

: Transform Your Life :



There's No Way Around Hard Work!

D i e t F o r S e v e n s

Traditional Diet

40/40/20 Macro Split

Weight vs. Body Fat

Calories In vs. Calories Out



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The Recipes provided herein may contain ingredients that may cause allergic reactions in some individuals. These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions, please consult your family physician.

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Introduction

Before we begin, thank you very much for your purchase. The more I grow, the more I can help change lives all over the world. If you recently completed my Triple 7 Preliminary Diet, congratulations! My Diet For Sevens program is mainly geared for individuals that fully completed the Triple 7 Preliminary Diet program. With that said, even if you did not complete the Triple 7 Preliminary Diet, my Diet For Sevens program is an extremely effective, life-changing diet program. If you're disciplined enough to follow a strict traditional diet and exercise program, then jump right into this and get it done. Consequently, if you have a difficult time following a traditional diet program, I highly suggest that you fully complete my Triple 7 Preliminary Diet.

Again, thank you very much for your purchase and support. If you enjoy this plan, please share this to your friends and family. I envision a healthier world. Be strong, be consistent, and get it done. Good fortune on your transformation. Work hard!

**Please Print All Pages Before Executing
This Plan**

**Please Read Entire Plan and Prepare
Before Executing This Plan**

Definition of Diet

(If you read and fully completed my Triple 7 Preliminary Diet, you may skip this section. You all have a very good understanding that a diet is meant to be difficult and temporary.)

The vast majority of us are dieting because we did something wrong to our bodies over a very long period of time. We are simply going on a diet to fix that problem and to bring our bodies back to normal. For example, let's say for over two years you've lived a perfect diet. For two years, you've followed a perfect diet along with perfect exercise. Your body is going to look the way it's meant to look. If you mix chemicals to force your body to look a certain way, along with focusing on certain body parts, then yes, you may force a certain part of your body to develop more than it was naturally meant to develop. However, if you consumed a perfect diet and exercise for two years, your body is going to naturally look the way it should look. You may not agree with your weight, but your body fat will be extremely low.

Let's make this relevant and put a twist on this perfect two-year diet. Let's say after two years of perfect diet and exercise, you fall off the deep end. Let's say you start to eat the burgers, fries, cakes, and waffles. In addition to that, let's say you bypass the gym in doing so. How long do you think it will take for your body to transform from this nice, attractive shape to this person you can't even recognize? For the most part, it will be a very long, repetitive process to change from this athlete to this obese person you barely recognize. Once you become this obese, unhealthy person you're unhappy with, what is it you must do first? You must DIET! You must diet simply because you did something wrong over a long period of time.

Therefore, just as I stated in my Triple 7 Diet, you must understand that dieting is going to be hard! You must understand that dieting is supposed to suck! This is supposed to be something you do not want to do! This is why all strict diets created to transform your body are temporary. Changing your life and lifestyle is not easy. Correcting something negative you've done to your body for years is not easy. I'm not going to sugarcoat it like the others.

Once we complete our diet, get our body back to the way it's meant to be, we then begin steps to simply MAINTAIN what we have. While maintaining, we're not going to all of a sudden gain 30 pounds after a five-day vacation of eating and drinking our asses off. For the vast majority of us, gaining 30 pounds is a long, repetitive process of a terrible diet with no proper exercise. Again, the vast majority of us are dieting simply because we MESSED UP.

Now let's move forward. You're almost ready to begin your Diet For Sevens transformation.

Diet for Sevens

Weight Vs. Body Fat

There is a vast amount of research behind this topic. To be truthful, a vast majority of the information regarding this is filled with a bunch of gibberish and unnecessary information. To gain followers on their social media and blogs, people are constantly trying to find creative ways to explain something that should be very quick and simple.

In my Diet For Sevens plan, I do not focus on weight; I focus on body fat. People do not like to hear this. To be more specific, people do not like to hear this because it's more difficult and a pain in the ass to actually focus on body fat. Have you ever witnessed someone look great after completing a strict diet, but still have a fat stomach, fat arms, funny shape, and/or disproportionate body? They've dieted for months on end. Why are they still covering up in a bathing suit?

