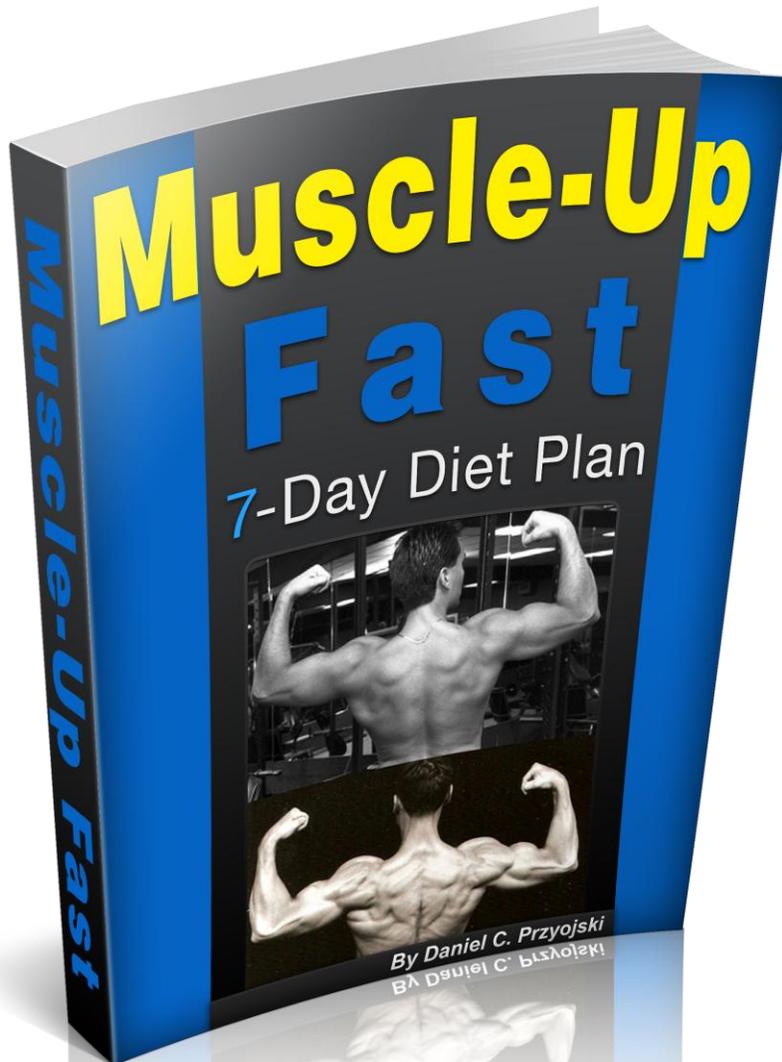
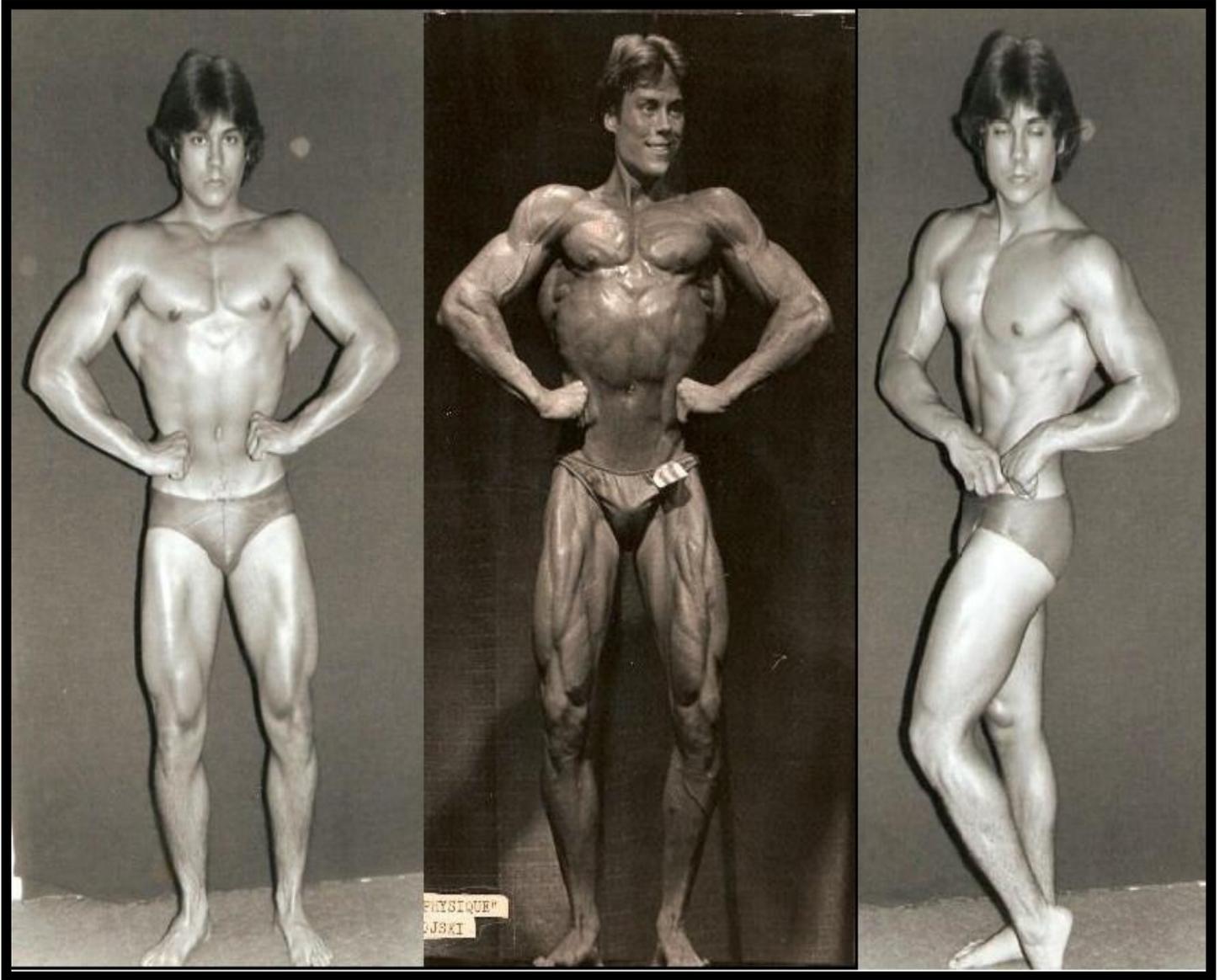


