

The Real Junk Food Diet Book v2.0

by Dr. Eric C. Sayre, PhD



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*By reading this book, you agree to these terms and conditions.

Foreword from the author

Dr. Eric C. Sayre, PhD is a statistician, researcher and author currently living in Vancouver, BC. He is a well-published scientist, with well over 200 publications between 1997 and 2017, including a mixture of first-authorships and coauthorships on articles published in peer-reviewed medical journals, abstracts presented at scientific meetings, research reports and invited talks. For more information and links to other free books and software, please visit www.ericstayre.com.

Over several years, Eric applied his skills and experience in research and writing to develop a diet and exercise plan designed for those who love junk food, but want to lose weight and maintain a healthy body. This requires a diet that respects our love of junk food and occasional reluctance to exercise, but also respects the science of healthy nutrition, in a minimally demanding schedule designed for weight loss without giving up our love of pigging out. To this end, he has written this compact, scientifically motivated but fun and comedic how-to manual on doing just that.

[The Real Junk Food Diet Book](#) was built from the ground up on our love of junk food. It does not mandate that people stop pigging out, quite the contrary, yet it strives to achieve a healthy weight and healthy body. This is to be contrasted with certain diets that may have similar sounding names, hence the "Real" in The Real Junk Food Diet Book. Developed meticulously over several years, this diet is the product of extensive scientific research (more than 100 references) but is written in an easy, comedic writing style. Only 15,000 words, this compact handbook was designed for the slob who is too lazy to read a long-winded novel on dieting, still wants to lose weight, and doesn't want to give up pigging out on junk food in the process. Sound like someone you know? Me too! The Real Junk Food Diet Book does not mandate an extensive exercise regime, because you and I would not follow such a thing. Instead, this diet is based on the scientific properties of human metabolism, and human psyche. Follow The Real Junk Food Diet Book, and you will quickly forget that it *is* a diet; I consider this a lifestyle, and a fun one.

The pounds will drop off, yet you will continue to enjoy vast amounts of the succulent foods you love the most. How can this be?!? Oh it be, my friends, it be. Turn the page to find out how.

Introduction

My friends, I don't have time to beat around the bush and pamper your feelings. I'm just too damn busy. I'm a professional statistician with about fifteen bosses and clients at any given time, I've got a website to maintain at www.ericstayre.com, a gaming habit and anonymous YouTube channel that eat up even more time, and I'm writing this book. So permit me to be blunt.

You're fat.

Now don't get me wrong, I'm not trying to be mean. I've "been there done that" my friends, I was not-a-good 245 lbs and I'm 5'10" if I'm lucky. Since then, I've had my weight as low as 175 lbs before deciding that I was too skinny for my frame. I reset my weight to 195 lbs for a couple years, before deciding to add a little more muscle and increasing my weight again, but not my body fat percentage. Today, at 46 years old, I'm in great shape, 15% body fat, well muscled and strong with excellent cardio and a low heart rate. I'm only telling you that you're fat because the first step to your salvation is admitting your failures. I know this from experience. The last day that I was not-a-good 245 lbs, that fateful day at 30 years old (16 years ago!?), I looked in a full length, department store change room mirror while trying on extra large tee shirts (alright, call them muumuus) and I saw this big, fat, obnoxious-looking, bald gorilla looking back at me. I told that fat bastard to get the hell out of my change room or I'd call security! But of course folks, that bald ape was me.

And I had an epiphany that day my friends, one of those moments when I finally, suddenly knew what I looked like to the rest of the world.

I was one fat ugly bastard.

What's going to happen if you have an epiphany like I did? Will you magically lose a whole pile of weight? Sorry my friends, but you do need to change something about what you've been doing, first. If what you've always done got you to be 50, 100 or 300 lbs overweight, then you have to change *something* in order to drop that weight. Well then, what's so great about having an epiphany?

An epiphany is a good time to make that change.

So how about going on a diet? But you've tried a bunch of diets already and they didn't do squat except make you suffer and gain even more weight in the end. This is true for pretty much all the diets out there with "cool" sounding names: the Joe Blow Beach Body Diet, the Jane Schmo Butt Shaping Diet, the Greatest Diet

Ever Invented Diet. Those sure sound snazzy! I bet you signed up for a few gym memberships too, all starting January 1 on some doomed New Year's resolution and ending February 1 because you were just too damn busy that year—again. In dieting, failure is "ubiquitous", just to throw a fancy word in there, after all, I'm a writer! Success is extremely rare.

All diets are yo-yo diets for most people.

Sure you hear the odd success story, but what are *your* chances of success? Just because some hillbilly wins a few million bucks in the lottery every single week doesn't mean that you ever will win no matter how many tickets you buy. That's the fallacy most people just don't get, and until I had a degree or three in statistics, I didn't really get it either. But I get it now. You're not going to win the lottery my friends, so let me save you some money: stop buying tickets. If this book ends up a best seller then maybe I will have lied to *one* of you, *maybe* (but I doubt it). This is the difference between a near guarantee that *someone* will win, and any chance at all that it is *you* who will win. Because I assure you my friends: none of you will.

Lotto tickets are for chumps. So are most diets.

So do you need a diet that might have worked for some guy in some other town who got paid to be on the infomercial you watched at 3 AM last night while eating a big bag of potato chips or the rest of that extra large pizza? Of course not, my friends, you need a diet that has a great chance of working for *you*. Even better, a diet you can remain faithful to for the rest of your life without ever feeling like it even is a "diet". You need a new lifestyle.

But you're a pig, through and through! You love junk food more than your own family! Junk food *is* your family! He or she comforts you in your times of need, he or she brings happiness to your life and asks for nothing in return except a few hundred dollars a month on pizza and doughnuts. You can never give up your oldest friend, you are far too loyal! That's why no diet can ever work in the long term for you, because

Your oldest and dearest friend, Junk Food, always calls you back.

But *that*, my good friends, is exactly why *this* diet *will* work for you. I know your life revolves around food, so does mine! I know you are a pig through and through, but so am I! We aren't going to *suppress* that fact, we aren't going to *change* that fact, we aren't going to try to make 1 plus 1 equal 3, and we don't need to—we are going to *harness* it. If every other diet failed for us because we love Junk Food more than life, then this diet will work for us *because* we love Junk

Food more than life. This diet will work because it is built from the ground up on our love of Junk Food.

Welcome, my friends, to the Real Junk Food Diet.

On the Real Junk Food Diet I will give you every opportunity to pig out on the foods you love, those same sugary, fatty foods that got you so damn fat! It's really true! I will make you eat *more* junk food than you want to on those days when it's allowed, those are called your Overeating Days. I want you to stuff so much junk food down your pie hole on your Overeating Days that you feel sick the next day, you want to puke all over the floor, you have what I call a food hangover.

How is that helpful I ask half of you, as the other half close this book and put it back on the shelf in disgust at my crude metaphors? Tell me, what did you used to do back in your crazy youth when you got really hung over—or nowadays if you're still in your crazy youth, you lucky little bastard? If you're like me and lots of other people, you said, "Oh my aching head, oh I feel so sick, oh I'm never drinking again!" And you really meant it. Usually, you didn't drink ever, ever again—well, at least for a couple days. After that you got the craving back and the vicious cycle repeated itself. That is the power we are going to harness, my faithful readers and dearest friends. Simply put, your junk food hangover will *empower* you to be good for the next couple days, nay, it will *force* you to be good, after which you'll get to enjoy another Overeating Day! Over time, this pattern of dieting and pigging out *will lower your body weight and your body fat*. Let me repeat that in bold for those of you who are so lazy you can't even be bothered to read this whole how-to manual on changing your life, and are content to try to glean the whole idea from the bold summary lines only, you lazy pigs.