There are a few very simple answers to this. A vast majority of these people are either dieting incorrectly and/or taking supplements. At times, these supplements can speed up the weight loss process in a negative way, causing certain parts of your body to lose faster than the other. When you take your body through an unnatural process, sometimes unnatural things happen. Another very large percentage of this group is simply focusing on weight and not body fat. Let me quickly bring this into perspective.

Let's say you're a woman with a weight of 195 pounds and 30% body fat. As most people do, you set a goal to lose at least 15 to 20 pounds to put yourself down to a weight of 170-175 pounds. Some of you may even try to bring yourself down to 165 pounds. Ok, now let's speed this up and say you fully completed a decent diet and exercise plan for a few months; ergo, hitting your goal of 165 pounds. Congratulations, you lost a S***t ton of weight.

However, let's say you hit your goal of 165 pounds, but your body fat is around 17%. Therefore, as a result of the 17% body fat, you're still uncomfortable in a two-piece bathing suit. Do you think you're done dieting? Absolutely not. Again, there are multiple reasons behind this. With that said, this is why I do not mainly focus on how much you weigh. I focus on BODY FAT as well. You may be down to your target weight, but your body fat may be too high. We must pay very close attention to this, especially towards the end of your diet. If your weight is down, but your body fat is too high, well, guess what, you're not done dieting. You must continue to diet and exercise until you actually lose the proper amount of body fat. If you're following the instructions properly, be patient and be consistent. If you keep at it correctly, there is no reason you should not look great in a bathing suit after several months or a year of consistency. There is no reason you should not be able to show off your nice new flat stomach after several months or a year of consistency. (Which is the absolute last thing to go by the way)

Calories Vs. Macros

The vast majority of people only count and measure their calorie intake during their caloric deficit. This is completely wrong. In addition to that, a vast majority of diet plans do not apply their caloric deficit correctly.

After you properly calculate your daily calorie intake, I apply the "start high, then low" technique. I simply start your caloric deficit high, then gradually take calories away. There has been countless research regarding your metabolic rate going on a standstill as a result of being too low for too long. In short, you can easily put your body into survival mode, which can cause your body to be at a standstill in regard to losing weight. This is obviously very bad. Therefore, I do not start your diet at a 1400-caloric deficit. If this plan started at a 1400 to 1500 caloric deficit, what room will we have to adjust? Do you want to sustain a 1200-calorie-deficient diet for three months while exercising 5 days a week? Absolutely not. If you begin your caloric deficit too low, you simply leave yourself no room to adjust, and you risk putting your metabolic rate at a standstill. (I kept this short, as there is much more information and research behind Basal Metabolic Rate)

Let's talk about counting macros. Counting macros along with a caloric deficit is the absolute secret sauce for proper and extreme weight loss. I recommend a 40/40/20 split. What does this mean? In short, let's say you're at a 1700 caloric deficit. Your meals seem great, and you're even losing a bit of weight. However, what about your protein, fats, and carbs? You can actually be at a caloric deficit but be extremely incorrect in your macros. You can be at a 1500 caloric deficit but be at 60% daily fat intake. You can be at a 1400 calorie deficit and be at 60% daily carb intake. You can also be at a 1500 calorie deficit and not have enough protein intake. Why is protein important? Proteins are the building blocks for muscle growth & development. We all know muscle burns fat, right? Well, if you're not receiving the proper amount of protein, will your muscles develop properly? No, not as they are meant to develop. This will greatly hinder your weight loss.

Of course, I am making an extremely lengthy topic short and simple to quickly read & understand. You downloaded a diet plan, not a textbook. So let's sum this up. If you are at a caloric deficit but over on your macros, you will not properly lose "body fat". I highly recommend downloading an app such as "MyFitnessPal" to count your calories and macros. Download it and learn how to use it just as we learn how to use every other app on our phones. There are quick and easy online tutorials on how to properly use MyFitnessPal. This tool can be essential in assisting with proper weight loss, as you will be able to easily track your calories and macros. No more filling up notebooks and doing your own math.

