



DINE DAYDIET

Expanded

Josh Bezoni



ONE DAY DIET

Expanded

A Simple, Efficient and Effective Solution to
Confusing and Time-Consuming Diet Plans!

Josh Bezoni

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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!

Like most people, I'm too busy to cook much, and it's no secret that I LOVE going out to eat great-tasting food (I'm too busy to cook much). 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.

Research on intermittent fasting in its various forms highlights some very impressive results, such as:

- Reduced body fat
- Reduced resting heart rate and blood pressure
- Increased heart-rate variability
- Reduced triglycerides
- Improved insulin and leptin sensitivity
- Elevated ketone levels
- Reduced markers of inflammation
- And more

And perhaps my favorite part of intermittent fasting is that it emphasizes when you eat, unlike most diet plans, which focus mostly on what and how much you eat.

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, healthy fats, 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 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 meal will be at 12 noon, and again it will consist of a GREAT TASTING homemade “milkshake” (and boy oh boy, do I LOVE milkshakes!).

I change up the recipe for this “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 BioTRUST® Low Carb Milk Chocolate Protein

1 cup unsweetened chocolate almond milk

¾ 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, “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 BioTRUST® Low Carb Vanilla Protein
- 1 cup unsweetened vanilla almond milk
- ½ cup Greek yogurt
- 1 cup frozen strawberries
- ½ 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.

MEAL THREE

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

1. One or two palm-sized portions of a lean protein source like grass-fed beef, wild salmon, or pasture-raised chicken or turkey.
2. One or two cupped handful portions (about a half-cup or so) of nutrient-dense, fiber-rich, minimally-



processed carbs like lentils, beans, potatoes, rice, quinoa, steel-cut oats, or barley.

3. As many fibrous veggies as you want; eat your heart out on options like asparagus, broccoli, cauliflower, Brussels sprouts, or a big dinner salad.

Feel free to add a thumb-sized portion (about a tablespoon or so) of healthy fats (e.g., olives, olive oil, butter from grass-fed cows, coconut oil, seeds, or nuts) and plenty of aromatic herbs and spices, which possess antioxidant and anti-inflammatory properties.

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

Here are two of my favorite recipes that fit the bill that I know you'll absolutely love!

This first recipe is super-simple and incredibly delicious, and you can even use a slow cooker to make it.

Sweet Potato Chicken Chili

Ingredients:

- 1 ½ pounds boneless, skinless chicken breasts, cut into chunks
- 2, 15-ounce cans of crushed tomatoes
- 15-ounce can of black beans (not drained)
- 15-ounce can of pinto beans (not drained)
- 1 large sweet potato
- 1 sweet onion, chopped
- 1 – 2 bell peppers (color of your choice),



chopped

- 1 – 2 large carrots, chopped
- 1 – 2 stalks of celery, chopped
- 2 cloves garlic, minced
- 1 ½ tbsp chili powder
- 1 ½ tbsp cumin

Directions:

1. Chop sweet potato into 1-inch chunks.
2. Place chicken chunks in a slow cooker. Layer the sweet potatoes on top, followed by the beans, tomatoes, onions, peppers, carrots, celery garlic, and seasonings.
3. Cook on “low” for 6 hours.
4. Serve with desired toppings; enjoy!

The second sample recipe is:

Sirloin Burgers with Cauliflower Mash and Sweet Potato Fries

Ingredients (Sirloin Burgers):

- 12 ounces ground sirloin or extra lean ground beef
- 2 tbsp onion, finely chopped
- 2 tsp Worcestershire sauce
- 2 tsp garlic, minced
- 2 tsp chili powder
- 2 pinches sea salt
- 1 pinch black pepper
- Olive oil cooking spray

Directions:

1. Preheat a non-stick skillet on medium heat.
2. Combine all ingredients (except cooking spray) together in a mixing bowl and

combine well.