Over time, this pattern of dieting and Overeating Days *will lower your body weight and body fat*.

There is one condition: you have to be "good" on your diet days, but while we are at least at first going to count calories, more importantly we will focus on knowing *what* to eat, and I will show you what to eat that is delicious and will get you full. Remember, if you stuff your pie hole with enough junk food on your Overeating Days, your diet days should be a "piece of cake" [insert groan here].

There is more to this book than just these bold summary lines.

In this book I will show you how to pig out on junk food the best way for your diet, maximizing your food pleasure and the weight loss power of this diet. Did you hear that right?

I will maximize your food pleasure while making you lose weight.

Gee, that's a rather "bold" claim! Maximize my food pleasure? How can that be when you're making me go on a diet? Oh it be, my friends, it be. In a nutshell: junk food to a dieting fat bastard is like water to a thirsty man in the desert. I promise that you will actually moan out loud when you eat that first tasty mouthful of junk food after two or three days of being "good". Every Overeating Day is like an oasis in the desert, I guarantee that you have *never* tasted pizza like you will on the Real Junk Food Diet. You think you love food now? You haven't even *tasted* food!

For your diet days, I will give you a few recipes and show you some basic strategies about how to eat to get full and be totally satisfied on your diet days, as long as you eat the right foods at the right times of day. You will be amazed how easy those choices are when you're suffering from a junk food hangover from your last Overeating Day, too.

The Real Junk Food Diet is a healthy change.

Don't let the term "junk food" scare you. This diet is good for your looks, but also your health. Your cholesterol and blood sugar should improve, and your body fat will drop. By giving your insides a break from junk food a few days a week, your body has a chance to clean itself out. Even with junk food Overeating Days two or three times a week, the net effect of this diet plan is *far* better than binge eating seven days a week, which (c'mon, be honest) you are practicing now.

Hey this diet is Fun!

But let's not lose focus. This diet is first about pigging out on Junk Food! I mean first and foremost! Pigging out on your favorite junk food is the Number One most important part of this diet. That is *why* this diet works *for life*.

The Real Junk Food Diet is a lifestyle, you will never want to quit!

I'm going to keep this book short and simple because the Real Junk Food Diet *is* simple, and I don't want to make it any harder for you lazy slobs by writing a long-winded novel that you can't be bothered to read because the pizza guy just rang the doorbell. I'm about to show you how to get more enjoyment from junk food than you ever got before, and lose a ton of weight in the process (hopefully not literally a ton, but for some of you...).

Sound good? Then let's get started!

Step 1. Your epiphany

This first step is a "piece of cake" (I really have to stop doing that).

You need to realize just how fat and ugly you are.

I want you to recognize deep down what your body is today, and how others see you when they look at you, and I want you to feel disappointment, misery, anger and rage at what has become of you. At the risk of sounding like the evil Emperor in Star Wars:

Give in to your hatred, strike down your obesity!

If you're standing in the aisle reading this in some bookstore right now, then what I want you to do first is

Buy my book, you freeloader!

Okay, now that that formality is out of the way, do not go home! Head into the nearest department store and find a change room, preferably the big corner one with multiple mirrors. If you're reading this at home, put on your shoes and head out to the nearest department store like our other friends reading this book in the bookstore. The department store change room is important for several reasons. First, it is not in your comfort zone; you can get a little too used to looking at yourself in your home mirrors, and your fat-body can start to look normal. Second, they've got those horrible overhead florescent lights in department stores—that stuff would make Tom Cruise and Katie Holmes look ugly, and Tom Cruise and Katie Holmes you ain't! They also have enough opposing mirrors in the big corner change rooms that you can usually see your big fat side of beef and back bacon profiles as well as a full frontal pork belly view.

Now strip down to your underwear, and have a nice long look at what you've done to yourself.

Look yourself up and down, and look at your back over your shoulder or using two mirrors. Look at your side profile. Imagine that you are someone else looking at you. Imagine that the store security guards are watching you through the one-way glass. What do people think when they look at you?

My friends, let me share my own story with you. The day I had my own epiphany, I had just come from a bike shop that was run by a bunch of lean teenagers with cool clothes and all their hair. Next to them, I looked like an old,

fat whale. Coincidentally, I went to a department store right afterwards, and when I looked in the corner change room mirrors I had "fat", "ugly" and "obnoxious" running through my head, not to mention "bald" but the Real Junk Food Diet can't help you there! It was a brutal moment. That was 16 years ago my dear friends, and I still remember that moment clearly.

Burn that depressing image deep into your brain, and swim in it.

Now try on some clothes. If you're in a department store, try on the clothes that you think make your body look as good as you possibly could. How about those baggy sweatpants and that big tee shirt? If you're at home, try on your favorite outfit, try your best to look good. Now look at yourself critically. Do you think you look good? Of course not, you're a big fat oaf in a muumuu!

This is not a fat acceptance book—this is a book about *beating* the fat.

Right now you should feel mad, probably at me but also at yourself. You should feel deep down in your bones that something has to change RIGHT NOW because the way you look and feel right now is not acceptable to you anymore and damn it, you are better than this!

Embrace your epiphany: You are ready to embark on the Real Junk Food Diet.

Step 2. Your supplements

These are optional—but they can help.

The supplements described in this chapter will help you lose weight. They are not absolutely necessary to your success on this diet, but if you do use these recommended supplements during the weight loss phase, you will have an easier time and be able to consume more calories.

The Real Junk Food Diet is maybe the most realistic diet ever concocted.

Not only do I *know* you will be sneaking off and eating a lot of fatty, sugary foods while on this diet, but I'm telling you to do it! So you're going to need a little help (during the weight loss phase only).

There are four supplements you'll need to begin the Real Junk Food Diet in the best possible way, and take every day during weight loss only. During maintenance (and that means the rest of your life) after you lose the weight, you can drop these. They are: natural fat blockers, carbohydrate blockers, metabolic boosters and an all natural, gentle acting laxative tea. The first three can come in capsules you swallow before major meals. The tea you take only at night after an Overeating Day. Alone, these products are not enough to make you lose much weight, as you well know if you've tried them before hoping for a miracle cure. However, these supplements *can* be helpful when integrated into the Real Junk Food Diet during the weight loss phase.

Natural (not synthetic) supplements are best because we are building a healthy body. From personal experience, I can recommend the supplements sold by Unicity International at www.unicity.net. However, most natural health and nutrition stores ought to carry comparable products. If you're going to take a supplement, pick one that is 100% natural and without side effects.

I'm not trying to drum up business selling supplements, and to prove that, I'm not providing my Unicity business number, so you cannot possibly purchase under me, besides which I do not purchase these anymore myself, being long past the weight loss phase, and hence am hardly active in that company. I am simply recommending what worked for me. Also, most health food stores sell products like these too, just make sure to get supplements that are natural and do not contain stimulants (with the exception of caffeine, which is fine).

First, you need an all natural fat blocker based on chitosan.

