

DEADLINE DIET



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Introduction From Dennis...

At some point in your health and fitness journey, a deadline has come up faster than you thought. Whether this be a family vacation to the beach, a first date, wedding day, pool day with the friends, etc.

Something that required you to look your best, yet, you simply have not had the time to even think about it because life got busy.

So here you are, two weeks away and searching for answers. Let me just say, I am glad you have this manual in hand because I am about to reveal to you my 2-week deadline diet approach that will have you looking your best given the current circumstances.

If you have more than two weeks, even better. However, what I have laid out for you below is an approach that, when followed, will allow you to burn more fat than ever in a very short period of time. This plan was designed to be done for 2-weeks, however, you can repeat it up to 3 times (or 6-weeks).

It will be challenging and it will take effort, yet the results you will see in just 2-weeks time will be totally worth it.

And the best part is, you will NOT have to starve yourself on this diet. You can eat plenty of great tasting foods that will turn your body into a fat burning machine.

Let's get started.

To your health and fitness,

Dennis Heenan - Master CTT

Creator: [Superhero Body](#)

P.S. Don't forget my other sites...

www.FatBurningNation.com - Blog posts, videos, motivation, free gifts, free content, and more.

www.SuperheroSprints.com – Revolutionary six-week workout programs that combines the two most powerful fat burning workouts on the planet!

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This Is Where It All Starts...

The tough truth about transforming your physique, is that if your diet is not dialed in... You are going to have a very hard time burning fat at the rate you want.

It doesn't matter if you spend 3 hours a day exercising, if your diet isn't where it needs to be, results will stall.

That said, when you take your workouts and **combine them with the nutrition plan found on the pages below**, you will start to drastically change your physique.

As I like to say:

“Diet brings the results. But the combination of diet AND exercise greatly speeds up those results.”

So while on this deadline plan, make it a point to get in at least five of the Superhero Ab workouts each week and also make sure you try and walk at least 30-minutes a day. This is what will elicit the best possible results.

Note: Workouts for each day are outlined for you below.

The Breakdown...

Because we are such a deadline here, with our goal date being just 2-weeks away, we really need to buckle down on our nutrition.

And from experience testing different approaches on my own body and on clients, the best and fastest way to start transforming your physique is what I call Macro-Cycling (also known as carb cycling).

Now you may think you know exactly how to do this, however, I can assure you: **the approach that we will cover below is different than any other and will rapidly transform your body in a very short period of time.**

And the best part is, it's not that difficult to follow.

You won't have to starve yourself or take any crazy supplements. It's real food that will make you look AND feel great, *fast!*

And remember, this is a two week deadline, so that means we *will not be having any cheat meals* during this time. Simply follow what is laid out below and amazing results will follow.

A few key's to remember:

- Over the next two weeks, you should only drink water as your beverage choice. This means no sodas, sports drinks, milk, juices, alcohol, etc. Black coffee and unsweetened teas are also OK in moderation. Be sure you drink at least 8-12 or more glasses of water per day.
- Do NOT cheat during the next two weeks. Stay strong to the plan below. The only cheat day you should have is the day before you start this diet and on day 14 of the plan.
- Stick to your workouts. Get them in, no excuses.
- Eat when you are hungry and until you are satisfied. Remember you are not cutting calories on this plan. You are simply eliminating the calories your body doesn't need when trying to burn fat. So do NOT starve yourself over these two week (or *ever* for that matter). If you do this, results will suffer.
- Have fun and get creative. Make meals that you enjoy and stick with it. Have fun with these two weeks. They will go by in a flash if you do.

For the breakdown of our days, it will look like this...

Days 1-4: Low Carb (right around .25 grams of carbs per pound of bodyweight)

Day 5: 'Refill Day' (1.25-1.5 grams of carbs per pound of bodyweight)

Days 6-8: Low Carb (right around .25 grams of carbs per pound of bodyweight)

Day 9: 'Refill Day' (1.25-1.5 grams of carbs per pound of bodyweight)

Day 10-12: Low Carb (right around .10 grams of carbs per pound of bodyweight)

Day 13: Low Carb/Refill Day (right around .10 grams of carbs per pound of bodyweight in the morning. Finishing the day with two high carb meals.)

