

THE ASS-KICKERS DIET



**SIMPLE TRICKS TO
GETTING JACKED!**

BY CHANDLER MARCHMAN

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So you've been busting your ass in the gym. Set after set, just plugging away to get the results you want. The results that will make dudes want to be you, and chicks want to be ON you. You go home, and the first thing you do is mow down a bacon cheeseburger, right?

WRONG!!!

The fact of the matter is, if you want to maximize the results you get out of what you are doing at the gym, you gotta pay close attention to what you do OUTSIDE of the gym! That means making the RIGHT choices in the kitchen.

So many people try to tell you that diet is a certain percentage of the equation for success when getting the results you want. But the truth of the matter is, the relationship between results, training, and nutrition is a codependent one. Without training, no amount of proper training will give you the ripped, athletic, badass physique you want. Same thing goes with diet! No program will allow you to outwork a terrible diet! So if you're planning on doing one without the other, and get the results that bonafide ass-kicking machines typically get, then you are WRONG!!!

So now that we've established the importance of diet relative to ASS-KICKING RESULTS...lets examine some of my simple rules to make sure you get the most out of what you are chowing down on!

1. **Establish Your Goal:** You are either attempting to Get Jacked or Get Ripped. Once you establish this goal, you have to MARRY IT!!! Live for it, and do everything in your power to achieve it. No half-assing anymore. You either make excuses, or you MAN Up and make it happen!!!

Trying to Get Jacked? You will need to consume more calories than you expend. Don't complain about how much you have to eat. Force-feed if you have to. Remember, you're like a damn T-1000! You can't be stopped!

Gonna Get Ripped? That means you have to be in the red-zone. You are going to have to spend more calories than you consume. Oh you expected something more complex than that? Nope! It's as simple as that!!!

Bottom line, your goal is going to dictate your path. Once you have established what the path is, you need to be relentless in your pursuit to not just where it leads, but the rewards that come with achieving them!!!

2. **Don't Eat Foods That Don't Get You Results:** This might seem elementary to you, but DON'T eat the things that will NOT help you move you further down that path to your results! If you KNOW that certain foods are not going to help you achieve your goals, then avoid them like the plague!!! Regardless if you are aiming to Get Jacked or Get Ripped, you must focus on

consuming QUALITY foods. Instead of reaching for that Big Mac, go for the grilled chicken, steamed veggies and sweet potato. Why? They taste awesome if you prepare them correctly, and they will get you far greater results in far less time.

3. **Focus on Balance:** Carbs are NOT the devil! Fat will NOT make you fat! And for Christ's sake Meathead, you DON'T need one million grams of protein per day!!! What's the trick? Balance!!! Eat balanced meals throughout the day that deliver the nutrients your muscles need to rebuild for optimal ass-kicking!!!
4. **Eat as Many Colors as Possible:** Vegetables and Fruits are not that sexy of choices until you realize just how far they get you along the path of SWOLE!!! They are packed with fiber, vitamins and minerals that all aid in recovery and "bodily functions" and should never be neglected. My trick, focus on getting as many colors of each as you can. Variety is the spice of life!!!

**Bonus: To control your blood sugar levels while trying to Get Ripped, keep your consumption of fruits in the evening to a minimum*

5. **Taper Down Throughout the Day:** Whether you are aiming to Get Jacked or Get Ripped, you want to learn to taper down the amount of carbs you eat throughout the day. Why? NEITHER of these goals warrant the desire to add "anchor weight", so in order to stay away from this problem, you will learn to eat relatively more in the beginning of the day, and less in the tail end of it.
6. **Eat the Right Food, in the Right Amount, at the Right Time:** It all boils down to this rule. If you want the results you say you want. Then you have to learn to eat the right food, in the right portion sizes, at the right time in relation to the goal that you've set for yourself. If you do this, I can guarantee you that you will not just meet your goals, but absolutely CRUSH THEM!!!
7. **Don't Cry Over Spilled Milk:** YO! News flash for you. NOBODY is perfect. Not you, not me, not anybody!!! That means there will come a point in time (likely many times) that you fall off the wagon and eat something that doesn't fit the bill in regards to your chosen path. Are you gonna cry about it and beat yourself up? Or are you gonna dust yourself off and start kicking ass again?! There will always be set backs. It's your duty though to have the testicular fortitude to decide that they won't keep you from reaching that goal that you so desperately want!!!