Dietary fat is (not surprisingly) one of the main culprits in obesity.¹ Foods like pizza, potato chips, hamburgers, hotdogs, french fries and ice cream are all high in fat, and they have been shown to be fattening. Although there are "low fat" versions of many fatty foods, reading the label will usually reveal that "low" is a relative term. For example, low fat or light margarine is reported as having 50% the calories of regular margarine, but regular margarine is pure fat and 120 calories per tablespoon! Fifty percent of the fat and calories of something that is *very* fattening is still *pretty darn* fattening, and most people use much more of the light stuff because they think they can get away with it, so any advantage of the "light" product is lost.

Unicity International's fat blocker is called ChitoRich. A scientific research brief on this product is available on their website right beside the product name when you shop online. There they summarize a number of findings published in peer reviewed scientific journals.²⁻⁸ ChitoRich (and other products like it) contain extracts from various natural sources that bind up dietary fat in your digestive tract before your body can fully digest it. ChitoRich for example contains shellfish extracts, cactus extracts and a number of other naturally occurring fibers that have been shown to work well in binding up fat molecules. It also contains naturally occurring extracts to help stimulate more rapid digestion of fat, for example erythorbic acid derived from vegetables. The main active ingredient is chitosan, and there are many competing products based on this compound, so feel free to buy the chitosan-based fat blocker product that is most convenient. The upshot of all this is that you get to eat more fat and store less of it—it's pretty easy to see how this can help you lose weight.

Second, you need an all natural carbohydrate blocker based on kidney bean extract.

Carbohydrates are well known to be the other main culprit in obesity.⁹ Sugar and other refined carbohydrates such as flour (especially white flour) are easily converted into fat and stored by the body. Low-carb diets are built entirely around this fact. They tell you either not to eat carbs at all, or else to eat only tiny rations of carbs that you have to count carefully every single day. Many of our favorite junk foods are high in refined carbohydrates, for example doughnuts, potato chips, french fries, BBQ peanuts, ice cream, chocolate and other sugary candy, soft drinks and more. Still other foods considered to be healthy are high in *unrefined* carbohydrates, for example rice, beans, whole grain breads, and many fruits. These foods are all prohibited on low-carb diets. These diets direct you instead to eat a lot of protein (primarily meat protein), and you are encouraged to eat a lot of dietary fat, e.g., slather your eggs and bacon in extra butter and extra bacon grease. Eating all this fat helps the low-carb dieter stay in a state of ketosis, which means their body is not burning carbohydrates for energy but rather small protein fragments called ketones. The advantage to the low-carb dieter is that their

body cannot convert carbs into stored fat if there are no carbs to spare in the system.

Besides the health concerns some scientists have about being in the state of ketosis for extended periods of time, there is another obvious side effect to eating all this fat. Despite what low-carb dieters want to believe, eating a lot of dietary fat *will* keep you fat. True, if you strictly adhere to a low-carb diet you will lose some weight, and initially quite rapidly. Some of that weight loss is water loss, but I will acknowledge that some of it is in fact real fat loss. However, you will almost surely bottom out some 40 lbs overweight, no matter how strict you are in avoiding carbohydrates. That's why almost everyone you've ever met who says they're on a low-carb diet is still a fat slob!

Now once again my fat feathered friends, I not only *know* you will be sneaking off and eating a lot of refined carbohydrates (all those tasty foods we love that are high in sugar and white flour), but once again I tell you to do it! So, just like with the fat blockers we talked about, you're going to need some help, during the weight loss phase only.

Unicity International's carbohydrate blocker is called EquaLean. A scientific research brief on this product is available on their website right beside the product name when you shop online. There they summarize a number of findings published in peer reviewed scientific journals.¹⁰⁻¹³ Dietary carbohydrates are first converted into glycogen which is stored in the muscles for energy. Surplus glycogen, once the muscles are saturated, is converted by the liver into body fat. EquaLean (and some other products like it) contain extracts from various natural sources (e.g., kidney bean and citric acid) that block enzymes key in this process. The main active ingredient is an extract from kidney beans, and there are many competing products based on similar extracts, so feel free to buy the kidney bean extract-based carbohydrate blocker product that is most convenient. The upshot of all this is that you can eat more refined and unrefined carbohydrates, fill your muscles with glycogen for energy, and turn less surplus glycogen into body fat. This will help you lose weight.

Third, you need an all natural metabolic booster based on yerba maté.

Thermogenesis is the major determinant of how efficiently the metabolism burns ingested fat and calories.¹⁴ Simply put, this is a measure of your body's core temperature produced from within, or how much heat is produced inside your body during digestion. Greater thermogenesis will mean more calories will be burned and less will be stored as body fat.

Unicity International's all natural, ephedra-free metabolic booster is called Power Burn. A scientific research brief on this product is available on their website right beside the product name when you shop online. There they summarize a number of findings published in peer reviewed scientific journals.¹⁵⁻¹⁹ The reason you want an ephedra-free product is that ephedra has been shown to

increase the risk of "dysrhythmias, heart failure, myocardial infarction, changes in blood pressure, and death."²⁰ Natural is better. Power Burn (and some other products like it) contain extracts from various natural sources (e.g., yerba maté) that promote thermogenesis and fat burning. One of the main active ingredients is yerba maté, and there are many competing products based on this compound, so feel free to buy the yerba maté-based metabolic booster product that is most convenient. The upshot of all this is that your body will burn more fat and you will store less. This will help you lose weight.

Fourth, you need an all natural, gentle acting laxative tea.

Laxatives stimulate the bowel to completely empty. It is not recommended to take laxatives every day as this can lead to dependence, nor is it recommended to take laxatives if you are only doing so to try to directly induce weight loss (because the weight you lose will not initially be fat, can you guess what it will be?). However, during the weight loss phases of the Real Junk Food Diet, a natural, gentle acting laxative tea taken at the end of an Overeating Day can help to ready the body more quickly for the benefits of the diet days that follow. This can help you to achieve the fullest benefits from your diet days, again during the weight loss phase only.

Unicity International's all natural, herbal laxative tea helps to cleanse a clogged digestive tract and makes it easier to manage and lose weight. Cleanse Tea is sold alongside the other weight loss supplements on the Unicity website. Cleanse Tea (and some other products like it) combine various herbal ingredients (e.g., senna leaf) to naturally and gently stimulate the bowel into emptying itself. A scientific research brief on this product is available on their website right beside the product name when you shop online. There they summarize a number of findings published in various guides to herbal medicine.²¹⁻²⁴ Cleanse Tea comes in a box of 30 tea bags. Since your Overeating Days are going to be pretty intense on this diet, I recommend two tea bags at the end of each Overeating Day. With three Overeating Days a week during the initial phase of the diet, this will work out well. There are many competing products based on this herb, so feel free to buy the senna leaf-based laxative tea that is most convenient. The upshot of all this is that you will ready your body more quickly for the benefits of the diet days that follow an Overeating Day.

Lastly, you need coffee (instant is fine).

This last item on your shopping list you can pick up at the grocery store, a big jar of coffee, or instant coffee for those of you who are as lazy as me. Caffeine has been shown to reduce body weight by enhancing thermogenesis and increasing energy expenditure.^{25,26} I buy instant coffee in huge jars (475 g). If you're doing a PhD in statistics like I did, or even a BA in the Arts, you ought already to be

drinking it. You should end each big cheat meal on an Overeating Day with a nice cup of coffee, and maybe even have a cup shortly before bed. You should quickly become used to this and it should not affect your sleep, but if it does affect your sleep, you can drop the cup before bed but keep the cups after cheat meals.

