



# *7-Day Rapid Fat Loss Accelerator Guide*

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## The 7-Day Rapid Fat Loss Accelerator Guide

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## The 7-Day Rapid Fat Loss Accelerator Guide

# Introduction

Welcome to The 7-Day Rapid Fat Loss Accelerator Guide.

This guide is meant to accelerate your fat loss for the next 7-days in record time. If you follow this guide to the exact letter, **you will experience a dramatic amount of weight loss that you have probably never experienced before.**

I welcome you to be open to these methods. It will be a short burst of hard work, but once you've completed this guide, you will experience a pretty big change in a short amount of time.

These are methods that I have used personally and have also used with fighters to cut off weight that is specifically fat.

If you're going through a plateau in your weight loss efforts, then give this guide a try and you will be amazed by your results.



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# Day 1

Believe it or not, today is going to be your “cheat day”.

You’re going to rev up your metabolism and increase your leptin levels. Which is your fat burning hormones that will help with your fat loss.

Although, there is a catch... We are going to take an intermittent fasting protocol for our cheat day. As a matter of fact, we are going to be doing this for the whole week (7 Days).

Here’s what you’re going to do. Don’t eat until 12 pm or 2 pm. Depending on what time you go to bed and wake up. You’re going to have an 8-hour eating period throughout the day.

For example, if you had your first meal at 12 pm then you cut off your food intake at 8 pm. Or if you had your first meal at 2 pm, then your food consumption is cut off at 10 pm.

Make sense?

Perfect. So, remember, anything goes with a cheat day, just make sure it’s within those 8 hours.

Another important aspect to this cheat day is making sure you get a HARD Workout in. Preferably after your fast, before having your first meal, if possible.

This is very important that you get in a good workout, because your insulin levels will be high and a lot of the carbs that you’ll be eating will be used for muscle glycogen.

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# Day 2

I hope you enjoyed Day 1, because Day 2 won't be as fun.

We are going to do the same intermittent fasting protocol where you only eat during an 8-hour eating period.

This time, we're going to go ZERO carb. So for this day, you're not going to have any carbs at all. Not even fruits. But you can still have as many vegetables as you'd like. Not including root vegetables like sweet potato's, beets, etc. Those are off limits.

Although, fruits like berries, which are very low carb, can be acceptable.

Now, the only alternative in this case for having carbs is if you're going to workout. If you workout out on this day, then I recommend having fruit after your workout for a small amount of carbs to help replenish glycogen stores and help recover from the workout.

Make sure you're getting plenty of protein and healthy fats. Throughout the rest of the week, we're going to be focusing on whole foods and avoid overly processed foods as much as possible.

Remember to only eat during the 8-hour eating period. This is a vital aspect to the process.

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### Day 3

Day 3 is going to be pretty similar to Day 2, but now we will allow a bit more carbs.

We will only allow carbs under specific conditions though...

Another important aspect for today is that, you're going to be doing a workout. And only after the workout, you'll be consuming the bulk of your carbs.

For example, you can do your morning fast and then perform a workout and after that workout, you can consume a sweet potato or any other root vegetables upon completing the workout.

You can also have a post workout shake/smoothie that contains carbs, which will also be considered for your daily carb intake.

You can also consume fruits and vegetables throughout the 8-hour feeding period on this day as well.

Make sure you don't over do it. You're still avoiding foods like pasta, bread, and even whole grains.

Your carb intake should still be pretty low on this day and you're only earning it after a good ole workout.

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# Day 4

Day 4 is going to be very similar to Day 2.

We're going to be going very low carb and avoid foods that contain high carbs like root vegetables.

You can still have berries and other sources of vegetables. Also, make sure to have protein and healthy fats at every meal.

Today would probably not be a workout day. If you do choose to workout on this day, then make sure it is a light workout and have some carbs post workout like fruits or shake/smoothie.

By Day 4, you will probably start to feel "drained" and low in energy. This is fine. Keep consuming foods during the 8-hour feeding window and you'll be able to sustain your energy levels.



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## Day 5

Today is going to be another workout day. That means more carbs for you.

After your morning fast we're going to get a good workout in and then consume the majority of our daily carb intake right after the workout.

Keep the post workout carbs to root vegetables and high carb fruits like bananas, mango, etc.

On this day, you can also enjoy all types of fruits throughout the 8-hour feeding period. And of course, eat your vegetables.

Remember to keep consuming your protein and healthy fats.

One thing that I would like to point out is to make sure you consume protein right after your workouts with your carbs.

This will help repair broken down muscle tissue and also help with recovering for your next workout. Which is very important during this week.





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# Day 6

Day 6 is going to be another “tough” day.

It’s going to be another low carb day, where you will only eat vegetables and berries for your carb intake. This doesn’t include root vegetables.

Feel free to take this day off from working out.

If you do choose to do a light workout on this day, again make sure to consume some fruit or have some carbs in your smoothie/shake to consume after your workout.

We’re almost there. Keep sticking to that 8-hour eating period and keep consuming whole foods.

Your body will start to use fats for energy which is what we want.

Keep plugging away, the finish line is near.



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# Day 7

Congratulations, you've made it to the last day.

Now you might be thinking that we're going to perform a hard workout and then eat a bunch of carbs right after.

Sorry to disappoint, but that's not what we're going to be doing.

Today is actually going to be very similar to yesterday. We're going to be going very low carb and avoid high carb foods like root vegetables.

Today is also going to be a light workout day. And after that workout, we're going to be consuming high carbs fruits or have a post workout shake/smoothie.

Then there will be no more carb dense foods throughout the 8-hour feeding period.

If you followed this 7-Day protocol exactly as stated, then you should've lost a good amount of fat. Check your weight the next morning and see how much it has changed.

You can even take some measurements if you'd like. Or you can just take a look in the mirror and see the difference.

Make tomorrow a cheat day so that you can get your leptin levels high again and get those fat burning hormones back on track.