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The Get Shredded Diet
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A Warning

First things first; the dietary strategy outlined below is extreme.

In fact, the dietary strategy outlined below is so extreme that you'll likely have to alter many of your lifestyle habits — even those independent of exercise, nutrition, and supplementation — just to tough through it. It's that hard. It's that extreme.

However, in the case of the dietary strategy discussed below, extreme isn't synonymous with dangerous. In fact, if applied strategically and infrequently, this strategy might even improve your health. And that's why I use it myself — once every 2 years for about 6-12 weeks — to improve my health while getting pretty scary-lean.

I'll say that again — I use it ONCE every 104 weeks for ONLY 6-12 weeks — and I use it in between long periods of healthy eating, sound training, and smart supplementation.

Those of you who follow my writing know that my baseline nutrition approach is best known for being moderate, smart, and sound. And that's why 92-98 out of 104 weeks are marked by moderation and good dietary decision making. But that's not what this article is about. No, this article is about presenting an extreme dietary strategy designed to make body fat disappear into thin air in the shortest amount of time.

To give you an idea of just how fast we're talking — you should expect body fat decreases of about 0.5%-1% per week when following the *Get Shredded Diet*. No kidding. And with this rate of progress, you'll actually be seeing physical changes every few days.

The Get Shredded Diet Isn't For Everyone

Now, I can't emphasize this point enough - this strategy isn't for everyone.

In fact, if you're closer to 20% body fat than you are to 10%, this strategy isn't for you at all. Instead, just like Dave Tate (below), and many clients before him, if you're starting out close to 20% fat (or more), you need to pick up a copy of my [Precision Nutrition kit](#) and start there. [Precision Nutrition](#) will give you the foundation you absolutely need if you want to walk around with a respectable level of body fat year-round.

However, once you've figured out how to slowly and sanely whittle your fat percentage down to the "fairly lean" range (12% or less for men and 19% or less for women) *and you've learned the habits that help you stay that way*, that's when something like the *Get Shredded Diet* can be a powerful weapon in your fat loss arsenal.

Simply put, if you're starting out fairly lean, you follow the *Get Shredded Diet* strictly, you have no underlying clinical problems, and you begin from a good foundation of eating, supplementing, and training properly, The *Get Shredded Diet* will make your body fat appear as if it's disappearing before your very eyes.

The Strategy

Below you'll find the *Get Shredded Diet*. I'll lay out the full plan — the calories, the macronutrient breakdowns, the meal breakdowns, the example menu, the re-feed days, the supplements, and more. Heck, I'll even talk about why on earth one might want to get down to 3 or 6% body fat — even if they're not a physique competitor. (You might be surprised.) So get out your pens and pencils and start taking notes.

The Calories:

The goal of the *Get Shredded Diet* is to help you drop 0.5% -1% body fat per week for between 6 and 12 weeks (the duration depends on how much fat you have to lose and how long you want to endure the plan). With this goal in mind, you know you're gonna have to cut calories. And you're gonna have to cut them hard.

So here's your new calorie formula:

Body weight in lbs x 10kcal

Now, does it have to be exactly bodyweight x 10 every day? Not necessarily.

Your calorie intake will likely fluctuate unless you eat the same exact things every day. So, if it fluctuates naturally, don't worry if you're at bodyweight x 9 one day and bodyweight x 11 another day. You can likely get away with that 10% spread. However, just make sure you stick within this range of calories — and don't try to justify taking in more!

For you mathematically challenged, here's a handy little table that outlines how many calories you should be aiming for.

Bodyweight*	Calorie Intake
100 lbs	1000kcal (900-1100)
150 lbs	1500kcal (1350-1650)
200 lbs	2000kcal (1800-2200)
250 lbs	2500kcal (2250-2750)
300 lbs	3000kcal (2700-3300)

*Of course, if you're in between these weights, do your own calcs, they're pretty simple. It's just body weight x 10.

At this point — a couple of important notes on calories:

1) If you're one of the folks discussed above that naturally fluctuate in their day-to-day intake and you're not seeing the 0.5%-1% per week fat loss rate, you absolutely have to do two things. First, make sure you tighten things up and are consistent day-to-day. Second, make sure to stick to the lower end of the range (bodyweight x 9). Heck, some of you might even need to try bodyweight x 8, if necessary. But start at the 9-11 range and measure your results every week to determine how to change up the program.

