

Dan Long's 6 Week Extreme Lean Diet Program

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Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Dan Long's Kill Mode® Training Co., Inc., and Ruckus Publishing, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Dan Long's Kill Mode® Training Co., and Ruckus Publishing, or its officers, directors, employees, volunteers, agents, affiliates or assigns, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Welcome to Dan Long's 6 Week Extreme Lean Diet Program!

6 Weeks till Ridiculous Results! Lean is a great word, right? When we think of feeling and looking like a machine, we think lean. Well, let's jump right into the true grit of what's going to get you to World Champion Lean Status, and quick. It's very important to set the correct mindset. You will need this to get Ridiculous results even before trying to pull off a lean diet program, in the next 6 Weeks.

6 Week Extreme Lean Diet Rules

- #1. The Excuse Rule: Oops, guess what, there is no excuse rule! 😊
- #2. Having the Right Mindset: "I can" do anything attitude every day . Guess what? You've already won over half the battle.
- #3. Do not miss any meal, drink, or workout, period.
- #4. Choose your foods from the recommended sources that I provided in this guide.
- #5. Set yourself up for success by preplanning menus and preparing your foods in advance. Don't rely on no one else to make it happen for you.
- #6. Grocery shop in advance for all your lean diet needs. Do not shop for your I-Cheat Day in advance, as this will cause temptation during the week that we don't need.
- #7. Have control when eating out. Choose the foods that are on your guide while dining out. Have a mindset to control portions. Order healthy, and if nothing is healthy, you don't eat there. Stick to the main meal, and skip appetizers and desserts, or the after/before dessert drink.
- #8. Write a 7 day food log if possible before starting this program, to identify where you're missing meals and also what you're consuming daily. This works every time. You see, we are a creature of habit. Whatever you're doing in those 7 days, you're probably doing the same every week throughout the year.
- #9. Track your progress from inches lost, to pounds that are shed. Use the guide I have provided to measure and when to weigh yourself.
- #10. Last, you want to be lean, right? Of course, so start saying it as part of your vocabulary! "I want to be lean" should come out of your mouth at least 1x every hour. Then, continue to only put lean food sources in your mouth. Cheat only on the I-Cheat Day provided. Drink Amazing Shakes on the Amazing Shake Day that is provided! You're already looking leaner, and you're just getting started!

This done for you, Dan Long's 6 Week Extreme Lean Diet, will be the easiest to follow, fastest to execute, and best way of life diet you have ever tried.

In this diet, we are going to take that temporary word “diet” and create a way of life. Easy as flicking the “on” switch to Kill Mode®! So, let’s not waste any time, and get started!

Warning: If you’re into building rocket ships, this diet is not for you!

Remember, to get lean, we just have to eat/drink lean. For the next 6 weeks, you’re all mine now. You’re going to follow these simple charts I’m providing you here to shatter your goals. Get Ready... Set... Go!

Dan Long’s I-Cheat Day Guidelines to Stay Lean

In my 6 Week Extreme Lean Program, you’ll be “going off your diet” and having a full blown I-Cheat Day. Believe it or not, when done strategically and properly, I-Cheat Days can have an extreme impact on your metabolism by boosting levels of the “anti-starvation” hormone leptin and priming the body for optimal fat burning over the course of the next week.

While there are no major restrictions on the types or quantities of food you eat on your cheat days, here are the guidelines to follow:

- Eat the foods you crave without feeling guilty
- Don't get technical and start your I-Cheat Day at 12 a.m. on Sunday morning; start when you normally wake up on Sunday
- Don't set the alarm for a very early time; start when you normally wake up on Sunday
- Don't stuff yourself; eat until you're satisfied, not to the point of discomfort
- Don't skip meals holding out for a single feast; eat throughout the day
- Don't consume alcohol; one beer is fine, but alcohol consumption works against what we are trying to accomplish hormonally with the I-Cheat Day

Other than the above simple guidelines, you can eat whatever you want.

