

# THE COFFEE CUP DIET



By

Thomas Howell

<http://www.dietandfitnessplan.info>

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### Disclaimer:

As in all weight loss methods and diet plans, please check with your physician to make sure that you can participate in any diet or physical activity program.

## PreFace: Coffee Diet?



The following is not a fad diet, where pills, potions and pointless clothes racks we like to call Infomercial fitness machines rule people's thinking as a means of weight loss, and as well as their pocketbooks and wallets.

I am very sick of seeing how people are losing the battle of weight loss, because they are hugely misinformed, and the overall information diet that they are being given every day on television, and in casual conversation, is that pills and following your favorite celebrities exhausting gym ritual and their favorite eating plan.

Never do they care about the overall human psychology and the long term, it is really sad.

## Why Are People Overweight?



Simple and Complex answers on this one. Firstly on the subject of simple, we are victims of an insane marketing campaign on food companies, and chain restaurants telling everybody that we are "perfectly fine to eat insanely larger portions of food." In a sense of eating, we were not engineered or evolved to ever eat large portions of food at a single seating.

We were designed to eat only a certain level of food to survive. Every walk of life was brought up on the aspect of making food on a level of taste and satisfaction of eating huge portions. The human design really wasn't built on this, as food's primary purpose was in survival, to break down this food, and create energy in order to function and live.

Some people though, tend to overeat on emotion and guilt, on a circumstance of learned behavior. Depressed people and though in high stress situations tend to eat a whole lot more and not really watch their weight as much as someone who is much happier and have less stressful situations. The emotional eaters usually have a problem eating not only a certain quantity of food, but also the quality, as in junk food, or something with higher fat and caloric intake.

The Obesity Epidemic, as I see it, is one that is more of a mental issue than a physical issue. If we could somehow mentally and spiritually detach us from eating in a certain way, or a certain type of food, we can feel way better, on a mental and a physical scale, improve your mental perception on life, and feel great overall! No more would your body hold you back on anything!



## We Are In a Diet Fad Epidemic!



Do you have any idea how much money the industries of dietary supplements, Pharmaceuticals, Chain Gyms and exercise equipment companies make? It is kind of disturbing. How can these companies get away with monetizing off of someone's weakness the way they do. I understand certain medications for illness, but for obesity, they try to throw a few herbs into a pill and call it a miracle drug! Doesn't that just piss you the hell off? Think about all of that money that you are throwing away and the lack of results and how it is making you mad.



A 30 Billion dollar industry is legally robbing you blind of your hard earned cash. Kind of makes you a very angry, hurtful person inside. But believe it or not, there is a resolve to this. And it is a huge mental Switch that has to go off in order for this change to begin. Are you ready for this change?

Let's face it, some people are ready to change, some people are not, and for some, I respect the fact that in fate that it isn't your time to do so. But if you are willing to say "fuck you" to the bullshit, and carve a trail that people of your situation seldom do, and want to improve your life then read on. I am not here to sell anything, and I refuse to have a call for action to push some membership or program either. The only call for action at the end of this book is for you to make a decision for life.

## What Is The Coffee Cup Diet?



What do you think about when I tell you that you are about to start a coffee cup diet? Do you think that copious amounts of coffee are going to be consumed in this lifestyle challenge? The term coffee in "coffee cup" doesn't apply beyond the name of the cup. But how does the coffee cup relay any level of significance in this lifestyle change?



An amazing discovery that I have made with several luminaries that I have communicated with, that have recently lost weight with bariatric surgery. Out of this group of 6, 4 underwent lapband surgery, and the remaining two elected for the duodenal reassignment (the total stomach reduction and rerouting food to a smaller stomach pouch.) They all have lost on average about 75 pounds, and two of them (one each of the lapband and duodenal surgery patients) are very close to their goal weight in a relatively short amount of time. The discovery that I am conveying here is that they dramatically reduce their intake, and instead of eating three meals a day, they have up to 6 smaller meals a day.

Now to add a coffee cup to an equation of successful bariatric surgeries, mineralizing the meal size and eating at more times in a day. This is where things will make sense.

In order to start with a successful campaign of the Coffee Cup Diet, you would need the following:

- ❑ Firstly, you will need a 16 oz Coffee Mug, which looks like the one on the main page of this book. Doesn't have to be fancy, but just a plain Coffee Mug would work best.
- ❑ Protein Power, Preferably Whey Protein Powder. Do not use a Meal Replacement Power or anything else! Just any flavor of Whey Protein Powder you like.
- ❑ Vegetables, just about any vegetable fresh or frozen in your Grocer's freezer case will do.
- ❑ Simple Proteins, Chicken, Lean Beef, Pork, Fish (Salmon, Tilapia, Orange Roughy will do), eggs or Shrimp.
- ❑ Simple Carbs, such as Rice, Beans(Preferably black or pinto beans), Raw Potatoes,

## What Is The Methodology?



The methodology for the Coffee Cup Diet is a simple one, and doesn't require anything complex to prepare or have a culinary major either. The steps are easy to follow, and if you want to go ahead and make batches of food ahead of time, be my guest.