Women Lifting Weights

I am not going to spend much time on this, since this topic is very simple. There is a terrible misunderstanding that women will look muscular like a man if they lift weights. There is also another terrible misunderstanding that if a woman lifts weights too often, they will lose their womanly physique and build too much muscle. **Let's quickly clear this up.** Women will not "naturally" gain muscle mass as a man does. This has been proven a million times over. There is also no way a woman or a man will look like a professional bodybuilder by simply lifting weights too often. The absolute only way a woman can gain a physique and muscle mass as a man is by taking a combination of specific supplements to actually build that muscle. There are a few extremely rare cases when a woman will have an abnormal set of genetics, causing massive muscle gain naturally. Besides having extremely rare genetics, a vast amount of these women are using steroids, testosterone, creatine, and a vast amount of other chemicals to force unnatural muscle mass. Using creatine is excellent and will not cause this unnatural effect alone. However, combining creatine with testosterone and a vast amount of other supplements can actually cause a woman to change to a manlike physique. Also, even when taking steroids or illegal supplements, the only way you're able to look like a professional body builder or have a manly physique is if you have a body builder routine, along with a professional body builder diet. Simply lifting weights too often is not going to give you a professional body builder or manly physique. One of the main reasons why men simply have less body fat than women is that **men focus more on building muscle**. Go to the gym on a busy afternoon. Then go to the free weight section. Count how many men you see standing there lifting weights. Then go to the cardio section. Count how many women compared to men you see on the elliptical and treadmill machines. To put an extra twist on this, count how many out-of-shape, obese women you see using those cardio machines. Then count how many out-of-shape obese women you see in the free weight section doing deadlifts, bar curls, lat pull-downs, etc. They're hard to find in that section. The **vast majority** of these women lifting weights in the free weight section always seem to be very skilled, very strong, and all with a great body. They simply have a proper weight-lifting routine along with their diet. You must be on a proper diet and weight-lifting routine to burn fat and to obtain that sexy physique. You will not look like a man, or become built like a man, unless you have extremely rare genetics, or take a combination of crazy supplements to force unnatural muscle gain. You should be following a proper weight-lifting routine, along with conducting cardio. If done correctly, along with a proper diet, weight lifting is the key to burning body fat and having an amazing physique. It will not be easy. Initially, you will not know what you're doing. It will suck really badly. You're going to be extremely sore. Remember, you're sore because you're getting stronger, building muscle, and burning fat. Keep learning, keep adjusting, and keep going. **Don't quit because it's too hard.** Don't bypass lifting because you think you're going to have a manly physique. You're just going to burn a vast amount of fat and shape your body much faster than just doing cardio.

Diet for Sevens

Extremely Important

- This exercise plan is not built for bulking. This is high reps mixed with cardio for the entire 4 months.
- Weight lifting: All weight lifting exercises are to be executed in 4 sets of 12-15 reps. If the weight is too light, simply increase the weight. If the weight is too heavy, simply decrease the weight.
- For example: If you are easily leg pressing 225 pounds way past 15 to 20 reps, you need to increase the weight. Normally, in completing 4 sets, it should be difficult to fully complete your last set of 12-15.
- If you're leg pressing 225 pounds and can barely reach 12 sets in your first rep, then yes, the weight is too heavy.
- In addition to that, it is very normal to decrease weight a bit in order to fully complete your last set. Especially if you have fully completed several other exercises for the same muscle group.
- All exercises are to be fully completed to the best of your ability in 4 sets of 12-15 reps.

Please Remember

Calories in vs calories out! Do not drink your calories. Juice etc. Do not eat non-filling meals.

Calculate basal metabolic rate and energy level to receive daily caloric intake. Calculate caloric deficit. Equation on the next page. You will need this number at each phase.

