CHRIS POWELL’S

CHOOSE MORE, LOSE MORE FOR LIFE

HYPERION

New York
The recommendations in this book are not intended to replace or conflict with the advice given to you by your physician or other health professionals. All matters regarding your health should be discussed with your doctor. Consult your physician before adopting the suggestions in this book. Following these dietary suggestions may impact the effect of certain types of medication. Any changes in your dosage should be made only in cooperation with your prescribing physician.

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We try to produce the most beautiful books possible, and we are also extremely concerned about the impact of our manufacturing process on the forests of the world and the environment as a whole. Accordingly, we’ve made sure that all of the paper we use has been certified as coming from forests that are managed, to ensure the protection of the people and wildlife dependent upon them.
To my amazing best friend, soul mate, coach, and wife, Heidi, who has been by my side from the beginning of this incredible journey. Everything within these pages we have learned, experienced, created, and completed, together. I insisted that the rest of this dedication be written by the both of us.

To our fathers, William Grant Powell and David Grant Lane: one still with us, and one smiling down from above.

You have both taught us some of the most valuable lessons in life. Thank you for teaching us that we are all human, and it’s okay to struggle. You taught us that we are all perfectly imperfect, and that our challenges in life are blessings to make us stronger. Your examples of courage and vulnerability through your own trials continue to inspire us each and every day. You taught us that unconditional love is the most powerful thing in this world. Thank you for being our heroes.
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INTRODUCTION

There are thousands of diet and exercise programs around, and everyone's looking for “the right program for me.” Somehow, only a few of us ever find it. Sure, plenty of diet plans melt the fat, but that's always going to happen when you take in fewer calories than you burn off. So everyone's convinced that this formula is all they need to know in order to get a permanently perfect body: diet + exercise = weight loss. Technically, that's correct. But the truth is that it's the magic inside you—what happens in your heart and mind—that makes weight loss happen! It's what turns weight loss into life transformation.

There are lots of ways to drop pounds and get in shape. But most of them take buckets of blood, sweat, and tears. No wonder we're always searching in the wrong place for a better weight-loss solution! I want to show you a different, easier, awesomely effective way to reach your weight and fitness goals, whatever they are. Whether you're going for a killer body or peak athletic performance or great overall health, this book will satisfy your needs. And I'm going to get you there in the least amount of time, with the least amount of effort.

Yawn. Every diet promises you'll get fantastic results with a minimum of work. Every diet guru says his or her scheme is different. How can I claim that my plan will do what all those others can't? To start with, I'm going to tell you to stop thinking about food and stop thinking about exercise—those are actually minor players in the weight-loss game!
In my eleven years as a personal trainer and fitness expert, I’ve learned something really big: *Dropping pounds and getting fit aren’t really about diet and exercise.* I’m going to hand you the real keys to losing weight. When you read my clients’ Success Stories and see the jaw-dropping transformations that they’ve achieved, you’ll know my program works. And you’ll wonder, “What do they know that I don’t?”

The first and most important step is to *make a commitment to yourself* not just to lose weight but to change your life. On the day I start working with a client, we have a conversation that lays bare the truth behind the client’s weight issues and reveals what the client really wants—and what the client actually can have. For most people I work with, this conversation is the turning point when they realize that transformation is a genuine possibility for them. That’s why they go on to achieve such extraordinary results.

I can’t say it enough: Reaching your weight and health goals, as well as staying healthy and gorgeous once you get there, is about transformation—remodeling your lifestyle, your life, and yourself! Yeah, trimming those excess inches can improve your life to some extent. But it really works the other way around: Transforming your life is *the key to getting lean* permanently and maintaining that fabulous body. What does transformation really mean, and how can you do it? Stick with me, and I’ll show you.

Working with one amazing client after another, and working nonstop on myself to become the best me I can be, I’ve witnessed and experienced transformation. And I have uncovered the most crucial and powerful ingredients in transformation. They’re just as important as—no, *more important* than—the physical techniques!

Here’s the big news: Exploring your identity, *finding your authentic self,* and getting to know your emotional side—what makes you tick and what makes you stumble—are essential to transformation. So are believing that you can do it, keeping your promises to yourself, learning to bounce back from setbacks, and surrounding yourself with people who believe in you. I’d like to share all of this with you—that’s why I wrote this book.

