

17 to Lean Diet®

by *Emmett Ballard, CPT*
www.fitemmett.com

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17 to Lean Diet®

How to Lose 7 - 21 Pounds in Just 17 Days! After 10 years of research, trial and error, I finally figured out how to burn body fat, drop inches, and shed excess water weight and toxins in less than 3 weeks...

Here's how I've done it and have helped others do it.

I've been studying nutrition and exercise science for over a decade and during that time I've personally tried every different diet plan there is. Some worked fairly well, while most others were worth less than the paper they were printed on...

Over the years I have experimented on myself as the guinea pig and then only after I confirmed a program was safe and effective did I share it with my clients. It must be working too, since I've completed over 1,000 one-on-one sessions over the last 8 years and we have a waiting list of clients trying to get into my Fort Mill SC personal training & weight loss studio.

All I'm trying to say is that what I do works.

I am really careful about my reputation and that's why you'll never see me pushing the "gimmick of the month." It's just not me and it's never been my style. I'd rather sell nothing than make a penny dealing worthless fat burning programs...

Okay, so here's how I finally fine-tuned the 17 to Lean Diet.

I had done a couple of photo shoots for Detour Bar.

Usually though, I was only given less than 3 weeks to prepare...

To make a long story short, I personally wrote up and experimented with a few techniques that I found to work better than literally everything else I'd ever tried. Some of the secrets that I discovered even went against conventional thinking.

What I finally pieced together was nothing short of amazing and it's what I use now every time I do a photo shoot, go on a beach vacation, or have a big event I want to look my best for.

I also go in depth into my entire weight loss system (HI-FCT) that people are now using to totally transform their bodies and their lives... pretty powerful stuff.

17 to Lean Diet®

My HI-FCT Weight Loss System is the most powerful body transformation and fat burning system in the world. I got down to my body fat down to single digits using it, so when I say “you keep burning fat until you say stop” I mean it! I literally had to put the brakes on and make sure I only stayed that low for a couple of days. This system is not for everyone, but for those looking to finally reshape their body, it’s simply the best. If you’re interested in learning more you can find out more details at: www.fitemmett.com

Okay, So Here’s How the 17 to Lean Diet Will Allow You to Lose Weight Fast! (and probably 3x as fast as you’re used to losing it)

The 17 to Lean Diet combines my unique anti-inflammatory food selection approach combined with my extensive knowledge of the glycemic index and food pairing expertise. Without overwhelming you with the details, basically what I did was sit behind a desk with stacks of research and piece together a set of specific foods that when combined in the right portions at the right time deliver amazing results...

Here’s a quick list of the benefits of the 17 to Lean Diet:

- * Quick & easy meals that you can grab on the run
 - * Eat 5x a day so that you are never hungry
 - * Fire up your metabolism with frequent feedings and thermogenic foods
 - * Let go of your excess water weight safely with my specific food sources
 - * Remove harmful toxins with all-natural methods of eating
 - * Simple to follow sample meal plans
 - * Cheat sheet weekly grocery list
 - * Follow along and see some of my own sample meal plans
 - * Lose pounds, inches, and fat faster than you thought possible
 - * (Side Effect) You’re going to look great!
- Now it’s time to move on to the actual 17 to Lean Diet and see how it looks in action!

17 to Lean Diet®

3 Phases of the 17 to Lean Diet

The 17 to Lean Diet is split into 3 phases for natural maximum effectiveness. It is split up with Phase 1 as the 1st 7 days, Phase 2 as the 2nd 7 days, and Phase 3 as the last 3 days before your event or trip. Now let's take a closer look at how each phase will bring you closer to your goals.

Phase 1 - Lean Protein, Good Fats, Fruits, Dairy, Vegetables

Phase 1 refocuses your energy on cleaning up your nutrition without cutting you off or getting too strict too soon. This 7 day phase includes lots of my approved fruits, lean proteins, good fats, and vegetables. The focus isn't necessarily on how many calories you eat, but rather on the quality of the food you're consuming.

Phase 2 - Lean Protein, Good Fats, Dairy, Vegetables

Phase 2 encompasses the next 7 days and begins to fine tune your nutritional food source make-up to only include the foods that will allow you to burn the maximum amount of body fat and start to help you decrease water weight to safe and healthy levels. There is also a focus on controlling insulin levels to make sure you stay in your fat burning zone for this entire 7 day period.

