



WOMEN'S STACKING GUIDE

Intermittent Fasting Food Schedule

Intermittent Fasting is neither a new or novel concept, but it is one that seems to work for a lot of people who work the typical American 9-5 grind. Simply put this is a day to day way to eat while optimizing your bodies need for nutrition and to help your body relearn how to not store unnecessary calories. In addition, this is an effective way to decrease your daily calorie intake without constant hunger and restlessness.

The foundation for this concept is to rethink your day. Instead of your day starting when you wake, it actually begins when you go to sleep. You will Fast naturally while you sleep (obviously) and a for a period, when you first wake. This is when you will fit in your cardio and take a stimulant supplement to help kickstart your days weight loss.

Friday Evening	9:00pm	Last Meal of the Day
Friday	Midnight	Uninterrupted Sleep
Saturday Morning	8:00am	Wake and Water
Saturday Morning	9:00am	Slow and Low Cardio
Saturday Afternoon	1:00pm	Fasting complete
Saturday Afternoon/Evening	1:00pm – 9:00pm	1 Meal Every 2 Hours
Saturday Evening	9:00pm	Last Meal of the Day

Repeat each day

Cheat Meals 101

What might a typical cheat meal look like? Reasonably healthy but with a nice dose of fun! Maybe something like - Teriyaki Chicken, rice, veggies. A big Spinach Salad with Blue Cheese and walnuts, and a righteous slice of high calorie cheesecake. What you will find interesting is the deeper into your diet you get, the less food you will be able to eat as time goes on. Order one thing at a time and adjust accordingly. Do yourself a favor and don't bring home any leftovers. Ever. The temptation to eat them throughout the day will be huge.

Cheat meal can include anything except alcohol.





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General Rules for Weight Loss: The Three

The more you bend the rules, the slower or less likely your results will become. In our circles we call them The Threes. Simply put; one is no more important than the other. Each is also symbiotic in relationship with one another. Meaning, the more you perfect one, the greater affect it has on the others.

1 Sleep

The most overlooked aspect of the three. We repair, grow and recover when we sleep. 8 hours of uninterrupted sleep at minimum is essential. Taking a 20-30-minute nap once or twice a day is icing on the cake. In addition, the more rest we get, the more natural growth hormone we release, allowing our bodies the ability to recover wholly.



2 Training



Clearly, without any training, we won't change and adapt. Sure, with sleep and proper nutrition we can lose bodyfat, but without training, no muscle growth will occur. Training is broken into two parts:

- **Lifting** - Whether doing Yoga, Powerlifting, Pilates, Bodybuilding, CrossFit or any other exercise, resistance oriented training reaps tremendous benefits.
- **Cardio** - Fasting cardio is an excellent way to get your body to break down stored body fat for energy. 20-40 mins, 3-5 days per week first thing in the morning is ideal. Total time is important here. Too much time or too fast and our body cannot break down stored fat fast enough for energy and it taps into muscle. No Bueno. There is zero need for evening cardio in this scenario. Active weekends are just fine but stick with the food plan as outlined.

3 Nutrition

Without a doubt, the most difficult part of training/weight loss/weight gain, etc. Cooking, food prep, packaging, shopping, clean up. The bottom line is if you want to be successful, you have no other choice than to follow this plan for the duration. If you are not willing to follow a reasonable food plan, stop reading right here, go back to whatever you were doing before. Commitment to nutrition is imperative for results.

- **Food** - It is very simple. It is somewhat boring, but it can also be fun experimenting with ways to make it taste better and remain compliant with what you need to do. Cook all of your carbs and proteins on Sunday. Never cook fish ahead of time if you can help it. Everyone prefers fresh greens over cooked greens. Cheat meals are not only good for your mental health, but important to how your body metabolizes food over the long haul.
- **Supplements** - Not just supplements but products you can trust to be what they say they are and contain only what you need.
 - **BCAA's** - Before, During or After training to fill the needs of repair.
 - **Multi Vitamin/Mineral** - Imperative.
 - **Fat Burner** - Utilize more calories for all day energy. Stimulant and non-stimulant alike.





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Grocery List

Here is a sample of what your weekly grocery shopping should look like. A great rule of thumb is that 90% of the items you need to buy are around the perimeter of the grocery store. The center of the store is primarily prepared and processed foods as well as sweets and the stuff that helped you gain the weight you are trying to lose. Get to know your butcher and fish monger. They can help you make better choices when it comes to fresh and not farmed ingredients.

Drinks

Water, coffee, hot or iced green or black tea, non-Splenda based diet waters and sodas (sparingly).



Low Carb Veggies

Leaf greens, avocados, cucumbers, celery, green beans, edamame, asparagus, onions, broccoli, cauliflower, spinach, cabbage, artichokes, brussels sprouts, and mushrooms.



Full-Fat Dairy

Eggs, butter, whole cheese (no processed), low sugar olive oil based mayo, whole unflavored Greek yogurt, sour cream, cream cheese, cottage cheese and heavy/half & half cream, whole milk (goat, cow, sheep).



Fruits, Tart Berries, Low Sugar Citrus

Blueberries, raspberries, blackberries and strawberries. Grapefruit, lemons, and limes.



Other Natural Fats

Olive oil, coconut oil, coconut butter, coconut milk, avocado oil, macadamia oil, grapeseed oil. Most animal fats. 70% cocoa dark chocolate.



Nuts and Butter

Macadamia nuts, brazil nuts, walnuts and pecans, nut butters, green or black non-filled olives.



Whole Proteins

Chicken, all cuts of beef, all fish and seafood (avoid farmed fish), all cuts of pork including sausage and bacon. Low to no carb whey, casein beef, and pea protein powdered supplements.





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How Do I Take Hi-Tech Pharmaceuticals Weight Loss Stack Properly?

WEEK 1-6

Take 1 (one) capsule of HydroxyElite two times a day.
Once in the morning with water and once with your first meal.
You may want to start with 1 (one) per day until tolerated.

WEEK 1-4

Take 2 (two) tablets of CarniSlim two times a day 8-12 hours apart.

WEEK 1-4

Take 3 (three) softgels of CLA 1000 two times a day with first and last meals.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

