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# The Blacklisted Fat Loss Protocol

**\*\*\*\*\*Special Report\*\*\*\*\***

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## Bonus Report: The Blacklisted Fat Loss Protocol



What I'm about to show you is NOT for the faint of heart. After reading about this plan, most people won't have the "stuff" to attempt it.

You'll never hear this plan talked about on the news or on some rah-rah blog.

But make no mistake about it. If you want to get lean FAST, there is nothing faster than this method. Unfortunately this method is SO controversial that I couldn't even include it in my Underground Fat Loss Method. The publisher "blacklisted" it, so to speak.

Here's what this is all about:

I trust by now you've read The Underground Fat Loss Manual cover to cover. If not, go do that now.

If you have already read that program than you know that one of the most controversial strategies revealed inside that guide was the idea of using a 44-hour water only fast.

I won't bore you with all the reasons why a 44-hour fast is so effective for melting away body fat as fast as possible. You can read about that in the Underground Fat Loss Manual.

And if you actually attempt one you'll quickly see why it's so effective.

Using a single 44-hour fast once per week is a great way to get lean quickly and stay lean.

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For most people, that single strategy is more than enough for the purposes of fairly fast and fairly simple fat loss. But if you've got a fast-approaching deadline, then here's a more advanced fat loss strategy...

## **The Blacklisted Fat Loss Protocol**

If you've got an important event coming up – like if you're getting married in 30 days or if you a certain someone special is going to see you naked or if you just want to get lean as fast as possible and you're willing to suffer some minor discomfort to make it happen, then take a look at the Warp Speed Method.

Don't be fooled by it's brutal simplicity. It works.

Here's the plan: Perform a 44-hour fast MORE OFTEN.

It's simple really. Instead of performing a 44-hour water fast one time per week, you will do a 44-hour fast every other day.

In short, you will take a break from eating or consuming calories every other day. On days you eat, the target is 1,500 calories. On days where you don't eat, you can consume coffee, tea, water (obviously) diet soda and soup broth, but total caloric intake should be less than 100 calories.

You will have a cheat meal once every two weeks. The cheat meal will consist of 3,000 to 3,500 calories of whatever you damn well please.

So if you follow this method for 30 days, you will have a cheat meal on or around day 15, and another one on or around day 30. (Or days 14 and 28 if you want to be ultra-specific.)

The rest of the time, the pattern will be simple. Eat 1,500 calories one day, then fast the next day. Eat 1,500 calories the day after, then fast again. The pattern repeats.

Sunday: Eat dinner only – 1,500 calories.

Monday: Fast (no food).

Tuesday: Eat dinner only – 1,500 calories.

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Wednesday: Fast (no food.)  
Thursday: Eat dinner only - 1,500 calories.

And on and on.

Follow this plan for only 30 days - it's for emergencies only. Continue some form of regular resistance training - at least twice a week. Resistance training is what preserves lean muscle tissue during times of caloric restriction.

Most people prefer to preform resistance training on days where you can actually eat afterward, but I've found it really doesn't matter once you fix your mind to the goal.

Don't stress too much about what kinds of foods you should eat on days that you do eat. You'll obviously want to avoid high calorie foods that offer little nutritional value like doughnuts and candy bars, but if you focus on whole foods you don't need to worry about specific macros.

There you have it - an insanely simple method for getting ripped quickly. Eat, take a day off of eating, then eat again. Yes, it's simple. But amazingly effective.

In just 30 days this plan can make you ripped. Try it (if you dare) and let me know your results.



Matt Marshall  
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## **Medical Stuff**

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.