Count your macros at a 40/40/20 split. 40% protein, 40% carbs & 20% fats. I recommend utilizing an app such as My Fitness Pal. Simply place your meals in the app and set your macros at a 40/40/20 split. You will be able to navigate through the app to constantly check your daily intake. This is extremely important and one of the absolute keys to losing weight properly. Let's not be the one who loses 25 pounds and still has a stomach you're not proud to show off. Let's finally do it right. There are a vast amount of easy tutorials online to learn how to use the My Fitness Pal app.

Weight training! Remember that muscle burns fat all day long. The best-looking people are not doing cardio 24/7. They are hitting each muscle group with resistance. You must be sure you are consuming the right amount of protein each day. Do not eat or drink all of your protein in one shot. Receive your protein intake throughout the day.

Drink 3 liters to a gallon of water each day. Very important. Do not guess your consumption. Be sure of the amount of water you're drinking each day.

Diet for Sevens

Meal Advice & Tips

I am not going to go into great detail regarding this, as there is a very large amount of free information regarding what to eat and how to eat. There are countless meal prep businesses in most cities throughout the world. Therefore, learning your portions should be a breeze.

With that said, please do not think you are required to eat brown rice, baked chicken, sweet potatoes, and steamed vegetables every single day for the rest of your life. Yes, my Triple 7 Preliminary Diet plan is a temporary 21-day fast & cleanse all wrapped into one. It is designed to serve a specific purpose and only lasts for 21 days. However, a traditional diet such as the **Diet For Sevens** should last for several months.

While you're in a caloric deficit, as long as you're staying within that deficit and paying attention to your macros, you will properly lose weight. Of course, the vast majority of your meals should be measured and prepared ahead of time. Consequently, if you would like to go out to eat from time to time, eat in moderation. Be sure you're utilizing portion control. If you want some soda every once in a while, you don't need to drink that nasty, super addicting diet stuff. Fill that medium-sized cup up with ice and put some soda in it. Then, don't drink any soda for a week or so. Instead of ordering a full rack of ribs, order a half rack. After that, don't do that again for another two weeks or so. Measure, and when you go off the grid, be sure it's in moderation and not every other day. Stay within your macros and caloric deficit.

All in all, we can still lose a massive amount of weight & body fat, look amazing, and live our lives. This plan is not designed to help you become a professional bodybuilder. It is designed to be healthy, be in shape, and look great.

I, of course, highly advise you to get really good at measuring your meals and preparing your meals ahead of time. After a few months of faithfully doing this, you will be able to look at food without measuring it. After a few months of measuring and preparing, you'll be able to quickly grab and/or whip up a nice low-calorie meal in no time without using a food scale or looking at the nutrition facts. You'll start to be very good at just knowing off the top of your head.

If you're just way too busy to get into that kitchen and meal prep, visit your local meal prep restaurants in your city. Please do your research and due diligence with these places. Some will trick you and make you think you're eating healthy, low-calorie meals, when it's the complete opposite. Please do your research, find a good place, and stick with it.

Meal Advice & Tips

Salads: Do not eat lettuce that holds no nutritional value. Most salads only provide water with no vitamins or minerals. Therefore, eat arugula, spinach, or a garden mix of both.

Meats: You're not required to bake everything. If you enjoy fried meat, simply use extra virgin olive oil. Throw all that other S***T right in the garbage. The same goes for cooking fish. An air fryer is a good option as well.

Vegetables: Stop microwaving your veggies. Get a food steamer and steam them. If you meal-prepped your steamed veggies and placed them in the fridge, it's ok to quickly warm them up in the microwave when you're ready to eat. However, stop cooking vegetables in the microwave and stop boiling them. You're zapping and boiling a very large percentage of nutrients out.

