

THE RENEGADE METHOD

Top Unique Tips To Accelerate
Your Fat Burning and Gaining
Muscles Simultaneously



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Introduction

Are you tired of your weight “yo-yoing” up and down? You lose a little, gain more than you lost, and can’t seem to build any muscle along the way. Have you tried many diet plans such as low carb, proteins shakes, or low fat without seeing any satisfying results?

Have you also spent hundreds of dollars on supplements, vitamins, diet pills, exercise equipment, or even group meetings? Don’t you wish there was a healthy way to lose weight without creating such a hole in your wallet? And let’s be realistic here, counting calories is really demanding and quite frankly annoying, so getting away from that would be wonderful, don’t you think? If you answered yes to any of these questions, the Renegade diet plan might just be the proper weight loss approach you should consider.

There are so many diet plans out there to choose from, it can be really confusing when you are trying to pick one that is the best fit for you. The Renegade approach is certainly very different than any other program you will ever hear about. This book will explain in great detail what the program includes and how to be successful if you decide to try it.

You will first learn about the concept of intermittent fasting, because fasting is part of the Renegade plan, and we want to make sure you know the proper way to do it. We will also explain to you the many benefits of fasting and the way the Renegade diet is supposed to work on your body. By understand the “behind the scenes” of the diet, you will be able to really feel the powerful and positive effects on your body. You will be able to shed the extra pounds you have been carrying around, but you will also gain muscle mass at the same. You will be taught the how, and why it is working so well and especially how to apply these principles safely into your life.

The Renegade method might be very contradictory to anything you have heard regarding dieting before. That’s a good sign, because as you know, you are consulting this book because nothing else has worked for you in the past. You will learn new principles that might shock you, that no other diet plan has suggested before, but don’t be alarmed. Take the time to read and educate yourself about the benefits of this plan and you will understand why it is now gaining popularity. Although, it is a fairly new way of dieting and building muscle, the principles have been studied and confirmed by many.

You will understand soon enough that the principles of the Renegade method are relatively simple. They actually emphasize what is natural, and some of the ideas are actually even close to the concepts suggested by the Paleo diet, but as you will notice there are also some exclusivities to the Renegade method that make it so very unique.

Let’s not wait any longer and let’s start feeling better, losing weight and building muscles rapidly and safely.

Chapter 1

Intermittent fasting

Intermittent fasting is one of the principles of the Renegade method, so it's important to clarify what this means to help you in being successful and reaching your goals.

Fasting is certainly not a new concept in and of itself—people have been fasting for a long time. The term fasting may scare many, because if not done correctly, it can do more harm than good. People decide to fast for different reasons, and this rather radical process used to be associated only with religious beliefs, often as part of ceremonies or rituals. Great philosophers such as Plato, Socrates and Aristotle used fasting for its healing properties, and fans of Yoga also use fasting as a natural cleansing method, for their body and soul.

These days, fasting is actually recommended to promote many health benefits. Scientific studies have proven that this physical, emotional and spiritual process of healing can be more powerful than any surgery or medical procedures at times. Letting your body regenerate itself naturally can be such a healthy way to improve your health and also, as we will learn in this book, reduce your weight and increase your muscle mass.

Fasting is also extremely popular with many athletes. Although you do not need to be a professional athlete to enjoy the benefits of fasting, this shows how it can significantly help increase your strength and performance. In years past, powerlifters and men in general felt that they needed to get as large as possible as quickly as possible.

However, trainers have realized over the years that here is a better way to do this and gaining an excessive amount of muscle weight in a short period of time is not necessary optimal. Part of their change included how they spread out their meals during the day. The mentality that it was better to eat several small meals, several times a day started to be questioned. While this could still work very well for many, reducing the meal frequently and eating fewer, larger meals, throughout the day seems to be a viable option as well for many, and that's where intermittent fasting plays a role.

In the last decade or so, intermittent fasting has been a conversation starter among nutritionists, professional trainers and medical professionals. There are many ways to practice intermittent fasting efficiently. However, it has to include a predetermined period of time where the individual does not eat. Jason Ferrugia, creator of this new revolutionary diet, believes 100% in its efficiency. The period of time can vary from one individual to another, depending on the age, medical conditions, and certainly depending on the anticipated goals. Ok, that seems clear enough, but exactly how long should the intermittent fasting last?

The Renegade method actually suggest that individual wanting to lose weight and build muscles mass fast between 14-16 hours daily. So you can eat dinner at your regular time, maybe 6pm or 7pm, and then eat again only in the late morning of the next day or early afternoon.

During that time, your liver will have the opportunity to detoxify. Your body will replenish its enzyme number and provide some relief to all of the stresses of the digestion process for a while. It should be noted at this point that you will eat enough calories a day to build muscle.

We will speak in detail about how the rest of the Renegade method works, and how you have to follow your fasting period by what is called the overfeeding phase. Depending who you are, this may sound great or it may not, but it does work according to many fans of the diet. During that period of 4-8 hours (the remaining time you are not fasting), you will eat plenty. By doing so, you will allow the leptin level to remain stable and boost your glycogen levels. This very process will allow your body to burn fat and build muscles at the same time, and isn't that what you are trying to accomplish?