HIGH DEFINITION DIET



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Get a Physician's Checkup Prior to Beginning

The High-Definition Diet©

There is no age limit on improving your body and no body that cannot be improved by regular exercise. However, before you begin this nutrition course I want you to get a medical checkup. If you have a health problem, your doctor can take proper measures to correct it, and he may have some useful suggestions or cautionary advice to help you modify the diet to make it more suitable and beneficial for you.

Stress Test

Tell your doctor you would like a stress test which is simply a series of common exercises, such as riding a stationary bike, jogging on a treadmill, or stepping up and down on a low stool performed while your heart and vital functions are monitored.

The stress test will tell your doctor how your body functions when subjected to physical stress. A less than perfect heart or other physical problems will be revealed if they exist. Also, you should get a full blood work-up to make sure you have no underlying health problems. **Do not attempt to change your training or eating habits without first getting a thorough physical exam!** If your doctor gives you the OK, grab your gym bag and vitamins and hit the gym.

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Diet And Health

Next to religion and politics, diet and health are two of the most talked about subjects in America. There are many books and tapes on the subject of healthy eating and how to lose fat. This is not one of them.

The High Definition Diet is not a nutrition plan to follow year around. It is a specific diet plan for ridding the body of as much fat as possible for a short amount of time. Maybe you want to enter a bodybuilding contest, a fitness contest, or see what you would look like at 3 to 5 percent bodyfat. That is what this book is all about. A short term goal.

When most people see pictures or a movie of their favorite athlete or movie star (who may happen to be in great physical condition), they believe that the person always looks like that....not true. Tip top condition is short term and in most cases accomplished in an unhealthy way. Drugs, high caffeine intake, starvation, or a combination of all three is usually the norm. The after effects of this stupid approach to getting ripped are uncontrollable binge eating, nausea, rapid weight gain, and ill health.

The High Definition Diet is the sane and healthy way to achieve the “ripped” look. If you make health your main priority, you’ll always find a way to reach your physical goals without causing long-term health problems. Not only that, you’ll also be able to duplicate the successful process over and over again.

Power Health Always,

Daniel C. Przyojski

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The Diet Craze

It was way, way, back in the spring of 1983 that I developed and implemented my first competition diet, The High Definition Diet. At the time I didn't know how lucky I was to have made such a discovery. Over the past 25 to 30 years I have experimented with just about every diet plan known to man. I would read the hype about this or that *radically new diet*, then buy the book and give the program a try. In the end I always wound up disappointed with the less than fantastic results that were supposed to take place. I always ended up going back to my High Definition Diet and wondered why I ever tried something different.

Over the years as some advancements in healthy food supplementation have taken place, I have adapted the improvements to the original diet. The addition of MCT (MEDIUM CHAIN TRIGLYCERIDE) oil has dramatically increased the energy level during dieting. I use the Parrillo brand of MCT oil called CAPTRI. MCT's most often come in the form of an oil and is itself a FAT, a fat that actually BURNS FAT! You see, MCT's are digested differently than other fats. For one, they CANNOT trigger fat storage no matter how much you take! Strange but TRUE! Also, they produce a LOT of energy and are burned very quickly, thereby saving your muscles from being broken down for fuel during cycles of intense training and strict dieting. The addition of MCT oil stopped my craving for peanut butter while dieting.

