

4-Hour Body Fat-Loss Cheat Sheet* -- Updated 1/27/2011

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 breakfast		Air Squats (30-50) Chest Pulls (30-50) Wall Presses (30-50)	AGG		Legumes *Lentils, *black beans, pinto beans, red beans, soybeans
Breakfast (within 30-60 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 See Online Shopping 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. Please read the book!
Before bedtime			PAG(G)	Cold shower or bath or ice-pack on shoulders for 20 minutes	Other Tools One-hand tape measure Bio-impedence scale Thera-Bands Kettlebells
	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. The fat loss program can be either 3 or 4 meals - 4 meals are not required! The PAGG stack should only be taken 4 times per day, not 5, so you if you are 4 meals before day, skip AGG with your lightest meal.				
	5. Since publishing 4HB, Tim Ferris has said that green tea extract should not be taken before bed if it causes sleep problems.				
Book Link	This cheat sheet is not a comprehensive guide to The 4-Hour Body . It's a great book, so please go buy it. This cheat sheet is just my attempt to pull the fat-loss activities into one location to give me a handy daily guide. It only makes sense in the context of reading the 4HB.				