Remember that the fasting phase is only one of the phases included in the revolutionary Renegade method, we will explain in great detail the other phases in the next chapter. What is important is to not over extend the fasting period. After 1 hour of fasting your body can lose some muscle mass so you don't want to go against your goal here. Keep your fasting period to a 14-16 hour range. When you first start this diet, you should start by fasting 12 hours if 14 or 16 hours seems to be too difficult or unreasonable. Then you can slowly bump it an hour or so a week.

Intermittent fasting simply means that you fast for a while and stop fasting, within a period of 24 hours. So, again, it is important to understand that the Renegade method is not about going without eating for days at a time but simply for a period varying between 14-16 hours a day, including the time during sleep. You do know you will be able to lose weight by fasting, because during that period your body will use your fat as its primary source of energy instead of sugars. Also, fasting helps the insulin sensitivity in your body, meaning that you will tolerate sugars or carbs better. This means that the glucose will be more effectively carried throughout your bloodstream. Also, when you are fasting, you are giving your digestive system a break. So your whole metabolism can actually become more efficient at digesting and burning fat once it starts working again.

If you are used to being hungry every 3 or 4 hours, you will start building a tolerance to hunger. The hormones in your body will start to recognize the real hunger signals and this will help you avoid excessive eating patterns. As mentioned before, many philosophers used fasting to improve the healing functions of the body and to also stimulate brain function. This could even be linked to protection against certain neurological diseases such as Parkinson's diseases and Alzheimer's. Your immune system will also benefit from intermittent fasting. By reducing the stress your body has to go through to digest food, you will leave more energy for your immune system to rebuild and fight infection. Your skin condition can also be greatly improved by fasting, as you are cleaning the toxins out of your liver and kidneys. Finally, the long term effects of fasting are non-negligible. You can prolong your longevity according to studies if you practice fasting on a regular basis. The less you eat the less your body has to work to maintain its activities.

In the following chapter you will learn how to complete the other 8-10 hours when following the Renegade approach. You know you will be fasting for about 14-16 hours, so this is pretty straightforward. Now, let's find out what you should do and eat the rest of the day.

Chapter 2

Other principles of the Renegade approach

First, let's specify that you will not be required to eat very specific foods while following the Renegade method. Yes, you will need to practice intermittent fasting and work out on a regular basis to obtain results, but there is no need to lower the carbs you eat or worry excessively about the proteins you ingest or any other nutrients.

The Renegade method is made up of three distinct phases:

Phase 1: Intermittent Fasting Phase

We have already covered this in chapter 1. No breakfast in the morning, only water or maybe coffee if you are a coffee drinker. Let's now see what phases 2 and 3 look like.

Phase 2: Under Eating Phase

This phase takes place after you are done with the intermittent fasting. So, the 4 hours following the fasting, and around lunch time or early afternoon. You should plan to eat lightly during this period. Some proteins and maybe a few vegetables. It is important to avoid carbs, wheat, gluten, legumes and also fruits (sugars) during this period. Eat hard boiled eggs, lean ground beef, turkey, or even a protein shake for convenience. Try to contain your fat intake to around 10 to 15 grams. During this period of under eating, your insulin sensitivity to muscles will be higher, and you can then stimulate muscle growth.

Phase 3: Over eating Phase

Well, doesn't this sound like fun? You don't need to feel guilty anymore about eating a lot of calories before bed, and how refreshing and different is this? So during this next 4 hour period, around dinner time, it is time to load up on food. The overeating period should ideally be after a workout. It is where you will eat most of your calories for the entire day. It is highly suggested that you drink a glass of lemon juice before dinner. You can freely eat proteins, carbs and healthy fats.

Although you can select foods you like and no one is telling you to avoid this or that, it is highly suggested that you avoid processed foods and junk foods in as much as is possible. You should get your carbs from food such as sweet potatoes or rice. We will give you concrete example of foods you can choose from during this phase in chapter 6. Before you start this phase, it is a good idea to have a cup of hot water and a squeeze of lemon juice. The increased acid levels in your stomach will help you promote your body's digestion, for your next big meal. However, you should remember to try to stop eating a few hours before bedtime. You can eat starches, especially when you have been working out with resistance training.

Now, you have heard over and over not to eat heavy meals at night. So this is obviously going against this principle. Studies and research has shown that meal timing does not matter in losing weight. So there you go. Your biggest meal will be at night, and this is what you need to stick to.

When you do this, you will sleep better because the serotone level will be higher in your body due to the large of quantities of carbs you consumed before bed. Some studies even found that people who consumed a lot of calories at night will display a leaner body than people practicing different eating habits. You will realize and get used to feeling really energetic during the day due to the fact that you are eating lightly. At night, when it's time to settle down and get to sleep, your body will have that larger caloric intake to digest, but should in general help put you right to sleep, ready to go and be all rested up the next morning.

The Renegade method can help people who are trying to burn fat rapidly and gain muscles simultaneously. For example, men who need to adjust their testosterone levels can use this method to help. By eating healthy, getting enough sun and staying away from commercial products, this can happen. Your stress hormone, cortisol, can also become healthier. If your body is getting a break as you are fasting for 14 hours or so a day, you will sleep better and reduce stress. Other health benefits that come along with choosing this diet include bettering blood acidity, improving poor digestion, reducing liver toxicity, and helping with inflammation and adrenal fatigue.