Dan Long’s Amazing Shake Day

There is one Amazing Shake Day each week. I strategically placed this Shake Day after your I-Cheat Day, for a couple specific reasons.

First, on the day after your I-Cheat Day, it allows you to transition from the I-Cheat Day back in to the diet while maintaining a great deal of focus. The fact that you *know* the scheduled diet for this day only allows shakes makes it much easier to follow.

Essentially, it's a gradual transition back into eating that works really well to keep you moving forward to Extreme Lean Ridiculous Results.

In addition to that, it's also a fairly low-calorie day teamed up with some strategic exercise to help you hit and shatter your fat loss goals.

On this day you will be consuming calories based on your current body fat percentage (according to the following chart) and with a macro breakdown of 40% protein, 25% carbs, and 35% fat.**

Current Body Fat %	Caloric Formula
6% - 13%	12 x LBM
14% - 19%	11 x LBM
20% & Above	10 x LBM

**See Appendix A for calculating Lean Body Mass and Macronutrient Breakdowns.

The highest quality protein I can recommend for use on the Amazing Shake Day is:

BioTrust® Low Carb™

The Stevia® Sweetened, Cold-processed, Time-released, Certified Hormone-Free Protein Supplement

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of the Extreme Lean Program, as well as the daily pre-bed meal, and **especially on Amazing Shake Day**. It's made from cold-processed, Certified Hormone-Free whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality). It is also a true time-released protein with equal parts of fast- and slow-digesting proteins to increase absorption and provide a steady flow of amino acids and nutrition to your body for up to 8 hours.

IMPORTANT NOTE: Please remember that each shake replaces a meal for only a couple bucks (there aren't many healthy, nutrient rich meals out there that cost a couple dollars), and make the food-cost of each day substantially *cheaper*.

Supplements Recommended for Use with Dan Long’s 6 Week Extreme Lean Diet are as follows:

- ❑ **BioTrust BCAA Matrix** (for AVP Days and daily use; see chart for quantities)
- ❑ **BioTrust Low Carb** (for Amazing Shake Days and daily use; see chart for quantities)
- ❑ **BioTrust IC-5** (for use with all carb-containing meals; improves carb tolerance)
- ❑ **BioTrust AbsorbMax** (take one capsule with every meal for superior digestion)
- ❑ **BioTrust LeptiBurn** (their brand new scientifically researched fat burning hormone support supplement)

More information is provided in the Supplementation section of this document.

Dan Long’s Lean Way of Life™ Days

On your Lean Way of Life™ (LWOL) Days, you will have protein, carbs, and fats, to live a clean, healthy lean way of life every day. ☺ Essentially, the purpose of this day is to give your body a break from high calories, allowing it to burn calories, and optimize losing fat, while teaching you a lean way of life™.

On LWOL Days, you will be consuming calories based on your body fat percentage (according to the following chart), and with a macro breakdown of 60% protein, 25% carbs, and 15% fat.

Current Body Fat %	Caloric Formula
6% - 13%	11 x LBM
14% - 19%	10 x LBM
20% & Above	9 x LBM

Consume 6 meals on this day – 3 protein + carb meals, and 3 protein + fat meals. Ideally, it is best to exercise in the morning to take advantage of the heightened calorie burn for the entirety of the day, with your P + C coming in the first half of your day after exercise, and your P + F meals later in the day.

LWOL
7:00 a.m. (P + C)
9:30 a.m. (P + C)
12:00 p.m. (P + C)
3:00 p.m. (P + F)
5:30 p.m. (P + F)
9:00 p.m. (P + F)

Summary: Consume 3 P + C meals, followed by 3 P + F meals, while ideally working out in the morning. Macro breakdown of 60/25/15 – P/C/F.

Dan Long's Anytime Veggies + Protein (AVP)

Your Anytime Veggies + Protein Day (AVP) will consist of 2 Amazing lean shakes, and 4 meals with protein sources, including BCAA's and anytime veggies. On this day, your body will be in a huge caloric deficit to keep the metabolism guessing, which, in full circle, helps us shred more fat.