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Also, I now use Raw Unfiltered Apple Cider Vinegar instead of commercial vinegar in my salads and workout drinks. While laid up in the hospital with my trauma accident, I researched and studied natural foods that were nutrient dense in minerals, vitamins, and other trace minerals. Building muscles and bones starts from within the bloodstream from the foods you ingest. I found that raw unfiltered apple cider vinegar has many health benefits. Internal benefits include:

1. Rich in enzymes & potassium
2. Natural antibiotic & germ fighter
3. Helps control & normalize weight
4. Improves digestion & assimilation
5. Helps relieve arthritis & stiffness
6. Helps remove body toxins
7. Helps remove artery plaque

External benefits include.

1. Helps promote youthful, healthy body
2. Helps maintain healthy skin
3. Soothes tight, aching muscles & joints

My personal belief is that raw apple cider vinegar helped promote overall health and strength to my body at a time when it needed it most, while recovering from a trauma accident. I have never stopped using it since 1987.

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The High Definition Diet Is Based On Four Principals

1. Eat a lot of healthy, natural foods in the right combinations.
2. Keep detailed records of everything you eat.
3. Include plenty of aerobic activity.
4. Use the proper combination of supplements.

Sounds simple doesn't it? That's because it is! Nutrition is not rocket science and does not have to be confusing. Once you cut through all the commercial hype and bulls#it, you'll be amazed at how simple it really is to get into competition condition.

However, the level of success you'll receive from the High Definition Diet will depend on three key ingredients you'll add to the program.

1. Your devotion
2. Your effort
3. Your consistency

If you are willing to devote 100% effort and consistency to following the program for 12 weeks, the High Definition Diet will alter your physique in ways you only dreamed of. This book contains step-by-step instructions for you to follow. So grab a pen and paper so you can start planning your food attack to a ripped-to-shreds new you!

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The Diet For Dummies Formula

“Simple Meals”

When dieting for a contest or photo shoot I always try to construct my contest diet in a “diet for dummies” type plan. Between work, kids, training, and juggling all the other personal responsibilities I may have in life, a complicated diet makes the task that much harder to accomplish. It always seems like the day I start a strict contest diet all kinds of unexpected distractions keep popping up. I want to have a simple, no brainer diet plan that I can easily adjust as needed.

Uniformity For Ease

For most of the year my diet is made up of foods I enjoy. I have a simple selection of foods I like and basically eat the same thing every day. I realize that eating the same foods every day may not sound appealing to some people, but I recommend you follow a basic menu when trying to get in contest condition. If you eat different foods every day you won't know how many calories you're taking in. By keeping the meals uniform, you'll be able to control the calories you eat and easily maintain the fat burning process. When my body fat percentage levels off, I adjust the diet slightly until it starts down again by simply decreasing portions or adjusting protein and carbohydrate foods. For example, to reduce calories in my meals I replace starchy carbohydrate foods with fibrous carbohydrate foods. If I start to lack energy I add a tablespoon or two of MCT oil to my meals.

Do You Have To Eat The Same Thing Every Day?

If you want to vary your diet go ahead. You will, however have to spend more time in planning your daily menu. If you're a single woman or man, no kids to tend to, and very little outside distractions demanding your time, go for it. I've just always preferred simplicity in my nutrition plan so I can spend more time on other matters.

Planning your meals is just like planning your weekly money budget. Once you know how many grams of protein, fat and carbohydrates you need or have to have, you decide what you will need to eat.



Contest Condition

How To Get Ripped!

Now I want to tell you the SECRET of losing fat and not muscle. This way you can get your body fat percentage level as low as you want to without losing hard earned muscle mass. I learned this procedure after much trial and error. Once you learn how to safely manipulate your metabolism, you can get as ripped as you want. GUARANTEED!

A mistake most people make is to rely only on counting calories to get into top condition. In my first bodybuilding contest I defeated a lot of bodybuilders who were much more genetically gifted than I was. I came in at 180 lbs, ripped to the max. I defeated guys who were weighing from 200 to 225 lbs. They had more muscle mass than I did and even a better body structure than I did, but their lack of total definition made them look fat when compared to me on stage. They made the mistake of wanting to compete at a designated body weight instead of competing at whatever weight best displayed their muscles. Don't make this mistake! I want to show you the method of losing fat and not muscle without starving yourself.

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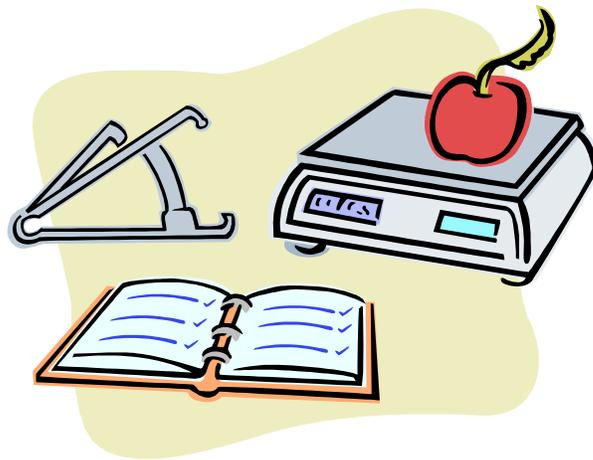
Count Grams of Protein

STEP 1: The first step in setting up your perfect diet is to weigh yourself. Your weight is the starting point for constructing your diet. If you weigh 180 lbs, you need 270 grams of protein per day (weight 180 lbs. x 1.5 grams of protein = 270 grams of protein) to hold your present muscle mass while following a strict diet. You should break this up into 5 or 6 feedings a day consuming 40 to 50 grams of protein at each meal. A gram of protein has 4 calories so your protein intake will amount to 1080 calories.

