



NINE DAY DIET

Expanded

Josh Bezoni



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Your Fat-Burning Solution to Confusing and
Time-Consuming Diet Plans!

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The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

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Introduction

Welcome to the Expanded Version of the One Day Diet! In the pages that follow, I'm going to show you the simplest and fastest way I've discovered to go from fat... to fit...

My friends and family will tell you that one of my core values in life is to always be honest. That's why I can say, without a doubt, that another BIG REASON I was overweight was because, well... let's face it... **DIETING SUCKS.**

I bet you don't hear many nutritionists admit that!

It's no secret that I LOVE going out to eat great-tasting food (I'm too busy to cook much), and just the thought of restricting food intake for long periods of time sends many people, including me, into a mini panic attack... and all that stress makes me want to eat even MORE!

After all, not only do most diets require you to deprive yourself of great-tasting foods (or at least your favorite junk foods)—like a thick, rich ice cream milkshake for me—but counting calories and knowing WHAT foods to eat, and WHEN to eat them, is downright confusing and often frustrating.

Beyond that, in today's fast-paced and crazy-busy world, most of us don't have the required extra time to shop and cook healthy meals, then clean up and do it all over again day after day.

With realizations like those, it's no wonder that 9 out of 10 dieters fail. Even more, it's not surprising that almost NO ONE on the entire planet gets excited about dieting.

“Yippee, I get to EAT LESS and stress myself out MORE with a confusing and time consuming diet plan!”

So overall, traditional dieting represents an insurmountable PROBLEM for most men and women that they'll unfortunately never overcome.

But what if I told you that there is a very simple (dare I say EASY), 24-hour eating program that you can use to get an attractive flat belly while removing ALL of the time, guesswork, and frustration found with regular dieting?

And then what if I also went on to explain that this diet REQUIRES that you indulge in desert-like meals that you can't wait to enjoy?

You'd probably say I've lost my marbles, right?

Well, maybe that's true, because when I share my **ONE DAY DIET** secrets with my clients, they tend to think I'm a bit crazy at first. But hear me out, it will ALL make perfect, scientific sense in just a minute.

So without further ado, let's jump right into the 3 simple secrets that lay the foundation for your new ONE DAY DIET plan.

3 Secrets of the One Day Diet

Secret #1: Harness the power of intermittent fasting.

Eating frequent mini-meals (including breakfast) used to be recommended by most weight loss experts as the key to rapid weight loss; however, NEW research is showing that you can actually send your fat-burning and anti-aging hormones into overdrive by skipping breakfast and eating higher protein meals during a specific window of time during the day. This trick is called intermittent fasting, or I.F. for short. I won't bore you with all the scientific details right now, but just know it's a cool trick to remove that pesky flab by increasing powerful weight-loss and youth hormones.

Secret #2: Eat “Fast Food.”

Now, I’m not talking about chowing down on a greasy McDonald’s burger, but I am talking about cutting out costly and time-intensive meal preparation (which is the death of most diets), by enjoying two homemade and delicious all-natural 60-second fat-burning “milkshakes” during the day.

By the way, the key to these “super shakes” is that they are high in protein... something that’s critical to your success on the One Day Diet.

But don’t worry, in just a moment I’m going to GIVE you two sample recipes right here in this document and then you also received a complimentary copy of my favorite recipe book, **53 Fat-Burning Smoothies & Milkshakes** so be sure to reference those as well.

Secret #3: Eat a balanced dinner comprised of lean protein, slow-digesting carbohydrates, and lots of veggies.

In just a minute, I’ll even give you detailed instructions on how you can easily order this type of meal at just about any restaurant.

Sounds easy enough, right? Nothing too complicated. Simply enjoy two delicious fat-burning milkshakes at precise times during the day and eat a balanced meal at the correct time at night.

Again, that’s just two delicious, fat-burning milkshakes and a balanced dinner... easy, effective, and FAST!

Now, with those fundamental principles out of the way, let’s get right into the nitty-gritty details of the **One Day Diet** meal plan

The One Day Diet Meal Plan

MEAL ONE

First, I start the day by **SKIPPING BREAKFAST**. Again, although it flies smack dab in the face of traditional diet advice, new science is showing that skipping breakfast and increasing the amount of time you fast overnight can really “flip on” your fat-burning and anti-aging hormones, while flipping OFF your fat-storing hormones. This step is part of the Intermittent Fasting secret I spoke about earlier, and a critical part of the One Day Diet program.

With that in mind, your first 60-second fat-burning meal will be at 12 noon, and again it will consist of a GREAT TASTING, all-natural, fat-burning homemade “milkshake” (and boy oh boy, do I LOVE milkshakes!).