Day 14: Refill or Cheat Day (1.25-1.5 grams of carbs per pound of bodyweight)

Below I go into each day in further detail:

Days 1-4

As you can see, we are going to start our two week plan with 4-straight days of low carbohydrates. The reason we are starting with 4-straight low carb days is because we want to deplete our glycogen stores and cause our body to focus on burning fat as its preferred source of energy.

As you will see in the workout section that follows, we will also be working out strategically on these days. Everything for workouts is outline for you in the next section so stay tuned.

You should keep your carbs right around .25 grams per pound of bodyweight during the first 4 days. This means if you weigh 200 pounds, you will keep your carbohydrate count at right around 50 grams ($200 \times .25 = 50$).

On these first four days, your focus should be on lots of protein and healthy fats as we will cover below.

Day 5

Our first "Refill" day. On day 5, you will have your first high carb day. This will allow you to replenish the used up glycogen stores, helping you to preserve your lean muscle while also giving you a nice metabolic boost for even more fat burning.

Meals on this day will be focused on higher carb and protein while staying LOW in fat.

Carbohydrates should be right around 1.25-1.5 grams per pound of bodyweight. This means if you are 200 pounds, you will be eating 250-300 grams of carbohydrates

($200 \times 1.25 = 250$ OR $200 \times 1.5 = 300$)

Day 6-8

After our Refill day, we are right back into 3 straight low carb days. You will keep your carbohydrate count right around .5 grams per pound of bodyweight like you did on days 1-4.

Day 9

Day 9 will be another refill day to help replenish the glycogen stores and give you another solid metabolic boost as we head into the toughest part of the two weeks with the next three days that follow.

Days 10-13.5

These next three and a half days will be the toughest. This is because we are cutting carbs even more than we did on our first few low carb days. Essentially you will eat high protein, high fat, and veggies.

After your high carb day, you will feel very hungry on day 10, but push through and stay focused on eating you good proteins and fats.

As you see above, it says day 10 through **13.5**. This means on day 13, you will eat low carb for the first half of the day, then transition into high carb the second half of the day.

Day 13.5-14

To finish off the 14 days, you will finish with 1 and a half days of high carb. The second half of day 13 and the full day on day 14.

Day 14 can also be used as a cheat day as you will see below.

Everything, including meals to eat has been laid out for you below, so if you are a bit confused or overwhelmed after reading through what we just went over, do NOT worry.

I've got you covered completely to make this as easy for you as possible.

Low Carb Days 1-4 and 6-8...

As you can see above, the first four low carb days (days 1-4) and the next three low carb days (days 6-8) consists of the exact same carbohydrate levels. Therefore, the meal example below is exactly what you should eat in order to maximize these days best.

Note: Depending on your bodyweight will determine how much food you will need. Below is just an outline so be sure to adjust accordingly. A 200 pound male will be eating more than a 130 pound female. Just be sure you are feeding your body enough nutrients.

Low Carb Sample Meals

Meal One: 3-5 whole eggs with 3 slices of turkey bacon and 1/4-1/2 cup of steel cut oatmeal (measured dry). Black coffee or unsweetened tea (optional)

Meal Two: 1 chicken breast, large spinach salad with 1-2 tablespoons of olive oil and balsamic vinegar.

Meal Three: 4-8 ounces of grass fed beef, 10 asparagus spears, handful of almonds

Meal Four: 1 chicken breast, cup of broccoli, 3 slices of grass fed cheese

Meal Five: 1 can of tuna and 1 tablespoon of almond butter

Meal Six: 8 ounce grass fed steak, large green salad with olive oil and balsamic vinegar, and side of cauliflower.

