

FAT BURNING FINGERPRINT



M A I N M A N U A L

Gary Watson

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Determining Your Fat Burning Fingerprint Nutritional Metabolic Type

Step One: YOUR Nutritional Metabolic Type

I have already alluded to the fact that you have a Unique Fat Burning Fingerprint® metabolic type.

This type is so important, and it's absolutely the reason why some people are able to get great results in fat loss, sexual function, and a general sense of well-being eating one style of nutrition while others get lousy results eating the same foods.

And when it comes to burning fat, what other nutrition program could you think of being more important than a program designed specifically for YOUR **nutritional metabolic type**? I can't think of a single one, and in fact, in over 25 years of practice, I can honestly say that this nutrition program produces phenomenal results. How can I say this?

Easily, as **Nutritional Metabolic Typing** that declares your **Fat Burning Fingerprint®** is the culmination of over 80 years of pioneering efforts and discoveries by a whole series of remarkable medical researchers, including biochemists, clinical nutritionists, dentists, psychologists, physicians, and physiologists, many of whom are world renowned in their area of specialty. **Dr. George Watson, William Donald Kelley, Dr. Royal Lee, Dr. Weston Price, Dr. Francis Pottenger, Dr. Melvin Page, Dr. Roger Williams, Dr. Emanuel Reici, Dr. Henry Bieler, William Wolcott, and Trish Fahey**—each and every one of these exceptional individuals poured their heart, mind, and souls into this research, and we are very fortunate to be the benefactors of such a wealth of knowledge.

There are actually nine fundamental homeostatic controls that determine our metabolic type. Your oxidative system, autonomic nervous system, catabolic/anabolic balance, endocrine type, acid/alkaline balance, prostaglandin balance, constitutional type, electrolyte balance, and blood type.

However, the oxidative system plays the most critical role in managing the body's metabolic activities and fat-burning abilities, and in turn, in maintaining health. It is this system more than any other that determines a person's dietary requirements. Therefore, it is this system that this book focuses on.

“The food that you eat can either be the safest & most powerful form of medicine, or the slowest form of poison.”

—Ann Wigmore





In general, your oxidative system determines the relative speed at which your cells metabolize carbohydrates. Energy conversion at the cellular level is a multistep process that requires specific nutrients at each step of the way, says Wolcott and Fahey (2000). So, your metabolic type absolutely determines the amount and types of proteins, fats, and carbohydrates that you must have in order to have optimal health and wellness. **More importantly, for our goals, eating right for your nutritional fat burning fingerprint® metabolic type is the sneaky little key that unlocks your fat-burning furnace.** Without this key, your results will never surface.

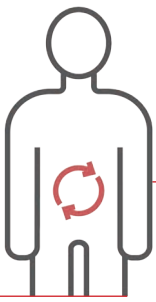
This is why the “one-size-fits-all” diet frenzy is another myth I am debunking, once and for all. You cannot expect every person to eat the exact same way and get the exact same results. Any person with any common sense should know this, as we all have had that friend or family member that can “eat whatever they want” and not gain an ounce. But in actuality, they are not eating whatever they want; they are simply eating those things that you cannot (and therefore want), yet it is right for their body type. Come on now—wake up, people. This nutrition program will set you straight, once and for all.

The key, however, is to answer the questions as you really feel, not as you think I (or anyone else, for that matter) would want you to answer. Take a moment to think about each question, and then answer it as best as you can. You will notice that you only have two choices. You must choose one or the other. There will be some questions that have more than one answer that applies to you. Again, you must choose only ONE answer. Choose the one that makes the MOST sense. The one that you absolutely would prefer over the other. It is ok if you normally would not choose either. However, you must choose one. So, if you had to choose one, which one would it be? For some of you, this will be quite simple. For many, however, you rarely think at all about what you eat and why. So, do your best with the test, and then come back and take it a week later just to reevaluate. There is no harm in taking a week to truly listen to your body and its hints as you go throughout your day deciding on what to eat and how you feel before and after consuming the food.

YOUR Fat Burning Fingerprint® Metabolic typing test:
Modified from The Metabolic Typing Diet (Wolcott and Fahey 2000, 135-158). Please note that you will only choose the answer that you would most likely choose, having **ONLY** the two choices listed.

With this key, your Ryan Gosling and Mila Kunis body is just around the corner. Are you willing to learn what it takes to get your key?

The first thing we must do is determine what Nutritional Metabolic Type YOU are. The test is very simple and takes less than 10 minutes to complete.



The Fat Burning Fingerprint®

Nutritional Metabolic Type Test:

1. For breakfast, I ideally enjoy and feel best if I eat,
 - a. fruit, cereal and milk, and/or toast
 - b. eggs, bacon, ham and/or sausage
2. I am most happy and feel my best,
 - a. when the weather is hot
 - b. when the weather is colder outside
3. Most people like sweets to some degree, but ideally if I could only have one or the other, I would choose
 - a. a nice sweet dessert after a meal
 - b. a nice snack like popcorn, chips, or cheese
4. In general, I feel best if I eat,
 - a. one to three meals per day
 - b. at least three meals a day with several snacks
5. If I have sweets right before bed, generally I feel,
 - a. the sweets do not affect my sleep at all
 - b. the sweets do not allow for my best sleep right before bedtime
6. When experiencing a busy day, skipping meals makes me feel,
 - a. just fine, as I often skip meals
 - b. not good at all (tired, no energy, irritable)
7. Contrary to many popular diet programs, fats may not be as bad for us as many would like us to believe. If I could take away the judgment placed upon it, I think that,
 - a. I really don't desire fatty foods.
 - b. I would eat more of them if they were good for me, as I enjoy them
8. It seems when I gain weight, I usually seem to overindulge on
 - a. meats and fatty foods
 - b. breads, pasta, fruits, and juices
9. When I want a lasting energy boost, I usually have success by going for
 - a. candy, pastries, or fruit
 - b. meat and cheese
10. If I am having a day where I feel irritated and anxious, I prefer
 - a. fruits or vegetables or sugary foods to help ease the anxiety
 - b. heavier foods with some fat like nuts with salt and/or meats

11. If I am out celebrating something very special and can eat whatever I want, no holds barred, I prefer to have
- a.** chicken and turkey, salads, fruits and vegetables, and various sweet desserts
 - b.** ribs, pork chops, potatoes and gravy, salmon and a salad loaded with cheese, and a rich creamy dessert
12. When I consume coffee, tea, or other drinks with caffeine, I feel
- a.** pretty good in general
 - b.** a little nervous, hyper, jittery, or hungry
13. During my usual day, I feel hungry
- a.** not that often, and in general do not have a big appetite
 - b.** more than most and prefer to eat many times per day
14. But if I do get hungry during my day, I generally feel best if I eat
- a.** something sweet
 - b.** cheese and nuts
15. When I wake up in the morning, I am
- a.** not that hungry to be honest
 - b.** willing and able to eat
16. By the time lunch rolls around, I
- a.** sometimes need to be reminded to eat
 - b.** am hungry and ready to eat my lunch
17. If I decide to eat sugary snacks, I feel
- a.** just fine and have newfound energy that lasts
 - b.** a rush of energy, but often crash a little later and don't feel so great after
18. When I finish a workout or high energy activities, I feel
- a.** better if I have a high sugary drink such as Gatorade or fruit juice
 - b.** a protein shake or food high in protein
19. If I show up at my office and there are salty snacks versus sugary snacks, I
- a.** am not very interested and wish the snack were a sugary treat
 - b.** jump right in and enjoy the snack
20. In general, when I think of red meat, I could
- a.** leave it
 - b.** take it
21. When I am craving a snack and have both options, I generally choose,
- a.** breads, crackers, cookies
 - b.** peanuts, popcorn, chips
22. When I think of sour foods, I generally feel that I
- a.** don't like them
 - b.** like them

23. I tend to be more

- a. of a loner or introvert
- b. social butterfly

24. If I had a fruit bowl for lunch, more than likely I would feel

- a. more than satisfied until dinnertime
- b. irritable, tired, and as if I wanted to eat more shortly afterward

25. When I feel my best, I am generally

- a. eating only two to three meals daily with little to no snacks
- b. eating smaller meals and snacks more frequently throughout the day

RESULTS



NOW SIMPLY TALLY UP HOW MANY A'S AND HOW MANY B'S YOU HAVE.

My A totals _____ My B totals _____

According to your score, if your A score is 5 or more points higher than your B score, then you have an S-TYPE Fat Burning Fingerprint.

If your B score is 5 or more points higher than your A score, then you have an F-TYPE Fat Burning Fingerprint.

However, if your A and B scores are within 3 points of one another (example; A=13 and B=12), then you have an M-TYPE Fat Burning Fingerprint.

So, to make it easy, if you score 15 or above on A, you are an S-TYPE!

If you score 15 or above on B, you are an F-TYPE!

If your score is less than 15 on both A and B, you are an M-TYPE!

Congratulations; if you took the time to answer each question honestly, you now know your **Unique Fat Burning Fingerprint®** Type!

For many, it may have been difficult for you to truly answer the questions, as you rarely take the time to think about what kinds of foods make you feel a certain way. It is ok to take the next three to seven days to start listening to your body, and how you feel after these meals and snacks, and then retake the test.

Now that you have finished, are you surprised at just how easy it was? You are one step closer to being a Greek God/Goddess-like specimen.

In fact, once you learn how to eat according to your nutritional metabolic type, not only will your clothes begin to fit better and those swimsuits look amazing on you, but you will start to feel more energized and alive. This is exactly how your body wants to feel naturally.



This program is specifically for **YOU**.

Are you beginning to get excited? You should be. Included in *The Fat Burning Fingerprint™; An Intellectual Eating Plan™* are all the details on exactly how, what, and when you should eat according to YOUR Nutritional Metabolic Type.

Believe me when I say it does NOT involve counting calories. It does NOT have you adding up points and it will most definitely not have you eating five to six small meals a day. It will, however, have you losing from three to seven pounds of fat within the first week. It will crush your cravings in 72 hours or less. It will be as easy as one, two, three.