When you choose to adopt this program, you will not feel tired. Yes, it might take you a few days, or up to a week to get used to your new routine, but that's normal. You will feel energized and light, because you will be eating fairly lightly all day.

You should not try to get results super-fast. Quick fixes usually don't last and that's what most diets propose to you, quick fixes. But the Renegade method is different. Starving yourself completely or avoiding so many foods that you don't know what to eat anymore, can be stressful and hard to follow. With the Renegade method, you will feel satisfied when you need to. You will have no problem sleeping because you will feel nice and full. In the morning, you won't feel sluggish from a heavy breakfast, but you will feel energized and light, ready to conquer the day.

In order to measure how you are doing on the Renegade program, simply take your temperature. Take it for 4 days in a row, to have an idea of your average temperature, and take it at the same time (early evening is suggested). If your body temperature is averaging around 98.6, you can start focusing on losing weight. If it is lower, in the 97's for example, it means that your metabolism is not working as it should, so you need to fix it before starting the program. What it means, unfortunately is that for the next few weeks you should eat more calories a day (between 300—500 calories). Once your body temperature is in the 98's, then you can start your program because you know your metabolism is working properly.

Chapter 3

What makes this diet unique-benefits?

The Renegade method is certainly very different than anything else out there. The intermittent fasting phase makes it unique but also the overeating phase is pretty special. Most diets will ask you to control your portions, count your calories, cut you're your carbohydrate intake drastically, and eat several small meals a day. The Renegade approach does not emphasize any of these, but quite to the contrary, lets you quite freely eat many of your favorite foods at night.

This freedom and sense of being able to eat whatever you want once a day might be a reason why the diet can be so successful. No one likes to be told what to eat and when to eat it. It is very easy to feel deprived when you are following a diet plan. By being in control of your diet to a certain extent, at night at least, you will feel less frustration than if you had to stick to a very strict regimen. People love this aspect about the Renegade method.

As I am sure you know, dieting can be depressing if you feel like you have no control at all, or if you have to diet with food you don't much like, and you can't season it or cook it the way you like. After a while, plain chicken and white fish can really get old. With the renegade diet, you do need to fast in the morning, but you can select foods from any groups, and can mix up your food, at night so your diet is not boring nor depressing.

Eating 5 or 6 meals a day can require a lot of planning and work. The Renegade approach does not require for you to eat that many meals, so you can easily go on about your day. In fact you don't have to worry about eating until early afternoon, after your intermittent fasting period is over. Don't get me wrong, certain other methods can work pretty well but they usually fade with time because you do not build long lasting habits. Many studies have proven that there is absolutely no difference in fat loss, whether you are eating 3 or 6 meals a day. So, by adopting the renegade method, you don't have to prepare all those small meals in advance and stress about packing them in plastic containers, finding a refrigerator and constantly checking the time to make sure you don't skip a meal.

As much as your body does not require you to feed it 5 or 6 meals a day, you also don't need to drink protein shakes constantly either. Don't get me wrong, protein shakes can be a very valid option in small amounts, and before or after a workout to replenish your nutrients. But they should not be your main source of nutrition, you should eat a variety of food every day, during the under eating and over eating phases. Drinking protein shakes can get pretty boring and you are not getting the full satisfaction of a complete meal or maybe even a sit down social time with your family and friends.

If you are used to eating several times a day, you should prepare your body to switch to the Renegade diet. Start by cutting down one meal a day, and then another, and so on. You should let your body adjust slowly even if it takes several weeks before you are following the three phases. For example, for many people skipping breakfast can be a hard habit to transition to. But let your body and your mind get used to it. Any old habits usually take about 21 days to break. These are life time changes you are trying to make, so don't expect everything to be easy, or to happen overnight. However, it will get easier after about a week or so, and as you start feeling so much better overall.

Low carb diets are very difficult to stick with for many people, especially when focusing on working out and building muscle at the same time. You can feel weak and you will even be physically and mentally exhausted at times. This type of diet can actually negatively affect your hormone levels and make it difficult to build muscles. When a diet is well rounded, you should not feel weak, or overtired. You should feel good and satisfied most of the time. Your level of energy should be high and you should feel the transformation in your body without feeling irritable and hungry all the time.

Nothing much better comes out of the protein diets claiming to be good for building muscle mass. Many supplement companies will market their products this way. However, too much protein can cause digestive issues down the road, and possibly even chronic digestive conditions. If that becomes the case, you will no longer lose weight and build muscle, rather you will gain weight instead.

Other diet programs on the market can help you lose weight, granted. But when you lose weight, it does not mean that you are building muscle mass at the same time, so only half of your goal will be achieved by many of these other choices. You will get skinner, but you will also lose muscle mass at the same time, and this can actually be counter-productive to your ultimate goal.

The intermittent fasting period is truly unique and gives you a chance to go on with your day with a lot of more energy than if you are constantly focusing on eating or eating a heavy meal for breakfast and lunch. The fasting period helps you clean your body and let it heal, so in the long term you are truly benefitting your body with some detoxification effects. Fasting is also beneficial psychologically, as it helps you to let go of what is bothering you in your body and your mind. Let that process help you feel better all the way around in your world. This is very different indeed than any other diet program out there.

Many people are misinformed and think that skipping or missing some meals can make you lose muscle mass. This is incorrect, and studies even claim that your body's metabolism can remain the same for about 90 hours during a complete fast without declining. So, if you are fasting for 14-16 hours a day, there is no risk of affecting your metabolic rate.