As you can see, all meals are focused on high protein, healthy fats, and low carbohydrates.

If you are someone who is very active, feel free to add in 1/2 cup of white rice or a sweet potato to one of your other meals. *Preferably early in the day or after a workout.*

Take the meal examples above and make them your own. Add in different vegetable options and meats you enjoy (buffalo, lamb, wild game, fish, etc.).

One piece of advice I will give you, **is keep your meals relatively the same**. Don't think too much. The more simple you keep it, the easier it will be. Remember, this is ONLY two weeks so you can sacrifice some flavors to keep it simple.

High Carb Days 5 and 9...

Your first high carb day comes on day 5 of this two week plan. Then your second will be on day 9. Both days should be relatively the same in the amount of carbohydrates that you eat. Remember, you are trying to eat 1.25-1.5 grams of carbs per pound of bodyweight on these days. Also keep in mind that your protein count will be high and fat should stay LOW.

High Carb Sample Meals

Meal One: 4-6 egg *whites*, 1 cup of steel cut oatmeal (measured dry). Black coffee or unsweetened tea (optional)

Meal Two: 1 chicken breast, 1 cup of white rice, 2 cups of steamed broccoli.

Meal Three: 6-8 ounces of wild fish, 1 medium sweet potato, 8 asparagus spears

Meal Four: 1 chicken breast, 1 cup of white rice, 2 cups of broccoli, cauliflower, and green bean stir fry

Meal Five: 1 can of tuna, 2 pieces of fruit.

Meal Six: 8 ounce grass fed steak, large green salad with olive oil and balsamic vinegar, 1 medium potato

Notice that all the meals on your high carb days are high in carbs and protein and LOW in fat. This is very important to follow. **Keep fat low on your high carb days.**

Once again, take the meal examples above and make them your own. Focus your carbohydrates on:

- Steel Cut Oats
- White Rice
- Sweet Potatoes and Potatoes
- Black or Pinto Beans
- Fruit

Then of course choose the protein source that you enjoy most.

Low Carb Days 10-13.5...

As noted above, days 10, 11, 12, and half of 13 will be the toughest. You will be cutting carbs even more than on the other low carb days. This is to deplete your glycogen stores one last time before the 2-weeks comes to an end.

These low carbs days will look very similar to the low carb days from before, however, you will be eating ZERO complex carbs. All carbs that you eat will come from veggies. All other nutrients will be protein and healthy fats.

Second Tier Low Carb Sample Meals

Meal One: 3-5 whole eggs with 3 slices of turkey bacon. Black coffee or unsweetened tea (optional)

Meal Two: 1 chicken breast, large spinach salad with 1-2 tablespoons of olive oil and balsamic vinegar.

Meal Three: 4-8 ounces of grass fed beef, 10 asparagus spears, handful of almonds

Meal Four: 1 chicken breast, cup of broccoli, 3 slices of grass fed cheese

Meal Five: 1 can of tuna and 1 tablespoon of almond butter

Meal Six: 8 ounce grass fed steak, large green salad with olive oil and balsamic vinegar, and side of cauliflower.

As you can see, very similar, however you should NOT include any complex carbs such as oatmeal, rice, potatoes, etc. on these low carb days.

Once more, make these meals your own by including your favorite veggies and proteins.

Second Half of Day 13

For the second part of day 13 (your last two meals of the day), choose two of the meals from your high carb days above. Two examples would be:

Meal Three: 6-8 ounces of wild fish, 1 medium sweet potato, 8 asparagus spears

Meal Four: 1 chicken breast, 1 cup of white rice, 2 cups of broccoli, cauliflower, and green bean stir fry

Day 14...

You have two options on Day 14. You can either have a full-blown cheat day where you eat anything and everything that you want. Or you can repeat the high carb day as outlined above.

I recommend doing the cheat day to reward yourself for all the hard work you put in the last two weeks :)

Have more time?