3. Form into 2 – 3 round patties, depending on your size preference.
4. Lightly coat skillet with cooking spray and place the burgers in the skillet.
5. Cook the burgers until lightly browned and then gently flip to the other side (about 4 – 6 minutes per side depending on desired doneness).

Ingredients (Cauliflower Mash):

- 1 head cauliflower, roughly chopped (approximately 3 cups)
- ¼ cup cashews, crushed
- ¼ cup coconut milk
- 1 pinch cinnamon
- 1 pinch sea salt
- 1 pinch pepper

Directions:

1. Add all ingredients to a pot and bring to a boil over medium heat.
2. Reduce heat to low and cover with a tight-fitting lid.
3. Simmer for 15 minutes and then remove from heat.
4. Purée in a blender or food processor or hand mash (with a fork or masher) to desired consistency. Add 1 tablespoon of water at a time if necessary.

Ingredients (Sweet Potato Fries):

- 1 large sweet potato, peeled and cut into matchsticks or wedges
- 1 tbsp extra virgin olive oil or coconut oil, melted
- 1 tsp cinnamon
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp sea salt
- 1 tsp pepper

Directions:

1. Preheat oven to 425 degrees F. Line a baking sheet with foil.
2. Combine oil and seasonings in a large mixing bowl and mix well.
3. Add cut sweet potato fries and toss well to thoroughly coat with the oil and seasonings.
4. Evenly spread sweet potato fries on the lined baking sheet.
5. Bake for 30 minutes, flipping the fries (with tongs) and the tray halfway through.



It's also tremendously important to hydrate properly with clean water, and that's why I drink at least 8 large glasses of pure, filtered water every day. I also enjoy a cup of green tea or organic coffee most mornings.

And for those super busy days when you don't have time to make a meal at night, it's fine to enjoy a third BioTRUST Fat-Burning Shake.

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

“FREE” Day

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 8 weeks, then take a full week off and repeat. During the week “off”, it's not a free-for-all; rather, most of my meals look a lot like the dinner

template I mentioned above. And even during my week “off”, I still tend to fast for 12 - 16 hours (including sleep, of course) because I feel so much better when I do.

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

Is the One Day Meal Plan really that simple and easy? YEP!

And does it really work to fight flab fast? DOUBLE YEP!!

How fast? Well, besides your nightly meal, this meal plan only takes a measly 60 seconds, twice a day, to perform—that’s just 2 minutes of your time—and unlike traditional diets, you are **FORBIDDEN** to starve yourself or do endless hours of exercise.

Sound crazy, I know, but the science of **Intermittent Fasting** along with the strategies to making healthy eating simple and consistent make it all possible.

Peer-reviewed research has even scientifically validated a protocol just like this. In a recent randomized control trial published in the *Nutrition Journal*, researchers from the Department of Kinesiology and Nutrition at the University of Illinois at Chicago found that overweight women who combined these very same strategies (two fat-burning milkshakes and a balanced dinner each day along with Intermittent Fasting) for 8 weeks lost 56% more weight and TWICE as much belly fat as women who were provided counseling from a Registered Dietitian and followed a standard food-based reduced-calorie diet. 56% more weight loss. Amazing!

So to recap, you simply skip breakfast, enjoy two **GREAT-TASTING**, natural, flab-fighting “super shakes” a day, and then you eat a balanced, nutrient-packed dinner. Simple, effective, and fast.

Remember, the key is to stop eating after your third meal and not eat again until your first meal the next day; this trick sends your fat-burning and anti-aging hormones and enzymes into overdrive while turning OFF those that lead to fat storage. This shouldn't be a problem since, unlike most Meal Plan plans, you won't have to starve and deprive yourself at dinner.

In the end, you burn more fat and shed MORE pounds while doing more important things than slaving over a stove or being consumed with the inconvenient task of trying to find something healthy to eat every 2 hours. I don't know about you, but that's NOT the life I want to live—sorry!