Take a look at the specifics of your Metabolic Type. Simply go to YOUR Metabolic Type and read up.

S-FAT

Burning Fingerprint® Type-
CARBO TYPE

F-TYPE

Fat Burning Fingerprint® -
PROTEIN

M-FAT

Burning Fingerprint® -
MIXED METABOLIC TYPE



S-FAT

Burning Fingerprint®Type-

CARBO TYPE

This nutrition plan is easy! There are three things which you must remember. **One**, simply avoid the foods that are wrong for your type while **enjoying all the foods that are right for your type**. **Two**, make sure to enjoy and consume the **correct proportions of carbohydrates, fats, and proteins** the correct number of times per day. **Three**, **Keep It Simple YET Specific (KISS)**...don't make it harder than it has to be.

The **S-Carbo Type** metabolism has a very slow oxidative system, and as a result is able to handle carbohydrates much more efficiently than a **F-Protein Type** or a **M-Mixed Type**. You tend not to overeat unless you have been **abusing** too many cautious carbs (starchy, high sugar producing) and have become insulin and leptin resistant.

You are generally satisfied with eating just a few times daily, as your body takes the energy from food and burns it at a much steadier pace than the other metabolic types do. However, because of this, you must be careful not to allow yourself to overextend the time in between meals, as we do not want you to push your body into a “semi-starvation” mode, which will decrease your metabolism. You also tend to rely on caffeine more than others, which in turn can weaken your appetite even more.

In general, you require a nutrition plan that allows you to consume your macronutrients at an approximate ratio of:

60%
CARBOHYDRATES

25%
PROTEINS

15%
FATS

This is because your body requires and handles carbohydrates better than any other metabolic type.

However, as previously stated, it is important you are getting the right kinds of carbohydrates, or you also can crave the wrong foods and store your calories as fat!



Yes, even you can become a victim of the sugar monsters, even though you have a much higher tolerance for sugar-producing foods than most. If you are a Carbo Type and you are carrying too much body fat, chances are you have been consuming too much of the wrong carbohydrates and other foods as well. Do not think you are immune to the negative side effects of cautious carbs. Simply be aware that you are able to have a sweet treat more than most, but you still must be sensible.

For starters, you will only need to eat one to two times per day as opposed to three to four+ times per day for the F-Protein Type. Again, this is because your body slows down the process of metabolizing your food to a rate that naturally allows your body to utilize the calories at a nice, slow and steady pace. Therefore, unless you are being taken over by the sugar monsters, you should not have many cravings throughout your day. However, you must be sure to eat at least two meals as opposed to only one to ensure that you do not lower your metabolism and start storing excessive and unwanted body fat. You tend to be the people who often say to me, "I don't eat breakfast." The good news for you is that as long as you are not loading up your morning caffeine drink with empty calories (sugar, creams, etc.), your body will actually reward you for not eating breakfast. More on this to come!

Also, just because your body requires more carbs than any other type, it does NOT mean that you should skip protein. The power of protein to build beautiful, sexy, and lean muscle is still very important for you. Just be sure to eat the right proteins (leaner, low purine) on your list. Ideally, you should have some protein with every meal.

Next, make sure you choose foods from your list (see below). In doing so, you must consider these principles.

Choose your carbohydrates wisely.

- Focus mainly on low to moderate starch vegetables from the list in the beginning as you are trying to continue to lose weight. Remember you can enjoy most fruits, all vegetables and some sweets. Just do your best to limit each meal to no more than one grain or one starchy carb, balancing the remainder with a moderate to low starch food from your list. Remember though that 60% of your plate will be carbs, so enjoy them!



Choose your proteins wisely.

- You must consume low fat, low purine proteins. This is essential for your type, as your body does not process fats and high purines well at all. Some examples from your list would be a chicken breast, turkey breast, and white tuna. In other words, you do best on lean proteins, by far. Please also note that just because you are a Carbo Type does NOT mean **that you** should consume any meal without at least some protein. Especially if you are being realistic about burning lots and lots of fat!

Choose your dairy wisely.

- You tend to be calcium intake sensitive. So while you can handle lower fat, lower purines similar to dairy products such as low-fat Greek yogurt (no sugar added), you may find that you feel irritable and lethargic after consuming other dairy products. So, for these reasons, you must really pay attention to how you feel after consuming dairy. In general, as adults, you should minimize dairy products for all metabolic types, however, to maximize fat burning.

Choose your seeds and nuts wisely.

- While seeds and nuts are a good source of non-purine protein for you, they unfortunately have more fat than your metabolism needs. So, if you find yourself in a crunch needing some fat and some protein with, say, a piece of fruit, make sure your portion size is rather small with the nuts and seeds.

Choose your legumes wisely.

- Beans, lentils, peas (legumes), like dairy can have conflicting influences on your metabolism type.
- While they are an awesome source of carbohydrates for M-mixed and F-protein types, they often contain too many purines for you to consume more than a small portion. Therefore, eat these in very limited supply, or not at all.



Choose your breads wisely.

- While your metabolic type is able to handle breads made with whole grain flours, it is best for you to choose sprouted grain breads such as Manna and Ezekiel, if possible. I know, I know, you love bread! However, even you can overdue it on most breads, and this will most definitely sabotage your fat-burning, sexy, and lean body.

Choose your drinks wisely.

- We do not recommend that any fat burning fingerprint® type receive their calories from juices, except [Organifi! Get Yours Here!](#) Canned, bottled, and boxed juices are the absolute worst and simply have no true nutritional value whatsoever when it comes to burning fat and maximizing your health. As a carbo type, if you feel you must have some juice, try to keep it to freshly made vegetable juices, period! Most all other juices are filled with all kinds and forms of sugar and other junk that will transfer fat straight to your ass, thighs, and waist faster than Usain Bolt on the track.

Again, because our goal is to burn as much fat as possible from your body, you must make sure to still eat some protein at every meal, even though your body prefers more carbohydrates than any other macronutrient.

Here are the delicious foods you must enjoy on your Fat Burning Fingerprint:

An Intellectual Eating Plan program! Ideally, these foods are eaten baked, grilled, broiled, steamed, or raw.

These are the very best foods for your metabolic type, and over time, will give you the very best lean body results, by far. In the beginning, I definitely recommend our kiss system (keep it simple yet specific).

Find a few of the very best foods on the list that you enjoy and stick with those in the beginning. This will guarantee you start ridding your body of all the toxins, sugar, and waste by-products from the poisonous food you've been consuming.

Trust me, our KISS system works very well!





S-FAT CARBO METABOLIC

Allowable Foods



CARBOHYDRATES

Grains

whole grains only

High starch (cautious carbs)

amaranth, barley, brown rice, buckwheat, corn on the cobb, couscous, kamut, kasha, millet, oat, quinoa, wild rice, rye, spelt, triticale, wheat, potato, pumpkin, rutabaga, sweet potato, yam

Moderate starch

beet, eggplant, jicama, okra, parsnip, radish, spaghetti squash, summer squash, yellow squash, turnip, zucchini

Low starch

beet, broccoli, brussels sprouts, cabbage, chard, cucumber, garlic, kale, leafy greens, onion, parsley, scallion, sprouts, tomato, watercress

Fruits

apple, apricot, most berries, cherry, citrus fruits, grape, melons, peach, pear, pineapple, plum, tomato, tropical fruit, *Avocado (see pages x-x)

Legumes

dried beans, dried peas, lentils



PROTEINS

Fowl/Meat

chicken breast, cornish hen, turkey breast, lean pork, lean ham, only occasionally grass-fed lean beef (red meat)

Seafood

catfish, cod, flounder, haddock, halibut, perch, scrod, sole, trout, white tuna, turbot

Dairy

non/low-fat cheese, non/low-fat cottage cheese, kefir, non/low-fat almond milk, non/low-fat Greek yogurt (plain), organic cage-free eggs

- **THESE TOP 12 CHEESES ARE 100% REAL CHEESE AND EVEN BETTER IF ORGANIC - STAY AWAY FROM THE FAKE, PROCESSED CHEESE SLICES....**
- **aged cheddar, camembert cheese, cottage cheese, feta cheese, fresh mozzarella, neufchâtel cream cheese, parmesan, pecorino romano, parmigiana reggiano, port du salut, ricotta, swiss cheese**



OILS/FATS

Nut/seed

walnut, pumpkin, peanut, sunflower, sesame, almond, cashew, brazil nut, filbert, pecan, chestnut, pistachio, coconut, hickory, macadamia*

Cooking oil/cream

butter (preferably organic), ghee, organic coconut oil, almond oil, flax oil, olive oil (organic virgin), peanut oil, sesame oil, sunflower oil, walnut oil**



*Please note, nuts should be ideally organic and raw as the “roasted” process destroys the nuts and makes their good fat become rancid and bad for you.

**Please note that only the coconut oil and butter should be used for high degrees of heat when cooking!





F-TYPE FAT

Burning Fingerprint® - PROTEIN

Eating for this Nutritional Fat Burning Fingerprint® Metabolic Type is easy. There are three simple steps you must choose to do.

One, make sure you eat and learn to **enjoy those foods on your protein type list** and avoid those foods that are not on your list.

Two, be sure to get the correct amount of meals in per day with the **correct percentage of proteins, fats, and carbohydrates** for your body's specific needs.

Three, make sure you **Keep It Simple YET Specific (KISS)**, especially in the beginning.

If your score revealed that you are an F- Protein Type, you most likely have a strong appetite. You also can crave salty, fatty foods such as pizza, sausages, chips, roasted, and salted nuts. You most likely feel the need to eat frequently throughout the day and skipping a meal can be torturous for you. Should you wrongly allow yourself to consume too many carbohydrates, especially cautious carbs, you simply cannot just eat one cookie at a time. In fact, you can easily consume the whole batch of cookies, and then look for more cautious carbs, as your fast metabolism craves the sugar monsters.

Remember, you are fast oxidative and therefore metabolize the correct foods very quickly. However, when given the wrong foods, such as cautious carbs, your body is forced to produce massive amounts of insulin to slow things down in your body, and as a result, you pack on layers and layers of deadly, unwanted body fat!