If you do have more than two weeks time to prepare for your deadline, take a *full cheat day* on day 14 and then repeat the diet over again. You can do this for up to 4-6 weeks (1-3 cycles).

Workouts...

We will be working out a minimum of 5-days per week over the next two weeks. Once again, we are on a deadline so just like our nutrition... Our workouts need to get amped up a little more too.

This means we will be working harder than ever to get you prepared for your deadline day. Below is the exact workout plan you should follow for the next two weeks in order to maximize your success.

Some days you will be performing two workouts back to back. Be sure to read each day below carefully so you know exactly what you are doing.

For video descriptions or exercise descriptions please visit the members area.

These workouts are taken right from the Superhero Abs program and are laid out for you below.

Day 1 – Heart Rate Accelerator #3 – Jump Your Way Fit

First, do 15-seconds of squat jumps followed by a 15-second rest. Repeat in this fashion for the full 6-minutes. Once finished with the Squat Jumps, rest 1-3 minutes and move to the 3 exercise circuit.

Squat Jumps: 15 seconds on 15 seconds off for 6 minutes (only do once)

Rest 1-3 minutes and then complete the circuit below:

Burpees: 30 seconds

Side Plank Reach Through: 30 seconds each side

X-Body Mountain Climbers: 30 seconds

Repeat 3-5 times depending on fitness level. Rest between rounds as needed. Be sure to track how long the circuit took you and how many rounds you did.

Rest 1-2 minutes then complete the workout below (optional):

Match Push Workout #8 – This is Twisted

First perform as many Squat to Toes SECONDS in a row as you can. Once you finish your max seconds for squat to toes, you will then complete the same number of seconds for all the remaining exercises. For example, if you do 15 total seconds on squat to toes, you will perform 15 seconds on all exercise listed below. Rest only when you need to rest and complete 3-5 rounds as fast as possible.

Squat to Toes: Max Seconds

Planks: Match your squat to toes seconds total X2 (double the time)

Burpee Double Jump: Match your squat to toes seconds total

Russian Twist: Match your squat to toes seconds total

Repeat 3-5 times resting only when needed.

Day 2 – 4X4 Shred Workout #1 – Pushin' Like Prodigy

Perform as many Pushups as possible in 4-minutes. Once finished, rest 2-minutes and complete the circuit that follows.

4-Minutes: As many Pushups as possible.

Rest 2 minutes then complete:

Burpees: 20 seconds

Prisoner Squats: 20 seconds

Outside Mountain Climbers: 20 seconds

Sprints in Place: 20 seconds

Rest 20 seconds and repeat 3-5 times.

Rest 1-2 minutes then complete the workout below (optional):

Heart Rate Accelerator #1 – Death By Sprinting

First, do 10-seconds of sprints in place followed by a 10-second rest. Repeat in this fashion for the full 7-minutes. Once finished with the Sprints in Place, rest 1-3 minutes and move to the 3 exercise circuit.

Sprints in Place: 10 seconds on 10 seconds off for 7 minutes (only do once)

Rest 1-3 minutes and then complete the circuit below:

Reach Through Pushups: 10-20 reps

Squat Jumps: 10-20 reps

Leg Raise to Hip Up: 10-20 reps

Repeat 3-5 times depending on fitness level. Rest only when needed. Be sure to track how long the circuit took you and how many rounds you did.

Day 3 – Core Cardio Crushers #4 – Jump Climbs

Move from one exercises to the next resting ONLY when needed. Repeat 5 full rounds as fast as possible.

Jump Rope or Jumping Jacks: 100 reps (or 50 double unders)

Spiderman Pushups or Spiderman Climbs: 7 reps each side

Ab Wheel Rollout: 15 reps

Repeat 5 full rounds resting only when needed. Track how long the workout took you to finish.

Day 4 – 4X4 Shred Workout #4 – Pull-60 Combo

Perform as many Pull-Ups as possible in 4-minutes. Once finished, rest 2-minutes and complete the circuit that follows.