Phase 3 - Lean Protein, Good Fats, Vegetables

Phase 3 is the most strict, but also the most rewarding! 3 days before your big event you will want to keep your eye on the prize and not lose focus on your main goal which is looking your best for your big event or getting into your bathing suit and showing off your new body. During this phase we are going to make sure you shed excess water weight (safely) and really lean out as much as possible so that you peak on your big day and can then enjoy yourself at the beach or at the event.

This super-effective 17 to Lean Diet can't be found in book stores and is for my online friends of Fit Emmett only. I wrote this plan for you and I'm really excited to share it with you now. My hope is that you use it, get amazing results, tell your friends when they ask how you did it, and then share your success story with me.

If you can do that, then I can say I've accomplished my mission.

Good luck and I can't wait to hear from you soon!

Committed to your success,

Emmett Ballard, CPT

Author of HI-FCT Weight Loss System

Professional Bodybuilder

17 to Lean Diet®

17 to Lean Diet Approved Foods®

The *17 to Lean Diet*® foods have been handpicked as the most powerful weight loss tools you will use in achieving the look you want in the time frame you need to do it in. These foods are highly metabolic and possess unique weight loss properties that allow you to eat them without feeling guilty. As always, these foods are all-natural, so you should feel good about yourself and the decisions you are making to improve the quality of your life and health.

Below is a list of the foods that, when eaten, will get you to your goals faster and safer than you ever thought possible.

Get familiar with these foods and make sure to put them at the top of your grocery list and include them as the main staples of your diet.

17 to Lean Diet Grocery List:

Protein (Phase 1, 2 & 3)

- Fish
- Chicken breasts
- Turkey breasts
- Lean beef
- Lean pork

Dairy (Phase 1, 2)

- Whey protein
- Eggs, Egg whites
- Low-fat, low-sugar yogurt
- Low-fat, low-sugar cottage cheese
- Low fat cheddar cheese
- Skim milk

Fruits (Phase 1)

- Pink Grapefruit
- Lemon (okay for all 3 phases)
- Limes (okay for all 3 phases)
- Blueberries
- Raspberries
- Blackberries
- Cherries
- Melons

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Vegetables (Phase 1, 2, & 3)

Broccoli

Kale

Spinach

Peppers (red, yellow, green, & orange)

Dark green lettuce

Cauliflower

Asparagus

Snow Peas

Brussels Sprouts

Mushrooms

Tomatoes

Chick peas (hummus)

lentil (legume)

* all vegetables except eggplant and corn *

Grains (Phase *)

* You'll notice there are no grains included. This is due to their highly-inflammatory properties and the toxic effect they have on your body. There are a few exceptions to this rule, but it is better to just cut them out for now. Please see www.faitfitnessstransform.com for the whole story.

Healthy Fats (Phase 1, 2, & 3)

Avocados

Olive oil

Almonds

Walnuts

Pecans

Brazil nuts

Spices (Phase 1, 2, & 3)

Mustard

Turmeric

Ginger

Pepper

Chili

Curry

Beverages (Phase 1, 2, & 3)

* Limited to tea, 1 coffee in the morning, and 8-12 glasses of water a day

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Take a Good Look at Your Food

3 Steps to Successful Eating (reprint from HI-FCT Weight Loss System)

Step 1

First take a good look at what you are about to order or cook. Is that the type of food you want to be using to fuel your body. Remember what you put into your body is what you are going to get out of it. If it's powered by donuts and bagels, you are going to feel like a bag of lead walking around all day. Try thinking about the natural energetic powers of fruits, vegetables, lean meats, fish, and low fat dairy products.

Step 2

Make sure you use a 9" plate – no larger. Remember the study that shows those who finished a 9" plate full of food felt fully satisfied after clearing their plate, compared to those who used a 12" plate and only filled it with 9" worth of food. The mind is a very powerful thing... use it to your advantage.

Step 3

Divide your plate in 3's:

17 to Lean Diet Phase 1

50% protein

25% vegetable

25% vegetable

* snacks include dairy sources, fruits, or nuts

17 to Lean Diet Phase 2

50% protein

25% vegetable

25% vegetable

* snacks include dairy sources or nuts

17 to Lean Diet Phase 3

50% protein

25% vegetable

25% vegetable

* snacks include nuts

If you follow this simple guide when planning each meal you will be well on your way to living the healthy, fit life you've always wanted. Also, remember to reserve your dairy, fruit, and nuts for your 2 snacks during the day.

Your new body awaits you!

