Last 1 to 5 kg – Tim Ferri

. I reached out to him about specifics of drug-assisted and drug-free approaches for achieving sub-10% body fat, as he’s observed thousands of guinea pigs and their results. John is a testament to his findings: he looks like he’s in his thirties though he just turned 50, which he credits to infrequent HIT-style resistance training (see “From Geek to Freak”), a simple decision-free diet and a “modicum of the right drugs. The diet is an elegant and effective means for losing the last 5– 10lb (2.3– 4.5kg) that seem resistant to everything else.

The following menu is for a 14.3st (90.7kg) male at 10– 12% body fat, and the ounces of protein (225g/ 8oz for a 14.3st/ 90.7kg male) should be adjusted up or down 30g (1oz) per 4.5kg (10lb) of lean bodyweight (e.g., 200g/ 7oz for 86kg (190lb), 250g/ 9oz for 95kg/ 210lb) with a minimum per-meal intake of 115g (4oz). In other words , even if you weigh 7.2st (45.4kg), you will not decrease the ounces of protein below 115g (4oz). For sizing: 75g (3oz) of almonds is about 60 almonds, and 225g (8oz) of lean protein is approximately the size of your fist.

 Here’s the kicker: One of these meals has to be eaten **every three hours while you’re awake**, and you must eat within one hour of waking and one hour of bed. Hunger is no longer the driver for food intake. Tupperware is your friend, and the clock is your drill sergeant. Skipping meals is not permitted, so purchase in bulk and prep food in advance if needed. If you weigh less than 10.7st (68kg), use the lower end of protein intake at 115g (4oz) protein (or 30g/ 1oz for protein shakes) and have smaller portions for the add-ons: 37.5g (1.3oz) of nuts or one tablespoon of peanut butter or one tablespoon of extra-virgin olive oil (EVOO) or macadamia oil.

 Eat one of these meals every three waking hours:

**Option 1**: 50g (1.7oz) of **whey protein isolate** + 75g (3oz) of nuts or two tablespoons of peanut butter

**Option 2**: 225g (8oz) of cooked, white, **non-fatty fish** (no salmon, mackerel, etc.) + 75g (3oz) of nuts or two tablespoons of peanut butter. Acceptable fish include , but are not limited to, lean tuna, white fish, bass, whiting and plaice.

**Option 3**: 225g (8oz) of cooked **turkey or chicken** + 75g (3oz) of nuts or two tablespoons of peanut butter

**Option 4**: 225g (8oz) of cooked **fattier protein**: red meat (à la flank), minced beef, fatty fish, or dark poultry + one tablespoon of olive oil or macadamia oil

**Option 5: five whole eggs** (easiest if hard-boiled)

 Unlimited quantities of the following are allowed at each meal: Spinach Asparagus Brussels sprouts Kale Collard greens Broccoli rabe Broccoli and other cruciferous vegetables One tablespoon of olive oil or macadamia nut oil can be included as dressing, as long as you have not included the 75g (3oz) of nuts or two tablespoons of peanut butter in that meal. In the lower-fat meal options, you may make a salad dressing using slightly more oil: two tablespoons olive oil or macadamia oil.

No sweetcorn , beans, tomatoes or carrots are permitted, but one cheat meal is encouraged every seven to ten days. Simple and effective.