While many diets will help you lose weight, they will not necessarily help you burn the fat that you are wanting to get rid of, and they certainly won't help you build muscle mass either. The Renegade method is very efficient because when you follow it, it is very difficult to overeat. You do have that period later during the day called the overeating phase, but there is only so much you can eat in a 4 hour window. So, losing fat and weight becomes almost effortless if you follow the simple rules of the diet.

It is important to work on results that will last. Quick fixes are never a good option, and that's what many other diets promise. Chose a long term solution, chose the Renegade method, so you can avoid creating nutritional deficiencies in your body and get weak or even worse sick.

Don't let the novelty of the diet scare you. It can be overwhelming at first, because may not be like anything you have ever tried before. But guess what? This is a good thing! If it were the same type of fat burning program you might have tried before, then what would be the point be of switching? You are ready for a chance and so is your body. Choosing the Renegade method is choosing something new and exciting and focusing on results that will last.

You should expect to start feeling different in about 48 hours after starting the program. As far as physical changes, expect to start seeing them possibly as soon as 1 week after starting the Renegade method. But again, this is not a quick fix that you are wanting, but a long lasting program, so be patient even if it takes a little longer. Let your body naturally adjust to all of these changes.

Chapter 4

Focusing on losing your belly fat

Let's first emphasize that the Renegade method can be used by both men and women to achieve their goals. It works no matter what gender you are. This method is actually particularly effective on targeted areas such as the hips and abdomen for women. Men usually want to get their stomach flatter, and possibly even ripped. Let's see in this chapter how you can focus on losing that belly fat you have accumulated over the years.

Because the diet claims that it is efficient at burning fat and building muscle mass, you definitely want to dedicate some of your attention to your abdominal area. Whether you want to simply loose that excess fat accumulated over the years, or get ripped, let's see what you need to do to accomplish either of these goals. Many diets only focus on one or the other—building muscles in your abdominal area, without gaining fat, but just the opposite is possible the Renegade way.

Of course you have probably guessed by this point that simply following the eating principles of the program will not be enough. No diet alone will help you lose weight and maintain weight loss and redefine your body the way you want—and you shouldn't trust any one of them that says they will. **Of course you will need to incorporate exercising in your life on a regular basis.** This is written in bold because it is so important! Let's see what kind of exercise you could use to make sure you lose some or all of that belly fat you desperately want to get rid of.

First, find your motivation and get motivated! You already know why you want to lose those extra pounds around your belly area, or that you simply want to develop that six pack. You want to look better, you want to feel better, and you want to decrease your chances of heart disease, diabetes and high blood pressure. There could be a million reasons, but if you have no true motivation, you won't get anywhere. It has to start from you and comes from only you. You have to be ready to make these changes and put in the effort.

As much as the Renegade method proudly focuses on being a simple and easy process to follow, why don't you match it as far as exercising goes? Don't make things too complicated for yourself. Choose that with which you know you will have better chances of succeeding. Whether you decide to join your local YMCA, or to walk with your best friend every night, you need to keep things as simple as possible, so you don't give up or think it is too hard to continue for the long term.

It is important to understand that in order to lose weight, you will not only need to adopt some cardiovascular exercise routines, but you will also have to build muscle mass through strength training. Contrary to the thinking for many years, strength training is as essential to losing fat as is cardiovascular training—possibly more so. The more muscle mass your body has, the more calories your body will burn in a 24 hour period—you may recognize this concept, and it is most commonly referred to as your metabolism. There are many complex processes involved, but for our purposes, let's just say that the more muscle mass you have, the better your metabolism will function and burn calories to assist you in your goal to lose weight, or more specifically, fat.

Cardiovascular

While performing cardiovascular exercise, you will burn calories. You should set your goal to at least 45 minutes per session. Aerobic exercise stimulates the heart rate and breathing rate to increase in a way that can be sustained for the exercise session. Of course you are burning calories in strength training as well, but aerobic exercise, sometimes known as "cardio" is exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles.

Strength Training

You are probably no stranger to strength training either, and you know there are many different exercises that will work all of the different muscles in your body, and many different philosophies on how best to do this. The best method is always the one that works for you. Ensure that you keep your heart rate up during strength training, as well as building very lean muscle mass. For every strength training exercise you do, you should do 2 sets of 15 repetitions.

The weight you are using should be such that you are able to maintain, as closely as possible, perfect form, and enough to where you are struggling at repetition 12 or 13, but are still able to make it to the 15th repetition, while maintaining the form.

To maximize the results, you should not stop moving—as soon as you complete one exercise, you immediately go and do another set of 15 repetitions of another exercise (like crunches or calf raises), and when you complete that set, you immediately come back and complete the second set of the first exercise, and so-fourth and so on.

It's important to remember to mix up the individual strength training exercises you do, as well as the cardiovascular exercises—your body can become too comfortable with an exercise to the point where it loses its effectiveness.

Sit-ups

Sit-ups can be very efficient in tightening your belly area. The wonderful thing about sit-ups is that you can do them anywhere. You can even do them while lying in bed and watching TV or in your living room, listening to your favorite music. In order to perform an efficient sit-up, your arms should either be folded across your chest, or behind your neck with your fingers laced behind your head where you can support your head. You should try as much as possible to use only your abdominal muscles to lift yourself up. As explained previously sit-ups can potentially work on many muscles so they are a great addition to your workout routine.