17 to Lean Diet®

Phase 1 1st 7 Days

17 to Lean Diet

Phase 1 Sample Meal Plan Day 1

Breakfast

Egg omelet (Whole eggs or 3 whites + 1 whole egg)
Mushrooms, peppers
1/2c of berries
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* of Almonds
(8-16oz) water

Lunch

Grilled shrimp or salmon
Mixed greens salad with extra vegetables
Balsamic vinaigrette, or olive oil dressing
(8-16oz) water

Mid-afternoon Snack

Low fat, low sugar greek yogurt with 1/2c of berries mixed in
(8-16oz) water
(8oz) Green tea

Dinner

Turkey meat balls
(3-4oz-ground turkey breast, Parmesan cheese, salt, pepper, garlic, and Italian seasonings), (1/2c) Tomato sauce
Salad with Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 1 Sample Meal Plan

Day 2

Breakfast

Spinach omelet

- 2-3 whole eggs or 3 whites + 1 whole egg), Spinach sauteed in 1 tbsp olive oil

1/2c of berries

(8-16oz) water

(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1-2 tbsp) Hummus and raw vegetables

(8-16oz) water

Lunch

Grilled chicken over salad

Balsamic vinaigrette or olive oil, or fresh squeezed lemon

(8-16oz) water

Mid-afternoon Snack

(1/2c) No fat, or 1-2% cottage cheese

1/2c berries

(8-16oz) water

(8oz) Green tea

Dinner

Grilled or baked salmon or tuna

Use Pam olive oil spray to cook with

Broccoli (balsamic vinaigrette or olive oil topping optional)

(8-16oz) water

Dessert

Sugar free pudding (optional)

Phase 1 Sample Meal Plan

Day 3

Breakfast

Strawberry Protein Smoothie

- (8oz) water, 1/2c ice, 1sc. of strawberry protein powder
1/2c berries (fresh or frozen - if frozen don't add more ice)
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

20 pieces of raw pecans, almonds, or walnuts
(8-16oz) water

Lunch

Turkey & cheese roll-ups

Spinach salad with balsamic vinegar dressing or olive oil

Mustard optional

(8-16oz) water

Mid-afternoon Snack

1/4c of hummus

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

Chicken Kabobs

(3-4oz chicken, peppers, cherry tomatoes, mushrooms, onions)

(8-16oz) water

Dessert

Sugar free Popsicle (optional)

Phase 1 Sample Meal Plan

Day 4

Breakfast

(2) Pan fried eggs w/ Pam olive oil spray
(2) slices turkey bacon
Sliced peppers
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

1/4c almonds
(8-16oz) water

Lunch

Canned or fresh tuna over salad w/vegetables
Balsamic vinaigrette or olive oil
(8-16oz) water

Mid-afternoon Snack

1/2c of a grapefruit
(8-16oz) water
(8oz) Green tea

Dinner

Grilled Protein Burger
- (4-6oz) 93% lean ground beef, Parmesan cheese, salt, pepper, and Italian seasonings
1tbsp. ketchup or mustard
Wrap in large lettuce leaves
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 1 Sample Meal Plan

Day 5

Breakfast

Peanut Butter Cup Protein Smoothie

- 8oz water or skim milk, 1/2c. ice, 2tsp almond butter, 1sc. of chocolate protein powder

(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

20 pieces of raw or lightly salted almonds

(8-16oz) water

Lunch

Grilled lean flank steak

Mixed greens salad

Balsamic vinaigrette or olive oil

(8-16oz) water

Mid-afternoon Snack

Low fat, no sugar Greek plain yogurt

1/2c of berries

(8-16oz) water

(8oz) Green tea

Dinner

Grilled chicken breast

Broccoli, Cauliflower, or peas

(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 1 Sample Meal Plan

Day 6

Breakfast

Spinach Egg omelet (2-3 whole eggs or 3 whites + 1 whole egg)
Spinach sauteed in olive oil
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1-2 Tbsp) Hummus and raw vegetables
(8-16oz) water

Lunch

1c Lentil soup
(8-16oz) water

Mid-afternoon Snack

(1-2) Low fat ham & low fat cheddar cheese roll-ups
Mixed greens salad with fresh squeezed lemon dressing
Mustard
(8-16oz) water
(8oz) Green tea

Dinner

Grilled halibut, sole, tuna, or cod
Broccoli, cauliflower, or peas
(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 1 Sample Meal Plan

Day 7

Breakfast

Strawberry Protein Smoothie

(8oz water, 1/2c. ice, 1sc. of strawberry protein powder)

