat)</td>
<td>1 oz or 28.35g (also counts as 1 fat serving)</td>
</tr>
<tr>
<td>* Salmon</td>
<td>1 oz or 28.35g (also counts as ½ fat serving)</td>
</tr>
</tbody>
</table>
**Fat (equal to 1 serving of Fat)**

- **5 grams fat**

### MONOUNSATURATED FATS & POLYUNSATURATED FATS

<table>
<thead>
<tr>
<th>Item</th>
<th>Equivalent Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Avocado</td>
<td>1 oz or 28.35g</td>
</tr>
<tr>
<td>* Almonds (dry roasted)</td>
<td>1/3 oz (~ 6 pieces) or 1 Tbsp or 8.6g</td>
</tr>
<tr>
<td>* Benecol light</td>
<td>1 Tbsp or 14g</td>
</tr>
<tr>
<td>* Cashews</td>
<td>1/3 oz or 1 Tbsp or 9.65g</td>
</tr>
<tr>
<td>* Enova oil</td>
<td>1 Tsp or 4.5g</td>
</tr>
<tr>
<td>* Flax oil</td>
<td>1 Tsp or 4.5g</td>
</tr>
<tr>
<td>* Mayonnaise (Light, reduced-fat)</td>
<td>1 Tbsp or 15g</td>
</tr>
<tr>
<td>* Oil (olive or canola, Enova)</td>
<td>1 tsp or 4.5g or 0.16 oz</td>
</tr>
<tr>
<td>* Peanuts</td>
<td>1/3 oz or 9.36g</td>
</tr>
<tr>
<td>* Peanut/Almond butter (smooth or crunchy)</td>
<td>2 tsp or 0.38 oz or 10.6g</td>
</tr>
<tr>
<td>* Pecans</td>
<td>¼ oz or 1 Tbsp or 7.44g</td>
</tr>
<tr>
<td>* Salad dressing (Light, reduced-fat)</td>
<td>2 Tbsp or 30g</td>
</tr>
<tr>
<td>* Sesame seeds</td>
<td>1Tbsp or 1/3 oz or 9.4g</td>
</tr>
<tr>
<td>* Smart Balance Light spread</td>
<td>1 Tbsp or 14g</td>
</tr>
<tr>
<td>* Sunflower seeds</td>
<td>1Tbsp or 1/3 oz or 9.0g</td>
</tr>
<tr>
<td>* Walnuts</td>
<td>1Tbsp or 1/4 oz or 7.5g</td>
</tr>
</tbody>
</table>
FREE FOOD LIST

Less than 20 calories per serving

Less than 5 gram carbohydrates per serving

Recommended at 1 serving per meal 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)

Truvia (Stevia)

EATING OUT FOOD OPTIONS

The beauty of gaining mass is that you now have the freedom that you did not have while dieting. If you want to eat out, go ahead! You are trying to pack on mass and if you are off on macronutrients on one of your many weekly meals, it is not a big deal and might even help you reach your goals more efficiently – and definitely more palatable!

Meats to Select

- Grilled Boneless/Skinless Chicken Breast
- Grilled Lean Fillet Mignon or Lean Sirloin
- Grilled Lean Roasted Turkey Breast
- Grilled Halibut, Salmon, Cod, Whiting, etc
- Albacore tuna (canned in water)
- Reduced Fat cottage cheese
- Egg Whites

Carbohydrates to Select

- Plain oatmeal (LOW SUGAR)
- Whole wheat pancakes
- Whole grain/wheat toast, bread and bagels and crackers
- Whole grain cereals – Wheaties, Honey Bunches of Oh’s, Cheerios, Special K
- Baked Yams/Sweet potatoes
- Whole wheat/grain pastas
- Baked potatoes
- Black, pinto and kidney beans
- Brown rice
- Corn tortillas
- LOW FAT granola
Fruits to Select
- Apple
- Banana
- Black/Blueberries
- Cantaloupe
- Grapefruit
- Oranges
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Tangerines

Fats to Select
- Dry roasted nuts (almonds, peanuts, pecans, walnuts, cashews)
- Peanut butter, Almond butter
- REDUCED FAT butter spreads - margarine
- Benecol Light butter spread
- Avocado
- REDUCED FAT dressing
- Sunflower seeds – can be added to salads for additional GOOD FATS
- Flax oil, Fish oil (rich in DHA/EPA)

Vegetables to Select
- All steamed vegetables with NO BUTTER added
- Green leafy vegetables
### Understanding how to read Nutrition Facts Panel

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> ½ cup Dry (40g)</td>
</tr>
<tr>
<td><strong>Servings Per Container:</strong> ~ 30</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

These standards always stay the same. We are counting “SERVINGS” not every single calorie:

1 Carbohydrate Serving = 15g

1 Fat Serving = 5g

1 Meat/Protein Serving = 7g

150

1. ½ cup serving of this food item will count for the following:

**Carbohydrates @ 28g = 2 carbohydrate servings calculated by** carbohydrates divided by the STANDARD (15g) = 1.866 servings so we round up to 2 servings carbohydrates.

Now if your meal recommends 4 TOTAL servings you will make up 2 additional servings of carbohydrates meaning 1.5 Tbsp honey or ½ cup oatmeal.

**Fat @ 2g = ½ fat serving calculated by** fat divided by the STANDARD (5g) = 0.40 servings so we round up to ½ serving fat. Now if your meal recommends 2 TOTAL servings you will make up 1 additional serving of fat meaning 6 almonds or 2 tsp peanut butter.
TASTE, QUALITY, RESULTS!

MACHINE WHEY
ACCELERATED AMINO UPTAKE

5lbs CHOCOLATE

IT'S NOT A GAME!
SUPPLEMENTS YOU NEED WITH THE QUALITY YOU CAN DEPEND ON!

HITECH NUTRITION
Mare is Chief Officer of T19erFitness8s.com, a $20 million company specializing in fitness and supplement companies. Brienne N1Tt1on and MTS Nutrition. Mare also publishes Machinajilsde.com, an online health and fitness publication and the cloth1119 line of Ma.cline Training Gear.

As the leader of a multi-million dollar global company, Mare was the most energizing sports nutrition CEO in the industry. During the seven years at Stallon, he launched and developed Team Stallon, an online personal training and diet program, and the largest of its kind in Sport Nutrition at well over 70,000 members. Prior to entering the industry, Mare was a co-founder of and worked as Chief Marketing Officer for the Sylvester Stallone sports nutrition company, NSTONE, LLC. Mare also spent four years working for Weaker Publish1111 Muscle & Fitness 8, FLEX, Men's Ftn9SS, and Muscle & Fitness Hers mtlllZMs.

Mare has been featured in Muscle & Strength, Men's Health national (Italy), and Ironman (Australia), and has authored articles that have appeared in Men's Health, GQ, and other publications. He has also co-authored 10 books on the subject of physique and nutrition, with titles such as "The Muscle Build Plan," "Hustle & anonymous," "Diet 1b8 HalAnlMer on C4rtia& sa BIJkng & Cutting, The Fat Loss Factor," and "The Lifestyle Cut Diet: The Final Diet You'll Ever Need to Stay Lean End Healthy."

Thank you,

Marc Lobiner
Now It's Time TO Make It Happen!