

**THE
AGGRESSIVE
DIET BLUEPRINT
OVERVIEW**



PART 1 - INTRODUCTION

1.1 Introducing the Aggressive Dieting Blueprint

PART 2 - HOW AND WHY AGGRESSIVE DIETING WORKS

2.1 Part 2 | Introduction

2.2 Aggressive Dieting, Adherence & Weight Loss Management

2.3 Aggressive Dieting and Hunger

2.4 Aggressive Dieting and Weight Regain

2.5 Aggressive Dieting and Eating Disorders

2.6 Aggressive Dieting and Metabolic Rate

2.7 Aggressive Dieting and Muscle Mass



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[TLDR; How and Why Aggressive
Dieting Works](#)

Martin
MACDONALD



**AGGRESSIVE
DIET
BLUEPRINT**

**PART 3A - PREPARING TO AGGRESSIVELY DIET
(TRAINING, DIET & SUPPLEMENTATION)**

3.1 Part 3 | Introduction

**3.2 When is the Right Time to Start an
Aggressive Diet?**

3.3 Diet Preparations

**3.4 How to Guide: Using the AD Preparation
Protocol Calculator**

3.5 Tapering Training

3.6 Preparing Supplementation Considerations

**3.7 RESOURCES: Preparation Protocol Calculator,
Food List & Recommended Products**

**PART 3B - PREPARING TO AGGRESSIVELY DIET
(MINDSET)**

3.8 Setting Expectations Around Hunger

3.9 Maintaining a Flexible Mindset

3.10 Setting Weight Loss Expectations

**PART 4 – THE THEORY OF IMPLEMENTATION
AND USING THE CALCULATOR**

4.1 How to Guide: Using the Body Fat % Calculator

4.2 How to Guide: Using the Aggressive Diet Calculator

4.3 RESOURCE: Take Accurate measurements for the BF% Calculator & the AD Calculator

PART 5 – SETTING UP THE AGGRESSIVE DIET

5.1 Part 5 - Introduction

5.2 What to Eat | Considerations for Meal Composition & Taste

5.3 What to Eat | Protein for Aggressive Dieting

5.4 What to Eat | Fibre as a Priority

5.5 What Else to Eat Alongside Protein & Fibre

5.6 How and When to Eat on an Aggressive Diet

5.7 What to Drink on an Aggressive Diet

5.8 What to Supplement with on an Aggressive Diet

5.9 Starting Your Aggressive Diet in the Right Way

5.10 How to Train on an Aggressive Diet

5.11 **RESOURCES: Food Lists, Recipes & First Week Cheat Sheet, Example Meal Plans, Example Training Plans (Home & Gym)**



PART 6 – MANAGING THE AGGRESSIVE DIETING PERIOD

6.1 Part 6 | Introduction

6.2 How Long Should You Aggressively Diet For?

6.3 Monitoring Progress - Bodyweight

6.4 Monitoring Progress - Outside of Bodyweight Changes

6.5 Making Adjustments: When Hunger is Not Significantly Reducing

6.6 Making Adjustments: Disturbed Sleep

6.7 Making Adjustments: Changes in Bowel Habits & Managing Constipation

PART 7 – REFEEDS AND DIET BREAKS	
7.1	Part 7 Introduction
7.2	Exploring the Potential Benefits of Refeeds
7.3	The Logistics of Aggressive Refeeds
7.4	How to Guide: Using the Aggressive Diet Refeed Calculator
7.5	Implementing an Aggressive Refeed - Expectations & Training
7.6	Foods to Aggressively Refeed With
7.7	Aggressive Refeed Calculator & Meal Plans
7.8	Unique Benefits of Diet Breaks and When to Implement Them
7.9	What to Eat on a Diet Break and How Much
7.10	Moderate Deficits as a Form of ‘Aggressive Diet Break’
7.11	Understanding Positive Weight Regain
7.12	Positive Weight Regain Calculator
7.13	How To Guide: Using the Positive Weight Regain Calculator

PART 8 – IMPLEMENTING MULTIPHASIC DIETING

8.1 Part 8 | Introduction

8.2 Theoretical Underpinnings of Multiphastic Dieting

8.3 Exploring the Multiple Phases

8.4 How to Effectively Use Maintenance

8.5 The Practicalities of Setting Up a Multiphastic Diet

PART 9 – THE POST-AGGRESSIVE DIET PERIOD & THE POSITIVE WEIGHT REGAIN CALCULATOR

- 9.1Part 9 | Introduction
- 9.2How Multiphasic Aggressive Dieting Supports Weight Loss Maintenance
- 9.3The Nutritional Secrets to Successful Weight Loss Maintenance
- 9.4The Importance of Exercise in the Post-Dieting Period
- 9.5The Mindset of Becoming a ‘Weight Maintainer’
- 9.6Fostering a Compassionate Journey
- 9.7**RESOURCE: Martin MacDonald World Tour Presentation - Body Fat Set Point**

CALCULATORS

10.2 Preparation Protocol Calculator

10.2 Body Fat% Calculator

10.2 Aggressive Dieting Calculator

10.2 Refeed Calculator

10.2 Positive Weight Regain Calculator

10.2 Taking Accurate Measurements for the
BF% Calculator - Male

10.2 Taking Accurate Measurements for the
BF% Calculator - Female

10.3 Preparation Protocol Food List

10.3 High Fibre Foods List

10.3 Aggressive Dieting Food List

10.3 Refeed Food List

10.3 Caffeine Sources

10.4 Aggressive Dieting Recipes

10.4 First Week Cheat Sheet

RESOURCES

10.1 Useful Links

10.2 Calculators

10.3 Food Lists

10.4 First Week Cheat Sheet & Recipes

10.5 Example Meal Plans - 650kcal, 800kcal, 950kcal, 1100kcal, 1250kcal, 1400kcal

10.6 Recommended Products

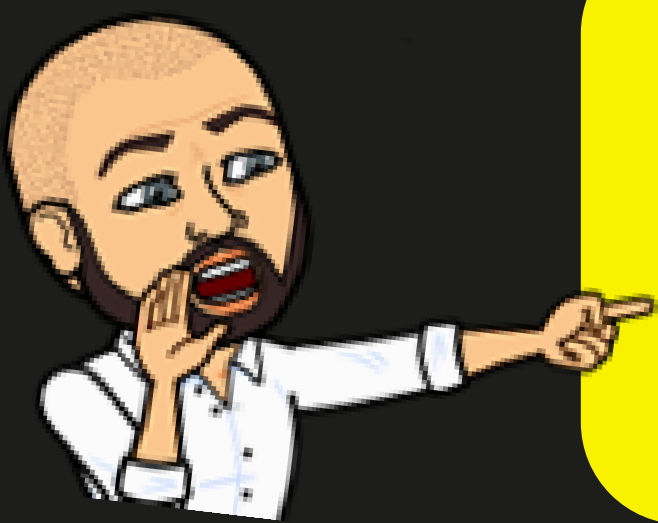
10.7 Example Training Plans | Gym & Home

10.8 Aggressive Refeed Food List & Meal Plans

10.9 Example Periodisation Protocols

10.10 Reference List

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**TLDR; How and Why.
Aggressive Dieting
Works**