2) If you've been chronically undereating for a long period of time, this program won't work as well for you. As discussed above, those individuals who've figured out how to stay fairly lean — while choosing balanced meal selections — will do best when they launch into the *Get Shredded Diet*. So,

if you're a chronic undereater, you'll likely need to repair your metabolic rate and hormonal profile before starting this diet. Again, [Precision Nutrition](#) can teach you how.

The Macronutrient Split:

Ok, now that we've established the right calorie range and the conditions necessary before starting the *Get Shredded Diet*, let's talk macronutrients.

Protein should make up between 30 and 35% of your daily intake and all of it should come from whole food sources. This is the case for 3 reasons:

- 1) Whole food sources will contain more vitamins and minerals and it's essential to maximize vitamin and mineral intake when on such a low calorie diet. With this level of hypocaloric intake, you'll already be borderline deficient in some micronutrients so don't make it worse by using low micronutrient proteins during this extreme hypocaloric diet.
- 2) Whole food sources provide better satiety vs. most supplemental protein sources. As you're going to be *huuuungry*, you'll need every bit of satiety you can get.
- 3) Whole food sources have a higher thermic effect vs. most supplemental protein sources. Since you'll want to maximize your metabolic rate during the *Get Shredded Diet*, you'll want to increase your thermic cost.

Carbs should make up 10-15% of your intake. All of your carbohydrates on the *Get Shredded Diet* should come from fresh vegetable sources (preferably organic) like spinach, broccoli, green beans, asparagus, zucchini, cauliflower, different color peppers, carrots, tomatoes, etc.

Again, right now you'll need all the nutrition you can get in as few calories as possible. The veggies listed above fit the bill beautifully. Every day I'd like you to get at least one serving (1/2 cup) of each of the veggies listed above.

Fats should make up 55-60% of your intake. You should be getting a fairly even mixture of saturates, polyunsaturates, and monounsaturates (this means about 33% of your total fat coming from each). But don't worry, you don't have to be exact. Simply adding some olive oil, flax oil, fish oil, and avocado each day will help.

Now, at this point, I want to share with you another handy chart that includes your protein, carb, and fat intake goals:

Bodyweight	Calorie Intake	Protein Intake	Carb Intake	Fat Intake
100 lbs	1000kcal	75g	25g	66g
150 lbs	1500kcal	113g	38g	100g
200 lbs	2000kcal	150g	50g	132g
250 lbs	2500kcal	188g	63g	167g
300 lbs	3000kcal	226g	76g	200g

Meal Timing:

Now that we've established your calorie, protein, carb, and fat goals, let's talk meal breakdowns. Fortunately, this part is simple. You're going to eat 4 food meals each day with your calories evenly

split throughout the day. So, simply divide the numbers above by 4 to get your per-meal totals. Again, another chart to ballpark your meal-by-meal goals:

Bodyweight	Calorie Intake/Meal	Protein Intake/Meal	Carb Intake/Meal	Fat Intake/Meal
100 lbs	250kcal	19g	7g	17g
150 lbs	375kcal	28g	10g	25g
200 lbs	500kcal	38g	13g	33g
250 lbs	625kcal	47g	16g	42g
300 lbs	750kcal	57g	19g	50g

Now, does each meal need to be exactly 1/4th of the daily total. No! Just make sure that you're splitting your food intake up relatively evenly throughout the day and you'll be fine.

The Supplements:

Now, after reading the calorie ranges and macronutrient breakdowns above, you're probably ready to give the local loony-bin a shout. You might be thinking that I'm outta my mind. Perhaps you're worried about muscle and strength loss. Perhaps you're thinking that you'll suffer poor brain function with that few carbohydrates. Perhaps you're worried about nutrient deficiencies. Or you might have one of a host of other maladies in mind.

Well, worry no longer. If you use the following supplement strategy, you'll be filling in your nutritional gaps, you'll be making sure to avoid as much brain fog as possible and you'll be preserving muscle mass quite well.

And this isn't just theoretical. I've done the nutritional analyses; have used this protocol repeatedly with myself and other clients; and promise that if you do exactly what I say, you'll have the best experience possible — although, again, this won't be easy. Nor does this mean that you won't lose an ounce of muscle or won't lose any strength. What it does mean is that my suggestions will help mitigate the muscle and strength losses, minimizing them.

So here's what to do:

Supplements #1 and #2

Branched Chain Amino Acids and Creatine

Think of these two supplements as your muscle mass saviors. These two supplements will help mitigate muscle and strength loss and will help keep your aerobic and anaerobic systems running closer to optimal, ensuring that you don't feel like total dog poo during your diet.