I change up the recipe for this “fat-burning super shake” almost daily, so if you don’t like the flavor used, there are plenty of other choices. Here’s what I enjoyed just the other day and it took me just a minute to prepare:

Dark Chocolate-Covered Raspberry

Ingredients:

- 2 scoops of all-natural BioTrust Low Carb Milk Chocolate Protein
- 1 cup unsweetened chocolate almond milk
- 3/4 cup frozen raspberries
- 1 tbsp unsweetened cocoa
- 5 ice cubes

Notes: Put all ingredients in a blender and enjoy!

MEAL TWO

Three hours later, at around 3 p.m., you will have your second 60-second, all-natural, “Fat-Burning Super Shake” meal. Here’s the other no-hassle, super easy recipe I used the other day:

Strawberry Cheesecake Milkshake (delicious!)

Ingredients:

- 2 scoops of **all-natural** BioTrust Low Carb Vanilla Protein
- 1 cup unsweetened vanilla almond milk
- 1/2 cup nonfat Greek yogurt
- 1 cup frozen strawberries
- 1/2 tsp cinnamon
- 5 ice cubes

Notes: Put all ingredients in a blender and enjoy!

Just a note, if I’m pressed for time, I simply enjoy a BioTrust protein shake anywhere... at any time... without the extra ingredients. Just use the convenient BioTrust Blender Bottle that you received with your order!

MEAL THREE

Three hours later, around 6 p.m., have a healthy dinner which consists of:

1. A portion of a lean protein source (like chicken, grass-fed beef, wild salmon, or turkey) equal to the size of my palm and the thickness of a deck of playing cards

2. A half-cup of a nutrient-packed complex carbs like half of a sweet potato, quinoa, barley, or beans

3. As many fibrous veggies as you want, like asparagus, broccoli, cauliflower, peas, or a big dinner salad. (Use a bit of olive oil and seasonings to flavor.) Eat your heart out!

NOTE: Detailed protein and carbohydrate food lists can be found on the next page.

Stick to those 3 simple rules and you can even easily order this type of meal while dining out...there are no social restrictions on this meal plan!

I also drink at least 8 large glasses of water per day (important)... and I enjoy a cup of green tea or organic coffee most mornings.

Then, one day a week (typically Saturday), I go “off” the ***One Day Diet*** plan and eat regular meals and splurge with my favorite foods. I follow the **One Day Diet** for 30 days, then take a full week off and repeat.

To keep things interesting, I constantly switch up my BioTrust fat-burning milkshake recipes, so again, be sure to reference the “**53 Fat Burning Smoothies & Milkshakes**” recipe book that came with your order.

Acceptable Carbohydrate Choices

- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
- Fruit: apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- No-sugar added apple sauce
- Plain Greek Yogurt, Organic Milk (also a protein source)
- Other Vegetables: artichoke, beets, pumpkin, rutabaga, squash
- Sprouted grain bread (Ezekiel bread), rice bread, spelt bread
- Other Grains: barley, basmati, quinoa, sprouted grain tortilla wraps (Ezekiel wraps)
- Oatmeal, oat bran
- Sweet potato, yam
- Wild rice, brown rice
- Couscous
- Pasta – Spelt pasta, rice pasta, or sprouted grain pasta (Ezekiel brand)
- New potatoes
- Peas, Parsnips
- Bananas

Acceptable Protein Choices

- Beef (steak, ground beef, jerky, etc)
- Cottage Cheese
- Deer/Venison
- Eggs (whole or whites)
- Finfish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring, etc)
- Ham (fresh)
- Lamb
- Milk protein powders (whey and/or casein)
- Pork (tenderloin, chop, etc)
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc)
- Skinless Chicken (breast, thigh, wing, etc)
- Turkey breast

Acceptable Fat Choices

- Butter
- Cheese
- Coconut Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils
- Udo's Choice Oil Blend
- Hemp Oil
- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts
- All Natural Peanut Butter
- Almond Butter
- Avocado/Guacamole
- Flax seeds (ground)

NOTE: Enjoy a small portion of one of the above to compliment your meal or to season your food and vegetable choices. If using a protein source that also contains ample fat, such as beef, steak, or fish rich in healthy fats like salmon, limit the use of additional fat in the meal.

Free Veggies

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Green Onion
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

*Free Veggies can be added to your daily whole food meal in any amount. Eat your heart out!

The One Day Diet Supplementation Guide

As you know, the use of BioTrust® Low Carb™ is a fundamental part of the One Day Diet plan, but there are other strategic BioTrust supplements that we also recommend to help you achieve the best results possible:

The specific supplements I recommend for use with the One Day Diet Program are:

1. *BCAA Matrix™*

Lose fat, not muscle! Preserve Calorie-Burning Lean Muscle While Dieting

Branched Chain Amino Acids (BCAAs) help to offset and prevent the breakdown and catabolism of muscle (i.e. muscle loss) while dieting.

