

9 Day Athlete Cut Diet using the Isagenix Cleansing System

The Purpose of Cut Diets

The purpose of this cut diet is to nourish the body so it will lose fat and maintain muscle mass. There is a fine line between weight loss and peak performance. Do not cross the line thinking that the more weight you lose the better you will perform. You do want to benefit from being "lean" to reduce the weight load you have to carry during the race, but lose the weight within reason. We will measure your % body fat to determine how much weight you should lose and monitor if you are losing fat or muscle mass.

When to use the Cut Diet

The Cut Diet is best used during recovery from a peak cycle in your training. During the cut diet you will continue to train in Zone 2 low Zone 3 Heart Rates. You will not have the glycogen load (energy) to produce high intensity work outs. To go into high heart rate zones during this cut diet will break down muscle and do more harm than good.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
Shake/Meal/Shake/Meal with Accelerator Capsules and Snacks		CFL/CFL/Shake (after work out)/CFL with Accelerator Capsules and Snacks CFL-Cleanse for Life			Shake/Meal/Shake/Meal (optional) with Accelerator Capsules and Snacks			CFL/CFL/Shake (after work out)/CFL with Accelerator Capsules and Snacks	

Do's

1. Unlimited Vegetables
2. Take 2nd Shake after workout
3. Meals consist of 50-75% vegetables with little meat
4. Drink at least 64oz of water each day
5. Take 2nd Shake after workout

Don'ts

No bread
No pasta
No Processed foods
No sugar
No Soda

Do's

1. Drink water, fresh juice, herbal teas
2. If you need to eat, eat an apple
3. Do not feel hungry. Take a Snack or eat a few raw nuts if you get hungry.
4. Very light workouts
5. Take a 1Scoop Shake after workout

Don'ts

No solid foods, except for the above foods
Do not have the Shake if you do not work out.

Same format as Days 1 and 2.

The second meal is optional if your training demands that you eat.
If you are not training during these days, then it is suggested that you only eat one meal.
If you choose to eat a little carbohydrate, eat brown rice.

Same format as Days 3 and 4