You'll only feel like partial dog poo. But at least your workouts will stay productive.

In fact, I've tried the *Get Shredded Diet* without and with the BCAA+creatine combo and have found that the difference is night and day. With this combo you'll feel much better physically and mentally, will still get pumps in the gym (even with this very low carb approach), and you'll avoid the gumby-leg syndrome. That's where your muscles, especially your legs, feel flat and rubbery

most of the time.

Here's what to do:

For those under 200lbs, use 5g of BCAA and 2.5g of creatine 4x per day throughout the *Get Shredded Diet*. You'll use 1 serving during strength training and 1 serving after strength training. The other 2 servings you'll use between meals — whenever you like (see below for an example).

For those over 200lbs, use 10g of BCAA and 5g of creatine 4x per day throughout your diet. You'll use 1 serving during strength training and 1 serving after strength training. The other 2 servings you'll use between meals — whenever you like (see below for an example).

In terms of brands, obviously, [Biotest's BCAA](#) and [Micronized German Creatine](#) are top of the line. However, before there was Biotest BCAA, I used a brand by Extreme Formulations called [ICE](#) — it's also a good product.

Supplement #3

Greens+

Anyone who's read my work likely knows I'm a huge fan of Greens+. It's full of vitamins and minerals, loaded with free-radical absorbing antioxidants, packed with a variety of base producing compounds that will neutralize your dietary acids, and is rich with healthy bacteria to protect and detoxify your gut.

Greens+ becomes especially important on the *Get Shredded Diet* as it has a compliment of nutrients to help detoxify the body (this is important during periods of rapid fat loss when toxins are being released from your fat cells) and to help neutralize the [high dietary acids](#) you'll be taking in.

Here's how to use Greens+:

Use 1 serving per day, taken either with or between meals.

Also, if you're in the US, you'll have to stick with the regular [Greens+](#) varieties. However, if you're in Canada, you should try [Greens+ Daily Detox](#) as it's got a better detoxification profile than even the regular Greens+ varieties.

Supplements #4 and 5

multi+ and ZMA

I'm going to provide you with an example dietary plan below. I've analyzed this dietary plan thoroughly, looking at fat balance, protein quality, vitamin and mineral intake, and more. And in the end, although it provides a great variety of vitamins and minerals and covers most of an individual's daily needs, it's a little low in a few vitamins and minerals that I'd like to see more of, including:

Vitamin B1
Vitamin B6
Vitamin E
Pantothenic Acid
Copper
Magnesium
Zinc

Therefore, rounding out your intake with a daily serving of [Biotest's ZMA](#) and a serving of Genuine Health's dissolution tested, bioactive [multi+](#) formula should take care of any potential dietary deficiencies.

I know what some of you are thinking — why not just rearrange the diet to contain more of these micronutrients? Well, the truth is, it's damn hard to get all the necessary vitamins and minerals on such a low energy diet. So, this is where supplements come in — to fill in the gaps.

Keep in mind that one added bonus of these two supplements, besides preventing dietary deficiencies, is the fact that they'll help you sleep better while on the *Get Shredded Diet*.

When following a hypocaloric diet like this one, especially when you're getting very lean, it's very hard to get good quality sleep — for two reasons.

First, you'll be getting up to pee about 3-5x per nite. Second, your sympathetic nervous system tends to be amped up constantly. Having an adequate vitamin and mineral intake help tremendously in reducing the frequency of urination and in settling the nervous system at night.

Supplement #6

Fish Oil

Do I really have to expound on this one? I didn't think so. Simply take your 6-10g of fish oil per day and you'll be covered. I use [Biotest's Flameout](#) and [Genuine Health's o3mega](#), alternating between the two as I like to rotate fish oil types, just as I like to rotate protein powders during my other 92-98 weeks.

Supplements #6 and 7

HOT-ROX and Abs+

In terms of fat burners, it's no surprise that I often shy away from them. However, during your *Get Shredded Diet*, you're going to need the appetite suppression, thyroid hormone support, and metabolic rate support that HOT-ROX offers. Plus the energy boost won't hurt either. However, as many folks are sensitive to stimulants (especially HOT-ROX Extreme), I like to do one week on and one week off HOT-ROX, using something like Abs+ during the off weeks. Abs+ is a blend of very high dose EGCG (green tea extract) and CLA. Although it doesn't produce quite the fat loss effects of HOT-ROX, it's milder on the nervous system while still assisting in fat loss (through different mechanisms).