Protein: There is a vast amount of research behind this. So, to be safe and simplify it, take one gram of protein per pound. If you're 180 pounds, you should be at 180g of protein. If you're using a fitness app with a 40/40/20 split, consume the amount of protein being calculated. Please do not get most of your protein from shakes and protein bars. If you have a busy day, week, etc., then yes, that is understandable every so often. You should attempt to have no more than two shakes per day. The rest of your protein should come from actual food. There are millions of people who will literally use 150 grams worth of protein powder in a day. Please do not do this. If you're extremely overweight, take the protein to match your target weight. For example, if you're 260 pounds and your target weight is 225. Simply consume 225 grams of protein.

Supplements: Everyone is different and has their own thing regarding supplements. With that said, if you're a beginner, I highly recommend you get used to what your body does naturally. Having a small coffee, all black, no sugar, one hour before a workout will suffice. No need for pre-workouts as a beginner. Get used to how you feel and what your body can do naturally first. If you used to be a stud but haven't been in shape for a while, you're a beginner, buddy. Put those supplements you used to use down and get back to the basics.

Sugar: You want to lose weight and body fat? Stay away from it. Do not drink juice daily or make fruit smoothies daily. Yes, fruit has a lot of sugar and will make it difficult to lose body fat. This is not a fast or a cleanse like the triple 7 diet. Keep the sugar to a minimum and in strict moderation.

Containers: Get you some cheap, easy-to-store containers. Don't get fancy. Buy a bunch of containers and fill them up with your meals. You can never have too many containers when meal prepping. Also, one whole meal should easily fit inside one normal-sized container.

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Calculate Daily Calorie Intake

It is extremely important that you complete this process before you begin your diet. Do not be tricked or fooled by these other diet plans. If you are not properly calculating your daily calorie intake, then you might as well throw that diet plan right in the garbage. You must know your daily calorie intake so that you can properly put yourself into a caloric deficit. You will be required to subtract a number from your Daily Calorie Intake throughout this plan.

Once you fully complete your diet and get down to your desired weight and body fat, you must then complete this equation once again to get your new daily calorie intake to maintain your current weight. You will simply complete the same equation by utilizing your new weight at the end of this plan.

Women's Daily Calorie Intake Equation

Weight: _____ x 4.35 = _____ Height (inches): _____ x 4.7 = _____

Add the two totals: _____ + _____ = _____ (Total 1)

Age: _____ x 4.7 = _____ (Total 2)

Subtract: Total 1: _____ - Total 2: _____ = _____ (Total 3)

Add: Total 3: _____ + 655 = _____ Basal Metabolic Rate

There are several activity levels. However, while executing this plan, you will be at a moderate activity level. Once you calculate your daily caloric intake, you will subtract the required number from your daily caloric intake at each level of this plan. This number is extremely important and will be utilized throughout this plan.

Activity Level:

Daily Calorie Intake

Moderate (3-5 days/week): 1.55 x Basal Metabolic Rate _____ = _____

My Daily Caloric Intake Is (_____) You will need this number.

Diet for Sevens

Male Daily Calorie Intake Equation

Weight: _____ x 6.23= _____ Height (inches): _____ x 12.7= _____

Add the two totals: _____ + _____ = _____ (Total 1)

Age: _____ x 6.8= _____ (Total 2)

Subtract: Total 1: _____ - Total 2: _____ = _____ (Total 3)

Add: Total 3: _____ + 66 = _____ Basal Metabolic Rate

There are several activity levels. However, while executing this plan, you will be at a moderate activity level. Once you calculate your daily caloric intake, you will subtract the required number from your daily caloric intake at each level of this plan. This number is extremely important and will be utilized throughout this plan.

Activity Level:

Daily Calorie Intake

Moderate (3-5 days/week): 1.55 x Basal Metabolic Rate _____ = _____

My Daily Caloric Intake Is (_____) You will need this number.

Ok, now that that's over: Get ready to get your meals together, and let's get into this plan!

Be sure to read this ahead of time so that you know what to expect. Start getting good at preparing for your diet.

