

# DIET FREE WEEKENDS



**Your Escape from Diet Prison**

***A quick message  
from the Creators  
of the Diet Free  
Weekend,  
Mike & Sabrina  
Whitfield...***



It's here! Finally, a solution that lets you have your weekends back!

Hi! These are our kids, Champ and Deakan. During the week, Mike is busy with helping thousands of people all over the world with his online fitness programs and coaching while Sabrina is taking the kids to school and in the near future, starting a home schooling program.

During the week, we're in a routine. We know what to expect. It's actually "easy" for us to stick to a solid nutrition plan. But when the weekend comes, we finally have well-deserved family time and we don't want to waste a minute of this precious time with "well, we can't eat there because it doesn't go with our diet".

So, after much tweaking and testing out with Mike's clients as well ourselves, we are so excited to bring something that works, while letting you enjoy your favorite foods with your friends and family every weekend.

Now, this is not a "miracle" program that will let you melt 10 pounds in 9 days. There's enough of those on the market, right? ☺

However, what this is... it's a simple, doable and sustainable plan. And you know what? It's the most ENJOYABLE plan on the market.

We look forward to hearing your success and having fun again on the weekends without the guilt!

**MIKE AND SABRINA WHITFIELD**

# DISCLAIMER

**You must get your physician or dietician's approval before beginning this nutrition program.**

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with any diet program.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace a doctor's advice. Mike Whitfield, Sabrina Whitfield or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

The dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

# QUICK OVERVIEW

No fluff. You want a way to enjoy your weekends, right? Cool, let's forget all the boring "sciency" stuff and heart-warming stories blah, blah, blah.

Let's get to the "meat" of the program.

First, here's a rough outline of what you get to experience with this program:

**Monday - Thursday** – Be good.

**Friday – Sunday** – Enjoy yourself.

It's all set up so you can do this week in and week out and still up to 3 pounds of fat every week.

**You MUST eliminate ALL doubt when starting this program.**

There's a strong chance you'll feel "odd" by enjoying yourself more. But basically, here's why this works:

**Other diet programs focus on a DAILY calorie decrease**

**This guide focuses on a WEEKLY calorie decrease**

Just like a final destination, there are numerous ways to get to a final destination (just look at any map).

Diets work in the same way.

However, the principles in this guide are so powerful (and doable) because it coordinates with your willpower. Your willpower is at its strongest at the beginning of the week, so you'll take advantage of this, along with some hormonal "tricks" that trigger your body to burn more fat during those 4 days (Monday through Thursday).

## ***Pretty cool stuff...***

Now here's the deal... you want results, right?

Nothing is more earth shattering than to commit to something and then seeing no results.

So, that's why I suggest you use the Success Tracking Journal and DO NOT rely solely on the scale. The scale can be your worst enemy. Sure, it can be ONE tool to use, but definitely do not let that be your one and only way of tracking progress.

**I once had a client that lost only 5 pounds, but went down 2 sizes.**

There's more info in the Success Journal, but the idea is to use a tape measure every 4 weeks on the same day, at the same time. We recommend Thursdays as this is just before your reward weekend. Definitely DO NOT track on Mondays 😊

## ***Cool?***

Alright, on the next page, you'll see exactly what you'll get inside this guide.

At the end of the manual, you'll also find the Frequently Asked Questions section very helpful. These were the most common questions asked during the testing with clients (AKA "guinea pigs").

Let's do this!

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# THE 5 SIMPLE RULES OF THE DIET

## **Rule #1 – Eat Only Until You’re Full on Reward Meals**

For one thing, eating until you’re miserable takes the JOY out of enjoying your foods. Now you’re just “EN---ING”. Oh c’mon, that’s hilarious. Anyway, eat until you’re satisfied and enjoy every bite.

Remember, your cheat meal is not the only “fun” food you’ll be eating. You have another one coming and that’s part of the beauty of this program. This prevents you from binging!

## **Rule #2 – Limit or Eliminate Alcohol**

When testing this, we tested it without alcohol. Sorry for the bad news but....

Alcohol increases hunger and jacks up your hormones. That’s the world we live in. You’ll get the best results by eliminating it all together, but at the very least, limit your consumption to 2 per week (and keep them on your weekends).

## **Rule #3 – Follow AND Trust the Program**

Nothing to elaborate on here... but just know that this has been tested and it works. You won’t lose a billion pounds in 7 days. However, you will lose up to 3 pounds of fat per week.

It’s no secret that when you combine this diet with a solid exercise program, you’re going to look and feel even better. Those that combined this diet with an exercise program are the ones that lost 3 pounds per week.

## **Rule #4 – If You’re NEW to Intermittent Fasting, Please Use the “Break-in to Intermittent Fasting” Guide**

Intermittent fasting is simply a break from eating food. We’ll be doing a mixture of daily fasting (16 hours – so basically, you skip breakfast) as well as (2) 24-hour fasts.

If you’re new to Intermittent Fasting, it can be overwhelming for the first 1-3 weeks. That’s why I suggest a “break-in” period of 2 weeks to explore this new concept.

Once you get used to it, the benefits are amazing...