You also will get very irritable and have energy crashes after eating the wrong foods. You, my friend, are very cautious carb sensitive! You also find yourself hungry much more than most unless you feed yourself correctly. Three to four feedings a day is desired with the right kinds and amounts of foods.

When eating the right foods for your metabolic type, your metabolism uses the fuel quickly and effectively. Therefore, you need to eat three to four times per day. That's right, as your body needs fuel roughly every three to four hours throughout the day, once you open up your Intellectual Eating Window. This is because you have a very fast oxidative system. So, preparing snacks ahead of time is often required for you before heading out for your day.

Your macronutrient percentage requirements are approximately

40%
PROTEIN

30%
FAT

30%
CARBOHYDRATES



Just be super careful not to consume too many carbohydrates and certainly not cautious carbs, or you will most certainly fail, as you will crave these foods faster than a NASA X-43A (the fastest jet on the planet).

However, if you eat the foods on your list, in the correct percentages, your body will feel phenomenal, and the cravings will go away. You will also start to build nice, lean muscle and burn fat in record time.

Remember, as an F-Type-protein type, you must have protein with every meal. Also, it is essential that you consume proteins that have higher purines/fat content than the other metabolic types. Unlike conventional wisdom, we now know that most heart disease is not caused by “fatty diets,” but instead by processed, sugary foods filled with hydrogenated oils and trans fatty acids (trans fats) as well.

The fats we are consuming on this program are healthy and necessary for your body type. Remember, one man’s nourishment can be another man’s poison. So why would we not want a carbohydrate type to eat the same amount and type of fat and protein you consume? It’s absolutely essential for you! You are unique and must eat uniquely.

You must also consume 3-4 meals a day to adequately fuel your metabolism.

If you do not and you try to limit your calories too much, you will fail. You will also be one irritable SOB and no fun to hang around with. Just some food for thought. Another word of wisdom; just because you do not need as many carbohydrates does not mean that you should avoid all carbohydrates. We all need carbs for energy. Just think in terms of balance.

Look at your food lists, and make sure you get roughly 30% of your calories coming from healthy carbs for you! You will be surprised how easy this is, once you get the hang of it. Not to mention, you will begin to feel amazing very quickly!

Keep It Simple YET SPECIFIC by finding a few of your favorite foods from the list, and get started right away. Time is of the essence, and these foods will have you walking and talking in your sexiest, leanest body in as little as three weeks’ time! Do not delay. Take a look at your list now and begin to familiarize yourself with your **Fat Burning Fingerprint; An Intellectual Eating Nutrition Plan**. All foods should ideally be baked, broiled, grilled, steamed, or raw (when appropriate), with a few fried exceptions.



Choose your carbohydrates wisely.

- Focus mainly on low to moderate starch vegetables from the list, such as spinach, squash and kale. Balancing your metabolic type with moderate to low starch foods from your list is best as most carbohydrates are must too fast oxidatively than you can handle. Remember ONLY 30% of your plate will be carbs, so make smart choices and enjoy them!

Choose your proteins wisely.

- You must consume higher fat, higher purine proteins. This is essential for your type, as your body requires and processes fats and high purines very well. Some examples from your list would be dark chicken (boneless-skinless thighs), dark turkey, grass fed beef, and fatty fish such as salmon. In other words, you do best on high healthy fat/ high purine proteins, by far. Please also note that just because you are a Protein Type does NOT mean that you should consume any meal without at least some carbohydrates. Especially if you are being realistic with burning lots and lots of fat!

Choose your dairy wisely.

- For most Protein Types, dairy is a very poor option for protein, whereas for Carbo Types it often satiates them. So, for these reasons, you must really pay attention to how you feel after consuming dairy if you must have some. In general, as adults, you should minimize dairy products for all metabolic types, however, to maximize fat burning.

Choose your seeds and nuts wisely.

- Seeds and nuts are a good source of non-purine protein for you. However, they are calorically dense so are best when used in moderation.



Choose your legumes wisely.

- Beans, lentils, and peas (legumes) are an awesome source of carbohydrates for Mixed and Protein Types. This is because of the medium purine content and your ability to utilize purine proteins effectively. Therefore, enjoy your legumes.

Choose your breads wisely.

- Your type should try and avoid bread as often as possible... Lettuce wraps are by far best for you. If you must have bread, choose sprouted grain breads such as Manna and Ezekiel, if possible. Because even some bread can trigger a craving response that will quickly have you eat too much bread. This will sabotage your fat burning quest.

Choose your drinks wisely.

- **We do not recommend that any fat burning fingerprint® type receive their calories from juices, except [Organifi! Get Yours Here!](#) CANNED, BOTTLED, AND BOXED JUICES ARE THE ABSOLUTE WORST AND SIMPLY HAVE NO TRUE NUTRITIONAL VALUE WHATSOEVER WHEN IT COMES TO BURNING FAT AND MAXIMIZING YOUR HEALTH. AS A MIXED TYPE, IF YOU FEEL YOU MUST HAVE SOME JUICE, TRY TO KEEP IT TO FRESHLY MADE VEGETABLE JUICES.**



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Trust me, our KISS system works very well!



PROTEIN

Allowable Foods

METABOLIC TYPE



PROTEINS

Medium purine Meat

grass-fed beef, bacon, free range chicken - dark, duck, fowl, goose, kidney, lamb, turkey - dark, veal, wild game

Low purine Meat

chicken white, turkey white, buffalo

Dairy low purine

cheese, cottage cheese, cream, organic free-range eggs, kefir, almond milk, Greek yogurt (plain)

High purine Seafood

anchovy, caviar, herring, mussel, sardines

Medium purine Seafood

albacore, clam, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallop, snail, squid, tuna - dark

- **THESE TOP 12 CHEESES ARE 100% REAL CHEESE AND EVEN BETTER IF ORGANIC - STAY AWAY FROM THE FAKE, PROCESSED CHEESE SLICES...**
- **aged cheddar, camembert cheese, cottage cheese, feta cheese, fresh mozzarella, neufchâtel cream cheese, parmesan, pecorino romano, parmigiana reggiano, port du salut, ricotta, swiss cheese**

CARBOHYDRATES

High & Medium Starch (cautious carbs)

amaranth, barley, brown rice, buckwheat, corn on the cob, couscous, kamut, kasha, millet, oat, quinoa, rye, spelt, triticale, squash, tempeh, organic tofu, artichoke, carrot peas, lentils, potatoes (fried/baked in organic butter only-lowers the glycemic load - **This does not mean french fries cooked in hydrogenated oils as these oils are bad**)

*sprouted grain bread is the ONLY bread allowed - in the freezer section of grocery store

Low starch/Sugar Producing

asparagus, beans, cauliflower, celery, mushroom, spinach, broccoli, brussels sprouts, cabbage, chard, cucumber, garlic, kale, leafy greens

Fruits

*Avocado (see pages x-x), olives, apple (preferably green), banana (preferably small portion)



OILS/FATS

Nut/seed

walnut, pumpkin, peanut, sunflower, sesame, almond, cashew, brazil nut, filbert, pecan, chestnut, pistachio, coconut, hickory, macadamia*

Cooking oil/cream

butter (preferably organic), ghee, organic coconut oil, almond oil, flax oil, olive oil (organic virgin), peanut oil, sesame oil, sunflower oil, walnut oil**

*(PLEASE NOTE THAT THIS GROUP IS LISTED IN ORDER FROM HIGHEST TO LOWEST PROTEIN CONTENT - HIGHER PROTEIN CONTENT IS MUCH MORE PREFERABLE FOR THE

PROTEIN TYPE). Also please understand that your nuts must be raw, as "roasting" the nuts makes them rancid!



PLEASE NOTE THAT OXALIC ACID FOODS INTERFERE WITH YOUR CALCIUM NEEDS, SO AVOID THEM IF POSSIBLE

These include: black tea, blackberry, beets, beet greens, chard, chocolate, cocoa, cranberries, currants (red), endive, gooseberries, grapes, green peppers, plums, raspberries, rhubarb, strawberries, and tomatoes. **Apples, asparagus and spinach are the only oxalic foods we make an exception for.**

If you must have some of these foods, try to eat them cooked (exception is the apple), as the cooking process destroys most of the oxalic acid.





M-FAT

Burning Fingerprint®

MIXED

METABOLIC TYPE

This nutrition plan is easy! There are three things which you must remember. **One**, simply avoid the foods that are wrong for your type while **enjoying all the foods that are right for your type**. **Two**, make sure to enjoy and consume the **correct proportions of carbohydrates, fats, and proteins** the correct number of times per day. **Three**, **Keep It Simple YET Specific (KISS)**...don't make it harder than it has to be.

The M-Mixed Type metabolism has a very steady oxidative system that is not considered slow or fast. As a result, your metabolic type is able to handle carbohydrates much more efficiently than a F-Protein Type, but not as well as a S-Carbo Type.

You tend not to overeat unless you have been **abusing** too many cautious carbs (starchy, high sugar producing) and have become insulin and leptin resistant. **You are generally satisfied with eating just two to three times daily, as your body takes the energy from food and burns it at a faster pace than the S-Carbo Type, but a slower pace than the F-Protein Type.**

However, because of this, you must be careful not to allow yourself to overextend the time in between meals, as we do not want you to push your body into a “deprivation” mode, which could affect your metabolism. You also tend to be more sensitive to caffeine than most and should always try to have some protein, as protein will help to combat, to a degree, the adverse effects of caffeine for your nutritional metabolic type.

In general, you require a nutrition plan that allows you to consume your macronutrients at an approximate ratio of

50%
carbohydrates

30%
proteins

20%
fats

This is because your body requires and handles a blend of carbohydrates, proteins, and fats better than any other metabolic type. However, as previously stated, it is important you are getting the right kinds of carbohydrates, or you also can crave the wrong foods and store your calories as fat!



