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# BODY

**RAPID** Fat Loss Blueprint



**Your 3 Day Nutrition Protocol To Target  
ALL Your Lower Abdominal & Belly Fat**

# **3 Day RAPID Fat Loss Blueprint:** **Your 3 Day Nutrition Protocol to Legitimately** **“Target” ALL Your Lower Abdominal & Belly Fat**

**A Special FREE Report from the Desk of:**  
**by: Shaun Hadsall**

Expert Author | Fat Loss Coach | CPT



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Thanks so much for taking time out of your busy day to download this report!

If you're reading this article then you obviously have an interest in accelerating your fat loss.

**After all, who doesn't want to look better, feel better, have more energy, increase their self esteem and pretty much improve every other area of their life?**

*I know I do.*

And that's exactly what happens when you accelerate your fat loss in healthy and sustainable fashion.

**Everything** in life just gets a whole lot better.

It's a strange phenomenon, but when you make significant progress shrinking your waistline or you get to the point where you can actually see definition in your stomach...

All of sudden you realize that same focus has leaked into every other area of your life.

**It's like hitting the bull's eye of your body and life.**

*But it's not easy.*

It requires consistency **and** effort. And usually it's pretty simple to lose the first few pounds. After that, it can get tricky and it requires more of a strategy.

But keep in mind, when it comes to fat-loss, there are really no \*new\* magic bullets, quick fixes, or short cuts.

**Zero.**

However....

The simple nutrition method inside this guide is set up and structured to specifically you legitimately TARGET belly-fat in a smart and scientific way.

I'm not gonna sit here and "hype" it up to be the *cure all* because there isn't one.



That's why I put together this easy-to-follow plan and I'm so passionate about helping others learn the truth about real fat loss. You see - your body is smart. **Super smart.**

And it can adapt **very** quickly to old school weight loss methods and diets.

There's actually a name for it. **It's called the "Adaptive Response" and it can be your greatest fat burning enemy** unless you know how to consistently overcome it.

If you've ever experienced a weight loss plateau or just can't seem to lose fat, then you know exactly what I'm talking about.

Even if you're just like millions of other people who have radically damaged and altered their metabolisms from years of inconsistency, eating unhealthy or yo-yo dieting...

***It's really not your fault.***

You see, although there are thousands of weight loss plans that work, they're specifically designed to be **temporary**. A short cut. A quick fix.

*That's why well over 90% of people who "diet" gain all (or more) of the weight back within about one year of losing it.*

After all – what's the first 3 letters of the word DIET?



But don't freak out Homer – there IS a way to make fat loss easier to stick with and enjoy... :-)

A **legitimate** way that you can strategically eat carbs and cheat foods as your *best* fat burning friend every week while you rid diets from your life permanently.

And believe it or not, you, me, *everyone* has **astounding** fat burning potential just waiting to be tapped.

**Weight Loss Fact:** Getting a flat stomach and staying lean is not just about genetic superiority or luck of the draw...

*It's about learning how to use the right strategy.*

And you probably discovered (like I did years ago) that **fat loss pills, crash diets, endless cardio, and infomercial gadgets are completely ineffective and pretty much a waste of time and energy.**

But my simple 3 day approach is totally different than these outdated methods.

That's because it's scientifically designed to help you make the switch from burning food and sugars – to burning fat as your primary energy source.

***And it doesn't matter what type of genetics you have.***

**If you take action and apply this method properly it will only take a few short days to burn off stubborn belly fat and visually see your stomach start to get flatter.**

In most cases, this method only requires about 3 days of the week and it works best after a weekend binge or periods of eating unhealthy.

Now truth be told, almost everybody who tries to use a low carb rapid fat-loss plan messes up their hormones, damages their metabolism, and forces their body to gain the weight back.

But when you use *this* particular carb depleting approach based on a unique (and proprietary) nutrition method called **Macro-Patterning™** -- you'll see how you can attack belly fat **without** old-school "dieting" or wreaking havoc on your metabolism.