Crunches

Crunches sometimes get mixed up with sit-ups because the difference is very subtle. With crunches, you do not raise all the way up to the 90 degree angle, nor do you go all the way back down to a flat position. The idea with crunches is to keep your abdominal muscles tensed the entire time.

Sleep

While sleeping is certainly not exercising, it is just as important to you in your quest to lose the fat around your belly area. On the more obvious level, sleep is essential for you to be able to function during the day and to have the energy to be able to work and exercise. It is recommended the optimum amount of sleep is 6-7 hours.

Managing sleep timings and eating timings also help in regulating your metabolism. On the not so obvious level, there are many studies that show that you continue to burn fat as you sleep, and that the healing in your body and muscles occurs when you are asleep. So, you have to make sure to allow yourself enough sleep, and for some individuals this takes a very conscious effort.

Chapter 5

Tips and advice

You will find below many tips and suggestions to help you lose the fat you want lose more efficiently. We will also provide you with some excellent suggestions to assist you in building lean muscle mass.

Journaling

Keeping a journal of your caloric intake on a daily basis is a great way to keep track and keep yourself accountable. Additionally, writing down what exercises you perform, the length of time you work out, and the amount of calories you burn* make it so you get to the point that you feel almost guilty if there is a day in your journal where you don't have an entry because you took the day off.

*You can purchase a heart rate monitor that will calculate the amount of calories you burn during a workout, and I highly recommend doing so.

Relax

It may sound silly, but as you have read before, stress is very detrimental to your health and will slow down your weight loss process, so find an activity that relaxes you and practice it on a regular basis. Meditation is a great example. You don't have to become an expert, simply allow yourself 10-15 minutes a day to practice deep breathing away from your chaotic life. You will feel refreshed and more positive, and your body will thank you.

Spice it up

Many spices are known to help with weight loss. Also, by seasoning your food, you will avoid the monotony of bland food and at the same time save yourself some frustration. Cayenne pepper is good for you, and it helps boost your metabolism and burn calories faster. It can also act as an appetite suppressant! It is delicious on fish and chicken, and even try it on eggs or rice, you will be surprised how tasty it is!

Cinnamon is also a spice that you should keep handy when you are trying to lose your belly fat and replace it with muscle. Sprinkle it in your hot beverages or on your oatmeal in the morning. It is a great source of fiber and calcium but it can also help in lowering your blood sugar level.

Ginger is certainly another spice you should consider when you are cooking. It will help your tissues burn more energy and more calories, as well as lowering your cholesterol.

Water- Green tea

Make sure you always drink plenty of water to be hydrated and facilitate your digestive process. You should aim to drink up to 8 glasses of water a day. Due to its many components, green tea is fabulous at boosting your metabolism, and studies have shown that green tea truly expedites the fat burning process.

Choose your oils

Coconut oil is an oil that is especially good when you are trying to control your weight. It is known to act as an appetite suppressant. It also contains good fatty acids that help boost your metabolism, so the energy is distributed throughout your body instead of being stored. Olive oil is also a good choice, and delicious to prepare low fat salad dressings.

Reduce your overall alcohol Intake

Consuming alcohol slows down your metabolism, as it delays the digestion of any other foods you have eaten. Avoid beer all together. It is packed with hops (gluten), so can cause inflammation and weight gain. So you will lose your belly fat faster if you cut the beer or at least consume it in moderation and choose the light options.

A little vinegar

Add a little vinegar to your diet. 1 tablespoon of vinegar everyday can help in reducing your belly fat. According to a Japanese Studies, people who consumed a couple of tablespoons of vinegar every day for 8 weeks have displayed dramatic reduction in visceral body fat. Yes, the acetic acid in vinegar produces fat-burning proteins. You can add the apple cider vinegar or balsamic vinegar to your cooking or your salad dressings without any guilt from now on.

Timing

Like anything else in your life, be smart about your timing. You don't want to start a new diet program right before the Holidays, or series of social events. Try to time it so you can concentrate on being faithful to your new plan without feeling like you are missing out on life. Soon enough, you will be able to incorporate the Renegade method into your normal activities. You will also learn what to order when you go out to eat and your body will demand the food you have been feeding it. You will be on track with the results you wanted, so going out to eat once in a while won't kill you and won't make you gain all that weight back or loose muscle mass.

Slow cooking

Slow cooking is very healthy and so very convenient. Think about it, if your main meal is going to be scheduled later at night. You can take the time in the morning to prepare all the ingredients to put into your slow cooker in order to have a healthy meal ready for you when you come home from work or the gym. You can cook anything in a crock pot or slow cooker, from fish, to chili, soups, chicken, and roasts. You can also use the slow cooker to prepare bone broths. They have become very popular lately, and are known to be efficient in helping you lose the extra weight as well. The principle of the bone broths is that they are made up of animal (beef, pork, poultry, lamb) or fish bones, with some meat still attached to the bones. You cook them in a bouillon made of water, spices and vegetables (typically the carrots, celery and onion). They have to simmer for up to 24 hours. Once the bones have softened, you strain the bouillon and drink it as you would drink a warm tea. The collagen and the many minerals and vitamins produced by the bones will help you build your muscle and loose the extra fat.

