

The Ultimate No-Nonsense “Get Lean In 4 Weeks Paleo Inspired” Nutrition Plan

By Steve Hochman

Disclaimer: I am not a licensed nutritionist or a dietitian. I am not a doctor and I do not have a degree in nutrition. 19 years ago I lost over 60lbs and have had a six-pack ever since. For over 17 years I've been helping people get sexy bodies, six pack abs, and have more energy with my nutrition programs.

STOP: Read this first... Understanding this will change your life (Seriously)

Between the ages of 19 and 22 I was overweight (287 lbs at my biggest), I had dangerously high blood pressure (even with medication) and cholesterol and had achy joints.

It wasn't for lack of exercise, I was on a collegiate football scholarship and between practice and weights worked out for 3-4 hours a day.

Today I am 42 years old with, perfect blood pressure (without medication), perfect cholesterol, joints that feel great, tons of energy and... I have six pack abs :)

So what's the secret?

Well 90% of the secret is NUTRITION.

And the reason I call it a “secret” is because it seem like 99 out of 100 people DO NOT know how to get lean.

They think they know... After doing over 500 nutrition consults, I can tell you with absolute certainty, the average person is WAAAAY confused with it comes to getting lean.

Most people know how to lose “a couple pounds” by reducing calories, BUT they will NEVER have the body that they REALLY want by just reducing calories.

“What you eat is so much more important that how much you eat.”

(With the exception of a medical condition) If someone is carrying excess body fat they are eating the wrong foods.

But I can't tell you how many people with 20 to 30 extra pounds to lose sit across my desk and tell me how they “know what to eat” and that they “eat healthy.”

And the crazy thing is that they REALLY believe that – Despite the evidence around their waist that says otherwise.

This is how getting LEAN works – Everything else (in my opinion) is B.S.

What determines if you are very lean or have too much body fat is insulin, and for the purpose of this program, I am going to really dumb it down for you to keep it simple.

Insulin tells your fat cells to “open” so they can store fat (like I said, I’m going to dumb it way down.)

Your body produces insulin while your blood sugar quickly spikes or rises to a certain level.

The glycemic index is a rating system that rates how fast different foods make your blood sugar rise.

The higher the glycemic index, the faster your blood sugar rises causing your body to release insulin to lower it back down.

To get very lean, most people need to stay below a 30 on the glycemic index.

There are some high glycemic foods and ingredients that spike your blood sugar that are super OBVIOUS, some NOT SO OBVIOUS, and some that are pretty darn SNEAKY.

The obvious: Sweets, candy, soft drinks, desserts, chips etc.

The not so obvious: Fruits and vegetables like potatoes, parsnips, pumpkin and other types of squash, bananas, watermelon, dates, raisins, honey, pineapple, rice cakes, yogurt, any wheat or white bread (even whole wheat), fruit juices and non-fat frozen yogurt.

The sneaky: (These are items that are little known but are VERY high glycemic) maltodextrin, maltose, glucose, dextrose, trehalose, (HFCS-42) modified sugar, cane sugar, sucrose, starch, modified cornstarch.

If you don’t know the glycemic index you’re screwed

The food industry is very good at misleading the public by using fancy marketing experts to make you buy their crappy fattening food.

Words like non or low fat, low or no sugar, organic and all natural make you think THESE foods will get you lean. Well they don’t because a lot of these “healthy” foods are high glycemic.

In fact, if the food industry was forced to put the glycemic index on every label of every food, and everyone knew to stay under 30, obesity and dozens of diseases including heart disease and cancer would be drastically reduced.

But don't hold your breath, we are talking about a multi-billion dollar industry here so it's not gonna happen.

But, thanks to the internet, you can type in the name of just about any food or ingredient and the words "glycemic index" and instantly find its rating.

And like I said, just stay below 30 and you'll blow your mind with how lean you get.

**** LET ME BE CRYSTAL CLEAR: There is NOTHING more important for getting lean and being healthy than THE GLYCEMIC INDEX. There is no weight loss supplement, macro-micro diet, or portion control that is more effective than eating low glycemic foods that will not spike your insulin... NOTHING... NODA...ZIP...

If you want to master getting lean, learn the Glycemic index of the foods you eat. Period.

Do I need to do this forever, what if I want to eat bad... I love food!