# How You Can **FIX** a Broken Metabolism...

Before your body is primed and ready for calorie surpluses like extra carbs on the weekend or your favorite cheat foods - **you have to FIRST fix previous damage and teach your body where fat is (so you can burn it).**

My 3 Day Rapid Fat Loss Blueprint achieves this goal by **creating an environment for instantaneous fat loss, while simultaneously priming your body for a healthy calorie overload.**

*Remember, if you wanna burn PURE fat – you have to “prime” your metabolic pump for cheat days or other higher carb days to work properly.*

*This will also help you AVOID gaining belly fat when you eat your favorite carbs and cheat foods.*

So when you plan all this out and time it properly, the next time you tear up the family buffet or rip into that next pizza or dessert, you'll be facilitating the fat loss process *instead* of stopping it.

This is just one of the MANY reasons why **short-term**, aggressive low carb tactics can be a necessary evil.

## **Healthy Carb Depletion can serve several powerful purposes:**

1. It's one of the **fastest** ways to drain the body of carbohydrate stores and/or muscle glycogen (a catalyst to using fat as fuel).
2. *Shuts off* the body's dependence on sugars and carbs as energy sources so it relies on fat instead.
3. Helps you CONTROL insulin (your body's fat storage hormone) and lowers glucose to create an aggressive fat burning environment inside your body.
4. **Reprograms** and **fixes** your metabolism to teach it where fat stores are readily available for energy needs.
5. Primes your muscles and hormones to “want” and “need” more carbs and extra calories without gaining belly fat.
6. Creates a MASSIVE short term calorie deficit for extreme fat loss.

I'll be the first one to admit that most depleting strategies are far from easy, but IF timed and applied properly, **it's like hitting the “reset” button on fat loss.**

Remember, *properly applied* carb depletion makes fat your “go to” energy source while setting up your metabolic foundation for a balanced and healthy rapid fat loss to work for the long haul.



**Carb Depleting: Far from easy, but definitely worth it.**

## **The Problem: Abuse**

Like I briefly mentioned above, most people end up abusing this strategy. As a result, they end up causing metabolic damage and forcing rebound weight gain.

Here's a quick example.

For EVERY gram of carbohydrates you consume, your body holds about 3 grams of water. *Read that last sentence once again so it sinks in please.*

So even if you use a trendy, low carb diet (you know the ones I'm talking about) and deplete on a bunch of traditional low carb diet foods, the scale might trick you into thinking that you're losing a bunch of weight -- and you are.

**BUT – it's water weight, NOT fat.**

Sorry. You're just dropping a bunch of water.

**But what if you could make most of that water loss mean fat loss instead?**

Well, you CAN.

And it's all below inside this FREE 3-Day RAPID Fat Loss Blueprint.



But first you must learn to avoid these 3 traps when you try to manipulate or deplete carbs...

## 3 Traps You Must **AVOID** When Depleting Carbs

Most people think carb depleting is simple. Just count carbs.

This ends up being a trap and it's one of the many reasons the majority of folks never sustain their weight loss when they try this method.

**That's why you must avoid these 3 traps when you carb deplete...**

1. **Depleting with the wrong foods.** Many times people automatically associate low carb or depleting with high fat, greasy foods or other unhealthy fake low carb diet snacks.

These are loaded with nasty hidden chemicals, unhealthy fillers and obesity additives.

The food combinations and choices you make while depleting makes ALL the difference. It's critical to use the RIGHT food choices. Avoid processed foods. Use all natural whole food choices as much as possible.

Protein shakes are fine, but nothing gets results like real, healthy, whole food with the proper timing, combinations, and portion sizes.

2. **Depleting at the wrong times.** So many people hop from plan to plan and totally diminish the effect of structured carb depletion.

If you've already low-carbed yourself to death or been on the diet yo-yo, you should definitely take a diet break. Eat a balanced amount of regular healthy foods for at least a few weeks before attempting any of these tactics.

On the other hand, if you've just had a weekend food bender, eaten high carb or you've just plain eaten unhealthy for any length of time -- **you're probably in a perfect position to take full advantage of the power of structured carb depletion.**

3. **Depleting for the wrong durations.** Most folks really screw this one up.

