

The Project Shred Diet Plan

Presented by Project Swole

<http://www.projectswole.com>



The Project Shred Diet is a diet plan that you can follow for the recommended 21 days or longer. There are 7 days of carefully planned out meals – 3 full meals and 2-3 optional snacks. The 7 days can be switched and swapped around as you prefer. Some food substitutions can be made within reason. I'll tell you all about the rules in a moment.

The Project Shred Guidelines

These guidelines don't need to be followed exactly as listed, but to reap the most benefits from this diet they should be followed closely.

Drink plenty of water.

8 – 8oz glasses a day should be consumed anyway, when following a healthy lifestyle.

Standard Meal schedule.

Unless you are attempting the Project Shred Diet as an Intermittent Fast, meals should occur on the following schedule:

Breakfast 6:00 a.m. – 9:00 a.m.
Snack 10:00 a.m. – 11:00 a.m.
Lunch 12:00 p.m. – 2:00 p.m.
Snack 3:00 p.m. – 4:00 p.m.
Dinner 5:00 p.m. – 6:30 p.m.
Snack 7:00 p.m. – 7:30 p.m. (NO LATER)

* NOTE: You might notice the final snack should be eaten before 7:30pm. You do NOT want to eat anything any later than 8pm at the absolutely latest.

Intermittent Fasting Meal schedule.

If you are attempting the Project Shred Diet as an Intermittent Fast, meals should occur on the following schedule:

Breakfast 12:00 p.m. – 1:00 p.m.
Snack 1:30 p.m.
Lunch 2:00 p.m. – 3:00 p.m.
Snack 4:00 p.m.
Dinner 5:00 p.m. – 6:00 p.m.
Snack 7:30 p.m. (NO LATER)

* NOTE: You might notice the final snack should be eaten before 7:30pm. You do NOT want to eat anything any later than 8pm at the absolutely latest.

Why Intermittent Fasting? Because the fasted state does something to your physiology that just makes your body burn fat like crazy. You don't want to fast for a whole day, but for 66%-75% of the day.

So many people have had awesome results with I.F., if you haven't tried it yet, give it a shot.

Check out the I.F. category on Project Swole:

<http://www.projectswole.com/category/diet/intermittent-fasting-diet/>

Exercise.

You must work out at least 3 times per week if not more. Be sure to keep your work outs safe. Pay attention to how your body feels.

Weight training workouts should last no longer than 45 minutes.

High intensity cardio sessions should last no longer than 25 minutes.

Endurance cardio sessions should not be used, but if you insist, they should last no longer than 40 minutes.

Stretching, yoga, active recovery, and neural adaptation training can be used as desired, but should still observe moderation.

To maintain as much strength and muscle mass as possible, your goal is to lift heavy. You don't want to burn yourself out with endless 12 rep bodybuilding sets. Werewolf Muscle or Strength Training are OK, Fat Loss for Men would work, and so would a plain old 5x5 routine. You should still attempt to break plateaus and set PRs. You may be losing fat, but your strength could increase due to the heavy training and healthy eating.

Caffeine use.

If you must drink coffee, limit it to one cup per day. NO SUGAR. Learn to drink it black or with half a shot of skim milk. Decaf would be even better. In the interest of detox, I'd prefer you stay away from caffeine while using the Project Shred Diet, but I can't even do it myself, so I'm not making it a requirement.

Do not cheat.

This is a minimum 3 week plan so be strong in your convictions and DON'T CHEAT! That's right, no cheating. That doesn't mean you are allowed a cheat meal on Friday or Saturday night. No ice cream, no pizza, no candy. Follow the diet for 21 simple days if you want to get the full effect.

Keep progress logs.

Record your weight when you start and only weigh yourself at the end of the week (Sunday morning when you wake up, for instance). Keep the weigh-in times consistent.

Since you are working out, you may want to take your measurements to monitor them. It is not uncommon for you Not to lose weight due to increased muscle mass. DON'T GET DISCOURAGED! After all, it is not about how much you weigh it is about how great you look. If possible also jot down your percent body fat and take measurement of areas like neck, chest, arm, waist, thigh, and calf.

Supplements.

You will eat enough protein during the diet, so you can put away your protein powders for a couple weeks. Here is a helpful list of vitamins to get. Again, these are supplements that you should take year round, regardless of your diet.