On AVP Days, you will be consuming lean proteins, BCAA's, and as many anytime veggies as you want. You will be consuming your protein calories based on your breakdown from your calculations from your Lean Way of Life™ protein intake at 60%. Example: After you have done your calculation on your Lean Way of Life Day™, you will have a total number of calories at a macro breakdown of 60% for protein. Use the same number of calories at 60% protein breakdown for your AVP day. Now, out of the total number of protein grams, with your protein meal, shake, and anytime veggies, you will consume your daily total intake of BCAA's according to the BCAA Supplement Guidelines in your Supplement Package. Count your BCAA's in your total protein intake for the day. Example: If you weight 200 lbs., they'd require 30 grams of BCAA's, split over 6 doses or six – 5 gram doses taken throughout the day.

Consume 4 meals and 2 lean shakes. Ideally, your shakes should be protein powder and water only. Your meals will be veggies + protein + BCAA's. Your total protein intake for the day should include your BCAA intake according to the BCAA guidelines provided in your Supplement Guide. Veggies can be consumed as many times as your heart desired on this day. Ideally, consume your veggies with your protein sources for Ridiculous Results!

AVP Day
7 a.m. (Lean Shake) + BCAA's
9:30 a.m. (AV + P) + BCAA's
12:00 p.m. (AV + P) + BCAA's
3:00 p.m. (AV + P) + BCAA's
5:30 p.m. (AV + P) + BCAA's
9:00 p.m. (Lean Shake) + BCAA's

Summary: Consume 2 lean shakes, ideally with protein + water, followed by 4 meals with AV + P, finished by 1 more lean shake to end your day. Split your BCAA's up between 6 meals and take with your shakes and meals. Macro breakdown of 60% protein and as many anytime veggies you want.

Note: BCAA's are a pure source of protein and I recommend including it in your daily total macro nutrient protein breakdown percentage. Follow BCAA Guidelines Provided in your Supplement Guide.

Weekly Extreme Lean Diets Charts:

Plan 1 - Weeks 1, 2, 3 (Use with Plan 1 training chart in training section below)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Amazing Shake Day	Lean Way of Life™	Lean Way of Life™	Anytime Veggies + Protein	Lean Way of Life™	Lean Way of Life™	I-Cheat Day ☺

Plan 2 - Weeks 4, 5, 6 (Use with Plan 2 training chart in training section below)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Anytime Veggies + Protein	Lean Way of Life™	Lean Way of Life™	I-Cheat Day ☺	Amazing Shake Day	Lean Way of Life™	Lean Way of Life™

Diet Day Descriptions

1. I-Cheat Day – (ICD)
2. Amazing Shake Day (ASD)
3. Lean Way of Life™ Day (LWOL)
4. Anytime Veggies + Protein (AVP)

Three Types of Meals Part of 6 Week Extreme Lean Program:

1. Protein + Fat (P + F)
2. Protein + Carbs (P + C)
3. Protein + Anytime Veggies (P + AV)

I-Cheat Day (ICD)

When done strategically and properly, I-Cheat Days can have an extreme impact on your metabolism by boosting levels of the “anti-starvation” hormone leptin and priming the body for optimal fat burning over the course of the next week.

Again, while there are no major restrictions on the types or quantities of food you eat on your cheat days, please follow the guidelines above. ☺

Amazing Shake Day (ASD)

Choose your Amazing Shakes that fit your taste and macronutrient breakdown by referring to the attached 53 Fat Burning Smoothies and Milkshakes Guide.

Amazing Shake Day Sample Timeline
7:00 am – Breakfast Shake (P + C)
10:00 am – Mid-morning Shake (P + C)
12:30 pm – Lunch Shake (P + C)
3:00 pm – Mid-afternoon Shake (P + F)
6:00 pm – Dinner Shake (P + F)
9:00 pm – Before Bedtime shake (P + F)

Lean Way of Life™ Day (LWOL)

Lean Way of Life™ Days are strategically placed throughout your week for reasons:

1. To teach you how a normal day of eating/drinking goes in a day of being lean. (You could totally live on this diet day daily, for the rest of your life, and be healthy)
2. Keep you full, not hungry, and kicking up that fat metabolism to shred fat, and maintain the muscle. This day consists of P + C + F combinations, throughout your day. (This is normal healthy eating.)

