

THE RENEGADE DIET

Forget About Strict, Complicated Diets

Gain Muscle Fast and Lose Fat At The Same Time

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Introduction

Welcome to the Fat loss Renegade diet

I've wanted to write this for some time. It is simply the first step I use with clients to optimise them for maximum fat burning and weight loss and creates staggering results. Its not the end as you need to maintain your results that you have gained, but it will give you a good start.

So this free ebook will outline the fat loss renegade diet for you. If you want more support click this link to get the full [Renegade Diet PDF](#)

Onwards and Upwards

Mufis

Director at Breaking Boundaries Personal Training and Fitness

What is Fat Loss Renegade

Pretty Simple, Fat Loss Renegade is a diet that works inline with your bodies natural wants and needs. It gets all the junk out of the way and clears your path to get your body burning the maximum amount of fat.

How much can I expect to lose with Fat Loss Renegade?

It's common to lose up to 10 – 14 pounds in 4 weeks when stuck to correctly

Whats it like?

Its hard! I'm not going to try and sell this to you (its free anyway) you've got to want to make it work, to begin with you'll feel tired, lethargic and grumpy. This is because you are addicted to the things that you are cutting out and are going through withdrawal symptoms. Chances are you could be allergic to some of what you eat and have a few dietary intolerances you are unaware of and that could be inhabiting your fat burning. So unfortunately, its not a diet for the dumb like popular diet clubs, this diet addresses the problem at the source and clears the air, you can keep your points and your red days or whatever, Fat loss renegades are intelligent enough to know what they are putting into their body and what effect it has.

Should I exercise?

Of course!

How long should I stick to it for?

14 – 28 days I recommend, after that start introducing some of the foods that you have been cutting out and make a note of how your body reacts

What to Avoid on the Fat Loss Renegade Diet

Wheat/Gluten

Wheat isn't wheat, its been processed, refined and is unrecognisable as wheat that was harvested. Our bodies cannot process this and therefore treats it as a toxin, halting all fat burning activities and stores it as fat

Dairy

The best part of dairy, ironically is the fat, which gets pulverised out by the pastuerisation process, what you have left is something that our bodies digestive system cannot deal with, ever wonder why so many people are lactose intolerant? I would estimate that many more are than they realise, quit dairy and you'd be amazed at the fat loss results

Caffiene

Caffiene exhausts the bodies adrenal system, your body can't tell the difference between drinking lots of coffee and being attacked by a sabre toothed tiger. They are both Stressors on the body as are prolonged gym sessions. Your adrenal glands are vital in regulating the homeostasis in your

body and by you exhausting them by drinking coffee, tea and energy drinks will severely inhibit your fat burning capabilities

Sugar

Sugar creates an insulin spike in the blood, the pancreas secretes insulin which get stored as fat. You don't need the processed, unnatural sugar that we manufacture and should limit natural sugars found in fruit

Alcohol

Do I need to explain this one? Sugar, Empty Calories, body straight away see's it as a toxin and halts any fat burning, plus alcohol is the first thing to get burned off in a workout session, so to put it bluntly, drinking and fat loss really don't mix at all

Processed Foods

Our bodies just want natural foods, anything man made gets treated as alien and your body needs to work hard to get rid of it, don't put it in in the first place and your body will burn fat fine on its own

What to eat on the Fat Loss Renegade Diet

| Proteins | Carbohydrates | Fats and Misc |
|--------------------------------------|---------------------------------|---------------------|
| Fresh Meat | Vegetables | Butter |
| Fresh Fish | Fruit in moderation, citrus for | Olive Oil |
| Protein Shake | best results and only in the | Sea Salt |
| Eggs | morning | Black Pepper |
| Nuts, Seeds, beans and pulses | Brown Rice | |
| (Nuts in moderation) | Potatoes (at lunch) | |
| | Live Yoghurt | |
| | Rye Bread | |
| | Wheat Free | |

This isn't exhaustive, you can eat anything that isn't banned from the previous list but it will give you an idea.

Carbohydrate cycling

The Fat Loss Renegade Diet also uses carbohydrate cycling for increased results. This means you eat lower carbohydrate on some days and higher carbohydrate on others. Reason being the glycogen in your body gets depleted over the low carbohydrate days so your body uses fat as its primary fuel. Then just as the body gets used to the low carbohydrates and starts to slow down on the Leptin secretion (Leptin is the fat burning hormone) we have a high carbohydrate day which sends Leptin levels soaring and kickstarts your fat burning capabilities

So, for the purposes of this diet, we will do a 3 day low carbohydrate and 1 day high carbohydrate cycle

On your low carbohydrate days, eat carbohydrates at 2 points

- After you work out
- In the morning

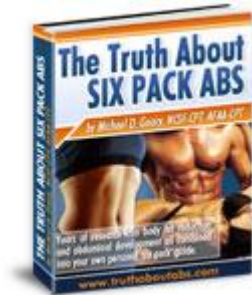
Only eat a limited amount of a portion of 1 handful.

On your higher carbohydrate days, you will want to be looking at getting 40% of your calories from carbohydrates, 30% from protein and 30% from fats. You still need to avoid carbohydrates after 2pm. There are many other ways of doing it. These will be discussed in the Fat loss Renegade members area

Overleaf are some suggested meals that you may want to consider

| Meal Option no./meal time | Breakfast | Lunch | Dinner | Snacks |
|---------------------------|--|--|--|-------------------------------------|
| 1 | Scrambled Eggs and Spinach with Rye Bread Soldiers | Chicken Salad | Fresh Salmon and Green Vegetables | Cherry Tomatoes |
| 2 | Porridge and Protein Shake | Tuna Salad | Lamb, Green beans, Broccoli and gluten free gravy | Handful of Brazil Nuts |
| 3 | Sardines on Rye Bread | Jacket Potato and Beans | Chicken Stir Fry (No sauce or Noodles) | Carrot Sticks |
| 4 | Live Yoghurt and Mixed Berries | Kidney Beans, Diced Chicken and Brown Rice | Beef Stir Fry (No Sauce or Noodles) | Sliced Cucumber |
| 5 | Grapefruit and Protein Shake | Scrambled egg white salad | Healthy Kebab (Mixed diced fresh meat, peppers, mushrooms, Onions with babyleaf salad with wheat free pitas) drizzled in olive oil | Banana (Carbohydrate. Morning only) |
| 6 | Sliced Apple and protein shake | Quorn bolognaise with wheat free pasta | Chicken Fajhitas, in wheat free wraps and homemade salsa | Sliced Peppers |
| 7 | Diced Water Melon in Live Yoghurt | Wheat free Wrap with chicken and olive oil | Quorn Chilli con carne with Salad | Orange |

So that's it! No cheat days, no flannel, no excuses just good, nutritious food. Only you can make it work. Increase your chances of success by get the full [Renegade Diet PDF Here](#)



I hope this Weight Loss Chart PDF has shed some light on the truth about dietary fats and made you realize their importance in a healthy diet.

A fully comprehensive analysis on dietary protein, carbohydrates, and fat, and how to compile all of this information into a diet that promotes a lean healthy body with a low body fat percentage is provided in a book [“The Truth About Six Pack Abs”](#). Give it a try and you won't be disappointed!



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I wish you the very best of luck

To your success

Mufis