



## 4HB Cheat Day Cheat Sheet

### How to short-circuit weight gain on Cheat Day:

1. Start the day with a normal, slow carb meal, including your AGG.
2. Before any meal with carbs, spend 60-90 seconds exercising -- air squats, wall presses (arm extensions against a wall), chest pulls (using bands).
3. Take 2.4 grams Super Cissus 30-minutes prior to a meal (three 0.8 gram capsules if you are using the USP Labs pills Tim recommends).
4. Drink a small amount of fructose (Tim uses grapefruit juice) immediately prior to each cheat meal.
5. Drink some caffeine or yerba mate before or with your meal to speed processing of food.
6. Use cinnamon and citrus juice (lemon in water, citrus kombucha, etc.) with your meal
7. More 60-90 second exercise 90 minutes after each cheat meal.

### Other tips (not related specifically to Cheat Day):

- Avoid Splenda
- Eat fermented foods
- Add probiotics and prebiotics to your regimen
- Eat enough fat at larger meals
- Make lunch and dinner take 30 minutes or more

Visit my 4HB blog at <http://wp.me/1gVPO>