LWOL DAY SAMPLE DAILY TIMELINE
7 a.m. Kick Start Breakfast (P + C)
9:30 a.m. Mid-Morning (shake/snack) (P + C)
12:00 p.m. Lunch (P + C)
3:00 p.m. Mid-Afternoon (shake/snack) (P + F)
5:30 p.m. Dinner Time (P + F)
9:00 p.m. Before Bed (P + F)

Anytime Veggies + Protein (AVP)

AVP Day – I give you a day to eat protein, take BCAA's, and eat veggies anytime you want!

AVP DAY SAMPLE DAILY TIMELINE
7 a.m. Kickstart Breakfast (Lean Shake) + BCAA's
9:30 a.m. Mid-Morning (P + AV) + BCAA's
12:00 p.m. Lunch (P + AV) + BCAA's
3:00 p.m. Mid-Afternoon (P + AV) + BCAA's
5:30 p.m. Dinner Time (P + AV) + BCAA's
9:00 p.m. Before Bed (Lean Shake) + BCAA's

What to Drink

Water – 99% of your liquid consumption, if not 100%, should be good old amazing water. If you have to, 10% can come from anything with 0 calories, again 0 calories, of course, if you want Ridiculous Results! Drink Water!

Dan Long Approved Lean Protein Sources

- Beef (lean steak, ground beef, etc.)
- Cottage Cheese
- Deer/Venison
- Eggs (whole or whites)
- Finfish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring, etc.)
- Ham (fresh)
- Lamb
- Milk protein powders (whey and/or casein)
- Pork (tenderloin, chop, etc.)
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc.)
- Skinless Chicken (breast)
- Turkey breast

Dan Long Approved Carbohydrate Sources

- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
- Fruit: apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- No-sugar added apple sauce
- Light Yogurt (no sugar added)
- Other Vegetables: artichoke, beets, pumpkin, rutabaga, squash
- Whole Grain Breads: 100% Whole Wheat, Pumpernickel, Rye, Oat Bran, Buckwheat, Barley Kernel
- Other Grains: barley, basmati, quinoa, 100% whole wheat tortilla wraps
- Oatmeal, oat bran
- Sweet potato, yam
- Wild rice, brown rice
- Couscous
- Cornmeal
- Cereals: All-Bran, Special K, Cheerios, Fiber One, Bran Chex, Bran Flakes
- Pasta – Whole Wheat
- New potatoes
- Corn, Peas, Parsnips
- Bananas

Ideally, the bulk of carbs on these days should come from legumes and fruits and a small amount of the starchier carbs listed toward the latter part of the list. Additionally, there is no limit to the amount of “Anytime Veggies” you consume on these days.

Dan Long Approved Fat Sources

Dairy (low fat choices)

- Butter
- Cheese
- Cottage Cheese
- Cream

Fat-containing Meats

- Beef
- Chicken (dark meat)
- Duck
- Lamb
- Pork

Fish

- Anchovies
- Bluefish
- Herring
- Salmon
- Mackerel
- Sardines
- Tuna

Oils

- Coconut Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils
- Udo's Choice Oil Blend
- Hemp Oil

Raw Nuts

- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts

Other

- All Natural Peanut Butter (in moderation)
- Almond Butter
- Avocado/Guacamole
- Flax seeds (ground)
- Eggs

NOTE: Because some protein sources are also ample sources of fat, they are listed under both the acceptable proteins and fats lists.

Dan Long's Anytime Veggies 😊

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Green Onion
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

***Anytime Veggies can be added to any meal or consumed as a snack throughout the day on any day.**

Food Calculations

If food has a label, you can find that exact information on the label, from which you can choose the appropriate quantity, however, for things like fruit, veggies, meats, etc., that do not have labels, it's really easy to look up this information. The site I recommend is www.NutritionData.com.