Think natural

Although it is not a requirement of the diet by any means, it is a good idea to start looking into farmer's markets in your area. Try to find pesticide free produce and hormone and antibiotics free animal proteins. Also, you can try to find fish in your area that has been caught in the wild, instead of settling for farm raised fish.

Also think about going organic if you can. The reason why this can help with loosing a few additional pounds, is because fruits, vegetables, and grains that are grown without pesticides won't expose your thyroid to toxins, allowing your metabolism to run smoother and burn more calories.

Eating habits

Many of your eating habits can help or even accelerate your weight loss. You should chew your food until it's pretty much like puree before swallowing. This will facilitate your digestion process. Eat with family and friends and enjoying a good conversation instead of shovelling the food in your mouth while watching TV can help you eat slower, and allow you to feel fuller, and prevent you from over eating.

Cheat

Once a week, allow yourself to cheat with your favorites. Maybe you would like to go out in a fast food restaurant and devour a greasy burger. Maybe you have been craving red wine and fatty cheeses and deli meats, so go for it and don't look back. Regardless of whether or not you are trying to lose weight, remember that if you start feeling too frustrated, it will be extremely difficult to keep your motivation high. So it's better to cheat on a regular basis, once a week, and then get back to your healthy routine.

Eliminate certain foods

The Renegade method does not dictate that you eliminate any foods in particular from your diet. However if you want to maximize the results and reach your ultimate goal, you should consider the following advice:

You should stay away from white flour, soy products and corn products. Although you are allowed to eat carbs and starches, these type of foods do not contain the maximum benefits you can get. Choose some whole grain options (pasta, breads and rice).

Of course, processed foods are full of chemicals and additional ingredients your body does not need so you should definitely minimize their consumption. Eat natural foods as much as possible. You can cook and transform the foods yourself, but don't choose frozen dinners, granola bars, crackers, ramen noodles, ketchups, or French fries on a regular basis. These foods have one characteristic in common: they contain very little nutrients and are usually high saturated fats and have lots of sugars.

Sugary drinks

You should not consume the following: fruit juices, sport drinks, energy drinks, and sugary coffees. Studies have shown that sugary beverages are responsible for a 60% increased risk of obesity, including the accumulation of fat in the belly. By belly, we are specifically about the liver fat leading to insulin resistance. If you "drink" the sugar, it's worse because it is often not registered by the brain and you end up drinking more sugar, and inadvertently consuming a lot more calories. So stay away from these sugary drinks, and opt for water every chance you get.

Chapter 6

Example of a day in a Renegade dieter

Please remember that this chapter is simply providing you with examples of what a day could look like if you choose to follow the Renegade diet. You can modify the foods you decide to eat on a daily basis. However, in order for the method to be more efficient, you do have to respect the intermittent fasting phase.

Let's talk about caloric intake. It is recommended to consume foods according to your body weight when you are adopting the Renegade diet. Follow the following chart.

- ✓ 1g of protein per lb. of bodyweight (ex; 200 pounds, 200 g of proteins)
- ✓ 1.5-3 g of carbs per lb. of bodyweight

- ✓ Overall, if you are trying to lose weight, you should take in 12 calories per pound of bodyweight.
- ✓ If you are planning to maintain your weight and build muscles, 14 calories per pound of bodyweight.
- ✓ If your goal is building muscles mass, then you should allow yourself to ingest 16 calories per pound of bodyweight. (ex: 3200 calories if your bodyweight is 200 pounds)

Example #1 of Renegade Day

8AM **Start your day**

8AM-2PM **Intermittent Fasting period**

You can drink beverages containing 0 calories such as black coffee, water, tea, diet sodas.

2PM **First meal. It is the under eating phase.**

Also may be your pre-work out phase most days. Eat a few hard boiled eggs with green leafed vegetables. Avoid fruits and carbs during that period.

5PM **Second meal. (Pre-workout meal)**

Should be still pretty light. Nuts, avocado, cheese.

9PM **Final meal. It is the overeating phase.**

You can have pasta, bread, rice. You should include proteins and healthy fats. You can have anything from any group. Try to keep the junk food to a minimum, but you can use combinations of your favorite foods without any problems. This is your last meal of the day before going to bed and before starting your 14-16 hour fasting period.

Example #2 of Renegade Day

8AM **Start your day**

8AM- 2PM **Intermittent Fasting period**

You can drink beverages containing 0 calories such as black coffee, water, tea, diet sodas.

2PM **First meal. It is the under eating phase.**

A 30 g protein shake.

5PM **Second meal. (Pre-workout meal)**

Omelet made of egg whites with spinach, tomatoes, onions and feta cheese. A handful of cashews.

9PM

Final meal. It is the overeating phase.

*Grilled chicken with roasted potatoes and mixed greens salad, with light dressing made of olive oil.
Strawberries and yogurt.*

Example #3 of Renegade Day

8AM **Start your day**

8AM- 2PM **Intermittent Fasting period**

You can drink beverages containing 0 calories such as black coffee, water, tea, diet sodas.

2PM **First meal. It is the under eating phase.**

Raw carrots and celery with egg salad dip.

5PM **Second meal. (Pre-workout meal)**

A few slices of wheat bread with tuna and grape tomatoes.