When it comes to depleting, more is definitely not better. In most cases, you should rarely ever deplete for more than a few days of the week.

However, there are specific times where it's advantageous and necessary to strategically deplete for a week or more at a time in a **strategic sequence**.

For example, we've created one of the most powerful fat burning meal plans on the planet. It's simply called the "The 7 Day Carb Depletion Diet".

[And when you combine this strategic one week meal plan with specific, complimentary exercise --- it can literally triple your fat-loss.](#)

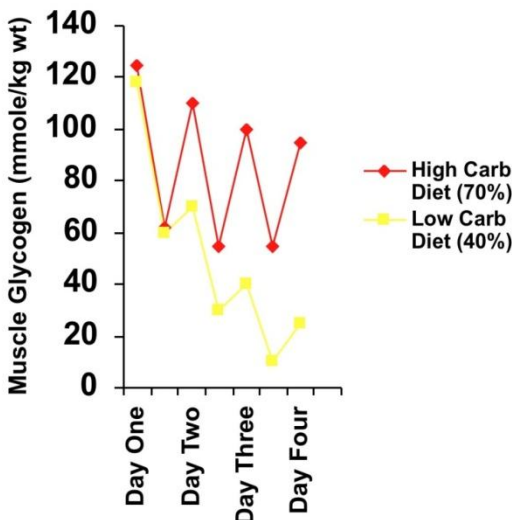
*But again, you have to do it properly.*

**This sneaky approach meets all the body's needs to preserve lean muscle while simultaneously resetting all your metabolic triggers – creating some ridiculous fat loss.**

**I've had dozens of clients lose anywhere from 8 all the way to 16 pounds using the 7 Day Carb Deplete Cycle.**

I'm not saying this will happen week after week. That would be impossible (and unhealthy). But wouldn't it be one helleva jump start?

As you can see from the chart below, **after only 4 days of lowering carb intake to just 40% - glycogen levels are lowered significantly.**



When you use the Macro-Patterning™ depletion method, carb intake will be much lower than 40% so you can do major depleting damage in just a few days.

That's one of the primary pathways this approach uses to **radically accelerate your fat loss and legitimately "target" lower belly fat.**

**But make no mistake about it. 99.9% of dieters who don't use this information properly will hit adaptation (i.e. a weight loss plateau) and stop losing weight altogether.**

Or worse yet – just gain the fat right back.

*But if you understand my 3 Day Rapid Fat Loss Blueprint, you can AVOID becoming one of these statistics.*

## **The 3 Day RAPID Fat Loss Blueprint**

### **Your Nutrition Protocol to TARGET All Your Lower Abdominal and Belly Fat After a Weekend Binge OR Falling Off Track...**

Here's the healthiest way to deplete carbs and create a short term MASSIVE calorie deficit and achieve extreme fat loss.

#### **STEP 1: TURN OFF SUGARS**

**Consume zero starches or fruits for about 3 days in a row after a weekend binge or a few days of eating higher carbs.**

This will help rapidly accelerate glycogen depletion and get your body burning fat again as fast as possible. It will also ramp up catecholamine levels (fat burning hormones) and prep your metabolism for the weekend fun.

It's a fairly simple process. Just consume no more than 25 to 50 grams of impact carbs for the day (i.e. starches, fruits). Also make sure to watch for hidden sugars.

Also make sure you consume a complete protein source in every meal to help increase satiety and keep your body in a high-energy fat-burning environment.

*By using this approach a few days of your week, you'll temporarily "shut off" your dependence on sugars as fuel and program your body to burn a ton more belly fat.*

## **STEP 2: GO ALKALINE**

**Second, increase your fats and double your servings of green cruciferous veggies on deplete days.**

Friendly fats and green veggies will prevent your body from becoming too acidic, which can elevate cortisol (stress hormones) and keep your body from burning fat as fuel.

Keeping your body alkaline will preserve muscle and help you avoid the toxicity and acidity that can destroy results when using this approach.