Side note: how about some hot sauce for your pizza?

I love a good cayenne pepper-based hot sauce on my pizza. Anecdotally, hot sauce has been purported to improve digestion. There haven't been many scientific studies of this assertion, but I believe it, and it tastes so good, I think it's worth a try!

And that's all you need in the way of supplements, my friends.

Now on to the fun part!

Step 3. Your Overeating Days

To begin, you get three Overeating Days per week: Saturday (the big one), plus Monday and Wednesday.

Notice that I'm calling these your "Overeating Days", not "cheat meals"? Other diets tell you if you're good all week long maybe they'll reward you with a little scoop of ice cream for dessert on Saturday night (just one!). It's no wonder these diets don't last, if that's the best they can offer us. Try to have one biggest Overeating Day a week, and make that Saturday, since there are two diet days leading up to it to ready your body.

Saturday morning is also the best time to weigh yourself—and chart your progress.

Only weigh yourself once a week at the same time each week, and chart your progress in an Excel graph. Your body weight can fluctuate a lot mid-week while on this diet, so to minimize confusion and discouragement, weigh yourself at the same time every week, just *before* (the morning of) your biggest Overeating Day, and over time you should see those pounds come off. Some weeks you might lose a few pounds, others you might not lose anything or even gain a pound or two. Do not lose sight of the long term, and do not judge that you've hit a plateau until at least three weeks in a row without weight loss (we will deal with the subject of plateaus shortly). Even one pound a week over the long term will add up, that's 52 lbs a year, but you should lose weight much faster than that until you near your goal weight.

Plotting your progress every week in Excel can help you focus on the big picture of your success, even during the odd week you do not drop any weight.

The Real Junk Food Diet lets you pig out all day long.

There is an advantage to being so fat when you first start this diet: it's a lot easier to lose weight, even with three Overeating Days per week. Only when your weight loss eventually hits a plateau will you need to drop to two Overeating Days a week, but by then you will be lighter and more used to your diet days, and dropping an Overeating Day will be easy. Later, when your weight loss hits the next plateau, you can decide if that is your goal weight. If so, you're done, and you never need to go below two Overeating Days per week, however you may eventually decide to drop down to one Overeating Day per week and be allowed to eat more calories on your diet days (that's what I eventually did). Your dependence on junk food will tend to decline the longer you're on this diet, and your control

over where, when and what you eat will increase, so dropping down to one Overeating Day will eventually be easy, if you decide to do that. I would never suggest dropping below one Overeating Day per week, however, where's the fun in that!

So what do you eat?

The number one thing your body needs on Overeating Days (especially during weight loss) is sugar (particularly glucose as opposed to fructose, so read the ingredients—I will explain below) and refined carbohydrates (e.g., white flour or even whole grain flour). This shouldn't be too hard. Eat foods like pizza with regular (not low-carb) crust, doughnuts, chocolate bars, chocolate milk, strawberry milk, banana milk, and nearly any other flavored milk as long as it has lots of sugar, ice cream (not sugar free), milkshakes, hard or soft candy, white flour pancakes with extra maple syrup (real maple syrup is best because it's glucose based), toast (feel free to enjoy whole grain bread if you like) covered in a thick layer of sweet jam, and anything else delicious you can think of high in sugar and flour!

This should not be a hard rule to follow, I'm guessing. If you've been good on your diet days (see the next chapter to learn what that means), then your body should be starved of sugar by the start of every Overeating Day, and you will crave it big time. I try to start off my Overeating Day with something high in sugar right off the bat. Driving into work, I might pick up some doughnuts, or I might pick up a breakfast at a fast food restaurant that includes six hotcakes and six syrups. When I open each syrup to pour it on my hotcakes, I take a sip of pure syrup out of each container first!

By the way, feel free to load up the butter on those pancakes and toast and pile up the bacon on the side, because this is your Overeating Day, and that also includes all your favorite fatty foods! Just make sure to load up on the sugar.

Sugar is a must on your Overeating Days, especially glucose.

Why is that? Scientific research has shown that sudden infusions of glucose (or sucrose) will boost the metabolism.^{14,27} You should lean towards glucose rather than fructose because the former more easily converts to muscle glycogen and also has a stronger thermogenic response. This means less sugar converts to fat, it fills your muscles with more energy (and muscle burns fat) and it also lights your internal furnace better. By the way, if the ingredients say sucrose, they mean 50/50 glucose and fructose, and that is just fine.

The diet days that follow your Overeating Days then benefit from the fact that it takes a few days for the boost to your thermogenesis (your furnace) to cool down after the sugar infusion. The effect of this is that you burn more calories on your diet days due to the roaring furnace in your body than the calories you gained

pigging out on the sugar to get the fire going in the first place. It almost sounds too good to be true, so feel free to read the journals.

The main warning to take away from this is if you only eat fatty foods low in sugar on your Overeating Days (such as sugar-free, high-fat ice cream, or fatty meats) and you do not get your sugar infusion, this diet will not work as advertised and you might not lose weight. That's a pretty scary statement and one that deserves to be in bold for our lazy compadres who are only reading the bold lines.

Fat is okay but you absolutely Must Eat Sugar on your Overeating Days!

Now this is where your supplements come into play. During the weight loss phase of the Real Junk Food Diet, you should take carb blockers, fat blockers, and metabolic boosters before *and after* your biggest cheat meal of an Overeating Day, and before your smaller cheat meals (except snacks). Try to keep your daily intake of each supplement to the recommended maximum (read the instructions). Also have a cup of coffee (instant is fine) after each sizable cheat meal. During the weight loss phase of the Real Junk Food Diet you should also take these three supplements after your main meals even on diet days.

The most important meals to target with supplements are the first, last and largest cheat meals of your Overeating Days.

Targeting the first meal with supplements sets up an immediate levee to help minimize the load on your system and moderate the caloric uptake within your body during your overeating tsunami (just to beat the levee metaphor to death). Targeting the last meal with supplements ensures that as the remaining food is digesting during sleep, you have some residual protection. Targeting the largest cheat meal of the day has obvious benefits and I will not insult your intelligence by explaining it to you.

Remember, supplements alone are not enough, but used wisely can be a powerful partner in the Real Junk Food Diet.

Finally, during the weight loss phase of the diet, you should end your Overeating Days with some natural laxative tea before bed. This will help to clean out the food from your Overeating Day first thing the next morning and ready your body for the benefits of your coming diet day(s).

I know you shudder in horror at the thought of a "diet day", but it will be pretty easy and kind of fun, trust me, if you tackle this right. The most important thing you can do on your Overeating Day to make the following diet days easy is to *really* overeat, eat more than you want to, so the next day you feel physically sick and do not even want to look at food.

The "food hangover" is a powerful psychological tool in this diet.

What else can I say about Overeating Days? How about the pleasure you will get from food! That seems like a pretty important topic considering how much you and I love food. Recall from the introduction that before the age of 30, I was eating junk food seven days a week in large amounts, and I thought I loved junk food at the time, but do you know what? I actually didn't love eating, I was just addicted to it. I used to pie down two large pizzas with 15 fatty pizza dips in one dinner, or eat 12 doughnuts right after eating a large pizza, and wash it all down with two or three liters of chocolate milk (I always had several one-gallon jugs in the fridge), and although I enjoyed it, I was not actually in heaven. I had no idea at that time what I was missing.