9PM **Final meal. It is the overeating phase.**

Blackened salmon with brown rice and unlimited greens (green beans or broccoli.) Tapioca pudding topped with roasted sliced almonds.

Sandwich ideas

Sandwiches are certainly quick and easy meals. Pita breads, tortillas and lettuce wraps are excellent choices, as they contain less calories, but remember with the Renegade method, you can consume carbs at night without any worries. It is always better to eat whole grain breads as they contain lots of fiber.

Any of the ideas below can keep your menu interesting and help you avoid getting bored eating the same type of sandwiches day in and day out:

- Use chicken breast with a few avocado slices
- Mix in tuna with Greek yogurt, fresh dill, a few slices of cucumbers, onions, pepper
- Cook some fresh tilapia with tomatoes, garlic and cilantro
- Utilize turkey bacon to make the perfect BLT
- Make sure you vary the greens you use on the sandwiches (iceberg, arugula, kale, spinach)
- Use olive tapenade on your sandwich for a change
- Spread some homemade pesto on your toasted turkey breast

Modified version Nachos

Remember you can add whatever ingredients you like on the typical dishes you are used to preparing and eating, so you can change it up and avoid getting bored. Also, you can make a normal high fat meal a healthier one by substituting a few ingredients.

For example, when preparing nachos, used baked tortilla chips and low fat shredded cheese of your choice. Sauté your favorite vegetables slightly in olive oil and spices for nachos: peppers, onions, mushrooms, scallions. Add some fresh condiments of your choice: tomatoes, cilantro, fat free sour cream, and fresh salsa.

You could consider using low fat turkey or even simply prepare your nachos vegetarian to avoid ground beef containing high fat content.

A few slimming beverages

The recipes below will suggest to you several beverages that can help you in trimming down your belly. They are easy to make and you should try to add them to your new eating or drinking habits.

Lemony detox water

8 ounces of hot water

1/10 tsp. cayenne pepper powder

2 tbsp. Grade B maple syrup (only the non-artificially flavored)

2 tbsp. of fresh lemon juice

Golden Milk

1 Cup of milk

¼ tsp. of ground turmeric

After boiling the milk with turmeric, add a touch of honey.

Ginger tea

Grate some fresh ginger into a tea kettle (use about ½ tsp).

Boil for 3 to 5 minutes and serve yourself a cup of tea.

Add honey as a sweetener.

Chapter 7

FAQ's

Isn't fasting dangerous for me?

The first thing you have to remember is that the Renegade method does not suggest fasting completely. It does suggest to adopt **intermittent fasting**, which is different.

The dangers with fasting are mainly observed when people fast for long periods of time. We have heard stories of people taking fasting to the extreme and even passing away from starvation. So it is never recommended to fast for days or weeks at a time, especially without consulting a health professional. It can put way too much stress on your heart and your muscle loss will be significant. Water only fasting is not any better, as the body needs many minerals such as magnesium and potassium to maintain its cardio function. Also, when the body becomes overly weak after fasting for many days, the immune system has trouble fighting off infectious diseases. So, long fasts are never a good idea, and yes, can be harmful.

But fasting done safely can be very beneficial as we have discussed throughout this book. Make sure you follow the principles of the Renegade diet, that encourages you to eat during a period of time of 8-10 hours a day, and remember to always stay hydrated at all times.

What about breakfast, isn't it the most important meal of the day?

While some people have to make a special effort to even eat a piece of toast in the morning, others absolutely love breakfast. It has been anchored in our brains for a long time that breakfast is actually the most important meal of the day. However, the Renegade method suggests you skip it all together as part as your intermittent fasting. So what's that all about? Breakfast is not the most important meal of the day if you are trying to shed some pounds and build muscle mass. As a reference, the reality is that 90% of Americans eat breakfast and 50% of them are obese. So let's make this clear that you should not allow your little ones, who need consistent and regular meals to skip breakfast. We are referring to adults who are on a diet and are trying to burn fat faster and build muscle mass.

Your body has a low level of insulin in the morning, so can actually burn fat much faster than at any other time during the day, and is why it is suggested to skip breakfast. If you do like breakfast food, while considering healthy options you can always plan to eat breakfast later in the morning or early in the afternoon, when your Under Eating phase starts.

Will I need to purchase any special supplements or equipment while on the Renegade diet?

No, you don't! That being said I do make recommendations of a few powerful supplements that can only serve to enhance the effects of the diet. But they are by no means required. It's up to you. The program relies on the fact that you be able to eat a variety of food, especially during the 4 hour window of the overeating phase. You will not need to ensure that you drink so many protein shakes per day, or to take this or that supplement. However, if you are taking vitamins or supplements as recommended by your primary care physician, you should speak to them about it and makes sure you continue as instructed or adjust the dosage if that applies.

There is also no special equipment needed. It is a good idea to have a gym membership, but many people

will decide to work out at home, as it might fit into their busy schedule better. You can certainly practice walking, running, and all the recommended exercise to lose your belly fat even if you do not visit the gym on a regular basis. Don't focus on equipment, but focus on being active, moving and following the eating principles of the Renegade method.

Can vegetarian follow the Renegade method?