Yes, you can become a victim of the sugar monsters, even though you have a better tolerance for sugar-producing foods than F-Protein Types. If you are a M-Mixed Type and you are carrying too much body fat, chances are you have been consuming too much of the wrong carbohydrates and other foods as well.

Do not think you are immune to the negative side effects of cautious carbs. Simply be aware that you are able to have a sweet treat more than some, but you still must be sensible.

For starters, you will only need to eat two to three times per day as opposed to three to four+ times per day for the F-Protein Type, or one to two times per day for the S-Carbo Type.

Again, this is because your body manages the process of metabolizing your food at a rate that naturally allows your body to utilize the calories at a nice, steady pace.

Therefore, unless you are being taken over by the sugar monsters, you should not have many cravings throughout your day. However, you must be sure to eat at least two meals as opposed to only one to ensure that you do not lower your metabolism and start storing excessive and unwanted body fat. *You can be the people who often say to me, “I don’t eat breakfast on a regular basis.” The good news for you is that as long as you are not loading up your morning caffeine drink with empty calories (sugar, creams, etc.), your body will actually reward you for not eating breakfast. More on this to come!*

Also, just because your body requires more carbs than the F-Protein Type does NOT mean that you should skip protein. The power of protein to build beautiful, sexy, and lean muscle is still very important for you. Just be sure to eat the right proteins (a nice mix of high purine-high quality fat, and leaner, low purine proteins) on your list. Ideally, you should have some protein with every meal.

Next, make sure you choose foods from your list. **As a M-Mixed Type, you can eat all foods from both the Carbo Types and Protein Types approved food tables.** In doing so, you must consider these principles.



Choose your carbohydrates wisely.

- Focus mainly on low to moderate starch vegetables from the list, such as vegetables and lower sugar fruits. Limit each meal to no more than one grain or one starchy carb, balancing the remainder with a moderate to low starch food from your list. Remember though that 50% of your plate will be carbs, so enjoy them!

Choose your proteins wisely.

- You must consume a mixture of both low lean proteins and medium purine proteins. This is essential for your type, as your body is able to process fats and medium purines well for the most part. Some examples from your list would be a chicken breast, turkey breast, and white tuna plus salmon, grass fed beef and dark chicken. In other words, you do best on a mixture of lean proteins and fatty high purine proteins, by far.
- Please also note that just because you are a Mixed Type does NOT mean that you should consume any meal without at least some protein and some carbohydrates. Especially if you are being realistic with burning lots and lots of fat!

Choose your dairy wisely.

- Dairy foods are optional for your type. In fact, for most Protein Types, dairy is a very poor option for protein, whereas for Carbo Types it often satiates them. So if you are a Mixed Type that has a bigger appetite, then dairy will not work for you. However, if you have an appetite that is less acute, dairy may be a good source of protein for you at that moment. So, for these reasons, you must really pay attention to how you feel after consuming dairy. In general, as adults, you should minimize dairy products for all metabolic types, however, to maximize fat burning.

Choose your seeds and nuts wisely.

- Seeds and nuts are a good source of non-purine protein for you when used in moderation. So, if you find yourself in a crunch needing some fat and some protein with, say, a piece of fruit, make sure your portion size is rather small with the nuts and seeds.



Choose your legumes wisely.

- Beans, lentils, and peas (legumes) are an awesome source of carbohydrates for Mixed and Protein Types. This is because of the medium purine content and your ability to utilize purine proteins effectively. Therefore, enjoy your legumes.

Choose your breads wisely.

- While your metabolic type is able to handle a limited amount of breads made with whole grain flours, it is best for you to choose sprouted grain breads such as Manna and Ezekiel, if possible. Because while you can have some bread every now and then, YOU can and will overdue it on most breads, and this will most definitely sabotage your fat-burning, sexy, lean body.

Choose your drinks wisely.



- **WE DO NOT RECOMMEND THAT ANY METABOLIC TYPE RECEIVE THEIR CALORIES FROM JUICES, EXCEPT [Organifi! Get Yours Here!](#)**
- CANNED, BOTTLED, AND BOXED JUICES ARE THE ABSOLUTE WORST AND SIMPLY HAVE NO TRUE NUTRITIONAL VALUE WHATSOEVER WHEN IT COMES TO BURNING FAT AND MAXIMIZING YOUR HEALTH. AS A MIXED TYPE, IF YOU FEEL YOU MUST HAVE SOME JUICE, TRY TO KEEP IT TO FRESHLY MADE VEGETABLE JUICES.

Again, because our goal is to burn as much fat as possible from your body, you must make sure to still eat some protein at every meal, even though your body prefers more carbohydrates than any other macronutrient. You Get to Choose Foods from Both the Protein and Carbo Type Lists. Enjoy!



M-FAT Burning Fingerprint® MIXED METABOLIC TYPE

Allowable Foods

These are the Allowable Foods on your list. Substitute any food group from the same list you like. Just try your best to keep to the portion sizes as best as you can.



PROTEINS

High purine seafood

anchovy, caviar, herring, mussel, sardines

Medium purine meat

grass-fed beef, bacon, free range dark chicken, duck, fowl, goose, lamb, dark turkey, veal, wild game

Medium purine seafood

albacore, barramundi, catfish, clam, crab, crayfish, cod, flounder, haddock, halibut, lobster, mackerel, perch, octopus, oyster, salmon, scallop, scrod, snail, sole, squid, trout, tuna (dark & white), turbot

Low purine meat

buffalo, chicken white (breast), cornish hen, lean pork, lean ham, turkey breast (white)

Dairy low purine

non/low fat cheese (natural) & natural cheese*, low fat & normal cottage cheese, organic free-range eggs, kefir, almond milk, greek yogurt (plain) & low fat greek (plain)

*ideally, we avoid “cows milk”, as it is primarily for babies (cows, kittens, humans), and not for adults

- **THESE TOP 12 CHEESES ARE 100% REAL CHEESE AND EVEN BETTER IF ORGANIC - STAY AWAY FROM THE FAKE, PROCESSED CHEESE SLICES....**
- **aged cheddar, camembert cheese, cottage cheese, feta cheese, fresh mozzarella, neufchâtel cream cheese, parmesan, pecorino romano, parmigiana reggiano, port du salut, ricotta, swiss cheese**





STARCHES

Grains

whole grains only

Fruits

*Avocado (see pages x-x), apple (preferably green), apricot, banana (preferably small greenish bananas), most berries, cherry, citrus fruits, grape, melons, olives, peach, pear, pineapple, plum, tomato, tropical fruit

High starch/Sugar Producing (Cautious Carbs)

amaranth, artichoke, barley, brown rice, buckwheat, carrot, corn, couscous, kamut, kasha, lentils, millet, oat, quinoa, wild rice, rye, squash, spelt, tempeh, triticale, organic tofu, peas, potato, pumpkin, rutabaga, sweet potato, yam

*sprouted grain bread is the best bread, (stored in the freezer section of grocery store) yet you can have small amounts of other breads once a week

Moderate starch

beet, eggplant, jicama, okra, parsnip, radish, spaghetti squash, summer squash, yellow squash, turnip, zucchini

Low starch

asparagus, beans, beet, broccoli, brussels sprouts, cabbage, cauliflower, celery, chard, cucumber, garlic, kale, all leafy/lettuce greens, mushroom, onion, parsley, scallion, spinach, sprouts, tomato, watercress

Legumes

all beans, peas, lentils





OILS/FATS

Nut/seed

walnut, pumpkin, peanut, sunflower, sesame, almond, cashew, brazil nut, filbert, pecan, chestnut, pistachio, coconut, hickory, macadamia*

Cooking oil/cream

butter (preferably organic), ghee, organic coconut oil, almond oil, flax oil, olive oil (organic virgin), peanut oil, sesame oil, sunflower oil, walnut oil**



*(PLEASE NOTE THAT THIS GROUP IS LISTED IN ORDER FROM HIGHEST TO LOWEST PROTEIN CONTENT - HIGHER PROTEIN CONTENT IS MUCH MORE PREFERABLE FOR THE

PROTEIN TYPE). Also please understand that your nuts must be raw, as “roasting” the nuts makes them rancid!





You have an Intellectual Eating Window™

This is the number of hours in which you are allowed to consume your food.

For S-Types, it is eight hours; for M-Types, it is nine hours; and for F-Types, it is 10 hours.

An example of this would be as such. If your last meal of the day is at 7 pm, then your first meal of the next day should not come before 9 am for F-Types, 10 am for M-Types, and 11 am for S-Types. That is to say, in order to only consume food for 9 hours a day as a M-Type does, YOU MUST FAST for the remaining 15 hours. Understand?

S-TYPE - 8 hour Intellectual Eating Window™:

**(Example—can only eat
from 10 am to 6 pm.)**

In other words, **NO EATING for 16 consecutive hours**—this means the calories YOU DRINK as well! Water, sparkling water (0 calories), black coffee (unsweetened), and green tea (unsweetened) are the only things allowed during this 16 hours.

M-TYPE - 9 hour Intellectual Eating Window™:

**(Example—can only eat
from 10 am to 7 pm.)**

In other words **NO EATING for 15 consecutive hours**—this means the calories YOU DRINK as well! Water, sparkling water (0 calories), black coffee (unsweetened), and green tea (unsweetened) are the only things allowed during this 15 hours.

F-TYPE - 10 hour Intellectual Eating Window™:

**(Example—can only eat
from 10 am to 8 pm.)**

In other words **NO EATING for 14 consecutive hours**—this means the calories YOU DRINK as well! Water, sparkling water (0 calories), black coffee (unsweetened), and green tea (unsweetened) are the only things allowed during this 14 hours.

***One Additional Item Allowed**

The Secret 'Tummy Tightening Tea'-pages 59-61



'Liver Bile' and Fixing Your Metabolic Glitch

Ok, guys and gals, let's get one thing straight, right here, right now.

You see...

The number one reason so many suffer from the **Metabolic Glitch Syndrome** that stops your metabolism dead in it's tracks is...

Because you haven't learned how to use **Your Intellectual Eating Window!**

Get this...