What blew me away about the Real Junk Food Diet was how much pleasure I got from food on my Overeating Days.

During the diet days of the weight loss phase of the Real Junk Food Diet, I found that I developed a deep craving for my favorite foods, stronger than I ever had before. It didn't really hit hard until the morning of an Overeating Day. Now this is normally what causes a conventional diet to collapse, but unlike other diets, on the Real Junk Food Diet Overeating Days are plentiful and I could overindulge my cravings *guilt-free* all I wanted to, the junk food dam was allowed to burst three whole days a week. Food that used to be tasty was now overwhelmingly delicious. I would actually moan aloud as I ate my first sugary cheat meal on an Overeating Day, because the pleasure was just so amazing after one or two days of dieting! Ordinary food tastes absolutely wonderful to a starving person; so just imagine what pizza and a dozen doughnuts will taste like to you when you are "starving" for your favorite foods after a couple diet days. I tell you that you won't even recognize the taste, it is so far beyond what you can imagine right now in your current junk food-saturated state. Even now, 16 years into the Real Junk Food Diet and long in maintenance mode, I just love my Overeating Days, and enjoy pizza and chocolate milkshakes like they're going out of style, the pleasure is still amazing to me. I'm not exaggerating! Junk food becomes heaven on Earth on this diet. If you think you love junk food now, you are simply wrong. You will worship junk food once you get going on the Real Junk Food Diet. Your total pleasure from junk food each and every week will be far greater than it ever was before.

The next chapter deals with what we call "diet days". There are four diet days a week during your initial weight loss phase, and five or six diet days a week later on during maintenance when I promise you it becomes easy. I don't want you to get scared now and put this book away in some drawer, or back on the shelf if

you're really a total mooch and are actually still standing in the bookstore aisle sipping on a damn latte!?

Would you kindly buy my book now!

Sorry, I lost focus there for a second. About the next chapter on diet days, just remember, I am a pig too, and I learned how to craft a diet day that will be a pleasure to adhere to. I really want you to understand how much of a pig I am, because you may be doubting that I rank up there, and that doubt may cause you to doubt the Real Junk Food Diet. Remember what I said in the introduction, about where I came from, 245 lbs and 5'10"? I used to regularly eat one and a half large pizzas and a dozen doughnuts for dinner and wash it down with a gallon of chocolate milk, before I began this diet. I used to do that *seven days a week*. I used to eat so much food that I would spend my nights in physical pain from the bloating, and my days in the bathroom. I still am a pig, but on the Real Junk Food Diet I am now much happier with food *and* my body than ever before in my life. So please don't think this is all a bunch of made-up crap from some exercise nut who doesn't even like doughnuts—I *love* doughnuts my friends, I *love* pizza, and I eat a lot of them each and every week.

The Real Junk Food Diet is a diet crafted *by* a food addict *for* food addicts.

The point is, as a true pig through and through, I would not make you or myself endure diet days that paid no respect to our love of food. The next chapter has a few tasty, filling recipes that I created over the past several years, and outlines a general strategy to identify diet-friendly foods so that you can fill your own recipe books. My main goal was to create diet days that I would hardly even notice, except perhaps for their refreshing break from the last Overeating Day.

There is a plenty of tasty food awaiting your diet days, so turn the page.

Step 4. Your diet days

Here we are, my friends, the chapter none of you want to read. But cheer up! I promise to make this easy and even fun.

You WILL enjoy your diet days, I promise!

To begin with there are a few important points to make about what you should and should not eat.

Rule Number One: Do not eat sugar on your diet days.

Stick with natural, sugar-free sweeteners. This rule applies to food and drink. There are plenty of tasty products in your grocery store that are sugar free, with a host of artificial sweeteners. Which sweetener should you use? I've tried many. Sucralose is advertised as being natural, and indeed is made from a byproduct of the sugar refining process, but there is chemical manipulation required to make sucralose from sugar.²⁸ There are a couple studies so far suggesting harmful effects from sucralose consumption. First, there is a case study of a woman with migraines triggered by sucralose.²⁹ There is also a possible indication of "renal enlargement and calcification" after a lifetime of high sucralose consumption in rodents.³⁰ However, other studies directed at sucralose found no evidence of negative effects from consuming large quantities of sucralose.³¹⁻³³ Aspartame is a more disturbing story. It has been scientifically shown to pose dangers due to its decomposition during storage into the carcinogenic compound formaldehyde.³⁴ The most natural, unrefined sugar-free sweetener that I have found so far is based on the stevia leaf, and even the protein powder I buy is sweetened only with stevia.

Stevia is the sweetener I recommend.

Now before you try to argue for using sugar instead of artificial sweeteners on your diet days, let us not forget about the vast body of scientific knowledge showing the serious health implications of eating too much dietary sugar, including cavities, obesity, cardiovascular disease, diabetes, pancreatic cancer, colon cancer, liver disease, preeclampsia (which is high blood pressure and the presence of protein in the urine during pregnancy and postpartum), hyperinsulinaemia (excessively high insulin levels in the blood), schizophrenia, depression, sugar addiction and several other serious conditions.³⁵⁻⁵⁹ You can find the abstracts at <http://www.ncbi.nlm.nih.gov/sites/entrez>. I suggest you at least

read the titles of some of these papers in the References section of this book, if you have trouble believing me.

The good news is that eating sugar in moderation for the most part eliminates these dangers.⁵⁶ Although we are self-acknowledged pigs, you and I, on the Real Junk Food Diet we are actually practicing moderation by averages by pigging out only a couple days a week. This will average out our diet to a lower daily level of dietary sugar consumption even though we still get to enjoy sugar overload on our Overeating Days! This is one reason why the Real Junk Food Diet is healthier than what you're doing now.

Rule Number Two: Eat only low- or non-fat food on your diet days.

Go with fat-free or low-fat food. There is plenty of scientific evidence to show that dietary fat is a major cause of obesity and other health problems, including steatohepatitis (fatty inflammation of the liver), decreased lipid metabolism in the liver leading to increased "bad" cholesterol (high-density lipoprotein, or HDL) and decreased "good" cholesterol (low-density lipoprotein, or LDL), cardiovascular disease, stomach cancer, esophageal cancer, breast cancer, prostate cancer, colorectal cancer, lung cancer, altered insulin-mediated signaling within the hippocampus causing learning and memory impairment, hypertension, erectile dysfunction, reduced fertility in men, impaired immune function, leptin resistance (decreasing the body's natural appetite suppression) and plenty more.^{52,60-88}

Once again the good news is that eating fats in moderation eliminates these dangers. And once more, on the Real Junk Food Diet we are practicing moderation by averages, so despite those pizzas, doughnuts and french fries on our Overeating Days, by being good four or five days a week, our average daily consumption of fatty foods will actually be much lower. And don't worry my friends, there are plenty of tasty products in your grocery store that are low- or non-fat for our diet days. I will list some shortly.

The last thing I should mention here about dietary fat is that there are good and bad fats. Saturated and trans fats are bad for you as they raise HDL cholesterol and so increase the risk of cardiovascular disease, while some unsaturated fats can actually be healthy in moderate quantities.⁸⁹ Reading the label on the food you buy can tell you a lot about whether a food has one type of fat or the other, and how much. Fast food (deep fried foods in particular) have tended to be high in trans fat, though that may be changing gradually as laws become stricter. On the Real Junk Food Diet, however, we will avoid fats of either kind on our diet days, for the most part. There are only a couple exceptions that I will get to below.