### THE MEAL PLAN: KEYS TO THE EATING IDEAL

Firstly, the meal plan consists of 6 meals in a single day, spread out within a couple hours of each other. You will have two "coffee cup" meals, and two "protein shakes" as your food intake. For a timeline for this meal plan, use this example:

#### Meal Plan Of the Day:

- ❑ 6am: Hit the GYM! Contrast Shower After the Gym
- ❑ 7am: recovery Food for gym: Protein Drink!
- ❑ 10am: Meal One: lightly scrambled egg whites, turkey sausage and new potatoes
- ❑ 1pm: Meal Two: Greens Salad with tomato, grilled chicken, and a light dressing.
- ❑ 2:30pm: Protein Drink #2.
- ❑ 4pm Meal Three: Grilled Salmon, lightly seasoned spinach and brown or white rice.
- ❑ 7pm: Meal Four: Lean Top Round Steak, salad with light dressing, and microwaved new potatoes.
- ❑ 10pm: Contrast Shower and BED! Wake at 5am, no exceptions!!!

**NOT TOO COMPLEX BUT RATHER SIMPLE! SIMPLE IS GOOD!!!**

This is what could be a typical menu day. As long as you have a conservative amount of calories and spread out your meals as shown in this example menu, you will not break the diet. Your concern shouldn't be more or less breaking this diet, but exactly on making sure from a psychological standpoint, that you do not need much food to survive really, unless you are Michael Phelps or Kobe Bryant, who are spending calories like Paris Hilton spends money on Rodeo Drive and need a ton of caloric intake.

Now, so far I haven't really stressed much on caloric consumption, nor caloric expenditure. Your next question is, "How much food do I put into my body for each meal?"

### MEAL MEASUREMENT: THE VITAL KEY INGREDIENT!

Using this diagram for a measurement, this is how you would measure your food. From the looks of it, it doesn't seem like you are going to eat a great amount of food. If you consider that my friends who went through lapband or duodenal surgery eat about this much per meal, I am sure you will realize that this will not be too little food for what is supposed to be your actual meal intake.

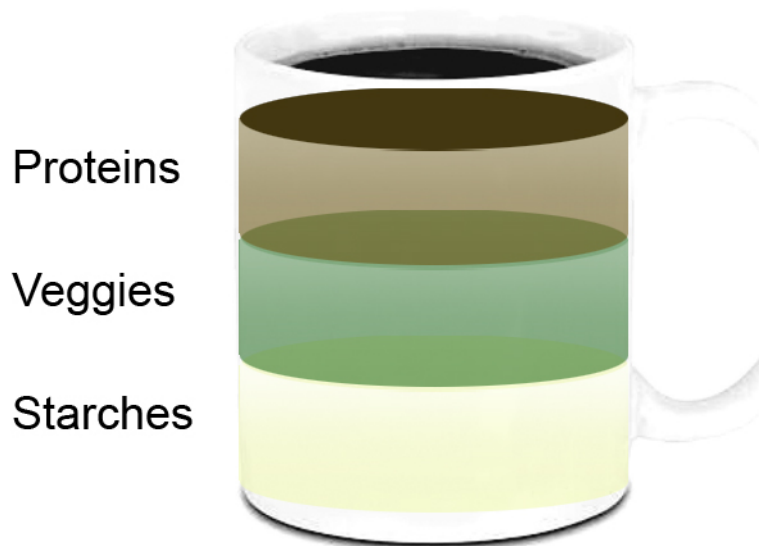
The psychology of a meal with a larger portion size sometimes appeals to the "bigger is better" psychology, but in reality, it bites us in the ass in the form of increased calories and fat gain. What we need to discuss here, is that if we can psychologically reduce our intake size per meal, and perhaps increase our meal times by one, and add two protein shakes to the equation, you will help increase your metabolism, by eating more often, causing your stomach to be a full time employee instead of a part timer that has to work hardcore three times a day, sometimes not even having the chance to digest the meal, either converting the food to fat, or sending it as waste.

### HOW TO PREPARE THE MEAL(s):

The great thing with this diet is that everything is not complex for when it comes to preparation.

- Either the frozen veggies can be microwaved, or for rice, you can cook ahead a couple of days or use one of those ready rices found in your supermarket rice aisle. Potatoes could be

### Coffee Cup: Split Into Thirds



Mentally Imagine your 16oz coffee Mug split up into three equal sections. One for the Proteins, One for Vegetables, and One for Starches. Four of these meals a day plus two protein shakes. This is Doable Indeed!!!!



the new potatoes in a jar, microwaved for a few minutes and be ready with a mist of salt and pepper.