According to several double blind peer reviewed studies, there are 3 major mistakes people continue to do today because the masses are so damn misinformed, confused and just plain wrong.

Doctors, dietitians, nurses, big food companies, big commercial diet companies, personal trainers, celebrity 'experts' and many nutritionists are still completely and utterly misleading you, whether they realize it or not.

Lets help YOU Discover Why?!?...

NUMBER 1: Eating Multiple small meals over and over throughout one's day Does NOT increase your metabolism. This was a popularized myth that spread like wild fire in the 1990's that just doesn't seem to go away.

I actually call these Vampire Myths, because they suck the life out of good people like you and I and they never seem to die...

The old theory is this... our digestive system is activated when we consume food and therefore requires energy (calories) to burn the food. The problem was, the energy being "burned" with all this snacking/multiple meals wasn't nearly enough to counter balance the assault of these frequent feedings.

This primarily happened because of two reasons. One, the extra calories people unknowingly consume with these frequent meals far outweigh the number of calories being burned.

The second reason, was because these frequent all day feedings were disrupting our 7 Super Fat Burning hormones and our essential liver bile... more on this below.

NUMBER 2: The prestigious **Salk Institute of Biological Sciences** took this discovery one major step further.



Seriously...Check this out...

Over a 100 day period they allowed two groups that shared the same gender and same age to eat a diet comprised of 60 percent of their calories from total junk food... (think ice cream and potato chips)....

They were all given the exact SAME amount of Calories and exact SAME Food choices.

One group was allowed to eat these exact same calories from sun up until sun down... nibbling and snacking all day long, whenever they wanted.

The Second group was restricted to eating the **exact same foods in the exact same amounts** to only 8 hours within a 24 hour cycle... consuming their food over 2 - 4 meals/snacks only.

The Results, You Ask?

The second group, you know, the group that used the **Intellectual Eating Window**, and restricted themselves to consuming their calories to a specific time period every 24 hours, **lost 28% of their weight** while the other group gained weight. **Same calories, same food... Completely Different Results.... Get it!?!**

"It's a dogma that a high-fat diet leads to obesity and that we should eat frequently when we are awake," says Dr. Satchidananda Panda, an associate professor in the Regulatory Biology Laboratory.

NUMBER THREE: **Group Number One**, you know, the group that did NOT use an Intellectual Eating Window... the group that gained weight...

They also developed high cholesterol, high blood glucose, **liver damage** and diminished motor control. This liver damage caused them to suffer from a **"Metabolic Glitch" that not only made them sick, but caused their liver to stop making a critical 'liver bile' necessary to metabolize (burn) belly fat!!!**

Are you beginning to Understand Why using My Intellectual Eating Window is a Must!?!

This is why it is so important that you only consume these specific items I have listed during your time away from food. This is because it is during our fasting time that Autophagy takes place.

Autophagy literally rebalances our hormones quickly and effectively and corrects our metabolic glitch. It allows your body to start producing the essential liver bile so you can start burning belly fat immediately.



Yet this only happens, if for the 16, 15 and or 14 hours of fasting you make sure you only consume water, sparkling water (zero calories), black coffee (unsweetened), and unsweetened tea....

OR...

The Secret 'Tummy Tightening Tea'...

YOUR MIRACLE 3 MINUTE MORNING RITUAL

Because you will be extending your fast in the morning to guarantee you allow your body to safely and naturally fix your metabolic glitch, I highly recommend you start your day out with our ***Secret Tummy Tightening Detox Tea***.

So for those of you who do not like black coffee, unsweetened green tea and or only water, this should be your new morning drink of choice... because it will help you jumpstart your fat burning furnace immediately, as you start your day... I guarantee it!

You see...

The ingredients in this tea have absolutely zero impact on your blood sugar which means it is perfectly allowed during your fasting period...

In fact, it can even dramatically help you during your fasting period for many reasons.



Miraculous Benefits of our Super Tea

1) Tame Your Hunger

The first of which is because it will help to tame your hunger...

This is because our secret two ingredient tea has been shown in numerous studies to help you eat 200-300 fewer calories a day on average which can allow you to lose an extra pound of fat every 11 days alone... Super cool, right?!?

2) Burns Belly Fat Specifically

One of the key ingredients in our *miracle morning tea is acetic acid*. Regular consumption of this key ingredient was found to reduce belly fat while slowing down the accumulation of fat storage in other areas as well.

3) Increases Your Metabolism

There are 2 main reasons why this happens. First it increases thermogenesis of adipose (fat) tissue while decreasing fat storage. Second, and most importantly, it has been shown to increase a special enzyme called AMPK.... the primary function of this enzyme is to increase belly fat burning while decreasing sugar production in your liver

4) Lowers Blood Sugar & Decreases Insulin Levels

This miracle 3 minute routine also has been shown to alter the efficiency of your fat burning hormones for the better by reducing the ratio of insulin to glucagon which turns your body into a fat burning furnace. Even better, studies are finding that it can potentially keep your blood glucose levels below 110mg/dl... meaning=> wait for it.... *You Burn even more stored belly fat for energy!*

5) Helps to Repair and Fix Your Metabolic Glitch!

Remember the liver bile Geri's body was no longer producing that needed to be present in order for her body to burn fat? Well, this apple detox tea will get you to start healing this condition as early as day one on this delicious and nutritious drink. So make sure you make it a part of your routine.

Not to mention, this tea will also help you to **lower blood pressure, alkalize your body and help you get rid of the bloat!**

The Secret Ingredients you ask?...

Simple, Satisfying and Super Easy to Make... Here They Are!





Tummy Tightening Tea: 3 Delicious Flavors

Vanilla Chai Flavor

- ✦ 8 oz of warm/heated water
- ✦ 1 vanilla chai tea bag
- ✦ **4 drops of liquid stevia (Get Yours Here)**
- ✦ ACV (*apple cider vinegar-see notes below)

Ginger Apple Snap

- ✦ 8 oz of warm/heated water
- ✦ 1 ginger tea bag
- ✦ 1 apple tea bag
- ✦ ACV *(apple cider vinegar-see note below)

Raspberry Beret

- ✦ 8 oz warm/hot water
- ✦ 1 raspberry tea bag
- ✦ **4 drops of liquid stevia (Get Yours Here)**
- ✦ ACV *(apple cider vinegar-see note below)

Notes of Absolute Importance:

- 1) Your Apple Cider Vinegar MUST Be unfiltered apple cider vinegar which is bottled with the "mother," meaning that it's unpasteurized and contains live cultures... I will say it one more time... it must contain a label that states "with the mother" so it is filled with all the vital nutrients.
- 2) The Amount You Take is Dependent Upon Your Flat Belly Fingerprint Type...

This is because your type declares how acidic and or alkaline your body naturally is.

Therefore if you have a Flat Belly Fingerprint Type that is an:

S Type=> take 1 tbs of ACV

M Type=> take 1.5 tbs of ACV

F Type=> take 2 tbs of ACV

This is very important as it declares the specific amount (serving size) needed to maximize all of it's miraculous belly fat burning properties!

Still haven't figured out Your Flat Belly Fingerprint? Go back NOW and take our quick and easy quiz above!

Don't Like Our Tummy Tightening Tea???



Your Super Bonus Awaits Below:

For folks that simply just want to stick to black coffee, unsweetened tea, and or water during the fast, here are 3 other great ways for you to get all the benefits of Apple Cider Vinegar.

Just make sure that you have these drinks later in the day, once you start your Intellectual Eating Window:

Remember, these Belly Fat Burning Drinks below are ONLY to be taken during your Intellectual Eating Window and NOT during your fast in the morning.. Got it?

Gooooooooood! ;-)

Spice Spice Baby

- ✦ 8 oz of Spicy tomato juice
- ✦ ACV (see table for serving size and type)

Lemonade Spritzer

- ✦ 8 oz lemon spritzer water
- ✦ fresh squeeze of lemon
- ✦ **4 drops of liquid stevia (Get Yours Here)**
- ✦ ACV (see table for serving size and type)

Simply Organifi-licious

- ✦ **2 scoops Organifi (Link)**
- ✦ ACV (see table for serving size and type)

Max Burn Delight

- ✦ **1 packet of Max Burn (Link)**
- ✦ **4 drops of liquid stevia (Get Yours Here)**
- ✦ ACV (see table for serving size and type)

Of course you can always sneak ACV into your salad dressings throughout the day as well... Bottom line, if you want to start burning more belly fat, try and get your daily supply in.

After all, this little secret takes less then 3 minutes a day and will miraculously maximize belly fat burn! Guaranteed!!!



The Ever Elusive... Exotic Fat Burning Fruit

In most scientific circles, this fat burning fruit that originated from an exotic tree in Central America is known as none other than, ***Persea Americana***.

The fruit that the *Persea Americana* tree bears is said to have derived its name from the Nahuatl word "Ahuacatl"...

Which means... wait for it... "testicle"

This is because this exotic fruit has massive **nutrient "potency"** believed by many to possess aphrodisiac principals. Not to mention, this unique fat burning fruit kind of looks like a testicle.... but I assure you, this 'exotic super food' comes from a tree and not a male mammal.

Archaeological evidence suggests that our ancestors first discovered the **delicious and nutritious** values of this exotic fat burning fruit nearly 10,000 years ago... albeit, these cave dwellers certainly didn't have the capacity to understand why it was so critically important when it came to **burning belly fat**.

You, on the other hand, are no Cave Man/Woman... This is why YOU understand that depending on your Unique Flat Belly Fingerprint, the amount you are required to maximize your results varies if you want to **start burning up to one pound of belly fat every 24 hours!**

This is because **YOU have a unique response to this exotic fat burning fruit** that you must pay attention to.

Why? Simple.....

If You have an **S-type Fat Burning Fingerprint Type** you will only need to consume **1/2 serving of this fruit**. This is because your body requires less 'healthy fats' and fiber than the other two metabolic fingerprint types. Too much of a good thing can be, well.... too much!

For the **M-type Fat Burning Fingerprint Types**, you should be careful to never consume more than **3/4 servings of this fruit** on any given day. This is because your body needs a bit more of the vitamins and minerals this exotic belly fat burning fruit contains.