In terms of dosing:

Use [HOT-ROX](#) (3 capsules) 3x per day for one week. Then, during the following week, use [Abs+](#) (3 capsules) 3x per day.

Supplement #8

Power Drive

As a program like this will be pretty taxing on the CNS, regardless of your training program, you'll want something like Power Drive to help improve your focus, concentration, and training intensity.

When following the *Get Shredded Diet*, take one serving of [Power Drive](#) first thing in the AM and one serving in the evening between meals.

Now, to some of you this may seem like a lot of supplements. In fact, I can already hear the cries regarding expense, etc. But don't get too carried away. First of all, you won't be spending much money on food during the *Get Shredded Diet*, so you'll have money left over for supplements. Second of all, you should only be following the *Get Shredded Diet* for 6-12 weeks every 2 years. That's a maximum of 3 months. So it's not like this is an ongoing cost. Save up for the other 21 months if you have to. Just use them! Like I said, all of these supplements are in place to mitigate muscle loss, to ensure adequate nutrient status, and to keep you feeling sane during a relatively insane protocol. Sure, you can certainly try the *Get Shredded Diet* without the supplements. But you'd better not go blaming me when you fall flat on your face, knucklehead.

The Example Meal Plan:

Ok, it's time to pony up. I know you're wondering what The Get Shredded Diet looks like. So I've created a sample plan for you. Fortunately, it wasn't that hard to do. After all, I'm following the *Get Shredded Diet* right now. And here's my daily schedule:

Wake Up	BREAKFAST	BCAA/CRE ATINE	LUNCH
Power Drive in 1L water.	3 whole Omega 3 eggs	5g BCAA and 2.5g creatine	6 oz extra lean beef
1 multi+	30g Havarti cheese	1L water	2 pieces lean turkey bacon
	2 pieces lean turkey bacon		30g Havarti cheese
	0.25 bell pepper		2 oz spinach
	2 oz baby carrots		1 small tomato
	0.25 avocado		0.5 small zucchini
	1 cup green tea		0.25 small red pepper
	1 cup water		0.25 avocado
	3 HOT-ROX OR Abs+		1 teaspoon flax oil
	3 Fish Oil capsules		1 tbsp vinegar
			1 cup water
			3 HOT- ROX OR Abs+
			3 Fish Oil capsules
BCAA/CRE ATINE	TRAINING	POST TRAINING	DINNER
5g BCAA and 2.5g creatine	5g BCAA and 2.5g creatine	5g BCAA and 2.5g creatine	6 oz extra lean beef
1L water	1L water	Power Drive in 1L water	2 pieces lean turkey bacon
			30g Havarti

cheese

2 oz spinach

2 oz
broccoli

2 oz
cauliflower

2 oz green
beans

0.25
avocado

1 teaspoon
olive oil

1 tbsp
vinegar

1 cup water

3 HOT-
ROX OR
Abs+

3 Fish Oil
capsules

PRE-BED

2 whole eggs

0.25 green
pepper

2 oz carrots

1 serving
Greens+
Daily Detox

3 Fish Oil
capsules

3 ZMA

Now, remember — this is my own *Get Shredded Diet* plan. If you've got the same body mass as I do and you're training as I am, then this would likely also work for you. And for the record, I'm

currently 180lbs (3.9% fat) and am doing 4-5 strength sessions per week at 90-120 min per session, each session followed by 15 minutes of low intensity cardio.

So, based on the diet above, my total calorie intake is falling between 1800 and 2000kcal per day. Sometimes, however, depending on the day, I'll even skip the pre-bed meal, replacing it with another BCAA + creatine serving, taking my calories down even lower.

Why would I do that? Why not — it helps me get leaner even faster.

Now here's the critical point of the whole *Get Shredded Diet*. My plan is consistently producing a 0.5% and 1% body fat loss per week. It's working great, so it's the right plan for me.

But it might not be the right plan for you! If you're lighter or heavier than I am or you're training less or more, you'll have to slightly tweak the diet above to match your own needs. These adjustments are pretty easy to do using the [USDA nutrient database](https://www.nutritiondata.com/). However, if you don't know how to do it yourself — or you don't want to do it yourself — simply pop over to <http://www.johnberardi.com/services/index.htm> and check out our diet design services. We can help.