4-Minutes: As many Pull-Ups as possible.

Rest 2 minutes then complete:

Burpee Star Jumps: 60 seconds

Planks or Rocking Planks: 60 seconds

Ground Lunge Punches: 60 seconds

T-Pushups: 60 seconds

Rest 60 seconds and repeat 1-3 times.

Rest 1-2 minutes then complete the workout below (optional):

Core Cardio Crushers #9 – Sprints and Abs and Sprints Oh My!

Move from one exercise to the next with no rest. Rest ONLY when needed. Complete 10 full rounds.

Sprints in Place: 15 seconds

Russian Twists: 30 seconds

Sprints in Place: 15 seconds

Rocking Planks: 30 seconds

Repeat 10 full rounds without rest. Keep track of how long the workout took you.

Day 5 – Match Push Workout #3 – The Jump Off

First perform as many Squat Jumps in a row as you can. Once you finish your max squat jump total, you will then complete the same number of repetitions for all the remaining exercises. For example, if you do 15 total squat jumps, you will perform 15 reps on all exercises listed below. Rest only when you need to rest and complete 3-5 rounds as fast as possible. Keep track of how long the workout takes you.

Squat Jumps: Max Reps

Spiderman Climbs: Match your squat jump rep total (each leg)

Low Lunge: Match your squat jump rep total (each leg)

Pushups: Match your squat jump rep total

In-n-Outs: Match your squat jump rep total

Ice Skaters: Match your squat jump rep total (each leg)

Repeat 3-5 times resting only when needed.

Rest 1-2 minutes then complete the workout below (optional):

Core Cardio Crushers #8 – Going Toe-to-Toe With Your Abs!

Move from one exercise to the next with no rest. Rest ONLY when needed. Complete 5 full rounds.

Squat to Toes: 30 seconds

Crunch Punches: 30 seconds

Mountain Climbers (controlled): 30 seconds

Bicycles: 30 seconds

Repeat 5 full rounds resting only when needed. Keep track of how long the workout took you.

Day 6 and 7 – Rest and Recovery Days

Walk, do yoga, go for a hike, play outside, etc.

Day 8 - Match Push Workout #1 – Barbarian Rush

First perform as many pushups or knee pushups in a row as you can. Once you finish your max pushup total, you will then complete the same number of repetitions for all the remaining exercises. For example, if you do 15 total pushups, you will perform 15 reps on all exercises listed below. Rest only when you need to rest and complete 3-5 rounds as fast as possible. Keep track of how long the workout takes you.

Pushups: Max Reps

Squat Jumps: Match your pushup rep total

Mountain Climbers: Match your pushup rep total (each leg)

Leg Raise To Hip Up: Match your pushup rep total

Burpees: Match your pushup rep total

Repeat 3-5 times resting only when needed.

Rest 1-2 minutes then complete the workout below (optional):

Core Cardio Crushers #7 – The Seconds Climb

Move from one exercise to the next with no rest. Rest ONLY when needed. Complete 5 full rounds.

Sprints in Place: 15 seconds

Alternating Reverse Lunges: 30 seconds

Ali Shuffle: 45 seconds

Leg Raise to Hip Up: 60 seconds

Repeat 5 full rounds resting only when needed. Keep track of how long the workout took you.

Day 9 – Match Push Workout #3 – The Jump Off

First perform as many Squat Jumps in a row as you can. Once you finish your max squat jump total, you will then complete the same number of repetitions for all the remaining exercises. For example, if you do 15 total squat jumps, you will perform 15 reps on all exercises listed below. Rest only when you need to rest and complete 3-5 rounds as fast as possible. Keep track of how long the workout takes you.

Squat Jumps: Max Reps

Spiderman Climbs: Match your squat jump rep total (each leg)

Low Lunge: Match your squat jump rep total (each leg)

Pushups: Match your squat jump rep total

In-n-Outs: Match your squat jump rep total

Ice Skaters: Match your squat jump rep total (each leg)

Repeat 3-5 times resting only when needed.