STEP 2: Now let's say that you figured that you needed 2160 calories a day to maintain your present weight. 180 lbs x 12 calories per pound of body weight = 2160 calories, simple math. But to lose fat let's make our base number 10 instead of 12. 180 lbs x 10 calories per pound of body weight = 1800 calories. Our new daily caloric intake is now 1800 calories.

STEP 3: If you deduct the 1080 calories you'll get from the protein, you're left with a balance of 720 calories. $1800 - 1080 = 720$. We will get the remainder of our caloric intake from carbohydrates. I do not count the 90 calories or so I will get from the one teaspoon of unsaturated fat I will consume each day. The fat is essential to overall health and I have found it to have an insignificant effect on the overall diet.

STEP 4: Carbohydrates also have 4 calories per gram. You will need to count the amount of calories in the carbohydrates you choose to eat. I have listed the foods and their calorie, protein, and carbohydrates values in a later section of the book.



Quick Recap For Planning Your Contest Diet!

Protein Consumption

You will need approximately 1.5 grams of protein per pound of body weight. To determine how many grams of protein to eat, use the following equation.

Your Bodyweight x 1.5 = Grams of Protein per Day

For example, someone weighing 180 pounds would eat:

180 x 1.5 = 270 Grams of Protein per Day

The majority of your protein intake should consist of pure protein sources from egg whites, fish, and chicken, although some will come from carbohydrate foods and a protein drink if you really have to use one to stay on track.

Fat Consumption

Always keep fat consumption to a minimum while dieting for maximum body fat loss. Calories from dietary fats should comprise no more than 5% of your daily caloric intake. To play it safe, take one teaspoon of unsaturated oil every day for essential fatty acids!

Carbohydrate Consumption

Calories that do not come from protein, dietary fats, and a protein drink (if used) should come from carbohydrates, both starchy and fibrous. This is where you will get your energy from. As the weeks go by you will replace starchy carbohydrates with fibrous carbohydrates and an MCT oil. You will keep refined carbohydrates such as bread and pasta out of your diet for 12 weeks, or the full length of your contest diet phase.

Remember:

You have to take a methodical approach and continually eat the correct combinations of foods if you want to get ripped!

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Meals

Eat five or six meals a day spaced two or three hours apart. Each meal should include one source of protein and one or two sources of fibrous carbohydrates. If you combine a protein food with a fibrous carbohydrate and a starchy carbohydrate, you'll maximize the nutritional element. If you eat carbohydrates by themselves, you'll get a burst of energy that'll soon fade. The combination of protein and fiber slow the digestion of carbohydrates for more consistent energy levels and increased endurance.

Protein

Most of your protein intake should consist of pure, low-fat protein sources such as egg whites, low-fat fish, and chicken breast. I stick with three protein sources only so I can keep my meals simple. Also, try not to eat more than one egg yolk per six egg whites.

Carbohydrates

Many foods fall under this heading, but you only want the natural, unrefined, complex carbohydrates (potatoes, sweet potatoes, oatmeal, grits, brown rice and vegetables). You'll find that when you eliminate breads, white rice, pasta, and bagels, your physique will tighten-up and you'll have more energy. While contest dieting, always eliminate canned vegetables from your diet. Canned foods contain large amounts of sodium (and sometimes sugar) that can lead to water retention problems.

Your carbohydrates are to be divided into two categories, starchy and fibrous. Starchy carbohydrates have a higher carbohydrate and caloric content while fibrous carbohydrates are higher in fiber and much lower in calories. Fibrous carbohydrates are filling, yet burn their caloric content in the digestion process.

Dietary Fats

Calories from dietary fats should comprise no more than 5% of your total caloric intake. Now, your body still needs the good fats, the essential fatty acids (EFAs) that are found in dietary fats. EFAs facilitate the absorption of vitamins A, D, E and K and provide insulation, energy reserve and cushion for vital organs. When the body lacks sufficient EFAs, the tissues around the joints can deteriorate and cause joint pain and popping, grinding noises. One teaspoon a day of extra virgin olive oil, safflower oil, or linseed oil will give your body the oils it needs.



PROTEIN FOODS

1 Serving With Each Meal

Here is a list of the recommended protein foods we use while following the High Definition Diet. To keep an accurate count of your nutrition intake you should purchase a food scale. A quality food scale can be purchased at any food store chain for under \$5.00

I only list the calorie and protein content of these foods because the carbohydrate content is so low it is not a factor in the overall high definition diet plan.

Turkey Breast - 8 to 14 ounces / 100grams = 116 calories – 24.6 protein.