Rule Number Three A: During weight loss, eat only unrefined carbohydrates (with a low glycemic index) on your diet days.

What is glycemic index (GI)? GI is a number between 0 and 100 that rates the digestibility of a food and how easily it converts to sugar during digestion.⁹⁰⁻⁹³ The higher the GI, the more like eating pure sugar that food is—not good for your diet days! In general, eating whole grain foods rather than cracked, processed grains such as white (or even the healthier brown) flour means higher satiety after eating (more filling), lower GI, and higher leucine content which naturally promotes fat loss by increasing resting energy expenditure. So the benefits of eating your carbohydrates in the form of uncracked, whole grain foods are three-fold.⁹⁴⁻⁹⁸ Other foods high in leucine include skim milk, chicken, soybeans and leaf vegetables. Avoiding high GI foods means staying away from refined flour cereals, white rice, breads and pasta, and some say even potatoes. (Potatoes have a high GI and are to be avoided on diet days at least during the weight loss phase even though they might be considered "unrefined" since they grow as-is in the dirt.) Instead stick with the raw carbohydrates found in unprocessed, low GI foods such as brown or Indian basmati rice, uncracked whole grain cereals, most vegetables, moderate amounts of fruit, non-fat skim milk or yogurt, and non-fat cottage cheese. According to the Canadian Diabetes Association, "a GI of 55 or less ranks as low, a GI of 56 to 69 is medium, and a GI of 70 or more ranks as high." The Canadian Diabetes Association lists some common foods and their GI scores on their web site, at www.diabetes.ca. For a complete listing, consult www.glycemicindex.com or plenty of other websites.

Glycemic index is more of a general concept than a hard-and-fast rule.

I stress common sense and experience. Just apply the idea of keeping to the most unrefined carbohydrates on your diet days—the more raw or less processed the better—and you will do great without having to look up every single food. Looking up food is a hassle, get to know the general strategies, and make your life easier! But when in doubt, consult the websites.

Rule Number Three B: During maintenance, enjoy a sugary treat every day.

The exception to the preceding rule is during maintenance, when you are allowed to have a sugary treat (but not a whole pig out meal) every diet day. For example, I enjoy a large chocolate milkshake or maybe two cinnamon buns almost every day now. This makes the long term lifestyle aspects of the Real Junk Food Diet even more enjoyable.

Rule Number Four A: During weight loss, eat about 1300 calories every diet day, with exercise one day a week.

The Real Junk Food Diet does not focus first on calories or exercise. However, we cannot avoid these topics. You are used to eating too much food and not exercising enough, and you need to change something on your diet days in order to change your body. If you eat the right kinds of foods, successful diet days will become easy, and even easier if you ate enough on your last Overeating Day to make you feel sick of food on your diet days as I instructed you to (remember the food hangover). I also instruct you to exercise one day a week. If you're like me when I first started this diet, you don't want to exercise at all. However, think of it as something you are doing to be allowed to eat more; that is good motivation. Also, one day a week of exercise is enough, so you never need to become a gym rodent (sounds cuter than "gym rat"). I explain how to start exercising in the next chapter.

To determine the calories of the food you eat, consult any easily found website on calories. Why do I say "about 1300 calories" per diet day? This is because you should start with 1300 calories a day, and this may allow you to lose weight when you first begin, but you might plateau too early. When you plateau on the initial stage of this diet when you still have three Overeating Days per week, you have three options: 1) increase your weekly exercise; 2) reduce your calorie limit on your diet days; 3) reduce Overeating Days from three a week to two a week. This diet is not the same for all bodies. If you are 300 lbs or more now, 1300 calories on diet days with one short workout per week might provide you with rapid weight loss at first. By the time you're down to 225 lbs (if you're a man) or 175 lbs (if you're a woman), you might need to tighten it up.

Rule Number Four B: During maintenance, eat a special minimalist "breakfast" plus one huge meal per diet day.

Wait a minute, you're thinking, isn't that supposed to be *three* square meals a day, and what happened to counting calories? Actually, not on the Real Junk Food Diet. During the maintenance phase, calorie counting is no longer so important either. In this phase, you just need to eat the right kinds of food, and you should have a very small breakfast, and combine lunch and dinner into a huge mid- or late-afternoon meal that makes you very full, so full that you are sick of food for the rest of the day, this will keep you good. Once again, if you're full, you're less likely to stray. So what is this special minimalist breakfast? For breakfast, you should have one piece of fruit, your morning vitamins, a scoop of fiber in water, and a cup of coffee with skim milk, and perhaps a cup or two of no-sugar-added low-sodium vegetable cocktail. This low-calorie, minimalist but nutritious combination actually takes the edge off until after lunch time, mid to late afternoon when I can have my single large meal, lunch/dinner. While calorie counting is no longer important, the rules governing what I can eat for that large meal on diet days are the same in the weight loss and maintenance phases, with the exception of the daily sugary treat during maintenance (see above).

Rule Number Five: during the weight loss phase, there are no free calories.

This point is important. Even apples, bananas, and the cream in your coffee contain calories, and you must count those towards your total during the weight loss phase. You must count the calories in everything you consume except water.

Rule Number Six: keep no easy food in the house. Buy junk food only on your Overeating Days.

Let's face it, we are pigs, you and I. If you had much willpower you wouldn't be reading this book. However, once we recognize that fact, it doesn't have to hurt us. If you can't avoid those tasty snacks in the cupboard, then get rid of them! Only buy junk food on your Overeating Days, and at the end of the day, throw out the leftovers! Do not keep any easy snack food (other than fruit or vegetables) in the house, because snacking is the enemy. Remember, during the maintenance phase, eat only breakfast plus one huge meal per diet day, and a sugary treat.

Okay, enough lecturing, can we get to the tasty recipes now?

The easiest way for me to list the foods that are best for your diet days is to give you a few of my top-secret, tasty recipes! So here you go, the fruits of my labor, my favorite recipes and diet treat foods, meticulously developed for the Real Junk Food Diet by Yours Truly, and tested by me and a couple friends and family over the past few years. These recipes are all low- or non-fat, sugar free, low or free of refined carbohydrates, high in leucine, filling, and most importantly of all, delicious! If most of these look simple like you can make them in two minutes, that's part of the point. This diet is supposed to be easy to follow. Let's get started.

Shredded wheat cereal with skim milk and chopped banana

Buy some shredded wheat, and cover in chopped banana and skim milk. It's naturally sweetened with the banana and milk, and is very satiating. Optionally, sprinkle some stevia leaf sweetener on top.

Spicy low-fat chicken on basmati rice or mashed potatoes

Buy six or seven kilograms of boneless skinless chicken breasts and thighs (about half and half by weight). Free-run chicken is best, not only most ethical, but tastier too—a happy chicken is a tasty chicken. Layer the chicken in two casserole dishes with one large diced onion, three whole peeled and diced garlic heads and a

diced red or orange bell pepper. A hand-cranked food processor makes the dicing very easy. Cover with foil and bake for about 100 minutes at 325 degrees F. The diced garnishing isn't enough for seasoning, but it will help to enhance whatever flavors you use later when preparing each individual chicken meal. What isn't improved with a little onion and garlic? Remove from the oven, and after the chicken cools for an hour or so, individually bag about 25 freezer bags with chicken, and freeze them.