For example, let's say you have all your needs calculated and a particular meal calls for 27 grams of protein. You'd like to have chicken, so you go to www.NutritionData.com and type in "chicken breast", select the appropriate listing, and end up on this page:

==> <http://www.nutritiondata.com/facts/poultry-products/703/2>

There is a drop down menu for the serving size at the top of the listing. I always recommend selecting 1 oz. for meats, and then multiplying from there. So, we see 1 oz. of cooked chicken breast contains 9 grams of protein. So, since we need 27 grams, we'll eat 3 oz. Simple as that.

Now, let's say this is a protein and fat meal and you also need 14 grams of fat. One tablespoon of butter or any oil contains approximately 14 grams of fat so you'll use that amount.

3 oz. of Chicken Breast, mixed veggies drizzled with one tablespoon of olive oil – there you go, that's your meal 😊

Record each meal in your daily Success Journal Log Sheets. Once you do this for a couple days, the whole process become VERY easy and you'll know exactly how much to eat.

Here are a couple of standard measurements for your convenience:

1 oz. cooked lean meat = 9 grams of protein
1 tablespoon of any oil or butter = 14 grams of fat
1/4 cup of nuts = 14 grams of fat

For other foods www.NutritionData.com is a great resource.

Dan Long's Kill Mode® Mindset

If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period!

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode®. Here's what you're going to do:

Dan Long's Kill Mode® Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode®," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Watch this Video Now:

==> [VIDEO: WHAT IS KILL MODE?](#)

Blog

Follow me on my blog at www.killmodetraining.com!

RESISTANCE TRAINING DAYS

For your Resistance Training Days, implement one of Dan Long's Suspension Revolution Programs, Suspension Muscle Building Program, Do Anywhere Hardcore Bodyweight Training, etc. for training 3x's per week, as shown in Plan 1 and Plan 2 charts below.

Kill Mode® Interval Training

We will be utilizing an Intensity Interval Training program together with the Extreme Lean Diet. These types of workouts are great for overall fitness, but most importantly, they've been shown to yield the greatest fat loss. With this type of training, you will also continue to burn calories for 24-48 hours after the exercise session is over! That's Kill Mode®! 😊

Interval Training

Kill Mode® Intensity = 2 minutes

Warm Up: 2 minutes light (level 3), 2 minutes medium (level 5)

Interval 1: 1.25 minute hard (level 7), 1.25 minute hard (level 9 – 10), 1.5 minutes light (level 3)

Interval 2: 1.25 minute hard (level 7), 1.25 minute hard (level 9 – 10), 1.5 minutes light (level 3)

Interval 3: 1.25 minute hard (level 7), 1.25 minute hard (level 9 – 10), 1.5 minutes light (level 3)

Interval 4: 1.25 minute hard (level 7), 1.25 minute hard (level 9 – 10), 1.5 minutes light (level 3)

Total Duration: 20 minutes

Example Chart Below of Interval and Resistance Training Days:

Plan 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kill Mode® Resistance Training 45 min.	Kill Mode® Interval Training 20 min. minimum	Kill Mode® Resistance Training 45 min.	Kill Mode® Interval Training 20 min. minimum	Kill Mode® Resistance Training 45 min.	Kill Mode® Interval Training 20 min. minimum (OPTIONAL)	OFF

Plan 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kill Mode® Resistance Training 45 min.	Kill Mode® Interval Training 20 min. minimum	Kill Mode® Resistance Training 45 min.	OFF	Kill Mode® Resistance Training 45 min.	Kill Mode® Interval Training 20 min. minimum	OFF

Days/Week: Perform Plan 1 interval training 3 times weekly, alternating with 3 resistance training days where possible for the first 3 weeks, as shown in Plan 1 chart above. Perform Plan 2 interval training 2 times weekly, alternating with 3 resistance training days and 2 days off. The resistance training days should preferably be split with interval training days in between. If not, perform interval training immediately after your resistance training workouts.