Absolutely they can. Vegetarians can be very successful following the Renegade diet just as any other individuals. The principles remain the same, but obviously the choices of foods vegetarians eat will be different. Because this approach does not tie you to specific foods, anyone can adopt it. You can substitute tofu for chicken, and you can eat beans and peanut butter every day if you like. The key is certainly to get a variety of healthy foods, containing carbs, protein and healthy fats, on a regular basis. Vegetarians can adapt their diet in this way, and can lose the wanted weight and build muscle mass, just the same as anyone else can. The freedom given by the Renegade method welcomes anyone who is willing to include fasting and follow simple rules.

Do I need to banish junk food completely from my diet?

While junk food is never an option that is encouraged, we all know that we crave it at times. You don't need to give it up completely when you are following the Renegade diet. You do however need to control your portions and the frequency of when you decide to eat it. So go ahead and allow yourself a juicy burger, pizza or even cakes once in a while. Because you ingest junk food once in a while, don't worry, your whole diet will not be ruined, like other diets may suggest. Simply move on to the next day and start following the principles all over again. This diet plan is very forgiving, so you need to be as well.

Should belly fat be something that I am truly concerned about?

Yes, absolutely! Fat in your mid-section or belly area places you at greater risk of developing serious or life threatening health conditions. You can seriously increase your risks of type 2 diabetes, heart disease, stroke, and even some types of cancer. Not to mention that you will most likely feel terrible about yourself and might plunge into a deep depression or even experience social anxiety because of it. So if you have a fat belly, it is time to take this seriously and do something about it.

This increased inflammation around the belly area can also cause many other chronic conditions, such as high blood pressure and increased cholesterol levels. Remember, the visceral fat is the one that surrounds your vital organs and makes it difficult for your metabolism to perform its essential functions. Statistically, individuals, male and female alike, have roughly double the risk of premature death if they have large bellies.

The Renegade program, combined with the adoption of a healthy and consistent exercise program, will help you get rid of that belly. Also, by detoxing your body on a daily basis during the phase 1 of the program, you will most likely get rid of any inflammation you are used to experiencing. Your digestive system can improve and you can be well on your way to a flatter belly and healthier you.

How can you measure your belly fat?

In order to have a good idea of how much you want to lose around your abdominal area, you might want to measure your waist. Sure, you can feel how tight or loose you will be in your favorite pants after a few weeks, but to be more accurate, let's see how you can efficiently measure your waist. Using a measuring tape, you should wrap it around your waist at your belly button and while you are standing up. Make sure the tape measure is leveled. If you are a woman, your waist measurement should really be under 35 inches and if you are a man, under 40 inches. If it is any higher, you should really concentrate on losing some visceral fat for your health's sake. Although some of your weight problem might be genetic, it is no excuse to just let yourself go and you should always strive to be thinner, especially when you know this type of fat is highly detrimental to your health.

Conclusion

The Renegade method is relatively new, but many people have already expressed how efficient it is for them, and has helped many individuals who have adopted it burn the fat of which they wanted to rid themselves while building more lean muscle mass. If this is also your goal, then the Renegade method is a good choice for you.

This book had as its mission, to demystify this new and unique approach. First, you will start your day by practicing intermittent fasting. You realize by now that this is a strategy that includes many benefits, and if followed as suggested, does not represent any real danger to your health. In fact, the fact that you allow your body to rest from its digestive functions and your liver to detoxify itself regularly, is very beneficial for you.

Two phases will follow the fasting phase, the undereating and overeating phases. Many examples of what to eat have been provided to you during these phases. After fasting for a long period of time, you have two blocks of 4 hours to nourish your body. Make sure you do follow a certain dietary routine. However, the beauty of the Renegade method is that there are not very strict or specific guidelines on what you can eat or can't eat during the overeating phase. You can eat carbs, which is unheard of for many of the diets currently available out there. You should eat protein and a combinations of other nutrients including healthy fats.

Of course, you can't expect to lose weight and/or build muscles simply by dieting. You have to include a regular exercise program in your routine. Remember that crunches and abdominal exercises are wonderful, but they won't make you lose your belly fat. In order to lose your large abdomen, you have to also incorporate a great amount of cardiovascular exercise into your life. Make sure you choose activities you enjoy so you don't get bored or discouraged. Strength training is the best way to build lean muscle mass and you do have prioritize form, repetitions, and constant movement.

The Renegade method is very different than any other method you have heard of or even tried before. Don't let this scare you away. In fact, you should be encouraged that it is unique, as like many others, you have probably experienced many disappointments and that's why you are looking to try a new and innovative way to live, burn fat and build muscle.

No matter what your gender or age, you can safely start thinking the Renegade method as your new way of living. What you need to provide is motivation, and plenty of it. You will need it to put in the required effort. You need to let your body adjust to this new way of eating and living as well. Fasting will help you not only feel better physically, but will allow you to clear your mind as well.

Thank you for choosing this book to help you understand how the Renegade method works, and for trusting that there is a better way than cutting carbs, boosting proteins or avoiding dairy products all together. Don't let other diet plans frustrate you and stop letting them make you feel constantly deprived. This diet plan is relatively simple and its principles will help you keep a hormonal balance while losing fat and building muscles. Start dieting the Renegade way and feel amazing!

-- George Orwell

Check Out Other Ultimate Fat Loss Programs

- [The Fat Diminisher Diet](#)

By Wesley Virgin(Trainer)

- [Red Smoothie Detox Diet](#)

By Lyz Swan Miller (Author)

- [Metabolic Aftershock](#)

By Dr Jade Teta