Multi-vitamin (covering basic RDA allowances)

Omega 3 (fish oil)

Vitamin E

Vitamin C

The only supplement I would consider, is a post-workout shake. I recommend drinking a glass of milk after the workout while you are on this diet, but if you want to exchange your milk or a snack, for a half serving of post-workout shake, I can't fault you.

Exchanging meals.

Most meals fall between 350-450 calories. If you absolutely hate one of the meals listed, you may swap it out for an equivalent meal. Just try to adjust for added or lost calories by adding or skipping one of the snacks.

Same basic rule applies to exchanging individual foods. Try to make sure the macro-nutrients and calories line up, within reason.

Try to complete each of the initial 7 meals before repeating them again, although it is OK to randomize them.

If you are really good about nutrition, you may be able to construct your own meals. Just be careful what you add. Try to keep any new meals restricted to the foods that are already listed.

Dealing with Different Body Types.

How to calculate your calorie demands for Project Shred.

This may be the most difficult part of the Shred diet. Currently the diet consists of a single calorie range – roughly 1500-1600 a day. That number will definitely be too low for some, and it could even be too high for others. Until I can develop an app to automate the process, you are going to have to figure out the calories on your own.

So here is what you are going to do:

Weigh yourself.

Let's say our example athlete weighs 220 lbs.
Estimate your goal weight.

Our example athlete has been lazy lately. He knows he needs to get down to 185-190 lbs to be comfortable in his own skin. He wants ripped abs, so he's going to choose 185 as his goal weight. It is even better if you know your own fat free mass, but since most people don't have access to a 3-site caliper test or a handheld Omron, using your goal weight is the next best guess.

Multiply your goal weight by 13.

Our athlete ends up with $185 \times 13 = 2405$ calories. This gives us a somewhat accurate metabolic rate – the number of calories your body burns each day performing low intensity general daily tasks.

If you want to know where I'm getting 13 from, through the years it has consistently given me a fairly accurate basal metabolic rate (BMR) for clients. Sometimes we figure out what the client's fat-free mass is, by first checking the body fat percentage. In lieu of complicating life for those trying out Project Shred, I am telling you to use your goal body weight in the calculation, rather than your fat free mass. Not an intermediate goal weight, mind you – your final ultimate goal weight.

Subtract 500 calories.

Our athlete subtracts 500 from 2405 and arrives at 1905 calories. This is the maximum number of calories that our athlete should consume each day on the Project Shred Diet.
Adjust your meal plan.

Since most daily calorie totals are between 1500-1600, our athlete is going to have to add between 300-400 calories each day to prevent losing weight too quickly. These additional calories should come from a couple extra snacks, or doubling up on a serving size here and there to make up the difference.

For really small people.

If your goal weight x 13 is less than then daily calorie count, simply forgo one snack or cut a portion size in half to make up the difference. For example if you are a tiny woman and your goal weight is 110 lbs, then your daily calorie allotment will be about 900 calories. (Of course this is probably too few calories, so you might want to bump it up to about 1100. Sometimes subtracting 500 calories is overkill.)

The point is, you probably need to cut out all snacks in order to meet your calorie requirement. A better solution would be to cut down your servings of pasta, meat, fish, eggs, and fruit by 50%, rather than just eliminating all of your snacks.

Without further ado, I give you the meal plans.

DAY 1		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Canadian Bacon, Cooked	3 oz	16.5	3.8	0.0	100.2	
Greek yogurt, plain, low fat	6 oz	17.0	3.6	7.0	128.4	
Honey	1 tbsp	0.0	0.0	17.3	69.2	
Oatmeal, cooked	0.5 cups	3.0	1.8	14.0	84.2	
Vegetable juice, low sodium	1 cups	2.0	0.0	10.0	48.0	430.0
<u>LUNCH</u>						
Turkey, light meat, cooked, no skin	6 oz	39.0	3.0	0.0	183.0	
Lettuce, raw	3 cups/shredded	0.0	0.0	5.0	20.0	
Salad veggies - tomato, cucumber, etc...	1 cup/chopped	1.0	1.0	15.0	73.0	
Olive Oil	1 tbsp	0.0	14.0	0.0	126.0	402.0
<u>DINNER</u>						
Whole grain brown rice, cooked or instant	1 cup	5.0	3.0	39.0	203.0	
Asparagus, cooked	1 cup	4.4	0.4	7.4	50.8	
Flounder, baked or broiled	6 oz	41.0	0.0	2.6	174.4	428.2
<u>SNACK</u>						
Almonds, 1 oz, roughly 24 nuts	1 oz	6.0	14.0	6.1	174.4	
Banana, raw	1 medium	1.3	0.4	27.0	116.8	291.2
Total						1,551.4

