Putting The Whole Diet Plan Together

In this lesson, we're going to take all the concepts we've talked about and put them all together into a simple, cohesive plan you can follow to lose fat and get shredded.

I've divided up the process below based on how much fat (in pounds) you have to lose:

- **10-19 pounds** to lose
- **20-30 pounds** (or more) to lose

Below, you'll see the monthly structure of the nutrition plan along with how to eat for each week and day of the program. As I've said before: this doesn't have to be exact. Track your progress weekly and you should see results.

> *If you're not seeing results, I've included a Troubleshooting module in the program to help with specific issues.*

If You Have 20-30+ Pounds To Lose

Months 1, 2, and 3

Saturday-Thursday:

- Calories: 12x bodyweight in pounds
- Protein: 27% of total calories
- Fat: 33%
- Carbs: 40%

Friday (refeed day):

- Add an additional 600 calories

Month 4 (Muscle-Up Phase)

- Calories 15x bodyweight in pounds
- Protein: 25% of total calories
- Fat: 30% of total calories
- Carbs: 45% of total calories

Months 5, 6, and 7

Saturday-Thursday:

- Calories: 12x bodyweight in pounds
- Protein: 27% of total calories
- Fat: 33%
- Carbs: 40%

Friday (refeed day):

- Add an additional 600 calories

Month 8 (Muscle up Phase)

- Calories 15x bodyweight in pounds
- Protein: 25% of total calories
- Fat: 30% of total calories
- Carbs: 45% of total calories

Notes

This style works great if you have 20-30 pounds to lose. If you only have 10-19 lbs to lose, you will not require six months of being in a calorie deficit. In fact you will require only 2-3 months (max). Therefore I would switch the plan up as follows…

If You Have 10-19 Pounds Of Fat To Lose

Month 1 and 2

- Calories: 12x body weight in pounds
- Protein: 27% of total calories
- Fat: 33%
- Carbs: 40%
- One Refeed day per week (+600 calories)

Month 3 (Muscle-Up Phase)

- Calories: 15x body weight in pounds
- Protein: 25% of total calories
- Fat: 30% of total calories
- Carbs: 45% of total calories

Month 4

- Calories: 12x bodyweight in pounds
- One Refeed day per week (+600 calories)

Month 5 (optional)

If you still have some fat to lose at this point, you can take the remaining 2-4 weeks to slice off the last bit of fat by following the same cutting strategy outlined above.

How to Guarantee Results With The Nutrition Plan

Please don’t stress about eating exactly as planned. It’s important to **fit this eating plan into your lifestyle.** If you’re confused about tracking calories perfectly well, I will be the first to tell you your body is on your side.

By fasting daily and eating wholesome filling foods, you are naturally going to be in a calorie deficit. Especially, if you listen to your body, eat slowly and consciously, and don’t eat when you’re bored.

Therefore, if worst comes to worst, and you’re worried if you hit your calories and macros exactly, just go by feel.

Complete the fast, eat until you’re full/satisfied and just ball park the calories and macros. If you are going to fit in a dessert or packaged foods like chocolate or PopChips, be aware and look at the labels to make sure you know how many calories you’re taking in.

The Two Most Important Things

Finally, really **eating sufficient protein and hitting your calories** is the most essential part of the diet plan. If you’re finding it difficult to hit your macros precisely, simply scrap that. Focus only on hitting your calories, and making sure you’re getting a couple big servings of lean protein everyday. This will ensure fat loss. Then fill up your calories however you want.

It’s very easy in this day and age to track your calories. And once you’ve recorded the same foods a few times, you already know how much you’re getting, so there’s really no need to stress about it.

How To Make This Process Even Easier

To make fat loss as easy as possible, it’s advisable to **eat the same foods/meals on a weekly basis and rotate through them.**

They say variety is the spice of life, but hands down, when it comes to getting lean, simple gets the job done.

The easiest time I have getting lean is when I have a few meals I cook at home and a few spots I go out for food. Then I fit in my same dessert everyday (some chocolate) and fruit.

When you always have to track and measure and estimate new foods, it makes the whole hitting the calorie/macro thing much more difficult. The good news of course is that when you hit your ideal body fat, maintaining is much easier and there’s far more wiggle room.

Troubleshooting Tips For The Diet Plan

Let’s talk about a couple of the scenarios that people experience when they start a Kinobody program…

1.) What to Do if You’re Too Full on the Plan

Often, I will hear from Kino Warriors that they are way too full on the plan, despite being in a solid calorie deficit.