Some good examples to use for fats are extra fish oils from wild caught fish, olive oil, coconut oil, grass fed butter, farm fresh or cage free egg yolks, avocado, grass fed beef and small amounts of raw or organic cheeses.

**And make sure you avoid canola and vegetable oils.** Nasty stuff that will increase inflammation and negate the effect of strategic depletion.

Great veggie examples are spinach, kale, broccoli, cauliflower, asparagus, green beans, collard greens, arugula, Brussels sprouts, and cabbage.

Gorge on these veggies when you use this strategy.

It will help provide all the fiber, vitamins, and minerals necessary to keep you alkaline, while maximizing fat-loss during the carb deplete.

It will also help you with appetite control and helps minimize bad estrogen inside the body because of the naturally occurring anti-estrogens inside many of these greens.

## STEP 3: SUPER HYDRATE

**Lastly, double your daily water intake on deplete days.**

*I know this technique isn't appealing or "sexy", but it works.*

Most folks simply underestimate how effective proper hydration can be for getting rid of post weekend carb bloat and facilitating other metabolic processes that burn fat.

Remember, if you cheated this past weekend or ate too many carbs for a few days in a row you'll be holding almost an extra 3 grams of water for every gram of carb you consumed.

So if you had a few slices of pizza, some bread and a bowl of ice cream **we're talking an extra 600 to 1000 grams of water sitting on your belly.**

*Just lift up your shirt right now and take a look.*  
Yup. THAT'S what I'm talking about. lol.

*So here are a few fast fluid facts to help you keep in simple.*

First, **the more water you "give" your body, the less it will hold onto.** So if you feel like you're retaining water or bloated, drink MORE water and it will only take about 24 hours to look and feel leaner.

Also keep in mind; all metabolic processes that take place in the body operate more efficiently and effectively when you're properly hydrated.

A good rule of thumb is to consume 60 - 70% of your total body weight in ounces of water on your carb deplete days. So if you weigh 150 pounds then you should be shooting for 100 to 120 ounces of water minimum.

Trust me on this one, you'll control your appetite and just "feel" a whole lot better when you're hydrated.

Yes, you'll pee a lot more. But it's worth it. :-)

So there you have it, an introduction to Advanced Carb Depleting...

**The Holy Grail of healing a broken metabolism and achieving short term rapid fat loss.**



As you can see from these tips, this is NOT just about lowering or depleting your carbohydrates.

You'll only see incredible results from using this tactic by using the right foods at the right times for the right durations. It's ALL in the approach.

At first glance, strategic carb depletion seems like it can be a big pain in the you-know-what.

But *remember to focus on the reward*. You might have to sacrifice initially, but then you can start cheating on the weekends and eating all your favorite carbs – WITHOUT the guilt.

Additionally, it's huge psychologically. After you've applied proper depleting for a given period of time, it's nice to know you have the reward of eating your favorite foods right around the corner.

**That's the real carb cycling advantage. Sanity.**



**TOO much Carb Depletion can make you lose you mind...**

Plus, if you've ever dieted real hard, been up and down on the scale from yo-yo plans, or you've been living and eating kind of unhealthy...

**The likelihood of your metabolism being severely damaged is VERY high.**

# How You Can Heal The Metabolic Damage

*My 4 Cycle Fat-Loss method is based solely on these nutrition philosophies and it's one of the most powerful and healthiest ways to help you heal the damage.*

Remember, your body is not a one cell amoeba. **It's a rubix cube.**



You have to implement the right strategy to solve the fat loss puzzle once and for all. **It's not quick fix or a diet...it's a solution.**

Is advanced carb depletion easy? **NO.** Is it worth it? **YES.**

Even though it requires some sacrifice, it actually becomes really fun when you understand how to use it in combination with higher carb "baseline" days and strategic "cheat" days.

*And whether you realize or not...*

**You can and SHOULD eat lots of carbs and cheat foods on certain days of the week – and NEVER had to worry about them storing as fat.**

This not only makes carb depleting more effective...it can be your ultimate weapon of physical and psychological fat loss warfare because it helps prevent metabolic slowdown, muscle loss, AND keeps your fat burning hormones at healthy levels.