- Increased growth hormone (this hormone burns fat!)
- Decreased appetite (you naturally eat less and feel full)
- Increased cellular repair (including your skin!)
- Increased metabolism
- Increased energy

The Guide to Intermittent Fasting is just before the Day-to-Day plan.

Follow this for 2 weeks before jumping into the Diet Free Weekends plan if you’re new to intermittent fasting.

## **Rule #5 – What’s a Reward Meal?**

A reward meal is your favorite foods like pizza, cake, pancakes, even more pancakes, chips and salsa, etc.

Some people get confused as to whether they want to use their reward with the a meal or a dessert. With this plan? **You can have BOTH.**

Just remember the golden rule – DO NOT binge and eat only until you’re satisfied. For most, that might mean cutting back a little on the meal itself so they can have their dessert, too. Make sense?



# BREAK-IN PERIOD

## (HOW TO APPROACH INTERMITTENT FASTING)

Let's avoid being overwhelmed. Whatever you're doing now as far as your diet, stick to it. We just want you to get used to the idea of intermittent fasting, making the Diet Free Weekends plan even more powerful.

Consider this your "break-in" period before starting the Diet Free Weekends plan.

So here how's to do that...

Complete (1) 20-hour fast for week 1.

Let yourself become accustomed to it. So if you eat your last meal at 6pm on Monday, then your next snack or meal will be on Tuesday at 2pm.

Complete (2) 20-hour fasts for week 2.

Here's the secret to using Intermittent Fasting...

### **Choose a Method for Breaking Your Fast**

This will keep you from overdoing it after coming off a fast. So, once your fast is over, choose some kind of ritual that you do every time your fast is complete. For example, you could break your fast with a glass of unsweetened tea. Don't jump into the pantry immediately after a fast – this could lead to questionable amounts of chips, pretzels and other foods that are "just for the kids".

Now after the 2 weeks, your body will be "open" to the idea of fasting. The good news is that it will be even EASIER because of the entire weekend of awesomeness.

The daily fasting will be a piece of cake compared to the 24-hour fast. You got this! Now let's dig into your Diet Free Weekend Plan...

# DAILY PLAN

Because eating your favorite foods is so fun, that's what we're going to start with. So yeah, we'll start with Friday. Consider us rebels.

Note – If you find yourself having a tough time “holding out” until your 24 hour fast complete, you can eat 1 portion of protein at the 20-hour mark.

Another Note – Remember what we said about what is a “reward meal”. You can have a cheat meal with a cheat dessert as long as you follow rule #5 ;)

## FRIDAY:

24-Hour Fast followed by a reward meal. So if you ate your last meal at 6pm, you'll eat again Friday night at 6pm.

## SATURDAY:

16-Hour Fast followed by 2 reward meals (your reward meals should be the only food you consume this day). So if you ate your last meal at 6pm, you won't eat again until the next day at 10am.

## SUNDAY:

16-Hour Fast followed by a reward meal.

Rest of the day:

1 serving of protein

All the free veggies you want

**Note** – you can have your Sunday reward meal at night or for lunch. This is YOUR choice. We believe in flexibility 😊

## MONDAY:

24-Hour Fast followed by:  
1 serving of protein  
2 servings of fats  
All the free veggies you want

So if you ate your last meal on Sunday at 6pm, you won't eat again until Monday night at 6pm. Yes, you still get to eat EVERY day!

## TUESDAY & WEDNESDAY:

16-Hour Fast followed by:  
3 servings of protein  
All the free veggies you want  
Optional – up to 2 servings of fruit/carbs

## THURSDAY:

16-Hour Fast followed by:  
3 servings of protein  
3 servings of fats  
All the free veggies you want

Repeat until you reach desired weight – enjoy your weekends!

**Note** – once you reach your desired weight, you can continue with the daily fasts, but eliminate one or both 24-hour fasts.

# NO COUNTING CALORIES METHOD

## (WHAT'S A SERVING?)

Counting calories is really tedious. That's why when we tested this we didn't count calories. The less stressful your diet, the better.

So, here's a simple guideline in serving sizes...

Use your palm to determine protein portions

Use your cupped hand to determine carb portions (fruit, etc.)

Use your thumb to determine fat portions

Free veggies – unlimited (the veggies on the grocery list are nutrient-dense and not calorie-dense, making you feel full faster and that's why they are "free").

The great thing about this method is that you don't need any fancy measuring spoons or cups. It's almost TOO easy ;)

Let's show some examples.

## PROTEIN

1 serving is the size of your palm. So, here's what 1 serving of protein looks like:



## CARBOHYDRATES (FRUITS/STARCHES)

1 serving is the size of your cupped hand. So here is what 1 serving looks like:



## FATS

1 serving of fat is the size of your thumb. So here is what 1 serving looks like:



Now if it's an oil, you'll use 2 tsp as a serving size. Pretty simple, right?

# WEEKLY GROCERY LIST

Now that you know what the servings are – here is an easy grocery list to inspire some ideas...

