

# 3-DAY FAT LOSS DIET



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# 3-Day Fat Loss Diet



**This fasting-diet plans works for everyone, male or female.**

- 1. The first day of this diet you fast. During the fast, drink plenty of water.**
- 2. The second day you consume only fruit and fruit juices.**
- 3. The third day you consume only vegetables and vegetable juices.**
- 4. The rest of the week you eat normally. Just don't overdo it.**

**You can use this diet for as many weeks as you want. You may want to do it once a month. Every time you complete the three-day diet you will lose weight. It is impossible not to do so.**

**For those who cannot make it through the first day because you get a headache, try mixing the water with an equal amount of pure fruit juice (no extra ingredients such as “corn syrup” or some chemical).**



## **Fasting**

**Fasting does many things for the body. It enables the body to heal naturally. Digestion uses up strength. Fasting also appears to release a hormone that stimulates the immune system. It also gives your intestinal system a chance to clean itself and the body time to flush out the waste products of metabolism. A regular practice of fasting will help prevent a buildup or backlog of metabolic debris in the body, diminishing the possibility of serious illness.**

## **Adapting to Your Personal Needs**

**You can adapt this diet to fit your own preferences. You can drink herbal teas during your fast day if you find it difficult to drink only water. Pick one that will benefit your personal health needs such as bilberry tea for vision, peppermint for digestion, regular tea (green, black, or oolong) for the phytochemical disease-fighting benefits, etc.**

**Another way to adapt the three-day diet is to combine the second and third day for both of those days. This means consume fruits, vegetables, and their juices for both days. You could also do only fruits for those two days or only vegetables for those two days.**

**You can experiment and find out what is best for you. You may also come up with something I've missed since everyone has different needs.**



## **What To Eat On The Other 4-Days Of The Week:**

### **Meal #1**

**5 egg whites – 0 yolks**

**1 banana**

**1/4 Cup oatmeal before cooking / Multi Vitamin Tablet & 3 Desiccated Liver Tablets and 2 Amino Acid Tablets**

### **Meal #2**

**4 Ounces of water in a blender with**

**1 scoop of my Personal Protein Powder**

**1/2 to 3/4 cup plain Greek yogurt**

**1 banana or 1 small apple (or your favorite fruit)**

**1 tablespoon ground flaxseed**

**Blend it up nice and smooth and enjoy!**

### **Meal #3**

**2 cups salad containing choice of salad vegetables w/ 1 tbsp. Olive oil + 1 tbsp vinegar**

**10 oz. chicken**

**1 cup carrots or green beans 3 Desiccated Liver Tablets and 2 Amino Acid Tablets**

### **Meal #4**

**8 oz. turkey or chicken or fish or lean steak like flank steak**

**1 small baked yam with 1 tab**

## **4-Steps To Building Lean Muscle Tissue - Here's How!!**

Okay my friends, I did simplify the process, but, the foundation for building a lean and muscular physique is to adhere to the 4-steps on a consistent basis. Jumping and skipping from diet to diet and changing your training routine every other week as well as cutting your resting hours short is the most common and used method for failure!

Soooooo... Let me explain in more depth what you should do

### **Step #1 - Cycle your weight training**

I have a three step cycle that gets repeated with some changes to the exercises as needed. Cycle #1 is for muscle density and strength. The two go hand-in-hand. An impressive physique has the quality of dense muscle tissue. You don't want to have "skinny scarecrow muscles" because you'll just look like a sick person that lost weight because they are unhealthy. You want to build muscle that looks, and is impressive. Dense muscle tissue will not shrink up and go away if you have to stop training for a few weeks because of vacation or work or any other reason that may take you away from your normal training routine.

**Cycle #2 is for muscle shaping.** This cycle consists of more training days and honing the muscles for maximum shape. Most of the people I see doing this type of workout are doing it wrong. A bigger sin than that is this - because they have not implemented cycle #1, or have not implemented it correctly, they are trying to shape muscles that are not fully developed. In other words, they are trying to bake a meat-loaf dinner WITHOUT the meat! And thirdly..

**Cycle #3 for Sculpting the muscle.** Once you have muscle density and muscle shape, you can sculpt, etch and define the muscle. You can actually look like you have 10 to 20 more pounds of muscle than you actually have if you do this right. Well sculpted muscle give the physique that "polished" and finished look. The kind of look that say's " Look at me, this is what a body should look like".

### **Step #2 - Follow a Power Health Diet.**

You cannot, I repeat, you CANNOT build a beautiful, muscular and healthy body while following a diet that is not healthy. A healthy diet is often mistaken for a diet that is full of "health foods". A healthy diet is not such. A power health diet consists of whole natural foods that are in their natural state, the state that is natural and abundant in the macro and micro nutrients. Refined, processed and altered foods are not power health foods. Also, most of the "supplements" on the market are not what I refer to as "Power Health Foods". Most supplements are just a bunch of inferior ingredients mixed with some cheap protein powder to make you think you are eating healthy. Nothing could be farther from the truth!

### **Step #3 - Sleep no less than 7-8 hour a night.**

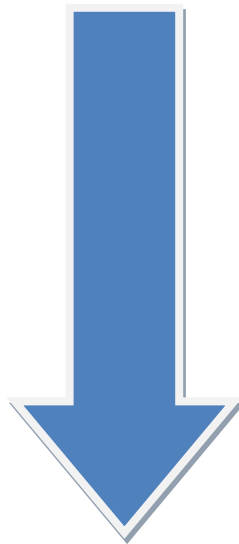
The best training and diet will not make-up for being negligent in your sleeping habits. It is during the cycles of deep sleep that the body performs the miracles of lean muscle growth. Proper weight training breaks down the muscle tissue. Proper food combinations supply the macro and micro nutrients to the body. Deep, restful sleep is when the body secretes the proper hormones and chemicals to actually

build new muscle tissue. Sound sleep is the last but most critical step in creating the lean muscle you desire!

**Step #4 - Repeat steps #1 #2 #3 forever.**

If you were fishing for salmon in a salmon stream, using salmon bait and fishing equipment because catching salmon was your goal, would you switch to catfish bait and fishing gear? Of course not! But this is exactly what most people do. Sometimes the muscle gains come easily and at other times not so easy, but it's during the "not so easy times" that you have to stick with the right protocol. You may have to adjust the workout a bit, add, subtract or alter the foods a bit and maybe get a little more sleep - but you should never go looking for a "wonder supplement or magical workout program" because they don't exist. Consistently following a progressive training routine, a healthy dynamic diet, and getting sound sleep is the 'guaranteed' 4-step plan for building lean and healthy muscle!

## 3 Day Split Workout



Train on three non consecutive days with two days rest before restarting the cycle.

## **3 Day Split Workout**

### **MONDAY**

Chest/Legs

Barbell Bench Press – 3 x 6 reps

Incline Dumbbell Press – 3 x 6 reps

Chest Dips – 3 x failure

Barbell Squats – 3 x 6 reps

Leg Press – 3 x 6 reps

Arms



## **WEDNESDAY**

Barbell Curl – 3 x 6 reps

Dumbbell Hammer Curl – 3 x 6 reps

Dumbbell Skull Crushers – 3 x 6 reps

Overhead Triceps Extension – 3 x 6 reps





## FRIDAY

Back/Shoulders

Deadlifts – 3 x 6 reps

Pull-Ups – 3 x 6 reps

Pendlay Row – 3 x 6 reps

Barbell Military Press – 3 x 6 reps

Dumbbell Side Laterals – 3 x 6 reps



Your Friend and Coach,  
Dan Przyojski [MuscleBuilderRx](#)