Tuna Fish - (can, 6 ounces) 120 calories / 33grams protein.

Egg Whites - 6 to 10 egg whites – 150 grams = 76.5 calories / 16.35 protein.

Egg Yolks - one per 6 egg whites or two for 10 egg whites.

Pollock - 8 to 14 ounces – 150 grams = 142.5 calories / 30.6 protein.

Yellow Perch - 8 to 14 ounces – 150 grams = 136.5 calories / 29.25 protein.

Red Snapper - 8 to 14 ounces – 150 grams = 139.5 calories / 29.7 protein.

Haddock - 8 to 14 ounces – 150 grams = 118.5 calories / 27.45 protein.

Halibut - 8 to 14 ounces – 150 grams = 150 calories / 31.35 protein.

Cod - 8 to 14 ounces- 150 grams = 117 calories / 26.4 protein.

White Bass - 8 to 14 ounces- 150 grams = 147 calories / 27 grams protein.

Chicken Breast - 8 to 14 ounces – 150 grams = 175.5 calories / 35.1 protein.

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I use Parrillo brand Captri MCT oil for most of my cooking needs and also as my oil in my homemade salad dressing (1 tablespoon honey, one tablespoon Bragg Apple Cider Vinegar, one tablespoon Captri oil).

If you lead a busy life and want to vary your menu with mostly whole foods, you need to prepare your main food dishes in advance. This way you can be set for several days of meals. I have a separate refrigerator that I keep for my meals.



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FIBROUS CARBOHYDRATE FOODS

1 Or 2 Servings with Each Meal

I only list the calorie and protein content of these foods, because the carbohydrate content is so low it is not a factor in the overall diet plan.

Asparagus - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 39.0 calories / 3.75 protein.

Green Beans - 1 cup. Use fresh or fresh frozen, not canned – 150 grams = 39 calories / 2.55 protein.

Broccoli - 1 cup. Use fresh or fresh frozen, not canned – 150 grams = 48 calories / 5.4 protein.

Brussels Sprouts - 1 cup. Use fresh or fresh frozen, not canned – 150 grams = 67.5 calories / 7.35 protein.

Carrots - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 63 calories / 1.65 protein.

Cauliflower - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 40.5 calories / 4.05 protein.

Zucchini - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 25.5 calories / 1.8 protein.

Green Peppers - ½ cup. 150 grams = 33 calories / 1.8 protein.

Squash - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 28.5 calories / 1.65 protein.

Spinach - 2 cups. Use fresh or fresh frozen, not canned- 200 grams = 52 calories / 6.4 protein.

Eggplant - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 37.5 calories / 1.8 protein.

Cucumbers - 2 cups. 150 grams = 22.5 calories / 1.35 protein.

Mushrooms - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 42 calories / 4.05 protein.

Celery - 2 or 3 stalks. 200 grams = 34 calories / 1.8 protein.

Iceberg Lettuce - 3 cups. 200 grams = 26 calories / 1.8 protein.

Do not neglect these important fibrous foods. They contain important vitamins and minerals as well as slow down the release of starchy carbohydrates. Fibrous foods are an important part of a high definition diet.



STARCHY CARBOHYDRATE FOODS

One Serving with Each Meal

I only list the calorie and carbohydrate content of these foods, because the protein content is not a major factor in the overall diet plan. I find that when it comes to a diet plan (and training plan) too many people “major in the minors” and complicate a program to the point of frustration because they focus on minor details.

Sweet Corn – 1 cup. Use fresh or fresh frozen, not canned - 100 grams = 96 calories / 22.1 carbohydrates.

Lima Beans - 1 cup. Not canned use fresh or fresh frozen - 100 grams = 102 calories / 19.5 carbohydrates.

Oatmeal (rolled oats) - ½ to 1 cup before cooking. 100 grams = 390 calories / 68.2 carbohydrates.

Peas - 1 cup. Not canned use fresh or fresh frozen - 100 grams = 73 calories / 12.8 carbohydrates.

White Potatoes - 1 medium or large. 150 grams = 114 calories / 25.65 carbohydrates.

Brown Rice - ½ to 1 cup cooked. 50 grams (uncooked) 180 calories / 77.4 carbohydrates.

Acorn Squash - 1 cup. Use fresh or fresh frozen, not canned- 100 grams = 44 calories / 11.2 carbohydrates.

Butternut Squash - 1 cup. Use fresh or fresh frozen, not canned- 100 grams = 54 calories / 14.0 carbohydrates.

Winter Squash - 1 cup. Use fresh or fresh frozen, not canned- 150 grams = 75

calories / 18.6 carbohydrates.

Yams - 1 medium or large potato. Use fresh not canned- 150 grams = 151.5 calories / 34.8 carbohydrates.

Sweet Potatoes - 1 medium or large potato. Use fresh not canned- 150 grams = 171 calories / 39.45 carbohydrates.

Tomatoes - 1 large. Use fresh or fresh frozen, not canned- 150 grams = 33 calories / 7.05 carbohydrates.