What's more, this sneaky eating strategy also helps reset and regulate hunger hormones so you'll feel more satisfied without being tempted to overeat or consumed by cravings. If you ask me, that's a much easier, natural alternative to controlling your appetite than those expensive, invasive, and painful "stomach stapling" procedures—ouch!

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. *BioTRUST Low Carb*

The cold-processed, time-released, four-protein blend made with natural ingredients.



Branched BioTRUST Low Carb is a premium blend of high-quality proteins that both tastes great and provides an array of industry-leading benefits above and beyond the average protein powder, including:

- Proteins sourced from cows not treated with hormones (rBST/rBGH);
- Proteins carefully processed at low temperatures through a natural microfiltration process to ensure the highest quality and deliverability possible;
- 24 grams of true time-released protein, providing an optimal ratio of fast- and slow-digesting proteins to support sustained energy, maximize muscle recovery, and help you feel fuller, longer;
- Over 2.5 grams of leucine and more than 1.25 grams of isoleucine and valine per serving—a total of over 5 grams of the all-important BCAAs, which play a crucial role in exercise performance, muscle recovery, and carbohydrate management;
- 4 grams of gut-friendly fiber, only 4 grams of net carbs, and only 1 gram of sugar per serving;
- No artificial colors, sweeteners, or flavors;

- Made with natural ingredients;
 - Made with gluten-free and non-GMO ingredients; and
 - Contains the specialized enzyme blend ProHydrolase® to support optimal digestion, maximize absorption, and minimize digestive discomfort.
- ProHydrolase® has been shown to be substantially more effective at delivering protein to muscles than any other enzyme used in other protein supplements.

2. IC-5™

Advanced Carbohydrate Management and Metabolic Support

IC-5 is a blend of 5 research-backed ingredients formulated to help support healthy carbohydrate metabolism, insulin sensitivity and glycemic variability. Healthy carbohydrate metabolism and insulin sensitivity are key to promoting overall health and well-being, supporting healthy weight management, and promoting optimal performance and vitality.

IC-5's research-backed ingredients have been shown to promote healthy carbohydrate metabolism by helping:

- Partition carbs to muscle (not body fat)
- Support insulin sensitivity and efficiency
- Reduce the activity of certain carbohydrate-digesting enzymes
- Support healthy glycemic variability
- Provide antioxidant support

In addition, IC-5 also contains carefully-selected complementary ingredients to help maximize the absorption and bioavailability of its key ingredients.



Quantity and Use: Take 2 capsules before your first and last meal of the day. I recommend our heavily discounted 3- or 6-bottle packages for the best price and savings.

3. Keto Elevate™

Keto-Boosting MCT Oil Powder

Medium-chain triglycerides (MCTs) are not your ordinary fats. Unlike the typical fats you get from the foods you eat, MCTs are shorter in length, and that means they are easily digested, rapidly absorbed, and quickly and efficiently burned for energy. Because of their unique structure, it also means that MCTs are less likely to be stored as fat.



Studies have also shown that MCTs can boost metabolic rate, increase daily calorie burn, and enhance fat burning. What's more, research has shown that MCTs can increase feelings of fullness, reduce appetite and cravings, and decrease total caloric intake. Even more, studies have shown that supplementing with MCTs can be an effective strategy to help support weight management.

The key is using the right types of MCTs, and in particular, the MCT caprylic acid (also called C8) stands out as a shining star because, more than any other MCT or other fats for that matter, the body converts C8 into ketones, which is the secret sauce behind the many benefits of the ketogenic diet, such as:

- Peak energy levels
- Appetite management and craving control
- Weight management
- Anti-aging
- Mental clarity and focus
- And more!

Simply put, C8 is a ketone missile that powerfully supports an array of health-boosting benefits, and that's why Keto Elevate was formulated with 100% PURE C8.

What's more, Keto Elevate comes in a super-convenient, portable, no-mess powder. It contains no soy, corn or wheat-based ingredients or fillers. It is non-GMO and free from gluten, maltodextrin, sugar, hormones, and antibiotics. It can be added to any beverage or recipe — including coffee, tea, protein shakes, baked goods, and more — to supercharge your day with quick, clean, natural energy!