In my first book, *Choose to Lose: The 7-Day Carb Cycle Solution,* I laid out a terrific diet system called *carb cycling,* and I introduced a super-easy work-
out method that amplifies carb cycling’s weight-loss impact and accelerates the get-fit process. I taught people how to integrate basic carb cycling and simple ten-minute exercise routines into their lives so they could put the 7-Day Carb Cycle Solution to work—for real. But I recognize that no exercise program is one-size-fits-all. Now I want to show you how to work the program in the way that’s best for you!

You’ll find indispensable basics and a solid foundation for carb cycling in Choose to Lose, but even if you didn’t read my first book, this one will rock your world! See, this book gives you the advanced version of the info in the first one, and turbocharges it. I’ve taken what I’ve learned about carb cycling, exercise, and transformation in the past couple years and added it to the mix. That’s loads of learning, because the people who used my first book had incredible success slimming down and improving their lives.

After reading Choose to Lose, thousands of people embraced the carb-cycle lifestyle, and the results speak for themselves. I’ve been overwhelmed by the crowds of people who’ve told me that they can’t believe how miraculously carb cycling helped them finally lose ten, fifty, even two hundred pounds. Many of them were finally able to break through weight plateaus they had always struggled with! Their stories of transformation have opened my eyes again and again.

I’ve peppered this book with wonderful testimonials from people who have changed their lives through our methods of transformation and carb cycling. I know you’ll be blown away by these stories—not only by the incredible weight-loss and fitness achievements, but by the life transformations these people have made from unhappiness, frustration, and loneliness to self-fulfillment, joy, and success.

Seeing the benefits that so many people have gotten from carb cycling, it’s my responsibility to reach out to more folks with my upgraded system—and to help those who’ve already started stay on their paths to lifelong fitness. In this book you’ll find even more inspiration and guidance, more personal inventories and logs, new nutritional and workout options, and a whole new slew of easy, delicious recipes. There’s even a quiz to help you pick the best plan for you. If you’re a newbie, you’ll be able to hit the ground running not only with the short version of the basics but with the advantage of the enhancements I’ve made! You’ll thank thousands of confirmed
carb cyclers for sharing their experiences as you choose more and lose more for life!

One thing I learned from the e-mails and letters I’ve received is that some people find the principles of carb cycling and general nutrition kind of complex at first, and that it takes some time for some of them to figure out how to turn the facts into action. So this book is a lot more interactive and better at helping you to bridge the gap between its pages and your actual life. It’s packed with step-by-step advice and all kinds of tools that make carb cycling real, hands-on, and practical. I’m going to introduce you to a truly doable, livable, and sustainable weight-loss and weight-maintenance program. You’re going to love my fast, easy, and convenient techniques!

Whatever your specific situation, the foundation of the nutrition section of this book is: There’s a carb cycle for that. You can adjust the carb-cycle plans, workouts, and recipes according to your needs and to the demands of your life. Customization puts you in control, because all of the techniques can work for you no matter where you are in your life and in your transformation process! You’ll have the flexibility you want.

I introduced my Classic Cycle in my first book. It’s the simplest of the four carb cycles laid out in this book, although it’s not the easiest. All those carb cyclers who read Choose to Lose started their weight-loss journey with the Classic Cycle, and the ones who’ve stuck with it have lost weight quickly and steadily. If you’re ready to take on a moderate challenge but like your path straight and smooth, my good old Classic Cycle will reward you with fast weight loss.

The Easy Cycle is a laid-back version of the Classic Cycle. I’ve designed it for people who are just starting their journey and who feel like they might lack the willpower to stick with carb cycling. It’s especially for you if you need to reward yourself regularly with your favorite foods. It’s for you if you’re terrified to take the first steps toward transformation because you don’t want to feel deprived and restricted. If you do the Easy Cycle with no deviations, you will succeed, because it’s built around idea that if you can’t have it today, you can have it tomorrow. You’re allowed to cheat every other day, but you’ll still cut your calories in half! Of course, you won’t lose pounds as fast as on the other two plans in the book, but you will get in-
stant gratification from instant results. You’ll find that the Easy Cycle is a truly sustainable lifestyle program that just about anyone can do. It is the easiest way to start your transformation journey.

Then there’s the Turbo Cycle, which accelerates and intensifies your carb-cycling results so you can reach your weight-loss goals as quickly as possible. If you’re really antsy to get there and you’re ready to take on a big commitment, this is the cycle for you. It’s carb cycling, turbocharged. The Turbo Cycle revs up your carb cycle so you get results faster than with the Classic Cycle or the Easy Cycle. It maximizes weight loss by including more fat-burning days than the other plans do. And I’ve scheduled metabolism-boosting days strategically, to prime your body to burn more effectively on your fat-burning days. How cool is that?

