DISCLAIMER: The information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my own experiences as well as my own interpretations of the current research that is available. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.
Daily Shred Diet

Thank you for taking part in the revolutionary Daily Shred Diet. I will say now, that this will be challenging yet will **definitely worth it**. I am very excited to see what this system will do for each one of you reading this right now.

The basics are very simple and straightforward. You may even think... “That's it?” And that is exactly what I want you to think. Follow exactly what I have for you below, and **amazing results will follow**. I will be going over and explaining everything you need to know, including:

- What the Daily Shred Diet is and looks like
- Exactly what foods you will be eating on what days to maximize results (macronutrient manipulation)
- How to maximize your “carb sequencing” for better results
- My own meal choices (which you can swipe)
- Simple rules to follow depending on the day

And more.

Also, please feel free to email me at any time when questions come up: **dennis (at) fatburningnation (dot) com**. I am here to help you in any way I can, so if there is anything you do not understand or something that needs more explaining, do not hesitate to ask.

My goal is to get you the best results possible in the next 30 days and beyond. Simple as that.

With that said, I will also be here for accountability. All I ask is that every so often, you check in with me with how your progress is going. If you want to email me every night, by all means do it.

In those emails, some examples of what to include would be:

- Have you been sticking to the plan?
- Have you been doing the workouts?
- What are you struggling with?
- How else can I help?

Those four questions should be enough to get you started. Feel free to throw in any other information as well.

Now that we have that covered, let's waste no more time and start getting your transformation going!

All to your success,

Dennis Heenan
Founder: Fat Burning Nation

Fat Burning Nation.com
The Basics

So what is the Daily Shred Diet?

The Daily Shred Diet is a 4 day cycle where you will eat 3 days of meals that are lower in carbohydrates, followed by one higher carb day. Then, simply rinse and repeat.

That is pretty much all there is to it, very simple yet very powerful!

You may be thinking, “really that is all?” And trust me, I was too when I first started testing this. However, you will be surprised by how well this style of eating works. Especially when you combine this method with the correct workouts and the rules we will go over below, you are guaranteed to see amazing results!

Rules To Follow:

Throughout the next 30 days, there are a few different rules that you must follow in order to maximize your results. Keep in mind, this is only 30 days, so you can do it!

1. **Eliminate all processed carbs** including breads, flour, and gluten (this includes whole wheat). Anything that is manmade (processed) should not be eaten!
2. **Eliminate vegetable and grain oils.** You will be cooking all of your food in either: grass fed butter, coconut oil (unrefined), or tallow. Kerrygold is the most popular kind of grass fed butter and can be found at Trader Joe’s.
3. **Eat when you are hungry and until you are satisfied.** Do not graze. If you find yourself getting hungry between meals, you are not eating enough. Keep in mind, we are NOT cutting calories, we are simply focusing on eating the right foods.
4. **Supplements:** These are optional but preferred if possible. Fish or Cod oil (see bottles recommended dose), vitamin D (500-1000 IU), vitamin C (1000mg).
5. **Only consume fruit sugars and simple sugars at select times** (see the high carb day below)
6. **Do NOT drink calories.** This means no sodas, diet sodas, fruit juices, sports drinks etc. Focus on water! Black coffee (with optional 1-2 teaspoons heavy cream), and unsweetened teas are also ok in moderation.
7. **Workout a minimum of 3 days per week.**

Those are the basic rules you will be following. I will now go over the rules for each the low carb and high carb days:

**Low Carb Day Rules: (Days 1, 2, and 3)**

1. **All meals will be focused on high protein, high fat, low carb.** This means your meals will be centered around eating:
   - **Protein:** Grass fed beef, chicken, fish, wild game, eggs, bacon, etc.
   - **Fats:** Coconut oil, grass fed butter, tallow, nuts, seeds, avocado, coconut milk (no flavor added), grass fed heavy cream, olive oil (for salads, not cooking)
   - **Carbs:** Veggies. kale, spinach, broccoli, asparagus, cucumber, onions, etc.
2. Fast for two hours before bed and two hours upon waking up.

*This is just on the low carb days.* The reason for this is to allow for further ketosis on the low carb days as well as help promote Growth Hormone levels while you sleep.

This would mean if you go to bed at 9pm, your last meal will be at 7pm. Then if you wake up at 6am, breakfast should be around 8am. If this doesn't work in your schedule, not a big deal. If possible though, make it happen.

3. Eat when you are hungry and until you are satisfied.

This is very important. *Remember that you are not cutting calories, but cutting out the calories your body doesn’t need.* Your body thrives on calories, so they are needed (even when trying to burn fat). Your worst mistake will be to drastically cut calories. If you are constantly hungry, you are not eating enough.

4. Don't mind the fat.

On your low carb days, you may think that you are consuming a lot of fat, and that is because you are! But do not worry, all the fats you are eating will be very beneficial in helping you burn unwanted fat. *Eating good fat burns fat.* Keep that in mind.

5. All your meals should include a protein source. This can come from the foods listed above, or from a whey protein supplement. If you do decide to add in a whey protein shake, be sure it is grass fed or whey protein isolate! Also, limit yourself to 1-2 protein shakes per day.

My #1 recommended whey protein can be found at the link below. If you need whey protein, go purchase BioTrust below:

=> [Click HERE For BioTrust Low Carb](#) <=

*Those are the basics to your low carb days. An outline of what a full day of eating would look like will follow shortly.*

**High Carb Day Rules: (Day 4)**

1. All meals will be focused on high protein, higher carb, and lower fat. Your protein options will remain the same as above, but on this day you will be lowering your fat intake. Instead, you will focus on incorporating more carbohydrates into your meals:

- **Carbohydrate Sources:** Sweet potatoes, yams, steele cut oats, beans, fruit (preferably strawberries, raspberries, blueberries, blackberries)
- **Simple Sugars:** These are fine to add into a few meals on higher carb days: Honey, pure maple syrup. Don't go crazy, but 1-2 tablespoons won't hurt.
2. **30 Before 30 Rule.** On your high carb days you will be consuming *30 grams of protein within 30 minutes of waking up*. I find that a whey protein shake is easiest for this. If you want, egg whites will work well too. Why egg whites on high carb days? Because we are keeping the fat content lower.