My goal is for you to totally enjoy eating delicious foods that get you super lean, healthy and energized.

When your friends say, "Don't you miss eating good food?" You think to yourself, "I LOVE what I eat and I look amazing!"

BUT, we all need a cheat meal/day sometimes. So here's my philosophy on cheat meals/days.

First off, I prefer a cheat meal rather than a cheat day. If you absolutely need a cheat day, then just do it and get it out of your system.

Think if it this way.

If a perfect day is one step forward and a cheat meal/day is one step back, then the following is true for each week/month.

In a week:

6 perfect days, 1 cheat day = (progress) +5 per week and +20 per month

5 perfect days, 2 cheat days = (progress) +3 per week and +12 per month

4 perfect days, 3 cheat days = (progress) +1 per week and +4 per month

It's pretty amazing how just going from 1 to 2 cheat days almost cuts down your progress in half. So if you need one cheat day, go ahead and get it out of your system, I do it :)

Food Journal, weigh-ins, measurements and pictures

Food journal – I highly recommend keeping a food journal of everything you eat each day. You can write it down, put in in the notes on your phone, or use apps like My Fitness Pal. It really helps.

Weigh-ins – Since this is a challenge as opposed to a contest, I recommend weighing yourself every Monday and tracking your progress.

Measurements – Measurements are sometimes hard to do accurately, but if you want to take measurements and track them, well, that's awesome.

Pictures – In my opinion, pictures are the best form of progress tracking because you can see what's happening. Just make sure it's done at the same time each day (preferably first thing in the morning) and you have the same lighting each time.

The Ultimate No-Nonsense “Get Lean In 30 Days” Nutrition Plan

When comes to food I don't measure or count calories. I pretty much just go with the general eyeball measurement of the palm of your hand for protein, your whole hand for veggies and the size of your thumb for healthy fats.

I also don't specialize in vegetarian or vegan meal plans so you can either remove any of the animal proteins and replace them with egg whites, fish, tofu or some sort of vegan protein powder.

The protein sources below are ones that I am going to refer to in the meal plans below. As I said before, I'm not super concerned about portion size since all the meals you are eating are low glycemic and will not cause an insulin spike. And also as I said above use the measurement method of the palm of your hand for protein, your whole hand for veggies and the size of your thumb for healthy fats.

Salmon

Cod

Halibut

Can of tuna fish in water

Other fish

Lean ground beef (preferably 95% lean but up to 85% is ok)

Lean ground turkey (preferably 97% or leaner)

Lean ground pork (preferably 97% or leaner)

Ground buffalo

Ground ostrich

Lean steak

1-2 cup egg whites 125 -26p

4-6 egg muffins (See recipe at bottom)

You can have snacks, but I'm going to recommend (Depending on how long your day is) up to 6 small meals a day. I will call them meal 1,2,3,4,5,6. Shoot for 6 meals, but if you end up sometimes having 4 or 5 it's ok. Obviously meal 1 is breakfast, but if you want to make it easy, just make enough for 2 breakfasts and have one for meal 1 and one for meal 2.

15 min before your workout, have 1 medium apple. (This is very important because it will stabilize your blood sugar levels during your workout)

You can make the green drink listed on meal 1 up to twice a day.

You can substitute one meal for a protein shake, see my Blizzard protein shake recipe at bottom.

I added a couple random snacks at the bottom too.

***** Meal Plans *****

Everything on this plan can be purchased at Sprouts, Wholefoods and Mother's Market. You'll notice I often use liquid Stevia. Liquid Stevia causes no blood sugar spikes and is all natural. It also mixes much better than powder and has a minimal after taste.

Meal 1

Green drink

(Optional) 24-32 oz green drink (Kale, spinach, ginger, ½ raw beet or 1 scoop beet powder, and liquid stevia (use the brand sweet leaf, English toffee is my favorite)

*With the green drink you can also have:

1-2 cups liquid egg whites scrambled, and 1 tsp ground flax seeds or chia seeds. (after you cook it, add a couple tablespoons of Raos, Monte Bene, or Wholefoods 365 pasta sauce (or any pasta sauce that does not have sugar added) and a teaspoon of coconut oil) – You can double up this recipe to make two meals (optional add salsa and vegetables)

Egg Muffins

2-6 Egg muffins - Mix Raos, Monte Bene, or Wholefoods 365 pasta sauce (or any pasta sauce that does not have sugar added) sauce with liquid egg whites. Spray muffin

cooking sheet with olive oil spray - Fill with egg white mixture. Bake at 350 for about 25 min (You can freeze, or put in refrigerator... Make a lot and it will last for weeks.