The “levels” are based on a scale of 1-10 of your perceived effort (with 0 being no effort and 10 being maximal effort). The hard intervals should be tiring, with the light intervals allowing you to recover (while still moving) in preparation for your next interval. Remember, these intervals are based on YOUR exertion and level of fitness, no one else’s. Your “hard” intervals should be a challenge for YOU but not so tiring that you cannot perform subsequent intervals.

The type of exercise that you choose is up to you. Some examples are free running, treadmill, elliptical, stair stepper, stationary bike, rower, jump rope, etc.

Dan Long Approved Supplements -

For Use with Dan Long's Extreme Lean Diet:

IMPORTANT NOTE: Please realize that the majority of the supplements recommended are **replacing** food. While there is up front cost, you are actually saving quite a bit of money over the course of the program by decreasing your grocery expenses. The cost of the BCAAs is substantially less than the food cost of a regular diet day. Same goes for the Shake Days—each shake replaces a meal for only a couple bucks (there aren't many meals out there that cost a couple dollars). And believe me, this program is going to save you A LOT of money by decreasing how many times you dine out over the course of 6 weeks. Bottom line, following the program to the letter, along with the supplements (most of which are just "food" replacements), will get you the best results, and I guarantee you'll spend considerably less on the recommended supplements than you would buying your regular groceries and going out to eat. Just a little up front perspective as you move forward to get the most out of the program. As you've seen throughout this manual, I've recommended the use of several fundamental/foundation supplements that I believe everyone should be using to maximize results and overall health.

Specific Supplements Recommended for Use with the 6 Week Extreme Lean Diet Program:

1. BioTrust® Low Carb™

The Stevia-sweetened, Cold-processed, Time-released, Certified Hormone-Free Protein Supplement

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of the Extreme Lean Diet, as well as the daily pre-bed meal, and **especially on Shake Days**. It's made from cold-processed, Certified Hormone-Free whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality). It is also a true time-released protein with equal parts of fast- and slow-digesting protein to increase absorption and provide a steady flow of amino acids and nutrition to your body for up to 8 hours.

Note: Please refer to Dan Long's 6 Week Extreme Lean Supplementation Plan for the proper amount of quantities for this program.

2. BCAA Matrix™

Lose fat, not muscle! Preserve Calorie-Burning Lean Muscle While Dieting

In addition to AVP Day, you will also be consuming Branched Chain Amino Acids (BCAAs) to offset and prevent the breakdown and catabolism of muscle (i.e. muscle loss). **BCAA Matrix™** and **BioTrust® Low Carb™** are the most important supplements to use with the program.

Maintaining your calorie burning lean muscle is a critical part of keeping your metabolism high as you rapidly lose fat, otherwise you will subject yourself to rebound weight gain. Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking skinny and frail with a pudgy "over-layer"). To put it in simple terms, BCAAs are the "best part" of protein. So, if you were to consume 10 grams of BCAAs, you're essentially consuming 10 grams of protein, only it's "super protein".

The guidelines for BCAA intake on AVP Days are as follows:

Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.

Now, the 0.15 g per pound of body weight calculation only applies to BioTrust BCAA Matrix as it is literally more than TWICE as absorbable as any other BCAA product due to its use of 3 distinct forms of BCAAs that target 3 different absorption pathways.

Simply put, BCAA Matrix is the highest quality BCAA supplement available anywhere.

Note: Please refer to Dan Long's 6 Week Extreme Lean Supplementation Plan for the proper amount of quantities for this program.

3. IC-5™

Carbohydrate Management and Insulin/Blood Sugar Control IC-5 is a unique blend of 5 hard-to-come-by ingredients that together increase insulin sensitivity, manage blood sugar levels, and partition carbohydrates to be stored in muscle for energy instead of fat. The end result is significantly improved fat loss and body composition while increasing insulin sensitivity and improving carbohydrate tolerance.

Quantity and Use: Take 2 capsules before every P+C meal.