And for those of you with an **F-Type Fat burning Fingerprint Type**, You **NEED 1 whole serving of this fruit nearly every day**. This is because your body must have the healthy fats, fiber, and essential nutrients this super fruit contains in order to Look, Feel and Be YOUR Best!

What Essential Nutrients, You Ask?....



Well, for starters, this **'Exotic Flat Belly Fruit'** has an abundance of these very essential vitamins and minerals:

- **Folate (B9):** This is essential for normal cell function and tissue growth, making it an important nutrient for us all... even more so for pregnant women.
- **Vitamin K1:** This vitamin is important for blood clotting and may have beneficial effects on bone health. *(better posture and core control equals flatter belly)*
- **Potassium:** Potassium is an essential mineral when it comes to blood pressure control and heart health. Our exotic fat burning fruit actually contain more of this beneficial mineral than even bananas. *(healthier blood flow increase belly fat burn)*
- **Copper:** The Western diet is low in copper and often excludes this beneficial element. Low copper intake may cause adverse effects on heart health. *(healthy hearts give us more energy to develop great core strength and leaner midsections)*
- **Vitamin E:** This Vitamin is a powerful antioxidant and can often be found in fatty plant foods that are very rich in this vitamin. *(these antioxidants reduce inflammation in our belly)*
- **Vitamin B6:** This is actually a group of related vitamins that are responsible for converting food into energy. *(these increase our metabolism and burn more belly fat)*
- **Vitamin C:** This is an important antioxidant for immune function and skin health. *(as you continue to lose weight and feel great, this decreases the sagging/crepey skin effect in your belly and helps to keep your skin looking great while shedding the pounds)*
- **Apart from all these healthy compounds, 'exotic super fruits' are also rich in:**
- **Carotenoids:** They contain various carotenoids like zeaxanthin and lutein'... these two are beneficial for eye health and can reduce the risk of age-related eye diseases.
- **Persenenones A and B:** These are unique antioxidants that may protect the body against inflammation and cancer. *(reduces belly bloat)*
- **D-Mannoheptulose:** This is a type of sugar found in the 'exotic fat burning fruit'; it has been reported to assist with blood sugar control *(better blood sugar control burns more belly fat, period)*
- Bottom line, **this fruit has more human controlled scientific studies than any other fruit known to man...**



The results?

For Starters this 'Exotic Super Fruit' Protects Your Liver from Disease and Repairs Damage Done to YOU from the

'Metabolic Glitch Syndrome'

Considered to be a *Super Food for Your Liver* for a few different reasons...

- *If you are suffering from fatty liver disease, this fruit can help you because it contains healthy fats that can improve your cholesterol profile by lowering LDL (the "bad" cholesterol) and raising HDL (the "good" cholesterol).*
- *Avocado has the ability to produce glutathione, a type of antioxidant which is responsible for filtering out harmful substances from liver and protecting liver cells from damage. Those who suffer from the chronic liver disease are often found to be low in glutathione. Eating this fruit is certain to increase glutathione levels in your body.*
- *Besides glutathione, avocado is also rich in Vitamin C and E, which neutralize free radicals. By neutralizing harmful free radicals, you protect your liver cells from damage.*
- *"Exotic Fat Burning Fruit" is also well-known for its anti-inflammatory properties. This is because it contains both Vitamin E and K, two nutrients that reduce cellular inflammation. Liver cell inflammation is preceded by cellular injury. Anti-inflammatory properties of avocado will support your liver health.*

In addition, and most paramount to **YOUR SUCCESS** is that the Exotic Fat Burning Fruit when taken in the **EXACT** prescribed amounts will help you burn more belly fat than any other fruit know to man....

Are you Ready?



This **Exotic Fat Burning Fruit** is none other than **the Avocado...**

That's right, the wonderfully healthy, nutritious and delicious avocado!!!

The average avocado is roughly 150 grams in weight.

Because Geri has an F-Type Fat Burning Fingerprint Type, I recommended 1 whole avocado a day into her diet.... or 150 grams daily!

She was hesitant at first, because of her unwarranted fear of extra calories. However, when I explained to her that she needed the extra healthy fats and fiber 12-14 grams of pure, healthy fiber per avocado, she quickly got on board.

And boy, was she happy she did! This 'Exotic Super Fruit' started taming her hunger, reducing her inflammation and belly bloat, and gave her sustained energy that satisfied her for hours on end.

Most importantly, helped her burn belly fat almost immediately.

Do Your Best to Get this 'Exotic Super Fruit', the Avocado into your diet.

Yet, make no mistake, if for some reason, you do not like avocado's, say no more.

This program 100% works without you eating avocados... Really Really!

Just follow the simple guidelines below and you will SUCCEED! Guaranteed!!!



Fat Flusher

*The 'Naked Nutrient' Missing in YOUR Diet Right Now that You **SHOULD HAVE** in order to Maximize Belly-Fat-Burn*

You are taking a bold step towards better health and I couldn't be happier for you or more excited!

And while you are well on your way to losing weight and feeling great all while flattening your belly...

The Truth IS...

That there is a really great way to accelerate your results even faster!

You See... the **Naked Nutrient** that both Geri and I discovered (as well as thousands of others) is none other than **OralVisc** (a secret proprietary blend of hyaluronic acid & a family of nutrients called GAGs - or *glycosaminoglycans*)

*Now this secret blend can **only be found in our Fat Flusher formula... no other supplement in the world has our proprietary blend of these exact nutrients!***

How was this Amazing 'Naked Nutrient' Discovered, you ask...

Simple, **OralVisc** was developed by the same team of scientists who made one of the most important joint health discoveries in history — the first-ever naturally extracted form of **hyaluronic acid**, a powerful lubricating compound.

That discovery revolutionized the way we think about “cushioning” the joints... and changed the supplement world forever.

So when **I heard they'd uncovered an even bigger breakthrough**, I met with them personally to get a firsthand look at their work.

They told me that hyaluronic acid is just one member of a family of nutrients called GAGs (*glycosaminoglycans*).

And they've been tirelessly analyzing different combinations of GAGs in an attempt to find one that could address **leptin overload**.

But every time they changed the combination, they got wildly different results.

In fact, one little change could render the whole thing worthless.

So they tested and retested for 3 YEARS until finally they hit on the perfect GAG combination — in the exact ratio you need — to conquer leptin overload once and for all.





They named it **OralVisc**, and this breakthrough combination is the only nutrient complex that's been clinically tested and shown to defeat leptin overload.

Even Better...

You can only **find this exact ratio in** our **Fat Flusher** formula.

This '**Naked Nutrient**' may just be the missing link your body has been searching for to **burn belly fat faster than Usain Bolt** running the 100 yard dash... Now, that's fast!

So don't delay, make your move NOW and pick up your Fat Flusher by clicking the link below and start burning more Belly Fat Today!

REMEMBER, researchers have discovered that fat cells produce a hormone called leptin.

Simply put, leptin is your body's natural way of managing your weight if you occasionally overeat. Which sounds like a good thing.

Unfortunately, researchers have discovered that a high body mass index (BMI) can actually trigger leptin resistance.

This means your brain stops responding to all that extra leptin. So it doesn't send the signal to shut down appetite.

And you just keep eating — producing more fat and more leptin as a result.

In fact, in a study done shortly after leptin was discovered two decades ago, researchers measured levels of the hormone in 136 normal-weight people and 139 obese people.

They discovered that the over weight people had, on average, a whopping 420% MORE Leptin in their blood than the normal-weight people. Yet, their brains were no longer recognizing that they had enough leptin to burn fat as fuel and feel full.

Why, You Ask?...

This is because they had become **leptin resistant=>** "unable to tap into the benefits of their leptin". Bottom line, without help, your body will not recognize this leptin... You will over eat AND You will not burn belly fat... No matter how hard you try!

But now for the good news.



There is a way to put an end to this vicious cycle once and for all. It's called **Fat Flusher** (with the secret proprietary blend of **OralVisc**) and it will definitely help YOU Burn More Belly Fat immediately and... reduce pain in your joints at the same time... Can you say bonus!?!

And it's a **safe, natural, breakthrough** with a whole lot of science in its corner.

Once your body begins to tap into the powerful benefits of healthy, balanced leptin levels... Well, say so long to over eating and bye bye to belly fat! It's that simple and that amazing! Get Yours Today ;-)

Now, make no mistake, you do not have to take this supplement to lose weight and feel great...

Everything you need is complete in YOUR Fat Burning Fingerprint... Yet, if you are like Geri, Me and well... thousands of others, you may not be the most patient person.

So to speed things up, get your 'Naked Nutrient' right here, right NOW.



*For those of you “flavored coffee hounds,” if you must, **YOU** are allowed to add some all-natural 0 calorie sweeteners to your morning coffee, tea, or water, but **NOTHING ELSE**, as this will turn off the magic of the fast.

My top three favorites are as follows.



1.) Natural Stevia such as SweetLeaf™

(not Truvia or Pure Via, as these are just Coca Cola and Pepsi’s chemical-laden versions to trick you once again— they are not pure natural stevia).



2.) Natural Xylitol such as Smart Sweet

(from organic hardwood, not corn —it is also GMO free, USA).



3.) Erythritol Natural Blend, such as Lakanto®

(Lakanto is a delicious combination of non-genetically modified erythritol and the naturally sweet fruit lo han guo). This is a Great Baking Natural Sweetener Alternative and has no effect on our blood sugar.



These natural sweeteners all have a low glycemic index and pass through your system without the high blood sugar spike, therefore not converting to fat like so many other sweet treats. Just experiment to your preferred taste and how it makes you feel.





IMPORTANT NOTE: Most people find it much easier to extend their fast in the morning versus stopping the food earlier in the day. Think of your body as a light switch. After your last meal of the day, the switch is turned on for the fast. During your fast, your body creates a natural, powerful healing process that rejuvenates and increases your normal natural hormonal balance. It is during the fast that we begin to become less leptin and insulin resistant. It is during the fast that we increase testosterone and growth hormone.