Month 1

Week 1&2: Daily Calorie Intake - 500=_____ Your Caloric Deficit
40/40/20 macro split

Monday:

Deadlift
Lat pulldown
Leg lifts abs
Mountain climbers (1,2,3 count)
1 ½ mile run (no incline) (comfortable
pace, no walking)

Tuesday:

Kettlebell swings
Kettlebell lunges
Push ups
Leg lifts abs
1 ½ mile run (no incline) (comfortable
pace, no walking)

Wednesday:

Rest.... Hump dayyyyy

Thursday:

Deadlift
Lat pulldown
Leg lifts abs
Mountain climbers (1,2,3 count)
1 ½ mile run (no incline) (comfortable
pace, no walking)

Friday:

Kettlebell swings
Kettlebell lunges
Push ups
Leg lifts abs
1 ½ mile run (no incline)
(comfortable pace, no
walking)

Saturday:

Rest

Sunday:

Rest

Month 1

Week 3&4: Same Caloric Deficit & 40/40/20 macro split

Monday:

Cardio Row Machine
Box Jumps (If incapable, do step ups)
Burpees
Mountain climbers (1,2,3 count)
1 ½ mile run (no incline) (comfortable pace, no walking)

Tuesday:

Leg Press (If too easy, increase weight)
Weighted calf raises
Jump rope (5 two minute sets)
Push ups
Leg lifts abs
1 ½ mile run (no incline) (comfortable pace)

Wednesday:

Rest.... Hump dayyyyyy

Thursday:

Cardio Row Machine
Box Jumps (If incapable, do step ups)
Burpees
Mountain climbers (1,2,3 count)
1 ½ mile run (no incline) (comfortable pace, no walking)

Friday:

Leg Press (If too easy, increase weight)
Weighted calf raises
Jump rope (5 two minute sets)
Push ups
Leg lifts abs
1 ½ mile run (no incline) (comfortable pace)

Saturday:

Rest

Sunday: Rest & Cheat Day

Cheat your ass off and get ready for tomorrow. Please do not go crazy and make yourself sick.

Seriously, let your muscles rest. Your muscles must rest to develop. Muscles burn fat.

Month 2

Week 1&2: Daily Calorie Intake - 700=_____ Your Caloric Deficit
40/40/20 macro split

Monday: Chest & Triceps

Seated chest press machine
Tricep pushdown cable (standing)
Butterfly chest (pectoral) machine
Tricep pushdown machine (seated)
Push ups & Leg lifts abs
2 mile run (moderate pace)

Tuesday: Back & Biceps

Seated back row machine
Standing Bicep Curl - Short bar
Reverse-grip smith machine row (back)
Seated Bicep curl machine
Reverse fly using Butterfly machine
(Important - Must target rear delts) (complete
15 reps light weight. Target this muscle
group and feel it burn)

Wednesday: Leg Day woo woo!!!

Seated leg press machine
Weighted lunges
Weighted Calf raises
Seated leg curl/extension machine (front)
Lying leg curl machine (rear)

Thursday: Lats & Traps

Standing lat pushdown (rope & cable)
Lat pulldown machine
Single arm row
Dumbbell shoulder shrug
Barbell shoulder shrug
Leg lifts abs
2 mile run (moderate pace)

Friday:

Stair climber machine (15
minutes fast pace)
Elliptical machine (15
minutes fast pace)
2 mile run (no incline) (fast
pace)
Get It Done!

Saturday:

Rest

Sunday:

Rest

Month 2

Week 3&4: Same Caloric Deficit & 40/40/20 macro split

Monday: Chest & Triceps

Seated chest press machine
Tricep pushdown cable (standing)
Butterfly chest (pectoral) machine
Tricep pushdown machine (seated)
Push ups & Leg lifts abs
2 mile run (moderate pace)

Tuesday: Back & Biceps

Seated back row machine
Standing Bicep Curl - Short bar
Reverse-grip smith machine row (back)
Seated Bicep curl machine
Reverse fly using Butterfly machine
(Important - Must target rear delts) (complete 15 reps light weight. Target this muscle group and feel it burn)

Wednesday: Leg Day woo woo!!!