To prepare a chicken dinner, run the frozen chicken bag under hot water to loosen the bag, and empty the chicken into a microwave-safe bowl with a little filtered water. Microwave on low for four minutes, then break apart the chicken and microwave for another three minutes on low. Do not microwave with the freezer bag on! Prepare a pot of Basmati or brown rice. I like to eat a full cup of dry rice with two cups of water (makes a big pot of rice). Alternatively, make a pot of mashed potatoes. Garnish the meal with dry pan-fried Masala spice and Indian mixed pickle, or instant gravy, or maybe soya sauce and seasoning salt.

Strawberry, raspberry, blueberry or banana milkshakes

Place fresh fruit of choice in a blender with skim milk. Optionally, add stevia leaf sweetener. Blend until smooth, and enjoy.

Zesty sliced tomatoes on the vine

Slice up fresh tomatoes on the vine, and season with lots of garlic salt, lemon pepper or other delicious seasonings. The seasonings help make this satisfying, yet it is nearly calorie-free!

No-oil grilled chicken breasts

Grill several free-run chicken breasts at once in a non-stick panini maker—my favorite is the Griddler. You can do this without any added oil. Refrigerate in ziplock bags for on demand use.

Chicken and cheese wraps

Put shredded low-fat cheese with a chopped up grilled chicken breast (prepared earlier—see above) on whole grain wraps, and seal in foil. Grill foil package in a panini maker for 5 minutes. For added moisture and to make it more filling, add chopped tomatoes to the mixture inside the wrap, before cooking.

Snacks when times get desperate

There will be times when your calorie count is dangerously high, but you need to get through the last few hours of the day. At times like this, go for near calorie-free options, such as: pickles, salted tomatoes, a granny smith apple, a couple collagen protein chews. Your goal is to satisfy the craving with minimal cheating. Another top tip: brush your teeth! This should reduce the mental/emotional craving for more food.

Skim milk

While not exactly a "recipe", you should drink lots of skim milk while on the Real Junk Food Diet. I already pointed out that skim milk is high in leucine which helps you lose and manage weight. It's also high in protein and calcium, both of which help with weight management and physical wellbeing. Skim milk is naturally sweet tasting, and filling. Especially once you're in the maintenance phase, a few swigs of skim milk any time of day can quell a slight hunger between scheduled meals or even late at night. Of course, for thirst you should mainly drink water. If you think you hate skim milk, just drink it for a week or two and you'll get used to it. Once you're used to skim milk, even 2% milk tastes like you're drinking cream, and you won't even want to go back. I swear by skim milk now, and drink two to three one-gallon jugs a week.

No-sugar-added low-sodium vegetable cocktail

While also not a "recipe", you can also drink no-sugar-added low-sodium vegetable cocktail while on the Real Junk Food Diet. It is only about 50 calories per cup, and like skim milk, just a few swigs any time of day can quell a slight hunger between scheduled meals or late at night.

But avoid fruit juice!

On diet days, stick to vegetable juice; you should avoid fruit juice, as these tend to be high in sugar and can be quite fattening.

Is that it?

Those were just a few of my top favorite and easiest recipes. You can make up your own favorites as long as you follow Rules One to Six. Remember, it's not just what you eat, it's also when and how much you eat, and it's not just when and how much you eat, it's also what you eat. Rules One to Six cover both sides of the coin. If you try my recipes or start experimenting with your own, you'll soon learn that you can make delicious food that is low calorie, low in fat, low in sugar, low in refined carbohydrates, has a low glycemic index, but is high in taste and very filling.

What if you have trouble sticking to the calorie limit?

I find it helpful to eat a can or two of boneless, skinless, wild salmon in the middle of the day right out of the can if you find you must eat something. This is hard to eat with no mayonnaise or anything, and helps to ruin your appetite. There are only 120 calories per can, and being high in protein should also help curb your appetite.⁹⁹ The protein is also a good idea since you'll be exercising one day a week (see the next chapter). The boneless and skinless wild salmon is low in fat, but what fat it does have is the healthy fat I talked about before. Salmon fat is rich in Omega-3 fatty acids, which have been shown to be beneficial to the brain and cardiovascular system.^{100,101} Other low-calorie, high-protein snacks that will help to curb your appetite include fat-free cottage cheese. Just be sure during the weight loss phase to count all your calories and stick to low-fat and low-sugar foods on diet days: obey Rules One to Six.

Remember, this is the Real Junk Food Diet!

I won't pretend you'll love your diet days as much as you'll love your Overeating Days. But you can still enjoy the diversity you get on your diet days, and the good-all-over feeling your body has after eating a healthy meal, and it does not have to be terribly hard so long as you overstuff yourself on your Overeating Days and have that handy food hangover I keep harping about going into your diet days. Also, try to eat diet meals that can fill you up without going over your limit during the weight loss phase. During the maintenance phase, combining lunch and dinner is another important strategy. Being full as much as possible helps you to be good. Also, remember that you're never more than a couple days before your next authorized Overeating Day, and that makes it a lot easier to hold off the junk food on your diet days (with the exception of your daily sugary treat in the maintenance phase). You will be aware that overeating on your upcoming Overeating Day can be done soon, and guilt free.

Step 5. Exercise

Here we go again, my friends, another chapter none of you want to read. This chapter is about exercise. Wait! Before you close this book right here, try to remember that I too am a pig, and just like most of you, I despised exercise when I first started this diet. But there are ways of making exercise easy with the right rewards, and I promise you'll never have to become a gym rodent on my diet. For the first few years on the Real Junk Food Diet, I only worked out one day a week, and that's all you need to do, so read on!

When I first started dieting, I hated exercise.

Why is that? Why is it that us pigs hate exercise so much? It's not any one thing as much as a combination of factors, I think. First, because we are so fat, it seems a hopeless task to get into shape. But it's not hopeless my fat feathered friends, I have been there done that and so can you! Second, because we are so fat, it seems like all the skinny women or big muscle men are staring at us and laughing. That too is false! Sure there is usually an a-hole or two in the gym, but isn't that true out in the world too? I don't think it's much worse in the gym. And as a gym regular now, I can tell you that a lot of that staring is due to you being a new face. Once you go more regularly (even once a week which is all I ask of you) you quickly become part of the background and nearly invisible, except to people like me who might watch you secretly in *admiration* because I've been there done that, my friends.

But why bother?

Because exercising one day a week lets you eat more on your diet days and lose more weight.

First, exercise today can raise your metabolism and have you burning more calories even in the days following exercise. Secondly, exercise helps to empty your muscles of glycogen; so the food you eat afterward has to first go into restoring the depleted stores of muscle glycogen before any can convert to body fat. Finally, by doing proper training you can add lean muscle mass even if outwardly you may still appear to be "fat". Muscle burns far more calories than adipose tissue (I'm trying to sound fancy again, that just means body fat) even while resting. All this means you can eat more on your diet days and lose more weight! Is that motivation enough for you?

The first thing to do is find a gym close to your home, or preferable IN it.

This is important. The farther you have to drive to get to the gym, the more likely you are to skip it in any given week. Make it easy on yourself. If you have a gym in your apartment, use that! Otherwise, find the closest three gyms to your home, and try those first. Gyms will usually hand out free passes to prospective clients (like you). Take advantage, and try out each of the gyms. Even if you have to pay a little, it's worth it to try *before* you sign any contracts. It's better if you can get at least two workouts in at each gym you're trying, since the first will be mostly getting to know where everything is. So buy two passes to each gym when you're about to try it.