Most people have a much easier time starting their first meal around 11 am and stopping at 7 pm, whereas those who attempt to begin eating at 8 am and stop at 4 pm for the day generally have the most difficulty (they often fail). This is because they are generally awake for a remaining six plus hours and everyone around them is eating. Discipline is highly overrated. Let your body do what it wants to do naturally and extend your fast in the mornings.

These are just sample times... make it work for your schedule... so 10-6, 12-8, 9-5 for example if you are a S-Carb Type

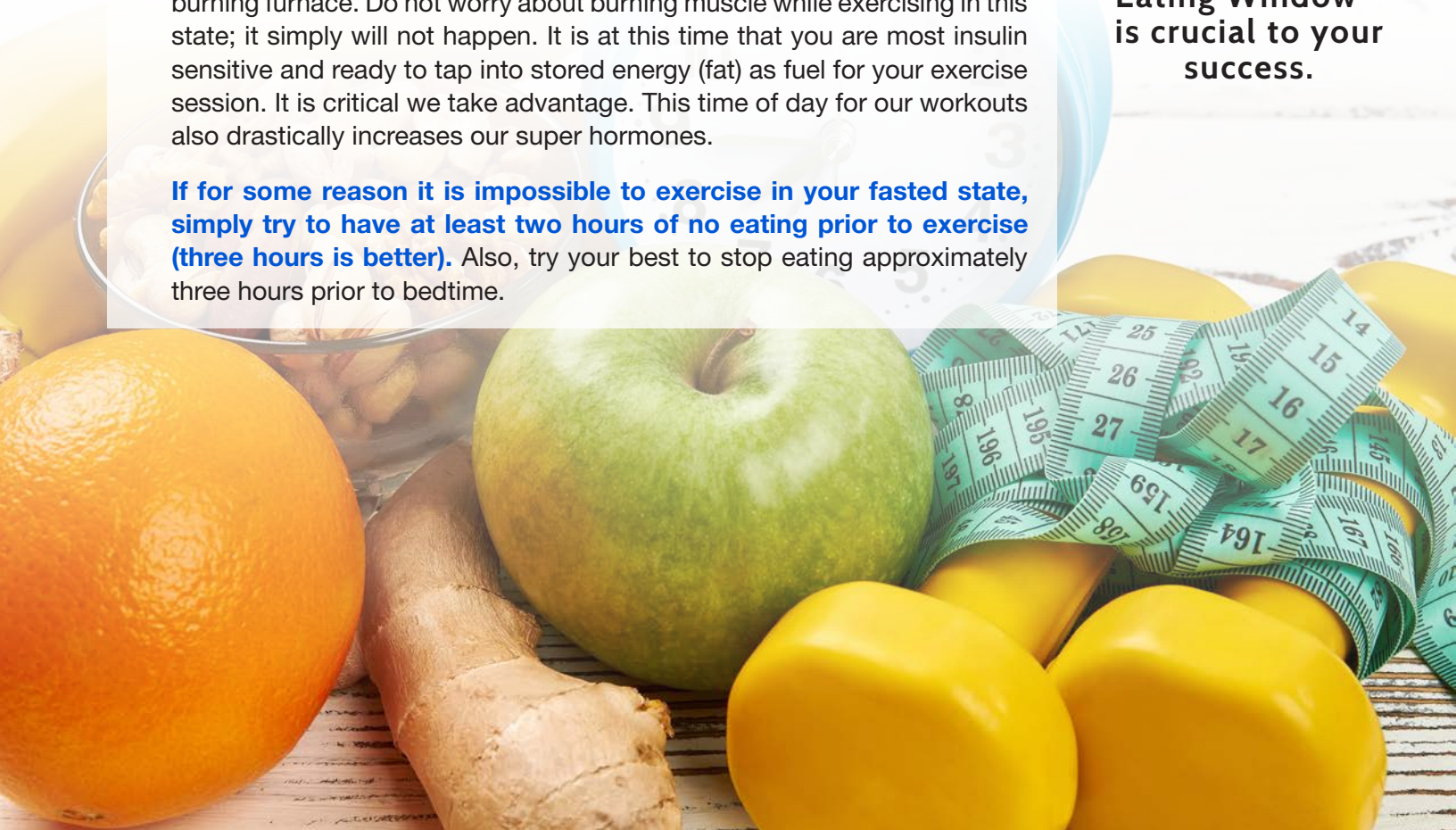
Another important key to maximize your results in a minimum time? **You will ideally exercise in a fasted state (this is after you have slept, as sleeping is a natural fasting period), or sometime in the morning before you actually eat.**

This style of training literally is THE spark that ignites the fire to your fat-burning furnace. Do not worry about burning muscle while exercising in this state; it simply will not happen. It is at this time that you are most insulin sensitive and ready to tap into stored energy (fat) as fuel for your exercise session. It is critical we take advantage. This time of day for our workouts also drastically increases our super hormones.

If for some reason it is impossible to exercise in your fasted state, simply try to have at least two hours of no eating prior to exercise (three hours is better). Also, try your best to stop eating approximately three hours prior to bedtime.

During the fast, we allow the body to maximize fat burning. The moment you put calories (yes, those additives in your morning coffee count as calories) in your mouth, YOU flip the most efficient and effective mechanisms OFF for the day.

So the Intellectual Eating Window™ is crucial to your success.





For the first three weeks, you will only utilize the Intellectual Eating Window® of eight hours for all Fat Burning Fingerprint metabolic types. So 16 hours of fasting and eight hours of eating only for the first 3 weeks, to reset your hormones.

You must do a three-week eating “reset” of the sugar monsters, trans fatty acids, and estrogen mimicking foods immediately. This is not some “juice cleanse or supplement cleanse.” This is simply eating the right way to get your system ready for your metabolic type.

Autophagy is the only true cleanse your body will naturally do, and it occurs by us extending our fast period and cleaning up the quality of foods.



The Fat Burning Fingerprint® 3 WEEK RESET

This essential reset helps increase your insulin and leptin sensitivity while priming your fat-burning furnace!

NOTE: If you are a vegan/vegetarian, simply swap out the meats listed with any of these great choices:

[http:// bembu.com/high-protein-vegetarian-foods](http://bembu.com/high-protein-vegetarian-foods)



These are the Allowable Foods on your three-week list. Substitute any food group from the same list you like. Just try your best to keep to the portion sizes as best as you can.



Sample Meal Plan for **THREE-WEEK RESET**

Please remember your cooking oils are basically organic butter and or organic coconut oil - these oils have healthy fats and are good cooking oils because of their high smoking points.

Your olive oil needs to come from a safe source as over 50% on the shelf are rancid. You are always allowed to add 1/4 of an avocado to your salads.

Try not to snack, but if you must, see our approved snack list at the bottom.

Feel free to substitute any protein from the chart and or vegetables from the chart.

Enjoy, while you burn fat and begin to reset your Seven Super Fat-Burning Hormones.



Please NOTE: All your healthy food sources can be found in most grocery stores today.

You do NOT have to shop at Whole Foods. You DO NOT need to eat organic.

IF YOU LIKE HOME DELIVERY AND CONVENIENCE, YOU CAN FIND MANY OF THE FOODS ONLINE:



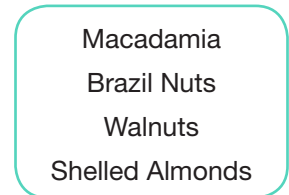
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Organic coconut oil



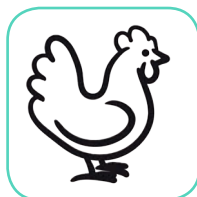
Organic olive oil



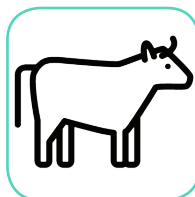
Nuts



Fish



Free-range organic chicken and turkey



100% Grass-fed beef



Turkey and beef bacon



DAY ONE SAMPLE MEAL PLAN

Intellectual Eating Meal One

Fried Egg with Bacon and Apple Yogurt

- 2 whole eggs (organic ideally) 2 slices of Turkey Bacon
- 2.5 oz. of plain, low-fat Greek yogurt 1/2 sliced green apple
- 6 almonds

Meal Replacement for those "On the Run"



- 2 Scoops of Organifi Protein with water 1/2 banana or whole green apple
- 6 of your favorite raw nuts

Intellectual Eating Meal Two

Chicken and Beans + Salad

- 4 oz. of dark chicken (for Protein and Mixed Metabolic Types - chicken Breast for Carb Types)
- 1/2 cup of black, pinto or navy beans
- 1. cup of spinach, cucumber, celery salad, tomato
- 2. tsp. of healthy natural balsamic vinaigrette salad dressing should you want it

Intellectual Eating Meal Three

Grass-fed Beef Burger with Veg

- 4 oz. of grass-fed beef
- 2. large pieces of Romaine lettuce for lettuce wraps (replaces bun) - if YOU must have a bun, it must be sprouted Ezekiel or Manna bread
- Add your favorite toppings for your burger wrapped in lettuce 2 cups of cooked broccoli or cauliflower





DAY TWO

SAMPLE MEAL PLAN

Intellectual Eating Meal One

Breakfast BLT

- ✦ 3. slices of turkey or pork bacon (nitrate free)
- ✦ 1 slice of sprouted whole grain bread (found in the freezer section) Ezekiel or Manna are our favorites
- ✦ 1 tomato sliced
- ✦ 1 large piece of lettuce
- ✦ 1/2 ounce of walnuts (approx. 6-10)



Intellectual Eating Meal Two

Chicken Breast Salad

- ✦ 4 oz. Chicken Breast
- ✦ 1/4 c. Garbanzo Beans 4 c. Romaine
- ✦ 1/4 c. Red Peppers 10 Black Olives
- ✦ 2 T. Parmesan Cheese
- ✦ 1 T. Balsamic Vinaigrette

Intellectual Eating Meal Three

Wild Salmon with beans and salad

- ✦ 4 oz. cooked (grilled-baked-planked) wild salmon 1 cup of green beans
- ✦ 1. cup of vegetables (kale and or spinach, bell peppers, broccoli, cauliflower and cucumbers) made into a salad with lettuce
- ✦ 2. tsp. vinegar or lemon juice and extra virgin olive oil for salad dressing OR 2 tsp. of available olive oil/vinegar based dressing

Do not use “low cal” or “fat-free” dressings, as they are poisoned with chemicals and sugar additives — good fats do not make us fat!