The Re-Feed Day:

Aww, yea... the part you've all been waiting for — the re-feed. Once every 14 days on this plan you're permitted a re-feed. Here's what you do:

- Pick out your re-feed days for the entire *Get Shredded Diet* period in advance. Schedule them on your calendar and stay committed to your strict plan, knowing there's light at the end of the tunnel — every 14 days.
- Until your re-feed days come, stay the course and follow the plan above with NO DEVIATIONS. After your 13 days in a row of dietary discipline, you'll have earned your re-feed.
- On the 14th day, wake up like it's Christmas morning. And on that day, eat the stuff that you wouldn't normally eat and certainly couldn't eat while on your normal *Get Shredded Diet* days.
- Now, hold up, killer. This isn't a license to go hog-wild. In fact, to keep things in check, here's a simple rule of thumb. Don't go too far over 3-3.5x your *Get Shredded Diet* daily guideline. Therefore if you're eating 1000kcal a day, don't go above 3000-3500kcal. If you're eating 2000kcal a day, don't go above 6000-7000kcal.
- Lastly, make sure you train on this day so that all that extra energy will go toward muscle-building and recovery.

So what does a suitable re-feed day look like? Well, take a page out of my own re-feed journal.

Breakfast — 6 egg omelet, 2 slices whole wheat bread, 2 pieces of bacon, 3 strawberry crepes, 2 pancakes with syrup.

Mid-morning weight training workout with [Surge](#) sipped throughout. Then, a post-workout serving of [Surge](#).

Lunch — 1 large pizza, garden salad, diet soda.

Mid-afternoon walk.

Dinner — Large dish of flax pasta with turkey meatballs, big salad, 1 piece of cheesecake for dessert.

Pre-bed snack — DQ Blizzard (PB Cups and Cookie Dough).

And no, I didn't count calories on this day, dummy! I just ate a bunch of tasty, non-diet foods and ate till I was full — without acting like I just escaped from a prison camp.

Of course, I don't have to re-emphasize that this re-feed above was appropriate for me, do I? If you're 100lbs you'll have to eat less. And if you're 300lbs, you can probably get away with more. But don't be a pig. Eat till you're reasonably full — but not stuffed — and eat stuff that you aren't permitted on The Get Shredded Diet. Do this and your re-feed day will be a success.

One more thing - be forewarned. People typically gain 5-10 lbs during a re-feed day. That's okay — it's mostly food volume in the stomach, glycogen resynthesis, and water retention. Again, it's no big deal — you'll lose it in the next 3 days assuming you didn't ignore my advice above, going hog-wild at 3 buffets.

If you did, don't be such a moron next time around.

Eat up!

So Why Should I Follow The Get Shredded Diet?

One question I get all the time, one question Dave Tate keeps getting lately, is this:

"So, why the hell are you dieting so strictly & trying to get your body fat so low?"

Follow-up questions include:

"Isn't it unhealthy?"

"What, are you going to put on posing trunks?"

"Why not just stick with 10%, won't your performance be better that way?"

Well, I can't answer questions for Dave. But here are my own personal reasons (psychological and physiological) for following the *Get Shredded Diet* once every 2 years.

1) To remember what it's like - for myself.

As I've competed as a bodybuilder in the past, I know the level of dedication and discipline required to take your body from 10 or 12% to 2 or 3%. It's extreme and many, many people do not have what it takes to go to these extremes of discipline and will power.

Ever since I was young, it took extreme lessons to impel my progress. Mid-sized goals were never enough. I needed big ones. And I credit bodybuilding for teaching me that I had what it takes to achieve big goals. In fact, the lessons I learned from my bodybuilding days have kept me disciplined in every endeavor I've undertaken — from my PhD studies to running a very successful business.

I'm asked all the time how I can simultaneously conduct research studies, consult with athletes, write prolifically, travel often, and run a successful business. My answer — that's nothing compared to getting ready for a bodybuilding show.

So, every once in a while, even if I have no intention of competing — which I don't, I've got to refresh my memory as to what it's like to be that dedicated to something — and to remain dedicated to that thing even when every ounce of my body rebels against it.

2) To remember what it's like - for my clients.

As I work with hundreds of high level athletes, some of whom are physique athletes, I sometimes need to remember what it's like to make large sacrifices in terms of personal comfort, in the pursuit of physical goals.