Maintaining your calorie burning lean muscle is a critical part of keeping your metabolism high as you rapidly lose fat, otherwise you will subject yourself to rebound weight gain.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT “skinny fat” (where your weight loss leaves you looking skinny and frail with a pudgy “over-layer”).

Quantity and Use: Take 3 grams (6 capsules) in the morning and between each meal. I recommend our heavily discounted 3- or 6-bottle packages for the best price and savings.



2. IC-5™

Carbohydrate Management and Insulin/Blood Sugar Control

IC-5 is a unique blend of 5 hard-to-come-by ingredients that together increase insulin sensitivity, manage blood sugar levels, and partition carbohydrates to be stored in muscle for energy instead of fat. The end result is significantly improved fat loss and body composition while increasing insulin sensitivity and improving carbohydrate tolerance.



Quantity and Use: Take 2 capsules before every carbohydrate containing meal.

I recommend our heavily discounted 3- or 6-bottle packages for the best price and savings.

3. LeptiBurn®

Fat Loss Accelerator and Hormone Support

Leptin is your body's #1 fat burning hormone – it controls literally everything related to weight loss. Improving your body's sensitivity to leptin as well as leptin production while dieting are crucial to optimal fat loss. LeptiBurn® is literally the ONLY scientifically-backed supplement on the market specifically created to increase leptin sensitivity and production while dieting, while accelerating fat loss.



Quantity and Use: Take 2 capsules in the morning and 2 more capsules in the afternoon, both times on an empty stomach. I recommend our heavily discounted 3- or 6-bottle packages for the best price and savings.

4. AbsorbMax™ - With GlutenGone™!

Improves Digestion, Reduces Gastrointestinal Distress,
and Combats Food

Intolerances that Slow and Stall Fat Loss

AbsorbMax™ is a comprehensive blend of 16 unique digestive enzymes that allow you to fully break down and absorb the nutrients contained in any and every food you eat, including GlutenGone, a dynamic duo of 2 unique enzymes that has been shown in very recent research to be unmatched in its ability to fully digest gluten!

AbsorbMax™ also combats food intolerances that have been shown in numerous studies to slow and stall fat loss.

Quantity and Use: Take 1 capsule with every meal. I recommend our heavily discounted 3- or 6-bottle packages for the best price and savings.



How to Order and Save BIG!

Click on the link below to visit the BioTrust website and secure your One Day Diet. supplements today. There are heavily discounted packages available for every recommended product and you'll even receive further discount options after check out when you use the below special link for One Day Diet users:

**[Click HERE to Order Your One Day Diet
Diet Supplements and Save BIG](#)**

Be sure to use the above link for even more savings after check out!

Tracking Progress

Tracking progress as you follow the One Day Diet is critically important to your overall success.

A very popular saying amongst fitness professionals is “If you’re not assessing, you’re just guessing!” And that’s essentially true. The only *real* way to know if something is working is to regularly assess and track your progress.

With The One Day Diet, we will be using a couple methods of tracking progress—scale weight, body fat %, and girth measurements.

Both scale weight and body fat percentage can be assessed via an at home electronic body fat scale. You can purchase one of these easily at your local Walmart, Target, etc.

If you don’t wish to track your body fat, you can simply rely on scale weight and girth measurements.

Below are the locations for the various girth measurements you’ll be taking:

Bust/Chest

Waist (around the navel)

Hips

Right Arm

Right Thigh

Right Calf

For arm, thigh, and calf measurements, simply double each to account for the other limb when calculating total inches lost. For example, if your right thigh measurement has gone down one inch, it is safe to assume that your left thigh measurement has also decreased by one inch for a total of two inches lost from both thighs collectively.

Below are example measurements for a female who used the One Day Diet program for six weeks:

MEASUREMENTS FOR A FEMALE

Body Parts	Starting	Week 6	Difference
Bust	38"	35"	-3"
Waist	36"	33"	-3"
Hips	38"	36"	-2"
Right Arm	12"	11.5"	$-.5" \times 2 = -1"$
Right Thigh	24"	22.5"	$-1.5" \times 2 = -3"$
Right Calf	12"	11.5"	$-.5" \times 2 = -1"$
Total			-13"

When To Measure

Measurements should be taken once weekly, the morning of your OFF Day—that's it.

Do not—I repeat—do NOT weigh yourself daily...that's torture and counterproductive.

What we are concerned with is consistent, week to week progress, and that is assessed by taking consistent weekly measurements.

One more time: stepping on the scale daily will do nothing more than break your focus and cause unnecessary stress and worry (which will in turn slow progress)—don't do it.

With that out of the way, here is how you should be measuring:

Starting measurements should be taken the morning that you start the plan, first thing in the morning before eating anything. This is the way you will always measure each week—first thing in the morning, before eating anything. Consistent measuring practices ensure consistency and accuracy in your measurements.