- ❏ For the protein, it is best to use a least fat possible method, with either grilling or baking with some seasoning. Experiment with seasonings and make preparing the proteins interesting. This doesn't have to be a completely bland experience.
- ❏ But make sure, that the portion of the complete meal fit the coffee mug and doesn't overflow at all!
- ❏ If you are constantly on the go, and always running for a bus, and live an insane life, just make these meals ahead of time on your day off, and measure with your coffee cup for future meals and store them in those Ziploc ToGo containers!
- ❏ Now here are some exceptions to the rule. First is when you have a lunch salad. When you have a salad, you can make the greens 2/3rds of your mug, and the other third a protein choice. Secondly breakfast, a split between eggs, starch, and a light protein, such a turkey sausage or Canadian bacon. Alternatively you could also have a fiber cereal and skim milk, if that is your entire meal.

### PROTEIN SHAKES:

Yes, I almost forgot! The two protein shakes, just take a good 20 ounce cup laying in your cabinet, put a couple of scoops of your favorite (or soon to be favorite) protein powder and mix it with water!

Protein Selection: It is best to get the instantized Protein Powder due to being easy to stir and that instantized protein powder doesn't clump up or taste crappy. A visit to the local GNC or health food store and a few questions to the store expert should help you select the right protein.



### BREAKING THE CYCLE: CHEAT DAYS!

Once a week, On a Sunday, or whatever day you decide to choose, take an opportunity to have a meal that your psychology has been craving the heck out of. It could be pizza, Chinese, Sushi (my personal favorite), or anything for that matter! Pig out for that meal! This will ensure that your body will not get used to a certain pattern of eating, and the confusion de-normalizes your metabolism, and commits metabolic arson to reignite the fat burning mechanism even more intensely to burn more fat. Now that only works, if you get right back to eating on the coffee cup plan.

## Any Exercise Recommended?

❏ Absolutely recommended! This lifestyle change is not in just the eating aspect of weight loss and management, but also a strong consideration needs to be made for physical activity. Firstly I would check with my doctor to make sure what activities could be possible.

If you happen to belong to a gym, or have equipment at home, I would take advantage of what is available. If you have



a treadmill or a stationary bike, use it for a few minutes a day, 3-5 times a week. Once you get used to the routine, increase your time, and the resistance, as this workouts get easier to do.

If you belong to a gym, find a personal trainer that could set a training program for you. Do not be afraid to ask gym attendants questions, as they would like to hear questions once in a while! Set up a routine which includes some cardio 3-5 times a week, and throw some weight lifting sets to get your muscles working. Also split your lifting schedule into days for different muscle groups. Check out this table right here as it lists my workout schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio 20min	Cardio 20min	Cardio 20min	Cardio 20min	Cardio 20min	Cardio 20min	Rest
Arms, Abs	Chest, Abs	Back, Abs	Legs, Abs		Compound	Cheat Day!



My schedule, as you see, consists of a 6 day on, 1 day off schedule. All 6 days are cardio days, which I usually spend on the elliptical or stationary bike. Now notice how I split the muscle groups into certain days, and then I use Saturday as a Compound day. A Compound Day is when I do a set of exercises that affect multiple muscle groups, as in contrast of the other days where I use isolated muscle exercises. I also do belly crunches everyday!

Now, earlier in the book, you have noticed with the example meal plan, I mentioned Contrast Showers. What are contrast showers?

Contrast Showers are when you take a shower, and change the temperature of the water in several cycles. First you would turn the shower temp to as hot as toleration permits. After a few minutes, change the shower temperature to as cold as you can take it. After a minute, repeat this 4-5 times and finish the shower in mid temperature or 50/50 hot/cold.

Contrast Showers are a homeopathic practice, where the hot water brings blood to your skin due to the heat of the hot water. When you change the water to cold, it causes a transient and shifts the blood deeper into the body. This actually will assist in post workout recovery, and there have been some reports even that this helps improve the immune system and detoxification.

## Conclusion: Start Today And Do Not Stop!



And this is the end of the book! And Here is the Call To Action as promised, as I am not selling ANYTHING!!!

Well, actually I am selling something to you, but it is not a product, but instead I am selling to you the ideal of this lifestyle change, and diet.

- ❏ It is either, this book sits somewhere in your computer, collecting digital dust, gets deleted, or that you decide to take action, and really push yourself to feeling better, socially, emotionally and mentally.
- ❏ Gauge yourself mentally into the big picture and notice on a daydream how you will feel better if you take an action plan. Even if it is not the Coffee Cup diet, then make some type of plan that you can stick to, and feel good about!!!

WISHING YOU THE BEST!!!!

Thomas Howell

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