The amazing thing is this — it's easy to forget. It's easy to forget all the work that goes into our triumphs after they're over. As humans, we glorify our victories and, although we wax philosophical about the pain and sacrifice that went into them, we forget what it actually *felt* like.

Therefore, as a coach, once I've forgotten, it's easy to think my athletes are "wussing out" or are "just soft" if I have very high expectations and they fall short, complain, or look for short cuts.

Perhaps they are — but maybe not. Rather, maybe I have to be reminded what it was like the last time I put it all on the line. And when I'm reminded, I end up being a better coach — for 2 reasons. First, I actually understand *it* and therefore better understand my athletes. Second, the athletes know I understand it — so they give me more when I ask it.

3) To keep myself sharp

Related to the first point above, I find that it's easy to get soft and weak-willed as you get older.

As I wrote to Dave recently, "you just have test yourself from time to time — especially as you get a bit older, collect a few more creature comforts, and watch everyone around you 'takin' er easy' and getting weaker and softer in mind and body. Every once in a while you have to make it hard on purpose. Doesn't matter if it's in the gym or in the kitchen.

And while you've gotta be smart about things and stick to your goals, you've also gotta remind yourself that you're a man. You've gotta remind yourself that when you make a promise, especially one to yourself, you've got to stick to it and not crumble like many do. You simply gotta get in there and get it done — without complaint and without compromise. You just knuckle down and do what it takes."

I wonder how many of the people I see every day, stumbling down the street, have ever pushed themselves really hard; have ever gone the distance; in anything in their lives. I know, for a fact, that some haven't. And, to me, that's not a life worth living. But that's just my opinion.

4) Calorie restriction may make me healthier

Probably, by this point, some people think I'm off my rocker - especially after the chest pounding and discipline rhetoric above.

So, what if all the chest pounding makes a man unhealthy? What if it compromises his quality of life? Huh, JB. Huh, tough guy?

Well, if it makes a man unhealthy, then it may be a problem — depending on the man, I guess. But let's drop the what ifs, shall we? The *Get Shredded Diet* isn't unhealthy. In fact, it may actually be just what the doctor ordered.

That's right, for a moment let's consider the potential health implications of short term (6-12 week), infrequent, nutrient dense, energy restriction phases. Wait a second, put that way, *the Get Shredded Diet* kinda sounds like a calorie restriction diet. And isn't calorie restriction supposed to be very healthy?

Now, let me be clear. I'm not a fan of long-term calorie restriction - for many reasons (that's another article for another day). However, there are some compelling benefits associated with giving the organs an occasional break from the high calorie lifestyles most of us weight lifters tend to lead. So, if the *Get Shredded Diet* behaves as many calorie restriction diets do in animal models, it might actually boost health and longevity.

And before the Pub Med ninjas get all huffy and assert how 3% or 6% bodyfat is sooo unhealthy, remember the fact that the *Get Shredded Diet* only takes you down to that fat % for short periods of time. No one's saying that we have to get down to 3% for life. Rather, I'm saying get lean every 2 years and after you reach your goal, slowly transition back to normal eating and a more manageable body fat %.

5) Bodyfat removal and detoxification

For those of you that don't know, adipose tissue is a major storage depot for various toxins. Studies have shown that when some individuals go on a fat loss program, there is an acute release of toxins into the bloodstream.

In fact, one study from the 90s showed that a group of middle-aged individuals losing large amounts of body fat had high blood levels of certain pesticides that hadn't been used in commercial farming since the 70s! Crazy!

So, what if we were to rapidly increase our rate of fat turnover and drop a good amount of body fat every two years? Wouldn't that GET RID of the toxins? And wouldn't that be healthy to get rid of all those toxins every so often?

Now, sure, rapid fat loss CAN lead to a large, unhealthy increase in blood levels of toxins. But, in conjunction with a solid exercise program, an appropriate intake of dietary antioxidants, supplemental vitamin and mineral co-factors, a sufficient amount of protein and amino acids to assist detoxification systems, a large water intake for toxin dilution, and a natural detoxifying blend like [Greens+ Daily Detox](#) — wouldn't the *Get Shredded Diet* be, like, the ultimate detoxification plan?

7) Vanity and Being Consistently Lean

Of course, I'd be lying if I didn't admit there was a vanity component to the *Get Shredded Diet*. Yet, regardless of what anyone thinks of my vanity, I'm not afraid to admit that I like being lean and I want to stay right around 10% body fat for the rest of my life.