*Remember - It is estimated that over 50% of all olive oils on the shelf currently are rancid because of poor processing.

Also farm-fed salmon is the most toxic form of animal protein available today. Get yours “WILD”, not “freshly farmed”



DAY THREE

SAMPLE MEAL PLAN

Intellectual Eating Meal One

Power Spinach Omelet with Sausage

- ✦ 3 oz. of chicken sausage (nitrate free)
- ✦ 2 whole organic eggs
- ✦ 1 cup of sautéed spinach
- ✦ 1/2 cup of your favorite omelet vegetables
- ✦ 1 slice or sprouted toasted bread
- ✦ 1 teaspoon organic nut butter

Intellectual Eating Meal Two

Scallop Tacos

(or substitute with one of the approved fishes in the upper protein box)

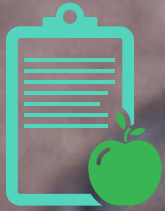
- ✦ 4 oz. Sea Scallops
- ✦ 2 Low Carb Tortillas
- ✦ 1/2 Tomato
- ✦ 1/4 Avocado
- ✦ 1/4 Spinach, raw
- ✦ 1/4 c. Onions, raw
- ✦ 1/4 T. Chili Powder

Intellectual Eating Meal Three

Chicken delight plus beans and salad

- ✦ 4 oz. of chicken breast cooked in organic garlic butter
- ✦ 1/2 cup of cauliflower mashed with organic butter and spices
- ✦ 1 cup tomato and cucumber salad
- ✦ 1/2 cup of beans of your choice
- ✦ 2 tsp. of dressing if needed





DAY FOUR

SAMPLE MEAL PLAN

Intellectual Eating Meal One

Hard-boiled Eggs with Avocado Veg

- 2 hard-boiled eggs (or soft boiled)
- 1.cup of steamed broccoli or cauliflower
- 2 oz. of avocado
- 2.T. of nut butter (organic almond/peanut)
- 1 cup of celery sticks

Intellectual Eating Meal Two

Protein Pick with Beans and Salad

- 4 oz. of chicken, turkey, or buffalo
- 1 cup of garbanzo beans
- 1 cup of vegetables plus lettuce, spinach, or kale for salad
- 2 tsp. of our natural dressing

Intellectual Eating Meal Three

Tuna Steak and/or Canned Tuna

- 4 ounces of tuna steak or (canned in water is ok)
- 2 cups of lettuce, spinach and kale blend
- 1.cup of chopped vegetables plus
- 2.tsp. of balsamic vinaigrette dressing
- 6 walnuts





DAY FIVE

SAMPLE MEAL PLAN

Intellectual Eating Meal One

Breakfast Meat with Veg Medley plus Banana-Nuts

- 4 oz. chicken, turkey, or buffalo
- Grilled bell pepper and squash medley
- Half a banana
- 1 oz. brazil or macadamia nuts (6-10 nuts)

Intellectual Eating Meal Two

Grass-fed Spaghetti

- 4 oz. grass-fed ground beef
- 2 cups of sautéed spinach with tasty spices
- 1 cup of spaghetti squash
- Picante sauce

Intellectual Eating Meal Three

Fish of the Day plus Super Veg

- 4 oz. tilapia
- 2 oz. avocado
- 1 cup broccoli or cauliflower
- 1 cup of vegetables plus lettuce, kale, or spinach to make a salad
- 3 tsp. of our natural extra virgin olive oil base dressing + vinegar and lemon juice



DAY SIX

SAMPLE MEAL PLAN

Intellectual Eating Meal One

Power Omelette w Sausage

- 2 whole eggs (preferably organic)
- 1 cup of cooked veggies for your omelet (your favorites) Small slice of Swiss or feta cheese
- 1 chicken and or turkey sausage link (nitrate free) and OR 2 slices of nitrate free bacon

Intellectual Eating Meal Two

Blackened Salmon Tacos (or shrimp is you prefer)

- 4 oz. blackened salmon (or shrimp)
- 2 low carb tortillas
- 1/2 Tomato
- 1/4 Avocado
- 1/4 c. Spinach, raw
- 1/4 c. Onions, raw
- 1/4 T. Chili Powder

Intellectual Eating Meal Three

Steak and "Potatoes"

- 4 oz. of grass-fed beef steak
- 1 cup steamed asparagus
- Cauliflower mashed "potatoes" - (1 cup steamed and mashed garlic cauliflower with organic butter)
- 1/2 baked sweet potato



DAY SEVEN

SAMPLE MEAL PLAN

Day seven is your super leptin loading day/free day.

You must still eat within your 8-hour intellectual eating window™ for the first three weeks.

For anyone that feels as if they NEED a snack, try one of these approved snacks to keep you on track: Just remember that all eating must be done within your Intellectual Eating Window of opportunity.

Snack

4 oz. of all-natural turkey or chicken (Boar’s Head or other preservative- and nitrate-free brands)

1 cup of broccoli or cauliflower

1 small sliced green apple

Snack

1 oz. of your favorite raw nuts (10-20) and one half of a banana

Snack

1-2 scoops of **Organifi Protein** powder added to water or to one oz. of low fat plain GREEK yogurt



Snack

Questbar - Sucralose-free flavors ONLY for this 3-week reset:

Cinnamon Roll

Strawberry Cheesecake

Lemon Cream Pie

Chocolate Peanut Butter

Coconut Cashew

[GET YOUR BARS HERE](#)



You will strategically pick one day a week to “eat anything you want.” This ‘super leptin load’ day is critical for three simple reasons:

One, everyone cheats eventually on any nutrition plan. So when you are tempted during the week to do so, simply take a picture of your craving for that day to remind yourself what you might be eating on your scheduled treat day.

Two, as you begin to reset your hormones by eating the Fat Burning Fingerprint® Three-Week Reset, your leptin will start to deplete itself. So we will want to reset/reload our healthy leptin levels to allow us to continue burning fat while eating properly.

Thirdly, what’s life without a little treat/reward once a week? Warning— however, do not think that it is OK to “treat” more than one day a week in the beginning, if you truly desire to build your best body ever. Don’t worry, the cravings and “hunger pains” will disappear quickly once we get the “Bermuda triangle of foods” out of your system.



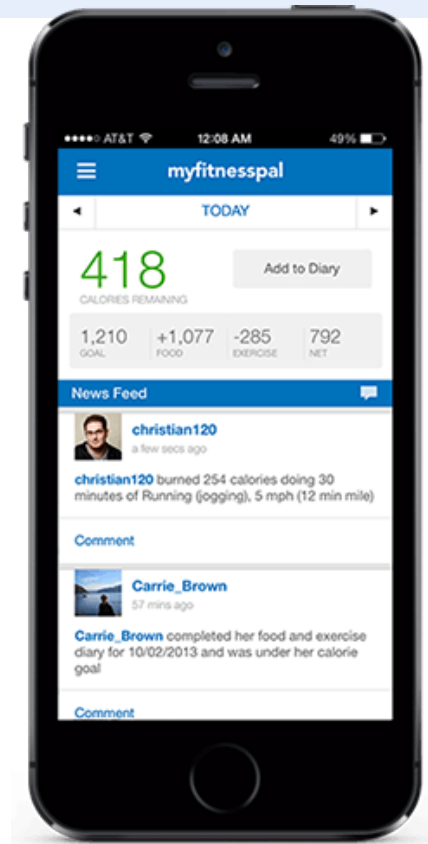
Day Seven 'Super Leptin Load' Day - Treat Day

For your “super leptin load” day, **please allow yourself to have anything and everything you want. However, don't put yourself in jeopardy of a “food coma.” In other words, if you want some pizza, have two to three slices, not the whole pizza pie. Craving some ice cream? Fine, have it, but not the whole pint.** This is an opportunity to upload and reset your leptin levels and to allow you a reward.

It is not, however, a chance to become a “food junkie” again. The chemicals added to these foods are very powerful and too much of them can trigger cravings. Lastly, **DO YOUR BEST TO EAT CHEAT FOOD AWAY FROM YOUR HOME.** We do not want any cheat food in your house after your super leptin loading day is finished. Discipline is highly overrated people! Got It? Good. Make sure you still only eat during your Intellectual Eating Window™, however.

The National Weight Control Registry (an ongoing research project tracking more than 3,000 people who have lost an average of 66 pounds and kept it off for five years) found that keeping a food journal is the one strategy used by the majority of successful dieters.

In fact, in a study of 1,685 dieters conducted by a health insurance company, the best predictor of weight loss throughout the first year was the number of food records kept per week. Another recent study published in the American Journal of Preventive Medicine found that dieters who tracked their food intake in a “food diary” lost twice as much weight as those who didn't track their food. This is according to Rebecca Pratt, a contributing writer to Spark People.



My favorite food journal is a free app called

MyFitnessPal



It will literally allow you to enter your Fat Burning Fingerprint; An Intellectual Eating Plan™ foods, amounts, etc. and help keep YOU on track.

As previously mentioned, once in MyFitnessPal.com, Go to Settings > Goals > Change Goals > Custom and put your Macro Nutrient Figures as such for the first three weeks; 40% Protein, 30% Carbs, 30% Fats.

After your first three weeks, adjust these numbers and YOUR food to YOUR Nutritional Metabolic Type.

Remember, simply read your Fat Burning Fingerprint to find all the foods and meal plans in YOUR Fat Burning Fingerprint Metabolic Type after the three-week reset is finished. If you want to do a “food log” the old fashioned way, snap pictures of your food before consuming. This will give you instant accountability and a reality check. Write it down at the end of the day, delete those pics, and pick it up again the next day.