Seated leg press machine
Weighted lunges
Weighted Calf raises
Seated leg curl/extension machine (front)
Lying leg curl machine (rear)

Thursday: Lats & Traps

Standing lat pushdown (rope & cable)
Lat pulldown machine
Single arm row
Dumbbell shoulder shrug
Barbell shoulder shrug
Leg lifts abs
2 mile run (moderate pace)

Friday:

Stair climber machine (15 minutes fast pace)
Elliptical machine (15 minutes fast pace)
2 mile run (no incline) (fast pace)
Get It Done!

Saturday:

Rest

Sunday: Rest & Cheat Day

Cheat your ass off and get ready for tomorrow. Please do not go crazy and make yourself sick.
Seriously, let your muscles rest. Your muscles must rest to develop. Muscles burn fat.

Month 3

Week 1-4: Daily Calorie Intake - 800=_____ Your Caloric Deficit
40/40/20 macro split

Monday: Chest & Triceps

Flat bench press (*important - slightly arch your lower back & please move those elbows inward. Do not bench press with your elbow poked out. You will damage your shoulders)
Seated chest press machine
Tricep pushdown cable (standing)
Butterfly chest (pectoral) machine
Tricep pushdown machine (seated)
2 mile run (moderate pace)

Tuesday: Back & Biceps

Seated back row machine
Seated bicep curl dumbbell
Reverse-grip smith machine row (back)
Seated Bicep curl machine
Reverse fly using Butterfly machine
Leg lifts abs

Wednesday: Leg Day woo woo!!!

Seated leg press machine
Standing leg press machine
Weighted Calf raises
Seated leg curl/extension machine (front)
Lying leg curl machine (rear)

Thursday: Lats & Traps

Standing lat pushdown (rope & cable)
Lat pulldown machine
Single arm row
Dumbbell shoulder shrug
Barbell shoulder shrug
Leg lifts abs
2 mile run (moderate pace)

Friday:

Stair climber machine (15 minutes fast pace)
Elliptical machine (15 minutes fast pace)
3 mile run (good pace)
Get It Done!

Saturday:

Rest

Sunday: Rest & Cheat Day

Cheat your ass off and get ready for tomorrow. Please do not go crazy and make yourself sick.
Seriously, let your muscles rest. Your muscles must rest to develop. Muscles burn fat.

Let's Get This Done!

Subtract 900

Yes! Burn That Fat!

Month 4

Week 1-4: Daily Calorie Intake - 900=_____ Your Caloric Deficit
40/40/20 macro split

Monday: Chest & Triceps

Flat bench press
Seated chest press machine
Tricep pushdown cable (standing)
Tricep pushdown machine (seated)
Mountain climbers (1,2,3 count)
Push ups
Leg lifts abs
2 mile run (good pace)

Tuesday: Back & Biceps

Seated back row machine
Seated bicep curl dumbbell
Reverse-grip smith machine row (back)
Seated Bicep curl machine
Kettlebell swings
Mountain climbers (1,2,3 count)

Wednesday: Leg Day woo woo!!!

Deadlift (If too easy, increase weight)
Seated leg press machine
Weighted lunges
Weighted Calf raises
Burpees
Box Jumps

Thursday: Lats & Traps

Standing lat pushdown (rope & cable)
Lat pulldown machine
Single arm row
Dumbbell shoulder shrug
Kettlebell swings
Mountain climbers (1,2,3 count)
2 mile run (good pace)

Friday:

Deadlift
Stair climber machine (15 minutes fast pace)
Mountain climbers (1,2,3 count)
3 mile run (good pace)
Get It Done!

Saturday:

Rest

Sunday: Rest & Cheat Day

Cheat your ass off and get ready for tomorrow. Please do not go crazy and make yourself sick.
Seriously, let your muscles rest. Your muscles must rest to develop. Muscles burn fat.

Very Important

If and when you reach your desired weight and body fat, you must now recalculate your Daily Calorie Intake below. You must input your new weight and information in the required fields and calculate.

This number will be the daily calorie intake you will need to MAINTAIN what you now have.