When you synergistically combine the right type of lower carb Deplete Days with higher carb Baseline Days and Strategic Cheating – **you'll finally experience how fun and FAST fat-loss can really be.**

In fact, there are 4 proven Macro-Patterning™ Cycles you can use to eat a LOT more carbs than normal and NEVER have to worry about storing them as fat on your body.

**Here's a special VIP article  
explaining how all 4 cycles work:**

==> [Discover how to eat LOTS of carbs and NEVER store them as fat](#)

At the link above you'll discover one of the healthiest ways for you to achieve seven days of your fastest fat loss ever, without rebound weight gain or dieting.

Now that you understand healthy carb depletion to overcome the hormonal and metabolic obstacles that block your fat loss, it's time to combine it with **the other critical nutritional aspect of targeting lower abdomen fat – Carb "Cycling".**

**After all, without properly structured higher carb days – carb depleting will only get you so far.**

*Enter - Macro-Patterning™*

# Macro-Patterning™

## **RAPID Fat Loss Without the Pain, Suffering, and Drudgery of EVER Dieting Down**

So what is heck is *Macro-Patterning™* anyway? And - **how can it work in synergy with healthy carb depleting?**

*Macro-Patterning™* is the simple process of carefully regulating and alternating protein, fat, and carbohydrate intake to **combat your body's adaptive response to your eating patterns.**

This allows you to manipulate something called glycogen (just a fancy word for stored energy from carbs) to greatly accelerate fat burning.

It's much easier than it actually sounds.



**Just think of it as carb-cycling trickery that triggers your metabolism to target lower stomach fat by utilizing things like depleting in combination with higher carb baseline days and strategic cheat days.**

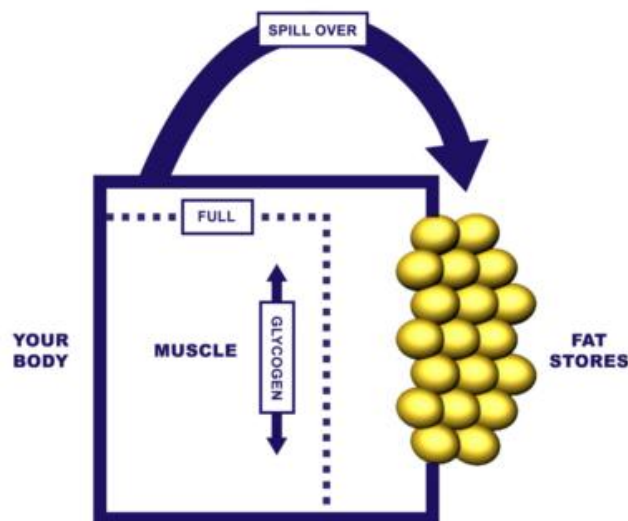
Remember, the minute your body thinks you're on a diet, it will do **anything** and everything it can to hold on to as much fat as possible because it knows you're going into starvation mode.

*This can happen after just a week of dieting or going low carb.*

Your brain will send the rest of your body a signal to conserve energy for the coming dry spell.

That means it shuts down body temperature, reduces the absorption rate of food, and slows down your metabolism by suppressing fat burning hormones, all with the intention of storing more fat so it will have plenty of energy "just in case."

**But that's where *Macro-Patterning*<sup>™</sup> along with *Strategic Cheating*<sup>™</sup> comes to the rescue** so you can avoid the dreaded "fat spillover syndrome"...



You see, by timing your macronutrients (carbs, proteins, and fats) you can manipulate and **force your body to feed on more stubborn lower abdomen fat while simultaneously keeping your metabolism and hormones "healthy"**.

Best of all, this method allows you to still enjoy all your favorite, forbidden foods a few days of the week. You just have to understand and apply the proper strategy.

If you don't, excess carbs call literally "spillover" and be converted to body fat.

NOT GOOD.