¼ cup Popcorn (un-popped). Air popped = 362 calories / 72.1 carbohydrates.



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My Contest Diet!

The High Definition Diet is a three phase, 12 week diet as follows.

1. **PHASE ONE:** The first four weeks are a very well rounded diet and quite easy to follow. Just calculate your protein, carb, and caloric needs then create your personal diet.
2. **PHASE TWO:** The starchy carbohydrates are cut in half and replaced with a MCT (medium chain triglyceride) oil.
3. **PHASE THREE:** Cut back from six meals a day to five if needed. Eat your last meal three to four hours before bedtime. Decrease your intake of starchy carbohydrates as much as possible and eat more fibrous carbohydrates. I usually eliminate all starchy carbohydrates from my meals except a ½ cup oatmeal in the morning and another ½ cup with a ¼ cup raisins for my pre-workout meal. I add one tablespoon of an MCT oil to each of my meals. If I start losing too much muscle mass after 7 days, I add one medium sized sweet potato to my 11 am meal.

If you're going to enter a bodybuilding contest or need to look ultra ripped for pictures in the final week, you will follow a decarbing, carbing and dehydrating phase. This final stage is crucial and takes some personal tweaking to customize the carb intake and depletion to fit your body chemistry.

In the next three pages I will detail one of my personal three phase contest diets. Remember, this is just one of the diets I've followed. As my age, daily physical demands, and metabolism change, so must my food intake and choice of foods also change. But this will give you a good idea of how to construct your High Definition Diet!

Contest Diet

Weeks One Through Four

Phase One!

Time	Food	Amount	Calories	Protein	Fat	Carbs
8 am	Oatmeal	100 grams	390	14.2	7.0	69
	Egg whites	200 grams	102	23	0.0	0
	Tomato	100 grams	22	1.1	0.0	5
	Mushrooms	100 grams	28	2.5	0	4.5
11 am	Tuna fish	1 Can	120	28	0	2
	Sweet potato	200 grams	228	3.5	0	53
	Broccoli	100 grams	32	3.5	0	6
1 pm	Chicken breast	150 grams	175	35	2.5	0
	Frozen corn	100 grams	96	3.5	1.0	22
	Green beans	100 grams	32	1.9	0	7
3 pm	Pollock	150 grams	142	30.5	1.0	0
	Brown rice	50 grams	180	4.0	1.0	38.5
	Cauliflower	200 grams	54	5.4	0	10.5
5 pm	Chicken breast	150 grams	175	35	2.5	0
	Green beans	200 grams	64	3.8	0	14.2
	Lima beans	100 grams	102	6.2	0	19.5
8 pm	Tuna fish	2 cans	240	56	0	4
	Broccoli	200 grams	64	7	0	12
	Corn	100 grams	96	3.5	1	22

Total	2167	267	16	289
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Contest Diet

Weeks Five Through Eight

Phase Two!

Time	Food	Amount	Calories	Protein	Fat	Carbs
8 am	Oatmeal	50 grams	195	7.1	3.5	34.5
	Egg whites	200 grams	102	23	0.0	0
	Tomato	100 grams	22	1.1	0.0	5
	Mushrooms	100 grams	28	2.5	0	4.5
11 am	Tuna fish	1 Can	120	28	0	2
	Sweet potato	100 grams	114	1.75	0	26.5
	Broccoli	100 grams	32	3.5	0	6
1 pm	Chicken breast	150 grams	175	35	2.5	0
	Frozen corn	50 grams	48	1.75	0.5	11
	Green beans	100 grams	32	1.9	0	7
3 pm	Pollock	150 grams	142	30.5	1.0	0
	Brown rice	25 grams	90	2.0	0.5	19.25
	Cauliflower	200 grams	54	5.4	0	10.5
	MCT oil	1 tablespoon	120			
5 pm	Chicken breast	150 grams	175	35	2.5	0
	Green beans	200 grams	64	3.8	0	14.2
	Lima beans	100 grams	102	6.2	0	19.5
	MCT oil	1 tablespoon	120			
8 pm	Tuna fish	2 cans	240	56	0	4
	Broccoli	200 grams	64	7	0	12
	Corn	50 grams	48	1.75	0.5	11
	Total	2087	253.25	11	187	

Contest Diet

Weeks Nine Through Twelve

Phase Three!