Almond butter bread

Almond butter bread with coconut oil – This bread is super low glycemic and loaded with protein.

Recipe for almond butter bread:

1 1/2 cup almond butter

5 eggs

1 1/2 T lemon juice

3/4 tsp baking soda

Combine ingredients. Spray loaf pan with oil. Pour mixture into pan.

Bake at 350 for 30 min or until toothpick comes out clean.

Overnight oats

Plain old fashioned rolled oats (I recommend 1 cup for men and 1/2 cup for women). In a bowl add dry oats, almond or cashew milk and for more flavor add 2-4 tablespoons Lilly's chocolate chips and/or protein powder. Put bowl in the refrigerator and let sit overnight. For protein I recommend MRM but others will work.

Or you can also make your oats over the stovetop.

Ezekiel toast

1 to 2 pieces of toasted Ezekiel bread (only buy the low sodium, flaxseed and original) with regular butter or smart balance butter. Organic cottage cheese with no sugars added and preferably low fat (I recommend 1/2 cup for women and 1 cup for men).

Veggie egg white scramble

Vegetable egg white scramble. Saute your favorite chopped vegetables with coconut oil or olive oil spray and once tender add 1-2 cups of egg whites. You can add Raos, Monte Bene, or Wholefoods 365 pasta sauce (or any pasta sauce that does not have sugar added)

Meal 2.

Pick one of the meal 1 choices.

Meal 3,4,5,6

One of the protein sources above with 1-2 cups steamed, cooked or raw (broccoli, cauliflower, asparagus, snow peas or Brussels sprouts. (If you bake them, preheat oven to 425). Place on cookie sheet and spray with olive oil or coconut oil spray. Bake for 20 mins and they will come out awesome!

You can add a few tablespoons of Mix Raos, Monte Bene, or Wholefoods 365 pasta sauce (or any pasta sauce that does not have sugar added) and ¼ avocado or Tbs olive oil or coconut oil (unless you're using salmon, in which case do not add extra fat)

You can also add a few tablespoons of vinegar (regular or rice vinegar)

OR

Whole foods:

Go to the salad bar and get about 1-2 cups kale (any kind) add 1 tablespoon baba ganoush use and about 3 tablespoons apple cider vinegar. Mix with kale. Add about 4-5 oz tuna fish or cubed chicken. (olives, roasted peppers and pepperoncinis)

OR

Whole foods:

Have them cook one of the protein sources above with steamed veggies (Tell them no carrots or potatoes – Yes they will cook fish for you in the seafood department)

*If you have them cook the responsibly farm raised salmon and veggies it will cost only \$6-\$8 for an amazing meal.

OR

THIS CROCKPOT RECIPE IS AMAZING... (MY FAVORITE)

- Package of chicken breast (like 4-8)
- 1 chopped yellow onion
- 4 cups spinach or kale
- 2 chopped bell pepper
- 2 cups chopped celery
- 1.5 to 2 jars of Raos, Monte Bene, or Wholefoods 365 pasta sauce (or any pasta sauce that does not have sugar added) (found at Mother's, Sprouts and Wholefoods)
- If needed, add a little chicken broth to make it more full.

Set crockpot on high for 4-6 hours.

Makes like 6-10 meals.

OR

Sea kelp noodle pasta (INSANELY GOOD, my clients all say it's one of their favorites)

Ground turkey

Raw sea kelp noodles (Get at mothers market - Sea Tangle Brand) (or shredded cauliflower)

Raos, Monte Bene, or Wholefoods 365 pasta sauce (or any pasta sauce that does not have sugar added)

Parmesan cheese

(Cook ground turkey chop up raw sea kelp noodles and spread over ground turkey, then pour pasta sauce on top of it. SIMMER FOR 12 minutes until noodles are, um noodley) Add some parmesan cheese if you want or a teaspoon or vegenaïse to make it creamy.