## PROTEINS

- Bass
- Beef Jerky
- Chicken breast
- Cod
- Eggs
- Egg whites / liquid egg whites
- Extra lean ground beef
- Extra lean ground turkey
- Flank steak
- Halibut
- Lobster
- Pork loin
- Roughy
- Salmon
- Scallops
- Shrimp
- Swordfish
- Tilapia
- Top round steak
- Tuna steak
- Tuna
- Protein powder (low-fat/low-carb) (I recommend Bio-Trust – it tastes great plus without all the artificial crap and sugars you find in other protein powders. Find out more at <http://ruckus1.biotrust.com/Shop.asp?p=LowCarb>)

## CARBOHYDRATES

This is really simple. Since you have all weekend to enjoy your favorite carbs (including bread, pasta, etc.), limit your carb consumption Monday – Thursday to only fruits.

All fruits are welcome!

# FREE VEGGIES LIST

## (Can be eaten at any time)

- Artichoke
- Artichoke hearts
- Asparagus
- Beans: green, Italian, wax
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage: bok choy, Chinese, green
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Eggplant
- Green onions or scallions
- Greens: collard, kale, mustard, turnip
- Jicama
- Kohlrabi
- Leeks
- Lettuce (green, red, romaine, etc., etc.)
- Mixed vegetables without corn, peas or pasta
- Mushrooms
- Okra
- Onions
- Oriental radish or daikon
- Pea pods
- Peppers, all varieties
- Radishes
- Rutabaga
- Sauerkraut
- Soybean sprouts
- Spinach
- Sugar snap peas
- Summer squash
- Swiss chard
- Tomato: raw, canned
- Turnips
- Water chestnuts
- Zucchini

# FATS

- Almonds / almond butter
- Almond milk
- Avocado
- Avocado oil
- Cashews / Cashew butter
- Coconut milk
- Coconut oil <= **GREAT fat to keep in your diet!**
- Coconut
- Extra virgin olive oil
- Flaxseed
- Flaxseed oil
- Nuts (varieties)
- Olives (all kinds)
- Natural peanut butter
- Pecans
- Pistachios
- Walnuts
- Whole Egg



# SAMPLE WEEKLY PLAN

## **Friday**

Fast until pizza and some ice cream

## **Saturday**

Fast until cheeseburger with fries at lunch

Dinner – grilled chicken and a side salad, a HUGE piece of peanut butter pie for dessert

## **Sunday**

Fast until French Toast for Brunch

Snack – Protein shake

Dinner – Salmon with grilled vegetables

## **Monday**

Fast for 24 hours followed by:

Dinner – Top Sirloin with mushrooms sautéed in olive oil

## **Tuesday**

Fast for 16 hours followed by Smoothie of protein powder with your favorite fruit

Snack – 3 Low fat string cheese with an apple

Dinner – Blackened Catfish with sautéed vegetables

## **Wednesday**

Fast for 16 hours followed by protein shake with almond milk

Snack – 2 hard-boiled eggs or Greek yogurt

Dinner – Extra lean ground beef patty with bacon, side salad

## **Thursday**

16-Hour Fast followed by 2 TBSP of natural peanut butter and protein shake

Snack – Hummus and vegetables (celery, broccoli, cauliflower, etc.)

Dinner – Grilled chicken breast sautéed with extra virgin olive oil and steamed broccoli with minced garlic.

# FREQUENTLY ASKED QUESTIONS

## ***I work out regularly. Are there any adjustments that need to be made?***

Yes. On your workout days that fall between Monday and Thursday, you can eat an additional 2 servings of carbohydrates, however this is optional. If you have enough energy for your workouts, you don't need to consume the extra carbs.

If you do consume the extra carbs, eat them around your workouts (before or after). However, if your workout is on a fasting day, continue with your fast. If you find yourself struggling during your workouts, you can break your fast with a protein shake, but continue your fast after the shake.

## ***What's the definition of a "reward meal"?***

A reward meal is your favorite foods like pizza, cake, pancakes, even more pancakes, chips and salsa, etc.

Some people get confused as to whether they want to use their reward with the a meal or a dessert. With this plan? **You can have BOTH.**

Just remember the golden rule – DO NOT binge and eat only until you're satisfied. For most, that might mean cutting back a little on the meal itself so they can have their dessert, too. Make sense?

## ***What can I consume while I'm fasting?***

Keep your calories as close to 0 as possible. That means you can have coffee, but keep the creamer at bay or very little. Unsweetened drinks are fine, too. Yes, you can chew gum. (We get asked that all the time).

## ***What if I'm overwhelmingly hungry on my fast?***

At the 20-hour mark, you can consume 1 serving of a protein (for example, 1 scoop of protein powder and water).

## ***What if I snack on reward days?***

If you prefer to snack over full-reward meals, the same rules apply (see rule #5). But you must choose one or the other, you cannot have snacks and reward meals. Let's be realistic 😊

## ***What if I want breakfast as a reward meal?***

I understand, I love pancakes myself 😊 You can certainly enjoy yourself at breakfast and skip lunch. Ideally, the intermittent fasting approach is better but we want this program to be flexible.

## ***How often should I eat Monday through Thursday?***

That's up to you and whatever fits your schedule and personality best. There is no right or wrong answer here. You can spread your servings over 3-4 meals or cut it down to 1-2.