This is a very good problem to have, it simply means losing fat is going to be a breeze. It’s okay to go a little lower in calories in the beginning of the program. Your body is always primed to burn fat and handle a larger deficit better in the beginning of a cut.

Likely, what will happen is as you get closer to your goal body fat, your appetite will naturally ramp up.

That said, it’s only advisable to go 200-300 calories lower than the plan prescribes, and that’s only if you’re totally and completely full.

Being full and satisfied on a diet is a good indicator that you are going to maintain muscle and hormonal health.

Of course, don’t sacrifice your protein intake. If you’re very full, it’s important to get close to your protein numbers.

2.) What to Do if You’re Starving on the Plan

This is a rare occurrence, but, occasionally it happens. There’s a few different possibilities. For one, the diet set up is absolutely perfect and you just have to push through the first few days or the first couple weeks before your body gets used to eating fewer calories.

Once you push through the first couple weeks, your body will get very used to and comfortable with eating at a calorie deficit. Then it will be easy breezy.

Now the second possibility is simply that you have a higher metabolism than the average person of your size and stature. Perhaps you are very active and play sports or work a high activity job.

In this case then it’s very possible the program is underestimating your calorie intake. The simplest answer is to bump up your calories by about 300. This should control your hunger very nicely.

So for example, if you were eating 2200 calories per day, but you’re absolutely starving - then you can fit in an additional 300 calories per day of whatever you want. Ideally, whatever is going to do the best job at filling you up.

Now it’s important to monitor your fat loss over the coming weeks to make sure you’re leaning down.

Weighing yourself on a weekly basis first thing in the morning is effective. Although it doesn’t tell you the whole story. I also recommend taking pictures in the mirror under the same conditions (lighting, no pump).

Finally, getting a cloth measuring tape to measure your waist relaxed at belly button level is another great way to track leanness.

One typical occurrence that happens is that someone joins the program and for the first month, no weight is lost.

They get discouraged. But once I find out that their strength is up and take a look at their pictures, the reasoning is clear.

They experienced a recomp. This is where fat is loss and muscle is gained and trust me, I've seen this all the time on the Warrior Shredding Program.

The recomp effect typically only lasts for the first 2-6 weeks. After Which, muscle growth slows down and scale weight begins to drop.

Make no mistake, the recomp is amazing. Burning fat and gaining muscle and maintaining the same weight is something to be downright excited about.

3.) Another quick tip if you're hungry

If you find yourself hungry or tempted to overeat for your meals, I recommend drinking hot bone broth. You can purchase chicken or beef bone broth from the grocery store. Heat it up in a pot and boil it and add salt or spice as desired.

It's extremely filling and very low calorie (20-40 calories per serving). As well, bone broth is highly nutritious and has a whole host of benefits due to the high amounts of glycine contained in the broth.

4.) What to Do if You Go Over Your Calories

Here's the deal. I absolutely don't expect you to be 100% perfect on my program. Not in the least. Of course, we're only human and of course we are going to make some mistakes and sometimes life happens.

That said, my goal for you is to be on point about 90% of the time. If you can be on point 90% of the time, you will see amazing results.

Now in the beginning you may find that some days you go over your calories or your macros. Or some days you may not be sure how many calories you're hitting.

My advice for you is simply to accept it, learn from it and move on. Don't beat yourself up because you screwed up. That creates a bad relationship with food and will only make you want to cheat worse.

Instead, accept that you made a mistake. Try to understand where you went wrong and why you overate. Maybe you stayed up way too late so you got hungry. Maybe you tried to fast too long so you got very hungry.

Maybe you ate a food that didn't satisfy you so you wanted to keep eating. Well learn from it and adjust your decisions going forward so you don't have that issue.

5.) Can I Go Lower in Protein, I Don't Like Eating that Much Meat?

Good question. On the nutrition plan, hitting the proper number of calories is really the most important aspect of the plan. If you overeat your calories, you will absolutely not lose fat. I've actually tested going a little lower in protein and I still saw solid results.

The lowest I'd go in protein is about 0.6-0.7g of protein per pound of bodyweight. So if you're 170 lbs, that would be about 100-120g of protein. This is the absolute lowest.

I've tested this protein intake and still saw solid results. Though, the research states that 0.82g per pound of bodyweight is most optimal. That said, the difference between 0.6/0.7 and 0.82g may be very, very marginal.

As well, if you go a little lower in protein, the benefit will be getting a little more carbs and fats, which has a stronger effect on hormones.

So if you wish to go lower in protein, you can. That said, 0.6-0.7g per pound should be the lowest you go.