

4-Hour Body Fat-Loss Cheat Sheet*								
Time	Eating Plan (mandatory)	GLUT-4 exercises (optional)	Supplements (optional)	Cold (optional)	Food List			
Waking				Cold shower or bath for 10 minutes	Proteins	*Egg whites with 1-2 whole eggs, *chicken breast or thigh, beef, fish, pork		
Just before eating		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG		Legumes	*Lentils, *black beans, pinto beans, red beans, soybeans		
Breakfast (within 30 minutes of waking)	One protein, one legume, one vegetable. For max fat-loss, 30 grams of protein or more.				Vegetables	*Spinach, *Mixed vegetables (inc. broccoli, cauliflower, or other cruciferous), *Sauerkraut, *Kimchee, Peas, Green Beans, etc.		
90 minutes after breakfast		Optional: Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)						
Just before lunch		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG					
Lunch	One protein, one legume, one vegetable.				Supplement List			
90 minutes after lunch		Optional: Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)			Policosanol	23 mg per day, before bed		
					Alpha-Lipoic Acid (ALA)	300-900 mg per day total		
Just before dinner		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG		Green Tea Flavanols	900-1,100 mg per day total, according to schedule. Use decaffeinated extract.		
Dinner	One protein, one legume, one vegetable.				Garlic	2000mg per day total, according to schedule. Used aged extract.		
90 minutes after dinner		Optional: Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)			Note: Several cautions are mentioned especially for people who are: pregnant, undergoing cancer treatment, taking blood thinning meds, or have any medical conditions. Make sure to read the book.			
Before bedtime			PAGG	Cold shower or bath or ice-pack on shoulders for 20 minutes				
	Other Notes							
	1. Have one binge day per week, where anything goes. Follow Tim Ferris’s guidelines to a successful binge day. The binge day is mandatory, not an option. Pack in as many calories as possible to keep metabolism high.							
	2. Keep meals simple and repetitive, a key to successful dieting.							
	3. Avoid any white carbohydrates (any grains, sugars, potatoes), don’t drink calories, don’t eat fruit.							
	4. If you are hungry, you need to eat more at meals so that you are not hungry. Avoid domino/snacking foods, like nuts, which are impossible to eat just one of.							
Book Link	* This cheat sheet is not a comprehensive guide to The 4-Hour Body. It’s is a great book, well worth the purchase price, so please go buy it. This cheat sheet is just my attempt to pull the information into one location to give me a handy daily guide to follow. It only makes sense in the context of reading The 4-Hour Body. This cheat sheet only includes the fat-loss activities.							

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