DAY 2		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Egg, white only	5 large	18.0	0.5	1.0	80.5	
1 Egg	1 large	7.0	7.0	1.0	95.0	
Grapefruit, 1 small	1 small	1.6	0.2	20.6	90.6	
Oatmeal, cooked	0.5 cups	3.0	1.8	14.0	84.2	350.3
<u>LUNCH</u>						
Turkey, light meat, cooked, no skin	6 oz	39.0	3.0	0.0	183.0	
Yam, Cooked	1 medium	2.5	0.2	23.6	106.2	
Blueberries	1 cup	1.1	0.5	21.0	92.9	382.1
<u>DINNER</u>						
Chicken, breast, broiled	6 oz	35.0	4.0	0.0	176.0	
Salad veggies - tomato, cucumber, etc...	1 cup/chopped	1.0	1.0	15.0	73.0	
Asparagus, cooked	1 cup	4.4	0.4	7.4	50.8	
Lettuce, raw	3 cups/shredded	0.0	0.0	5.0	20.0	
Olive Oil	1 tbsp	0.0	14.0	0.0	126.0	445.8
<u>SNACK</u>						
Orange	1 medium	1.2	0.2	15.4	68.2	
Almonds, 1 oz, roughly 24 nuts	1 oz	6.0	14.0	6.1	174.4	
Greek yogurt, plain, low fat	6 oz	17.0	3.6	7.0	128.4	371.0
Total						1,549.2

DAY 3		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Egg, white only	5 large	18.0	0.5	1.0	80.5	
1 Egg	1 large	7.0	7.0	1.0	95.0	
Grapefruit, 1 small	1 small	1.6	0.2	20.6	90.6	
Honey	1 tbsp	0.0	0.0	17.3	69.2	
Oatmeal, cooked	0.5 cups	3.0	1.8	14.0	84.2	419.5
<u>LUNCH</u>						
Turkey, light meat, cooked, no skin	6 oz	39.0	3.0	0.0	183.0	
Yam, Cooked	1 medium	2.5	0.2	23.6	106.2	
Blueberries	1 cup	1.1	0.5	21.0	92.9	382.1
<u>DINNER</u>						
Chicken, breast, broiled	6 oz	35.0	4.0	0.0	176.0	
Salad veggies - tomato, cucumber, etc...	1 cup/chopped	1.0	1.0	15.0	73.0	
Asparagus, cooked	1 cup	4.4	0.4	7.4	50.8	
Lettuce, raw	3 cups/shredded	0.0	0.0	5.0	20.0	319.8
<u>SNACK</u>						
Orange	1 medium	1.2	0.2	15.4	68.2	
Almonds, 1 oz, roughly 24 nuts	1 oz	6.0	14.0	6.1	174.4	
Greek yogurt, plain, low fat	6 oz	17.0	3.6	7.0	128.4	371.0
						1,492.4

DAY 4		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Egg, white only	5 large	18.0	0.5	1.0	80.5	
1 Egg	1 large	7.0	7.0	1.0	95.0	
Special K or Total	1 cups	4.0	0.5	25.0	120.5	
Skim milk or slice of cheese	1 cups	8.8	0.4	13.0	90.8	
Cranberry juice, light	1 cups	0.0	0.0	12.0	48.0	434.8
<u>LUNCH</u>						
Turkey, light meat, cooked, no skin	6 oz	39.0	3.0	0.0	183.0	
Mayo	1 tbsp	0.0	10.0	0.0	90.0	
Whole grain pita bread	1 small	3.0	1.0	18.0	93.0	
Apple, raw	1 medium	0.0	0.0	22.0	88.0	454.0
<u>DINNER</u>						
Chicken, breast, broiled	6 oz	35.0	4.0	0.0	176.0	
Pasta, whole grain, cooked	1 cup	7.5	0.8	37.2	186.0	
Asparagus, cooked	1 cup	4.4	0.4	7.4	50.8	412.8
<u>SNACK</u>						
Orange	1 medium	1.2	0.2	15.4	68.2	
Avocado	0.5 medium	2.0	15.0	8.5	177.0	245.2
						1,546.8