1/2c Fresh or frozen berries

(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

20 pieces of raw almonds, pecans, walnuts, or brazil nuts

(8-16oz) water

Lunch

Grilled Chicken Caesar Salad (light cheese and no croutons)

(1-2 tbsp) Caesar dressing

(8-16oz) water

Mid-afternoon Snack

(1/2c) Cottage cheese

1/2c of berries

(8-16oz) water

(8oz) Green tea

Dinner

Shrimp and String/Green Bean Stir Fry

- (3-4oz/ 1c of jumbo pre-cooked shrimp, 1-2c of String or green beans, chopped garlic, 1tsp olive oil, seasonings)

(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 2

Next 7 Days

Phase 2 Sample Meal Plan

Day 8

Breakfast

3 hard boiled eggs
Fresh sliced peppers
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* Almonds
(8-16oz) water

Lunch

Grilled chicken
Mixed greens salad
Olive oil and balsamic vinegar
(8-16oz) water

Mid-afternoon Snack

1tbsp Hummus
Fresh cut vegetables
(8-16oz) water
(8oz) Green tea

Dinner

Grilled salmon
String or green beans, (1tsp) olive oil, seasonings
(8-16oz) water

Phase 2 Sample Meal Plan

Day 9

Breakfast

Chocolate Protein Smoothie

(8oz water, 1/2c. ice, 1sc. of chocolate protein powder)

(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Just a handful of almonds

(8-16oz) Water

Lunch

Chef's salad (cold cuts on top of salad with veggies - no cheese)

balsamic dressing, lettuce, tomato, mustard

Mid-afternoon Snack

Just a Handful of Brasil nuts, walnuts, or pecans

(8-16oz) water

(8oz) Green tea

Dinner

Grilled or baked salmon (use Pam olive oil spray)

Broccoli (balsamic vinaigrette optional)

(8-16oz) water

Phase 2 Sample Meal Plan

Day 10

Breakfast

Strawberry Protein Smoothie

- (1/2-1c) frozen berries, (1sc) of strawberry protein powder, (12oz) water or skim milk

(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Vegetables and 1tbsp of hummus

(8-16oz) water

Lunch

(1/2 can) Canned tuna over salad w/vegetables

Balsamic vinaigrette & olive oil, or low sugar dressing

(8-16oz) water

Mid-afternoon Snack

(1/4c) Almonds, peanuts, walnuts, or pecans

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

Chicken Kabob Skewers

(3-4oz chicken, peppers, cherry tomatoes, mushrooms, onions)

(8-16oz) water

Phase 2 Sample Meal Plan

Day 11

Breakfast

(2) Hard boiled eggs
(2 slices) Turkey bacon
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Just a handful of almonds
(8-16oz) water

Lunch

Grilled shrimp
Large mixed greens salad with veggies
Fresh squeezed lemon juice dressing
(8-16oz) water

Mid-afternoon Snack

Cut up vegetables dipped in olive oil or balsamic dressing
(8-16oz) water
(8oz) Green tea

Dinner

Grilled Protein Burger
- (3-4oz) ground turkey breast, salt, pepper, and Italian seasonings
(1tbsp) mustard & wrap in large lettuce leaves
(8-16oz) water

Phase 2 Sample Meal Plan

Day 12

Breakfast

Chocolate Mocha Protein Smoothie

- (8oz) water, (1c) Ice, 6oz of iced coffee, (1sc) chocolate protein powder

Mid-morning Snack

(1/4c) *Just a Handful* Almonds

(8-16oz) water

Lunch

Grilled chicken over spinach salad

Balsamic vinaigrette, or olive oil dressing

(8-16oz) water

Mid-afternoon Snack

1tbsp hummus

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

3-6oz Sirloin or top round beef

Broccoli, cauliflower, or peas

(8-16oz) water

Phase 2 Sample Meal Plan

Day 13

Breakfast

(3) Egg omelet (2-3 whole eggs or 3 whites + 1 whole egg)
(Handful) Mushrooms and onions
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Hommus and raw vegetables
(8-16oz) water

Lunch

Grilled chicken or tuna over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Mid-afternoon Snack

Just a Handful of walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Swordfish, Sole, Tuna, or Cod
Broccoli, cauliflower, or peas
(8-16oz) water

Phase 2 Sample Meal Plan

Day 14

Breakfast

3 hard boiled eggs
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* Almonds
(8-16oz) water

Lunch

Cold Cut salad
(3-4 slices) Turkey
Mixed greens salad
Extra virgin olive oil dressing, lettuce, tomato, mustard
(8-16oz) water

