

# The Photo Shoot Diet

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This is a short term “tightening” diet specifically for a photo shoot or special date when you need to look your best. The sole purpose of this diet is accelerated fat loss.

It is UNBELIEVABLY boring, but it is also unbelievable effective at creating that lean, toned look. It will drop fat off you like crazy and with the water manipulation will tighten you up and make your abs pop.

This is NEXT LEVEL STUFF and is a version of what fitness competitors use to get lean before hitting the stage that I have modified for our purposes. Not great long term but exceptionally awesome in the short term.

The timing is set for a Sunday peak, so just make adjustments if your special occasion is on another day.

## THE DIET

### Protein:

Minimum 120g protein for women and 180g protein for men per day from white meat only. Egg whites, white fish, lean turkey are best then chicken.

### Fat:

20g per day. This will come from 5g fish oil, 15g from olive oil/coconut oil/avocado oil etc on salads and veggies.

### Carbs:

Less than 20g per day. Only green veggies allowed. Let me say that again: Only green veggies allowed. No rice, bread, yams, potatoes or other carbs at all. Good news is you can eat as much as you want of the green stuff. Broccoli, cauliflower (yes, I know it's white), kale, spinach, asparagus, lettuces etc. Asparagus should be at least 10-20 spears per day on the last few days of week 2 for the diuretic effect.

## WATER

4 Liters per day Week 1

6 Liters Mon-Wed Week 2

8 Liters Thur & Fri Week 2

.5 Liters Sat (sip after you pee)

## ALCOHOL

None.

## SALT

Salt your foods with Himalayan Sea Salt every chance you get. You can even add a pinch to your water. Cut **ALL** salt on Friday of week 2. This is a water manipulation trick that when coupled with the water schedule above will help you drop anywhere from 5-8 pounds of water weight in just 2 days. While it is not fat weight, it will help tighten you up and make you look amazing!

## MISC:

Another consideration is a herbal diuretic. I have used Hydrotherm and Xpel with some success (not together, one or the other). Both are generally available at The Vitamin Shoppe. You usually start with these 4 or so days prior to your event.

## SUNDAY PRE-SHOOT

These next tricks are really for photoshoots on on-stage events only, and not if weight loss is the main consideration. Let me be clear:

### **DO NOT DO THIS IF YOU ARE WEIGHING IN**

So, for photoshoots etc. yet another trick is to have some carbs the morning of the shoot. Eat something carby and salty. Like baked chips or pretzels. This will draw even more water out of the skin and into the muscles.

Now the best news: Right before the shoot you can have up to 500ml of red wine. This helps with vasodilation and blood flow and will make you look super lean (and reduce crankiness during the shoot 😊.)

That's it! Boring but effective. Let me know if you have any questions.

-Josh

PS: Use your head. If for any reason you feel off or light headed on Saturday from dropping the water (and you really shouldn't) drink some damn water.