From here, measurements will be taken once weekly on the morning of your OFF Day (or every 7th day).

FAQs

With the specifics of the One Day Diet program covered, I'd like to take the next few pages to answer some of the more frequently asked questions that have come up in regards to the program.

QUESTION: Is there an adaptation period associated with going from “normal” eating habits to “fasting” like you outline in the One Day Diet?

ANSWER: Generally speaking, there is a short transition period (usually just a few days). You might experience some hunger pangs, reduced energy levels, and even some crankiness. However, your body will quickly adapt and you'll have energy levels, mental focus and clarity, and feelings of well-being that are even better than before!

QUESTION: How would fasting — like you have suggested through to midday — affect both my performance and how I feel when I play sports or exercise in the fasted state?

ANSWER: There is a short transition period during which the body adapts to fasting. This can involve decreased energy and feelings of well-being in the short-term, but most people experience even greater energy and focus soon thereafter. You may consider starting the diet on a weekend when you don't have to worry about work demands or being a social butterfly. Likewise, you wouldn't want to start the diet immediately before an important competition, as you'd want to get some “practice” under your belt first.

QUESTION: I generally work out in the afternoon. Is there a way to adapt this diet — other than changing my workout time?

ANSWER: Absolutely! The power of the One Day Diet revolves around its super convenience and ease of following. Simply adapt the eating schedule to fit around your workout and try to eat your biggest meal right after exercise.

QUESTION: What about those who workout first thing in the morning? Do you simply reverse the sequence?

ANSWER: The great thing about the One Day Diet is that it's convenient and easy to follow. You could easily change the timing of the feeding schedule to accommodate a morning workout. Simply have your first meal right after exercise, a milkshake 3 hours later, and another milkshake 3 hours later. Alternatively, you could take some protein right after your early morning workout, and then follow the Diet as outlined.

QUESTION: Can I modify the One Day Diet so that I eat breakfast (instead of dinner) and then have two shakes?

ANSWER: Absolutely! Again, this plan is designed to be a super convenient approach that is adaptable to you and your schedule. If you work out first thing in the morning, eat your breakfast, then have a milkshake 3 hours later and another milkshake 3 hours after. Then, you'll go into your fast until the next morning. Some people love their breakfast!

QUESTION: I use [LeptiBurn®](#), and I was wondering how that fits in with the One Day Diet.

ANSWER: [LeptiBurn](#) is a perfect supplement for the One Day Diet. Simply take two doses as recommended on the label. You should take two LeptiBurn capsules first thing in the morning and two [LeptiBurn](#) capsules 30 minutes before your first meal.

QUESTION: Can I use IC-5™ with the One Day Diet?

ANSWER: Absolutely! [IC-5](#) will help you better process the carbohydrates you eat as part of the One Day Diet, while helping you balance your blood sugar response to each milkshake and meal and ultimately burn more fat. You should take two capsules of [IC-5](#) 15

minutes before any carbohydrate containing meal or milkshake.

QUESTION: What nutrition supplements do you take with this diet?

ANSWER: In addition to BioTrust Low Carb™, we recommend several other BioTrust products. Please review the Supplement Guide section of this document for more details.

QUESTION: Should I still take my protein after my weight workout?

ANSWER: If you follow the One Day Diet as outlined, you can simply eat your dinner right after your workout. Just try to get some good quality protein in your system within an hour after your exercise. If you really like taking in your protein right after your weight workout, then that's absolutely fine also.

QUESTION: Should I still take my supplements in the morning (i.e., multi-vitamin, fish oil)?

ANSWER: You can take your mutli-vitamin/mineral formula in the morning on an empty stomach. You should take your fish oil supplement with your dinner meal.

QUESTION: How many calories per day are you recommending with the two protein shakes and the described dinner?

ANSWER: Don't worry about counting calories! As long as you stick to the structure and portions recommended with One Day Diet, you'll be in great shape in no time!

QUESTION: What do you eat the week you take off from the diet every 30 days?

ANSWER: The week "off" just means going back to a "normal" style of eating. You may include one "cheat" day during that week, but just focus on eating good quality foods and eating appropriate portion sizes.

QUESTION: What foods do you recommend eating on the “off” days each week?

ANSWER: This is entirely up to you. I recommend focusing on eating the same good quality foods you eat during the week, just more of them without the portion restrictions. One thing I really like on these “off” days is to EAT breakfast and lunch because those are two meals that I don’t eat during the One Day Diet. Some folks will enjoy a full-blown “cheat” day like my partner Joel Marion often recommends (with great research to back it up!), so that’s another solid option. Bottom line, enjoy the day for what it is—a day OFF—and then get right back to your fat-burning One Day Diet plan the next day.

If you have any questions about the Diet that remain unanswered, please feel free to contact us at support@biotrust.com. We’re here to help and happy to do so!