Here's where you can learn how to avoid fat-spillover and discover how to use this rapid fat loss lifestyle that's already getting a TON of national attention:

**=> How to Eat LOTS of Carbs and NEVER Store them as Fat...**



**HALF OFF Special For Friends  
of Shaun Hadsall:**

**==> Eat LOTS of Carbs and NEVER Store Them as Fat**

# More about the Author

## Shaun Hadsall

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Get Shaun Hadsall talking, and the first thing you'll notice is his enthusiasm and energy. Owner-Operator of a Fitness Boot Camp location in Michigan and founder of Get Lean In 12, he was one of twelve fitness instructors awarded Club Solution Magazine's "Most-Fit Health Club Professional" for November 2008.

This prestigious award is a worthy addition to Hadsall's awards and achievements in the fitness industry. A self-proclaimed "hillbilly from Birch Run," Hadsall uses his humble beginnings to teach people around the world how to achieve a healthy life-style for the body, mind, and soul.



Coincidentally, Hadsall admits that the catalyst for his current career and lifestyle began with another contest 10 years ago.

After strength training hard for several years (6 days a week, 2 hours per session) with mediocre results, Shaun eventually reached a plateau. Convinced that "more" was better, it was only natural to train longer and harder thinking it could push him through his plateau until he almost completely burned out.

Frustrated from wasting time and money along with his consistent effort to succeed and passion for fitness, he began studying, educating, and researching relentlessly.

Then, one day in late 1997 Shaun picked up a magazine and saw "real life" success stories from a before & after contest. Not only were these stories inspiring, they were "life changing." With an intense desire to look, feel and act like these people and being inspired to change his life for custody conflicts over his 6 year old daughter, Shaun immediately entered the contest.

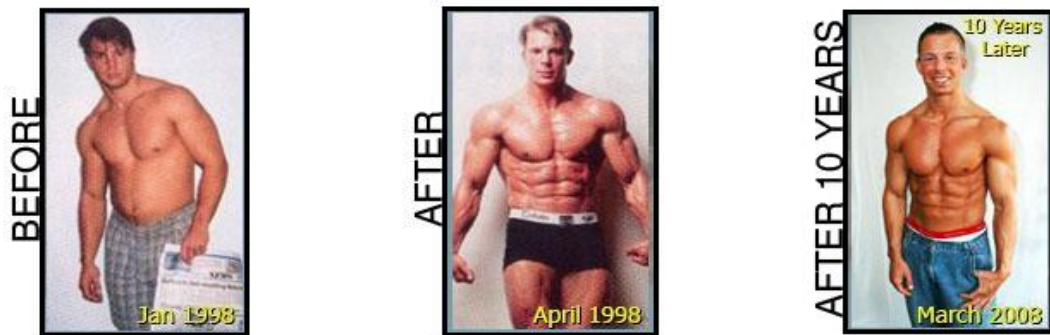
Although he was initially drawn to the contest for physical results, he quickly connected with success stories of past winners who had overcome obstacles that mirrored Shaun's own challenges.

"I read a story about a father who had struggled because he wasn't able to see his kids, and I immediately related to it." Hadsall, a young father at the time,

explains, “I wanted those changes in my own life. It inspired me to change my philosophy about fat loss and life, the people I hung out with, my lifestyle, and actually pursue legal visitation rights of my little girl.

**By the end of the contest, I had joint custody rights of my daughter, was completely debt free, and mended broken relationships. Plus, I had a new body.”**

With over 200,000 entries and over 22,000 finishers, Shaun was fortunate enough to be 1st Runner-Up Grand Champion in the now famous *Body for LIFE™* Contest.



“After completing my physical transformation I realized every area of my life had become more rewarding and fulfilling, so I had a deep desire to share that gift with others.”

Inspired by his success, Shaun moved on to achieve a level 2 Training Certification to become an Exercise Technologist and Food Coach.

Hadsall sees fitness as the anchor to strengthening every other area in life.

Shaun's priorities and passions include God, his relationships with his wife and children, health, and of course helping transform people's lives mentally and physically through the Get Lean In 12 system.

**You can learn more about Shaun and his unique approach to getting a flat stomach right here:**

**==> [Discover The 4 Proven Cycles of RAPID Fat-Loss](#)**