



Vary Your Daily Calorie Intake to Lose Weight

"Rules were meant to be broken."

I'm going to tell you how to cheat on your diet without cheating on your eating plan.

I've heard some experts claim that the more you eat healthy foods, the less you crave unhealthy foods. Personally, I have found this statement to be completely untrue. Right now I'm eating healthier than I ever have and I'm also craving junk foods more than ever. So what do I do? I cheat. I'm able to get away with this by varying my daily calorie intake to lose weight.



This is very important because if you allow yourself to cheat, you are much more likely to stick to your eating plan. Too many times, people feel like if they let themselves indulge in "forbidden foods" then their entire diet has gone down the tubes. They slip up once and beat themselves up. Then, they eat more junk food since they've already "failed." The next thing you know, they quit working out and then they've really let themselves go.

This is why traditional diets usually fail.

No one will ever stick to a diet that's too restrictive. But that's exactly what you get if you try to eat the same number of calories every single day. Take my eating plan, for instance. I know that in order to lose fat, I need to be eating approximately 1,800 calories per day. Well what happens if I want to eat a 1,800 calorie meal or even a 2,000 calorie meal? I like eating way too much to deprive myself of large, satisfying meals. So, here's the trick.

I manage my calorie intake on a weekly basis, not on a daily basis.

Putting this one tip into practice has helped me immensely. I could pretty much care less how many calories I'm consuming per day as long as I know I'm consuming about 12,600 per week.

Here is an example of my caloric intake throughout a normal week:

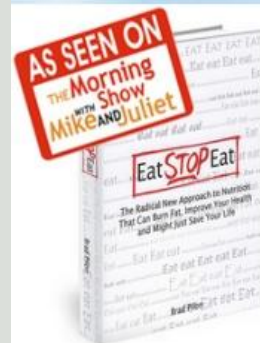
Monday – 1,500
Tuesday – 1,500
Wednesday – 1,500
Thursday – 1,500
Friday – 2,500
Saturday – 1,100
Sunday – 3,000

The reason Saturday is so low is because it's my intermittent fasting day. On my intermittent fasting day, I typically only eat one meal in the evening following a 20 to

① Day a Week for WEIGHT LOSS

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 Recommends



24-hour fasting period. This is not as bad as it sounds. Intermittent fasting is an excellent way to cut your weekly calories so that you can enjoy larger cheat meals at other times during the week. It also offers some pretty incredible long-term health benefits. These are outlined in Brad Pilon's [Eat Stop Eat](#) program.

What I like to do is go really low Monday through Thursday so that I can splurge on the weekend. This type of schedule works out well for me because I go out and socialize on the weekends. The last thing I want is to not be able to have a few appetizers at a happy hour or enjoy a giant burger and fries or a few slices of pizza at the end of a long week.

In fact, I make an effort to intentionally splurge like this every week.

Not that it takes much effort for me, since I love food so much. But there is a method to the madness. After a few low-calorie days, leptin levels drop. Leptin is a key hormone for fat metabolism. Following up a few low-calorie days with a high-calorie day or two will boost leptin levels and rev up fat burning for the subsequent low-calorie days to come. It's like tricking your body into burning fat.

This is all made possible by varying your daily calorie intake to lose weight. Do this and you will have the best of both worlds. You can eat your favorite foods while still achieving your fitness goals. Just remember... [cheat strategically](#) and you will burn fat, but cheat too often and you will become fat.