Please, please, please continue to follow this plan and grow in doing so. Along with maintaining your current weight and body fat, please be sure you're getting the proper amount of protein as well.

Thank You Again

I really appreciate your support. The more I grow, the more I am able to help others. Please continue to learn and apply what you learn to your daily life.

Please stay away from these crazy diet plans that claim to be the cure-all for your fat loss. Yes, there are short-term fasts and cleanses that are extremely healthy for you. However, a fast for overall health and well-being, versus a healthy traditional diet plan to get your body in shape and looking great, are two very different things.

No matter what you do. Unless you are taking terrible chemicals, there is no way around calories in vs calories out. There is no way around calculating your calories correctly, so you can actually know what you need to lose the fat. There is no way around proper exercise. If you think you're going to be healthy and looking good just by going on the elliptical and jogging down the street, you're sadly mistaken. If you fully complete this in 4 months, all of this will be a no-brainer to you. In addition to all of that, do not ignore your daily calorie intake to maintain what you have. Do not ignore your daily protein intake.

If you would like to hit new goals. Simply continue dieting and exercising. Try other “real” diets and workout plans as well. As long as they are good & healthy plans. Stay in touch and share your knowledge and experience with others.

Keep going, keep learning, and keep exercising correctly. Travel light, folks!

*Please do not forget to complete the form(s) below for your new daily calorie intake. Let's be smart and maintain what you worked so hard to get.

Diet for Sevens

Calculate Your New Daily Calorie Intake

Once you fully complete your diet and get down to your desired weight and body fat, you must then complete this equation once again to get your new daily calorie intake to maintain your current weight. You will simply complete the same equation by utilizing your new weight.

Women's Daily Calorie Intake Maintenance

Weight: _____ x 4.35= _____ Height (inches): _____ x 4.7= _____

Add the two totals: _____ + _____ = _____ (Total 1)

Age: _____ x 4.7= _____ (Total 2)

Subtract: Total 1: _____ - Total 2: _____ = _____ (Total 3)

Add: Total 3: _____ + 655 = _____ Basal Metabolic Rate

Please calculate the correct activity level. If you intend on continuing the workout schedule provided in this plan, I highly suggest calculating your activity level as moderate. If you're doing Hiit cardio or crossfit more than 4 days a week, then yes, you may calculate your activity level as very active. Once you calculate, stay within these calories to maintain what you currently have.

Activity Levels:

Daily Caloric Intake

Sedentary (no activity): 1.2 x Basal Metabolic Rate _____ = _____

Light (1-2 days/week): 1.375 x Basal Metabolic Rate _____ = _____

Moderate (3-5 days/week): 1.55 x Basal Metabolic Rate _____ = _____

Very Active (everyday): 1.725 x Basal Metabolic Rate _____ = _____

My Daily Caloric Intake to maintain Is (_____)

Diet for Sevens

Male Daily Calorie Intake Maintenance

Weight: _____ x 6.23= _____ Height (inches): _____ x 12.7= _____

Add the two totals: _____ + _____ = _____ (Total 1)

Age: _____ x 6.8= _____ (Total 2)

Subtract: Total 1: _____ - Total 2: _____ = _____ (Total 3)

Add: Total 3: _____ + 66 = _____ Basal Metabolic Rate

Please calculate the correct activity level. If you intend on continuing the workout schedule provided in this plan, I highly suggest calculating your activity level as moderate. If you're doing HIIT cardio or CrossFit more than 4 days a week, then yes, you may calculate your activity level as very active. Once you calculate, stay within these calories to maintain what you currently have.

Activity Levels: **Daily Caloric Intake**

Sedentary (no activity): 1.2 x Basal Metabolic Rate _____ = _____

Light (1-2 days/week): 1.375 x Basal Metabolic Rate _____ = _____

Moderate (3-5 days/week): 1.55 x Basal Metabolic Rate _____ = _____

Very Active (everyday): 1.725 x Basal Metabolic Rate _____ = _____

My Daily Caloric Intake to maintain Is (_____)