OR

Turkey sandwich on Almond Butter bread

(See almond butter bread recipe above)

Add sliced turkey

mustard

tomatoes

avocado

OR

Cream of chicken veggie soup

Steam veggies in micro for 5 min

Cook chicken

Pour in blender with chicken, chicken broth and salsa

OR

Lettuce wraps

Cook lean ground turkey, beef or pork with chopped onions, bell peppers and celery. When it's done, add coconut aminos (and a few drops of liquid stevia if you want to make it a little sweeter) Wrap in lettuce and enjoy.

OR

Can of tuna with mustard

OR

Creamy chicken salad

Mix lettuce with chopped chicken (if you want add olives, bell peppers, tomatoes, onions etc)

For dressing, sprinkle apple cider vinegar and mix with teaspoon of hummus (make sure there is no added sugar, dextrose or maltodextrin) or you can buy Organicville Organic Herbs de Provence Vinaigrette Dressing-8 Oz

OR

Turkey burger with no carb buns

Meat

99% extra lean ground turkey breast

Chop up onions

Paleo taco seasoning

mix and cook.

Carb free buns

Mix (approx) 1 cup egg whites with 1 cup coconut flour.

(I use a bullet blender)

Spray non-stick pan with olive oil spray.

Pour mixture in and cook on high heat until bottom is brown.

Flip and cook until bottom is light brown.

Cut off edges so it is the size and shape you want.

Toppings (optional)

Mustard

Avocado

Sugar free pickles

Onions

No sugar added sauerkraut

Hamburger with no carb buns

Meat

93% lean ground beef

Carb free buns

Mix (approx) 1 cup egg whites with 1 cup coconut flour.

(I use a bullet blender)

Spray non-stick pan with olive oil spray.

Pour mixture in and cook on high heat until bottom is brown.

Flip and cook until bottom is light brown.

Cut off edges so it is the size and shape you want.

Toppings (optional)

Mustard

Avocado

Sugar free pickles

Onions

No sugar added sauerkraut

Carb-less pizza

The dough:

mix (or better yet, blend) 1 part coconut flour to 4 parts egg whites.

Heat up a nonstick pan, spray olive oil and pour mixture until it spreads to the edges. Let it get nice and golden brown then flip.

Next, spray the outer edge (crust) with olive oil or coconut oil spray.

Spread sprouts pizza sauce all over (make sure there is not sugar in the ingredients)

Add Organic mozzarella cheese (make sure there is no starch of any kind in the cheese ingredients)

If you want you can add chopped onions, mushrooms and olives.

Place on a mesh rack or regular rack inside of a 425 degree pre-heated oven.

Bake until cheese is melted.

I bake it as long as possible without burning it.

I use a pizza cutter to cut it up.

Hot dog with carb free buns

Buns

Mix (approx) 1 cup egg whites with 1 cup coconut flour.

(I use a bullet blender)

Spray non-stick pan with olive oil spray.

Pour mixture in and cook on high heat until bottom is brown.

Flip and cook until bottom is light brown.

Cut off edges so it is the size and shape you want.

Hot dog

Get any all beef or chicken hot dog with no nitrates added and no added sugar or maltodextrin.

Roast over fire or boil.

No carb turkey or roast beef folded sandwich

The bread/wrap

Mix (approx) 1 cup egg whites with 1 cup coconut flour.

(I use a bullet blender)

Spray non-stick pan with olive oil or coconut oil spray.
Pour mixture in and cook on high heat until bottom is brown.
Flip and cook until bottom is light brown.
Cut off edges so it is the size and shape you want.
Sliced turkey or roast beef with no nitrates added and no added sugar or maltodextrin.

Toppings (All optional)

Mustard

Avocado

Sugar free pickles

Onions

Tomatoes

No sugar added sauerkraut

No carb enchilada bake

Ingredients:

coconut oil, for greasing baking dish

Rotisserie chicken, shredded

1 (12 ounce) green enchilada sauce (I use sprouts brand)

2 (4 ounce) cans of diced green chilies

1 orange bell pepper, seeded and diced (or any color you like)

1/4 red onion, diced

1/4 teaspoon chili powder

1/4 teaspoon dried oregano

3 eggs, whisked

Instructions

- 1 Preheat oven to 350 degrees. Grease an 8x8 glass baking dish.
- 2 In a large bowl, add shredded chicken, enchilada sauce, green chilies, bell pepper, onion, chili powder, oregano, and mix well.
- 3 Then add eggs and mix well to incorporate.
- 4 Pour mixture into baking dish.
- 5 Place in oven and bake for 1 hour and 15 minutes.

