



Eternal Eating



Eat to get fit, healthy, and sexy!

BJ GADDOUR, CSCS presents...

**The Ultimate
Nutritional Resource
for Achieving Optimal
Health, Body
Composition, and
Performance**



Rapid Fat Loss Nutrition Made Simple For BUSY People

Eat immediately upon waking and then every 2-4 hours for a total of 5 meals per day EXACTLY as outlined below:

Meal #	Meal Time	Menu
1	6 am	<ul style="list-style-type: none">- Drink 2-4 cups of cold water- Take PROGRADE EFA Icon and VGf+25 Multi-Vitamin as directed on bottle- Choose your FastFit MEAL of choice
2	9 am	<ul style="list-style-type: none">- Drink at least 1-2 cups of cold water- Choose your FastFit SNACK of choice
3	NOON	<ul style="list-style-type: none">- Drink at least 1-2 cups of cold water- Choose your FastFit MEAL of choice
4	3 pm	<ul style="list-style-type: none">- Drink at least 1-2 cups of cold water- Choose your FastFit SNACK of choice
5	6 pm	<ul style="list-style-type: none">- Drink at least 1-2 cups of cold water- Choose your FastFit MEAL of choice
6	OPTIONAL IF NEEDED	<ul style="list-style-type: none">- Drink at least 1-2 cups of cold water- Choose your FastFit DESSERT of choice

Say "NO" To:

**Anything NOT Recommended In The Above Menu, Alcohol,
Starches, Refined
Sugars, Packaged Goods, Liquid Calories**

Jeff McDaniel, <http://jeffmcdanieltraining.com>

FastFit MEALS

<u>Options</u>	<u>Female Servings</u>	<u>Male Servings</u>
1	3 Omega-3 Eggs UNLIMITED Greens (at least 2 cups = 2 clenched fists)	6 Omega-3 Eggs UNLIMITED Greens (at least 2 cups = 2 clenched fists)
2	3-4 oz Extra Lean Meat, Fish, OR Seafood (size of 1 clenched fist) 1.5 Tsp. Extra Virgin Olive Oil OR 1/8 cup mixed nuts OR 1 oz. full-fat cheese OR 1.5-2 oz. Avocado UNLIMITED Greens (at least 2 cups = 2 clenched fists)	6-8 oz Extra Lean Meat, Fish, OR Seafood (size of 2 clenched fists) 1 TBSP. Extra Virgin Olive Oil OR 1/4 cup mixed nuts OR 2 oz. full-fat cheese OR 3-4 oz. Avocado UNLIMITED Greens (at least 2 cups = 2 clenched fists)
3	3-4 oz Extra Lean Beef OR Salmon (size of 1 clenched fist) UNLIMITED Greens (at least 2 cups = 2 clenched fists)	6-8 oz Extra Lean Beef OR Salmon (size of 2 clenched fists) UNLIMITED Greens (at least 2 cups = 2 clenched fists)
4	Any CORE LEAN MEAL from the FF Drop-A-Dress Size in 21 Days for Females	Any CORE LEAN MEAL from the FF Drop-A-Dress Size in 21 Days for Femalesfor Males

UNLIMITED GREENS =

Green Beans, Broccoli, Asparagus, Spinach, Romaine Lettuce, Brussels Sprouts, Any Dark Green Leaf Lettuce, Cauliflower, AND UNLIMITED Veggies BESIDES Corn, Peas, Carrots, Potatoes, and Beets!

FastFit SNACKS

Options	Item and Serving Size
1	1/4-1/2 cup mixed nuts (about 20-40 nuts) or 2-4 Tbsp. nut butter (no added sugar, low in salt)
2	2-4 pieces of string cheese
3	2-4 slices Boar's Head Deli Meat (no added sugar, low in salt)
4	1-2 Servings PROGRADE LEAN
5	1-2 Cups Fruit-Flavored Kefir OR 1-2 cups Organic Whole Milk

FastFit DESSERTS

Options	Item and Serving Size
1	1/4-1/2 cup mixed nuts (about 20-40 nuts) or 2-4 Tbsp. nut butter (no added sugar, low in salt)
2	2-4 pieces of string cheese
3	2-4 slices Boar's Head Deli Meat (no added sugar, low in salt)

FastFit Nutrition Grocery List

For those who are interested in keeping costs very low, we have included helpful price brackets on the side. However, if you are interested in more variety, you can definitely ignore the price brackets and shop on!

Produce Section- Fruits and Vegetables* (\$10-20)

Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.

Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)

Low GI/Fibrous Fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit (frozen is most convenient)

Mixed Nuts: Cashews, Walnuts, Hazelnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or raw)

Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood (\$30-\$60)

4-5/8-12 lbs* total of a healthy mix of the following:

Extra Lean Meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)

Extra Lean Deli Cuts (unsweetened, low in salt)

Extra Lean Skinless, Boneless Chicken Breasts

Extra Lean Turkey or Extra Lean Ground Turkey

Extra Lean Pork

Fish: Salmon, Tuna, Tilapia, Halibut, etc.

Seafood: Shrimp, Mussels, Squid, Scallops, etc.

Jerky (with no chemicals, nitrates, or nitrites)

* 4-5 lbs for women (assuming 9-12 oz. consumed per day), 8-10 lbs for men (assuming 18-24 oz. consumed per day)

Dairy Section (\$10-20)

2-4 Cartons of eggs (preferably omega-3 eggs for yolks: Vita's Omega-3 eggs)

Part-skim string cheese, part-skim mozzarella cheese, or full fat cheeses of choice

Miscellaneous (\$10-20)

100% Natural Peanut Butter/Nut Butter (no sugar added, unroasted, low in salt)

Extra Virgin Olive Oil, Butter, Virgin Coconut Oil

Salad Dressings: Balsamic Vinaigrette, Extra Virgin Olive Oil, Lemon Juice.

Vinegars: apple cider or red wine (great for salads)

1 package of organic ground flax meal (contains added fiber/omega 3's to throw



MANDATORY Supplements For Best Results

Health + Package Auto-Ship: Save BIG Money And Eliminate Teh Annoying Re-Purchase Inconveniences By Getting Both EFA Icon And VGF+25 Shipped To Your Door Each And Every Month:

1.) **PROGRADE Workout** - Scientifically Proven Pre/Post-Workout Drink For Maximum Performance And Recovery From High-Intensity Activity..

Click Below For Your FREE Month Supply:

www.jeffmcdaniel.getprograde.com/workout-free-trial.html

2.) **PROGRADE EFA Icon:** Best Essential Fatty Acid/Omega-3 Supplement On The Market.

Click Below For Your FREE Month Supply:

www.jeffmcdaniel.getprograde.com/icon-trial.html

3.) **PROGRADE VGF+25:** Best Daily Multi-Vitamin For YOUR Gender Supplement On Market!

Click Below For Your FREE Month Supply:

www.jeffmcdaniel.getprograde.com/vgf25-free-trial.html

Recommended Supplements For Best AND Maximum Convenience

1.) **PROGRADE Lean** - Greatest Tasting Healthy Meal Replacement Shake For Your Rapid Fat Loss Snacks! <http://jeffmcdaniel.getprograde.com/meal-replacement.html>

2.) **PROGRADE Fusion**- Turns OFF Your Hunger and Turns ON Your Fat-Burning! The Best on-the-go drink there is for hydration, fat-loss, and source of protein, fiber, & electrolytes! <http://jeffmcdaniel.getprograde.com/prograde-fusion.html>

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