Mid-afternoon Snack

(1/2c) No fat cottage cheese
Sliced vegetables
(8-16oz) water
(8oz) Green tea

Dinner

(3-4oz) Ground turkey breast or 93% lean beef meatballs
(1/2c) Red sauce
Salad or vegetables
(8-16oz) water

Phase 3 Last 3 Days

Phase 3 Sample Meal Plan Day 15

Breakfast

Raw sliced vegetables
2 tbsp hummus
(8-16oz) water
(8oz) coffee, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* raw almonds
(8-16oz) water

Lunch

Grilled chicken or tuna over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Mid-afternoon Snack

Just a Handful of raw walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Swordfish, Sole, Tuna, or Cod
Broccoli, cauliflower, or peas
(8-16oz) water

Phase 3 Sample Meal Plan

Day 16

Breakfast

Raw sliced vegetables
2 tbsp humus
(8-16oz) water
(8oz) coffee, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* raw almonds
(8-16oz) water

Lunch

Grilled shrimp over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Midafternoon Snack

Just a Handful of raw walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Grilled flank steak
Green beans or broccolli
2 tbsp extra virgin olive oil on vegetables
(8-16oz) water

Phase 3 Sample Meal Plan

Day 17 - Last day!

Breakfast

Raw sliced vegetables
2 tbsp hummus
(8-16oz) water
(8oz) coffee, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* raw almonds
(8-16oz) water

Lunch

Grilled chicken or lean beef over salad
Balsamic vinaigrette or fresh squeezed lemon
(8-16oz) water

Midafternoon Snack

Just a Handful of raw walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Grilled or baked salmon
Green beans or broccoli
2 tbsp extra virgin olive oil
(8-16oz) water

Congratulations!

By now you've read through the entire 17 to Lean Diet and are ready to start or plan your starting date.

Having a plan and sticking to it is the one true difference that separates those that are successful from those who just dream of achieving certain goals. Specific actions done in a precise system lead to amazing results. After about a decade of coaching clients to attain the healthy body and lifestyle they've been searching for I can assure you that my unique approach to burning body fat while increasing your health and longevity is the very best solution to getting you results.

I sincerely wish you the best of luck on your path to health & fitness and I feel privileged to have played a role in helping you achieve your ultimate body and healthy lifestyle.

Committed to your success,
Emmett Ballard CPT
17 to Lean Diet
www.fitemmett.com

Appendix

The next few pages contain the *17 to Lean Diet*® approved nutritional supplements and resources to add to your nutritional meal plans. All of the supplements come from natural sources and are optional. My top brands that I use and recommend are available at www.fitemmett.com

Fit Emmett's Nutritional Supplement

Recommendations:

For Health:

Omega 3 Fish Oil
Fruit and Vegetable Supplement
Multi-Vitamin/Mineral

For Body Composition:

Omega 3 Fish Oil
Whey Protein Shake

In the end the decision to use nutritional supplements is yours. Always do your own research and decide what the best choice is for you and your body. \

Take Your Results to the Next Level!

The following are my personal recommendations developed after several years and Thousands of sessions worth of research, data, and real world results from working directly with clients just like you.

My systems have worked for thousands of people to get the results they were looking for after having failed countless times before...

I have a unique proprietary system for creating health and happiness for people looking to finally achieve the body and healthy lifestyle they've dreamed of creating.

Everyday a new success story is created and I hope you're the next person I hear from telling me how you overcame your struggle to lose weight, tone up, and feel confident about your new body!

Here are My Best Systems Designed to Melt Body Fat, Drop Inches, and Transform Your Health in Record Time!

...Plus, with My Secret Weight Loss System You'll Never Have to Do a Minute of Long, Boring Cardio, or

Hundreds of Useless Crunches to Get the Body You Want. And You Can Get Fit All in the Privacy of Your Home!

*** HI-FCT - Weight Loss System ***

I designed HI-FCT to help you lose weight, drop inches, and eliminate bloating in record time. My clients wanted a system they could implement at any time to lose 5 pounds in less than a week and continue to keep burning fat until they were ready to put on the brakes.

Here's a sample of the HI-FCT Weight Loss System

- * Lose 5 lbs in less than 7 days using the HI-FCT unique fat loss solutions
- * Complete nutrition, diet, exercise, and healthy lifestyle success cheat sheets
- * 7 Surprise Bonuses available for a limited time! (Bonuses are subject to change or be removed at any time - limited time offer and availability)

You can get started today at **www.fitemmett.com**

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