Note: Please refer to Dan Long's 6 Week Extreme Lean Supplementation Plan for the proper amount of quantities for this program.

4. LeptiBurn®

Fat Loss Accelerator and Hormone Support Leptin is your body's #1 fat burning hormone – it controls literally **everything** related to weight loss. Improving your body's sensitivity to leptin as well as leptin production while dieting are crucial to optimal fat loss. LeptiBurn® is literally the ONLY scientifically-backed supplement on the market specifically created to increase leptin sensitivity and production while dieting, while accelerating fat loss.

Quantity and Use: Take 2 capsules on an empty stomach in the morning, and again in the afternoon.

Note: Please refer to Dan Long's 6 Week Extreme Lean Supplementation Plan for the proper amount of quantities for this program.

5. AbsorbMax™ - With GlutenGone™!

Improves Digestion, Reduces Gastrointestinal Distress, and Combats Food Intolerances that Slow and Stall Fat Loss

AbsorbMax™ is a comprehensive blend of 16 unique digestive enzymes that allow you to fully break down and absorb the nutrients contained in any and every food you eat, including GlutenGone, a dynamic duo of 2 unique enzymes that has been shown in very recent research to be unmatched in its ability to fully digest gluten!

AbsorbMax™ also combats food intolerances that have been shown in numerous studies to slow and stall fat loss.

Note: Please refer to Dan Long's 6 Week Extreme Lean Supplementation Plan for the proper amount of quantities for this program.

6. Pro-X10™

Supports Reduced Inflammation and Leaky Gut, Promotes Bowel Regularity & Immune Health, and Supports Repair of Gluten-Damaged Intestinal Lining

Pro-X10™ is a premium probiotic formula designed to support optimal GI health and function while reducing bowel inflammation. Through patented microencapsulated Technology, Pro-X10™ is able to deliver up to 10xs more live probiotic bacteria to your intestine than other inferior products. Pro-X10™ also contains the breakthrough nutrient Actazin™ (from the kiwi fruit), to assist in the regeneration of gluten-damaged intestinal lining cells.

How to Order and Save BIG!

Click on the link below to visit the BioTrust website and secure your 6 Week Extreme Lean Diet Program Supplements today. There are heavily discounted packages available for every recommended product, and you'll even receive further discount options after check out when you use the below special link for Dan Long's 6 Week Extreme Lean Diet Program customers:

==> [Click HERE to Order Your Extreme Lean Diet Supplements and Save BIG](#)

Enjoy the decreased grocery bills!

HOW TO MEASURE AND WHEN TO WEIGH

Measurements should be taken once every week, first thing in the morning of your I-Cheat Day—that's it.

Do NOT—weigh yourself daily. Due to the fluctuations in food intake throughout each week, you will absolutely experience significant fluctuations in water balance throughout the week causing daily measurements to be all over the place.

With this program, daily scale readings mean nothing. What I am concerned with is consistent, week to week progress, and that is assessed by taking consistent weekly measurements.

Here is how you should be measuring:

Starting measurements should be taken the day you begin my Extreme Lean Program, first thing in the morning before eating anything. This is the way you will always measure each cycle—first thing in the morning, before eating anything. Consistent measuring practices ensure consistency and accuracy in your measurements.

From here, measurements will be taken once per week on the morning of your I-Cheat Day.

You can log your progress easily via the printable Extreme Lean Diet Measurement Log at the end of this program.

Tracking your Lean Results

Tracking progress throughout the course of the 6 Week Program is critically important to your overall success.

A very popular saying amongst fitness professionals is “If you're not assessing, you're just guessing!” And that's essentially true. The only *real* way to know if something is working is to regularly assess and track your progress.

With my Extreme Lean Diet, I will be using several methods of tracking progress—scale weight, body fat %, and girth measurements.

Both scale weight and body fat percentage can be assessed via an at home electronic body fat scale. I recommend Tanita brand, as they're the trusted, most experienced brand when it comes to body fat analysis scale brands.