Time	Food	Amount	Calories	Protein	Fat	Carbs	
8 am	Oatmeal	25 grams	97.5	3.55	1.75	17.25	
	Egg whites	200 grams	102	23	0.0	0	
	Tomato	100 grams	22	1.1	0.0	5	
	Mushrooms	100 grams	28	2.5	0	4.5	
11 am	Tuna fish	1 Can	120	28	0	2	
	Broccoli	100 grams	32	3.5	0	6	
	MCT oil	1 tablespoon	120				
1 pm	Chicken breast	150 grams	175	35	2.5	0	
	Green beans	100 grams	32	1.9	0		
	Cauliflower	200 grams	54	5.4	0	10.5	
3 pm	Pollock	150 grams	142	30.5	1.0	0	
	Cauliflower	200 grams	54	5.4		10.5	
	MCT oil	1 tablespoon	120				
	Lima beans	100 grams	102	6.2	0	19.5	
5 pm	Chicken breast	150 grams	175	35	2.5	0	
	Green beans	100 grams	32	1.9	0	7.1	
	MCT oil	1 tablespoon	120				
8 pm	Tuna fish	2 cans	240	56	0	4	
	Broccoli	200 grams	64	7	0	12	
www.powerhealthproducts.c			Total	1831.5	245.95	7.75	98.35

12th or 13th Week

Contest or Photo Shoot

Decarbing and Carbing

Decarbing is the process of lowering your carbohydrate intake for several days. This prepares your body for holding glycogen and fluid in the muscles rather than under the skin when you carb up. Phase three already lowers your carbohydrate intake, so you will not have to make any drastic changes. For me and most of my clients eliminating the starchy carbohydrate from the pre-training meal is sufficient. You must continue to eat fibrous carbohydrates with every meal.

Decarbing is followed by a period of “carbing up”. You will only carb up on natural, complex starchy carbohydrates such as sweet potatoes, brown rice and oatmeal. The starchy foods you put back in your diet should be the starchy foods you were using in phase one and two. Adding foods that your body is not accustomed to can result in water retention between the skin and muscle. This will make your muscles appear smooth. You do not want this.

The precise decarbing, then carbing up system you use depends on whether your metabolism is fast or slow. If you gain weight easily and have a hard time losing, you have a slow metabolism. People with fast metabolisms need to eat more when decarbing and carb up for a longer period of time. People with slower metabolisms should eat less when decarbing and carb up for a shorter period of time.

In the end, the only way to know exactly what to do during decarbing and carbing up is to learn through personal experience.

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If You Have a Slow Metabolism

If you have a slow metabolism, you should start the decarbing process on the Sunday before your contest or photo shoot and continue through Wednesday. Men should take in approximately 80 to 120 grams of carbohydrates a day and women with a slow metabolism about 50 grams a day.

Begin carbing on Thursday. Men should add about 100 grams of carbs and women about 50 grams of carbs. Be sure to divide the grams of carbohydrates equally between your five or six meals.

On Friday quit taking the MCT oil and add another 150 to 250 grams of carbs to your daily intake.

By Friday night the carbohydrates you've eaten should have your muscles looking full and pumped. If your muscles still appear to look flat, you may need to add more carbohydrates. Add another 50 to 75 grams. Just don't panic and add too many carbohydrates too soon or you will smooth out.

Saturday's breakfast should consist of complex carbohydrates with a small amount of protein. Maybe some egg whites and oatmeal or three whole eggs and a large sweet potato.



If You Have a Fast Metabolism

If you have a fast metabolism, you should start the decarbing process on the Sunday before your contest or photo shoot and continue through Tuesday. Men should take in approximately 200 to 350 grams of carbohydrates a day and women with a fast metabolism about 100 grams a day. Some people with extremely fast metabolisms will most likely need even more carbohydrates than I just prescribed.

Begin carbing on Wednesday. Men should add about 100 grams of complex carbohydrates on Wednesday, and another 50 to 100 grams on Thursday and Friday. Women should add about 100 grams of carbs on Wednesday, and an additional 100 to 150 on Thursday and Friday. Also, cut your MCT oil out on Thursday. Be sure to divide the grams of carbohydrates equally between your five or six meals.

By Friday night the carbohydrates you've eaten should have your muscles looking full and pumped. If your muscles still appear to look flat, you may need to add more carbohydrates. Add another 50 to 75 grams. Just don't panic and add too many carbohydrates too soon or you will smooth out.

Saturday's breakfast should consist of complex carbohydrates with a small amount of protein. Maybe some egg whites and oatmeal or three whole eggs and a large sweet potato.



Fluid Intake

The muscles carry about 60% fluid. In order to look full and hard, your muscles need that all important fluid. But if you want to achieve that muscular high definition look, you will want to eliminate the fluid from underneath your skin. The trick is to get the fluids into your muscles and out from your skin.

The process of decarbing and carbing helps to pull fluids into the muscles, but if you also dehydrate properly and watch your sodium intake you'll get the fluids out from underneath the skin.

Steam distilled water is the only fluid you should drink in the final two weeks of phase three. If you are cooking vegetables or potatoes, you should also be using steam distilled water for the cooking.