No, I don't want or need to be below 6% for the rest of my life. But, getting down to 3 or 4% for a few months every two years helps me keep closer to that 10% the rest of the time.

You see it happen all the time. People are young and fit. Then, their lifestyles change. They take on new careers, new friends, and start settling down and taking it easy. Their eating changes. Their drinking habits change. They sit at a desk all day. And next thing they know, they're fat and they don't know what happened.

Well, I know what happened. In fact, I'm writing a book about it — it's called the *Metabolism Advantage*. And the premise is this — although most people think the metabolism slows down to a large extent as we age, they're completely wrong.

In individuals who stay just as active and continue to eat just as well from ages 25-65, the metabolic drop is less than 0.5% per decade. Compared to the 5-10% drop seen in age-matched peers, that's nothin'.

So it's clear that the body isn't designed to get sluggish and sloppy as we age. And no one just wakes up fatter. Rather, body fat slowly accumulates with each passing decade and you don't really notice it till you're too fat.

Well, for me, I choose to pass on the excuses, rationalization, and ever-increasing body fat %. I'll be using the *Get Shredded Diet* every couple of years as long as these lungs have breath. It'll keep me lean for the remainder of my days, regardless of the slow accumulation of body fat that may accompany any lifestyle changes I personally make.

8) Fat loss memory

Although I don't have any evidence that this is the case — well, except for observation and experience with hundreds of middle-aged clients — I'm convinced that going through an extreme period of fat loss causes cellular changes that make it easier to get lean with each subsequent diet.

I think of this as the body's fat loss memory.

So, I make sure that every 2 years my body gets reminded of its ability to drop fat successfully. That way, in the future, I'll always be able to successfully manipulate my body composition without the typical complaints — "it's just harder to get lean as you get older."

Again, with my middle-aged clients who have followed the Get Shredded Diet every few years, this isn't the case at all. They can still drop fat quickly and successfully.

So, How Well Does The Get Shredded Diet Work?

Without dancing around the topic at all, let me give you 2 concrete examples straight away.

This first example comes from my own personal experience with the *Get Shredded Diet*. My 2 years are up and it's my time to get rid of some unwanted fat, purge the toxins, and remind myself what it's like to work my ass off in pursuit of a goal. So here are my results from the first 8 weeks of the *Get Shredded Diet*.

	Total Weight	Fat % (7-site Jackson Pollock equation))	Lean Body Mass	Fat Mass
JB Before	195 lbs	10.5%	174.5lbs	20.5lbs
JB After	180 lbs	3.9%	173lbs	7lbs
Change	-15lbs	-6.6%	-1.5lbs	-13.5lbs

So, what's next for me? I'm going to ride the diet out for the full 12 weeks and see just how lean I can get. I'm expecting my fat loss to plateau soon and end up bottoming out in the 2% range, which is almost contest-ready. Then, I'll slowly increase calorie intake, eventually stabilizing again between 8 and 10% fat.

The next example is from my female training partner. She's been following the program along side me and will also ride it out the full 12 weeks.

	Total Weight	Fat % (7 Site Jackson Pollock equation)	Lean Body Mass	Fat Mass
BC Before	125lbs	19% fat	101.2lbs	23.8lbs
BC After	116lbs	10% fat	104.4lbs	11.6lbs
Change	-9lbs	-9% fat	+3.2lbs	-12.2lbs

If you're looking for another case study, hang around for a few more weeks and I'll post Dave Tate's results. He's starting his *Get Shredded Diet* right now. He's about 10% body fat (at 263lbs) and wants to see what six weeks on the *Get Shredded Diet* can do for him. Down from 20% fat and armed with a new set of dietary and lifestyle habits, he's set an arbitrary goal of 7-8% body fat and is determined to get there. So we'll likely have him run the *Get Shredded Diet* for the next 5-6

weeks.

Wrap Up

As this might very well be the longest diet article ever, I'm going to wrap it up right now.

The *Get Shredded Diet* ain't nice. The *Get Shredded Diet* ain't easy. Most of you don't belong on this diet. And even fewer have what it takes to stick with it.

However, for those that are left, if you're looking to see what life is like on the lean side, the *Get Shredded Diet* will get you there.

About The Author

Dr. John Berardi, CSCS, is a world renowned author, speaker, and consultant to a number of elite athletic programs. For more information about Dr. Berardi and his nutrition programs for both athletes or recreational exercisers, check out www.precisionnutrition.com.

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