Below are the locations for the various girth measurements you'll be taking:

- Bust/Chest
- Waist (around the navel)
- Hips
- Right Arm
- Right Thigh
- Right Calf

For arm, thigh, and calf measurements, simply double each to account for the other limb when calculating total inches lost. For example, if your right thigh measurement has gone down one inch, it is safe to assume that your left thigh measurement has also decreased by one inch for a total of two inches lost from both thighs collectively.

Below are example measurements for a female who used the Extreme Lean Diet program for 6 weeks:

	Starting	Week 6	Difference
Bust	38"	35"	-3"
Waist	36"	33"	-3"
Hips	38"	36"	-2"
Right Arm	12"	11.5"	$-.5" \times 2 = -1"$
Right Thigh	24"	22.5"	$-1.5" \times 2 = -3"$
Right Calf	12"	11.5"	$-.5" \times 2 = -1"$
		Total	-13"

Appendix A: Calculating Lean Body Mass and Macronutrient Breakdown

Lean Body Mass (LBM)

Your lean body mass is your weight, minus your body fat. For example, if you weigh 200 lbs at 20% body fat (40 lbs of fat), then your lean body mass is 160 lbs (200 – 40).

With that data you can then determine your calorie and macronutrient needs.

Review of Calories Needed for Each Day:

Amazing Shake Day: Macro breakdown of 40% protein, 25% carbs, 35% fat; total calorie needs based on current body fat percentage. Utilize the below chart:

Lean Body Mass: Total Weight x Body Fat % = Fat Weight
Total Weight – Fat Weight = Lean Body Mass

Current Body Fat %	Caloric Formula
6% - 13%	12 x LBM
14% - 19%	11 x LBM
20% & Above	10 x LBM

So, let's take the Amazing Shake Day for example along with our "sample" individual at 200 lbs. and 20% body fat.

Because this person is starting at 20% body fat, we are going to use the 10 x LBM calculation from the Amazing Shake Day chart.

Again, to calculate lean body mass, simply subtract fat weight from total weight (the left over is lean body mass; everything *except* fat). Here are the simple formulas.

Total Weight x Body Fat % = Fat Weight
Total Weight – Fat Weight = Lean Body Mass

Plugging the numbers in:

$$200 \times 20\% = 40 \text{ lbs}$$

$$200 - 40 = 160 \text{ lbs}$$

This individual has a lean body mass of 160 lbs. From there we can easily calculate calories: 160 (LBM) x 10 (calories per pound) = 1600 calories

We also know that 40% of this should come from protein, 25% carbs, and 35% fat, giving us the calorie totals per macronutrient of:

$$1600 \text{ (total calories)} \times 40\% \text{ (protein)} = 640 \text{ calories from protein}$$

1600 (total calories) x 25% (carbs) = 400 calories from carbs

1600 (total calories) x 35% (fat) = 560 calories from fat

To convert these caloric values to grams for easy counting, we can divide by the caloric values of each which are as follows:

Fat: 9 cal. per gram

Protein: 4 cal. per gram

Carbohydrates: 4 cal. per gram

This means that the 200 lb. individual in our example should be consuming **62 grams of fat** (560 / 9), **160 grams of protein** (640 / 4), and **100 grams of carbohydrate** (400 / 4).

The great thing about converting everything to grams is that you no longer have to worry about counting calories. You simply count the grams of each macronutrient you consume as indicated in the nutrition facts.

This makes things much easier considering the way our food labels are organized. If you are unsure as to the nutrition content of a particular product, you can look up the info easily at an online nutrition database such as www.NutritionData.com or www.CalorieKing.com.

EXTREME LEAN DIET MEASUREMENT LOG

Weigh and measure immediately upon waking up on the morning of your I-Cheat Day. Ensure that muscles are not flexed when you measure them, as this will produce an inconsistent result, given there is usually a wide variation between individual, flexed body parts.

Date	Weight	Bust/Chest	Waist	Hips	R Arm	R Thigh	R Calf
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right:
		Left: Right:	Left: Right:				Left: Right: