

# DAY 3

7-DAY SIZEDOWN



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## TRANSFORMATION SECRET

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**I want to share a transformation secret with you.** I believe in eating to lose, eating to get lean and using real food to get results you want and deserve. However, once you have eaten your last meal of the day, and if you use willpower and go to bed slightly hungry, you will actually wake up looking and feeling leaner the next morning. This is an awesome feeling and can only be experienced if you follow this advice and do the 7-Day Sizedown.

On Day 3, you have all your meals prepared from the day before. Exercise is planned and scheduled. This is also the best time to hire a personal trainer. This allows you to be pushed even further and creates another person to be accountable to. Once you conquer Day 3, you are in a downhill sprint. I actually lose an entire belt loop by Day 3, and even if my belt is not yet on the desired belt loop, it is a gratifying and motivating feeling to look forward to the next few days.

## EATING GUIDE

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**Would I like to eat cheese pizza, burgers, fries and decadent desserts and still lose weight?** Who wouldn't? The cheats do come into play, and you can lose weight and still enjoy your favorite food. However, I must admit on the 7-Day Sizedown, the simpler and blander you eat, the faster results you see. Your body is an amazing thing, and in time you will learn very creative ways to enhance the flavor of the food you're preparing on this program. You can actually develop distaste for foods you once loved and a taste for foods you never thought you would eat. It is very common for someone who once lived off of greasy food but now eats clean and healthy to occasionally eat a greasy meal and get sick because their body is no longer accustomed to that type of food. More often than not, it is no longer worth the calories, and no longer gives them the same level of food flavor satisfaction. On the other hand, that same person who had never heard of a kale salad with quinoa now craves it.

## EXERCISE GUIDE

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An example Day 3 workout might be a **45 to 60 minute brisk walk** and/or **8 to 10 sets** for a body part such as **chest**, maybe **three sets of 10 bench press reps**, **three sets of flat bench flies** and **three to four sets of pushups** until your arms give out. On this day, you might do chest, shoulders and triceps, and the following day legs, back, biceps and abs.

**Now is the time to listen for your body's signals such as hunger, energy level, sleeping patterns, etc.** If you are ravenous, you are not eating enough. The same goes for fatigue. More often than not, this will be the cause of eating way too few carbs and/or protein. This will hinder your ability to achieve great results.