Quantity and Use: Simply add 1 scoop of Keto Elevate to any beverage or recipe and mix thoroughly. I like to add 1 scoop to my morning coffee (it's okay to use while fasting) and 1 scoop to my mid-afternoon smoothie. I recommend our heavily discounted 3- or 6-bag packages for the best price and savings.

4. *BellyTrim XP*[®]

Advanced Waist-Slimming Fatty Acid Complex

BellyTrim XP is a precise combination of unique, research-backed fatty acids, which have been shown in numerous studies to increase the body's ability to burn fat, decrease the body's ability to store fat, and promote an increase in lean body mass. All of that adds up to improved body composition and reduced body fat. If that doesn't sound good enough, some studies indicate that these same unique fatty acids may preferentially reduce "stubborn" body fat, such as in the belly, hips, and thighs.

Quantity and Use: Take 2 softgels twice daily with meals. 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

Oddly enough, some research suggests that Wednesday may be the most reliable day of the week to take your measurements, particularly if you're weighing yourself on the scale. Researchers from Finland found that measuring progress on Wednesday generally yielded the most consistent results, and when it comes to assessing progress, reliability is paramount. Not only that, the researchers found that most people weigh the least on Wednesdays.

On the other hand, research suggests that weekend measurements may lead to the most dramatic fluctuations in recordings, presenting inaccurate pictures of progress (or lack thereof) and potentially leading to frustration. With that said, regular monitoring helps folks stick to a program and reminds them why they're doing it.

With that in mind, measurements should be taken once weekly, preferably first thing in the morning before eating or drinking anything.

We strongly advise against weighing yourself daily... that can be torturous and counterproductive. There can be dramatic day-to-day fluctuations, especially with a

program like this that involves manipulating carbohydrate and calorie intake. What we are concerned with is consistent, week-to-week progress and taking reliable weekly measurements assesses that.

If you're concerned about the potential short-term weight gain from a Free Day, try not to be. According to the same research team from Finland, "Weight variations between weekends and weekdays should be considered as normal instead of signs of weight gain." And perhaps most importantly, the scientists wanted us to remind you, "Long-term habits make more of a difference than short-term splurges."

We recommend taking your starting measurement the morning before you start the *One Day Diet*, first thing in the morning before eating anything. After that, choose one day of the week (e.g., Wednesday) and measure each subsequent week, preferably first thing in the morning, before eating anything. Consistent measuring practices ensure reliability and accuracy in your measurements.

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: You can if you want. In other words, you can schedule your 6- to 8-hour feeding window whenever it's convenient for you. If that's from 8am to 2pm, that works just fine. Just know that, for the overwhelming majority of people, it's not mandatory to eat immediately before or after exercise. In other words, if you workout in the morning but want to wait to eat until the afternoon/evening, that's just fine.

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

ANSWER: Absolutely! In fact, we recommend doing so, as it can help support healthy carbohydrate metabolism, which is important for getting into great shape. We recommend taking two capsules with your first and last meals of the day.

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: For most people, eating immediately before/after exercise isn't necessary to get in great shape. If your workout falls within your feeding window, then, yes, feel free to have one of your BioTRUST® Low Carb shakes afterward. If the best time for you to workout is during the fasting portion of your day, don't sweat it. You'll be okay. The *One Day Diet* includes plenty of protein (make sure you're between 0.55 and 0.75 grams of protein per pound of bodyweight per day).

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

ANSWER: If you can, take your supplements containing nutrients during your feeding window.

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 8 weeks?

ANSWER: During the week "off", it's not a free-for-all; rather, most of my meals look a lot like the dinner template I mentioned above. And even during my week "off", I still tend to fast for 12 - 16 hours (including sleep, of course) because I feel so much better when I do.

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 *One Day Diet* that remain unanswered, please feel free to contact us at support@biotrust.com. We're here to help and happy to do so!