Work out the day after your biggest Overeating Day.

If you start off with three Overeating Days, make one of them the "big one", and the other two a little less extreme. It is after the big Overeating Day that you should do your workout, and if you (optionally) work out more days, put them after other Overeating Days for optimal benefit. The advantage of this is that you quickly burn off those excess calories from the day before, and you kill the worst of that food hangover you'll have, which is more unpleasant the more weight you lose.

For at least the first few months, keep your workout short, and stick to one day a week.

The reason for this is simple: I don't want you to quit! Too many times I've seen people (like myself in my early 20's, and various friends) start a workout regimen, get overzealous, work out 6 days a week and 3 hours per workout, then burn themselves out in a few weeks—and they never see it coming either, one day they just stop going altogether. Don't make that mistake. Only when you are really settled into a routine and it is no longer torture should you even contemplate adding either hours or additional days to your workouts.

Every workout should include stretching, weightlifting, pushups, abdominals and CARDIO.

Stretching your whole body is really important. I try to stretch my legs, arms, shoulders and back at a minimum. This will help you to avoid injury which would upset your whole routine.

Weightlifting helps to build lean muscle which burns calories all week long, not just during a workout. Because you're only working out one day a week, I suggest you exercise every major muscle group. This means at a minimum you should do leg extension (sitting down), leg curls (lying on your belly), tricep pull down (standing and holding a vertical cable), bicep curls, shoulder shrugs,

pushups and sit-ups. If you're like me and you have a shoulder problem you might throw some physiotherapy in too.

As far as abdominals go, I do several sets of sit-ups with my feet under a padded support while holding dumbbells on my chest. Later on in the workout, I do a five-minute set of nonstop sit-ups and crunches with my feet unsupported, and no extra weight on my chest. However, you should start off much easier/shorter than that. Sit-ups are important for adding lean muscle mass to your midsection, and building core strength.

Pushups are important for building shoulder and core strength, but be careful as done incorrectly, they can injure your shoulders. The important things to remember to reduce the strain on your shoulders are to only go down halfway (not touching your chest to the floor), and to keep your elbows tucked back against your body during the pushup. I do two sets of 50 pushups. However, you should start off with much fewer than that.

The last thing I do in my workout is cardio, because after cardio, I'm drained and ready to go home! You should do 10 or 15 minutes of cardio to begin with, and later on, 30 minutes. Take your time increasing, do not burn yourself out. I now do 45 minutes on the treadmill at a slight incline, running medium speed most of the time, and sprinting for 2 minutes 3 times in the middle, but it took me a long time to work up to that. I prefer the treadmill because stair climbers and elliptical machines hurt my knees, counter to popular wisdom. The slight incline on the treadmill means I can slow it down a bit and still get the same cardiovascular workout, which is easier on my knees. Good running shoes can also help protect your knees—buy a new pair every year and only wear them in the gym to preserve the cushion in the sole. I also recommend liquid glucosamine. Find one without aspartame. Cardio is really important for raising your metabolism and burning off those calories from your last Overeating Day, and even for a few days after the exercise.

Drink only filtered water during your workout.

Do not drink sugary "energy" drinks; filtered water is the best beverage to replenish lost fluids during your workout. I take filtered water to the gym from home.

Use mental tricks to make it easier.

If you find it's hard to motivate yourself, try a couple mental tricks that work for me. Ask yourself, if you skip this workout, what will happen to your weight loss that has been going so well? How would you feel about that? How long will the worst of that food hangover from yesterday's Overeating Day last without your workout? On the other hand, if you go to the gym today and get it over with, it'll be a whole entire week before you have to go back, and that whole

week you can feel good knowing that your diet is still on track, because one day a week of exercise is all you need to do. The main trick here is to focus ahead on the point of time just *after* the workout, when, if you have done your exercise, you will feel really good about yourself both physically and mentally.

Music.

A critical tool I use to keep me faithful to the gym is music. I load my music player with a list of songs that instill emotion. Some are fast paced, prototypical “workout” tunes, but others are slow, yet powerful, that wrench at your heartstrings. Emotion stimulates an adrenal response, and gives you physical strength. You may get to the point where you hear one of your favorite gym songs and you *crave* the gym. Every once in awhile, add new songs and remove old ones that have become stale. Use this tool and going to the gym is a lot more fun.

Have a protein shake after each workout.

Your post-workout protein shake should consist of three scoops of protein powder mixed into plain skim milk. For added flavor, blend in a banana. Ensure you stick to protein powders sweetened with stevia, not aspartame or sugar!

Do your one day of exercise per week, and you'll be well deserving of guilt-free Overeating Days.

The Real Junk Food Lifestyle

I would like to wrap up this book with a few words on the long term, what happens to your diet after many years on the Real Junk Food Diet. One thing that happened to me was that my appetite naturally declined, as did my hatred of exercise—in fact you grow to appreciate it. Where I was once able to eat two large pizzas in one meal, I now hit my limit with one medium pizza and 10 wings. I think one's stomach gradually shrinks over repeated diet days. As far as "diet" days go, I can hardly call them that anymore. I almost never find I am craving food anymore. I no longer count calories now that I'm way past the weight loss phase and long in maintenance. My main approach is to watch *what* I eat, and to restrict my main caloric intake to my one huge meal, lunch/dinner. I eat enough in my huge afternoon meal to be so sick of food for that day that I do not want to eat another meal later on in the day or evening. You might call this a mini food hangover (the food hangover idea works on many levels). My only other daily meal, "breakfast" (described earlier) is low calorie, highly nutritious, very filling and slow to digest. I also have a nice sugary treat every single day. But I also love to binge on junk food at various times in the week—I just make sure I balance it with exercise and do not overdo it many days in a row. Currently I work out two days a week, 90 minutes per workout. In other words, the principles of the diet work even in maintenance mode. Finally, I drink coffee, which might also reduce my appetite. For those of you who smoke cigarettes, however, let me say

Do not use your weight as an excuse to keep smoking.

Quitting smoking will only temporarily add some pounds, but those will come off once your body readjusts, especially with exercise, and long term your improved physical and mental health will benefit you in many ways, including I think supporting a leaner body. I should know: I quit smoking nearly 15 years ago, on April 5th, 2003. For an easy guide to quitting smoking for those without willpower (like us), check out another of my books, [The Gradual Countdown: Quit Smoking the Easy Way!](#)

Well my friends, that about wraps up this little how-to manual on the Real Junk Food Diet. It wasn't your typical thousand page encyclopedia that many diet books are, those are the books no lazy pig like us can read or possibly follow. It's not based on some impossible restriction like "don't eat carbohydrates". It's not based on some ridiculous strategy like "exercise every day and never eat junk food". The Real Junk Food Diet is for real people like us, and is based on the fact that you and I love our junk food and we will not give it up, we are not gym rodents and have no intention to become one, and yet we do not want to be obese

our whole lives. This seemed like an impossible conundrum the first 30 years of my life, but my friends, I have solved the riddle, and I've been living it for 16 years now. In fact, even as I type this, I feel bloated and queasy from the huge "diet" meal (lunch/dinner) I had a couple hours ago. Ugh.

Feels like another food hangover; I'm in no rush for my next meal.

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