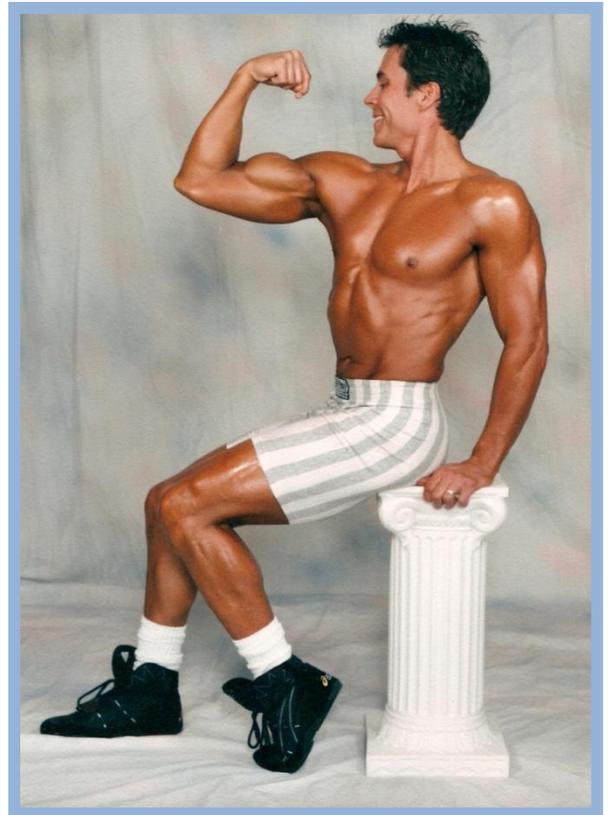
On Thursday you should begin to limit your intake of water. Do not cut it out completely! You should drink about four to six ounces of steam distilled water with each meal but no more than 30 ounces for the day. If you live in a very warm climate or it is summertime, you may need to drink another 10 to 12 ounces a day. Add 1 tablespoon of raw apple cider vinegar to your total water intake for the day. The raw apple cider vinegar has a balance of natural potassium that will keep your muscles from cramping.

Be sure not to eat any high sodium foods during this carb loading period as that could be disastrous to your overall condition.



What About Training and Aerobics?

You should continue to train while you are decarb. Training while decarb helps to get the glycogen out of your muscles. Training during this period will be hard, so don't expect to train as intensely or as heavily as normal. You should continue to do aerobics but cut your time in half. As soon as you start your carb up phase (Tuesday or Wednesday depending on body type), you should stop all weight training and aerobics and practice posing. Posing is isotension exercise and will help to force more glycogen (water) into the muscles.



Suggested High Definition Supplementation

TIME	SUPPLEMENT	SUGGESTED USE
BREAKFAST	Multi-Vitamin Tablet Multi-Mineral Tablet	One of each with breakfast
With each meal	Desiccated Liver Tablets	Three to ten
With each meal	Free Form Amino Acid Tablets	One to three

High Energy Drink

Raw Apple Cider Vinegar – One Tablespoon

Honey – One Tablespoon

Lemon Juice(fresh) - ½ Lemon

Mix these three ingredients together with 16 ounces of steam distilled water and sip on while training.

This high energy drink is healthy and natural. The vinegar is packed with potassium and other rich nutrients that will keep your muscles from cramping and your joints feeling good. The lemon is a natural cleanser that will keep your kidneys and liver functioning properly. The honey is great for energy as well as other health benefits. I've been using this formula for 20 years.

Practice Makes Perfect!

As much as I would like to guarantee you a High Definition Physique on your first attempt, I cannot. Everyone is different. Since everyone's physical make up, age, job, activity level, and overall health is different, so are their reactions to carbining, decarbining, dehydrating and training. This is why you must keep an accurate record of the foods you eat and your training regimen.

If at the end of phase three your skin was thin but you appeared flat, you needed to add more carbohydrates or fluid. Next time when trying the program, eat more carbohydrates and drink a bit more water. If you peak (look your best) a day after you wanted to, that is a sign that you needed to start carbining sooner.

If you peaked too soon then started to look smooth, that is a sign that you started to carb load too early. Next time when trying the program, start your carb up process a day later.

LEARN FROM YOUR EXPERIENCE: I have implemented the High Definition Diet many times throughout the last 24 years. Sometimes I'm right on the money, other times I'm mad because I missed my target by a day or so. It's like everything else that you want to succeed in, a journey quest. Always take pride in your experience and have fun with it later. Keep-on-keeping-on and you'll surely arrive. Remember, A Winner Never Quits And A Quitter Never Wins!!

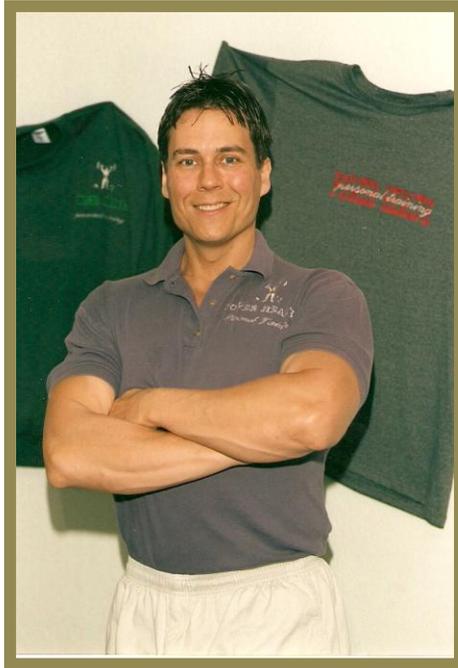
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