Turkey honey mustard panini

Mix mustard with a few drops of liquid stevia
to make it sweet like honey mustard.

Put honey mustard, avocado, and if you
want, a slice of organic cheese and turkey
on bread and cook in panini maker.

(I get my turkey at Wholefoods deli because

all the ingredients and listed and I can make sure there is no sugar, nitrates or maltodextrin. Then I use my \$25 panini maker from target (or a George Foremen grill) to grill the sandwich.

(Eating out)

- Mexican type place - Get bowl with lettuce/cabbage, grilled or fresh veggies, grilled chicken, salsa, guacamole.
- Flame broiler - Get chicken bowl with white meat and veggie only. Tell them NO sauce or they will put teriyaki sauce on it. You can add hot sauce.
- Sushi - Get sashimi salad, no dressing, use soy sauce instead. And you can have spicy tuna hand rolls no rice, add avocado and veggies.
- In-n-out - Burger wrapped in lettuce with veggies and mustard.
- Regular restaurants: You can always get grilled salmon and veggies and iced tea. Or, you can always get a chicken salad with oil and vinegar (not vinaigrette and no candied or fruit toppings)

Desserts and treats

Blizzard protein shake (Use for snack, meal or dessert)

- Fill large cup or blender 1/2 way with crushed ice.
- add unsweetened vanilla almond milk
- add 1 scoop vanilla whey or egg white protein powder (I use MRM Natural or Jay Robb)
- add 2-4 tablespoons Lilly's chocolate chips
- add a 2-8 squirts of liquid English toffee flavored stevia (make sure its the liquid kind from Sweet leaf)
- add 1 tbs of coconut flour (to turn it into ice cream) You may need more if it's not creamy enough... If it's chalky, you've used too much. Getting the perfect amount is key!

Blend - It should come out super creamy like a Blizzard ice cream shake

Lily's stevia chocolate chips

(These have no sugar. You can get these at Sprouts or Wholefoods. I recommend storing them in your freezer)

Lily's chocolate baking bar

(These have no sugar. You can get these at Sprouts or Wholefoods)

Zevia soda

(These have no sugar. You can get these at Sprouts or Wholefoods.) My favorite is ginger root beer

Snacks

- Toasted seaweed snacks (make sure there are only 3 ingredients (oil, seaweed and salt))
- Celery sticks
- Hard boiled eggs
- Handful of Lilly's chocolate chips
- Handful of almonds
- Chopped up Jicama (With lemon juice and or chili powder is AWESOME :))
- Roast beef or turkey slices with mustard (get it fresh from the deli)

- Egg muffins (see recipe above)

Drinks

My SUPER ENERGY DRINK

at night I boil a pot of water and put 2-4 regular green tea bags in it.

I let it steep and cool overnight.

In the morning I pour it over ice into a 64 ounce container.

I then add a heaping teaspoon of matcha powder

And I also add some liquid stevia and cayenne pepper.

If you want, you can add a little apple cider vinegar for added health benefits.

Shake it up and sip throughout the morning.

I get SERIOUS ENERGY through the day.

Zevia drinks - These drinks taste like soft drinks but they have a natural sweetener so there is zero sugar. I like DR. Zevia and Ginger Root beer.

La Croix drinks – These are carbonated unsweetened drinks with different natural flavor essences. Drink the way it comes or add a few drops of liquid stevia.

Tejava – It's just really good unsweetened black tea that comes in a glass bottle.

Coffee – Hot or iced black coffee, hot or iced Americano or cold brew coffee. If you want to add something use liquid stevia (it also comes in tablets for traveling) and or unsweetened almond milk or cashew milk.

Paleo Mayo Recipe

1 1/4 cup LIGHT Olive Oil (Very important that it's light olive oil)
1 TBSP lemon juice
1/2 tsp salt
1/2 tsp ground mustard
1 egg

Place all ingredients in a measuring cup and use an immersion blender to blend everything together. If you don't have an immersion blender you can use a food processor. If you are using a food processor, add lemon juice, egg, salt, and ground mustard in the food processor. Turn the food processor on to start blending the ingredients. Slowly (tablespoon by tablespoon) add the light olive oil while food processor is on.