The Fit Cycle is for you if you’re already super-active but you want to drop some weight. Even though you burn a lot of calories and need a lot of carbs, you can still carb cycle to lose weight and avoid gaining new fat. The Fit Cycle allows you to lose a lot of weight while keeping your carb intake high to fuel your performance, even if you work out or compete five or six days a week. With the Fit Cycle, you can actually increase your performance while maximizing the weight-loss benefits of carb cycling. This plan is so fantastic that I continue to use it. I’m carb cycling for life!

So whoever you are, whatever your strengths and weaknesses, wherever you’re headed, there’s a carb cycle for that. But I know you want it to be as easy and convenient as possible, to fit into your hectic life. How can I make the program work for you as you face everyday reality? You’re busy, you’ve got a crazy schedule, you spend a lot of your time out of the house, you have only so much time to focus on the carb-cycling nutrition plan. So you’ve got challenges. How can you pull it off?

I’m going to give you recipes, meal plans, and eating tips that make the carb-cycle diet superconvenient. I’ll lay out more than thirty delicious recipes that you can make in less than five minutes. I’ll also give you high- and low-carb variations on these recipes so that you have more than sixty delicious meals to choose from! Preparing your food will be quick and easy, and your meals will be cheap. Throw “I can’t afford to eat healthy” out the window. In fact, you can’t afford not to eat healthy! And you can eat
healthy on the carb-cycle program, because you can customize it to your needs. It will be easier than ever to eat right—which means you’ll succeed in your weight-loss goals.

“Okay,” you say, “I kinda get it. But didn’t you say something about exercise, too?” Yes, to really maximize what carb cycling can do for you, you’ll need to get your body moving. You’ll need to burn the carbs that are stored in your muscles and jack your metabolism to the roof by developing and moving those muscles. Sounds intense, right? And time-consuming. Well, actually, not so much.

I’ve designed simple muscle-developing workouts that I call Shapers because they sculpt your body. In this book I’ve included twenty brand-new ones I call “9-Minute Missions” because you can complete them in just nine minutes. You’ll begin every weekday by completing a 9-Minute Mission—the ultimate way to start your day! For cardio fitness, I’ve designed muscle-moving workouts that I call Shredders because they burn fat like crazy. Shredders are less intense than Shapers and take a little bit longer to do—anywhere from ten to sixty minutes, according to your fitness level. (If you’re super-fit and want to get fitter, you can make your Shredder workouts even longer.) I ask you to do Shredders five days a week. You can take both the Shapers and Shredders laid-back and easy or rigorous and demanding, depending on whether you’re just starting out, a weekend golfer, or a marathon runner. To help you fit the workouts into your day, and to help you stick with them, I’ve made the exercises easy, effective, and fun. Really—it’s true!

The Shapers and Shredders are easy because they’re based on the types of movement that your body does naturally. Every day you push (closing your car door), pull (opening your dishwasher), crunch (sitting up in bed), and squat (sitting down at your desk). I’m not asking you to do anything that you don’t already do! This is part of what makes the workouts so effective—this, and because you’ll be doing lots of different exercises, not the same thing over and over from day to day.

I’ll teach you many variations on the Shapers and Shredders, and I’ve created a whole month of different workouts for you. Changing it up like this makes the workouts fun because you don’t get bored. And the most fun is that the Shapers and Shredders get results. When you repeat your
9-Minute Missions the following month, you’ll experience a significant and noticeable increase in your fitness. It’s awesome!

But back to the basics: Weight loss isn’t just about diet and exercise—it’s about transformation! In the chapters that follow you’ll get to know yourself and your goals, and find out what it means to transform your life. I’ll let you in on the secrets to transforming and on the importance of personal integrity and keeping your promises to yourself.

You’ll find inspiration and validation in the stories of other carb cyclers who have reached their goals or who are still struggling to get there. Fellow carb cyclers will show you what to expect on the journey to transformation, and will reassure you that, even if you stumble along the way, you can fall without failing on your path to a great physique and a great life!

You don’t have to understand all this transformation stuff before you start carb cycling; I guarantee you’ll come to understand it along the way. Bottom line, this book is a call to action. If you want results—if you want to lose that weight and transform your life—you need to stop thinking about it and get going! You hold in your hand the map to an incredible path to success, and I’ll be right beside you 100 percent, cheering you all the way to your finish line. You’re choosing to make a healthy change, and I’m choosing you. It’s going to be a wonderful journey for both of us!

Like it says on the cover, we’re doing this for life!