3. **Eat frequently:** High carb days will require you to eat more and more often. *Every 2-3 hours is best.* These don't have to be full meals, but as you will see in our example day below, you will eat more frequently than on the lower carb days.

4. **Your high carb day will and should be a bump in calories.** Because you are eating more frequently, your calorie intake should be higher than your low carb days.

**Example Meal Days**

**Example Low Carb Day:**

5:00AM (I am an early riser!)- Coffee with heavy cream  
7:30AM- Breakfast: 4-5 *whole* eggs, 6 ounces of grass fed beef, vitamins (C, D, and fish oil)  
9:30AM- Workout  
10:00AM Post Workout: Whey Protein shake mixed with 8oz of coconut milk  
1:00PM Lunch- 2 Grass Fed Beef patties with asparagus and melted butter  
4:00PM Snack (optional)- 6oz of wild salmon or sardines, broccoli  
7:00PM Dinner- chicken breast, spinach salad with homemade dressing (olive oil, vinaigrette, spices)

As you can see, pretty simple. If I am still hungry at meals, I will eat more. Keep in mind that the more active you are, the more calories you need. If I worked out hard that day for 45 minutes then was running around doing things, I would simply add in more food. **Listen to your body!**

**Example High Carb Day:**

5:00AM- Wake up and immediately drink a 30 gram whey protein shake  
7:00AM- Breakfast- 6 egg whites, 1 cup steel cut oats with cinnamon mixed in, 1 chicken breast, coffee with cream  
9:30AM- Workout  
10:00AM- Post Workout- Whey protein shake with handful of blueberries and strawberries mixed in.  
12:00PM Lunch- 2 chicken breasts, 1 sweet potato, and broccoli.  
2:30PM- Snack- 1-2 pieces of fruit and raw almonds, a few pieces of dark chocolate  
6:00PM Dinner- 2 Grass Fed Beef Patties with sweet potato and spinach salad (olive oil and vinaigrette dressing)  
8:00PM Snack- Plain Greek Yogurt with honey, cinnamon, and handful of raspberries

**Your high carb days need to be also higher in calories.** This is what will allow your bodies metabolism to reset and burn more fat from your low carb days!

There you have it, the rules for your low and high carb days, plus an example of what one 4
day cycle would look like.

**Here is something to keep in mind:** The easiest way to eat healthy is to eat the same few meals over and over. Find 2-4 meals you enjoy, and stick with them!

Those two meal days are exactly what I will eat in the first week. Feel free to print that out and use it for yourself.

**Frequently Asked Questions:**

1. **What spices can I use?**

   There are a variety of great spices but I tend to stick with the basics:

   >>Black pepper, sea salt, cinnamon, ginger, turmeric, cayenne pepper.

   Those are the ones I stick with most. If you choose to use other spices, just be sure they are no added ingredients. For example, Lawry’s Season Salt, it’s second ingredient is sugar and fifth ingredient is cornstarch. *NOT what we want.*

2. **What about alcohol?**

   For the next 30-days, I highly encourage you cut out the alcoholic beverages. If you must, stick with a low sugar red wine.

   The reason for this is alcohol can stall your fat burning and lean muscle growth. For maximal results, it is best to keep alcohol out of the system.

3. **What about cheat meals?**

   *A cheat meal will happen on every second high carb day.* Therefore, on day 8 of the cycle you can indulge in your first cheat meal. Remember, this is only 30 days so you can handle not eating as much junk as usual!

**Carb Cycle Training Aspect**

1. Low intensity cardio every day (walking). **Try to walk at least 30 minutes a day.**

2. 3 days of bodyweight circuits or weight training, with 1-2 days of sprints. (Why Sprints? Take a look at what this recent research says about how sprinting directly targets eliminating belly fat!)

   Workouts have been provided for you at: [DailyShredDiet.com/trainxx](http://DailyShredDiet.com/trainxx).

   Remember, the harder you push in your workouts, the better results you will see!

   *Do not miss a workout, and push hard on every rep and set.*
Cycle Sequencing:

I often get asked, “when is the best time to eat your carbohydrates?” Aside from eating them exactly how I told you to eat them above, here are your next three best options to maximize results:

1. Eat your biggest carbohydrate meal immediately after your workout.
2. Eat your second biggest carbohydrate meal 2-3 hours before your workout.
3. Eat your third biggest carbohydrate meal in the morning.

Studies have shown that these three times are the best time to eat your carbohydrates so that they get stored in your muscles instead of as fat.

That said, with how we are cycling our carbohydrates to begin with, you do not need to worry much about this. Stick to your high carb days as outlined above.

If you are very active and feel you may need to add in some carbs on your low carb days, follow the cycle sequencing rules above. Keep them immediately post workout or 2-3 hours before.

Closing

Sounds pretty simple doesn't it? Well it is and that is how nutrition and fat burning are supposed to be! It is when you overcomplicate things that the results slow and you get frustrated. Follow exactly what you have just read through above and results will quickly follow.

I am very excited to see what takes place over the next 30-days. Stay focused and have fun!

If you have any questions, send them my way.

I will be in touch!

Dedicated to your fitness,

Dennis Heenan
Fat Burning Nation
Fat Burning Workouts HQ
Daily Shred Diet

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