DAY 5		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Egg omelet	3 large	21.0	21.0	3.0	285.0	
w/onions, peppers, tomatoes and mushrooms	1 cups	1.0	1.0	15.0	73.0	
Skim milk	1 cups	8.8	0.4	13.0	90.8	448.8
<u>LUNCH</u>						
Albacore tuna in water	1 can	40.8	2.8	0.0	188.4	
Mayo	1 tbsp	0.0	10.0	0.0	90.0	
Salad veggies - tomato, cucumber, etc...	1 cup/chopped	1.0	1.0	15.0	73.0	
Lettuce, raw	3 cups/shredded	0.0	0.0	5.0	20.0	371.4
<u>DINNER</u>						
Salmon, baked/broiled	6 oz	43.2	13.8	0.0	297.0	
Broccoli, cooked	1 cups	4.0	0.3	5.6	41.1	
Cottage Cheese, 1% milkfat	0.5 cups	14.0	1.2	3.0	78.8	416.9
<u>SNACK</u>						
Apple, raw	1 medium	0.0	0.0	22.0	88.0	
Fruit smoothie or 2 pieces of fruit	1 cup	2.0	2.0	42.0	194.0	282.0
Total						1,519.1

DAY 6		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Special K or Total Skim milk	1 cups	4.0	0.5	25.0	120.5	
Skim milk	1 cups	8.8	0.4	13.0	90.8	
Cranberry juice	1 cups				65.0	
Canadian Bacon, Cooked	3 oz	16.5	3.8	0.0	100.2	376.5
<u>LUNCH</u>						
Albacore tuna in water	1 can	40.8	2.8	0.0	188.4	
Mayo	1 tbsp	0.0	10.0	0.0	90.0	
Salad veggies - tomato, cucumber, etc...	1 cup/chopped	1.0	1.0	15.0	73.0	
Lettuce, raw	3 cups/shredded	0.0	0.0	5.0	20.0	
Apple, raw	1 medium	0.0	0.0	22.0	88.0	459.4
<u>DINNER</u>						
Salmon, baked/broiled	6 oz	43.2	13.8	0.0	297.0	
Broccoli, cooked	1 cups	4.0	0.3	5.6	41.1	
Cottage Cheese, 1% milkfat	0.5 cups	14.0	1.2	3.0	78.8	416.9
<u>SNACK</u>						
Raisins	0.25 cups	1.1	0.0	28.0	116.4	
Avocado	0.5 medium	2.0	15.0	8.5	177.0	
Orange, raw	1 medium	1.0	0.0	15.4	65.6	359.0
Total						1,611.8

DAY 7		Protein	Fat	Carbs	Cals	Total Cals
<u>BREAKFAST</u>						
Ham steak, boneless, fat trimmed	3 oz	14.0	1.5	2.0	77.5	
Skim milk	1 cups	8.8	0.4	13.0	90.8	
Vegetable juice, low sodium	1 cups	2.0	0.0	10.0	65.0	
Honey	1 tbsp	0.0	0.0	17.3	69.2	
Oatmeal, cooked	0.5 cups	3.0	1.8	14.0	84.2	386.7
<u>LUNCH</u>						
Canned chicken	1 can	40.8	2.8	0.0	188.4	
Mayo	1 tbsp	0.0	10.0	0.0	90.0	
Salad veggies - tomato, cucumber, etc...	1 cup/chopped	1.0	1.0	15.0	73.0	
Lettuce, raw	3 cups/shredded	0.0	0.0	5.0	20.0	
Banana, raw	1 medium	1.3	0.4	27.0	116.8	488.2
<u>DINNER</u>						
Whole grain brown rice, cooked or instant	0.5 cup	2.5	1.5	19.5	101.5	
Asparagus, cooked	1 cup	4.4	0.4	7.4	50.8	
Haddock, baked or broiled	6 oz	41.2	0.8	0.0	172.0	324.3
<u>SNACK</u>						
Raisins	0.25 cups	1.1	0.0	28.0	116.4	
Peanuts, dry roasted, unsalted, about 30 nuts	1 oz	6.7	14.0	6.1	177.2	
Orange, raw	1 medium	1.0	0.0	15.4	65.6	359.2
Total						1,558.4