Rest 1-2 minutes then complete the workout below (optional):

4X4 Shred Workout #5 – Truly Shredded Abs

Perform as many Ab Wheel Rollouts as possible in 4-minutes. Once finished, rest 2-minutes and complete the circuit that follows.

4-Minutes: As many Ab Wheel Rollouts as possible.

Rest 2 minutes then complete:

Spiderman Pushups: 30 seconds

Squat to Squat Jump: 30 seconds

Leg Raise to Hip Up: 30 seconds

Sprints in Place: 30 seconds

Rest 30 seconds and repeat 3-5 times.

Day 10 – Core Cardio Crushers #6 – 10X3

Complete 8 full rounds of the exercises below as fast as possible. Rest ONLY when needed. Record how long it took you to complete the 8 rounds.

Burpees: 10 reps

Side Plank Dips: 10 reps each side

Outside Mountain Climber: 10 reps each side

Repeat 8 full rounds resting only when needed.

Day 11 – Heart Rate Accelerator #4 – 10sX10r Accelerator

First, do 10-seconds of squat to toes followed by a 10-second rest. Repeat in this fashion for the full 8-minutes. Once finished with the Squat to Toes, rest 1-3 minutes and move to the 3 exercise circuit.

Squat to Toes (quick): 10 seconds on 10 seconds off for 8 minutes (only do once)

Rest 1-3 minutes and then complete the circuit below:

Spiderman Pushups: 10 reps

Low Lunge: 10 reps each side

Burpee Outside Mountain Climber Combo: 10 reps

Repeat 3-5 times depending on fitness level. Rest only when needed. Be sure to track how long the circuit took you and how many rounds you did.

Rest 1-2 minutes then complete the workout below (optional):

Core Cardio Crushers #1 – The CCC Original

Repeat 10 full rounds of the exercises below without rest.

Sprints in Place: 10 seconds

Planks: 15 seconds

Day 12 – Heart Rate Accelerator #1 – Death By Sprinting

First, do 10-seconds of sprints in place followed by a 10-second rest. Repeat in this fashion for the full 7-minutes. Once finished with the Sprints in Place, rest 1-3 minutes and move to the 3 exercise circuit.

Sprints in Place: 10 seconds on 10 seconds off for 7 minutes (only do once)

Rest 1-3 minutes and then complete the circuit below:

Reach Through Pushups: 10-20 reps

Squat Jumps: 10-20 reps

Leg Raise to Hip Up: 10-20 reps

Repeat 3-5 times depending on fitness level. Rest only when needed. Be sure to track how long the circuit took you and how many rounds you did.

Rest 1-2 minutes then complete the workout below (optional):

4X4 Shred Workout #1 – Pushin' Like Prodigy

Perform as many Pushups as possible in 4-minutes. Once finished, rest 2-minutes and complete the circuit that follows.

4-Minutes: As many Pushups as possible.

Rest 2 minutes then complete:

Burpees: 20 seconds

Prisoner Squats: 20 seconds

Outside Mountain Climbers: 20 seconds

Sprints in Place: 20 seconds

Rest 20 seconds and repeat 3-5 times.

Day 13 and 14 – Rest and Recovery Days

Walk, do yoga, go for a hike, play outside, etc.

Final Words...

Following exactly what we have gone over above is going to yield your fastest fat burning ever IF you follow the plan.

That's really the key... Everything has been laid out for you and now ***all you need to do is do it***.

Remember, this is just 2-weeks time to really get your metabolism kick started so you can be your most prepared for that two week deadline date.

Plus, after going through the two weeks, if you have more time you can always repeat the 2-week cycle 1-2 more times for even better fat burning results.

I encourage you to stick to the plan and take on the two week challenge that is above.

As always, if you have any questions please feel free to email dennis [at] fatburningnation [dot] com.

Dedicated to your fitness success,

Dennis Heenan, MCTT

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